

Local Residents Swing Into Spring!

BY BELLA CAGGIANO

It's the middle of April, and most New Englanders are looking forward to spring and eventual longer days and warmer temperatures. For Norwood residents, however, music and dancing are in the air when it comes time to perform in Dancing with the Norwood Stars! The Norwood Circle of Hope Foundation and OneLocal Bank are presenting this popular yearly fundraiser on Friday, April 12, 7 p.m., at the Four Points Sheraton.

Each year, six residents take to the dance floor to take home the coveted Disco Ball Trophy. This year's dancers are: Dave Dalton, Emma Petracca, Meg Luizzo King, Nina Kelley, Sam White, and Sean Connelly. Two winners will be crowned this special evening: an Overall Winner for the person who raises the most money and the Judges Choice for the best single dance. For the past few months, the dancers have been holding fundraisers around town to raise donations for their team to win

as the Overall Winner. They have also spent hours practicing with professional dancers from the Fred Astaire Dance Studio, in Norwood to win that coveted Judge's Choice Award!

Attending fundraisers would be amazing!" COH volunteer Christiana Rose said. "All these contestants put so much time and energy into their fundraising efforts! Would be great to have the support!"

Meet the 2024 Dancing with the Norwood Stars contestants!

Tickets unfortunately are already sold out, but viewing and voting are still available at multiple locations and devices. The event will be broadcasted live through Norwood Community Media (NCM) at satellite locations where people can cast their vote for their favorite dancer, or on Norwood's local programming station. The satellite locations are: Olde Colonial Cafe, Nahatan St.; Colonial House,

Savin Ave.; Lewis, Central St; and Café Venice, Washington St. Check for your local station at norwoodcommunitymedia.org to view through your cable company.

Previous Dancing with the Stars Champions: 2009 - Missy Sansone; 2010 - Carolyn Riccardi; 2011 - Jack Perry; 2012 - Jeanne Babel; 2013 - Tommy McCready; 2014 - Susan Bunker; 2015 - John Rogers; 2016 - Jay White; 2017 - Christine Kiklas; 2018 - Alex Brown; 2019 - Michelle Sheehan; 2022 - Tracey Curran; 2023 - Abigail Tierney.

Dave Dalton



Dave, aka 'Daltz' was born and raised in Norwood. He was the vice president of his graduating Class of 2003 at Norwood High School. Dave is

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Keeping Norwood Firefighters Safe

BY MICHELE TARANTO

They risk their lives for their residents every day. They protect, so they must also be protected. Each year, towns allocate budgets

risks the next call will bring," Lt. Governor Kim Driscoll said in a press release. "These grants will support the purchase of fundamental tools and specialty equipment to help them do a dangerous job more safely."

The Healey-Driscoll administration awarded \$5M to 321 Massachusetts fire departments through the state's Firefighter Safety Equipment Grant program. The Town of Norwood received \$24,973.50.

"The amounts were set by the state according to population," Norwood Fire Chief Timothy Bailey said. "Our request was based on the maximum for a community of our size. The grants are submitted to SFS (Department of Fire Services) where they make the final determination for the distribution of funds. The amount we received is comparable to other towns with similar population."

The individual town and city fire department funding provided is eligible to purchase 135 types of



and fire department expenses are included in those financials. A little help, however, is always much appreciated, and recently, the Norwood Fire Department was the recipient of a Massachusetts grant directed for safety equipment.

"From structure fires and water rescues to hazardous materials and building collapses, firefighters never know what life-threatening

FIREFIGHTERS
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DANCING

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married to Alyssa Gearty-Dalton, also a true townie and graduate of Norwood High School Class of 2000. They live in Norwood, of course, with their two children Ella and Jackson and their beloved dog Delaney. Dave has coached baseball in everything, from Little League up to high school varsity over the last 23 years. He helps with his son's hockey team for the Norwood Nuggets and coaches his son's baseball team for Norwood Little League. This year, Dave was the field supervisor for Norwood Youth Football and Cheer. He is a very proud Dad. If he is not coaching, you will always find him on the sidelines supporting his kids, from floor hockey, baseball, hockey, football, softball, and cheerleading. Dave has worked at Lewis' for the last 15 years and continues to be a familiar face behind the bar. He is now also employed at the Norwood Recreation Department which he worked for several years previously during high school. Dave also works with his father, Bob Dalton Jr., NHS Class of 77, for Robert Dalton Garage Doors, a

3rd generation business that was started by his late grandfather, Bob Dalton Sr., NHS Class of 1957. He is honored to have been nominated to take part in Dancing with the Norwood Stars. Dave is dancing to support the Norwood Circle of Hope and all their hard work and dedication to continue the support of the people of Norwood that are in need.

EMMA PETRACCA



I have grown up in Norwood most of my life, and have seen firsthand how the community here comes together for one another in times of pain and need. I am excited to have the opportunity to give back in some way, and that we can do so through something as unifying as dance. I wish everyone luck, and I hope we can all make the Circle of Hope proud.

MEG LUIZZO KING



When asked to be a contestant with the 2024 Norwood Dancing with the Stars, my initial reaction was no. I have two left feet and no rhythm. After contemplating briefly, I realized it's not the dancing that's so important, it's giving back and fundraising for The Circle of Hope Foundation. They truly are an outstanding foundation that gives back to Norwood residents in need anonymously. Congratulations to The Circle of Hope Foundation for celebrating their 26th year!

I was born in Boston and adopted at six months to an amazing family who lived in Norwood. I am a Norwood-

ian who attended the John P. Oldham School, Norwood High School, and the Henry O'Peabody Secretarial Program. I received my Associates Degree from Newbury College.

After working in Boston for 20 years, I realized I wanted to work in a more personally fulfilling job. I decided I could give back to our community by helping autistic children as a paraprofessional. I love being a teacher's assistant! It is the most rewarding and challenging job that I've ever had. I am so looking forward to my son Michael and his wife Ally having their first baby girl. I cannot wait to meet my granddaughter! My passions include walking anywhere, exercising, dining out, meeting friends, reading, and relaxing at the beach. I also love to shop, play rummy with my husband, who I swear cheats at cards, and loving life to the fullest. I would also add that I met my husband Eddie King, at Jack Tolman's Dancing with the Stars benefit fundraiser in 2012, at the Old Colonial Cafe and got married at the Norwood gazebo - a true Norwoodian!

Wishing all the contestants' great success, love, and happiness!

NINA KELLEY



My name is Nina Kelley. My husband and I and our 3 young children moved to Norwood in August, 2001. Who knew Norwood would fill my bucket?

I met so many wonderful people here who I call dear friends through volunteering at the schools, PTA, sports, art, and music. I continue to volunteer as treasurer for FoVA (Friends of Visual Arts)

supporting Norwood Schools, even though my children have all graduated. I've been working as a para for Norwood's pre-k, now known as the LMPA (Little Mustangs Preschool Academy) at the Savage, for almost 19 years. I couldn't have asked for a better working environment. Truly amazing and the most supportive group of people who are family to me. In Sept. 2012, I was diagnosed with stage 4 cancer, with recurrences every two years. With the support of my family and friends and the people of this town, "my town" rallying around me was such a huge uplift to my spirit. Norwood's Circle of Hope Foundation reached out and helped me and my family during the worst times; always checking in on us. We were so blessed to have this wonderful organization in our town. They do this anonymously but I'm compelled to share. In 2014, I started to volunteer for the Circle's Annual Dancing with the Norwood Stars event at the Colonial House restaurant collecting votes, and imagined myself dancing one day. The past two years I've had radiation twice and was on immunotherapy. This past October, my doctor told me I was in remission, FINALLY!

I was dancing inside and out with the news. And to make this even more special, the Circle of Hope called me in November and asked if I would be one of the six dancers this year. Without hesitation, of course I said YES!! I continued to dance inside and out. I'm not aiming to raise the most, but will do my best to. I just want to be the best dancer!! LOL! This organization is near and dear to my heart.

Grateful and ever so joyful I am!

