

A Final Signing Off

By MICHELE TARANTO

He has been tenacious about keeping Norwood streets and residents safe for 12 grateful years. His name is Norwood Police Chief William G. Brooks III, and when he steps down from his post the end of April, he will be sorely missed by many. Norwood Town Manager Tony Mazzucco made the retirement announcement on behalf of the Town of Norwood and the Norwood Police Department (NPD) on the town website and word spread quickly.

A little-known fact about Chief Brooks is that his role as chief of police was not his first Norwood assignment. In 1982, he was transferred from the Westwood Police Department after five years to work patrol in Norwood. He was promoted to sergeant, then to detective sergeant, a position he held for 14 years.

“I loved that job,” Chief Brooks said. “I was in charge of the detective squad and I think we did a lot of good work working narcotics, robberies, housebreaks.”

Chief Brooks left Norwood

in 2000 to become the Wellesley Police Department deputy chief, a position he held for 12 years. He returned to Norwood in May, 2012, as Norwood’s 15th police chief and held the NPD highest title for another 12 years.

Chief Brooks was impressed with the NPD when he arrived in town, but naturally wanted to implement some procedures and improvements. Norwood residents and students witnessed a greater police presence around town and schools, from not only officers, but Chief Brooks himself.

“Although we had officers assigned to beats, the officers were not as visible as they should have been so I have been working on that my entire time here,” Chief Brooks said. “I wanted to be visible in other venues as well, particularly at schools. In many towns, when the police arrive at the school people panic because they believe something is wrong. That’s not the case in Norwood, because we are always at the schools.”

Another major impact Chief Brooks had on the town and his

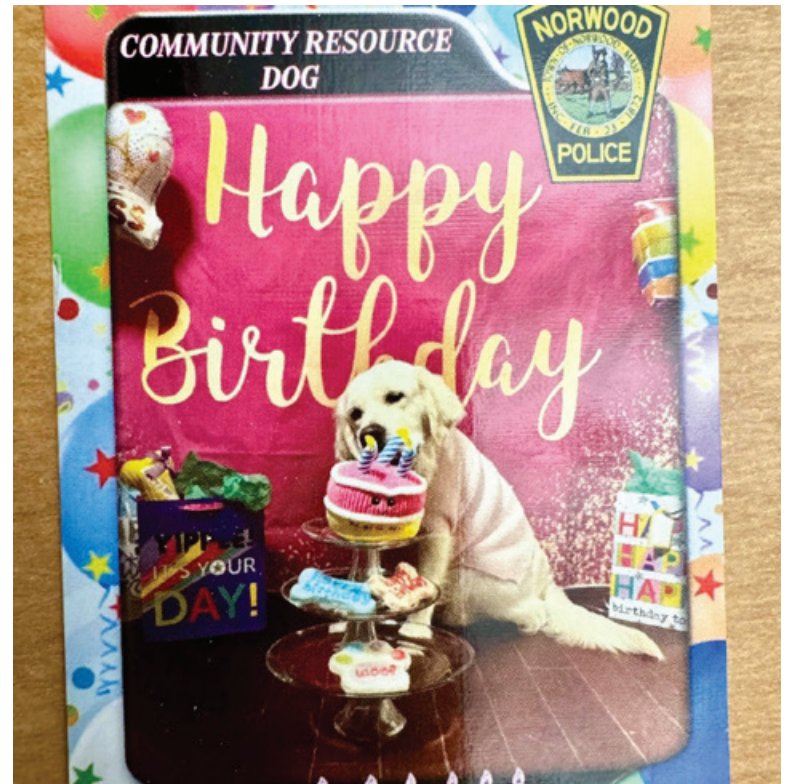


department is in recruiting, hiring, and promotions.

“We’ve become an accredited agency, something for which I credit Deputy Chief Padden,” Chief Brooks said. “We changed the way we train. We no longer send officers to regional training sites, instead we have our own training staff and do all our in-service training in house.”

On the topic of foot patrol, it was not unusual to see Chief Brooks walking Norwood’s sidewalks, visiting shop and restaurant owners, or even chatting with their patrons. He made it

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Happy 1st Birthday!

By MICHELE TARANTO

You have probably seen her walking the Norwood streets greeting everyone she meets; playing, running, and whatever other things puppies do. Since that day the town of Norwood welcomed Mustang Sally into their police department, she has melted the hearts of all she has met. Well, Mustang Sally had a big birthday

last month, she turned one!

For those new to town, Mustang Sally (named from community suggestions), was welcome into the Norwood Police Department (NPD) after the tragic murder of Norwood resident Tyler Lawrence in Boston. Police de-

MUSTANG SALLY
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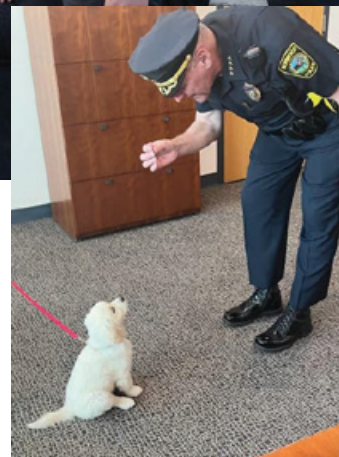
BROOKS

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his mission to become familiar with every aspect of Norwood's community, and had a smile for everyone he encountered.

"What I will miss most about being police chief is the human interaction," Chief Brooks said. "I will miss my officers. I will miss the merchants, the schools, the children, the senior center, town meeting members, just everyone here."

Down deep, however, his role of protector is what he will miss the most.



Chief Brooks considers his staff (and yes, that includes Mustang Sally) as his greatest accomplishment for more than a decade as Norwood's police chief.

"My greatest accomplishment, and the department's greatest strength, is our people," Chief Brooks said. We are a people business and the way our officers and support staff treat the public is hugely important to me. I think most people in town would see our officers as friendly, polite, and service oriented."

As Chief Brooks retires from the Norwood Police Department, he is also withdrawing from law enforcement. He hasn't thought about his retirement schedule as he is still working on closing Norwood's chapter of his story which he has given much consideration and reflection; for not only his welfare but the good of the town and his fellow officers.

"I'm not leaving to do anything else," Chief Brook said. I'm leaving because I cannot do this job forever and I need to step away at a time that is best for the department. My departure right now will allow for the promotion of some very talented people who will take over what I've worked for. At the NPD, we have a culture of service that I am confident will continue."

Norwood Police Chief William G. Brooks III will be sorely missed throughout Norwood. He managed to securely link the trust and respect of its residents and police force even while the country was experiencing a turmoiled time between the two sides. Chief Brooks replacement has big shoes to fill, but he has left a legacy many will remember and remi-

cruit, Mustang Sally. Her position as Norwood's first therapy dog on the NPD was initiated by Officer Geoffrey Baguma, however, her rank was approved by the Big Guy himself.

"I love Sally and I'm sure that I'll be back to visit her from time to time," Chief Brooks said. "She has been a very successful addition to the department and Officer Baguma has done an amazing job publicizing her and her work, and making sure that she's making children comfortable. He recently gave me a framed photo of her I can take home with me."

"Honestly, I am going to miss being a cop," Chief Brooks said. "There is just something about being a cop that makes you feel different. I have always believed that I was responsible for the safety of the people around me, regardless of whether I was on duty or off, in town or out."

While the people of Norwood have made a great impact on Chief Brook's life, and their welfare always the primary focus, there is another smaller group that brightened his day.

