

Replace Letters with Food

The Annual Letter Carriers' food drive is Saturday, May 11

By BELLA CAGGIANO

Contributing to those with food insecurities is as easy in May as mailing a letter...from the comfort of your own home. On Saturday, May 11, letter carriers will be picking up non-perishable food throughout Norwood neighborhoods as part of the 31st Annual Letter Carriers' Stamp Out Hunger Food Drive. This event is the largest one-day food drive in the country, and Norwood residents can directly be a part of this national campaign.

Participating is easy! On this day, rain or shine, Norwood residents leave marked bags of non-perishable food by their mailbox in the morning and mail carriers will pick up the packages during their regular delivery routes and transport them to the Norwood Ecumenical Food Pantry. All types of non-perishable food are welcome, including peanut butter, coffee, canned fruit, canned

tomato sauces/paste, diced and whole tomatoes, canned meat and hash. The only requirement is that all cans and boxes must be new and in good condition. Anything outdated or

opened has to be thrown away for health reasons.

The timing of the second Saturday in May is no accident. Local food banks and pantries best benefit by a mid-spring surge to replenish their diminishing shelves from the influx of donations received during the Thanksgiving and Christmas holiday seasons.

Norwood is one of 10,000 cities and towns across America taking part in the Letter Carriers' Food Drive. The national

effort began in 1991 with a pilot program of 10 cities and it proved so successful that plans began almost immediately to make the drive a national effort. The first national drive was May 15, 1993, and included 220 union branches. At the end of the day, an impressive 11 million pounds of food was collected; a one-day record in the United States!

Any donation, large or small is greatly appreciated. All it takes is a quick scan of the pantry or cupboard to collect a few items, and place them in a marked bag by the mailbox the morning of Saturday, May 11. In the three decades of this event, approximately 1.9 billion pounds of food has been collected for those in need, through the generosity of neighbors, just one can at a time.

This drive is another shining example of local residents joining in this national event to achieve a common goal: to give back to those who are struggling to put food on their tables.



Composting Made Easier!

By MICHELE TARANTO

Start composting now!. The Town of Norwood is lending a helping hand to get Norwood residents started with their new, free curbside food composting

manage the service. From then, simply collect food scraps and other organic materials and place the bin curbside weekly.

Lines are required for all bins to keep them clean and dry and prevent scraps from freezing to the bin in the winter and sticking to the bin in the summer. Liners are initially included in the starter kit, and later replenished with an online account or BPI, CMA, or TUV certified compostable bin or countertop container liners. Brown paper bags are also accepted when temperature is above freezing.

Only Norwood residents who participate in the town's curbside trash and recycling collection are eligible for the program. If a residence does not have waste removal and recycling bins from the town contract with Waste Management, Inc., it is not eligible for the curbside pickup program. Not to fear, however, there are many free drop-off food scrap locations around town: the Winter Street



13 Gal Starter Kit

pilot program. Interested parties can enroll with Norwood's partner, Black Earth Compost, and begin recycling their scrap food through June 30, 2025. First pickup is scheduled for May 7.

Residents who register will receive a starter kit that includes a curbside bin, compostable bin liners, and an online account to

COMPOSTING
continued on page 2

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Register for Our Next FREE Gift of Planning Seminar

May 11th and June 8th at 1:00 p.m.
Reservations by May 9th (for 5/11) and by June 7th (for 6/8)


COMPOSTING

continued from page 1

Recycling Center, DPW Yard, and the Prescott School and Cleveland Schools. In fact, the drop-off option is open to all Norwood residents. For more information about eligibility, email the town at compost@norwoodma.gov.

Refer to the list on this page to learn the variety of materials black Earth Compost accepts; many more than allowed in other backyard piles, such as food-soiled paper products and certified compostable service-ware. Once in their possession, the company mixes the material with leaves and sticks to turn into compost, that in turn returns to the garden. In spring, 2025, participants will receive a cubic foot bag of rich, finished compost!


“Diverting food waste from the waste stream and composting food as an alternative is a very effective way to reduce greenhouse gas emissions,” Mark Ryan, Norwood’s Director of Public Works explained. “Our goal is to have a program that accelerates food composting on a scale that helps us re-



What Can I Put in My Bin?

YAY!	NAY!
Food Waste <ul style="list-style-type: none"> • COFFEE GROUNDS & FILTERS • BPI, CMA, OK Compost CERTIFIED COFFEE PODS* • NONSYNTHETIC TEA BAGS (okay to incl. staple) • EGGS & EGGSHELLS • MEAT & SEAFOOD (incl. bones, shells, & raw) • LOBSTER SHELLS (makes the compost rich) • FRUITS & VEGGIES (incl. stems, skins, pits, seeds, corn cobs, fruit from trees) (stickers removed) • DAIRY (cheese, yogurt, etc.) • PASTA, GRAINS & BREAD • COOKIES, CAKE & CANDY • NUT & COCONUT SHELLS • COOKING OIL & GREASE (Liquids go in a non glass container on top of the bin to be poured out. If it solidifies in the container, we cannot take it. Solidified oil/fat goes in a liner and put in the bin.) 	Packaging <ul style="list-style-type: none"> • ABSOLUTELY NO PLASTIC: cups, containers, candy wrappers, chip bags, shopping bags, garbage bags, produce bags, plastic wrap, cellophane etc. • ABSOLUTELY NO CARTONS: milk, juice, ice cream, shelf-stable cream, broth & soup containers (they have hidden plastic & foil components) • NO PRODUCE STICKERS, RUBBER BANDS & TIES • NO MEAL BOX INSULATION • NO BIODEGRADABLE PACKING PEANUTS • NO TAKE OUT CONTAINERS & CUPS (most are not compostable, check if certified compostable*)
Household Items <ul style="list-style-type: none"> • WOOD (toothpicks, popsicle sticks, chopsticks, sawdust, small wood fruit containers) • NATURAL WOOD ASH (no Kingsford, Matchlight or similar charcoal, nor synthetic logs) (tie off bag) • COTTON BALLS (no bodily fluids) • WINE CORKS (cork, not plastic) • PET FOOD • PET WASTE FROM RABBIT, CHICKEN, GUINEA PIG, HAMSTER & BIRD (incl. bedding) (no dog or cat) • HAIR, FUR (human & animal) • HOUSE PLANTS & FLOWERS • LEAVES & GARDEN WASTE (with purch. of stickers, see next page) (no grass or sticks over 1" dia.) • PUMPKIN (remove candle and decorations, one per pick up, place on top of bin) 	Household Items <ul style="list-style-type: none"> • NO BODILY FLUID (blood, mucus, snot) • NO USED COMPOSTABLE DIAPERS (sorry!) • NO DOG or CAT WASTE (incl. cat litter) • NO DEAD ANIMALS • NO GRASS CLIPPINGS (subscribe to an approved organic yard care partner and we can take it!) • NO LAUNDRY LINT & DRYER SHEETS • NO TEXTILES (recycling is available with sticker) • NO DENTAL FLOSS, Q-TIPS, SANITARY PRODUCTS • NO CHRISTMAS TREES or WREATHS
Food Soiled Paper & Compostables Clean paper and cardboard are better recycled. We take the following items that are food soiled, but not chemical or cleaner soiled. <ul style="list-style-type: none"> • NAPKINS & PAPER TOWELS (incl. bleached) (used on food or w/ organic certified household cleaner) • COMPOSTABLE TABLEWARE: CUPS, PLATES, UTENSILS, ETC. (MUST be certified compostable*) • TISSUES (no bodily fluids incl. nasal mucus) • NEWSPAPER for wrapping food (recycle otherwise) 	Paper & Cardboard <ul style="list-style-type: none"> • NO PIZZA BOXES (recycle unless stamped BPI cert.) • NO SHREDDED PAPER • NO MAIL, ENVELOPES, SHINY PAPER, MAGAZINES, CEREAL BOXES (due to colored ink & plastics) • NO PLASTIC or WAXED CARDBOARD • NO WAX or PARCHMENT PAPER (unless certified*) • NO CHEMICALLY-SOILED PAPER (baby & disinfectant wipes, paper used w/ chemical cleaners, house paint, machine oil, etc.)