SAM WHITE



I was born in Rutland, VT, where I grew up in the small town of Poultney, VT, for the first 18 years of my life. I was a two-sport athlete throughout my high school career playing basketball and football. I am proud to say that I am a 1,000 point scorer at Poultney High School and was honored to play in the Shrine Football game with the top senior football players in the State of Vermont vs. New Hampshire. I attended Lasell College in 2015, where I received by Bachelors in Sport Management and was a part of the men's basketball team until graduating in 2019. I then went on to pursue my Master Degree in Athletic Administration at Castleton University where I was also a graduate assistant for the conference

& events office. During this time, I worked at Castleton's ice rink, Spartan Arena, as a zamboni driver. After graduating in 2021, I moved to Norwood with my girlfriend, Sarah Rudker! We now own a husky mix named Koolie. From May - November of 2021, I worked at Dedham Health and Athletic Complex as a front desk manager. I applied to become the program coordinator at Norwood Recreation Department and began my position in December of 2021. Since then, I have become the recreation departments assistant director where I am stationed today. I have grown a love for the Town of Norwood and the Norwood

Recreation Department. Serving this community has been such a pleasure and I enjoy going into

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FIREFIGHTERS

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equipment, including hoses and nozzles, turnout gear, ballistic protective equipment, gear washers and dryers, thermal imaging cameras, hand tools and extrication equipment, communications resources, hazardous gas meters, and more.

“This funding will allow us to

purchase the necessary equipment for the tracking of personnel and equipment at emergency scenes,” Norwood Fire Chief Timothy Bailey said. “It will also allow for us to purchase tactical PPE (personal protective equipment) to protect our



personnel in an active shooter hostile event response.”

“Every single day, firefighters across Massachusetts put themselves in harm’s way to protect their communities,” Governor Maura Healey said in a press release “They deserve our thanks and our

support. The Firefighter Safety Equipment Grant program is just one way we can express our appreciation for that selfless dedication.”

“The Firefighter Safety Equipment Grants are an investment in the health and safety of Massachusetts firefighters,” State Fire Marshal Jon Davine said. “The flexibility of the program is especially valuable because it al-

lows each department to make purchases based on their specific needs and resources. It has become a vital part of the way the Massachusetts fire service prepares for the constantly evolving threats in the world around us.”

“This is the fourth year that the Town has received this grant for the purchase of fire safety equipment,” Chief Bailey said.

A Little Off The Top

By STUART GREEN

Plenty of waiting room around here

(A crowd hovers around on their personal flying low-altitude drones, periodically scanning their internal internet transponders implanted inside each person at birth, as is the custom here in 2124. They listen curiously as the speaker reads from the Norwood time capsule from 100 years ago, when people had the primitive but quaint activity of writing with something called pens. The speaker begins to read from a journal by Sir Gerry, who made a trip down Washington Street a century ago.)

“Date: March 1, 2024. Destination: Hospital. Affliction: Splinter. Data: Wood, possibly oak, 1/4-inch in length. Anticipated Time of Trip: 1 Hour.

“I reach my destination in good spirits, but am slightly apprehensive as I have not been to the hospital in quite some time – 10 years at least, maybe a decade. The natives advise me to expect some changes. Indeed.

“The building seems somewhat airier than usual, not confined, more room. I don’t know why. I can’t put my finger on it – in fact, I can’t put my finger on anything. The décor is strangely strange. I think they’ve taken the pictures off the walls... along with the walls.

“‘Hey,’ I tap a hospital worker, outfitted quite provocatively in a hard hat, flannel shirt, and jeans (no doubt it’s casual dress-down day), “can you direct me to the Splinter Removal Department and Low-fat Yogurt Café?”

“ ‘Yeah,’ “ he answers, positively dripping in a Brooklyn twang, “see that wheelbarrow next to the barrel of nails? Take a left and it’ll be just beyond the third girder on the right. Oh, watch your head when you enter.”

“I take my splinter, which is anything but splendid, and ramble along. And wait. And wait. And wait. Did I mention about that whole waiting thing? There was lots of time – all free.

“And suddenly, and out of the blue, without any warning, and who could have expected such a thing - I wait.

“I would take a number, but there aren’t any. Besides, what

would I do with a number – unless there was a medical team holding it.

“And then I get an idea, which gives me substantial comfort, along with a case of hiccups. I ignore the malady and focus on the revolutionary thought which is tearing at my head – and along the seams of my pants. But, alas, I have forgotten the solution, saluted the forgotten, and got in a salutation.

“And then (another and then?), and only then, it strikes me like lightning - only without the burns. I figured out what was so brazenly bizarre about this abode – the magazines.

There were none. What kind of hospital waiting room was this without so much as a Hood Grousekeeping, Vague or Spots Illuminated?

“I decided to put on my hat – strange enough because I actually did not have one – and walk out... splinter and all. It was about that time – or maybe a quarter past – that I finally was able to put my finger on it. A pair of pliers hanging around. Maybe I could take care of things after all.

Stuart Green is a freelance writer. He can be reached at sagreen115@aol.com.

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Band Together School of Music – Making the World a Better Place, One Quarter Note at a Time

By: JENNIFER RUSSO

Imagine being a mathematician, learning diligently how math works and attempting to solve the most complicated numerical problems, working with, and developing formulas, principles, and techniques, but then having nothing in the real world to apply that knowledge to.

The same idea can apply to learning a musical instrument. According to Band Together founder Dylan DiChiara, putting context into the teaching of music is key. Not only learning an instrument, but how that instrument interacts with others, understanding where the music it is playing comes from, to make learning that instrument a more meaningful experience. This modern, holistic approach to teaching enables students to be their most creative.

“Nothing exists in a vacuum,” says DiChiara. “Learning how an instrument functions on its own is just a piece of the puzzle. With all of our teachers being multi-instrumentalists, we can not only help students learn at their own pace but show them how their instrument fits into the bigger picture. If a student is learning drums, why not bring in a bass guitar and play together?”

Dylan, who opened Band Together in May of 2023 after working as a music director for School of Rock and teaching home lessons for over a decade, also believes in helping learners understand the historical narrative of music. Each month they have different themes so that students aren't just learning how to play different songs with their chosen

instrument but understanding that there is a whole other side to that music artistically, stylistically, and culturally. For example, the history of funk music starting in 1940's New Orleans and its evolution through time.

“We also have what we call a Listening Club. Our students are invited to attend monthly sessions where we choose an album to listen to together from beginning to end. No phones allowed – just listening and discussion about what we just heard. We have done this with about fifteen albums already, and we emphasize that listening is a primary skill which precedes playing an instrument. Developing focus and understanding musical spheres of influence are invaluable traits, and a great springboard for deep conversations. Students always leave wanting to know more,” Dylan shares.

Though some students come in with strong ideas of wanting to learn an instrument, the instructors at Band Together also can guide those who aren't as certain about the direction they are hoping to go.

“Music is very different commercially than it has been in the past,” says Dylan. “I might have someone come in who loves 90's hip hop and wants to learn everything they can about playing music from that era and someone who comes in because they heard a song on TikTok and want to learn how to play that one song. Honoring their interests and meeting them where they are is what we believe in. We don't aim to apply our own subjective values to our students, but validate theirs, because ultimately music

Business spotlight



is an art form. We support everyone's individual expression.”

In addition to privately instructing in guitar, bass, vocals, keyboard, drums, and ukulele, Band Together has group band and songwriting classes for all ages. Tiny Band for 5-7, Little Band for 6-11, Band for 12-17 and Adult Band for the biggest kids.

“We're all about community here. Though the ages for the bands are specific, we do offer private lessons to kids who are younger if they have the interest and support. Our older students often help with the little ones, developing their own teaching chops – it's great to have non-adult role-models and mentors for those students too,” Dylan tells us.

The House Band is an advanced program for a hand selected group of Band students who show their dedication and desire for a bit more of a challenge. It is an additional weekly 2-hour rehearsal at no extra cost.



The House Band performs publicly and there is a show coming up in the Spring where they will play the Beatle's entire Abbey Road album.

“Again, we really believe in meeting every student exactly where they are, taking what interests them and expanding their potential from there,” says Dylan. “If you want to learn more about music and understand where it comes from, learn how the instrument functions alone and in the context of others, and have a comfortable place to express

yourself – we are the place to be. We are all students here; we are not elitists – we just want music lovers to be successful, whatever that means to them.”

Try a free trial lesson and learn more about Learn more about Band Together and their offerings at <https://together.band>. They are located at 55 Rhoades Ave in East Walpole. You can also check out their Instagram and Facebook at @bandtogetherschool.

