

McFarland to Norwood's Rescue

By BELLA CAGGIANO

If a Norwood resident has attended a local event, chances are, they have seen Peter McFarland, and if not, it is very likely he is behind the scenes helping to make it all happen. He is not always wearing a sparkly bowtie; his preference is to not to stand out, but to offer his assistance and take in people's enjoyment.

Where to begin? Although not a Norwood native, McFarland has lived in Town for 41 years; with his contributions and time served, a good question to ask is, 'can he now be called a townie?'

He and his wife Robin searched all around the 128-belt looking for a house, but settled on only the 2nd house they toured in Norwood. He and Robin met while both worked at the Faulkner Hospital; he in supplies/inventory, Robin a dietician. McFarland left and pursued a career in customer service and sales printing while Robin still remains at the Faulkner today. They brought up three children in Norwood: Lauren, who married Derick



Jeffers and live in Arlington with their two daughters, Molly (6) and Sophie (4); Andrew, who married Chris Schmitt and live in Jamaica Plain, and Colleen lives here in Norwood.

Lucky for Norwood, McFarland planted roots and shared his passion for community and philanthropy. It all started with

academics, from a parent's perspective. In the early 1990's, he was treasurer, then president for three years of the Norwood Cooperative Nursery School. He then became a member of the Parent Advisory Councils at

McFARLAND
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Summering Within

By MICHELE TARANTO

Norwood may not border an ocean or lake, or lie deep within the mountains, but the town does offer many warm weather, entertaining activities without cross-

How about taking in a free family flick under the stars! On Aug. 21, on the Norwood High School front lawn, families gather with blankets, chairs, or even a picnic dinner for an outdoor theater experience! The show starts at



ing town borders. Residents can take advantage of low-cost, if not free, options each and every week through the summer season, and the best part? No traffic!

The Norwood Recreation Department offers a full vacation schedule to keep families active and busy almost every day. Kids can join many summer playground camps, sign up for field trips, learn a new sport, or find a new interest or hobby.

sundown, but get there early.

Too hot to work out outdoors? The Norwood Civic Center offers an air-conditioned weight room available for all ages.

Indoors, the Morrill Memorial Library hosts a variety of day and evening classes, book clubs, crafting, and speakers. Many are also

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MCFARLAND

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the Cleveland, Coakley, and Norwood High schools, co-chaired with Jan Donovan with the “Yes Committee,” in 2004 to renovate Coakley Middle School and Norwood High School (NHS), then a member of the Committee of 21 to study and recommend building the new Norwood High School (2004-2009).

Then on to athletics. McFarland coached little league and was on the board of directors for nine years. His efforts did not go unnoticed and he was named Volunteer of the Year in 2002. He also coached Norwood Basketball (NBA) in his spare time a few years. He also joined the NHS Athletic Hall of Fame Committee in 2007 when it relaunched and has been handling its publicity and writing the event program.

In between raising a family, working full time, and volunteering in child-related organizations, it is amazing McFarland could fit in municipal contributions; but somehow, he did. He has been an elected Town Meeting Member since 2000 and served on several com-

mittee throughout the years: DPW Construction Financing Committee, Forbes Hill Study, School/General Government Cost Cutting 2015. From 2008-2013 he was chair and member of the Norwood Recycling Committee and appointed to the original Community Preservation Committee (CPC) and wrote the original draft of the guidelines and application 2017-2021.

Soon McFarland’s reputation and dedication preceded him and he was recruited for the Norwood Sustainability Commission (NSC) in 2019, named the first chairman, and worked to develop (and get approved) the Norwood Sustainability Action Plan in 2021. One of the recommendations of the NSC was the relaunch of the Norwood Farmers Market in 2022. The Market’s return has been embraced by the Norwood community and on one special day, he dressed the part in formal attire during the July 4th Market Celebration.

“I restarted the Farmers Market on the Town Common to get people to eat healthy, buy local, and build community,” McFarland said.

Although McFarland did not own a business in Norwood, he recognized the importance for a thriving local commerce, and in 2008 he joined the Neponset Valley Chamber of Commerce, now known as the Neponset River Regional Chamber, and served on the Board of Directors for eight years (2010-2018) and was named Chairman in 2015. In the middle of his reign, he joined the Friends of Norwood Center in 2014.

“I helped to develop their mission statement, to drive awareness, and attract people

to Norwood Center and all its great places to shop, dine, and have fun,” McFarland said.

After spending his entire adult life volunteering and on committees, McFarland continues to give his time to new causes. Just last year he was appointed to the Commission on Disability.

“I volunteer for a few reasons,” McFarland said. “First, my youngest daughter is on the Autism Spectrum (ASD) and when she was originally diagnosed, Robin handled the clinical and caretaker side, joined about every group, and attended every meeting and seminar on earth to learn as much as possible (I attended a bunch too). I got involved on the community side to be present, and because I believe you are your best advocate! Second, I’m very task-oriented and love problem solving. I volunteer for things that interest me, like sports, but also things that I see problems or deficiencies, many of which issues we discussed at Chamber meetings, but relevant to people with disabilities, housing, transportation/mobility and jobs.”

Choosing to volunteer is a personal quest and the generous individuals who give up their time, money, family commitments, and much more, do so to the benefit of others. McFarland spread himself throughout the Norwood community for many reasons: his family, education, municipal improvements, health awareness, and even encouraging and supporting business initiatives. He shares his incentives below, but deep down, one would have to think he believes and trusts in the sense of community and hopefully those around him feel that contagious sense of giving and join in.

Who’s Reading in August?

By MICHELE TARANTO

What could be better than reading a book in late summer on the beach with the whispering waves in the background? Or, grabbing an hour away from everyone and devouring a best seller in the backyard? Wherever the reading bug takes you, there is nothing like losing yourself in a good book in late summer.