*Compostable products must be BPI, CMA, or OK Compost certified. Items that say biodegradable, compostable or ASTM-6400 alone are NOT accepted. Look for these logos, check the search tool on each website, or contact the product company if unsure.



duce the amount of food waste that goes into weekly trash collection.”
According to Robert Donnelly, vice chair of Norwood’s Board of Selectmen, in November, Town Meeting approved \$150,000 to fund the pilot curbside food compost program for

upwards of 500 residences.
“I am very pleased that Norwood is able to offer this pilot program to encourage curbside food composting,” Selectman Donnelly said. “Norwood, like other municipalities in Massachusetts, is facing unprecedented increases in the cost of

Collection Tips

Compostable Liners
We require that your bin or countertop container be lined. This helps keep your bin clean and prevents it from freezing or sticking to the sides. You can use certified* compostable liners. We also accept brown paper bags when the temperature is above freezing.

Compostable liners for the bin or a countertop container are available for purchase through your online account and we'll drop them off during your scheduled pick-up. If you purchase liners somewhere else, make sure they are BPI, CMA, or OK Compost certified and the correct dimensions.

DO NOT STORE LINERS IN THE BIN. The driver may flip the bin over and empty everything inside.

Where to place your bin for pickup
Place your bin on the curb as you would your trash can. Make sure it is visible for your driver and not behind an obstruction such as a tree, fence, or snowbank. If you share a collection day with trash/recycling, leave space between bins. Your driver will not see the bin if it is left on your porch.

What if I have extra food waste?
Aside from pumpkins, certified* pizza, and shipping boxes everything needs to fit in your bin. If you exceed this capacity regularly, contact us to purchase service for a 2nd bin. For occasional overage, you can fill a yard waste bag, place a pre-purchase sticker on the bag, and leave it next to your green bin on your collection day. Learn more about stickers [here](#).

Textile Recycling / Yard Waste / Event Collection
Subscribers can have textiles, yard waste, and event waste collected w/ pre-purchased stickers. Place the sticker on the bag and leave it next to your bin for collection when there is no rain. Purchase stickers through your online account. Visit blackearthcompost.com/textile-yard-waste-event-collection-sticker/ to learn what can be included & the type of bag to use. (Not available in Rhode Island or Cape Cod)

Reduce bugs and smells.
Visit blackearthcompost.com/bin-maintenance for tips on maintaining your bin.

Inclement Weather
Unless we notify you of a schedule change, put your bin out when it is snowing. Make sure it is not covered by snow or hiding behind a snowbank. The liners keep food from freezing to the side of the bin.

Holiday Pick-ups
Lexington, Manchester & Watertown, please follow your trash schedule. For all other towns, we pick up on most holidays. Have your bin out on your regular day, even if your trash and recycling collection is delayed. If your schedule is changed, we will notify you via email. The holidays you may experience a schedule change are Thanksgiving and Christmas.

Compost for Residential Customers
A voucher for a cubic foot bag of compost will be posted to your account in April. Redeem from a participating garden center or apply it to a delivery order of 10+ bags. Excludes Ipswich, Manchester, & Watertown where compost is distributed through the DPW. (New customers, as of Jan. 15th, will receive a voucher the following year.)

If you choose to donate your compost, it will go to Backyard Growers. Your compost selection can be updated in your online account.

Receive \$5/yard discount on bulk orders any time. To have it applied automatically, log into your account at the start of the order form.

[BULK COMPOST/SOIL PRODUCTS & RAISED BEDS](#)

Need help? Use your online account to:

- Purchase bin liners, stickers or replacement bin
- Report a missed pickup
- Change service address change
- Update payment method
- Contact customer support and more

Recycle Your Electronics
We will reach out via email when we plan to swing by your town and collect electronics for recycling. Visit blackearthcompost.com/electronic-recycling/



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Norwood 101 Welcomed New Residents

The 6th Annual Norwood 101 New Resident Open House was held on Monday, April 8. Representatives from Norwood's town departments and many local community organizations participated in the event. Local businesses provided promotional materials for the welcome bags generously donated by sponsor, OneLocal Bank.

Other local businesses that donated gift certificates for raffles included D&G Deli, Goldfish Swim School, Norwood Historical Society, and the Norwood Theatre.

The Morrill Memorial Library's Board of Trustees and very supportive Friends of the

Library provided support during the evening. Special thanks to Library Trustees Marguerite Cummings and Donna Montgomery



for welcoming attendees and to Friends' Chair Catherine Swanson and long-standing Friends volunteer Helen Wyche for staff-

ing the Friends' table.

The library received enthusiastic support from the Norwood Council on Aging, the Norwood Fire and Police Departments, the Health Department, Impact Norwood, the Norwood Department of Public Works, Norwood Coordinated Family and Community Engagement (CFCE), the Norwood Recreation Department, Norwood Light/Broadband, Norwood's Disability Commission, Selectmen Amanda Grow, Bob Donnelly, and Bill Plasko, Town Manager Tony Mazzucco, and Assistant Town Manager Michael Rosen.

Representatives from several local community organizations

staffed tables as well including the Friends of Norwood Center, the League of Women Voters, the Norwood Food Pantry, the Norwood Historical Society, the Norwood Trails Committee, Old Parish Preservation Volunteers, Norwood Rotary, Progress Norwood, the Women's Community Committee, and the Norwood Farmers Market. Everyone was enthusiastic and engaged in welcoming conversations.

Norwood Community Media (NCM) representatives Brian Boudreau and Ron Marshalsea recorded video and audio from the event for future broadcast.

Library staff from all departments were present to provide

information about library programming, library cards, passports, and notary appointments. The Climate Ribbon project and the new Seed Library were premiered Monday evening as well.

Assistant Director Lydia Sampson exhibited a variety of items in the Library of Things Collection and enjoyed greeting everyone, sharing "This is a great annual event, and we are so grateful for everyone who helps make it happen, especially Patty Bailey. Just as Norwood Day highlights what a wonderful community this is every fall, we can count on the community to always shine for Norwood 101!"

Viola Sastavickas Scholarship

Apply by June 28

The family of Viola Sastavickas has made donations to the Morrill Memorial Library since 2007 in order to create a scholarship in the amount of \$1,000 each year. This scholarship is to be awarded annually to a current or former library employee or library volunteer for one of the following purposes: undergraduate or graduate school, a formal course of study, or an enrichment opportunity (continuing education).

This scholarship has been awarded 17 times since 2007:

- Elizabeth Porter, 2007
- Lauren Bailey, 2008

- Carolyn Bradley, 2009
- Jillian Goss, 2010
- Samantha Sherburne, 2011
- Odhran O'Carroll, 2012
- Laura Hogan, 2013
- Hallie Miller, 2014
- Maureen Riordan, 2015
- Chloe Belanger, 2016
- Jyotika Tandan, 2017
- Dina Delic, 2018
- Elizabeth Ling, 2019
- Tara Bilotta, 2020
- Khushi Shah, 2021
- Gauri Loomba, 2022
- Raceja Velavan, 2023

The scholarship will once again be awarded in 2024 thanks to continued generosity by the Sastavickas Family. Viola Sastavickas was a life-long resident of Norwood and used the library frequently. According to her

daughter Kathy, the scholarship is "a fitting tribute to our beautiful mother and to the library and staff who treated her with great respect and affection."

A brief application form is available on the library's website. Please contact Clayton Cheever

at 781-769-0200 with any questions. Applications are due by Monday May 06, 2024, and they must be submitted electronically to Director Cheever: ccheever@minlib.net. The scholarship will be awarded by June 31, 2024.