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Remembering Louise DeFazio

DeFazio, Louise (Luisa) of Walpole, formerly of Newton and the North End of Boston, Feb. 20, age 94. Luisa, as she was fondly referred to, was predeceased by her loving husband of 60 years, Michael DeFazio, her parents, Michele and Italia (Lanzillo) Caggiano, and her siblings Jeanette Bennett, Mary Ferrara, Anthony Caggiano, Rose Caggiano, Carol Storella, and Robert Caggiano. Loving and devoted mother of Christine Glebus and her husband Kevin of Sandwich, Michele Taranto and her husband Billy of Norwood, and Laura and her husband Rick Shechtman of Barnstable. Luisa adored her grandchildren and great grandchildren, Steven Del-



aney, and his wife Michelle, and their daughters, Riley, Hailey, and Avery of Bozeman, Montana, Cole Schectman of Barnstable, and Matthew Schectman and his wife Emily, and their 3 sons, Bowen, Graham, and Miller, of Hingham. She is also survived by many nieces and nephews who visited her often and never forgot her with cards and flowers throughout the year. Luisa was a traffic supervisor for the City of Newton for many years and later loved working at Filene's in Chestnut Hill for 25 years in the luxury handbag department. She felt so at home at her condo at Royal Crest Country Club where she developed lifelong friends who

were always looking out for her. In her later years, you couldn't keep Luisa down as she enjoyed time with her many friends, including learning to play golf, (although she never kept score), her weekly lunches, learning cribbage, and was even planning on joining her cornhole friends the week she passed. When you visited Luisa at home, she was typically found reading a book in the sunshine in her favorite rocking chair. Her absolute favorite time was being with her family, especially around the Christmas Eve table, a tradition she held for over 50 years.

In lieu of flowers, the family requests donations be sent to the following organizations in Luisa's memory: St. Jude, Children's Research Hospital (www.stjude.org), or Lymphoma Research Foundation (www.lymphoma.org).

DANCING

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work every day to bring a positive impact to Norwood's residents. I am thrilled to be a part of the 2024 Norwood Dancing with the Stars!

Enjoy the show!!
SEAN CONNOLLY

Hello everyone, my name is Sean Connolly, and I am happy to be a part of the class of 2024's Norwood Dancing with the Stars. Although I was born in Dorchester, I have called Norwood in my home for 37 years. I was a graduate of Saint Catherine's of Siena School and also graduated from Blue Hills Regional Technical High School. My wife, Jill and I are raising our two kids Seamus, who is a freshman at Norwood High School, and Lillian who is an eighth grader at the Coakley Middle School in this community we all love! I have always tried to give back to this great community, whether it was helping to coach baseball, DJing at the recreation center for Father/Daughter Dances, or donating my time for the Norwood Junior Women's Club at The Kids Summer Concert Series. I currently work at Absolute Metal Finishing as a production manager on Morse



St., and also work part time at Irish Brewing Boston, which is located at the Space Center.

I am proud to be dancing and raising money for this amazing foundation called Norwood Circle of Hope. I want to thank everyone who has supported my efforts.

I would like to wish all my fellow dances, Good Luck!
Sit back, relax and enjoy the show!

The Dancing with the Norwood Stars event in the biggest fundraiser for the Norwood Circle of Hope Foundation, a local, all-volunteer organization that raises money for local residents who need financial assistance due to a catastrophic medical occurrence. The foundation was established in 1998 in memory of Michelle Kennedy, a young Norwood resident, who suffered with leukemia. During Michelle's battle the entire Norwood community, many of whom did not know Michelle, joined together and it is in that spirit that the Norwood Circle of Hope Foundation plans to continue. To date, this impressive organization has donated \$1,100,000 to Norwood residents. For more information on the Circle of Hope Foundation or to make a private donation, visit norwood-coh.org, or "like" on Facebook at [coh. The organization's address is: P.O. Box 421, Norwood, MA 02062.](http://www.facebook.com/norwood-</p>
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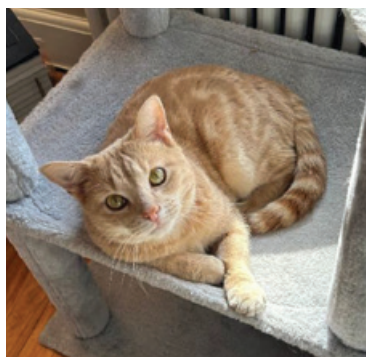
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can be a little wary at first, but he warms up very quickly. If you're ever having a bad day, just take a seat, and he'll cheer you up! He loves laying in your lap while purring up a storm. He even comes up and rubs against your face and sometimes lays on your shoulder/against your head! It's impossible not to feel happier after relaxing with him. He loves to be the center of attention - he's even jumped up to the height of a standing desk to get his foster parent's attention! He loves food and plays a bit more each day. He's also a beautiful cat - he's got gorgeous green/hazel eyes and a beautiful pattern on his orange fur.

Turner is seeking a home where his humans have lots of time to lavish him in his favorite thing...attention! We don't know Turner's history with other animals but we believe he would be ok with feline siblings with proper introductions.

If you are interested in adopting Turner, you can complete a non-commitment application on

our website: www.baystateanimals.org.

We have a \$175 adoption fee for our cats that includes; spay or neuter, 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 and if you do not hear from one of our volunteers in a reasonable amount of time please do not hesitate to reach out to us!

Bay State to the Rescue!

Recently, the Bay State Animal Cooperative (BSAC) was called in to help with a very serious case requiring the removal of 10 cats from a home in disarray. The BSAC volunteer team sprang into action! Four were taken by another rescue while six were welcomed in by BSAC foster families (the perfect example of the desperate need for foster families).

Each rescue requires very different logistics, but almost always, the need is immediate, volunteer schedules are interrupted, and the process intricate. Imagine coordinating foster homes, veterinary care, transporters, supplies, and to actually collect the scared cats was exhausting.....but they did it!

The majority of the kitties are female, varying ages, friendly, and with such a large group living together, will best be paired with one of their housemates for adoption. The volunteers esti-

mate that the cats have been together their entire lives with only one human and minimal exposure to other humans. They did live with a dog in their house so a new home with a canine friend may be ok for a pair to accustom to. Right now, they are traumatized, scared, discombobulated, and in need of grooming, but otherwise relatively healthy, if not a little overweight. A few may need a trip to the kitty dentist and one male has a heart murmur that will need a cardiac workup which will cost BSAC several hundreds of dollars. This is one prime example of the use of the organization's donations.

Right now, the six cats are with foster families experienced with evaluating and transitioning rescues to another home. For more information on a future adoption, or to make a donation, visit www.baystateanimals.org.

Through the Bay State Animal Cooperative, and with help from the community, every homeless or needy cat can and will find veterinary care and a new home.

FREE Spay/Neuter Financial Assistance Available to first 10 Applicants!

The Bay State Animal Cooperative is a proud recipient of a very valuable grant from the Massachusetts Animal Coalition (MAC) to assist in the spay/neuter costs. This grant is funded by the Spay/Neuter, Animal Friendly License Plate. MAC proposed and implemented the Animal Friendly license plate.

As a cat rescue, BSAC focuses

on cats per our grant application.

If you have cat needing spay or neuter, please email BSAC (info@baystateanimals.org) with the following information;

1: Gender, age, vaccine status and any and all medical or behavior concerns regarding your cat.

2: Why would you like us to consider your cat for spay/neuter services?

3: Since funds can only be used for the surgeries, are you able to pay for vaccines and any other services like flea/tick treatment? If so, how much can you contribute.

4: Would you be able to pay any portion of the surgical procedure and if so how much? You may be able to get discounted microchipping, deworming or feline leukemia and feline immunodeficiency virus testing as part of BSAC's mission outside of spay/neuter surgery.

5: Are you able to transport your cat as far away as Grafton, Mass? It's a same day surgery so drop off and pick up would be in the same day. Other possible surgery locations may be available so please let us know what you can or can not do so we can assess our volunteer needs to accommodate this surgery.

VOLUNTEERS needed!

As part of this effort, can you provide transport for 1-5 cats to and/or from surgical appointments, either local or as far as one hour away? Be a part of the pet overpopulation solution.

Finally, BSAC is going to match the grant amount and provide an additional \$1,000 towards spay/neuter for pets and owners in need.

Send your request need or volunteer interest to us at info@baystateanimals.org.

Thank you for all you do MAC. MAC has many resources on its website so please visit to see what resources are available in Massachusetts, from lost pet resources, spay/neuter options, legislative advocacy, and much more.

