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Local October 2023

Vol. 14 No. 3

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## **The Norwood Craft Affair Returns for its 29th Year!**

By Michele Taranto

How popular is The Craft Affair in Norwood? Now in its

thusiasts for one of the largest fall shopping experiences in the area! This year, The 29th Craft



29th year, this highly visited fair's vendor list was almost filled in July and had a waiting list just two months prior to its event date! As in most Norwood celebrations, this town springs for spectacular, and The Craft Affair of Norwood does not disappoint. This day brings together crafters and craft enAffair of Norwood, will be held on Saturday, Oct. 14, 9 a.m.-2:30 p.m., at Norwood High School.

Every October, the town of Norwood hosts a favorite fall shopping escape for crafting fans. The 'Affair' has grown to include approximately 80 crafters who travel to Norwood

from all over New England to showcase their creative wares. The vendor list is so impressive, and includes: sewn, crocheted, and knitted pieces, there will be chocolate and honey, items for pets, jewelry, holiday decor, wreaths, stained glass, jams and jellies, mirrors, paintings, 3-tiered plates, bags, scarves, soap, wooden toys, painted glass, quilts, ornaments, hats and mittens, cards, plastic canvas, hand towels, hair bows, hen houses, ceramics, puzzle lights, decoupage plates and doll clothes, and much more! The huge assortments of raffles are always a popular corner with chances to win many handmade items, gift certificates, and everyone's favorite, Mustang memorabilia!

This event, however, means a lot more than just a fun and successful shopping day. In addition to becoming one of the premier craft venues in the state, it is a very successful fundraiser for Norwood High School and

## **CRAFT AFFAIR**

continued on page 2



## **Norwood Community Garden – Growing Stronger & Better Each Year**

By Donna Lane

If you've ever been part of a community project, you well know the many challenges, required dedication, compromises, and frustrations that often accompany the satisfaction of the completed project.

This year's expansion at the Norwood Community Garden brought numerous challenges, changes, and the furtherance of

community that's been growing there since its inception in 2011. And, thanks to a grant from the Norwood Conservation Commission, 16 new plots were added to the existing 72, allowing for a total of 88 households to garden on the former pasture land.

Norwood's Department of

**GARDEN** 

continued on page 3







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#### **CRAFT AFFAIR**

continued from page 1

local Norwood organizations.

The Craft Affair concept was spearheaded by then Norwood High School teacher Margo Mancinelli in order to raise funds for the Post Prom party and other assist crafters deliver items from their cars, to helping out throughout the day, including running raffles and bake sales.

"Every year I hear how we are the only fair who does this and what a difference it makes to the crafters," Craft Affair Coordinator Amy Campbell has for funds for their club from the day's profits. Past organizations have included, Norwood sports teams, the drama club, cheerleaders, SAAD (Students Against Destructive Decisions) and the fine arts department after school programs.

What is considered one of the



NHS programs. She recruited school organizations, friends, and volunteers from other schools and the community and the Craft Affair was born! Since then, the event has been a brilliant success and grown in reputation as one of the best craft fairs in the area!

In addition to its positive attendance figures, crafters enroll in 'A Craft Affair' because the day is truly a community event. Norwood teams, clubs, groups, and students offer their services, from preparing the gym the night before, teams arriving at 6 a.m. to

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previously stated. "Last year, an older crafter who has been participating for years told me through tears that if it weren't for their help, she would have had to withdraw from the fair."

The Craft Affair yields approximately \$10,000 each year in profits. The Post Prom Party receives \$5,000, and depending on the year, roughly \$300 is given to each of the groups that help make this event such a success, as well as the high school PTO.

While a large amount of the proceeds go towards the Post Prom Party, any Norwood group or team that has students helping at the craft fair is eligible to apply

leading craft fairs in the area, 'A Craft Affair' at Norwood, sees roughly 1,000 customers walk through the door. With that kind of popularity, the craft fair is considered the largest Norwood High School fundraiser.

Admission is \$4 for ages 13 to adult, \$3 for seniors and children under 12 are free. Tickets available at the door the day of the event. Purchase hostess gifts and decorative items for the holidays, or come by and pick out something handmade and beautiful as a personal fall present!

## **Halloween Swap!**

By Michele Taranto

As the Halloween season approaches, many parents may be finding they have a closetful of costumes and each year need to purchase another;

because who wants to wear the same costume twice! And what if there are multiple children in the house? Also, this swap also includes adults who enjoy Halloween and like to get dressed up!

The Morrill Memorial Library and Progress Norwood has a solution! The goal is to endorse reusing perfectly good costumes and since Sept, 18, and through Oct. 30, the library is hosting a Halloween Costume Swap! Give those costumes an opportunity for a second trick-ortreat, and shop the racks for what is available. The swap is accessible any time the library is open,

## **What Costumes Are Needed?**

Children's sizes from infant through kids' sizes.

Family-friendly adult costumes will also be accepted.

The donation must clearly be a costume, no clothing will be accepted.

Costumes must be Gently used and in good condition.

Complete costumes with accessories are Irick or Ireat! preferred.

## How Do I Participate?

Costumes can be donated in the labeled cardboard bin at the entrance to the children's room.

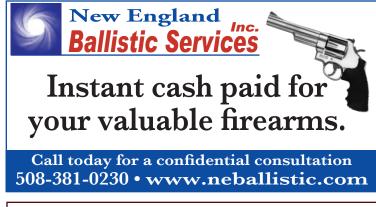
Looking for a costume? Shop the costume racks just like a store! Visit the children's room entrance and give a gently-used costume a new home!

## Is This Only An Even Swap?

You do not need to donate a costume to take one.

Donations only are also accepted.

Costumes will be available on a first come, first serve basis, and unfortunately, that means no saving costumes. For more information or to answer questions, contact the children's department at norchild@minlib.net.









## **GARDEN**

continued from page 1

Public Works prepared the new area, amending the soil and installing new piping for additional water access as well as helping to install new fencing that was needed to keep the animal population at bay. Blue Hills Technical High School also contributed by making new numbered metal markers for all 88 plots.

Susan Clare, spearheaded the garden initiative in 2011 and has acted as its managing director since its inception.

"I am grateful for the collaboration with the Commission and the new Garden Committee in taking responsibility for making garden decisions going forward," Clare said.

Gardening as a community is not always easy. Since it's on conservation land, the garden must be totally organic. In addition, there is no killing, trapping or moving critters that may have invaded the space. One of the biggest challenges is the proliferation of weeds, especially in the aisles between plots and along the perimeter of the garden. Gardening as a community and the challenges it presents were considered when Garden Committee responsibilities were being formulated.

According to Seamus Johnston, a nine-year community garden veteran, the new committee is making a demonstrably positive difference. The Garden Committee comprises six task teams: Joe Barrett is responsible for the team

that maintains the new fence and garden perimeter; Suzie O'Donnell and John Churchill are responsible for the pathways team; Dave O'Carroll is responsible for tools and equipment team including hose and tool repairs; Ann McGrath is responsible for the administrative tasks team who prepare announcements, handle



applications, collect fees, etc.; and Susan Clare's team is responsible for community-building and outreach as well as Food Pantry do-

"Each person who works a plot at the garden must be active in one of the six task teams, according to their interests and abilities," Clare said. "So far this season, everything is working

Since the garden's inception, Clare's personal mission has been to promote sustainability and collaboration. She is happy to see that her vision has taken root.

Each household gardens is on an 8x16 foot plot. Some of the gardeners are old hands while others have never used a trowel. And while there are two wide gaps of knowledge, all come together in relative harmony and a desire to grow food, pass on their knowledge to their children, or to others in the garden.

The 16 new plots proved to be a challenge with its formerly unworked hardpan soil, but many of the more experienced gardeners helped the new gardeners to work the soil, forming new friendships and gaining new knowledge as a

Barrett, who oversaw the installation of the new fence, is a relatively new member of the garden. Although he has been gardening and landscaping his own Norwood property for decades, he joined the community garden two years ago to try his hand at growing vegetables. He primarily grows Italian green beans (Roma), snap and snow peas, tomatoes, sweet basil, and radishes in his plot. Barrett said the rabbits were rampant last year and the new fence has helped tremendously. He is also an active member of Norwood's Trails Committee.