"The best part of my job is personal interaction," Chief Brooks said. "Much of it has to do with the people I work with day to day. I enjoy going to roll call twice a day, in the morning and at 4 p.m., as the 4 to 12 shift gets ready to deploy. I also enjoy my time with the command staff every morning at our am briefing"

Speaking of his staff, his tenor would not be complete without mentioning his very special re-

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MUSTANG SALLY

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partments brought their comfort dogs to the Coakley Middle



School to help comfort the students. Norwood officer, and now Sally handler Geoffrey Baguma, proposed the idea of bringing a dog into the NPD family to Norwood Police Chief Brooks, and the rest is history!

“She will interact with children, and in some cases adults and senior citizens,” Chief Brooks said at her arrival. “She has already been to the senior center where she was also a big hit. I believe, as the term implies,

she will be a comfort to people who may be in distress, particularly children in a school setting. She is also a natural draw.”

A draw is an understatement! Wherever Mustang Sally goes, a crowd surrounds her; and she takes it all in stride. From her first days in Norwood, it was as if she knew it was her job to bring smiles to so many faces.

“Sally is a very BIG hit throughout the community,” Officer Baguma said. “I think that part of it is that she visits every corner of the community and is always very happy to greet everyone in her great hometown.”

While Mustang Sally has been seen at virtually every town event and ‘walking her beat,’ she has also spent approximately the past nine months learning. It’s not all fun and games all the time!

“Sally has been going through a lot of training this past year to equip her with everything that she needs to be a community resource dog and ‘your best friend in training,’” Officer Baguma said. “Sally has already passed her S.T.A.R Puppy Test as well as her Canine Good Citizen Test.”

In addition to being a welcoming and comforting friend, Sally has been developing some great tracking skills.

“Sally has also been going through additional training called Friendly Finds,” Officer Baguma

explained. “This training helps Sally to sharpen her skill of scent tracking. In this training, a scent is first introduced to Sally. Sally is then challenged to locate the person or object through the scent trail left along the way. Sally has been able to locate a person a half a mile away through her tracking training so far. Sally has been able to continuously meet her goals.”

That’s our girl! For those interested in seeing Sally in tracking action visit her Facebook page, Mustang Sally. She also has her own Instagram page at MustangSallyNPD.

Residents may be wondering how she is as a teammate. After all, she has captured a lot of attention and her trading cards continually sell out!

“She has been great with her fellow officers as well,” Officer Baguma said. “They have all been amazing with her. Sally is absolutely going to miss Chief Brooks a lot. They will be forever connected together.”

Sally has a lot on her shoulders to bear, both in her responsibilities and spreading her cheer, but she seems to be up for the challenge!



“The sky’s the limit for Sally,” Officer Baguma said. “Finishing up the remainder of her training is the first thing on her list. After she is done with that, she will be visiting a lot more people around town. Sally will go down as one of the best community resources when it’s all said and done. I’m sure of it. She has a great spirit,

loves what she does, and really loves people.”

Last, but certainly not least. She does enjoy her namesake ice cream flavor at Daddy’s Dairy, but in case anyone is wondering, Mustang Sally’s favorite snacks are chicken, hamburger, a little hotdog, and cheese.

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nise for a long time.

“I’d like to say that it as been my great honor to be a police officer for 47 years,” Chief Brooks said. “And it has been a unique

privilege to be Chief of Police here in Norwood. I will never forget my experiences here and I wish everyone in town all the best. Please know that as I leave, I do so with 100% confidence that the department that I leave is in very good hands and will

continue to serve the residents the way they have become accustomed. I know that the officers moving up will accept their new responsibilities and perform to the high standards that exist here. My thanks and best wishes to the people of Norwood.”

Norwood Announces Promotion of Deputy Chief Chris Padden to Chief of Police



NORWOOD – General Manager Tony Mazzucco, on behalf of the Town of Norwood and the Norwood Police Department, announces that Deputy Chief Chris Padden, a 28-year veteran of the Norwood Police Department has been promoted to the position of Chief of Police, effective May 1, 2024.

Chief Padden has served Norwood as a patrol officer, sergeant, lieutenant, and most recently as Deputy Police Chief. Deputy Chief Padden is a graduate of the FBI National Leadership Academy Session 228, the premier law enforcement training for public safety leaders.

“I am grateful for the opportunity to serve my hometown as Chief of Police and I look forward to the challenges of this important role and continuing the tradition of excellence that Norwood Police consistently displays,” said Deputy Chief Padden.

In addition, Deputy Chief Padden is a veteran of the United States Marine Corps and served combat duty during Operation Desert Shield/Operation Desert Storm.

Chief Brooks stated, “I can think of no better replacement to take the Norwood Police Department into the future than Deputy Chief Padden. I have worked with him for many years and found him to be the smart, hard working, community-focused leader that Norwood has come to expect.”

“I’ve had the privilege of promoting Deputy Chief Padden from Lieutenant to Deputy Chief and now from Deputy Chief to Chief of Police. The Norwood Police Department is a centerpiece of our community and I am confident that Deputy Chief Padden’s leadership will keep it that way and continue to innovate and develop new ways to serve our community in the future,” said General Manager Tony Mazzucco.

Deputy Chief Padden will be sworn in as Chief at a ceremony on May 1st in Memorial Hall at Town Hall in Norwood.

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Elsie and Bessie are sisters and we prefer to adopt them as a pair, but they can go home separately. Both girls are black and white, with Elsie's predominant color being white and Bessie's is black.

We think Elsie and Bessie would do best in a home that is quiet and has patience with them and they acclimate to their new environment.

If you are interested in adopting Elsie (and/or Bessie), you can complete a non-commitment application online: www.baystateanimals.org

BSAC has a \$175 adoption fee for their 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 a volunteer in a reasonable amount of time please do not hesitate to reach out through an email at www.baystateanimals.org.

Meet BSAC's Newest Board Members!

The Bay State Animal Cooperative (BSAC) has only succeeded through the generosity of its volunteers; those who give up their valuable time to help rescue, care, and place homeless or neglected cats. There are many volunteers who provide a diverse range of support to the organization, including fundraising, fostering, administration, events, and much more. The BSAC Board of Directors recently grew to help manage all that it takes to keep everything running smoothly. Welcome BSAC's newest board members!

Lesley Rogers Director of Programs

Although my official start in animal welfare was only within the past few years, I have been an animal lover throughout my life. I grew up with cats and currently have two rescues, Kiki and Munchie, and I couldn't imagine my days without them! In addition, my home is frequently utilized as an emergency haven for cats that must immediately be removed from a dangerous situation. Providing



them with the love and gentle attention they need to gain reassurance in humans before moving on to a more permanent placement is incredibly rewarding.

I received my BA in English/Sociology and MS in Human Resource Development and spent most of my professional life in HR and office management. When the pandemic hit in 2020, I decided there was no better time to focus on what I've always wanted to do, which is to save and improve the lives of animals. I started out at a large shelter in Boston, learning the ropes of animal care and shelter programs and policies, and then moved on to a cat-only shelter in a directorial role. During this time, I also earned a certificate in Animal Shelter Management and it has given me a wealth of knowledge on best practices and goals for successful and impactful animal-centric organizations.

I am so happy to have joined BSAC. I was drawn to the philosophy of not only no-kill, but that we are not limited to any single way of helping animals and the people who love them. We recognize that while we strive to place animals in homes through adoption, there are other functions we can fulfill that are just as critical and meaningful like spay/neuter and vet care assistance, community outreach events such as our annual dog wash, providing opportunities for education in the fields of animal welfare and pet ownership, and supporting long term fosters with animals that may remain in our care for their entire lifetime.