If you have not yet considered a special Animal Friendly license plate please do. We can attest that the funds raised go directly to local communities to help alter pets to help decrease pet overpopulation. As recipients of \$1,000 we are excited to provide free and/or subsidized spay/neuter surgery assistance to the community.

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CODE: DS447909

Senior Corner

By MICHELE TARANTO

Norwood Senior Center Winter Advisories

A friendly reminder, if the Norwood Public Schools are closed due to inclement weather the Norwood Senior Center will also be closed. Always call before

heading out for any cancellations or changes (781-762-1201). The Norwood Senior Center is open, Monday-Friday, 8 a.m.-4 p.m., 275 Prospect St.

Senior Monthly Ballroom Dance

Norwood Senior Center 275

Prospect St.

7-10 p.m.

Music will be provided by Play It Again South Shore. Cost is \$12 per person, which includes

coffee, tea, desserts, water, and door prizes. Newcomers always welcome. For more information or updates of events, visit their Facebook page at:

Friends Of The Norwood Council On Aging | Facebook.

Scams 101: Spot, Report and Stop!

Morrill Memorial Library

7 p.m.

There has been a tremendous rise in the number of scams in the last few years. Some of the common scams are grandparent scams, imposter scams, debt-relief scams, romance scams, mail-fraud scams, social media scams. According to the Federal Trade Commission, in 2021 alone social media scams cost the consumers a whopping \$2.7 billion. To fight this rising threat of scams and to empower Norwood residents to spot and report scams, the Town of Norwood created the Anti-scam Task Force (NASTF). The task force comprises Town of Norwood and community partners that include the Norwood Police Department, Norwood Senior Center, One Local bank, Morrill Memorial Library, and others. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

Yes, I Would Love to Volunteer!

The grueling days of a 40-hour workweek are in the rear-view mirror, so what now? After decades of looking forward to



the retirement years, many senior citizens can find it difficult, even lonely, with the entire day, week, month, year ahead of them. Part-time work is often a good option, but volunteering can be a great opportunity for a fulfilling retirement.

With a lifetime of experience, seniors can advocate for change in their community, support causes that are important to them, reach out and help others in need, and promote turn the page for a new chapter in their life. The benefits, however, are twofold. When no longer working full time or caring for a family, people can feel a loss of identity which could lead to depression and anxiety. Getting out into the world, in person or on the phone, can lead to so many new opportunities.

According to SeniorStrong.org, it is crucial to a senior's mental health and well being to remain healthy in those golden years.

Physical Advantages: physical activity can reduce stress, increase self confidence, and overall mood. It also helps to improve cardiovascular health, reduce risk of obesity, and overall physical fitness.

Sharpening the Mind and Boosting Cognitive Functions:

activities often require problem-solving skills, planning, and decision making, which help keep the mind sharp. Also, studies have shown remaining mentally active can lower the risk of dementia and Alzheimer's disease.

Emotional Well Being Boosts Happiness and Reduces Depression:

volunteering provides the opportunity to socialize and make new friends which combats loneliness and isolation. It also gives an important sense of purpose and contribution to the community and sense of accomplishment.

Skill Development: learning new skills keeps the mind engaged and promotes lifelong learning. It also gives the seniors the opportunity to pass on their wealth of knowledge.

To determine the perfect fit, seniors can look within; what interests them, what are they passionate about, where can they contribute. Physical limitations, however, do need to be considered. Volunteering should be

SENIORS

continued on page 9

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NOR  NOR

SENIORS

continued from page 8

a fulfilling experience not one that frustrates or causes physical harm. Also, start small. Pick one area and a set amount of time to get involved. It may take time to build confidence and take on new roles.

Where to begin? How about right here in Norwood? There are many options to give back, contribute, and share a lifetime of knowledge, experience, and compassion.

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Deb Devine: 781-291-3663

HISTORICAL COMMITTEE historicalcommission@norwoodma.gov

LEAGUE OF WOMEN'S VOTERS www.lwvma.org lwvnorwoodma@gmail.com Carol Macleary: 781-762-2430

MEALS ON WHEELS HESSCO Elder Services Ellis Rehab Norwoodma.gov/covid19_resources/food_assistance.php

NORWOOD ALUMNI ASSOCIATION norwoodhighschoolalumniassociation.org Gerry Miller

NORWOOD MEMORY CAFÉ, INC. Je7cot@msn.com Jean Cotton : 781-762-1611

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WOMEN'S COMMUNITY COMMITTEE www.norwood-thriftshop.com 781-762-2991

NORWOOD TRAILS COMMITTEE Trails@Norwoodma.gov Joseph Greely

NORWOOD COUNCIL ON AGING 781-762-1201

The opportunities are endless. If nothing on the above list is a good fit, talk to friends, visit the Norwood Senior Center for ideas, visit the Town of Norwood website (www.norwoodma.gov), or search the internet using key words of interest. The time for giving and volunteering is now; its benefits will touch many lives, including your own.



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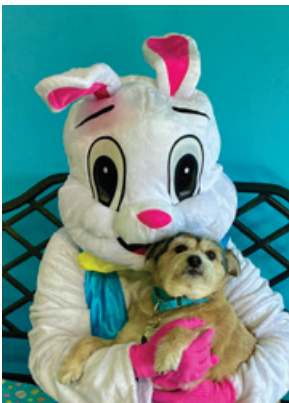
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Diabetes and Vision: What you Need to Know

B: GRAHAM R. STETSON, OD, MS

Most people are familiar with diabetes, however many are unaware of its impact on vision. A chronic condition characterized by elevated blood sugar levels, diabetes affects millions of people worldwide. Almost 9% of the adult population of Massachusetts have been diagnosed with diabetes, and over 31% have prediabetes. Diabetic eye disease is a leading cause of blindness among adults.

Diabetic retinopathy is the most common form of diabetic eye disease. It occurs when high blood sugar levels damage blood vessels in the retina, the light-sensitive tissue at the back of the eye. In the early stages, diabetic retinopathy may cause no symptoms or only mild vision problems. However, as the disease progresses, it can lead to severe vision loss and blindness.

Another complication of diabetes is diabetic macular edema (DME), which occurs when fluid leaks into the macula, the part of the retina responsible for sharp central vision. DME can cause blurriness and visual distortions, making it difficult to read or drive.

People with diabetes tend to develop cataracts at an earlier age. Cataracts are a clouding of the eye's natural lens and can significantly impact vision. When they become visually significant, they can be surgically removed.

Furthermore, diabetes increases the risk of developing certain types of glaucoma, a group of eye diseases that damage the optic nerve. Glaucoma often has no symptoms in its initial stages but can lead to peripheral vision loss and eventually blindness if not detected and treated early.




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Regular eye exams are essential for detecting diabetic eye disease early when treatment is most effective. The American Diabetes Association recommends that people with diabetes have a comprehensive medical eye exam at least once a year. During this exam, an eye care professional will thoroughly examine the retina and optic nerve for any signs of damage.

In addition to regular eye exams, managing blood sugar levels, blood pressure, and cholesterol is crucial for preventing diabetic eye disease. Healthy lifestyle choices, such as maintaining a balanced diet, exercising regularly, and not smoking, are critical to maintaining eye and whole-body health.

Remember that, while diabetic eye disease can lead to vision loss

and blindness, with proper management these complications can generally be avoided. By taking proactive steps to manage diabetes and prioritize eye health, individuals can reduce their risk of developing diabetic eye disease and protect their vision for the future.

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Living Healthy

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Hot flashes are extremely common during menopause impacting up to 75% of affected women.

While not dangerous to your health, they can be extremely uncomfortable and often interfere with your quality of life, especially if they occur frequently at night interfering with sleep. Over time, this can lead to insomnia-related anxiety and depression. Most think it is a hormonal issue, but many times it is not.

Bonnie M. entered our office complaining of hot flashes, especially at night. Throughout the day, she combated her internal heat thermometer putting on and removing her cardigan sweater. Sleeping was interrupted due to sweating through her clothes. She tried many over-



Dr. Rochelle Bien & Dr. Michael Goldstein

the-counter remedies with little or no results. Bonnie works in sales five days a week and spends a lot of her time in her car resorting to the convenient choices of fast food for her meals.

Her exam revealed that she had chemical stressors affecting her body's ability to regulate her temperature. Bonnie was put on a detox program, including a

homeopathic protocol as well as removing fast food from her diet. She also replaced many household items, such as her laundry detergent, cleaning products and personal care products with more natural alternatives.