Teresa Petrucci initially joined the Community Garden in 2013 to help her then 14-year-old daughter to grow tomatoes for the Norwood Food Pantry as part of a girl scout project.

"What began as a project to help my daughter has become a passion," Petrucci said. "She is currently growing tomatoes, cucumbers, zucchini and yellow squash, as well as a few eggplants, which she says don't seem to be

Petrucci is also growing a row or two of zinnias to attract the pollinators. Last season, she planted the zinnias that greeted gardeners upon entering the main gate. That area was no longer available due to parking renovations, but she continued them in her garden this year because they are so cheerful and again, an added bonus of attracting the pollinators. Petrucci also wanted to do a community event in the new area so she teamed with Mc-Grath and planted pumpkins, intending to donate them to the food pantry. Since there aren't enough to distribute, she is rethinking what to do with them stay tuned!

Petrucci answered quickly when questioned about what she liked best about gardening.

"The abundant sunshine!" she responded.

Her least favorite response took some discussion, but it turned out to be the constant

"It's a lot of work," Petrucci acknowledged. "When you factor in all the time you spend, it probably costs about \$600 to grow a tomato! It's not inexpensive, but it's very rewarding!"

As a long-time gardener at the Community Garden and here at home, I couldn't agree more. Health issues the past couple of years have curtailed some of my gardening activities, but I've been fortunate to have friends who have helped so I could continue to grow my beloved dahlias and vegetables, both at home and at the Community Garden. The friendships I've made through gardening have been some of the strongest and most enduring in my life. I guess the seeds my grandfather planted in me as a kid really did take root.

Donna Lane is a Master Gardener, founding member of the Norwood Evening Garden Club, Norwood-based writer, lecturer and designer who maintains a plot at the Community Garden. You can reach her at addictedgardener@ verizon.net.

## RECENT NORWOOD TRANSACTIONS

25 North Plain St	\$535,000	138 Nichols St	\$903,000
93 Alandale Pkwy	\$500,000	115 Plantation	\$910,000
93 Fales Ave	\$535,000	61 Mill Pond Ln	\$985,000
50 Heaton Ave	\$580,000	28 Lancelot Ct	\$1,000,000
764 Neponset St	\$600,000	226 Rock Street U:D4	\$250,000
81 Jacobsen Dr	\$595,000	315 Neponset St U:49	\$245,000
107 Ellis Ave	\$570,000	315 Neponset St U:34	\$302,000
11 Berwick Place	\$635,000	48 Queensboro Ct U:48	\$442,500
35 5Th St	\$692,000	211 Central St U:306	\$435,000
66 Ridgewood Dr	\$680,000	403 Neponset St U:B	\$465,000
14 Wood Dr	\$710,000	17 Howard Street U:3	\$675,000
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# Thanks To My Helpers For 100,000+ For The Make-A-Wish Org. Of Ma. & R.I.

SUBMITTED BY BOB LIEBERMAN

I remember back in November, 2022, when I just completed collecting 33,000 cans and mailed checks totaling \$1,650.00, to the MAKE-A-WISH OF MA. & R.I., and thought that maybe with some help from the neighbors in 2023, I could possibly turn that number into 100,000 recyclables. I prayed that I could, and shockingly, it is September 8, 2023, and I just past 110,000. I know that I will continue my efforts and go to HALLOWEEN, which was my original goal, since I felt that it would take that long to reach my goal. I will continue to collect cans and bottles, until that date and hope that you all will assist me until then.

I now have exceeded the \$5,000 amount, which is a wonderful success story for the children of the MAKE-A-WISH of MA. & R.I. I just wanted to help these children deal with their physical issues, which truly was my main goal. I have already donated a check for \$5,000 and it is being put to use already. I have so much respect for the MAKE-A-WISH STAFF of MA. & R.I. Their commitment is their Word and Goal!!

An update with part of my donation: A portion of my donation is helping a teenager named Amelia Zai, of Westwood, put her treatment history together in a storybook, and she left blank lines under her explanations, so any child who is dealing with cancer, can put down their experiences as they deal with their treatment. The purpose is to let a child understand, what issues, I went through, as they go through their treatment too. The book is called: "Amelia Takes On Cancer." It was just introduced at An Unlikely Story Bookstore & Cafe in Plainville, Ma.

Now, the help of two golf courses, Robert T. Lynch Golf Club, Brookline, where I started with can # 1, and where I use to work, and Golf Pro Bob Iannarone of Granite Links Golf Club in Quincy, who played a big part in helping me collect cans, with Tom Kelly, my old boss at United Liquors, who works there, asked Bob if he would help. He certainly did! I must thank Bob, the cart staff, and Tom for all their help.

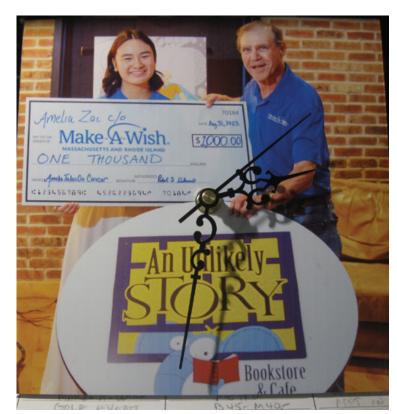
Here, I must say, the rest of the thank-yous belong to a lot of wonderful Norwoodians, who helped make my project a success. I owe it all to them, because "WITHOUT THEM" my dream would not allow me, to try to help all these children, just to see improvement, hope, and a positive result, with smiles on their faces.

In addition, I must also thank Lt. Richard Staunton's Crew, at the Dedham Fire Dept., Norwood's Lustre Cleaners, and Roche Bros., Westwood, Store Manager Tom Moynihan and my co-workers at the store where I work part-time. Again, I must thank all of them from the bottom of my heart. Again, I hope all of you will still continue to support me through the end of October

They were my backbone for the majority of the time while I canvassed the areas so I could find more cans, plastic, and glass recyclables to reach my goal. As I said, I am doing it to help these terrific kids, who I hope will have all their dreams come true.

In 8 1/2 months I was able to average over 360 recyclables a day; day in and day out; yes, it was a non-stop effort.

Another big thank you, must go out to the Hyde Park Redemption Center, Hyde Park, for mak-



ing it easier for me, because they are open five days a week, allowing me to bring all my recyclables to them from Mon.- Fri., 8 a.m. to 4 p.m.

I must include this one final comment, which was an additional lift for me. An old timer came into Roche Bros. shopping for his sister and ordered some deli meats from me, and when we finished, he just started to talk to me and I listened, and before I knew it, suddenly his eyes welled up, and he stopped talking. He gave me a Rosary bracelet from off his wrist, and told me to keep it. I am an 80-year-old Jewish senior, and I wanted to do what he said, so I put it on. It has been an added boost to this magical ride for me. A lot of very positive things started to happen to me relating to MAKE-A-WISH, especially when I could really use some help, but least expected it. I truthfully believe that it was all because he gave me that bracelet. Help can come in many strange ways, but I wasn't expecting it to be coming this way. Eventually, I lost it three times, and found it three times, until the fourth time, and I never found it. Amazingly how FAITH, and TRUST, can be beside you, and then surprise you as it did to me; even without the bracelet, the positive signs still continue to make stops at my door. Even though I don't have the bracelet anymore, I still have FAITH in that gentleman's Rosary bracelet. I would just love to bump into him once again at Roche Bros. to explain to him all the wonderful things that are still



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## **Screen Time and Dry Eye: Can We Have One Without the Other?**

By Graham R. Stetson, OD, MS

Between computers, smartphones, and TVs, excessive screen time has become a major part of our lives, but it brings along significant discomfort for our eyes. This discomfort stems from dry eye and, to some extent, eye strain. Unfortunately, these symptoms are frequently misattributed to other causes, leading to ineffective treatments and ongoing discomfort.

Despite the name, dry eye does not always make your eyes feel dry. Instead, it can manifest as burning, itching, redness, excessive tearing, a foreign object sensation, or fluctuating vision quality. Sometimes, these symptoms lead people to mistakenly believe they have allergies.

Prolonged screen use, close-up tasks, and contact lens wear are the primary culprits behind dry eye. These activities decrease our blink rate by 35-50%. Contact lenses exacerbate this by further reducing blink frequency. Moreover, screens, close work, and contact lenses weaken our blinks, occasionally causing our eyelids not to close fully during a blink.