CITATION ON PETITION TO CHANGE NAME
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Docket No. N024C0094CA
 Norfolk Probate and Family Court
 35 Shawmut Road, Canton MA 02021
 781-830-1200

In the matter of: Jack Borukhov
 A **Petition to Change Name of Minor** has been filed by **Jack Borukhov of Wellesley Hills, MA** requesting that the court enter a Decree changing their name to: **Jeka Borukhov**

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court** before **10:00 a.m. on the return day of 05/01/2024**. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.
 March 21, 2024

Colleen M. Brierley, Register of Probate

RECENT NORWOOD TRANSACTIONS

48 Bornwood Dr	\$483,000	8 Essex Rd	\$1,045,000
120 Hillside Ave	\$515,000	9 Endicott U:6	\$290,000
86 Casey St	\$530,000	462 Nahatan St U:B3	\$350,000
571 Pleasant St	\$575,000	206 Rock St U:M7	\$359,000
227 Prospect Street	\$559,000	230 Rock St U:230	\$390,000
116 Azalea Drive	\$584,000	1 Lenox St U:310	\$500,000
250 Nichols St.	\$661,500	70 Endicott Street U:305	\$626,000
5 Victoria Cir	\$858,000	41 Sturtevant Ave	\$860,000
536 Nichols St	\$1,001,000	25-27 Florence Avenue	\$1,065,000

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Senior Corner

By MICHELE TARANTO

Save Money Growing Herbs

As Memorial Day approaches, many people begin thinking about gardening. Actually, the veteran gardeners have probably been thinking and planning all winter! For those not wanting all

that physical work, responsibility, and yes, often dirty fingernails, there is a way to take advantage of the extended sunshine and warm weather and save some coin at the supermarket.

Give growing herbs a try! Herb gardens pay their owners

back relatively quickly compared to the costs of those small packages and bunches at the store. Herbs can easily flourish in pots (no bending over or getting up

meet to put food on their table, the Norwood Senior Center may be able to help. Call Kathleen Rooney, outreach coordinator, 781-762-1201, x3.

als, 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.



onto weak knees), inside or outside, and will freshen up any meal. The best part is, there are so many varieties to choose from. Maybe start with enhancements to favorite dishes or recipes; some basil or parsley to add to pasta, or rosemary on roasted chicken? Experiment with one or two new tastes to liven up the palette!

Impress the family and friends with some new flavors (and maybe even samples) from a freshly-grown herb garden!

Save Money This Summer!

Escape the heat and become a Movie Club Member! Free memberships can provide waived online ticket fees, discounts on certain days of the week, and even earn points for a free ticket!

The Town of Norwood offers so many Free Outdoor Concerts throughout the summer. View the list in next month's Norwood Local Town Pages, or visit the Town of Norwood website at www.norwoodma.gov/residents/holidays_and_community_events/concerts.php.

Visit many of Boston and Rhode Island's Museums and Recreational Sites with free passes available at the Morrill Memorial Library. To view the entire list, visit www.norwoodlibrary.org/museum-passes/.

Local May Events

May 16
Norwood Memory Café
Norwood Senior Center
1:30 p.m.

The Norwood Memory Café is a welcoming place for individu-

May 17
COA Monthly Ballroom Dance
Norwood Senior Center, 275
Prospect St.
7-10 p.m.

Music will be provided by Dan Mackowiak & Friends. Cost is \$12 per person, which includes coffee, tea, desserts, and water. There are also door prizes! Newcomers of all ages welcome. Stay updated on all Council on Aging events on their Facebook page: Friends of the Norwood Council on Aging

Norwood's Memorial Day

Schedule
Monday, May 27, Memorial Day

8 a.m.: Memorial Service, St. Catherine of Siena Church, 549 Washington St.
9 a.m. Lower American Flag to half-staff, Norwood Town Hall

9:30 a.m.: Parade groups muster at Old Parish Cemetery (rear of 480 Washington St.)

10 a.m.: Parade starts: corner of Washington and Howard Sts. to Highland Cemetery

11 a.m.: Ceremonies and Observances at Highland Cemetery follow the parade

Save the Date!

Shades of Ireland with Collette
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Saturday, May 11
Plant Sale
Adams Farm, 999 North St.,
Walpole
9 a.m.-1 p.m.

Shop the Norwood Evening Garden Club's Annual Plant sale! Purchase perennials, annuals, hanging baskets, organic vegetables and herbs. Pre-order available through May 4 at norwoodeveninggardenclub.com. Mastercard and Visa will be accepted.

Food Insecurity

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Expires 5-31-2024

NOR **NOR**

A Little Off The Top

BY STUART GREEN

A few constructive thoughts, 'ole beam

“If we all could reprogram our innermolecular gyro-implanted wrist chips to “Translation: Old English, Circa 21st Century,” we can call to order this meeting of the Landmark, Structure and Whoopee Pie Committee on Gallaxicular May 17, 3024.

“If we are to correctly step back and set our memory flash-points to our cerebrum and cerebellum of our upper cranium, what they quaintly called the brain in prehistoric times back in the know-nothing 2020s of a thousand years ago, we’ll notice a peculiar geographic community known as Norwood on the spot where we’re currently situated. And there was a street named as Washington – some sort of early leader in the misguided experiment known as democracy that somehow lasted for a couple of hundred years before it came tumbling down in the era referred to as Social Media Mishegas, during some

sort of paint war between colors red and blue, as best we can determine from the relics of that ancient people.

“And on that avenue – apparently paved roadways needed for a short amount of time before mind-controlled hovering craft elevated civilization – stood a behemoth skeletal structure made of rusting materials, which has been standing for these thousand years.

“There are many theories as to what it was, or what it was supposed to be. Some say it was an open-air theater of sorts, well before humanoids could decide what video to watch inside their upper regions while they slept. That was, of course, before sleeping was outlawed as time wasted while people could be doing useful activities – like re-wiring their nerves, rearranging their thorax, or watching Gilligan’s Island.

“Others believe that edifice served as a rope-climbing apparatus, back in the day when gravity was a force that had not yet been mastered.

“The most ridiculous legend we’ve heard was that it was supposed to be some sort of hospital, but the owners couldn’t pay its bills and the program was abandoned. But who would start a project like that without ever intending to pay for it is far beyond our wildest dreams – programmed or not.

“But the one thing we all know for sure is that it’s been said that it put our little spheredome of Section 1472-B on the map – whatever those were.

“The question before the committee now, then, is how to preserve this artifact of another time as the ocean waves lap against it. When it was built, we believe, the ocean stretched all way to, well, the beach. But now that water has reached the building’s second floor, we think it may be high time, if not high tide, to talk about maybe thinking about perhaps mulling over a good time to discuss a few thoughts about it.

“Having said that, and I did, I’d like to follow the tradition of our forebears and table the

discussion until such time as we have more time, or until the water rises to the third floor – whichever comes last.”

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

WRITERS WANTED!

Our Town Publishing is currently seeking freelance writers local to the Metrowest area to cover stories for **Norwood!** If you’re interested, please send a resume and two writing samples to editor@norwoodtownnews.com.

Women Take Aim

event at Fin, Fur and Feather Club in Millis

June 1, 2024 from 8:30 - 4:30
(rain date June 8)

Open to women 15 and older
(under 18 must be accompanied by an adult)

Women are invited to learn more about operating firearms in a safe and welcoming environment

Learn to shoot pistols, shotguns and rifles

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No previous shooting experience is required



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BSAC PET CORNER

MEET BESSIE!

Bessie is quiet but enjoys attention. She is not a lap cat but loves to snuggle next to you so you can pet her. If you stop she will squirm and twist so your hand will keep petting. Very resourceful! We think Bessie would do



best in a home that is quiet and has patience with her as she acclimates to her new environment.

MEET ELSIE!

Elsie is a "Squishmallow" cat. She is soft and will sit in your lap in many positions and purr. While we would not recommend using her as a pillow, when she is lying down and relaxing it's hard to resist taking advantage of all

that fluff! We think Elsie would do best in a home that is quiet and has patience with her as she acclimates to her new environment.