Here is a sneak peek at the Morrill Memorial Library’s list of new books arriving in Norwood in August. A few favorite authors have new releases this month, or, why not discover a new writer this month and enjoy more of their works during those cozy winter nights.



Angel of Vengeance	by Douglas Preston
Arkangel	by James Rollins
Backwater Justice	by Fern Michaels
Between a Flock and a Hard Place	by Donna Andrews
Born of Blood and Ash	by Jennifer L. Armentrout
By Any Other Name	by Jodi Picoult
Dark Wives	by Ann Cleeves
Fire and Bones	by Kathy Reichs
Joy	by Danielle Steel
Lost Coast	by Jonathan Kellerman
Mercy of Gods	by James S. A. Corey
Peach Tea Smash	by Laura Childs
Protector	by Wanda E. Brunstetter
Seventh Veil of Salome	by Silvia Moreno-Garcia
Spirit Crossing	by William Kent Krueger
Talking to Strangers	by Fiona Barton
This Is Why We Lied	by Karin Slaughter
Tom Clancy Shadow State	by M.P. Woodward

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SUMMER

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held through Zoom to accommodate a larger audience. To beat the heat and the hot kitchen, there are so many choices for indoor and outdoor dining



throughout the Town. Why not try some new cuisine this summer!

On the Common, there are four weekly (and FREE) opportunities to enjoy with the entire family. To listen to exceptional music under the stars, visit the Common on Sundays for the Concerts on the Common series, celebrating its 30th year of hosting big bands. Mondays, Norwood's hidden gem, the carillon, fills the air with soothing bells, and on Wednesdays, Summerfest keeps Norwood's hub rocking. There is also music on the Common on Tuesday af-



price, cool off, relax, exercise, or maybe learn to swim! Throughout the Town, there are also many playgrounds, tot lots, and fields to use daily or maybe join a team. As a bonus in August, pack tents, pillows, and sleeping bags for the Community Camp-Out at Father Macs, on Aug. 23,

craft, listen to a lecture, dance, and many more activities! To view their newsletter, visit www.norwoodma.gov/residents/senior_center. The Norwood Senior Center is located at 275 Prospect St., and is open 8 a.m.-4 p.m., Monday-Friday, and until 8 p.m., on Tuesdays during July

and August.

Most of these summer activities are free or have very reasonable costs. The most important thing to take away, however, is that Norwood can be an interesting, educational, and entertaining summer resort within its own town lines!

3:30-9 p.m. Group games, entertainment, s'mores, food trucks, and more are on the menu!

With Norwood having its own airport, (Norwood Memorial Airport), what better way to enjoy morning coffee or bring a picnic lunch and watch the planes take off and land! Again, free!

Maybe hiking or exploring trails is in your future. Learn more about Norwood's many trail options through the Trails Advisory Committee, at the Town of Norwood website, www.norwoodma.gov, hit government, then boards/committees. While you are there, many browse around; there may be an adult committee that fits your background and interests! The Norwood Trails Committee is also at the Norwood Farmers Market each week with volunteers eager to educate the public on Norwood's hiking trails.

Norwood does not leave out its senior population for summer fun. While the Norwood Senior Center is a year-round, incredibly valuable resource, during the warmer weather it provides a cool environment during those scorching days. It is the place to visit to meet new friends, learn a

FATHER MAC'S

Pool Hours and Pass Rates:
Weekdays 1:00 to 7:00 PM
Weekends 12:00 to 7:00 PM

Seniors (62+)	\$15
Adult or Child	\$35
One Adult Family	\$100
Two Adult Family	\$120
One Day Pass (Resident)	\$5
One Day Pass (Non-Resident)	\$10

ternoons, but the primary focus 2-6 p.m. is the thriving Norwood Farmers Market. With an average of 30 vendors per week, there is an abundance of fruit and vegetable choices, specialty foods, crafters and handmade items, artisans, and, entertainment, including themed days and activities.

How about a summer by the pool? Although the Hawes pool is under renovation, Father Macs (295 Vernon St.) is open and alive with activity! For a reasonable

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99 Audubon Rd	\$660,000	365 Washington U:11	\$420,000
129 Devon Rd	\$750,000	767 Washington Street U:404	\$505,000
77 Richland Rd	\$706,000	17 Atwood Ave U:17	\$560,000
9 Morningside Dr	\$655,000	60 Lenox Street U:4	\$802,500
79 Longmeadow Road	\$800,000	32 Power Lane U:32	\$900,000
27 Second St	\$880,000	20-22 Maple Street	\$910,000
26 Fortune Dr	\$927,500	51 Winslow Ave	\$775,000

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George Henry Morse House Open House

The Norwood Historical Commission is hosting an Open House at the historic George Henry Morse House, Thursday, Aug. 8, 3-7 p.m., 1285 Washington Street, South Norwood. Drop by to visit and enjoy light refreshments in the ambience of a home built circa 1868. Some areas of the home date to the late 17th century as well.

The home was the residence of a prominent local family, the Morses. George Henry Morse (1834-1917), his wife, and two daughters were the last of many successive generations to own and operate the property that at one time included mills and several accessory structures necessary to operate a large

farming business.

George Henry Morse was a prominent businessman and landowner. He was well known in Norwood, and during his lifetime he served as a Norwood Selectmen, Fire Chief, Surveyor of Highways, as well as an auctioneer. He was also a musician in the Norwood Brass Band.

Information regarding the requirements for Norwood Historical Commission's historic house sign program will also be available with a sample sign for display. This Open House is being held concurrently with Norwood Morrill Library's pop-up library card sign-up drive that is taking place on the from lawn from 4-6 p.m.

CAPI Yard Sale

Last month, Charley's Angels Pet Initiative hosted a yard sale at the Dirty Dawg Wash, in Norwood. There was something for everyone: pet and household items, vintage signs and license plates, even a few guitars!