In my role, I will continue to

work on all aspects of BSAC's mission and partner with our wonderful team to pinpoint even more ways we can assist our community.

Jessica Jesenik Clerk

Jessica brings a unique blend of professional expertise and personal passion to BSAC as the Clerk to the Board of Directors. Since adopting her cat, Lexie, from BSAC in 2009, Jessica has experienced firsthand the transformative power of animal companionship. For over two decades, she has admired the significant contributions BSAC has made to the community and the difference the organization has made in the lives of so many suffering animals.

As Volunteer Clerk, she takes a step toward deeper understanding of the nonprofit's operations and is excited to contribute more directly to its mission.

Professionally, Jessica is the Global Nonprofit Industry Lead at SoftwareOne Impact. SoftwareOne Impact is a dedicated group within the larger global technology and software services company, SoftwareOne. In her full-time work, she has the pleasure of helping nonprofit organizations across various causes with technology solutions that amplify their mission and enhance their service delivery. This role reflects her dedication to making a meaningful difference in the world, leveraging her expertise to support nonprofits in scaling their impact.

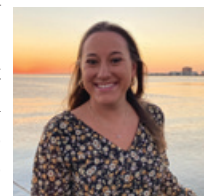
Jessica is an animal advocate at heart and believes in the power of technology to foster positive change. She is enthusiastic about

the future and possibilities for BSAC.

www.linkedin.com/in/jessica-jesenik-2389575a

Kristi McCarthy Director of Operations

Having been an animal lover from a young age, I am so happy to be able to volunteer with BSAC as Director of Operations. Growing up, our family had a range of pets, including dogs, cats, bunnies, fish, and even a snapping turtle at one point. I first learned of BSAC years ago while my sister was volunteering for them. Our first cat, Louie, was adopted through Bay State and he was the most wonderful kitty!! BSAC's no-kill philosophy and humane approach to animal rescue is what drew me to volunteer with the organization. Volunteering for this amazing organization allows me to continue to foster my love of animals, specifically cats.



Outside of BSAC, I am a kindergarten teacher. Working with animals can sometimes be a nice reprieve from working with kids! I also have an adorable Old English Sheepdog named Remi.

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Norwood 101

By MICHELE TARANTO

Learn everything about Norwood? I'm in! But how? Where? The best place would be at Norwood 101! Each spring, the Morrill Memorial Library hosts this new resident welcome program to introduce and educate newcomers (and often long-timers) on volunteer opportunities, town and non-profit organizations, and civic personnel.



Norwood 101 will be held on Monday, April 8, 6-8 p.m., (drop in), at the Morrill Memorial Library. The guest list includes Town of Norwood representatives and officials, municipal departments and community and non-profit organizations. Their mission? To welcome and answer any questions new residents may have. Basically, learn everything about what's going on around town!



Visitors will also have the opportunity to view the Morrill Memorial Library and the number of interesting and valuable resources and services this local gem has to offer. That includes meeting the library staff how they can help!

but the first registered 50 registered attendees will receive a welcome swag bag! There will also be free raffles donated by local businesses.

For those new to Norwood or residents who want to meet local Town department staff and elected officials or learn more about its diverse opportunities, this event is for you!

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Norwood at the Starting Line

By MICHELE TARANTO

This is the third consecutive year the Norwood Police Department will be represented in

impressive (and athletic) officers have raised over \$34,000 for this amazing charity.

This non-profit charity gives over 94% of its proceeds to families of children with cancer that helps save a family from eviction, pay overwhelming bills, and repair vehicles needed for hospital visits.

There is always time to send in a donation. To support

Cops for Kids with Cancer, visit @copsforkidswithcancer, @bostonmarathon, or scan the QR code in the picture.

The Norwood PD will not be the only Norwood representatives on the 26.2-mile route. There are

many local neighbors who will be lining up on Patriot's Day with encouragement from thousands lining the streets.

Name.....	Age
Thomas Ahearn	60
Megan Beiting	35
Leah Benson	27
Angela Collins.....	60
Sarah Cregg.....	45
Matthew Crowley	45
Paula Fallon	45
Melissa Frontino	47
Karyn Karydis.....	28
Joe Mawn.....	50
Derek Mourad.....	53
Roberta Myers.....	58
Patrick O'Toole.....	29
Sean Rooney.....	44

If you happen to see any of these officers or residents before the race, be sure to wish them luck!



the 128th Boston Marathon. Officer Justin LaRoche and Det. Sgt. Rim McDonagh will hit the starting line in Hopkinton, on Monday, April 15, to fundraise for Cops for Kids with Cancer. Over the last two years, these

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Senior Corner

By MICHELE TARANTO

Borrow It At The Library!

Yes, you can borrow books, magazines, movies, and other literary items at the Morrill Memorial Library, but many people are not aware of their selection of diverse items that

library card holders have available.

Older residents may not want to spend money, especially on a fixed budget, on things they might only use seasonally, occasionally, or even once. In comes the Mor-

rill Memorial Library in Norwood. It is a little-known secret (but growing every day), that there are many other things on the library shelves available to rent for free. Grandkids coming over for the day? How about getting some lawn games? Looking to learn a musical instrument but not sure if it is something that will stick? Try it out through the library! How about trying a new board game, borrowing a power tool, or personal electronics?

There are too many items on the library list to mention here. To view the entire selection, visit the library website at www.norwoodlibrary.org, use the Books and More pulldown menu, then highlight Library of Things. This list will open up a whole new world...free of charge!

ARE YOU OK?

The Norfolk County Sheriff's Office offers an "Are You Okay?" program. It is a free daily telephone program that checks on the wellbeing of senior citizens or people with disabilities. You will receive a daily call to ask, "Are You Okay?" This program allows residents the comfort and security needed to maintain independence and give them and their families peace of mind.

To register, call 1-866-900-7865

Free Legal Clinic

Attorney Vera Ochea from MetroWest Legal Services will be at the Norwood Senior Center, Monday, April 8, conducting free private 20-minute consultations.

To make an appointment, call the Senior Center Outreach Coordinator Kathleen Rooney at 781-762-1201 ext.3.

AARP Annual Volunteer Conference

AARP Massachusetts is hosting their annual volunteer conference on Thursday, April 25, 10 a.m.-3 p.m., at the College of the Holy Cross, in Worcester. The organization is looking to recruit volunteers and engage seasoned volunteers by highlighting various opportunities with AARP. To register or for more information, visit aarp.org/volunteering.

Walk With a Doc

The free Walk with a Doc program, sponsored by AARP, is held the second Saturday of each month in Boston and Worcester. To register or for more details, visit aarp.org/ma.

Norwood Woman's Club Knights of Columbus 12:30 p.m.

Michael Slater will be performing his "Tribute to Elvis." Come and enjoy some of your favorite Elvis tunes! The cost of the May luncheon is \$30. Food choices are steak tips, baked haddock or stuffed chicken breast. Guests welcome. For questions, call Trina at 781-762-8173.

Planning for Medicare- Countdown to 65

Morrill Memorial Library
6:30 p.m.

Join in to understand Medicare eligibility. Learn about your health insurance options outside of employer-sponsored coverage. Many people need help understanding the coverage options available to them. This is especially true for people that plan to retire and are leaving employer sponsored coverage. The presentation will explain: Medicare Parts A and B, Medicare

enrollment timeline, Medigap Plans that supplement Medicare coverage, Medicare Advantage Plans, such as HMO and PPO's, Medicare Part D prescription drug plans, and plans and programs available to early retirees, such as COBRA. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

April 18 Norwood Memory Café Norwood Senior Center 1:30 p.m.