Insufficient and weak blinking results in inadequate oil secretion from tiny glands in our eyelids. This oil plays several crucial roles, including preventing tears from evaporating, maintaining clear vision, lubricating our eyes and eyelids, and safeguarding our eyes from allergens. When not used correctly, these oil glands produce abnormal oils and become clogged. Without this oil, everything on the eye's surface goes awry, leading to the symptoms mentioned earlier. Dysfunctional oil glands also give rise to eyelid and lash inflammation, which can further affect the eye's

People often ask if eye drops or medications can cure dry eye. While they can provide temporary relief and reduce inflammation, these treatments merely alleviate symptoms and do not address the root causes. Relying on these treatments allows the underlying causes of dry eye to worsen.

The most effective way to treat dry eye is by rehabilitating the oil glands in the eyelids, addressing inflammation from the eyelids and lashes, and retraining blink patterns. While discussing all of these methods exceeds the scope of this article, one practical tip I can provide is the "20/20/20+ Rule": For every 20 minutes of screen time or close work, take a 20-second break, gaze at something 20 feet away, and blink forcefully five times during the break.

For more advice on dry eye treatment or to schedule a comprehensive eve exam, visit the Modern Eyes website moderneyesnorwood.com, call 781-352-4849, or stop by our location at 696 Washington Street, Norwood.

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NOTE: To read the original article on Bob's quest of recyclables for the MAKE-A-WISH foundation, visit https://www.norwoodtownnews. com/2023/05/25/436141/norwood-june-2023.

## **MAKE-A-WISH**

 $continued \ from \ page \ 4$ 

happening to me, because of our chance meeting in the deli department, but then again, maybe we were supposed to meet.

May the rest of the year for all of you, be as positive to you and yours, as you have made it for me,

and may all these children suffer no longer.

MY FINAL COUNT SHOULD BE BETWEEN 120,000 AND 125,000! It's been a miracle!!

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#### Meet Far

Earl is almost 12 and has a pink nose. Earl could probably live with other cats but we do not know his dog preference as he has not been exposed to dogs.



Earl enjoys pats but does not like to be held. Earl is independent and not afraid of strangers.

Earl has a cardiac condition requiring daily medications. Though he is currently acting like a kitten he is surely compromised and needs a new owner ready to take on this challenge. He's worth every bit of the care he needs. It's all about making sure Earl lives a healthy retirement.

Children should be fine for Earl.

Up to date on all shots and I have all medical records.

## **Meet Oliver**

Oliver (Ollie) is almost 7 and has a black nose. Oliver could probably live with other cats but we do not know his dog prefer-



ence as he has not been exposed to dogs.

Ollie is a lover, loves attention and will intervene if other cats are getting attention. Though this behavior will take a while to develop.

Oliver (Ollie) is shy with strangers but is a lover (he will usually hide when he hears a strange voice). However, once Ollie knows you, he will want to sit near you and cuddle.

Young children would be hard for Ollie to handle as he might be afraid of loud noises and quick movements. We think older children would be fine.

Up to date on all shots and I have all medical records.

## **2024 CALENDARS!**

THE 2024 BSAC CALENDARS are in production and almost ready for Purchase! Think holiday gifts, grabs, or just a great way to put a smile on your face every day in 2024 with memories

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The calendars should be ready to order in November. Stay tuned to this newspaper or the Bay State Animal Cooperative website (www.baystateanimals.org), Facebook page, Instagram,



and Twitter for more information next month.

Your calendar purchase will be much appreciated by the animal lovers in your family or circle of friends and will also help the BSAC cover medical, foster, and adoption costs. It's a win, win for all! Especially for the kitties waiting patiently for their furrrever home!

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## **Norwood Actress Featured in She Loves Me**

Set in a 1930s Budapest perfumery, we meet shop clerks Amalia and Georg who, more often than not, don't see eye to eye. After both respond to a "lonely hearts advertisement" in the newspaper, they now live for the love letters that they exchange, but the identity of their admirers remains unknown. Join Amalia and Georg to discover the identity of their true loves... and all the twists and turns along the way

Norwood actress Kelly Mc-Gowan returns to the Footlighters stage after serving as the Dance Captain in last spring's production of Something Rotten! Kelly has also been cast as Mrs. Cratchit in this December's production of A Christmas Carol, which the Footlighters will be staging in conjunction with the Walpole Children's Theater. "It combines the three elements of good taste: attractive to the eye, attractive to the ear, and func-

tional!" McGowan said.

Considered by many to be the most charming musical ever written, She Loves Me is a warm romantic comedy with an endearing innocence and a touch of oldworld elegance. The Mikos Lazlo play Parfumerie, on which it is based, has inspired many adaptations, including the film You've Got Mail starring Tom Hanks and Meg Ryan. The Footlighters production is directed and choreographed by Doug Hodge,

with music direction by Marilyn Whipple.

Performances of She Loves Me are at the Walpole Footlighters Playhouse at 2 Scout Road in East Walpole. Performances will be on October 27 & 28 and November 3, 4, and 11 at 7:30 p.m. There will also be matinee performances on October 29 and November 12 at 2 p.m. To purchase tickets, call the Box Office at 508-668-8446 or purchase online at www.footlighters.com.

# Norwood residents Participate in Jimmy Fund Walk

Twenty-nine residents from Norwood will participate in the Boston Marathon® Jimmy Fund Walk presented by Hyundai on Sunday, October 1.

Christina Alfieri, Esther Morales, Kathleen Horvath, Peter Giambanco, Sandra Tabares, Kerry McGrath, Albino Morales, Isabel Tarinelli, Juli Giambanco, Megan Brown, and 19 residents from Norwood along with thousands of other walkers, will participate in the iconic annual event that will unite the community to raise funds to support all forms of adult and pediatric care and cancer research at the nation's premier cancer center, Dana-Farber Cancer Institute. The Jimmy Fund Walk has raised more than \$167 million for Dana-Farber Cancer in its 34-year history, raising a recordbreaking more than \$8.8 million in 2022.

The Jimmy Fund Walk is the only organized walk permitted on the famed Boston Marathon® course, and participants have the flexibility to choose from four distance options: 5K walk (from Dana-Farber Cancer Institute's Longwood Medical Campus), 10K walk (from Newton), Half Marathon walk (from Wellesley), and Marathon walk (from Hopkinton).

To register to walk or volunteer (#JimmyFundWalk) or to support a walker, visit www.JimmyFundWalk.org or call (866) 531-9255. Registrants can enter the promo code NEWS for \$5 off the registration fee. All registered walkers will receive a bib, medal, and a Jimmy Fund Walk T-shirt.

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# Time Flies When You're Having Fun

For Move Well Physical Therapy's owner Michelle Donohue it's hard to believe that October is her company's fifth anniversary. "It seems crazy to me that five years has flown by so fast!" says Donohue. But then again when you're doing something you love time can fly. Physical Therapy has been a part of Donohue's life for over 30 years. "I feel fortunate that I picked a career that I still love."

Physical Therapists help people maintain or restore health through a physical examination, physical interventions, and patient education. Clients come to Move Well for a variety of issues. "We see people who have concerns over their balance or who are recovering from surgery" says Donohue. "Many people come in with the aches and pains that we all seem to get, but we also help people with very specific types of concerns too like vertigo or dizziness." Whatever your need, you can be sure the physical therapists at Move Well will take the time to listen to your concerns and develop a plan of care that is individualized for your needs.

"One of the reasons I wanted to open my own practice was because I felt there was a better way to treat patients." Donohue says. "We offer longer appointment slots than other clinics which allows total one-on-one care for your entire session. There is no overlapping of patients at Move Well."

And that approach seems to be working now that Move Well has reached the five-year milestone and Donohue thinks it's all because of the great community of Norwood. "Norwood has been my hometown since I was two. I love it here for many reasons, but from a business perspective there is no place I would rather be." She goes on to say "Being a physical therapist is the easy part for me but being a business owner is more challenging. I know there are things I could do better, like pay more attention to social media or my website but the people of Norwood have really been the reason my business has grown because nothing is better than word of mouth referrals."