While many local residents may have been traveling to the beaches on this sunny July day, there were still shoppers looking for bargains and supporting the non-profit organization. Their mission? To assist with pet care needs by providing food preventatives, and toys, as well as financial veterinary assistance.

To donate to CAPI, or learn more about their cause or donate, visit charleysangelspetinitiative.org.



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Joust Beach Volleyball

Serving up Fitness, Friendship, and Fun

By JANE LEBAK

People looking for a new way to stay fit and meet people are discovering the fun of indoor beach volleyball, thanks to an indoor beach volleyball court in Norwood.

Joust Beach Volleyball owner, John Fleming, says, “Beach volleyball is an all-over workout that builds up your body, your mind, and your social life.”

Joust offers opportunities for players at every skill level, from children who’ve never touched a volleyball to ranked players who participate in tournaments. Indoor and outdoor courts make it easy to play year-round, no matter what the weather is doing, and the schedule spans every need, from team practices to pickup games to coaches giving lessons to beginners.

Beach volleyball isn’t simply indoor volleyball played on the sand. Beach volleyball has two-person teams and uses a smaller court.

Players welcome the differences. For example, two-person teams mean more time playing. Lindsay Van Kauwenberg, Sales and Marketing Director, says, “Players are getting more touches, which gives them more opportunity to practice and improve faster.”

The surface adds another level of workout. John says, “Running barefoot in the sand is an incredible aerobic workout, players return to the hard court with more endurance and vertical lift in their jumps.”

Joust makes it easy for anyone to come and try to sport of beach volleyball, regardless of skill level. Lindsay says, “For new players, beach volleyball doesn’t have to be a long-term commitment. Someone can sign up for pickup games and play their first game the same day. Every player can find their best level of participation, whether it’s pickup games or registering for a twelve-week league.”

Juniors’ lessons can begin with children as young as ten. When they feel ready for a league, Joust holds tryouts in March and April to determine which level of program works best.

For serious adult players, Joust hosts tournaments year-round that are recognized by AVP America.

Lindsay says, “Beach volleyball is very affordable compared to other fitness activities. Groups can split the cost of an hourly rental, making it far less than the cost of many classes.”

John adds, “As far as gear or protective equipment, you won’t have to buy anything special. The players only need to bring water, sunblock, and sunglasses, the way you would any time you go to the beach.”

Afterward, pickup players can continue socializing at a nearby restaurant or bar or stay to watch the next games. There’s even a group to coordinate on Meetup.

Lindsay says, “I’ve seen our beach volleyball players become a community. Trust and communication are vital. On a two-person team, they learn to lead, and they also learn how to follow. There’s a yin and yang to it.”

John adds, “Players develop a healthy competition that comes from playing not only against other teams, but also with their own club. Players are competitive, sure, but they also support one another.”

Joust opens their courts for other uses, such as cornhole tournaments and beach tennis. They’ve hosted corporate events, retirement parties, and of course



Business spotlight

birthday parties. Joust Beach Volleyball was even featured as the location for a blind date on the VeryLocal show, “Local Love Boston.”

“That’s certainly a way to get to know your partner,” Lindsay says with a laugh. “Talk about needing to communicate and learn quickly how to work together.”

There’s no word yet on whether (or when!) Joust will be hosting their first beach wedding. Lindsay says, “After all the connections, the fun, and the community formed here, I’ll never say never.”

You can try out beach volleyball by visiting <https://joustbeachvolleyball.com> today, or call (617) 320-5885. You can check out their Instagram page at <https://www.instagram.com/joustbeachvolleyballofficial/>

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Basil

bonded pair, you get twice the love and help two best friends stay together. Basil has an adorably goofy face that will surely make you smile and laugh. Mira, while more reserved, clearly loves and protects Basil. Her thoughtful and intelligent eyes, along with her love for treats, make her truly endearing. Basil was recently diagnosed with a grade 3 heart murmur and we took him to a cardiologist for a full workup. No medical intervention is required at this time. Mira and Basil require patience, but the reward of helping cats like them gain confidence is immense. They are making progress every day and deserve a loving forever home where they can continue to thrive together.

REMEMBER PINEAPPLE?

Last month, we shared Pineapple's story that he was undergoing extensive dental care and



all but a few incisor teeth to be extracted. Unfortunately, he is also currently having some GI problems, but what a trooper he has been through it all!

The good news is that Pine-

A Year Without A Home is Too Long

Can you or someone you know finally give Chase the home he deserves?

Chase is a six-year-old neutered male shepherd mix that has sadly been at the Norwood Animal Shelter for over a year. Chase was found by Norwood Animal Control four times roaming Norwood streets; maybe trying on his own to find his new family?

You may have seen his pictures of him on Norwood social media pages throughout the months. Chase is very loving and interactive, loyal, responds positively to scratches and patting, and loves to play. He does, however, like his own space as well. He does get along with some dogs, and will probably do best in a household without children. Chase is searching for his person or family. Could that be you?

To learn more about Chase, contact Norwood Animal Shelter, at 781-762-3159. The business hours are 8 a.m.-4 p.m. The shelter is located on Rte. 1 North, just past the Chateau. Up to a \$200 donation is welcome to adopt Chase.



They are a bonded pair, which means they must be adopted together. Having come from a hoarding situation, they are understandably shy and wary of humans. However, they are gradually making progress in their foster home. When alone in their foster room, they explore and relax together on the cat tree. Basil, in particular, has started to come out more to play and enjoy some snacks. Watching Mira and Basil cuddle up together is heartwarming, as they share a special bond. Adopting a bonded pair like Mira and Basil can be incredibly rewarding. It can be challenging to introduce cats to each other, but with a

apple will soon be with his adoptive family!

Not all adoptive cats require such considerable medical treatment and food (\$52 a case of specialty GI food), but the BSAC board members and volunteers are committed to enhance and extend the life of all their cats whenever possible. Pineapple's plight is just an example of where and how donations are used. The commitment is always focused on the animal.