The Norwood Memory Café is a welcoming place for individuals, families, and friends of those living with memory changes. Join in the third Thursday of every month for conversation, entertainment, and activities. Free of charge; donations greatly appreciated. For more information, visit www.norwood-memorycafe.com.

NORWOOD SENIOR CENTER TRIPS

Johnny Cash

Thursday, April 18
\$115.00

Lunch Choice: Baked Haddock or Chicken Parmigiana

Waterfront Venezia

Blithwold Mansion & Tea Tour
Tuesday, April 30
\$135.00

Celebrate spring at this beautiful thirty-three- Acre estate on Narragansett Bay with a spectacular display of more than 50,000 daffodils.

Shades of Ireland with Collette Tours Trip

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For more information on any of the above Norwood Senior Center trips, call Nanci at 781-762-1201, x4.

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The Norwood Light Department Wants to Hear from You!

The Norwood Light Department and Sustainability Commission is interested in your feedback on energy-related and electric vehicle rebates.

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A Little Off The Top

BY STUART GREEN

There's no place like cave

A long time before Nor merged with Wood, before the States were United, before the Hemisphere was in the West, before East was East, before Up was Down, before Disco was King, and King to Rook four – and checkmate in two moves. In fact, before before was before.

So, this is going back away... and you thought last Tuesday was hard to remember.

So, before all that (he's starting that again?), there was a legend in these parts, although some say in parts down the road, some over the other road, and others don't say even if we threaten them with reading this again.

But the oral annals of history record man's first attempt to secure the proper permits to expand his dwelling place. Well, record isn't quite accurate as this was well prior to any recording devices, not to mention records, let alone ste-

reo hi-fi – and we've been letting it alone for decades now.

But, be it what it may or who's your little whatzit, one of man's earliest ancestors – we think 5 o'clock or so – appeared before what then was considered a town board, but really was a group of guys getting together trying to play tag with a herd of bison, which they called buffalo because they couldn't remember the difference.

The minutes of the historic meeting only contains the rudimentary roots of two letters that were invented at the time – the dot in the "i", and the "u," which actually was an artist's rendition of his uncle smiling after getting an ax handle wholesale. But, through diligent anthropological methods, lexicon deciphering, and naps at prescribed intervals, the following ancient minutes were revealed:

"Welcome to the Housing Authority's Condo and Cave Committee meeting. We'd like to recognize Mr. Ugh-Ugh to-

night. And please give our regards to your father, Mr. Ugh. Now, we understand that you'd like to expand your cave. Can you elaborate?"

"Well, maybe later. But first I'd like to talk about it. What I want to do is take the pile of rocks from the left side of my cave and put it on the right side."

"Oh, Mr. Ugh, we had no idea your plan was so elaborate. That is going to take a detailed blueprint, permits from the Stoning Board of Appeals, continuance from the Conversation Committee, and approval from the Rejectmen. Let me ask this: Is there any way of, perhaps, simplifying your intentions?"

"Well, what if I take the pile of rocks from the right side and put it on the left side?"

"Why, of course! That would be completely acceptable to us. Why didn't you say that in the first place?"

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

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- PASTA PRIMAVERA
- CHICKEN-SAUSAGE CACCIATORE

- BAKED COD
- PASTA FETTUCINI ALFREDO
- CHICKEN BROCCOLI ALFREDO
- CHICKEN MARSALA
- CHICKEN BROCCOLETTI
- CHICKEN PICCATA
- SLIDERS (12) AND FRIES
- CHICKEN FINGERS & FRIES

- OR -

Choose a Family Deluxe Platter (\$70)

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- TURKEY TIPS
- MIXED GRILL
- PAPPARDELLE BOLOGNESE
- VEAL PARMESAN
- VEAL-EGGPLANT PARMESAN

- VEAL SALTIMBOCCA
- VEAL MARSALA
- VEAL SORRENTINA
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SOUTHWICK'S ZOO PHOTO CONTEST

ILLUSTRATION BY ROWAN KAPLAN/MASSACHUSETTS COLLEGE OF ART AND DESIGN



In 2025, Southwick's Zoo will be celebrating 60 years of family fun! Share a photo of your favorite memories at Southwick's Zoo for a chance to win a family four-pack of general admission passes for the 2024 season and make some new memories!

Contest begins April 1, 2024.






By entering this contest, you are providing consent for Southwick's Zoo and Our Town Publishing (the publishers of The Yankee Xpress/Blackstone Valley Xpress, Free Press and the newspapers of Local Town Pages) to use your photo(s) for print, digital and social media purposes, and allowing Southwick's Zoo and Our Town Publishing to contact you via email for this promotion or upcoming promotions. Only one winner per household. Cannot be an employee or family member of Southwick's Zoo or Our Town Publishing to win.







Eyes Wide Open: Tips for Eye Safety

By: GRAHAM R. STETSON, OD, MS

With the bustling pace of daily life, it's easy to overlook the significance of protecting our eyes. There are countless everyday activities that can cause eye injuries. Regardless of the setting—be it at work, engaging in sports, or at home—being aware and taking precautions go a long way in protecting one's vision.

Eye injuries can occur in any industry, from construction sites to offices to schools. It's crucial for employers and employees to prioritize eye safety measures. Here are some tips:

- Wear appropriate eye protection: Safety glasses, goggles, or face shields may be necessary to protect your eyes from hazards such as flying debris, chemicals, or intense light.
- Follow safety protocols: Adhere to all safety guidelines and protocols established by your workplace or institution, including proper training on the use of machinery and equipment that could pose a risk to your eyes.
- Take regular breaks: If your work or studies involve staring at a computer screen for long periods, take breaks to reduce eye strain and dry eye symptoms.

Eye safety in sports is crucial to prevent serious injuries. Wearing protective gear, such as goggles or helmets with face shields, can greatly reduce the risk of eye injuries during sports activities. It is important for athletes to be aware of the risks and take proactive measures to protect their eyes while participating in sports.

Even in our own homes, there are hazards that can lead to eye injuries. Here's how you can protect yourself and your family:

- Use protective eyewear: When gardening, working on DIY projects, or using household chemicals, wear safety glasses or goggles to prevent eye injuries.
- Keep hazardous materials out of reach: Store cleaning products and other hazardous materials in a secure location out of reach of children to prevent accidental exposure.
- Be cautious with toys: Choose age-appropriate toys for children and avoid toys with sharp edges or projectiles that could cause eye injuries.

By taking simple precautions and being aware of potential risks, we can protect our vision and prevent eye injuries both at work and at home. Remember, your eyes are irreplaceable, so

make eye safety a priority. If you have any concerns about your eye safety or need advice on protective eyewear, consult with your optometrist for personalized recommendations.

For more advice, schedule an eye exam by calling (781) 352-4849 or stop into the office at 696 Washington Street in downtown Norwood.

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Living Healthy

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The most dangerous words you will ever hear

It is not uncommon for different health issues that prevent us from reaching our health goals, going unanswered from the allopathic community with the statement "Good news! Your tests are negative. Everything is normal". Although that means there is no serious pathology, it doesn't mean that you are functioning at your genetic potential. These words invalidate what we are experiencing and don't fix the problem leaving us no better than before.

Homeostasis is the ability or the tendency of the body to seek and maintain a condition of equilibrium or balance in the body. When we can no longer achieve homeostasis, symptoms start to appear. The



Dr. Rochelle Bien & Dr. Michael Goldstein

nervous system's job it to control and coordinate every system, organ and tissue in the body. When this process is interfered with our health potential begins to decline. Through NIS (Neurological Integrative Systems) one can Identify the

stressors. This allows us to utilize a 3step process of remove the stressor, rebuild the tissues and restore the function, thereby bringing you back into balance (homeostasis).