And she is not shy in sharing her gratitude. "Without our awesome clients there would be no anniversary. I am grateful for every one of them and hope to be able to continue to provide personalized care for many years to come."



# **Living Healthy**

## It's Not Just a Bump On The Head

A concussion is a traumatic brain injury that affects your brain function. Concussions are usually caused by a blow to the head from contact sports, auto accidents or a fall. Some concussions cause you to lose consciousness, but most do not. Immediate symptoms can include Headache, ringing in the ears, nausea, vomiting, fatigue, drowsiness, blurry vision, balance and coordination issues. Long term symptoms may include sleep disturbances, concentration and memory issues, sensitivity to light and noise, depression, irritability and issues with taste and smell.

Jack H. presented to our office after a collision on the football field. He hit his head pretty hard and was removed from the game pending an exam by the trainer. He was sent for a CT scan and was diagnosed with a concussion. Jack was told to rest, reduce screen time and stay in a dark room until he felt better. His mom became concerned when Jack's school work started to suffer and his focus and concentration started to fail. Over time he went to his PCP and was told that these things take time. Jack reported that he was having trouble sleeping and complained of daily headaches which Advil



Dr. Rochelle Bien & Dr. Michael Goldstein

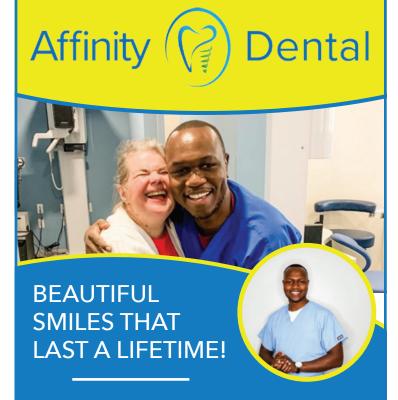
did not resolve. That is when she decided to bring Jack in to our office to be evaluated.

Upon exam it was confirmed that Jack was still experiencing long term symptoms of his concussion. He was put on a program of care including Chiropractic adjustments, NIS( neurological integrative systems) work, and supplements to reduce the inflammation in the brain and the body. Within a short time Jack's symptoms started to resolve and within 3 months he was back to himself and back playing sports.

If you need help to recover from a concussion don't hesitate to call The Holistic Center at Bristol Square (508)660-2722, located at 1426 Main Street, Walpole,MA.

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## **Senior Notes**

By Michele Taranto

## Attend FREE retirement webinars at HOME!

Planning for retirement (or living in retirement) can be a little overwhelming. AARP Massachusetts addresses the importance of finances through their launch of Thrifty Thursday, a series of webinar events to assist in better understanding and managing budgets and finances. The topics include social security, Making Your Money Last, Avoiding Scams, Planning for Retirement, and Caregiving costs.

All webinars are free! Simply bring a notebook and your questions

For more information or to sign up, visit

https://states.aarp.org/massachusetts/aarp-massachusetts-slates-its-new-financial-series-for-march-of-2023

For information on the full force of information available through AARP, visit www.aarp. org/.

#### **Norwood Memory Café**

If you know a loved one,

neighbor, or friend, who is living with memory changes, the Norwood Memory Café is a welcoming place for them to share a positive experience through laughter, companionship, and socialization.

The Norwood Memory Café is held on the third Thursday of every month, at the Norwood Senior Center. The event includes entertainment, conversation, refreshments, entertainment, and activities in a carefree environment.

This month's Memory Café will be on Thursday, Oct, 19, 1:30-2:30 p.m., Norwood Senior Center, 275 Prospect St. For more information or to volunteer, contact: Jean Cotton, MS, Gerontology, CDP, at Je7cot@msn. com, or call 781-762-1611.

\*A caregiver is asked to be present with any guests who need personal care assistance."

#### **Fuel Assistance**

Fuel assistance renewal applications were mailed in September. Anyone needed help with their application can call Norwood Senior Center Outreach Coordinator Kathleen Rooney, 781-762-1201 to set up an appointment. New applicants can

start applying in October with Kathleen, by calling the number above,

#### **Events**

## **October Monthly Ballroom Dance**

Norwood Senior Center

7-10 p.m.

The Friends of the Norwood Council on Aging will be sponsoring their monthly ballroom dance.

Music will be provided by Dave Valerio and the cost is \$12 per person. Coffee, tea, desserts, and water are served. There will also be door prizes! Newcomer welcome! For more information on the "Friends' and their status of events, visit their Facebook page at Friends Of The Norwood Council On Aging | Facebook

#### Flu Clinic

Norwood Senior Center

9 a.m.-4 p.m.

The Norwood Flu Clinic will be offered through with the Norwood Health Dept. The senior dose will be available. Sign up at the Norwood Senior Center, or call 781-762-1201.



THE NORWOOD SPACE CENTER - 83 MORSE STREET - NORWOOD



## **Elder Fraud Resolution**

With an increase in fraud schemes targeting the elderly, Norwood Police, along with the U.S. Department of Justice Office for Victims of Crime (OVC), are highlighting the resources available for elder fraud victims.

The National Elder Fraud Hotline, 1-833-372-8331, will be assigned a case manager that can help them through the reporting process at the federal, state and local levels. Victims will also be connected with further resources on a case-by-case basis.

For further information and resources for elder fraud victims, visit https://ovc.ojp.gov/.../sto.../providing-help-restoring-hope

## **Help Preserve Norwood's Historic Cemetery**

By Michele Taranto

For those interested in learning about, or even preserving, Norwood history, here is the chance to uncover it legacy for future generations! This month,

area was known as the Second or of South Parish of Dedham. At the time, the uninhabitable 3/4 acre of land was called Sandy Hill. As the Old Parish Cemetery neared capacity shortly after Norwood became incorporated

will be held on Oct. 7, 14, 21, and 28, 8:30-10:30 a.m. On any given day there may be between 15 and 20 volunteers cleaning gravestones, repairing broken stones, and remounting fallen/ leaning stones.

"Volunteers show up to work in the cemetery," Old Parish Preservation Volunteers Board Director and volunteer John Grove said. "No registration, no membership dues, just a willingness to work; tools and cleaners are provided."

For more information on the Old Parish Cemetery, or volunteering through the Old Parish Preservation Volunteers, visit https://www.norwoodma.gov/ residents/highland\_cemetery/ old\_parish\_cemetery.php, or oldparishpreservationvolunteers.

Also, learn more about the cemetery through these events coming up this month at the Morrill Memorial Library:

Documentary film and Book Launch and Signing of the 'Old Parish Cemetery of Norwood, Massachusetts,' by Patricia J. Fan-

Wed., Oct. 4 6:30 p.m.

"The Children's Hour" Guided Tour of Parish Cemetery Sat., Oct. 21



through Saturday Work Days, local residents acting as Old Parish Preservation Volunteers will spend a few hours each Saturday morning to clean up and improve one of this town's valuable assets.

in 1872, the Highland Cemetery opened in 1880,

Since 2018, the Old Parish Preservation Volunteers, an independent, non-profit group, donate their time to keep clean

# **Norwood PD is Hiring!**

The Norwood PD is actively seeking qualified applicants looking to join their department of officers. If you're interested in a fast-paced, exciting career that candidate for hire by the Norwood PD, you are required to pass the getbadged entry exam and submit your application online through www.getbadged.



provides the opportunity to serve the community of Norwood you are encouraged to apply. The job opportunities are currently listed on www.getbadged.com.

To be considered an eligible

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must be presented at purchase.

On November 4, the Norwood PD will be hosting getbadged at the Norwood High School location to provide interested applicants and community members with the ability to participate in the exam at a convenient location and provide the opportunity to

meet members of the Norwood PD, however, those participating in a getbadged exam prior to Nov. 4, will be able to apply for job opportunities earlier.





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## **Norwood Sports**

## Larkee is Back!

By Christopher Tremblay

Norwood's Shea Larkee had been a gymnast her entire life, but when she was introduced to field hockey, she suddenly found another sport she loved. In fact, she came to love the sport so much she was playing as much as she could and eventually joined the Wizards Field Hockey club team, an organization she still competes for.

As high school began to loom closer, Larkee, who knew a lot of girls on the Mustang's field hockey team, was looking to try out for the team. She was not expecting anything from the tryout, she just wanted to go out and do her best while having fun; if she made the varsity team that would be a bonus. The incoming freshman made her way onto the Norwood varsity squad and became an integral part of their success.