To donate for Pineapple's expenses and other large medical expenses the organization encounters, visit www.baystateanimals.org or scan the QR code on this page.

million pet adoptions and raised millions of dollars to help these homeless animals.

This year, the 2024 Campaign runs from Aug. 10 to Sept. 10. For more information, visit cleartheselters.com. Online donations to their cause can be given at www.cleartheselters-fund.org.



To learn more about BSAC's foster cats, visit www.baystateanimals.org. There are also cats not on the website coming up for adoption, so feel free to fill out an application or hit the contact button for more information.

CLEAR NORWOOD'S SHELTER!

Also, the Norwood Animal Shelter is currently looking to adopt Chase, the shepherd mix featured in this article and may have more homeless pets waiting for a new family. For more information, visit www.norwoodma.gov/residents/animal_control or call 781-762-3159.

URGENT! We are seeking foster homes this summer!



baystateanimals.org



BSAC SUPPORTS 'CLEAR THE SHELTERS'

Celebrating its 10th year, Clear the Shelters is a nationwide pet adoption campaign let by NBCUniversal Local, a division of NBCUniversal. NBC, Telemundo, and more than 100 affiliated stations across the country partner with animal shelters and rescues to promote pet adoption and raise much needed funds. Since its inception, Clear the shelters has resulted in more than one

CLEAR THE SHELTERS LOCALLY!

While the Bay State Animal Cooperative no longer hosts a centralized shelter, their cats are filtered through generous volunteers who open their homes to love, feed, and shelter these pets until permanent homes can be found. There are many BSAC cats waiting, so let's Clear the Foster Homes together Norwood!

Donate today!



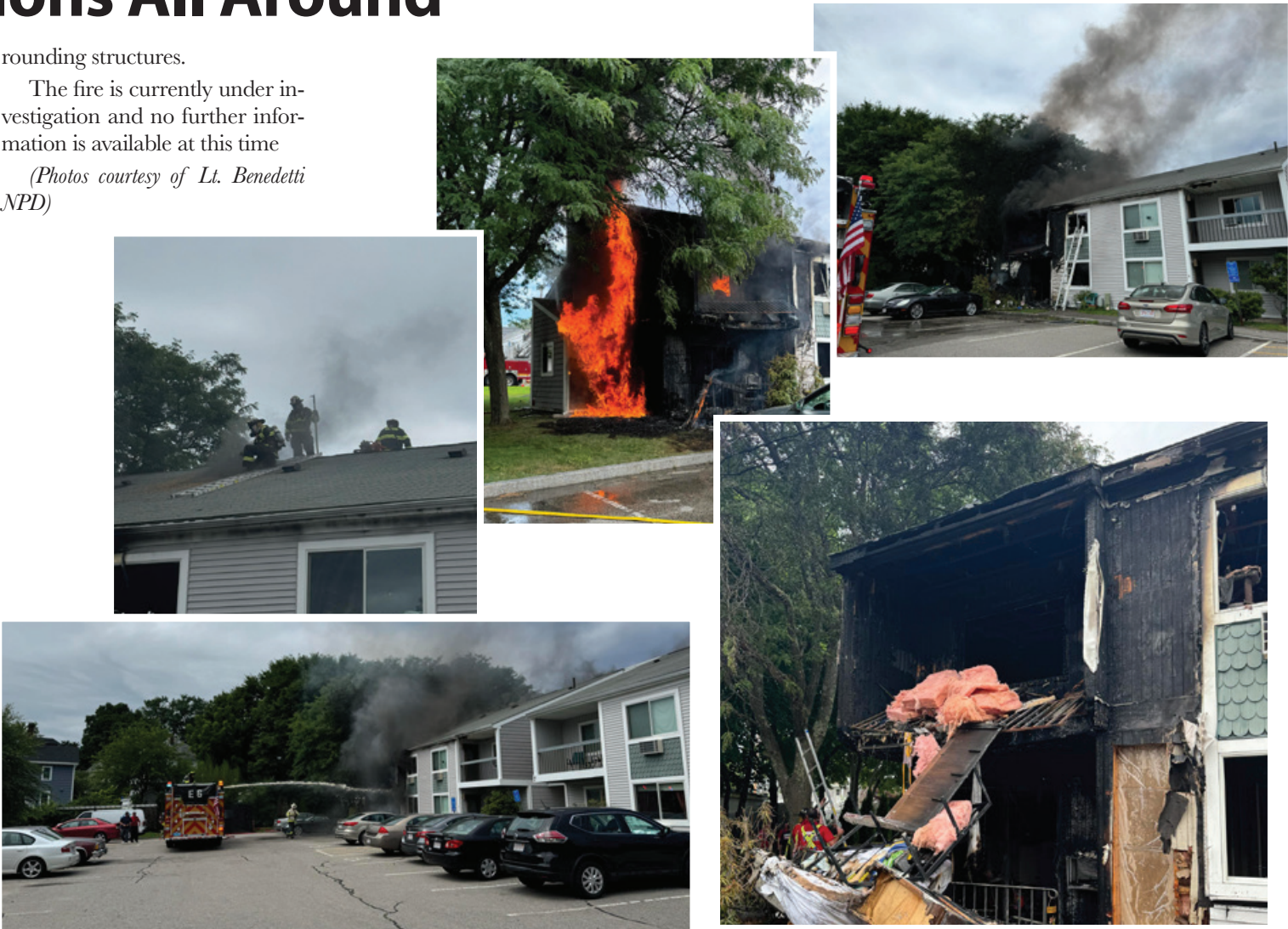
Hot Conditions All Around

On July 12, at approximately 11:30AM Holbrook Regional Emergency Communications Center began receiving multiple calls for a building fire in the area of William Shyne Circle. Enroute smoke was noted coming from the area and upon arrival of NC2, heavy fire conditions were found.