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Poetry Corner

Under the stars

Under the stars, in this paradise of ours, we crafted reality from a dream.
In this world that we made, perfection conveyed, there was still something finer to me:
That in your loving eyes which are starlight baptized, they are blessed with a sparkling gleam.
When I turn to you and you look at me too, for the rest of my life I can see
That while there are stars up above, limitless like our love, and you're my one and only,
I can look in the sky, see the sparkle from your eye, and know that I'm never lonely.

Willem van der Werff

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Norwood Sports

Power Hitter Looking to Propel Norwood



hit my first homerun on the big field, it was really eye opening to me," Serratore said. "I realized that if I continued to put the time in and hit the weight room, I could be really successful."

Upon entering high school, Serratore's goal was to earn a spot on the varsity squad, but unfortunately that didn't come to fruition; but he was not upset as he was still playing a game that he loved. By not making the varsity team, he would continue to work hard on his game hoping to eventually make the jump. As a sophomore playing on the junior varsity team, he began hitting the gaps in the outfield for extra base hits, something that would become his forte.

"I trained hard to do gap hitting at the RBI Academy (in Mansfield)," Serratore said. "The coaches there were awesome and helped me take the ball to the gaps for easy doubles, sometimes a triple."

Norwood Coach Kevin Igoe noted that Serratore is the king of gap hitting.

"He is a super athletic kid, but we'll go as far as he takes us with his bat," the Mustang skipper said. "He has a lot of power and hits a lot of extra base hits. I can't remember him having many singles, he has a knack for finding the gaps."

With his skill at bat, Igoe called the sophomore up to the varsity team at the tail end of the season to give the team a boost heading into the post-season. Serratore would also join the Norwood American Legion team during the summer to help him get ready for the talent level on the varsity team. Playing during the summer not only helped him to progress, but it also gave him the motivation to work harder.

In 2023 as a junior, Serratore played all 22 games for Igoe on the varsity team in left field.

"Last year was his coming out," Igoe said. "He is the epitome of an athlete that is continually looking to make himself better and he did just that."

Serratore would bat .319 with two homeruns, including a walk-off against Millis. The other four bagger would come against a tough Ashland pitcher.

"The Millis homerun was obviously a highlight to remember, but against the Ashland pitcher it was something to recall," Serratore said. "He owned me the first time, but I focused and watched him pitch, so the second time up I was timing his pitch and on the first pitch I put the ball over the bullpen. That homerun really fired me up."

As the season is fast approaching, Serratore and his other captains have been holding captains' practices to get the team ready for opening day

BY CHRISTOPHER TREMBLAY

Two-sport senior captain Giacomo Serratore is entering his final athletic season with Norwood and is hoping that he and his teammates can put together a season worthy of remembering. Over the past two seasons, the Mustangs have fallen in the Round of 16 in the Division 2 State Baseball Tournament; last year, Norwood was ousted by the eventual D2 State Champion, Milton High School.

Serratore has been playing baseball for the Norwood town league since he was a youngster, but it wasn't until the eighth grade that he could envision

himself playing baseball on a higher level and decided to put his effort into the sport.

"Around that time, I started to see myself doing well on the baseball field and knew that I had a lot more potential," Serratore said. "I was fortunate that my parents put me into a lot of sports growing up and I eventually stuck with the ones that I enjoyed."

With his father's encouragement, and practicing together, something happened that really got him thinking about the sport.

"In middle school, I started hitting balls further and when I



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BASEBALL

continued on page 13

Norwood Sports

New Coach, Hopefully the Same Results

BY CHRISTOPHER TREMBLAY

After 61 years involved with softball, 15 years as the Norwood head coach, Carol Savino hung up her cleats last spring and in doing so allowed a new regime to take over in her absence. Although Savino has vacated the head coaching position, her assistant coach Caitlin Nottebart has taken over the reins from her predecessor.

Nottebart has been involved with the Norwood softball program in some aspect for the past seven years. She made her debut as the freshman coach for the Mustangs. In 2021, she was helping with the varsity squad but the following year she was back as the junior varsity skipper. Last spring, with Savino knowing that she was leaving, Nottebart was elevated to the assistant varsity coach.

“Carol was a one-of-a-kind individual and she taught me a ton,” the incoming head coach said. “We will continue with all that she has taught me; there will be a lot of reps in practice as these girls basically know what they’re doing.”

According to Norwood Athletic Director Jon Longley, Savino was one of the best coaches at organizing practice and player development, but Nottebart has been with her long enough to continue the Mustang tradition.

“You learn from the people that you work with,” Longley said. “Caitlin will utilize the things that worked well with

Carol as the coach and will change things that best fit her better. Like Carol, she will bring her passion to the game.”

Prior to her leaving, Savino announced this year’s tri-captains at the teams end of year banquet. Leading the Mustangs on the diamond this spring will be the team’s only two seniors in Natalie Gale and Madi Collins, while junior Pauline Cordani will round out the captains.

Gale, who will be heading to Mass Maritime on the Cape next year to play baseball, will be the team’s first baseman, while Collins will be on the other side of the diamond holding down the hot corner. Cordani is slated to be the Mustangs ace in the circle.

The only position player that is not back with the team due to graduation is Sam Rose, who was the Norwood catcher last season. With Rose gone, the position will be up for grabs between last year’s back-up, Cici Indeck, and incoming freshman Liliana Cordani.

“It’s going to be a good battle back there between the two,” Nottebart said. “Liliana has caught her sister before and knows her quite well giving her the inside track, but CiCi did really well behind the plate last year.”

As Cordani is looking to be the team’s top hurler this season, the new coach is worried that she’ll have to have a back-up.

“Pauline is going to be our

main pitcher this year, but she may not be able to go every game,” the coach said. “She fatigues easily because she throws so hard, but she took some lessons this past year so hopefully she’ll be stronger than she has in the past.”

Freshman Sarah Randall had herself a good junior varsity season last year and could be the back-up pitcher for Nottebart. However, being so young, the new coach is not sure if she’ll be ready for varsity softball at her age; time will tell.

Other athletes that could find themselves as Cordani’s back-up are Chloe Caravello, who did not play last year but is returning this spring. JV back-up pitcher Emily Shaker is another option for the incoming coach to look at once the season gets underway.

In addition to Gale and Collins batting three and four as the team’s power hitters, Nottebart will rely heavily on shortstop Lizzie Helmar. The center infielder will be the team’s leadoff hitter and look to raise havoc on the base paths. According to the Norwood coach, Helmar will get on base one way or another and being a quick individual it will be hard to get her out once she finds her way onto the bases.

Kyra Walsh stepped into left field for Norwood last spring and adjusted not only into a decent outfielder, but a power hitter as well.

“She [Kyra] had some bad

hitting habits, but after working with Carol she has developed into a good hitter,” the coach said. “I know that she would rather play the infield, but we are pretty much set so she’ll continue to roam the outfield once again.”

Joining Walsh in the outfield will be junior Kaylin Carrero in centerfield and Colleen Denehy will patrol right. CeCe Becker has speed and moves around quite nicely and will see time at one of the corner outfield positions from time to time.

Sophomore Ava Amato will round out the starters playing second base. Although she is still learning the game at the varsity level, she played well for Norwood last year where she batted in the 6th or 7th position in the lineup. While the sophomore is still gaining experience at the plate, she has shown herself to be a good defensive player for the Mustangs.