Elsie and Bessie are sisters and we prefer to adopt them as a pair, but they can go home separately in the right situation. Both girls are black and white, with Elsie's predominant color being white and Bessie's is black. While their parentage is unknown, their shorter legs, wide faces, shorter tails, dense fur and thick bodies speak of a British shorthair background. They spend most of their time resting and soliciting gentle attention from trusted humans although recently they have been playing with their toy mice!

Both girls have great appetites and drink plenty of water.

MEET EARL!

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

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



Earl has a cardiac condition requiring daily medications. He takes his medications twice daily easily in his food. Though he is currently acting like a kitten he needs annual cardiac exams to be sure his heart stays strong.

DONATIONS NEEDED

In the March issue, readers learned that BSAC was called in to help with the removal of 10 cats from a home in disarray. Many of them required cardiac work ups and dental cleanings.

Donations to aide in this effort are gratefully welcome as BSAC continues to care for and find forever homes for these cats.

To donate, visit www.baystateanimals.org/#donate, or send a check made out to Bay State Animal Cooperative to: Bay State Animal Cooperative, Inc. PO BOX # 932, Norwood, MA 02062

Earl is seeking a new forever owner ready to take on this challenge. He's worth every bit of the care he needs. It's all about making sure Earl lives a healthy retirement.

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 again!

MEET PINEAPPLE!

This sweet boy originally hails from the sunshine state of Florida and traveled all the way to Mass to find his forever home. After an unfortunate false start with his previous owner, Pineapple found



his way to us and we are so excited to get him on his way to his happily ever after. If you're looking for a new best friend, you've found him! Pineapple wastes no time curling up on an empty lap and appreciates love and attention from admiring humans.

TO ADOPT:

If you are interested in adopting, complete a non-commitment application on our website: www.baystateanimals.org or cut and paste the application link: https://docs.google.com/forms/d/e/1FAIpQLSdIZOY9nMLLFFSLbblBd7C8A_0KBaorWtAvhbGoEINJDII-Jw/viewform?c=0&w=1

There is 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.

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To volunteer please complete a volunteer application or send an email from the BSAC website (www.baystateanimals.org).



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Move Well Physical Therapy

Experience the difference.

By JANE LEBAK

Move Well Physical Therapy is changing the way patients experience physical therapy. It starts with a 45-minute appointment held in a private room which ensures undivided attention from the physical therapist. Michelle Donohue founded Move Well Physical Therapy at the Rama center in Norwood in October of 2018 and believes their treatment philosophy is truly patient focused.

Donohue says, "It is common practice in most PT clinics to have 30-minute treatment sessions where often each ther-

apist is attending to more than one patient at a time. You'll find many treatment tables with patients lined up. There really is no privacy, and this doesn't allow for a lot of individual attention."

Donohue has made these changes to better focus on the clients' needs. "We want to really be present with our patients, to hear what they're saying and understand their goals." Donohue feels the extra time allows for better communication and less rushing. She says, "We connect with you. When you're in pain, that's important."



Business spotlight



Often physical therapy is a misunderstood area of medicine. Many think physical therapists just focus on exercise like a personal trainer or just do massage. In reality, physical therapy covers an array of health issues with a variety of treatment options performed by highly educated individuals with many years of schooling. Donohue states, "Through the years, PT programs have transitioned from a bachelor's degree to a master's degree, and now people graduating have their doctorate in physical therapy." This really allows them to be the expert in rehab services.

Physical therapy can help people recover from overuse and sports injuries, but also can help people regain mobility after surgery or preserving skills after a stroke. However, very often it's the everyday aches and pains that force people to seek out a physical therapist.

"We commonly treat people with back or neck pain, knee pain, et cetera," says Donohue, "but we also treat people with headaches and balance issues."

Physical therapy techniques go beyond prescribing exercises. Donohue says, "In addition to personalized exercises, we use our hands or even stainless-steel instruments called Graston to improve soft tissue and joint mobility. We can also use other modalities like kinesiology tape and dry needling to help with healing."

Dry needling uses the same type of needle used in acupuncture, but the philosophy for using the needle is different. By inserting a thin filament, the PT can create a twitch response in tight bands of muscle. This relaxes the muscle and relieves pain in a localized area. Donohue says, "Dry needling can treat headaches, knee pain, neck pain, and swelling, just to name a few."

Very few people know that physical therapy can also help people with vertigo and dizziness, but it's something Move Well specializes in.

Vertigo often results from a malfunction of the balance system deep in the middle ear, called the vestibular system. Move Well performs a thorough assessment to determine the problem with the vestibular system. In some cases, the problem is with crystals in the ear canal, which can then be resolved with a series of head and body movements, with relief often in one session.

"Some patients can also have weakness in their vestibular system that may come from a viral infection, and these people benefit a different movement-based approach to resolve their symptoms," says Donohue. "Vertigo is truly an awful feeling that can disrupt your life. So, when you can resolve someone's vertigo, they are so appreciative."

The State of Massachusetts allows individuals to self-refer for physical therapy, so patients can book their first appointment themselves, either online at Move Well's website, <https://www.mw-pt.com>, or by calling 781-269-5850 today. Isn't it time to not just to move, but to Move Well?

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Walpole Footlighters Performs 'Into The Breeches!'

It's 1942, and the men that run the local Oberon Play House are all off fighting the war. Determined to keep the playhouse open, the artistic director's wife sets out to produce an all-female version of the Henriad, four of Shakespeare's histories. The

it all come together by Opening Night, when the show must go on? The Walpole Footlighters close their 100th anniversary season with an homage to the process of putting on a show: Into the Breeches! by George Brant.

The Footlighters are start-

(May 3rd and 10th) as well as the Sunday matinee on May 5th. A touch tour of the stage will be conducted at 1:10 p.m., prior to the May 5th performance.

Performances of Into the Breeches! are at the Walpole Footlighters Playhouse at 2

counts are available for groups of 10 or more. Tickets can be

purchased online at www.footlighters.com.



team she assembles is united in desire, if short on actual theatrical experience. Luckily, they have an ample supply of persistence to overcome a gap in financing, the company diva who only wants a role for which she's too old, and the newcomer playing the comic relief character who isn't funny. Can these women make

ing a long-term plan to make the theater more accessible in conjunction with their 100th anniversary. The theater always has hearing assistance devices for hearing impaired audience members. For visually impaired audience members, there will be a touch table in the lobby at the Friday evening performances

Scout Road in East Walpole. Long-time patrons are asked to take note of the new, earlier start time for evening performances; those performances will be on May 3, 4, 10, 11 and 18 at 7:30 p.m. There will also be matinee performances on May 5 and 19 at 2:00 PM. Concessions will be available. Dis-

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Living Healthy

Why Your Vision Changes: Common Eye Problems Demystified

By GRAHAM R. STETSON, OD, MS

Pardon the pun, but the importance of clear vision is pretty clear. A fundamental aspect of daily life, it allows us to better navigate and enjoy our world.

we are born until about the time when we stop growing taller. This causes our eyes' refractive properties to change during that time. Around the age of 45, people begin to need different prescrip-

tion remains clear.

On the other hand, hyperopia ("farsightedness"), occurs when the eyeball is too short or the cornea is too flat, causing light rays to focus behind the retina instead of on it. As a result, close-up objects may appear blurry, while distant objects are often clear.

Astigmatism is another common refractive error that occurs when the cornea and/or lens is irregularly shaped, causing light rays to focus at two different spots. This results in distorted or blurred vision at all distances. Astigmatism is essentially a complicated version of myopia, hyperopia, or a mix of both.

Presbyopia affects near vision, typically becoming noticeable around age 45. It occurs when the natural lens of the eye loses its flexibility, making it difficult to focus on close-up objects.

Fortunately, these vision problems can be corrected with eyeglasses, contact lenses, or with refractive surgery. Eyeglasses and contact lenses work by bending the light that enters the eye, allowing them to focus correctly on the retina. Refrac-

tive surgery, such as LASIK, reshapes the cornea to improve the way light is focused.