After several weeks, Bonnie reported a significant decrease in intensity and frequency of her nightly hot flashes and sleeping through the night is becoming the norm. If you are suffering from hot flashes and are looking for relief, call Doctors Bien and Goldstein at The Holistic Center at Bristol Square, (508) 660-2722. They are located at 1426 Main St., in Walpole.

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Congratulations Xaverian Students!

Announcing Norwood residents who made the Xaverian High School Second Quarter Honor Roll

Dr. Jacob Conca, Head of School at Xaverian Brothers High School, is pleased to announce that the following Norwood students have been named to the honor roll for the second marking period of the 2023-2024 school year.

The Xaverian Brothers High School honor roll has three designation levels:

- Ryken Honors indicates all marks are A- or above
- First Honors indicates all marks are B or above
- Second Honors indicates all marks are B- or above

- Frederick Elhayek, Ryken Honors, 7
- Colin Ma, Ryken Honors, 8
- Ethan Ramel, Ryken Honors, 8
- Jake Delamere, Ryken Honors, 9
- David Carreiro, Ryken Honors, 10
- Patrick Curley, Ryken Honors, 10
- Marcel Karam, Ryken Honors, 11
- Nolan Harrison, Ryken Honors, 12

- Ferdia O'Carroll, Ryken Honors, 12
- Roman Coras, First Honors, 8
- Mateo Reyes, First Honors, 8
- Ivan Glushchenko, First Honors, 9
- Gabriel Halabi, First Honors, 9
- James O'Malley, First Honors, 9
- Mateo Tedeschi, First Honors, 9
- Liam Hughes, First Honors, 10
- Christian McIntyre, First Honors, 10
- Garrett Org, First Honors, 10
- Namish Sapru, First Honors, 10
- William Cardini, First Honors, 11
- Landon Duhamel, First Honors, 11
- Emmanuel Duran, First Honors, 11
- Liam MacLean, First Honors, 11
- Thomas Nee, First Honors, 11
- Brendan Slattery, First Honors, 11
- Diego Aranguena, First Honors, 12
- Eamon Heraghty, First Honors, 12
- Sebastian Reyes, First Honors, 12
- Tory Stuckey, First Honors, 12
- John Dalzell, Second Honors, 8
- Rocco Sheehan, Second Honors, 8
- Nolan Golding, Second Honors, 9
- Camden Harrison, Second Honors, 9
- Owen Ma, Second Honors, 9
- John Kazarov, Second Honors, 10
- Sean Moynihan, Second Honors, 10

- Jared Blasi, Second Honors, 11
- Colin Needham, Second Honors, 11
- Lorenzo Carrara, Second Honors, 12
- Thomas Dearborn, Second Honors, 12
- Michael Farah, Second Honors, 12
- Nikolaos Franklin, Second Honors, 12
- Colin Griffin, Second Honors, 12

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Norwood Sports

The Norwood Gymnastics Captains

By CHRISTOPHER TREMBLAY

Over the past two seasons, the Norwood gymnastic team has not had all that much success in terms of wins, but nonetheless, the squad continues to stay optimistic and give it their all each and every time they enter a meet.

“We haven’t won in such a long time, but it doesn’t bring us down as a team,” second-year captain Lucy Scafati said. “Winning would be a bonus at this point, but with nothing to lose we can go out and take new risks to bring our scores up. Through hard work and motivation, it may not show in the score, but we know that we are improving.”

Abigail Trahon, another Mustang captain, noted that things can be upsetting at times, but the girls are still having fun at a sport that they love to take part in.

“We are making progress and that’s all that really matters,” Trahon said. “Yes, it can be very frustrating at times, but we continue to work hard, have fun and everyone understands that.”

The Norwood tri-captains (Scafati, Trahon, and Madi DiTullio) are all pretty much life-long gymnasts looking to make Norwood relevant again. The trio began their gymnastic quests at a very young age with Trahon being the youngest to begin at age two. Trahon and DiTullio originally got involved in the sport be-

cause of their older sisters; Scafati was intrigued by what she saw on television.

“I found that I was really interested in watching the Olympics and seeing the flips; it was something that I wanted to do,” Scafati said. “I think that I spent more time upside down than upright as a child.”

While Scafati was staying the course of gymnastics, she also took a shot at dance and swim, but nothing seemed to stick with her like gymnastics. It seemed to be her safe place and she was at her happiest when taking part in the sport.

On the other hand, Trahon and DiTullio, both stepped away from gymnastics for a period of time to pursue other things. Trahon quit gymnastics for about four years so that she could focus on cheer. She noted that at that moment she liked cheer more than gymnastics and wanted to continue with it, but by the time she got into high school gymnastics would once again become a part of her daily life.

Much like her counterpart, DiTullio was also involved in cheer and decided to forgo gymnastics for five years to have somewhat of a normal less stressful schedule.

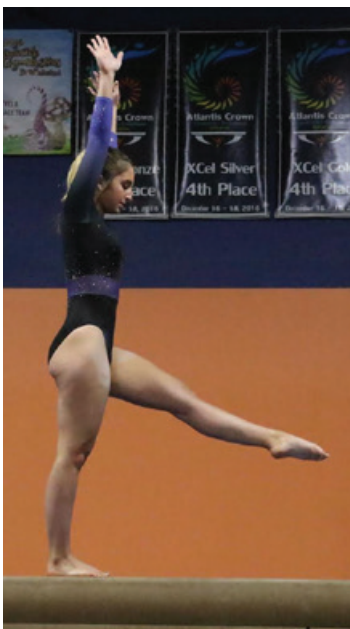
“Gymnastics was taking up too much time of my daily life and I wanted to be a normal kid,

so I stepped away for a while,” DiTullio said. “I eventually got back into gymnastics when I got into high school; it was more laid back and I could enjoy it with my friends.”

“I can customize my beam routine,” DiTullio said. “Bars is hard, but I’ve been doing it for such a long time I feel that I have

“My main goal is for this team to have fun and enjoy the season as much as I do,” Scafati said. “Gymnastics is an amazing thing to be part of. As a team, I hope that the girls can remember the season fondly and go about tier work with a great attitude. This team has the potential.”

One of the goals that all three captains mentioned was improvement with their team scores. Last year, the squad finished the season on a high note, scoring 118 in their last meet of the season. This



the strength to do it on the high school level. However, I am not the best at bars here at Norwood, I’d rather stick with the beam.”

Rounding out the trio, Trahon can contribute on the floor, the beam, and the vault, with the vault not only being her favorite but the event she excels at.

“I’ve been doing the vault since the beginning of my gymnastics career and feel that it is my best event,” Trahon said. “I occasionally will do the beam, but the vault is where I am the most comfortable and I love working on getting better with each performance.”

As they compete in their final campaign with the Norwood gymnastic team, the three captains would like to be the ones to get the Mustangs that elusive win. For the most part, however, they are just hoping for improvement while the team continues to enjoy the sport while having fun taking part in it.

year, they wanted to top 120, and they did that early enough in the season that they had to update their goals.

“We wanted to do better scoring wise than we did last year, and having already scored a 127, we needed to change that and now we are looking for 130 or better,” Trahon said.

Much like their team goals, the trio is also shooting for the same goal individually as well.

“While I want to make sure that the rest of the team is successful, I also want to make sure that we are all having fun,” DiTullio said. “I just want to have fun, doing what I have loved from a young age and doing it with my friends.”

While the Mustangs may not have that success in terms of wins, the Norwood gymnastic team, behind their three captains, will have themselves a year to remember having done so with people they enjoy being around.

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Norwood Sports

Major Injury Leads To Motivation

By CHRISTOPHER TREMBLAY

Andrew Gillis can't remember a day that he wasn't in skates and flying around the local rink. Having originally joined the Norwood Youth Hockey Program, he eventually found himself hooking up with a club team by the time he was around eight years old. He has continued to play club hockey to this date, the last five seasons he has taken to the ice with the Walpole Express.

Although hockey has been a big part of his life, there was a time that the Norwood athlete didn't know if he'd be able to play the sport at a high school level.

"I didn't get to play my freshman year in high school as I had broken my leg battling in front of the net," Gillis said. "I'm not exactly sure how, but something happened, and I knew that it was bad. My knee buckled and I found out that I had dislocated my knee cap and I wouldn't be playing hockey anytime soon."

Having been put on the sidelines just before his high school career was to begin, Gillis was totally disappointed incurring a severe injury.