"I played every game that season for the varsity team," Larkee said. "And although it was my first time playing this often, I found myself getting better and stronger as the season went on."

By the time her first season was over, the freshman found that she was the Mustang's leading scorer, notching 23 points (11 goals and 12 assists). As a first-year varsity athlete, Larkee was grateful that she was able to play the sport she loved while providing offense for her team at a very young age.

"She came in and made a big impact right away," Norwood Coach Alison Doliner said. "She was wise beyond her years, a fierce competitor who sees everything, and was always two or three steps ahead of everyone else. She was second in goals, number one in assists, and was named our team MVP for the year. She was not only a scoring son for the sport, so my focus was primarily on that," Larkee said. "I did play a little winter club field hockey whenever I was not involved with gymnastics; that

really made a difference.

Despite the fact that she was involved with rehabbing to get herself back into game-time shape, Larkee still attended every end of April. As soon as the beginning of May, Larkee felt that she was back to being herself. Although today she feels she is fully back, she is continuing to attend therapy for strength conditioning as she never wants to be in the situation of getting hurt again and losing another season.

As she entered her junior campaign, the Norwood center forward was named a captain for the first time; something that she is totally floored with.

"It means a lot to me," Larkee said. "I am grateful to my teammates for voting me a captain, especially coming off a season like I had, or didn't have. It tells me that they respect me enough to give me this position and I want to show them I am worthy by helping to lead them to a winning season with a spot in the tournament."

According to Larkee, on and off the field, the game of field hockey is a fun environment, one in which she is excited about starting once again with her teammates. Together, they are hoping to get back into the Division 2 State Tournament, but with a different outcome than last year. Norwood went 9-9 on the regular season earning a 23 seed and fell 1-0 to Canton in the first round.

"I have played a lot during the spring to get stronger and cannot wait to get back to playing high school field hockey with my friends and teammates," Larkee said. "Watching the game through a different lens, I certainly learned a lot, but really wish that I didn't have to go through it."

In order to get ready for the upcoming season, the junior captain certainly put in the hard hours to get ready to lead the Mustangs into Tri-Vally League play.

"She put in the extra work and is ready," Coach Doliner said. "In our first scrimmage, she came out and scored right away. I'm excited to have her back on the field. The energy that she brings to the game is amazing and will definitely help bring the younger players' games to the next level."



powerhouse, but she also had an ability to set up her teammates."

When the season came to an end, there was no time to start training for the next season, however, it was time to get back to gymnastics.

"After the field hockey season ended, I jumped right into gymnastics as winter is the prime seawas the only training I got during the off-season."

However, on March 26 devastation hit with Larkee tearing her ACL. That eventually lead to surgery, not only ending her gymnastics season but leaving her on the sidelines for her sophomore field hockey season.

"When I tore my ACL, it was definitely a tough situation to process," Larkee said. "I was not going to be able to be on the field in the fall as I was going to be involved in 10-12 months of rehab, but I was committed to the fast track and coming back stronger than I was."

With the injury taking its toll, Larkee decided that she was going to walk away from gymnastics and solely focus on field hockey. According to the Norwood Coach, Larkee was missed greatly, especially for her scoring, and with the Mustangs involved in a lot of one-point contests, her presence on the field would have game and practice whenever she was not in therapy. If it wasn't helping the team with drills or keeping the scorebook on the sidelines of games, the then sophomore was still part of the team in any way that she could be.

One of her biggest attributes was sharing her unique perspective with her teammates from off the field.

"I was able to give the girls an insight to what I was seeing from my perspective on the sidelines," Larkee said. "It's much different than being on the field. It was really tough being on the sidelines as I would have much rather been on the field helping my team, but I guess it was for the better, learning wise that is."

After numerous months of rehab, Larkee slowly began to ease back onto the field with her club team and eventually found her way back into game-time situations and come around the



## Norwood Sports

## **Carol Savino Retiring**

By Christopher Tremblay

After patrolling the sidelines on the softball field for 61 years, Norwood High School Coach Carol Savino is finally hanging up her cleats. Well, not fully. The Mustang Coach plans on hanging around on more year while the new coach gets acclimated, and then after that she's looking to enjoy softball from a fan's perspective.

"I'm looking forward to go watch my former players play on the collegiate level," Savino said. "I've never been able to do this as not only did our season coincide with the college season, but Norwood's season was also always longer due to our participation in the tournament. I've been a sixday a week coach with no time to go see my girls play."

Savino, who just turned 79 years young, was a three-sport athlete (field hockey, basketball, and softball) at Stoughton High School. Although she liked basketball, she couldn't stand being indoors and wanted to be out in the elements as much as she could - softball thus became her top sport. Although she wasn't the greatest of athletes, she was small and quick, and those attributes were enough to allow her to play high school sports.

Having put in six decades of coaching, it wasn't something that the then Stoughton resident was looking to do with her life. In fact, she really didn't have any inclination to be a coach until her uncle came to her at the age of 18 fresh out of high school and told her she was going to coach his team.

"I didn't know anything about coaching, but my uncle told me that I knew the rules, so I'd be able to coach," Savino said. "I originally planned on giving him two years. However, after watching me coach, my grandmother told me that I was going to be doing this until I had grey hair and a cane. She was pretty right on. I don't have the cane, but I do have the grey hair; she had better insight than I did."

Growing up in the 60's, there was no softball for girls, and according to Savino, if you wanted to play you had to join Little League and play baseball with the boys. Savino would eventually go on to coach youth softball, basketball, and softball at Bridgewater State, basketball in Raynham, and then her last 28 years were on the high school level coaching softball at Duxbury for 14 years and then another 14 with Norwood. She was rather successful and involved with a lot of great people at Duxbury; she never envisioned leaving the school.

"I was told that I was the best coach that they ever had," Savino said. "I enjoyed my time there watching the young ladies grow with the game and then move onto the college level."

During the late 80's, Savino created Mass Drifters Softball for girls 16-18 years of age in order to get them prepared to play the game on the next level. The program was established to train and develop female athletes who are committed to the game, just as Savino has been.

Growing up, Savino didn't have the opportunity to move forward with softball if she had wanted to, so creating the Drifters was a way that she could give back; never in her wildest dreams did she imagine that the Drifters would become so big.

Although involved with the Drifters and still coaching Duxbury, Savino was very much content. That is until a few of her girls from the Drifters, who were also Norwood residents, told her of the opening for a softball coach at Norwood High School. Savino brushed it off, but the girls were persistent and eventually she gave in and applied for the vacancy. Although the Drifter programs had won a lot of trophies, Savino never thought that it would influence her application with Norwood. She still considered herself to be on the low end of the totem pole.

"I applied and went in for the interview with then Athletic Director Brian McDonough (who Savino recalls was a fast talker)," Savino said. "There were six applicants for the job, so there was no way that I was getting it. Following the interview, I asked Brian what his timeline was to hire someone, and he told me at least a couple of weeks. I left there feeling that I did my part and that was it."

The very next morning she received a call from McDonough, one she was definitely not expecting, who offered her the job, and she said yes. She recalled that phone call pretty much as a blur

and with the Norwood AD talking so fast, when she hung up the phone, she immediately thought to herself, what did I just agree to?

Little did she know her commitment of 15 years would bring the Mustangs softball program into the forefront of Massachusetts softball.

The Norwood skipper was not one who was big on statistics and tracking wins and losses, instead all that she was looking to do was prepare the girls so that they could move to play softball on the collegiate level.

"Coming into coaching I never had any goals, no real clue what to expect." Savino said. "I just wanted to run a program to the best of my ability while helping the girls. If you told me that I'd be doing this for many years with multiple teams, I'd tell vou no thank you. I've been extremely lucky to have coached some of the best athletes in the area. I'm an old-school individual looking for the kids to give everything they have while working hard

on the field and earning it; I'm not into this new way of thinking where things are just handed

At this stage, some 30 years in the making, the Mass Drifters Softball program continues to grow at an astonishing rate. Girls are looking to join the program and Savino's old players are coming back to give their coach a hand with the program.

Finding herself to actually be on the sidelines of the Norwood softball team for one more season, Savino hopes that she can help the new coach as much as she can before she exits the high school game for the final time.