Regular eye exams are essential for correcting these common vision problems and monitoring your eye health. An eyecare professional can determine the extent of the refractive error and recommend the most suitable

treatment option. Early detection can prevent some vision problems from worsening and improve overall quality of life.

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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Unfortunately, many individuals experience common vision problems (aka refractive errors) that can make it difficult to see clearly. Understanding these conditions and available treatments is crucial for maintaining optimal eye health and visual acuity.

Our eyes grow from when

tions for distance and near.

Myopia, or nearsightedness, occurs when the eyeball is too long or the cornea is too curved, causing light rays to focus in front of the retina instead of directly on it. This results in blurred vision when looking at objects in the distance, while close-up vision

Elvis was in the House!

The ladies of the Norwood Woman's Club enjoyed a tribute to Elvis performance from Michael Slater, at their April meeting.

The Norwood Woman's Club luncheon will be at Conrad's, in Walpole, 12 noon, May 14. Lunch choices are steak tips, baked haddock, or stuffed chicken breasts. Guests welcome. For questions, call Trina at 781-762-8173.



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Living Healthy

I Never Saw a Bulls-Eye!!!!

Lyme Disease often goes undiagnosed as the symptoms often mimic many other diseases such as chronic fatigue and the flu. When symptoms last several weeks, those signs should be followed up with a blood test. Lyme Disease is typically treated with doxycycline. This antibiotic however is not always effective, especially with the many co-infections of Lyme, such as Borrelia, Bartonella, Babesia, Rickettsia and Rocky Mountain Spotted Fever.

According to the Center for Disease Control (CDC), an estimated 300,000 Americans are diagnosed with Lyme Disease each year, and the numbers are rising. Although it is believed that Lyme is a result of a tick bite, the infectious bacteria can be spread by other biting or blood-sucking insects, including mosquitoes, spiders, fleas and mites.

Common effects of tick bites include an itchy "bull's-eye," but this rash only occurs in about half of those infected. Other symptoms include unrelenting fever, headaches/migraines and achy muscles and joints.

For three years Lillian suffered with various ailments, including muscle aches, joint pains, brain



Dr. Rochelle Bien & Dr. Michael Goldstein

fog, extreme fatigue and unrelenting headaches. Her primary care physician diagnosed Lyme Disease, prescribed doxycycline, and notified her several weeks later she was successfully treated for Lyme. An appointment with a Rheumatologist for her "arthritic" condition resulted in a prescription for antidepressants, a side effect of dealing with the pain. Lillian felt her life was slowly slipping away. A referral to the Holistic Center at Bristol Square set her on a new path. At the center, Lillian was diagnosed with Bartonella, a coinfection of

Lyme, and was treated homeopathically for the strain as well as for her other related health issues. Within three months Lillian's life started to return. Today she is virtually symptom free and enjoying her life free of pain and fatigue.

If you suffer from Lyme Disease, don't delay. Call the Holistic Center at Bristol Square today (508)660-2722 and schedule an appointment with Dr. Bien or Dr. Goldstein.

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Norwood Sports

Mikel Dujour, Norwood Track

BY CHRISTOPHER TREMBLAY

Mikel Dujour enjoys playing football for the Norwood High School team, but following his freshman campaign with the Mustangs, he noticed something was missing. As a wide receiver, he thought of himself as fast, but after that first season with the high school he realized that he needed to get faster, and better – that’s when track came into the picture. He took upon the new sport and soon realized that he was enjoying himself.

During the winter season, he participated in the 300 and 55m dash and when the spring season rolled around, he continued with running taking part in the 100, 200, and long jump.

In order to improve upon his football career, he realized after that first season that success would come by improving his track skills.

“It was defiantly a lot tougher than I expected,” Dujour said. “I thought that I was going to go in and do really well since I was already fast, but I was humbled by my teammates really quick. They were all so much faster and were beating me really badly. I knew that things had to change.”

Following his freshman campaign, he began to train outside of his normal practices, even getting himself a trainer to help him out. However, while his trainer

did provide some intense workouts and he felt that he was on the right path, Dujour soon found himself training alone.

“It was devastating at first,” Dujour said. “I didn’t think that I was ready to do this on my own. I had to recall everything that he had taught me because he moved on and if I wanted to improve, I had to learn really fast; but it was for good reason it made me more disciplined.”

By the time his first outdoor season was to begin, Dujour was confident with his preparation and was in condition for the season. He felt he did really well in the 100, but not as well in running the 200, especially when it came right after participating in the long jump.

This past football season he saw a big difference in his play. He was not only running his routes faster and getting down the field quicker, but he also felt that his overall play and skill level had improved. The big question would be how would he do during his second year in winter track, where just about everyone had beaten him just a year earlier.

Entering the winter track season, Dujour had set some high expectations for himself. He felt that he was ready for whatever was coming; and he was right. During the season, he was setting personal records and by the time

the year concluded, he was the Norwood MVP, a Tri-Valley League All-Star, and finished 25th in the 300 at the Division 3 State Tournament posting a time of 37.61. Dujour considered himself an elite sprinter.

“As a freshman he was raw, but very coachable,” Norwood Coach Jeff Loja said. “He wanted to learn and do better. He set high expectations and standards for himself, but he worked hard to meet those expectations. Although only a sophomore this year, I consider him to be a leader on this team.”

Being named the Mustangs MVP in only his second season on the track was a real surprise for the sophomore.

“When the coach told me about the award I was very shocked,” Dujour said. “I knew that I had a great season and led the team in points, but never expected anything like this, it was crazy!”

Now as he enters his second season running track in the spring, the sophomore wants to get his times down, especially in the 100 where he is eyeing the school record.



lower. If I can get it into that range, it will put me into reaching distance of possibly breaking the record next spring, my junior season (The school record currently sits at 10.8).”

In order to reach that milestone, Dujour knows that he has to continue to train while being disciplined with his workouts, staying consistent, and giving everything that he has. He has to also watch what he eats.

“It takes a lot out of you trying to stay in the mix with my schoolwork and workouts, but I also have to relax and be myself for one day a week,” Dujour said. “However, I need to be focused, especially with my eating when I am around my friends. As an athlete I need to stay away from junk food.”

If he is able to avoid the temptation of the junk food while continuing his workout regimen, the

100-meter record should be his. Dujour’s ultimate goal though comes on the football field. He would like nothing better than to win a state championship with Norwood and hopefully going onto college to continue his football career.

“The 100 is my favorite as I feel that it is a good distance for me, the longer distance are just not my suit,” Dujour said “My best time is currently 11.7 seconds, by the end of the season I would like it to be around 11.3 or

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NTN

Norwood Sports

Norwood Tennis Moving Forward

By CHRISTOPHER TREMBLAY

Last spring, the Norwood girls tennis team secured four wins, but that team graduated five of its seven starters and it looks as though incoming coach Lisa Tucker has her work cut out for her this season. The first-year varsity head coach is anticipating that the Mustangs can at least match their win total from a year ago.

“I know that we are going to be a very young and inexperienced team this year, but I am hoping to get at least four wins again,” Tucker said. “Getting five would be amazing, but we have a lot of new girls so I have to be realistic.”

While seeing the team capture more wins than they did a year earlier would be a step in the right direction for the tennis program at Norwood, Tucker knows that the real goal is growth and improvement; especially after losing the majority of seniors from the previous team.

“This team is made up of a lot of girls who have never played the game or have very little experience,” Tucker said. “I am looking for them to learn the game, while supporting one another; I want them to all become united as a team.”

The three seniors, Meghan Hobbs, Allegra Michalec and Grace Chau, will take the reins as captains and will be looked upon to develop the overall culture of the team and move them in the right direction.

Michalec and Chau will play together as the Mustangs first double team. Tucker believes that the duo played together last season and thus far this year they seem to be playing well as a team using the entire court front to back. The new coach also noted that the two communicate well with each other on the court.