Crews found fire extending to the second floor and heavy smoke throughout the building. One civilian was treated for burns and smoke inhalation by Walpole paramedics and transported to Mass General Hospital in Boston. Norwood Firefighters, along with mutual aid companies, operated for over an hour before the fire was knocked down and extensive overhaul operations began. The fire conditions, combined with the high outside temperatures, took a toll on the crews on scene.

Norwood PD and Fire extended their thanks to their mutual aid partners who assisted; with their help, Norwood Firefighters were able to keep the fire from extending further into the building or to any of the sur-

rounding structures.
The fire is currently under investigation and no further information is available at this time
(Photos courtesy of Lt. Benedetti NPD)



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Senior Corner

Age Well with HESSCO

The Morrill Memorial Library is partnering with Health & Social Services Consortium, Inc. (HESSCO) to share information on the organization and resources available. It will be held on Thursday, Aug. 15, 6:30 p.m., Morrill Memorial Library.

As we age, there is a new lifestyle to navigate, medical help to seek, and many other future considerations to account for. We are bound to have many questions about the resources available in the community that will help us age well in place. A representative from HESSCO will explain the long-term services HESSCO offers for older adults and adults with disabilities.

Free and open to all aged 18+.

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

What is HESSCO?

HESSCO is the Aging Services Access Point (ASAP) and Area Agency on Aging (AAA) for South Norfolk County in Massachusetts. Its mission is to help older adults and individuals living with a disability remain safe and independent at home for as long as possible.

HESSCO contracts with a comprehensive network of health and supportive services to meet consumers' needs. As a member of the MetroWest Aging and Disability Resource Consortium (ADRRC), a partnership among agencies that provides information, support and services to individuals of all ages living with a disability, HESSCO strives to ensure a "no wrong door" experience for all.

For more information, visit www.hessco.org

Norwood Senior Center Trips

- The Cape Cod Central Railroad/Luncheon
Wednesday, September 11
\$135
 - The Winnepesaukee Railroad
Hart's turkey dinner served right on board the train!
Thursday, October 24
\$125
 - Cookies & Carols Cruise on The Charles River
Thursday, November 14
\$120
 - Boston Pops and Lunch at Cheesecake Factory
Friday, December 6
\$195
- For more information on these trips or to register, call Nanci at 781-762-1201, ext. 4

Norwood Memory Cafe Inc.

Thursday, August 15
1:30-2:30 p.m.

The Norwood Memory Café Inc. is a monthly social gathering with caregivers and their loved ones who are living with memory changes. Entertainment By John & Linda. For more information contact: Jean Cotton, MS, Gerontology, C.D.P. at Je7cot@msn.com, call: 781-762-1611, or visit www.norwoodmemorycafe.com.

Senior Adoption

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While the Bay State Animal Cooperative no longer hosts a centralized shelter, their cats are filtered through generous volunteers who open their homes to love, feed, and shelter these pets until permanent homes can be



found. There are many BSAC cats waiting, so let's Clear the Foster Homes together Norwood!

To learn more about BSAC's foster cats, visit www.baystateanimals.org. There are also cats not on the website coming up for adoption, so feel free to fill out an application or hit the contact button for more information.

Seniors for Seniors Program

The Seniors for Seniors Program through the Neponset Valley Humane Society (NVHS) is a unique program that matches senior cats with senior citizens. Many senior cats are overlooked for younger cats or kittens and have so much love to give.

If needed and resources allow, the NVHS can assist with food and medical care. Also, adoption fees are waived in the Seniors for Seniors Program.

If you are, or know of, a senior whose life would be brightened with a wonderful companion, 781-769-1990 or email nvhumanesociety@gmail.com.

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Questions/help?

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A Little Off the Top

Days & confused

By STUART GREEN

Welcome to the Dog Days of summer. The period got its name from the Ancients, who lived in ancient times. As they peered into the sky, contemplating the wonders of the universe, they saw in the stars a figure that touched their inner beings and spoke to them - the mystical Scooby-Doo. Others say Snoopy. A rebellious branch said Lassie, but what do you expect from a Neanderthal?

Days are as important today as they were yesterday – or even last Tuesday. Norwood has a day all its own called, as crazy as it seems, Norwood Day, not to be confused with the Day House.

Every month has its own very special day. In January, you may recall, we start the new year with a little something we like to call New Year’s Day in the business. All day long we celebrate the joyous first day of the year by trying to sleep off and forget the last night of the

year. We make our annual New Year’s resolutions – like never again to have another New Year’s Eve like we just had.

The next couple of holidays are what we call honorary holidays – Martin Luther King Day in the middle of January, and Presidents’ Day near the end of February, or whenever the auto dealers need to clear their lot and start selling the new models.

For those of us who did not meet Washington or Lincoln, there’s a day for those we did meet – like our sweethearts. Valentine’s Day is a romantic little time when husbands and boyfriends buy candy and flowers for their romantic partners because, as it says in the instructions for the holiday, “She told me to.” Over the years, that has been softened to, “I’d better.”

March, needless to say, is chockful of holidays, including National Peanut Butter Lover’s Day on March 2, and National Tater Day on March 31. The

original Bill of Rights, in fact, was thought to have pushed for freedom of chunky over smooth, but the language was hopelessly smeared during a late-night snack session.

April Fool’s Day has an interesting history. It started off as a joke, and ended up as, well a joke. It just kinda stayed a joke, and there you have it.

Mother’s Day in May is a lovely time to honor the woman who brought you into this world, clothed you, fed you, and got you to pick up your socks when the rest of the world wouldn’t, because, y’know, they don’t live with you or anything. And Father’s Day in June was added because, oh, why not.

The Fourth of July is called Independence Day by some who need to keep that whole “Day” thing going. It’s a distinctly American holiday, celebrated in our glorious tradition of breaking the law, smuggling back firecrackers from New Hampshire.