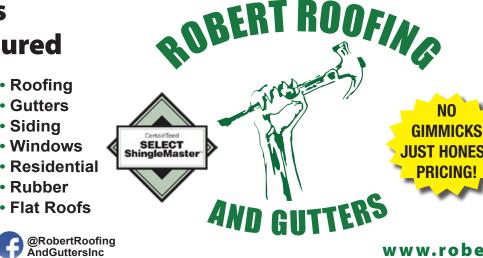
"I didn't have anyone around me to really teach me the game; I had to continue to learn and study the game as it was changing," Savino said. "To be a good coach, you need to know your players; know who to push and who to take along slowly. Again, I was lucky enough to have kids who were willing to buy into my program and get better."



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## **Calendar of Events**

## Oct. 3

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

The fall harvesting season means delicious and fresh local produce! the Market's 4 farmstands will also be offering a variety of fall seasonal options! There will also be a huge variety of vendors, including bakeries, fish, artisans, sports cards, nonprofit organizations, specialty foods, and more! Stay up to date on all the happenings at the Norwood Farmers Market and learning more about vendors by following their Facebook page at https://www.facebook.com/ Norwoodmafarmersmarket.

#### Oct. 4

#### Norwood's Old Parish Cemetery: Author Talk and Documentary Morrill Memorial Library 6:30 p.m.

Local author and Old Parish Preservation Volunteers founding member Patricia Fanning will discuss her new book, Old Parish Cemetery of Norwood, Massachusetts.

Founded in 1741 as the burial ground for the Second Parish of Dedham, the Old Parish Cemetery encapsulates the history of Norwood. In addition to remarks by the author, a short documentary about the Old Parish Preservation Volunteers, produced by Norwood residents Maura and Kate Smith, will be shown. Copies of the book will be available for purchase at the event. All proceeds from the sales will go toward the continued preservation of Old Parish Cemetery. To register, visit norwoodlibrary. org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

#### Banned in the USA: A History of Censorship, Book Bans, and First Amendment Freedoms Morrill Memorial Library (Virtual) 7 p.m.

Censorship is on the rise within the United States and right here in Massachusetts – through individual challenges to titles held by school and public libraries, and a proliferation of legislative action across the country to shape and limit the content of school libraries and course curriculum. Join Jocelyn Kennedy, a lawyer and librarian, to explore the history of government censorship within the United States, discuss the legal limits of censorship, and

develop an understanding of the role the first amendment plays in protecting the freedom to read. To register, visit norwoodlibrary. org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 5

#### Tales from the Restricted Section: Book Banning & Censorship in America Morrill Memorial Library, 7 p.m.

According to the American Library Association, there were 45 book challenges in Massachusetts in 2022 affecting 57 titles. That's more than the past 9 years (2013-2021) combined, which totaled 38 challenges. Nationwide, ALA reported 1,270 book challenges in 2022, up significantly from 350 in 2019. Join Norwood librarians Dina and Heath to learn more about how we got to this point, what kinds of books are under fire (and why), and how we can fight back against censors and book bans. To register, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

#### Sewstainability StashShare: Drop-Off, Morrill Memorial Library, 7:30-8:45 p.m.

This is the first chance to drop off supplies and equipment. No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials. We put them out on tables during the event for people to "shop."

## Oct. 6

#### Sewstainability StashShare: Drop-Off, Morrill Memorial Library, 11 a.m.-4 p.m.

This is the first chance to drop off supplies and equipment. No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials. We put them out on tables during the event for people to "shop."

## Oct. 7

#### Old Parish Cemetery Volunteer Work Day,Old Parish Cemetery, 480 Washington St. (rear), (by Railroad Ave.) 8:30-1030 a.m.

Join in to help preserve Norwood's history. All are welcome.

## Sewstainability StashShare Morrill Memorial Library 10 a.m.-2 p.m.

There is always an abundance, and a lot of people join in. Bring a bag when you come,

because you'll find some things you can't resist!

## Oct. 8

## Pumpkin Float & Lantern Walk 6-8 p.m.

It's the Third Annual Norwood Pumpkin Float at the Hawes Pool! The Norwood Recreation Department is looking for local families and groups to carve a pumpkin for the event and then set them afloat! The Cub Scouts will have a small camp fire to make s'mores! FREE to all.

## Oct. 10

## 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 wb-nofnorwood@gmail.com.

## Norwood Woman's Club Meeting Knights of Columbus Hall, 572 Nichols St., 12:30 p.m.

Dan Clark "The Singing State Trooper" will entertain. A light lunch will be served. Guests are welcomed. Yearly dues are now \$35 as the club is providing sandwiches. We are asking everyone to bring one item for the Ecumenical Food pantry to each meeting. Any questions please call Trina at 781-762-8173.

## Norwood Farmers Market-HarvestFest! Town Common, 2-6 p.m.

From 3-5 p.m. the Norwood Farmers Market will be offering pumpkin decorating for the kids! There will also be inflatables, games, crafts, and more! The Market's 4 farmstands will also be offering a variety of fall seasonal options as well as a huge variety of vendors, including bakeries, fish, artisans, sports cards, nonprofit organizations, specialty foods, and more! Stay up to date on all events and vendors at the Norwood Farmers Market and learning more about vendors by following their Facebook page at https://www.facebook.com/ Norwoodmafarmersmarket.

## Norwood Toastmasters Club Norwood Civic Center, 7 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/.

#### A Boston Harbor Islands Adventure: The Great Brewster Journal of 1891 Morrill Memorial Library 7 p.m.

Adventure back to 1891 and the Boston Harbor Islands as the Friends of the Boston Harbor Islands bring history to life. The guide for the evening will be historian and author, Marguerite Krupp. In 1891, four intrepid women from Lowell sailed to a remote island in Boston Harbor for a 17-day escape from New England's prim-and-proper society. Calling themselves the Scribe, the Aristocrat, the Acrobat, and the Autocrat, the women rusticated in a cottage on Great Brewster Island, reveling in the chance to shed their identities of wife, mother, and daughter. Relive their sojourn through their remarkable journal, filled with observations, illustrations, photographs, and poetry. Copies of the book will be available for sale at the event. To register, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 11

## Norwood Junior Woman's Club Open House Conrad's Restaurant, 7:30 p.m.

OPEN HOUSE! Join the group for a drink and appetizers and see what they are all about! The Norwood Junior Woman's Club is a women's social group that serves the Norwood community by fundraising in order to give back locally to various programs, events, and families in need. Monthly meetings are held at 7:30 p.m., on the second Wednesday of each month, at Conrad's Restaurant, Norwood. For more information you may email Norwoodjwc@gmail. com or visit their website at Norwoodjwc.org.

## Oct. 13

## Friends of the Library Book Sale Morrill Memorial Library 2-4:30 p.m.

Join the Friends-only early bird sale. If you're not already a Friend, you too can enjoy early access to the sale by signing up for membership when you come to the sale.

## Oct. 14

#### Old Parish Cemetery Volunteer Work Day, Old Parish Cemetery, 480 Washington St. (rear), (by Railroad Ave.) 8:30-1030 a.m.

Join in to help preserve Norwood's history. All are welcome.

## Craft Affair of Norwood Norwood High School 9 a.m.-2:30 p.m.

The 29th Craft Affair of Norwood always showcases an impressive vendor list, including sewn, crocheted, and knitted pieces, items for pets, jewelry, holiday decor, wreaths, stained glass, mirrors, paintings, bags, scarves, soap, painted glass, quilts, ornaments, hats and mittens, cards, hand towels, hair bows, ceramics, puzzle lights, decoupage plates, and much more. Also, the rows of raffles are a huge hit! Admission is \$4 13 years old and up, \$3 for seniors, free for under 12.

#### Friends of the Library Book Sale Morrill Memorial Library 9 a.m.-5 p.m.

Visit the Friends of the Library semi-annual Book Sale! Come one, come all - the sale is open to the general public.

#### Blessings Boutique Thrift Shop First Baptist Church, 71 Bond St., 10 a.m.-noon

Get ready for fall with beautiful clothes for the whole family, home decor, books, all kinds of household items, and a whole lot more - all at great prices!!