While Michalec and Chau will be on the court battling it out with the rest of the Tri-Valley League, Hobbs main goal is to encourage the team and get them ready to play from the sidelines.

“Meghan may not be on the court this year, but she really enjoys helping the rest of the girls with their game,” Tucker said.



“She understands what is happening on the courts and is all for helping the younger girls improve. This is what she really wants to do, and with her attitude she is helping the team.”

Following the senior doubles tandem is a trio of girls battling it out to be part of Norwood’s second doubles team. Sophomores Sylvia Caparrotta and Kim Laia, along with junior Laasya Cholleti, are currently evenly matched on the court and hoping to earn a spot on the Mustangs final team. Although each brings a different aspect of the game to the table, all three are working hard to be one of those competing on a regular basis.

According to the coach, she is still trying to figure out who best fits with who, but in the meantime, she will rely on challenges matches as well as who Norwood is playing on a specific date as to who gets to take to the court. Caparrotta currently has a slight advantage over the two girls having played a few matches last spring for Norwood, leaving her with more experience; but all three are fighting it out to get on the court.

Coming out on top to play as

the Mustangs first singles player is junior Zoe Faller, who last season was penciled in at third singles. According to Tucker, the junior worked extremely hard in the off-season to make the jump up two spots to take over as the team’s top dog knowing that the spot was going to be vacant.

“It’s hard to move up from third to first singles, but she has been very competitive and rose to the occasion,” the coach said. “She moves really well on her feet and moves her opponent around on the court.”

Another singles player, sophomore Riley Barnett, was also looking to make the jump up the ranks and snag the top spot, and although she too worked hard, it just wasn’t meant to be this year.

“Riley worked just as hard in the off-season hoping to secure that spot,” Tucker said. “The two of them were very close, one challenge match away, and although she will remain at second singles again this year, she has a great attitude. Riley has a great baseline game with no fear whatsoever going to the net. She challenges her opponents and has no problem adjusting to their game

during her match.”

Rounding out the singles circuit for the Mustangs will be Diya Bhandari. The sophomore didn’t see any action last season in the top seven, but came into this year’s tryouts committed on improving her game and is excited about getting a chance to prove her worth this year. Tucker noted that Bhandari, only a second-year player, takes criticism well and applies what she was told into her game on the courts.

As this young Norwood team continues to work hard at im-

proving their skills on the court, Tucker knows that there is more than practice to do so.

“They are all working hard in practice, but you need to actually see game time situations and be part of them,” the first year coach said. “By watching others and playing yourself, you get to see what is happening and you learn from that. You can only teach so much in practice; learning during match play will help lead us into the future and help us take the next step.”

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Calendar of Events

May 2

Patriotic Rosary
St. Catherine of Siena Church, 547 Washington St.
1 p.m.

Pray the Patriotic Rosary on the National Day of Prayer. Take the opportunity to foster love of God and country and sing all the patriotic songs. For more information, call Rita Russo, at 781-762-4391.

May 3

'Friends' of the Library Book Sale
Morrill Memorial Library
1-4:45 p.m.

This 'Early Bird' is for Friends of the Library. If you're not already a Friend, you too can enjoy early access to the sale by signing up for membership when you come to the sale.

May 4

Old Parish Cemetery Preservation Volunteers Work Day
Old Parish Cemetery
8:30-10:30 a.m.

Join in with other volunteers to help preserve Norwood's treasured historic cemetery and its artifacts. For more information, visit www.oldparishpreservation-volunteers.com.

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

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

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.

May 5

Friends of the Library Book Sale - \$5 BAG SALE!
Morrill Memorial Library
1-5 p.m.

the sale is open to the general public. Last day: "Bag of Books for \$5" deal! Bring a bag to fill with books.

Parkway Concert Orchestra Concert
First Congregational Church, 100 Winter St.
3 p.m.

Music Director Thomas Kociela conducts the 50 piece non-profit orchestra in an exciting program, including Outdoor Overture by Copland, music from Rosamunde by Schubert, and Grieg's Symphonic Dances. The program also features Scott Woolweaver, viola, in Andante and Hungarian Rondo by Carl Maria von Weber. Mr. Woolweaver's performance is supported by the Bill and Muriel Porter Memorial Fund. Donation is \$15; \$10 for seniors and students; free for children under 12 years old. Doors will open at 2:30 p.m. For more information, visit the orchestra's web site at www.ParkwayConcertOrchestra.org, call 781-444-5041 or visit on Facebook at www.facebook.com/parkwayconcertorchestra.

May 8

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. New members are always welcome! For more information, email Norwoodjwc@gmail.com or visit their website www.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.

May 9

50 States of Mind: A Community Conversation about Democracy
Morrill Memorial Library
7 p.m.

Author and researcher Ryan Bernsten will conduct an in-person presentation. Is America as divided as it seems? As a graduate student at Oxford, Ryan Bernsten undertook a 23,000-mile journey through all 50 states to look beyond the news cycles and see his home country from the ground. Following in the footsteps of Alexis de Tocqueville, Bernsten leads with the desire to listen and find common humanity in Americans he meets across the country. In his book *50 States of Mind: A Journey to Rediscover American Democracy*, Bernsten ultimately offers a hopeful vision for the future of America, as he embarks on a search for meaning and reflects on what it means to be American. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

May 10

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 to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

May 11

Old Parish Cemetery Preservation Volunteers Work Day
Old Parish Cemetery
8:30-10:30 a.m.

Join in with other volunteers to help preserve Norwood's treasured historic cemetery and its artifacts. For more information, visit www.oldparishpreservation-volunteers.com.

Plant Sale
Adams Farm, 999 North St., Walpole
9 a.m.-1 p.m.

Shop the Norwood Evening Garden Club's Annual Plant sale! Purchase perennials, annuals, hanging baskets, organic vegetables and herbs. Pre-order available through May 4 at norwoodeveninggardenclub.com. Mastercard and Visa will be accepted.

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

So many to help enjoy Spring - clothes, including patriotic themed, festive dishes and tableware, linens, books, and so much more. Come in and look around!
Introduction to Antique Hand Fans
Morrill Memorial Library
10:30 a.m.

Join presenter Shelly Goncalves and learn all about the history of antique fans. See 100 antique hand fans from the 18th & 19th century. Explore different materials used for this art including mother of pearl, bone, ivory, & celluloid. Have an antique hand fan at home? Bring it for identification. 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.

May 12

Musical Sundays Concert Series: Yiddishkeit Klezmer Ensemble
Morrill Memorial Library
2 p.m.

The Morrill Memorial Library's Spring Musical Sundays Concert Series will conclude with a performance by members of the Yiddishkeit Klezmer Ensemble. Since 1995, the Yiddishkeit Klezmer Ensemble has been performing traditional Klezmer music at weddings, bar/bat mitzvahs, concerts, festivals, schools and other special events throughout New England and New York. The band performs original and traditional Klezmer music.

May 13

Monday Movie Matinee: Polite Society
Morrill Memorial Library
1 p.m.

When her demure older sister, Lena, announces her impending nuptials, Ria vows to thwart the marriage by whatever means necessary, believing she is saving her sister from an uncertain fate. Armed with an overactive imagination and a ragtag gaggle of friends, Ria concocts an outlandish heist to protect her sister's independence. Cast: Priya Kansara, Ritu Arya, Renu Brindle, Rekha John-Cheriyian, Seraphina Beh. Rated PG13, 2023.

May 14

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 Toastmasters Club
Norwood Civic Center, Lydon Suite
6:45 p.m.

The Norwood Toastmasters Club, now in its 25th year, helps develop communication and lead-

Norwood Women's Community Committee Thrift Shop

Thrift Shop Hours
Wednesday: 6:00 p.m. - 8 p.m.
Thursday: 9:30 a.m.-3 p.m.
Saturday: 9:30 a.m.-12:30 p.m.

Accepting Donations
Monday & Wednesday mornings: 9 a.m. - 11:00 a.m.
During regular retail hours

CALENDAR

continued from page 14

ership skills for members and the community at every level. Guests are always welcome. For more information, visit <https://norwood-toastmaster.toastmastersclubs.org/>.