Once the season gets underway, the first-year head coach definitely has set her goal on making the tournament. Norwood was 10-8 during the regular season last year earning themselves a 28 seed in the Division 2 State Tournament, but unfortunately fell in their first game.

After making the tournament, Norwood wants to cap-



ture the Tri-Valley League Championship once again. Last year, the Mustangs shared the title. This year, they want it outright to themselves. Nottebart wants to have Norwood portrayed as the leaders of the league.

“If we come together as a team and play the way that we are capable, then we’ll be ok.” She said. “We’ve talked about playing as a team and thus far the captains have done a great job getting the team ready to take on the season.”

If she has learned anything from Savino over the last seven years, it is that winning is a big part of Norwood’s softball DNA and accomplishing the team’s goals should not be that big of a problem if the girls go out and play their game.

BASEBALL

continued from page 12

(April 2 at Hopkinton). In addition to helping the team get ready, Serratore has also been working on his game.

“Coming into the season, I have set my goals high,” Serratore said. “I am hoping to bat .400 with a lot of consistency at the plate while seeing the ball well. Last year, I was focusing on the power and didn’t see the ball as well as I should have. I want to hit as many homeruns as possible and looking for more

triples than I’ve had in the past. I’ve been working on hitting the ball inside out to right field. I’m hoping for five triples and at least three homeruns to get my career over 5.”

When his high school career comes to an end, Serratore is hoping to continue to play baseball on the collegiate level. He is currently speaking with the coaches at Roger Williams University in Bristol, RI.

“Unfortunately, I was injured last summer and couldn’t attend their prospect camp so I may have to possibly walk on for a chance to play there,” Serratore

said “If I can walk on, great, but if not, education comes first and there are plenty of other good schools I could play for. I’m looking to get into construction management, so if a school has a good education, I could possibly play baseball there.”

No matter what becomes of next year, this year Serratore is hoping to not only accomplish his individual goals, but by doing so would help the Mustangs earn a spot in the Division 2 State Tournament where he is hoping that he can help the team make a deep run.

BOSTON BELLES GIRLS U14 TRYOUT'S

2024 - 2025 U14

Monday, April 22nd @ 6:00 PM
Tuesday, April 23rd @ 6:10 PM

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Calendar of Events

April 6

Art in Bloom Morrill Memorial Library 9 a.m.-5 p.m.

Art in Bloom: Presented by the Norwood Evening Garden Club

Art in Bloom is a community event that displays artwork generated by Norwood and Walpole High School students coupled with interpretative floral designs composed by members of the Norwood Evening Garden Club. Twenty pieces of artwork will be displayed. Admission is free and the public is welcome and encouraged to attend to support the student artists.

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.

April 7

Art in Bloom Morrill Memorial Library 1-5 p.m.

Art in Bloom: Presented by the Norwood Evening Garden Club

Art in Bloom is a community

event that displays artwork generated by Norwood and Walpole High School students coupled with interpretative floral designs composed by members of the Norwood Evening Garden Club. Twenty pieces of artwork will be displayed. Admission is free and the public is welcome and encouraged to attend to support the student artists.

Divine Mercy Sunday St. Catherine of Siena Church 1:30-4:30 p.m.

This is a Solemn celebration for Divine Mercy. The Sacrament of Reconciliation (Confession) will be available from 1:30-2:30 p.m., in the chapel and the school gym. The recitation of the Most Holy Rosary will begin at 2:15 p.m., followed by the Divine Mercy Chaplet in the church. Celebration of Holy Mass in honor of the Solemnity will be celebrated at 3 p.m., and will include veneration of the Divine Mercy Image. The Holy Mass and homily will be offered by Rev. Kevin Miller, of the Diocese of Scranton.

April 8

Norwood 101-New Resident Open House Morrill Memorial Library 6-8 p.m.

Representatives and officials from the Town of Norwood departments and community organizations will be here to welcome you and answer any questions you may have. Learn about the great things the Morrill Memorial Library has to offer. Welcome bags will be distributed to the first 50 registered attendees; free raffles will be provided by local businesses. If you are new to town or would like to find out more about our wonderful Town of Norwood, this event is for you!

April 9

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 wb-

nofnorwood@gmail.com.

Norwood Woman's Club Knights of Columbus 12:30 p.m.

Michael Slater will be performing his "Tribute to Elvis." Come and enjoy some of your favorite Elvis tunes! The cost of the May luncheon on May 14, at Conrad's, in Walpole is \$30. Food choices are steak tips, baked had-dock or stuffed chicken breast. Guests welcome. 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 <https://norwoodtoastmaster.toastmastersclubs.org/>.

Rent Versus Buy Housing Morrill Memorial Library 7 p.m.

Are you tired of renting your apartment or condo and thinking about buying? Might you be likely to relocate, and when? Are you uncertain if you'll qualify for financing? Maybe you wonder if renting could be more beneficial right now? Before making what could be the most significant financial decision in your life, join David Latimore and Joseph Cushing from CFA Society Boston to learn about which different factors to consider in this process. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

Norwood Junior Woman's Club Conrad's Restaurant 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. New members are always welcome! For more information, email Norwoodjwc@gmail.com or visit their website www.norwoodjuniorwc.wixsite.com/norwoodjwc. Our Club is sponsored by the General Federation of Woman's Clubs, one of the largest and oldest women's volunteer service organizations.

April 11

Birds in Your Backyard

Morrill Memorial Library 7 p.m.

As the days get longer and temperatures get warmer, a wide variety of birds may visit backyards in the Greater Boston area. What makes a good backyard habitat? How do you attract those beautiful birds? Who is coming and who is going this time of year? Come find out more about our local birds, as well as occasional visitors, and what brings them to our neighborhoods. Experience the sights and sounds of some of our most beautiful neighbors! To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

April 12

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.

April 13

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

Spring is here and the boutique is ready! Beautiful clothes, decor, kitchen items, linens, books, puzzles, and a whole lot more. Don't miss out!

Judah Leblang: "The Expiration Date" Morrill Memorial Library 1 p.m.

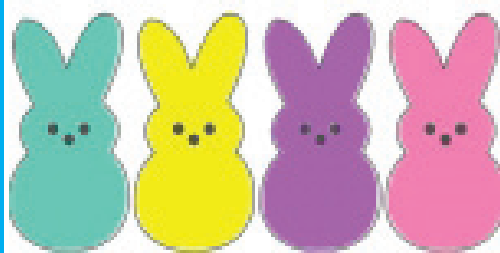
"The Expiration Date" is Judah Leblang's poignant and sometimes humorous look at some of life's transitions: getting older; dealing with faith and the lack of it; trying to outrun Father Time; and wondering what, if anything, comes next. Prepare to be entertained and stimulated as you watch one "Junior Senior Citizen" wrestle with life's

PEEPS DIORAMA CONTEST!

The Morrill Memorial Library is hosting its 3rd Annual Peeps Diorama Contest! Pick up a package of Peeps from the Library, create a diorama, and send a photo of the finished creation for a chance to win fun prizes and, more importantly, eternal bragging rights!

The contest rules are as follows:

1. Peeps must be the central character and/or component of the diorama.
2. As this contest is running virtually, there is no limit on the size of the diorama. However, the entire diorama must fit into one photograph frame.
3. Dioramas must pertain in some way to the theme "Local Peeps"



4. The Library will provide each registrant with one package of Peeps. You are welcome to include more Peeps if your design requires them.

5. Pick up your Peeps at the Circulation Desk be-

tween Tuesday, April 16 and Monday, April 22.