## Trunk or Treat 10:30-noon, DPW Lot

It's the 12th Annual Trunk or Treat event! If you are interested in participating with a decorated trunk, email mduffykidd@ norwoodma.gov. Candy donations are welcome and can be dropped off at the Civic Center. Teal Pumpkin Project will be located at most of the trunks. Cost: canned goods or \$1 for the Norwood Food Pantry.

## Oct. 17

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

Visit the Norwood Farmers Market for the last market of the season! This is the last chance to visit one of the most vibrant and fun farmers market in the area! In addition to delicious and fresh local produce, the Market's 4 farmstands will also be offer-

## **CALENDAR**

continued on page 15

## **CALENDAR**

continued from page 14

ing a variety of fall seasonal options! The Market also hosts a huge variety of vendors, including bakeries, fish, artisans, sports cards, non-profit organizations, specialty foods, and more! Stay up to date on all the happenings at the Norwood Farmers Market and learning more about vendors by following their Facebook page at https://www.facebook.com/ Norwoodmafarmersmarket.

## Oct. 18

## Turn the Page Book Group-'The Stranger in the Woods' **Morrill Memorial Library**

This month's discussion will be on the book 'The Stranger in the Woods,' a biography written by Michael Finkel. For questions, email Patty Bailey at pbailey@ minlib.net or call 781-443-8864.

#### Turn the Page Book Group-'The Stranger in the Woods' **Morrill Memorial Library (Virtual)** 6:30 p.m.

This month's virtual discussion will be on the book 'The Stranger in the Woods,' a biography written by Michael Finkel. For questions, email Patty Bailey at pbailey@minlib.net or call 781-443-8864.

#### **Paint Night for Neponset Valley Humane Society** Muse Paint Bar, Patriots Place 6:30 p.m.

Enjoy a night out with friends, learn to paint a beautiful picture, (to take home), and help support the Neponset Valley Human Society through this fundraiser. To register, visit neponsethumane, org/nvhspaint-night-2023.

#### Parking Fight!: An Author Talk w/ **Henry Grabar** Morrill Memorial Library, 7 p.m.

The Morrill Memorial Library will host Henry Grabar. author of Paved Paradise: How Parking Explains the World. Join this evening to learn about how the pursuit of free parking came to dominate local politics, architecture, and the environment--and what we can do about it. To register, visit https://www. norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 20

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

Join the art instructor Ms.

art classes for adults, a program specially designed for adults with intellectual and developmental disabilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/ repurposed materials and items found in nature. Open to 18 and up. To register, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

#### **October Monthly Ballroom Dance Norwood Senior Center** 7-10 p.m.

The Friends of the Norwood Council on Aging will be sponsoring their monthly ballroom

Music will be provided by Dave Valerio and the cost is \$12 per person. Coffee, tea, desserts, and water are served. There will also be door prizes! Newcomer welcome! For more information on the "Friends' and their status of events, visit their Facebook page at Friends Of The Norwood Council On Aging | Facebook

## Oct. 21

#### **Old Parish Cemetery Volunteer Work Day** Old Parish Cemetery, 480 Washington St. (rear), (by Railroad Ave.) 8:30-1030 a.m.

Join in to help preserve Norwood's history. All are welcome.

## Oct. 22

## **Stuart Plumer Author Series:** Rajani LaRocca Morrill Memorial Library, 3 p.m.

Join an in-person author talk with award-winning children's and middle-grade author Rajani LaRocca. Rajani LaRocca is a physician and award-winning author of books for young people. She is the author of numerous other acclaimed novels and picture books, including Midsummer's Mayhem, Seven Golden Rings, and more. She also cohosts the STEM Women in KidLit Podcast. Rajani will start the event with a presentation, followed by Q & A with the audience. This program is recommended for ages 7+. To register, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 24

## Women's Business Networking Meeting, 8 a.m.

The Women's Business Networking (WBN) group is a nonprofit organization for women in business or residents of Norwood Stephanie for sensory-friendly and surrounding towns. The

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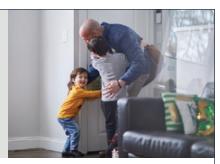








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group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

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

Do you love graphic novels? Come to our Graphic Novel Book Club! Every month, the group will meet and take turns talking about which graphic novels they have read. There will also be snacks and activities as well. 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, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Norwood Toastmasters Club Norwood Civic Center, 7 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 norwoodtoastmaster.toastmastersclubs.

## **The Changing Nature of Gender** in the 21st Century w/ Dr Genny Morrill Memorial Library, 7 p.m.

The last decade has seen a generational shift in how gender is lived and viewed. Refuting the common assumption that gender can be reduced to the binary of female and male, many members of Gen Z identify as nonbinary and are challenging society to recognize more than two genders. This presentation will discuss the development of these changes, why they are important, and how people can be supportive of this movement. To register, visit nor-

woodlibrary.org/morrillcalen- The ice storms of 1998 or 2010? dar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 24

## Titles on Tap Book Group Napper Tandy's, 7:30 p.m.

This is a book group hosted by the Morrill Memorial Library, and held at Napper Tandy's, in Norwood. The October title has yet to be announced. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. This group prefers stories that are shaken, not stirred, and taking love of lit outside the library walls. Titles on Tap meets once a month in the left-hand bar of Napper Tandy's to eat, drink, be merry, and discuss the latest reading selection. Please email Liz with any questions, lreed@minlib.net.

## Oct. 26

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

Morrill Memorial Library partners with the L.E.A.D. program affiliated with Norwood High School to host a Sensoryfriendly Lego Club 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 norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Weathering the Storm: Big Storm Stories from Norwood & Beyond **Morrill Memorial Library**

You've heard of the Moth Radio Story Hour--now, join in for the Morrill Memorial Library Storm Story Hour! Do you have a yarn to spin about your experience during the blizzard of 1978?

How about the Great Norwood Flood of 2020? Your neighbors want to hear them all! Join your neighbors and Town staff members to trade tales of adventure, woe, comradery, and probably way too much water and snow at this evening of storytelling, themed around the storms we have lived and maybe even worked through. Come prepared with a story of your own to share, or just come to listen and share a hot beverage. Light refreshments will be available. Assistant Director of Community Development Holly Jones, Chief William Brooks of the Norwood Police Department, and Town Engineer Mark Ryan will all be in attendance to talk about their experiences. To register, visit https:// www.norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 27

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

Join the art instructor Ms. Stephanie for sensory-friendly art classes for adults, a program specially designed for adults with intellectual and developmental disabilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/ repurposed materials and items found in nature. Open to 18 and up. To register, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

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

The October movie in the

**CALENDAR** 

continued on page 16

## **CALENDAR**

continued from page 15

Sensory-friendly Friday movie series is Disney's Coco, rated PG. The Morrill Memorial Library and Lifeworks Inc of Norwood we will be partnering to show a movie in a sensory-friendly and inclusive environment on the last Friday of the month. This event is recommended for attendees aged 18 and up. To register, visit norwoodlibrary.org/morrillcalendar/ or call the Reference Desk at 781-769-0200, x2.

## Oct. 28

Old Parish Cemetery Volunteer Work Day Old Parish Cemetery, 480 Washington St. (rear), (by Railroad Ave.) 8:30-1030 a.m.

Join in to help preserve Norwood's history. All are welcome

#### Blessings Boutique Thrift Shop First Baptist Church, 71 Bond St. 10 a.m.-noon

The thrift shop offers all kinds of great things at even greater prices! Come in and treasure hunt! You will love what you find!

## Oct. 30

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

The Morrill Memorial Library has launched Let's Talk About It!, 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. The group will meet monthly on a Monday evening at 7:00pm in the Simoni Room, to talk about a pre-selected topic.

Every month, group members will receive a short list of materials about a pre-selected topic to review. Then, during our meeting, will talk about how to analyze information about that topic in context. This month's topic is Stranger Danger and Urban Legends. To register, visit https://www.norwoodlibrary.org/morrill-calendar/ or call the Reference Desk at 781-769-0200, x2.