"At first, I was really bummed out with the entire situation," Gillis said. "Why now. I was looking to playing high school hockey, so I was mad. But I came to realize that if I had to get hurt that this was the perfect time to do it. Yeah, it was my freshman season, but it also happened to be the year of Covid, so there wasn't a lot of games to be played that year."

Despite not being able to play hockey for eight or nine months, the Norwood native did everything his doctors told him to do so that he could eventually step back onto the ice and play the sport he so loved. That included a lot of physical therapy. During the time he could not get onto the ice, he found things to be slow going and very boring. Luckily, he suppressed that boredom by shooting in his garage.

"Not being able to play hockey was brutal, but it definitely gave me the motivation to work hard to get back onto the ice with my teammates," Gillis said. "I wanted to get over the injury as fast as I

could and hopefully be stronger than I was before I got hurt."

While his thoughts were pure, it was not the way things were going to go. Gillis found his rehabbing to be tough and when he was able to get back onto the ice he found out that he was not where he had left off prior to the dislocation.

"That year was extremely tough," Gillis said. "It was a mix of not having played the game of hockey for a very long time as well as playing it on a higher level. The competition on the high school level was something that I had never experienced and



it took a bit of time to get used to it."

It may have taken Gillis some time to get used to the high school game his sophomore season, but his teammates were playing some decent hockey. Norwood earned themselves a high number seven seed in the Division 2 State Tournament where they made it into the Round of 8 before losing to Gloucester, the number 2 seed, 6-4.

Having played center up until the time he actual got to play for the high school team, Gillis found himself moved over to the left-wing position. Although he cannot remember if it was his club coach or Norwood Coach Chuck Allen, he didn't care about the move as long as he was on the ice playing hockey

with his teammates.

In his newfound position, Gillis like to see himself as the one who sets up his teammates, but like most, he also likes to put the puck in the back of the net on a regular basis.

Having put all the work in during his inaugural season with the Mustangs, Gillis seemed to find his groove and had a break-out season as a junior helping his team once again advance into the State Tournament.

Norwood went 12-6-2, and took out Marblehead 5-2, and then upset the number 1 seeded Tewksbury Memorial 5-2 in the next round before falling in the Elite 8 to Hopkinton, who eventually lost in the Championship game.

"It took a while for him to

come into his own after breaking his leg and not getting to play his freshman year," the Mustang Coach said. "He has become a great leader on and off the ice and does whatever is asked of him; he'll play on the power play, penalty kill, and is just an all-around great role model for the younger players."

Having the opportunities to improve his game lead to his junior break-out season. Gillis recalled that team opening the season, 1-4-1 before they got on a role to eventually cruise into the State Tournament and have success.

As he enters his final go-around with his Mustang teammates, the senior captain is looking forward to having one of their best campaigns.

"Being my senior season, I definitely want to win," Gillis said. "My ultimate goal is to win the State Championship, but if that doesn't happen the season it will not be a failure as long as we continue to work hard on a daily basis. Individually, I want to go out there and be a good leader on and off the ice. I want to be that role model, especially since my younger brother is on the team."

Although it is not sure what Norwood will be able to accomplish this year under the guidance of Gillis and his other captains, they're hoping to make it a memorable one. Following high school, collegiate hockey is probably not in his future, but hockey is the sport he grew up and he still wants to enter the rink one way or another.



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Calendar of Events

March 2

VFW Post 2452 Meat Raffle
193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

March 5

Presidential Primary Election
Norwood Schools Polling Location
7 a.m.-8 p.m.

For district school information, visit Norwoodma.gov/departments/townclerk/.

The Real Score: Unraveling Myths About Trans People in Sports
Morrill Memorial Library (Virtual)
7 p.m.

This presentation will explore the complex and often misunderstood world of transgender athletes in sports. Delving into the history and current controversies, we will address the myths and misinformation surrounding "biological advantages." We will also discuss the discriminatory nature of recent sports bans targeting transgender individuals, and interrogate how similar arguments have been historically used to marginalize other minority groups. It will look at the real world impact of these sports bans, and how they might touch places you didn't think about. Finally, we'll put it all together in considering what transgender inclusion means for society at large. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 6

Biblio-Bop: Stories and Dance for Littles
Morrill Memorial Library
12:30 p.m.

Preschoolers, get ready to read some stories and dance to the beat! Miss Erin from K&M Dance Studio will teach this 4-week class to introduce young kids to basic movement and dance. She will read a story and

then teach some steps based on each week's book! Sign up each week and wear your comfiest clothes so you can get down! For ages 2-5 years old. Registration is required each week for this dance class. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 7

Flora, Fauna, and Friends: Kids Explore the Neponset River
Morrill Memorial Library
2p.m.

Flora, Fauna, and Friends is a program designed to introduce elementary school-aged children to the Neponset River ecosystem and all the living things that we can find in our backyard. There will be a short lesson about habitats and then using microscopes and other fun methods to creatively engage with different aspects of the environment in the library. This program will occur on an NPS Early Release Day. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

Meet the Unsung Heroine Behind the New Deal (Part 2)
Morrill Memorial Library
6:30 p.m.

The only person in his administration FDR said he could trust was Secretary of Labor Frances Perkins. The first woman to serve in the US Cabinet, Frances returns to the Morrill Memorial Library on March 7 at 6:30 pm, to help celebrate Women's History Month. Come hear stories of her trials, trip-ups, and triumphs in the FDR administration during the tumultuous years that encompassed the Depression, New Deal, and World War 11. Discover the stories behind topics that include: The list of demands she presented to FDR before accepting the Secretary of Labor appointment; Her role in developing and pushing through New Deal programs; The impeachment attempt that left her career in tatters; Professional and personal repercussions of The Depression, World War 11, the anti-immigrant movement, gender bias, and more; Resignation and post-political life; Bedeviling troubles with her husband and daughter. It is not necessary to have seen Part 1 of the Frances Perkins series to enjoy Part 2. Janet Parnes of Historical

Portrayals by Lady J will portray Miss Perkins. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 8

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called sensory-friendly Art classes for adults. This is a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide our participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 9

Blessings Boutique Thrift Shop
First Baptist Church, 71 Bond St.
10 a.m.-12 noon

Get ready for Spring! Check out all the decor, clothes, items for the kitchen, linens, books, puzzles, and a whole lot more. While you're doing your spring cleaning, put aside items you don't need anymore but that someone else may treasure, and bring them with you!!

VFW Post 2452 Meat Raffle
193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

March 10

Golf with Daltz
Top Golf, 777 Dedham St., Canton
10 a.m.

Enjoy a Sunday Funday for a Dancing with the Norwood Stars fundraiser with contestant Dave

Dalton. The morning will include food, raffles, and fun! Donations: \$50 for spectator; \$75 for golf. For all ages. To register, email golfwithdaltz@gmail.com.

March 11

Monday Movie Matinee
Morrill Memorial Library
1 p.m.

Let Him Go (114 minutes, Rated R, 2020). Retired sheriff George Blackledge and wife Margaret are bent on finding their grandson after the death of their son. Their daughter-in-law Lorna has taken the boy to go live with another man. When the Blackledges discover that their grandson's new family is involved in dodgy situations, they try to rescue him, but not without becoming entangled in this new family's problems. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 12

Women's Business Networking Meeting
Norwood Civic Center
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.

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

The Black Velvet Band will be returning to celebrate St. Patrick's Day. There will be a lot of singing, dancing, and clapping going on to the Irish tunes. A light lunch will be served. Guests are welcomed. Yearly dues are now \$35.00. The club asks everyone to bring one item for the Ecumenical Food pantry to each meeting. For questions, call Trina at 781-762-8173.

Norwood Toastmasters Club
Norwood Civic Center, Lydon Suite
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 norwood-toastmaster.toastmastersclubs.org

March 13

Biblio-Bop: Stories and Dance for Littles
Morrill Memorial Library
12:30 p.m.

Preschoolers, get ready to read some stories and dance to the beat! Miss Erin from K&M Dance Studio will teach this 4-week class to introduce young kids to basic movement and dance. She will read a story and then teach some steps based on each week's book! Sign up each week and wear your comfiest clothes so you can get down! For ages 2-5 years old. Registration is required each week for this dance class. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

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

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 on the second Wednesday of each month. Come check out what we are all about. New members are always welcome! For more information, email Norwoodjwc@gmail.com or check out their website at norwoodjuniorwc.wixsite.com/norwoodjwc. The Club is sponsored by the General Federation of Woman's Clubs, one of the largest and oldest women's volunteer service organizations.