May 15

Turn the Page Book Group-The Exiles Morrill Memorial Library 10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of *The Exiles*, a historical fiction novel written by Christina Bake Kline. Seduced by her employer's son, Evangeline, a naïve young governess in early nineteenth-century London, is discharged when her pregnancy is discovered and sent to the notorious Newgate Prison. After months in the fetid, overcrowded jail, she learns she is sentenced to "the land beyond the seas," Van Diemen's Land, a penal colony in Australia. Though uncertain of what awaits, Evangeline knows one thing: the child she carries will be born on the months-long voyage to this distant land. While life in Australia is punishing and often brutally unfair, it is also, for some, an opportunity: for redemption, for a new way of life, for unimagined freedom. New members are always welcome!

Turn the Page Book Group-The Exiles Morrill Memorial Library (Virtual) 6:30 p.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of *The Exiles*, a historical fiction novel written by Christina Bake Kline. Seduced by her employer's son, Evangeline, a naïve young governess in early nineteenth-century London, is discharged when her pregnancy is discovered and sent to the notorious Newgate Prison. After months in the fetid, overcrowded jail, she learns she is sentenced to "the land beyond the seas," Van Diemen's Land, a penal colony in Australia. Though uncertain of what awaits, Evangeline knows one thing: the child she carries will be born on the months-long voyage to this distant land. While life in Australia is punishing and often brutally unfair, it is also, for some, an opportunity: for redemption, for a new way of life, for unimagined freedom. New members are always welcome!

Caring for Your Aging Parents Morrill Memorial Library 7 p.m.

Local financial professional and speaker, Michael Graff, is offering the presentation. Growing older is a privilege that many more are enjoying these days, thanks to better health habits, medical advancements, and care options. This comes with new challenges, however, as people need to plan financially for a longer life. This presentation is about better understanding current trends and challenges in aging, with a focus on caring for aging parents. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

May 17

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 to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

Music will be provided by Dan Mackowiak & Friends. Cost is \$12 per person, which includes coffee, tea, desserts, and water. There are also door prizes! Newcomers of all ages welcome. Stay updated on all Council on Aging events on their Facebook page: Friends of the Norwood Council on Aging.

May 18

Old Parish Cemetery Preservation Volunteers Work Day Old Parish Cemetery 8:30-10:30 a.m.

Join in with other volunteers to help preserve Norwood's treasured historic cemetery and its artifacts. For more information, visit www.oldparishpreservation-volunteers.com.

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FOVA Community Art Event Morrill Memorial Library 10 a.m.-12 noon

Transform your yard with art! Add art to your front yard to join Yard Art during the week of June 8-15. Use weather resistant materials to add something to this Norwood-wide, family-friendly celebration. This opportunity allows you to create unique art for others to see and enjoy.

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.

Adaptive Story Time Morrill Memorial Library 2 p.m.

Designed to be inclusive and welcoming to neurodivergent children, Adaptive Storytime incorporates movement, music, stories, sensory activities, and play. All abilities are welcome and activities generally fall within a preschool interest level. The program requires registration and is open to children ages 3-8 with an adult. For questions, call the library at 781-769-0200, x3 or email the staff at norchild@minlib.net. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

May 21

Norwood's Summer Weather Outlook

Morrill Memorial Library 7 p.m.

Joe Delli Carpini, the Science and Operations Officer at the National Weather Service's Boston office in Norton, will present "Norwood's Summer Weather Outlook and the Atlantic Tropical Outlook." The presentation will begin with a look at what a "normal" summer in Norwood looks like, plus a brief recap of last summer's conditions. He will take a look at some of the global weather patterns that may affect the upcoming summer in Norwood and break down the official NOAA outlook for the upcoming summer. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

May 23

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

Morrill Memorial Library partners with the L.E.A.D. program affiliated with Norwood High School to host a 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.

Acoustic Thursday Central St. 6:30-8:30 p.m.

Norwood is hosting a new musical series, "Acoustic Thursdays." Opening up the series is Dylan James. Bring a chair, grab dinner or an ice cream, and enjoy some music!

May 24

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 to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

The May movie in the Sensory-friendly Friday movie series is Universal's 'Migration,' rated PG. The Morrill Memorial Library partners with Lifeworks Inc of Norwood to bring this program series to the Norwood community. Recommended for ages 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

May 25

Old Parish Cemetery Preservation Volunteers Work Day Old Parish Cemetery 8:30-10:30 a.m.

Join in with other volunteers to help preserve Norwood's treasured historic cemetery and its artifacts. For more information, visit www.oldparishpreservation-volunteers.com.

Blessings Boutique Thrift Shop

CALENDAR

continued on page 16

CALENDAR

continued from page 15

**First Baptist Church, 71 Bond St.
10 a.m.-noon**

Jewelry Sale Day! Pick up nice jewelry at HALF PRICE! The boutique also offers great clothes for the whole family, books, kitchen items, linens..... and a ton more!

**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.

May 27

**Old Parish Cemetery Open Touring
Old Parish Cemetery
1-3 p.m.**

Discover Norwood's rich history throughout the Old Parish Cemetery.

May 28

**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/fundrais-

ers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

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

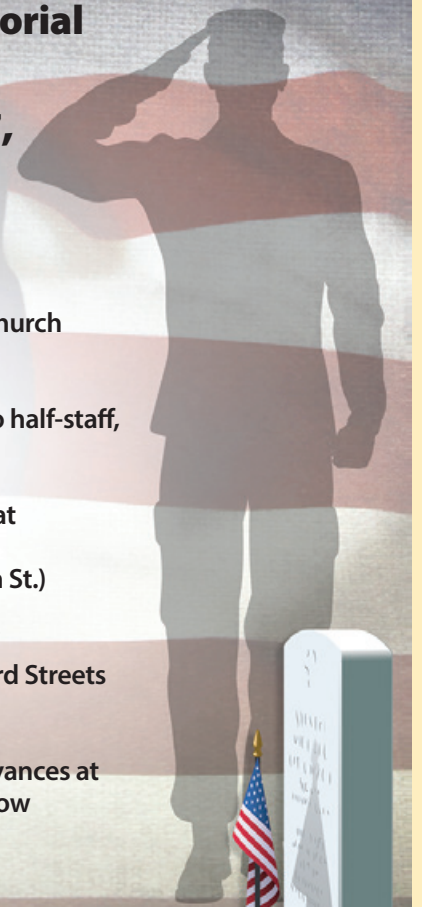
Titles on Tap, sponsored by the Morrill Memorial Library, meets at Napper Tandy's in Norwood, in the left-hand-side bar. The May title is yet to be announced. Copies of the book will be available to pick up at the library's reference desk. The ebook and audiobook are instantly available through Libby. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. 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 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 to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrill-calendar/, or call the reference

**Norwood's Memorial Day Schedule
Monday, May 27,
Memorial Day**

- 8 a.m. Memorial Service
St. Catherine of Siena Church
549 Washington St.
- 9 a.m. Lower American Flag to half-staff,
Norwood Town Hall
- 9:30 a.m. Parade groups muster at
Old Parish Cemetery
(rear of 480 Washington St.)
- 10 a.m. Parade starts: corner of
Washington and Howard Streets
to Highland Cemetery
- 11 a.m. Ceremonies and Observances at
Highland Cemetery follow
the parade



desk at 781-769-0200, x2.

May 30

**Acoustic Thursday
Central St.
6:30-8:30 p.m.**

Matt York will be the second performer at Norwood's new Acoustic Thursday musical series!

May 31

**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 to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Free, 18+. To register, visit norwoodlibrary.org/morrill-calendar/, or call the reference desk at 781-769-0200, x2.



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Happy Mother's Day!