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# Real Estate Corner

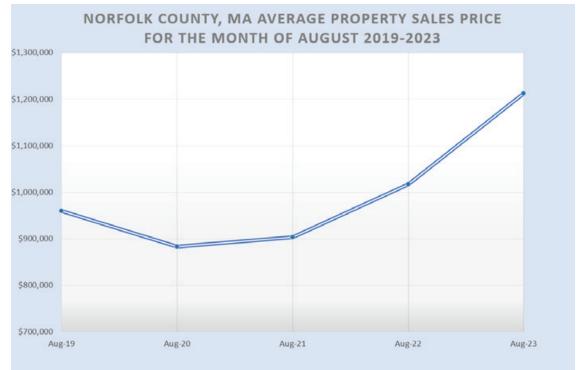
## **Average August Property Prices Reach Record Highs**

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings indicate average property sales prices rose to a record high for the month of August as compared to previous years. This increase can likely be attributed to a limited inventory of new housing up for sale and a lack of existing houses on the market.

"Average property prices in August are up significantly this year compared to the same month in previous years," Register O'Donnell stated. "Seasoned homebuyers and those looking 2020, shows that average property prices fell seasonally by 12% to 17% in August compared to July," Register O'Donnell said. "This means that while prices remain high, the seasonal fluctuations in the housing market month over month have remained constantly steady when you compare them to the ebbs and flows of previous years."

Notwithstanding the increase in average property sales prices, the total number of deeds recorded for August, 2023, which reflects both commercial and residential real estate sales and The Registry of Deeds recorded 9,527 documents in August, 2023. This was 18% less than in August, 2022 but an 11% increase compared to July, 2023.

"Higher mortgage interest rates have an impact on the number of mortgages and deeds recorded at the Registry," Register O'Donnell said. "Higher interest rates affect seasoned homebuyers' eagerness to refinance, which means fewer mortgages. It also affects a homeowner's willingness to sell, which results in fewer homes on the market that can be bought. Higher interest rates also



to purchase their first home are faced with the challenge of property values that are 19% higher than 2022 prices, 34% higher than 2021 prices, and 37% higher than 2020 prices, in addition to a mortgage interest rate that for some exceeds 7%."

The average sale price of commercial and residential properties for August, 2023 was \$1,212,694, a 19% increase compared to August, 2022 but a decrease of 17% from July, 2023. The total dollar volume of commercial and residential sales is down, decreasing 6% from last year and 12% from last month.

"Looking at the numbers from August, 2022, 2021, and

transfers, was 1,478, down 12% from August, 2022 but up 16% from July.

"Overall real estate activity is on a downward trend compared to the previous year, driven by two likely factors: limited inventory and high interest rates, resulting in a reduction of the number of deeds and mortgages, which make up a large portion of the total document volume at the Registry." Register O'Donnell continued. "A slight increase in the number of deeds from last July may suggest that some sellers are taking advantage of higher property values, increasing the number of existing homes on the market."

impact buyers."

For the month of August, lending activity overall continued to decline from last year. A total of 1,328 mortgages were recorded, which is 33% less than last year but 6% more than last month.

"In addition to fewer people refinancing, the decline in lending activity can also be attributed to fewer first-time home loans," Register O'Donnell said. "High property prices and increased mortgage interest rates make it more challenging for first-time homebuyers to afford a mortgage

**PROPERTY** 

continued on page 18

# Real Estate Corner

## **History Comes Alive:Norwood Town Hall**

Norfolk County Register of Deeds William P. O'Donnell and Mark Crosby, Government Access Coordinator, QATV, recount the road that led them to creating "History Comes Alive, Norwood Town Hall," and this summer winning the "Best of Experimenfilm, 'The Stendhal Syndrome;' the movie introduced me to a medical condition in which an art observer can become so emotionally involved in viewing a work that a psychosomatic (mental and physical) response is experienced. As one who always looks

"This segment grew out of a History Comes Alive land record project at the Norfolk County Registry of Deeds. History in our local communities is all around us," O'Donnell said. "The piece allows those in the community to learn about some of that interesting history in a way that both captivates and educates the audience."

O'Donnell and Crosby enlisted the help of theater performer and historical reenactor Michael LePage, who also works at the Registry of Deeds, to play the role of the main character, a museum patron who is transported back to 1926 Norwood, MA.

"We incorporated the use of green screen technology to create the visual illusion of a person in a museum walking into a historic piece on the wall and suddenly becoming immersed in that piece and becoming dressed in period costume once they entered the piece," Crosby said.

In the program "History Comes Alive, Norwood Town Hall," the museum patron, Michael LePage, steps into a historical image of Norwood Town Hall through the use of green screen technology and is seemingly transported back to 1926. Amidst the sound of explosions and machinegun fire the narrator, Register O'Donnell, ex-

plains the historic building was constructed as a memorial to Norwood residents who served in World War One. With the sound of construction playing in the background, the narrator describes the style and materials used in the construction of the Town Hall. Fireworks can be seen and heard as the narrator recounts the November 11, 1928, dedication ceremony attended by over 10,000 people. The narrator continues by highlighting some of the unique features of the

VICTORY

Page 17

continued on page 18



tal Access Center Professional" award presented by the Alliance for Community Media Foundation at the 2023 Hometown Media Awards.

The journey began, like many things, with a spark of inspiration, which soon grew into a shared vision. Register O'Donnell and Crosby recognized the importance of sharing the history of Norfolk County in a format that would both inform and entertain viewers.

"Inspiration can come at unexpected moments and from the most unlikely sources," Crosby said. "The idea for this piece came while watching Italian movie director Dario Argento's for a new and unique way to tell a story, adapting it to a history lesson seemed logical."

Already having a well-established partnership with the Norfolk County Registry of Deeds, Crosby reached out to Register of Deeds William P. O'Donnell, a Norwood, native, to be the voice of the narrator and help collaborate on the project. O'Donnell saw the potential to educate the public about art and history through this adaptation and eagerly agreed to work together. With their combined expertise and resources, they were able to create, what many people feel, is an engaging and educational experience for viewers.







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# Real Estate Corner

## **PROPERTY**

continued from page 16

and to keep up with payments."

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In August, 2023, there were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in August, 2022, there were 7 recorded. Additionally, this month, there were 25 notices to foreclose, the first step in the foreclosure process, less than the 33 recorded in August, 2022.

"We hope to see this trend continue into the fall season, especially as the weather gets cooler," 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 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."

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 increases in the number of property sales and in the total number of documents compared to last month, but with record property prices for this month and a limited housing inventory, we are seeing significant decreases in overall real estate activity compared to 2022," Register O'Donnell concluded.

To learn more about these and other Registry of Deeds events and initiatives, "like" them on Facebook at facebook.com/norfolkdeeds. 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 registerodonnell@norfolkdeeds.org.

## **VICTORY**

continued from page 17

Norwood Town Hall. The piece closes with the museum patron stepping out of the photo and returning to modern times.

To watch a video of the award-winning segment "History Comes Alive, Norwood Town Hall," footage from the Hometown Media Awards ceremony and a discussing between O'Donnell and Crosby visit: https://youtu.be/qBCyfXozLiQ

"I've just enjoyed watching Mark Crosby, Jonathan Caliri, and the staff at Quincy Access Television creatively came up with a way to take some of the information from the History Comes Alive project and truly make it come alive through this short subject history piece," Register O'Donnell said.

The 'Best of Experimental Access Center Professional' award is an annual award presented by the Alliance for Community Media Foundation to recognize the creative use of

media technology in a new and unique way. This award is highly regarded in the industry and is given to individuals or teams who have demonstrated exceptional creativity, innovation, and impact in their work. Winning this award is a testament to the quality and uniqueness of Crosby and O'Donnell's project, as it was selected as the best among a pool of highly competitive entries.

"I want to thank Mark Crosby whose creativity and production skills made the program possible," Register O'Donnell expressed. "I also want to thank Jonathan Caliri and the staff at QATV for all their hard working in making this vision a reality. I cannot forget our star Michael LePage whose performance tied the piece together, thank you."

To learn more about these and other Registry of Deeds events and initiatives, "like" them on Facebook at facebook.com/norfolkdeeds. Follow on Twitter and Instagram at @norfolkdeeds.



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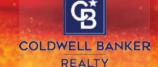


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命 \$675K

Median List Price

个1%



100.95%

Sales Price / List Price Ratio

**↓**4%

仚 27

No. of Prop. Sold

**↓ 10%** 



Avg. Days on Market

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