March 14

DOVE: Domestic Violence Ended
Morrill Memorial Library
7 p.m.

Morrill Memorial Library, in partnership with DOVE (Domestic Violence Ended), will be hosting a presentation on the topic of domestic violence. The presentation will cover the topics of healthy, unhealthy, and abusive dating relationships; how to talk to your friends, family and children about safe and happy relationships. One out of three girls, women and non-binary folks will

CALENDAR

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experience an abusive relationship in their lifetime. Come for a discussion on what makes up a healthy relationship, signs and red flags of abuse and control and how to support someone currently experiencing abuse. The presentation will be followed by Q&A. For ages 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 15

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called sensory-friendly Art classes for adults. This is a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide our participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

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

Music will be provided by Play It Again South Shore. Cost is \$12 per person, which includes coffee, tea, desserts, water, and door prizes. Newcomers always welcome. For more information or updates of events, visit their Facebook page at: Friends Of The Norwood Council On Aging.

March 16

Art Therapy with Elisandra Lopes: Managing Anxiety through Art Therapy
Morrill Memorial Library
10 a.m.

Has self-care, or managing anxiety been one of your New Year's resolutions? Are you looking for tools to take charge of your well-being? Then, here is your chance to learn how art helps in reaching the optimal level of well-being. Join Elisandra, a mental health clinician, as she guides the attendees through understanding how art is used in dealing with challenges like low self-esteem, anxiety, and self-care. To register, visit www.norwoodlibrary.org/

morrillcalendar/ or call the reference desk at 781-769-0200, x2.

VFW Post 2452 Meat Raffle
193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

March 17

St. Patrick's Day Party
Norwood VFW, 193 Dean St.
4-8 p.m.

The traditional corned beef and cabbage dinner will be served, preceded by lamb stew. The evening will also feature Irish and dance music. Cost is \$20 per person. Open to the public. Tickets available at the VFW Post and advance tickets are recommended. For more information, 781-762-6910 for more information.

March 18

Scams 101: Spot, Report and Stop!
Morrill Memorial Library
7 p.m.

There has been a tremendous rise in the number of scams in the last few years. Some of the common scams are grandparent scams, imposter scams, debt-relief scams, romance scams, mail-fraud scams, social media scams. According to the Federal Trade Commission, in 2021 alone social media scams cost the consumers a whopping \$2.7 billion. To fight this rising threat of scams and to empower Norwood residents to spot and report scams, the Town of Norwood created the Antiscam Task Force (NASTF). The task force comprises Town of Norwood and community partners that include the Norwood Police Department, Norwood Senior Center, One Local bank, Morrill Memorial Library, and others. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 19

Democracy Talks: Child Removal in the U.S.
Morrill Memorial Librar (Virtual)
7 p.m.

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Learn about two current realities of child removal in the United States: the separation of migrant families at U.S. borders and the racial biases and corruption in U.S. foster care and adoption systems. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 20

Turn the Page Book Group-Her Hidden Genius
Morrill Memorial Library
10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion. "Rosalind Franklin knows if she just takes one more X-ray picture-one more after thousands-she can unlock the building blocks of life. Never again will she have to listen to her colleagues complain about her, especially Maurice Wilkins who'd rather conspire about genetics with James Watson and Francis Crick than work alongside her. Then it finally happens-the double helix structure of DNA reveals itself to her with perfect clarity. But what happens next, Rosalind could have never predicted. Marie Benedict's next powerful novel shines a light on a woman who died to discover our very DNA, a woman whose contributions were suppressed by the men around her but whose relentless drive advanced our understanding of humankind"-Provided by publisher.

Biblio-Bop: Stories and Dance for Littles
Morrill Memorial Library
12:30 p.m.

Preschoolers, get ready to read some stories and dance to the beat! Miss Erin from K&M Dance Studio will teach this 4-week class to introduce young kids to basic movement and dance. She will read a story and

then teach some steps based on each week's book! Sign up each week and wear your comfiest clothes so you can get down! For ages 2-5 years old. Registration is required each week for this dance class. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

Turn the Page Book Group-Her Hidden Genius
Morrill Memorial Library (Virtual)
10 a.m.

Join Patty Bailey and other local readers virtually for a friendly and informal discussion. "Rosalind Franklin knows if she just takes one more X-ray picture-one more after thousands-she can unlock the building blocks of life. Never again will she have to listen to her colleagues complain about her, especially Maurice Wilkins who'd rather conspire about genetics with James Watson and Francis Crick than work alongside her. Then it finally happens-the double helix structure of DNA reveals itself to her with perfect clarity. But what happens next, Rosalind could have never predicted. Marie Benedict's next powerful novel shines a light on a woman who died to discover our very DNA, a woman whose contributions were suppressed by the men around her but whose relentless drive advanced our understanding of humankind"-Provided by publisher.

Demystifying the Federal Hiring Process
Morrill Memorial Library (Virtual)
7 p.m.

Join Lena C. Jackson for this virtual program as she introduces you to the USAJobs hiring system, talks about the federal hiring process, eligibilities, and the differences between federal and civilian resumes. This program is a must-attend for anyone who is interested in applying for federal

jobs, especially veterans and their family members. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 22

Meg Luizzo Fundraiser
Olde Colonial Café
6 p.m.

Help Dancing with the Norwood Stars contestant raise money for her competition with an evening of fun that includes a buffet and raffles!

March 23

Blessings Boutique Thrift Shop, First Baptist Church, 71 Bond St.
10 a.m.-12 noon

Discover everything for Easter and freshen up your house for Spring! You will be pleasantly surprised at all the boutique has to offer for reasonable prices.

Pet Photos with the Easter Bunny
Dirty Dawg Wash, 1 Wilson St.
11 a.m.-3 p.m.

Stop in and get your pet's photo with the Easter Bunny! Cost is a \$15 donation for a 4 x 6 photo. Nail trimming available for a \$15 donation. For more information, call 781-762-8822.

Solar Eclipse: See you on the flip side, Sun
Morrill Memorial Library
1 p.m.

Did you know that on April 8, 2024 a total solar eclipse is going to be visible in North America? The path of totality includes parts of Vermont, New Hampshire and Maine. Are you curious about eclipses? Do you know how they happen? Do you know why we don't see them often? What is so special about this one? Please join Amanda Thompson, a NASA Ambassador, as she explains, this scientific phenomena with lots of details, and scientific facts. For

CALENDAR

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ages 16+. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

**VFW Post 2452 Meat Raffle
193 Dean St.
2-5 p.m.**

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

March 24

**Musical Sundays Concert Series:
Knock on Wood
Morrill Memorial Library
2 p.m.**

The Morrill Memorial Library's Spring Musical Sundays Concert Series kicks off with Knock on Wood! Knock on Wood is a high-energy acoustic folk-rock duo, featuring singer-songwriter Howie Newman and fiddler/mandolinist Joe Kessler. Combining acoustic guitar with fiddle, mandolin and pleasing vocal harmonies, the duo performs funny original music (suitable for all ages) and Classic Rock covers. For more informa-

tion, including videos and music samples, visit howienewman.com/knockonwood. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 25

**Monday Movie Matinee
Morrill Memorial Library
1 p.m.**

The Fabelman's (151 minutes, Rated PG 13, 2023). Directed by Steven Spielberg, and inspired by true events, the narrative follows Sammy Fabelman on a journey of self-discovery. At the age of seven, Sammy lives a simple life with his parents Burt and Mitzi. After finding out an unsettling family secret, Sammy falls in love with cinema and its power to tell stories. Cast: Michelle Williams, Paul Dano, Seth Rogen, Gabriel Labelle, Mateo Zoryon Francis-DeFord To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

**Wish You Were Here: Vintage Postcards of Norwood
Morrill Memorial Library
6:30 p.m.**

Join Patricia Fanning, Robert Donahue, and Rock Street Press publisher Heather Cole for a discussion of the new book, Wish You Were Here: Vintage Postcards of Norwood, Massachusetts. This full-color publication features reproductions of more than 150 postcards from the private collection of Robert and Susan Donahue, with annotations by Fanning. It is an engaging visual tour through Norwood's past and a great gift

for fans of local history, vintage postcards, or early 20th century photography. Books will be available for purchase (cash only) after the presentation. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 26

**Women's Business Networking Meeting
Norwood Civic Center
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 wbnof-norwood@gmail.com.