After the Dog Days of August meander around, the four-

month holiday season begins in September, with Labor Day, followed by either Columbus Day or Indigenous Peoples Day, Veterans Day. And we end off the year with a season simply called the holidays, so called because people know what they

are already and let’s get on with the shoveling.

So, whenever life gets you down a bit, just remember the refrain of that old song that so succinctly sums it up: “Oh, why can’t every day be National Peanut Butter Lover’s Day?”

SUMMER HOURS

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FRIDAY 8:00 AM-NOON
CLOSED JULY 4TH AND 5TH

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SUNDAY 1:00 PM-5:00 PM
CLOSED JULY 4TH AND 5TH

CIVIC CENTER

MONDAY-FRIDAY 6:00 AM- 6:45 PM
CLOSED JULY 4TH

SENIOR CENTER

MONDAY, WEDNESDAY, THURSDAY 8:00 AM-4:00 PM
TUESDAY 8:00 AM-7:00 PM
FRIDAY 8:00 AM-1:00 PM
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Living Healthy

Vision Myths: Fact from Fiction

By GRAHAM R. STETSON, OD, MS

When it comes to vision and eye health, misconceptions abound, and these fallacies can lead to improper treatment and unnecessary worry. Let's see if we can clear up a few common myths and help you take better care of your eyes.

Myth: Reading in dim light (or sitting too close to the TV/using a computer or smartphone) damages your eyes.

Fact: All these situations can lead to eye strain and dry eye, making your eyes feel tired and uncomfortable, but they do not cause any long-term damage. To reduce eye strain and discomfort, always use proper lighting and follow the 20/20/20+ Rule (For every **20 minutes** of near/screen time, take a break for **20 seconds**, looking at something **20 feet** away, **plus** squeeze your eyes tightly 5 times). Keep in mind, sitting too close to the TV or holding books/phones too close may be signs of a vision problem and should be evaluated.

Myth: Carrots are the best food for your eyes.

Fact: While carrots, rich in vitamin A, are beneficial, they are not the only food that can promote eye health. Leafy greens like spinach and kale, omega-3 fish oils, nuts, winter squash, and citrus fruits also contribute to maintaining good vision.

Myth: Wearing glasses will weaken your eyes.

Fact: Glasses help correct visual errors. They do not make your eyes weaker or dependent on glasses. Instead, they ensure that you can see correctly and reduce eye strain.

Myth: Eye exams are only necessary if you have vision problems.

Fact: Regular eye exams are essential even if you do not have apparent vision problems. They can detect eye conditions that may not have noticeable early symptoms, like glaucoma and macular degeneration, as well as other health issues like diabetes and high blood pressure.



Myth: Wearing someone else's glasses will damage your eyes.

Fact: Wearing someone else's prescription glasses will not harm your eyes, but can cause discomfort, headaches, and blurred vision since they are not tailored to your visual needs.

Myth: You only need sunglasses on sunny days.

Fact: UV rays can damage

your eyes even on cloudy days. Wearing sunglasses with 100% UV protection whenever you're outside can help delay cataracts and other UV-related eye damage.

Understanding the facts about eye health can help you take better care of your vision. Regular check-ups, a balanced diet, and protective measures are key to maintaining healthy eyes.

Want to make these articles more relevant to your lives and concerns? Send any questions or topics that you would like to have addressed to info@moderneyes-norwood.com.

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Living Healthy

Round and Round You Go!

Many people seek chiropractic care for low back, mid back or neck pain, but where can they turn to for balance and/or dizziness problems?

When considering treatment for balance, we must consider the “Proprioceptive System.” The body communicates between its parts through proprioceptors, located in the muscles and the joints, that relay information to the brain. This information from the various body parts is then integrated with incoming information from the vestibular system (inner ear). The brain also relies heavily on the cerebellum, located in the back of the head, which is largely responsible for coordination the unconscious (automatic) aspects of proprioception. The ability to maintain balance is dependent on all three of these systems working properly.

John G visited the Holistic Center at Bristol Square office complaining of dizziness and loss of balance. This started after he had Covid and he had been sneezing and coughing. He had been to his primary care physician who told him his



Dr. Rochelle Bien & Dr. Michael Goldstein

issues can happen after a virus like Covid and would resolve on its own. After suffering for over two weeks with these symptoms John decided on a second opinion at the Holistic Center. Upon his exam, it was discovered that John had benign paroxysmal positional vertigo (BPPV), and needed treatment. After being put on a regimen of chiropractic adjustments, supplements and specific exercises, the dizziness and loss of balance started to resolve.

If you or a family member are suffering from BPPV or balance and /or dizziness problems contact The Holistic Center at Bristol Square, located at 1426 Main St. in Walpole. Call (508) 660-2722 to schedule an appointment with Dr Bien or Dr Goldstein.

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Mulch Regulation

Regulations for spreading mulch

Regulations prohibit the new application of mulch within 18” of combustible exteriors of buildings, such as wood or vinyl, but not brick or concrete.

Residential buildings with six units or less are exempt, but all homeowners may want to follow these safe practices. The regulation applies to all other buildings including commercial properties.

Regulations for storing and manufacturing mulch

Mulch pile size is limited because large piles can spontaneously combust from the heat they generate.

There must be 30-feet between mulch piles. The distance prevents a fire in one from easily spreading to another or to a building.

Permits are required from the fire department wherever more than 300 cubic yards of mulch is produced or stored.

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Information courtesy of mass.gov

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NPD & Samaritans Partner to Establish Local LOSS Team

Calling for community volunteers to bridge the gap of local suicide support

Samaritans Inc. recently announced its collaboration with the Norwood Police Department (NPD) to launch a Local Outreach to Suicide Survivors (LOSS) Team in Norwood and other Norfolk County towns. This unique initiative aims to

provide local crucial support and resources to individuals and families affected by suicide loss in the community. The Samaritans LOSS Team is currently seeking compassionate volunteers living in or near Norwood, Canton,

Sharon, Westwood, and Walpole to join their ranks. Loss survivor volunteers, who have personally experienced the devastating impact of suicide loss, are encouraged to apply. By sharing their own journey of grief, these volunteers can offer invaluable support and understanding to families navigating similar experiences.