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Real Estate Corner

Inventory Tries to Catch Up

Norfolk County Register of Deeds William P. O'Donnell reports that Norfolk County recordings in March, 2024, show a decrease in the total number of documents recorded, which includes a decrease in property sales and mortgage recordings compared to March, 2023. This decrease can be attributed to a variety of factors, including high competition, high property prices, and a limited inventory of available property.

The Registry of Deeds recorded 7,664 documents in March, 2024. This was 10% less than in March, 2023, but a 13% increase compared to February, 2024.

"The number of deed recordings and mortgage recordings are significant contributors to overall real estate activity, and whenever either or both of these numbers decline, there will be a substantial decrease in the total number of recordings," Norfolk County Register of Deeds William P. O'Donnell stated.

For the month of March, lending activity also showed a decrease compared to the same month a year ago. A total of 1087 mortgages were recorded in March, 2024, down 15% from March, 2023, but up 19% from 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 and some may be holding out for lower mortgage interest rates, predicted for later this year," O'Donnell said.

The average sale price of commercial and residential properties for March, 2024, rose to \$1,043,639, an 18% increase compared to March, 2023, and an increase of 5% from February, 2024. The total dollar volume of commercial and residential sales is up, increasing 8% from last year and up 36% 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 even with the increase in listing moving into the home buying season," O'Donnell said.

According to the Massachusetts Association of Realtors, since the start of 2024, new listings have increased each month compared to the previous month.



The total number of deeds recorded for March, 2024, which reflects both commercial and residential real estate sales and transfers, was 1,176, down 6% from March, 2023, but up 22% from February of last month.

"I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the limited inventory of available property and an increase in property prices compared to previous years," Register O'Donnell said. "As we move into the traditional home buying season, there are some signs of improvement in regards to the number of property listings, which may help alleviate some of the pressure on buyers. However, the overall trend of a lack of inventory and increasing prices is still a concern."

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In March, 2024, there were 12 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in March, 2023, there were four recorded. The total number of notices to foreclose, the first step in the foreclosure process, decreased from last year, going from 30 notices in March, 2023 to 28 in March, 2024.

"We all experience unforeseen events in our lives," 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.

"Overall, the real estate market still has a few hurdles to overcome and continues to be highly competitive due to the high demand to live and work in Norfolk County communities and the inventory of available property," O'Donnell said. "We will need to wait and see if the increase in property listings is enough to overcome the demands for housing here in the communities of Norfolk County."

To learn more about Registry of Deed's events and initiatives, like them on Facebook® at facebook.com/NorfolkDeeds, follow on Twitter® at twitter.com/NorfolkDeeds, and Instagram® at Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St., in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, 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, 781-461-6101 or email registerodonnell@norfolkdeeds.org

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Real Estate Corner

GOOD DEEDS: A Deed in Hand

BY WILLIAM P. O'DONNELL
NORFOLK COUNTY REGISTER OF DEEDS

During my 2024 office hours tour, I have had the pleasure of visiting various towns throughout Norfolk County while letting residents know what programs and services are available through the Norfolk Registry of Deeds. While holding these Registry office hours, it is not uncommon for a homeowner to ask, "Do I need a copy of my deed?" To which I reply, "You don't have to have one, but it's good to keep one on

hand in case you need it."

Your deed can tell you a lot about your property. Exactly who owns it. How it is owned for probate purposes. The price you paid for it. The description of your land. And for some people, all this information contained brings them peace of mind. After all, when you think of it, most people's homes are their greatest financial asset.

To some people, getting a copy of their deed presents a whole host of questions. "Do I need an attorney to access my deed for

me? Is it expensive to get a copy? Do I have to drive all the way to the Registry of Deeds to get it? If I decide to come to the Registry for a copy, is it hard to research?"

Well, the good news is, and I think you'll find all the answers to your liking, you do not need a lawyer to obtain your deed. All you have to do is go online at the Norfolk County Registry of Deeds website at www.norfolkdeeds.org. Click on 'Online Research' at the top of the bar, and when the pop-up box appears, click on 'Search for Your Deed,' and you can print a non-certified copy for free. If you would like a certified copy, all you have to do is visit or call our well-regarded Customer Service Center, Monday through Friday, between 8:30 a.m. to 4:30 p.m., at 781-461-6101.

There is more good news. The cost of a certified homeowner's deed is usually very inexpensive and can serve as a replacement for an original it is ever lost or



a property tax bill you would receive from the community you live in.

If you cannot make it to our main office in Dedham and wish to obtain a certified copy of your deed, visit the Norfolk County Registry of Deeds website at www.norfolkdeeds.org.

www.norfolkdeeds.org/news-event/upcoming-events to see a complete list of office hours, dates, and locations to find a scheduled office hour near your community.

Finally, I do suggest to homeowners if they get a certified copy of their deed to store it in a memorable place, like a safety deposit box or a file cabinet with their other papers. You would be surprised at how many people come to the Registry and say to the Customer Service Center, "I thought I had it, but I can't find it now." To that, I say, "No problem. We can get you another certified copy for you right now."

damaged. Certified deeds cost a dollar per page, and most deeds are two pages. Add a dollar for mailing, and an official copy of your deed will be sent to your home for \$3!

By getting it at the Registry of Deeds, you won't pay an outrageous price from a deed solicitation company, which could charge you nearly 30 times the cost (\$86) of what you would pay for it at the Registry. These companies prey on the elderly or new homeowners by 'suggesting' the homeowner is required to pay the "document fee" in what appears to be a government correspondence that almost looks like

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– Meet the Team! –



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We are seasoned professionals in the industry, and possess a deep understanding of market trends and property values, allowing us to guide clients towards informed decisions. Legacy Properties, LLC stands out for its personalized service, attention to detail, and commitment to exceeding client expectations.



**Rose
Caloiero**
REAL ESTATE AGENT
Cell: 617-458-2140
Rose@LegacyPropertiesRE.com
Rose is a seasoned real estate agent with over a decade of experience, adept at navigating the intricacies of the housing market. She has a proven track record of successful transactions and a deep understanding of property values. Skilled in negotiations, contract management, and providing personalized guidance to clients.



**Christina
Zinno**
REAL ESTATE AGENT
Cell: 617-455-2299
Christina@LegacyPropertiesRE.com
Christina is dedicated to providing top-notch service to clients. Christina possesses a strong work ethic, excellent communication skills, and a passion for helping individuals find their dream home.



**Marianne
Moruzzi**
FOUNDING PRINCIPAL OF
FRESH SPIN INTERIORS
Cell: 508-344-1537
FreshSpinInteriors@comcast.net
Marianne is the visionary founding principal behind Fresh Spin Interiors, boasting a multifaceted skill set in interior decorating and design. With a keen eye for detail and a passion for creating spaces that exude harmony and style, she specializes in accessorizing and color consultation, infusing each project with personality and flair. Marianne's expertise extends seamlessly into the realm of real estate, where she excels in staging, decluttering, and organizing properties to maximize their appeal and value. Her knack for enhancing spaces and adeptness in downsizing solutions make her an invaluable asset to clients seeking to transform their homes. For consultations and inquiries, Marianne can be reached at 508-344-1537 or via email at FreshSpinInteriors@comcast.net. **COMPLIMENTARY 2-HOUR STAGING ADVICE** when you list your home with Legacy Properties!



**Pat V. Pino,
Esquire**
PINO LAW OFFICES, P.C.
Cell: 781-688-2720
ppino@pinolawfirm.com
Pat is the managing attorney and founding principal of Pino Law Office, P.C. With over 20 years of experience protecting and pursuing the interests of his real estate clients, **PAT OFFERS A FREE CONSULTATION** to discuss your issues. Buying or selling property is a huge step for most people, and Pat V. Pino brings a professional attitude, years of experience, respect from his colleagues and a deep well of knowledge to the table.



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Single Family | Townhome | Condominium

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↓ 10%

\$475K
Median List Price
↓ 31%

101.66%
Sales Price / List Price Ratio
↑ 1%

16
No. of Prop. Sold
↑ 12%

11
Avg. Days on Market
↓ 69%

O: 781-320-0550

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



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