**Norwood Toastmasters Club
Norwood Civic Center, Lydon Suite
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://norwoodtoastmasters.toastmastersclubs.org/>.

**When Our Parents Need More Support
Morrill Memorial Library
7 p.m.**

Social isolation can have a profound effect on seniors liv-

ing at home alone. Many older adults have limited opportunities for meaningful interactions and daily exercise, especially during the cold winter months. While visiting your loved ones, it is important to keep an eye out for both physical and cognitive changes. Join Jennifer Thoren, Director of Community Relations at Cornerstone, Canton as she takes the attendees through the signs to look out for and how to determine the best living option for your loved ones so that they can have the highest possible quality of life. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

**Titles on Tap Book Group - Snow Flower and the Secret Fan
Napper Tandy's, Norwood
7:30 p.m.**

The March title will be Snow Flower and the Secret Fan, by Lisa See. Copies of the book will be available to pick up at the library's Reference desk. The ebook and audiobook are instantly available through Libby. Titles on Tap is a social book group, sponsored by the Morrill Memorial Library, for readers in their 20s and 30s and for the young at heart. We go in for stories that are shaken, not stirred, and we don't mind taking our 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.

March 27

**Biblio-Bop: Stories and Dance for Littles
Morrill Memorial Library
12:30 p.m.**

Preschoolers, get ready to read some stories and dance to the beat! Miss Erin from K&M Dance Studio will teach this 4-week class to introduce young kids to basic movement and dance. She will read a story and then teach some steps based on each week's book! Sign up each week and wear your comfiest clothes so you can get down! For ages 2-5 years old. Registration is required each week for this dance class. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 28

**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 Legos will be provided. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 29

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

The March movie in the Sensory-friendly Friday movie series is Universal's Dolittle, rated PG. The Morrill Memorial Library and Lifeworks Inc of Norwood bring this program series to the Norwood community. There is a movie in a sensory-friendly and inclusive environment on the last Friday of the month. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

March 30

**Easter Egg Hunt
Norwood High School Front Lawn
10 a.m. (tots); 10:30 a.m. (K-1)**

Search for filled eggs and enjoy a visit from the Easter Bunny! Come to the front lawn of NHS and pick from thousands of eggs. Donations of bags of wrapped candy will be accepted at the Civic Center. To register, visit www.norwoodrec.activityreg.com.

**VFW Post 2452 Meat Raffle
193 Dean St.
2-5 p.m.**

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

March 31

Morrill Memorial will be closed in observance of the Easter holiday.



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Real Estate Corner

January 2024 Property Sales Increase in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings in January, 2024 show a slight increase in the total number of documents recorded, which also includes an increase in property sales compared to January, 2023 recordings. This slight increase in property sales may indicate that some buyers have an optimistic outlook on mortgage interest rates.

The Registry of Deeds recorded 7,529 documents in January, 2024. This was 1% more than in January, 2023 and a 6% decrease compared to December, 2023.

"It is too early to draw any definitive conclusions, but it is good to see a positive start to 2024, and it is worth noting that the real estate market in Norfolk County seems to be holding steady,"

Register O'Donnell said. "These trends will need to be monitored in the coming months to determine if they are a sign of a larger trend or simply a temporary fluctuation."

The total number of deeds recorded for January, 2024, which reflects both commercial and residential real estate sales and transfers, was 1,125, up 9% from January, 2023 and down 9% from December of last month.

"Despite some difficult market conditions, the total number of deeds recorded in January, 2024 showed a slight increase compared to the previous year," Register O'Donnell noted. "This year-over-year increase may suggest that the prospects of lower mortgage interest rates are bringing buyers to the table early."

The average sale price of commercial and residential prop-

erties for January, 2024, rose to \$1,013,999, a 19% increase compared to January, 2023, and an increase of 16% from December, 2023. The total dollar volume of commercial and residential sales is up, increasing 21% from last year but down 12% from last month.

"With a limited supply of available properties on the market, any increase in demand is likely to cause an increase in the average property sales price," Register O'Donnell said. "Unfor-

REAL ESTATE
continued on page 18

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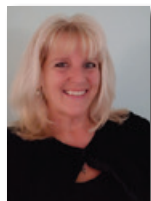
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Real Estate Corner

REAL ESTATE

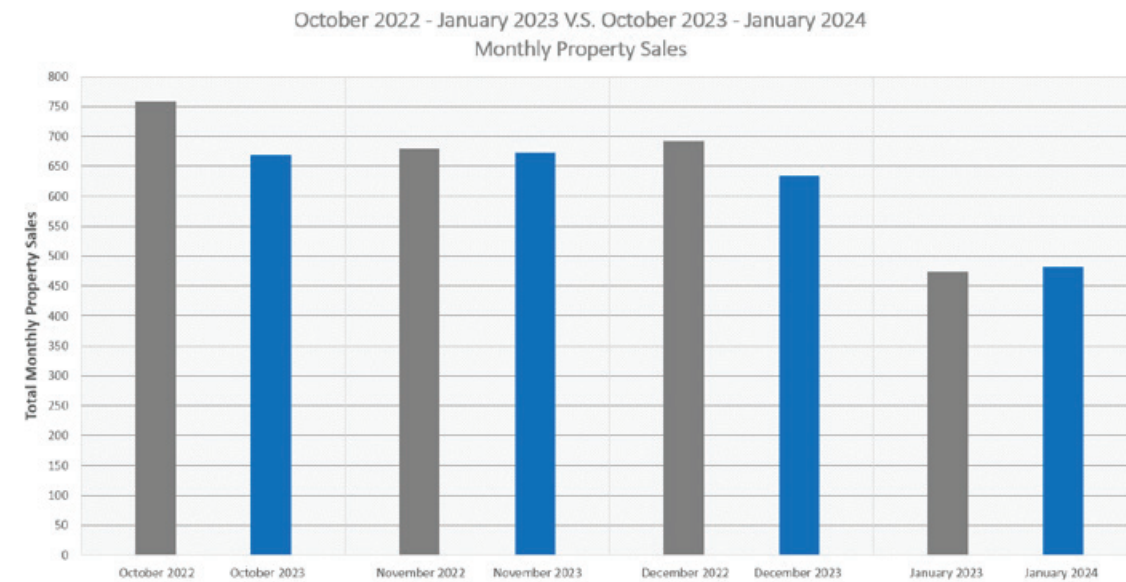
continued from page 17

tunately, when prices rise without a corresponding rise in inventory, it may result in increased competition among buyers. This makes it harder for homebuyers in general, but especially for first-time homebuyers.”

For the month of January, lending activity overall showed the smallest decline in months, with a total of 957 mortgages recorded, down only 4% from January of last year and 15% less than last month.

“The decreasing trend in mortgage recordings has significantly slowed, but total recordings are still lower than last year, likely because those who locked in lower mortgage interest rates in 2020 and 2021 are less likely to refinance at current rates,” Register O’Donnell said.

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In January, 2024, there were 11 foreclosure deeds recorded as a



result of mortgage foreclosures taking place in Norfolk County, whereas in January, 2023, there were 9 recorded. The total number of notices to foreclose, the first step in the foreclosure process, increased from last year, going from 30 notices in January, 2023 to 36 in January, 2024.

“We all experience unforeseen events in our lives,” Register O’Donnell said. “Sometimes

these events are beyond our control and can have a devastating impact on our finances. 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 (617-770-2227) 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.

“It is good to see that January,

2024, has started out on a positive trajectory for the real estate market in Norfolk County,” Register O’Donnell said. “We will need to wait and see if this trend continues in the coming months, but it is certainly a promising start.”

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

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry’s website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email registerodonnell@norfolkdeeds.org.

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Condominium | Lot/Land/Farm

\$610K Avg. Sales Price ↓ 11%

\$540K
Avg. List Price
↓ 24%

101.50%
Sales Price / List
Price Ratio
- 0%

13
No. of Prop. Sold
↓ 33%

37
Avg. Days on Market
↑ 79%

Based on data from MLS Property Information Network, Inc. for property type(s) single family,townhome,multi-family,condominium,lot/land/farm,land,farm in the price range \$0 - \$999,999.999 for the period October 2023 - January 2024. January 2024 stats are compared to previous 3 months' average. Source data is deemed reliable but not guaranteed.

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