"We believe in the transformative power of community support, and the establishment of the LOSS Team in Norwood and other Norfolk County towns reflects our unwavering commitment to providing solace and healing to those affected by suicide loss. Together, we can offer hope and understanding to individuals and families during their darkest moments," said Kathleen Marchi, CEO and President of Samaritans.

In addition, the team is seeking community volunteers with expertise in crisis services, including first responders, nurses, EMTs, therapists, and social workers. These dedicated individuals will play a pivotal role in providing immediate assistance and guidance to those affected by suicide loss.

"The Norwood Police Department is honored to partner with Samaritans to introduce the LOSS Team initiative in our community," Norwood Chief of Police Christopher Padden said. "This collaboration underscores our shared dedication to the well-being of our residents, ensuring that those impacted by suicide loss receive the compassionate support and resources they deserve. Together, we are forging a path toward healing and resilience."

Samaritans, a trusted organization dedicated to suicide prevention and support, is launching this new service for the Sharon community as part of its commitment to suicide grief support. The LOSS Team model, developed by Dr. Frank Campbell in 1997, has been instrumental in eliminating barriers faced by individuals seeking support after a suicide. Dr. Campbell's research highlighted that immediate intervention significantly reduces the time taken by survivors to seek help, from about 4.5 years to just 6 weeks.

After completion of training, volunteers will begin providing support following suicides in Norwood and neighboring communities, in-

cluding Walpole, Norwood, Westwood, and Canton. Working in collaboration with trained clinicians, the LOSS Team will be on-call and available to respond to suicide losses as needed. Their mission is to offer immediate assistance, whether at the scene or through subsequent meetings with families, providing resources and referrals with the utmost care and empathy.

For those interested in volunteering with the LOSS Team, please contact Samaritans at www.samaritanshope.org/loss.

Samaritans, Inc. is a Massachusetts-based suicide prevention organization that offers free, 24/7 services to all who need them. Each day, Samaritans supports hundreds of people through the 988 National Suicide and Crisis Lifeline and Hey Sam, a peer-to-peer mental health support text line for young people. Samaritans also offers support groups for those grieving a loss to suicide and educational programming so anyone can learn to help those in crisis. Since 1974, Samaritans has answered 3 million calls, texts, and chats; educated 180,000 people to recognize signs of suicide; supported 17,000 suicide loss survivors; and trained 6,500 volunteers to provide compassionate support. Visit samaritanshope.org for more.

The Norwood Police Department serves as the primary law enforcement agency for the town of Norwood, Massachusetts. Committed to professionalism, integrity, and respect, the department strives to enhance the quality of life for all members of the Norwood community. As a cornerstone of public safety in Norwood, the department continually seeks innovative ways to address emerging challenges and enhance services. Through ongoing training, technological advancements, and strategic initiatives, the Norwood Police Department remains steadfast in its mission to serve and protect with excellence and compassion.

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Norwood Sports

Norwood American Legion

By Christopher Tremblay

With the Norwood High School baseball team making a deep run into the Division 2 State Tournament, the local American Legion team had to hold off starting their summer season. The Mustangs made it to the Round of 16 before falling to the eventual State Champion, Plymouth North. Once Norwood High School's exit from the state tournament was complete, the Norwood American Legion team could begin their 2024 season within District 6.

Norwood Post 70 unfortunately got off on the wrong foot with a 9-8 loss to Braintree to open their season. According to Norwood skipper Paul Samargedlis, the team had yet to get their sea legs under them with the high school season just ending – the team was just not ready.

At the time of this writing, Norwood had reversed course and was sitting at 8-3; third in the Division 6 standings behind Needham and Franklin. Post 70 has five games remaining on their schedule with two of those games against the two teams sitting ahead of them in the standings.

The top four teams in the division will get a bye in the first round of the playoffs, while the next eight will square off in a one game elimination. Samargedlis is hoping that his team can hold on and finish within the top four.

"You really don't want to get involved in a one game playoff," Samargedlis said. "You never know what can happen in just one game, especially if you happen to go up against the opposition's ace."

Norwood would like to go at least 3-2 over their last five contests finishing with 11 wins on the season; according to the coach, should be enough to stay in the upper echelon of the division and earn themselves a first-round bye.

Having only lost three times to date, the Norwood coach firmly believes that his team could quite

easily be undefeated.

"All three losses were games that we should have won," Samargedlis said. "We were the better team, but we just didn't play like ourselves and gave up leads in all three games."

In addition to the one run loss on opening day, Norwood also lost to Hyde Park, who currently

has been lead by their ace, Zach Badger, who is 2-0 on the season; Alex Dayton, one of the Westwood athletes, is also 2-0 when he takes the ball for Norwood while sophomore, Ryan Grenham, has been a pleasant surprise leading the staff with a 3-0 record.

Grenham's twin brother Mike is also on the team as a catcher.

"I knew that the twins were really good baseball players," the Norwood Coach said. "Unfortunately for them, Norwood had a lot of talented upperclassmen playing in front of them so they didn't get a lot of playing time for the high school."

When Dayton is not pitching, the Westwood

teammate patrols centerfield for Norwood, and according to the coach, catches everything that comes his way. He also bats third for the squad.

At the plate, Elliot Harris, from



Westwood, was the team's leadoff hitter with the likes of first baseman Sean Dittmeier (a four-year player who plays for Wheaton College), Eoin McDonagh, Tom Benson Jr (the team's number two hitter and second baseman) Badger and Giacomo Serratore all contributing in the team's success.