6. Photos of completed dioramas must be emailed to Adult Services Librarian Heath Umbreit at humbreit@minlib.net by 8:00pm on Tuesday, April 23.
7. Diorama photos will be posted online and in the Library for voting, which will begin at 1pm on Wednesday, April 24 and end when the Library closes at 9pm on Wednesday, May 1. Please note: Online votes are encouraged to show solidarity, but only in-person votes will be used to determine our winners. There will also be a "Staff Favorite" category!
8. Winners will be announced on Friday, May 3.

Registration is required! Register on norwoodlibrary.org/morrillcalendar or by calling (781) 769-0200 x2. Limit one registration per household, as supplies are limited. This program is generously supported by the Friends of the Morrill Memorial Library.

CALENDAR

continued from page 14

big questions. Copies of Judah's books will be available to purchase at the end of the event. To register, visit www.norwood-library.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.

April 14

Musical Sundays Concert Series: The Steve Rudolph Trio
Morrill Memorial Library
3 p.m.

Get your toes tapping as the Steve Rudolph Trio presents a joyous sampling of some of the best of American popular music from '40s, '50s, and '60s - from Big Band tunes, to Frank Sinatra, to Elvis, and the Beatles. Norwood's own pianist/vocalist Steve Rudolph, founder of the trio, has performed extensively for over 50 years both in the U.S. and in Europe in venues ranging from jazz clubs to churches. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

April 15

Town Offices Closed

The Norwood town offices and Morrill Memorial Library will be closed all day in observance of the Patriot's Day holiday.

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

April 16

A Brief History of the Coast Guard w/Retired Captain Greg Ketchen
Morrill Memorial Library (Virtual)
1 p.m.

Massachusetts is the birthplace of the Coast Guard. America's oldest seagoing service has an exceptionally rich history, and those

who have served in the Coast Guard in Massachusetts have made significant contributions to that history. The U.S. Lighthouse Establishment, U.S. Lifesaving Service, Bureau of Marine Inspection and Navigation, and the U.S. Revenue Cutter Service were all predecessors to today's modern Coast Guard. From the Departments of Treasury, Transportation to Homeland Security, this federal service has evolved into an organization with dozens of missions, some of which may surprise you. Most are aware of the role of the Coast Guard as first responders, law enforcement officers, and boating safety experts; but few know that some are oceanographers, combat veterans, arctic explorers, and even astronauts. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

Planning for Medicare- Countdown to 65
Morrill Memorial Library
6:30 p.m.

Join in to understand Medicare eligibility. Learn about your health insurance options outside of employer-sponsored coverage. Many people need help understanding the coverage options available to them. This is especially true for people that plan to retire and are leaving employer sponsored coverage. The presentation will explain: Medicare Parts A and B, Medicare enrollment timeline, Medigap Plans that supplement Medicare coverage, Medicare Advantage Plans, such as HMO and PPO's, Medicare Part D prescription drug plans, and plans and programs available to early retirees, such as COBRA. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

April 17

Turn the Page Book Group: 'The Lost Apothecary'
Morrill Memorial Library
10 a.m.

Hidden in the depths of eighteenth-century London, a secret apothecary shop caters to an unusual kind of clientele. Women across the city whisper of a mysterious figure named Nella who sells well-disguised poisons to use against the oppressive men in their lives. But the apothecary's fate is jeopardized when her newest patron, a precocious twelve-year-old, makes a fatal mistake, sparking a string of consequences that echo through the centuries.

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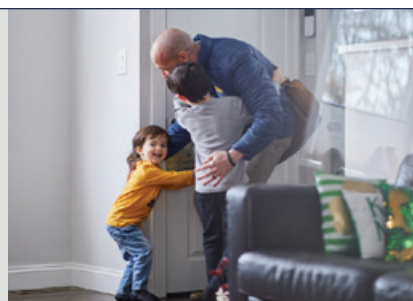
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Meanwhile in present-day London, aspiring historian Caroline Parcewell spends her tenth wedding anniversary alone, running from her own demons. When she stumbles upon a clue to the unsolved apothecary murders that haunted London two hundred years ago, her life collides with the apothecary's in a stunning twist of fate, and not everyone will survive.

Turn the Page Book Group: 'The Lost Apothecary'
Morrill Memorial Library
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April 18

Norwood Memory Café
Norwood Senior Center
1:30 p.m.

The Norwood Memory Café is a welcoming place for individuals, families, and friends of those living with memory changes. Join in the third Thursday of every month for conversation, entertainment, and activities. Free of

charge; donations greatly appreciated. For more information, visit www.norwoodmemorycafe.com.

Norwood Art Association Artist Demonstration
Morrill Memorial Library
6 p.m.

This month's featured artist will be D. Sue Dion. Dion paints in acrylic, watercolor, and oil. She resides in Uxbridge where she also has a private studio which houses a picture framing business and her teaching space. Attendees are encouraged to arrive at 5:30 p.m. The demonstrations are FREE and the public is welcome and encouraged to attend. Raffle tickets will be sold for the chance to win a piece of art donated by the attending artist.

April 19

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.

April 20

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.

April 22

Monday Movie Matinee: Oppenheimer
Morrill Memorial Library
1 p.m.

J. Robert Oppenheimer played an integral role in developing the first atomic bomb. Throughout the development of the bomb, Oppenheimer struggled with justifying a creation that came to cause so much damage. He questions whether he owes it to scientific discovery to create something capable of so much power. Directed by Christopher Nolan. Cast: Cillian Murphy, Emily Blunt, Robert Downey Jr., Alden Ehrenreich, Scott Grimes. To register, visit www.norwood-library.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

April 23

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

CALENDAR

continued from page 15

and community events/fund-raisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@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://norwoodtoastmaster.toastmastersclubs.org/>.

**Talking Poetry w/Worcester Poet Laureate Oliver de la Paz
Morrill Memorial Library
7 p.m.**

Join a poetry reading by Oliver de la Paz, an award-winning poet currently serving as Poet Laureate of Worcester. Oliver

will also talk about his writing process, experiences, and poetry as a form of writing; and answer questions from the audience. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

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

The January title will be 'Bubblemum,' by Adam Levin. 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 for readers in their 20s and 30s and for the young at heart. The stories are shaken, not stirred, and readers don't mind taking their 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.

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

The Morrill Memorial Library partners with the L.E.A.D. program, affiliated with Norwood High School, to host a Sensory-friendly Lego Club for adults. Join the L.E.A.D. students in this creative adventure. Just bring your imagination – the library will provide the Legos. The club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

April 26

**Sensory-Friendly Art Classes for Adults
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10:30 a.m.**

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erence desk at 781-769-0200, x2.
**Sensory-Friendly Friday Movie
Morrill Memorial Library
1 p.m.**

The April movie in the sensory-friendly Friday movie series is 'Wonka,' starring Timothee Chalamet. The Morrill Memorial Library and Lifeworks Inc of Norwood bring this program series to the Norwood community. To register, visit www.norwoodlibrary.org/morrillcalendar/ or call the reference desk at 781-769-0200, x2.

**Arbor Day Celebration
Bond St. Tot Lot
4-5 p.m.**

Join in this new tradition as Norwood celebrates National Arbor Day. There will be a planting party as new tree will be planted and children will receive giveaways! FREE!

April 27

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

The boutique offers lots of never-worn clothes with the tags still on them, sold at a 75% discount. Unbelievable! And the mini-department store has lots more to look at. You won't be disappointed!

**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.

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Norwood Art Association Artist Demonstration

The Norwood Art Association (NAA) will hold their monthly Artist demonstration Thursday, April 18, 6 p.m., in the Simoni Room of the Norwood Morrill Memorial Library. Attendees are encouraged to arrive at 5:30 p.m.

The demonstrations are FREE and the public is welcome and encouraged to attend. Raffle tickets will be sold for the chance to win a piece of art donated by the attending artist.

The NAA is excited to announce that April's featured artist will be

D. Sue Dion. Sue paints in acrylic, watercolor, and oil and resides in Uxbridge where she also has a private studio which houses a picture framing busi-

ness and her teaching space. She has studied at the RI School of Design and The Art Institute of Pittsburgh. Her paintings draw from two great American traditions, abstract expressionism and plein air. Through her use of color, texture, and edge, she invites her viewers to journey along unexpected pathways, ultimately arriving at their own, unique interpretations of her work.

Dion is a member of ArtsWorcester, a demonstrator for regional arts organizations, a Gamblin Demo Artist, and a member of the teaching faculty at the Worcester Art Museum. She has participated in dozens of juried art shows and has had several solo exhibitions, including the Franklin Gallery at the Hanover Theater and the Austin

Area Art Gallery. She has been featured in many articles, including the Worcester Magazine and Worcester Art Museum's "The Sketch".

"I am a painter who is enchanted by the mysteries of nature and find them to be an inexhaustible opportunity for expression," Dion said. "I strive to communicate my impressions of this bounty through color and shape.

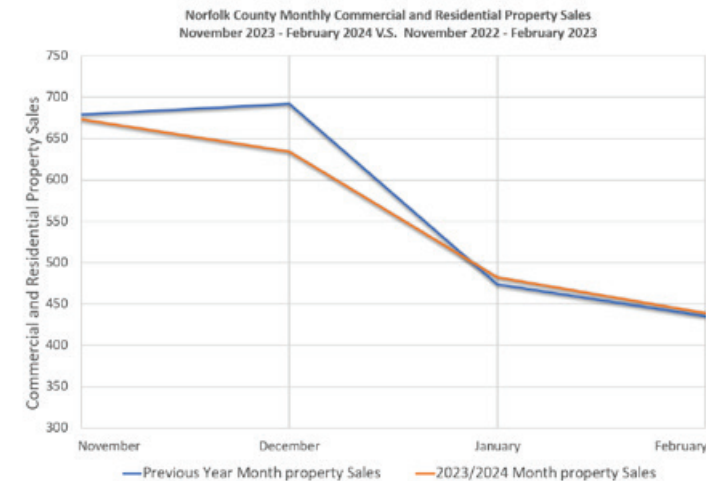
Ms. Dion will be painting with acrylics for this month's demonstration.

For information or to become a member of the Norwood Art Association, visit their website at norwoodartassociation.com or check them out on Facebook or Instagram.

Real Estate Corner

Norfolk County Monthly Property Sales Increase for 2nd Month

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings in February, 2024, show a slight increase in the total number of documents recorded, which includes an increase in property sales and mortgage recordings compared to February, 2023. This marks the second month in a row that year over year property sales have increased.



The Registry of Deeds recorded 6,787 documents in February, 2024. This was 1% more than in February, 2023, and a 10% decrease compared to January, 2024.

“Looking at the recordings from the past few months indicates that real estate activity in Norfolk County seems to be holding steady with some increases in property sales,” Norfolk County Register of Deeds William P. O'Donnell stated. “It is still very

early in the year, and with the traditional homebuying season yet to begin, it will be important to continue monitoring these trends

and to see how external factors, such as interest rates, may impact the real estate market in the coming months to see if this positive momentum will be sustained throughout the year.”

The total number of deeds recorded for February, 2024, which reflects both commercial and residential real estate sales and transfers, was 961, which was nearly equal to the number in February, 2023. However, looking at just commercial and residential real estate sales, the number was up 1% from last year.

“Despite some difficult market conditions, the total number of commercial and residential property sales in February, 2024, showed a slight increase compared to the previous year,”

Register O'Donnell said. “This year-over-year increase may suggest that the prospects of lower mortgage interest rates, predicted by some market observers to come down by the first half of the upcoming year in 2024, are bringing buyers to the table early.”

The average sale price of commercial and residential properties for February, 2024, rose to \$994,236, a 5% increase compared to February, 2023, but a decrease of 2% from January, 2024. The total dollar volume of commercial and residential sales is up, increasing 6% from last year but down 11% 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. “Unfortunately, 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.”

REAL ESTATE
continued on page 18



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Real Estate Corner

REAL ESTATE

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For the month of February, lending activity showed an increase compared to the same

month a year ago, the first time this has happened in over a year. A total of 916 mortgages were recorded in February, 2024, up 1% from February, 2023, and 4% less than last month.

“The increase in lending activity this month is likely a product of the increase in the number of property transactions compared to 2023,” Register O’Donnell said. “This may suggest that while some homeowners are still hesitant to make moves with average mortgage interest rates above 6%, others are not dissuaded by current interest rates, but time will tell if this trend continues.”

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In February, 2024, there were six foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in February, 2023, there were three recorded. The total number of notices to foreclose, the first step in the foreclosure process, increased from last year, going from 26 notices in February, 2023, to 43 in February, 2024.

“We all experience unforeseen events in our lives. Sometimes these events are beyond our control and can have a devastating impact on our finances,” Register

O’Donnell said. “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.

“Real estate activity in Norfolk County is showing some positive trends, which is a good start to the year, but the housing market still has a few hurdles to overcome, including a limited inventory of available properties on the market, which is driving up prices and making it difficult for some buyers to find affordable options,” Register O’Donnell said.

“To determine whether this positive momentum will last for the entire year, it will be important to keep an eye on these trends and observe how outside factors may affect the real estate market in the upcoming months.”

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.

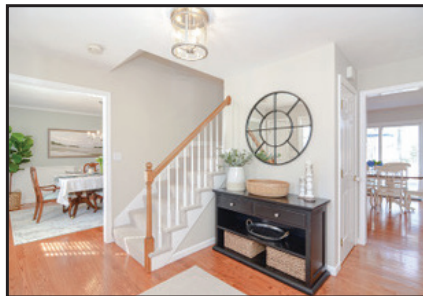
The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. 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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\$694K
Median List Price
↑ 6%

100.51%
Sales Price / List
Price Ratio
- 0%

13
No. of Prop. Sold
↓ 20%

45
Avg. Days on Market
↑ 69%

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Based on data from M.L.S. Property Information Network, Inc. for property type(s) single family townhome, condominium, Lot/Land/Farm, land, farm in the price range \$0 - \$999,999 for the period November 2023 - February 2024. February 2024 stats are compared to previous 3 month average. Source data is deemed reliable but not guaranteed.

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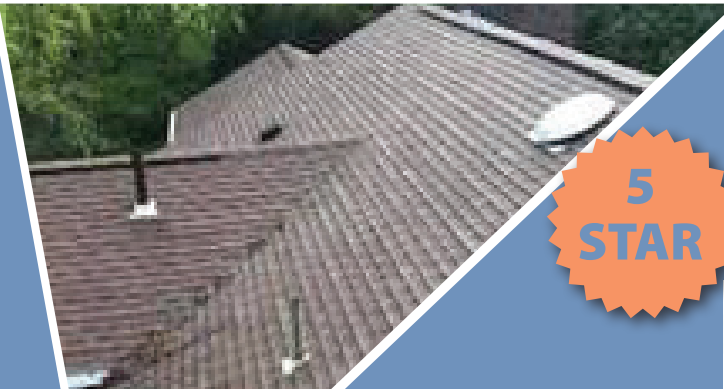
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