Norwood also has three of four athletes that are banged up right now and Samargedlis is hoping that they'll be ready and back in time to help the team out for a deep playoff run.

"Baseball is a tough sport and there is no instant gratification," the Samargedlis said. "The sport is based on failure, and unfortunately, today's kids don't get enough failure. I still think that it is the best sport when you achieve something and I still enjoy coaching it."

Samargedlis is now hoping over the final five games of the regular season that Norwood doesn't have to taste too much failure as they gear up for the District 6 Playoffs.

Update to Original Article

The Norwood American Legion team did just what Samargedlis wanted over the last five contests: going 3-2 with wins over Weymouth, Walpole, and Easton, while falling to Franklin and Needham. Post 70 finished the regular season 11-5 and is currently tied with Franklin and Hyde Park with 22 points, but Franklin has one game remaining and a win would move them into seconds place while Norwood and Hyde Park would round out the top four to get the bye before heading into the tournament.



sits right behind Norwood in the number four spot. Post 70 committed an amazing eight errors in one inning to allow Hyde Park to open up a 13-4 lead. Norwood was able to put together a phenomenal runoff their own in the seventh inning when they scored nine runs (6 with two outs) to tie the game before eventually losing in extra innings.

In their third loss, Norwood found themselves with a 3-0 lead on Walpole through six innings before the pitching staff self-destructed and allowed 11 runs on two hits leaving the coaches in total astonishment as to what had just happened to their reliable pitching staff.

Norwood had 15 returning players come back to play for the team this summer, including three from the Westwood team, which didn't field a team this year. Having no team to play for, the Westwood players were allowed to try out for a neighboring team and Samargedlis welcomed the three with open arms.

On the mound, Norwood

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Calendar of Events

Aug. 1

Putin's War: His Motives, Claims, and Lies
Morrill Memorial Library
7 p.m.

In this presentation, you will learn the story of Putin's rise to power and learn interesting facts about Russian propaganda and politics. Audience members will be invited to participate in a Q&A. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 2

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

Morrill Memorial Library is partnering with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for adults. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Open to 18 and over. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Adult Trivia Night -- 'How Did You Know That?' Edition
Morrill Memorial Library (Virtual)
7 p.m.

Test your knowledge by answering 60 trivia questions (four rounds of 15) created by librarian and trivia host extraordinaire Kat Lewin. Recruit some teammates or play solo--the choice is yours! Be prepared to answer a hodgepodge of general knowledge trivia questions. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 4

F. Holland Day House Guided Tour
93 Day St.
1-3 p.m.

Fred Holland Day, noted photographer, publisher, historian, and philanthropist, lived in the house until his death in 1933. Originally built in the Second Empire style in 1859, the Day family completely renovated the house in the early 1890s.

The current exhibit features prints of Fred Day's photography, original books from his publishing firm, Copeland & Day, and copies of handwritten genealogies he compiled about Norwood's founding families, which have never been displayed to the public. Fred Day also preserved many artifacts that are significant pieces of Norwood history, such as Norwood's first public library and first post office, which we have on display.

Concerts on the Common
Town Common
6:30-8:30 p.m.

Portrait in Jazz brings a musical spin to the Town Common! Bring chairs, blankets, even a picnic and enjoy!

Aug. 5

Carillon Concert
Town Common
6:30-7:30 p.m.

Jess Ip will be performing. Best listening spots are on the Town Common or in the upper parking lot behind the Town Hall off Central Street. Tours of the bell tower are available after most concerts. Best to bring a lawn chair to relax and fully enjoy the performance. Rain or shine.

Aug. 6

Norwood Farmers Market
Town Common
12-4 p.m.

NOTE THE CHANGE IN THE SCHEDULE! Due to Na-

tional Night Out, the Norwood Farmers Market hours will be 12-4 p.m. in order allow time for breakdown and setup for National Night Out. The market will still provide the best selection around for vegetables, fruit, bakery items, fish, meat, specialty foods, and non-profit organizations, artisans, and more! There will be games for the kids and music.

National Night Out
Norwood Town Common
5-8 p.m.

Norwood Police will be hosting this community-partnership event. Don't miss out on this opportunity to meet the Norwood Police Department. There will be plenty of family fun with cruiser demonstrations, motorcycles, prizes, ice cream, pizza, and more!

50 Hikes in Eastern Massachusetts
Morrill Memorial Library (Virtual)
7 p.m.

In this first edition guide, Madeline Bilis, author of 50 Hikes in Massachusetts, shares her years of outdoors experience in the Boston area, providing 50 hikes for people of all skill and experience levels. While the Berkshires tend to get all recognition when it comes to hiking in Massachusetts, the eastern part of the state is packed with treasures for lovers of the outdoors. From the rocky ledges of the Blue Hills Reservation to the sandy stretches of the Cape Cod National Seashore, incredible trails and vistas abound in this varied region. In addition to stunning natural views, you'll delight in discovering dozens of small towns, cultural attractions, and historical sites during your adventures around Boston and the Cape. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk

at 781-769-0200, x2.

Aug. 7

Summerfest Concert
Town Common
6:30-8:30 p.m.

PanNeubean Steel brings some cool vibes to the Town Common! Summerfest nights should be on everyone's summer schedule!

Aug. 8

George Henry Morse House Open House
1285 Washington St.
3-7 p.m.

Drop by to visit and enjoy light refreshments in the ambience of a home built circa 1868. Some areas of the home date to the late 17th century as well. Hosted by the Norwood Historical Commission. FREE and open to the public.

Pop-Up Library Card Sign Up
George Henry Morse House
1285 Washington St.
4-6 p.m.

The Morrill Memorial Library is holding a pop-up library card sign-up drive concurrently with the George Henry Morse House Open House!

Author Talk: Kirsten Miller
Morrill Memorial Library
7 p.m.

Kirsten Miller's book, *Lula Deans Little Library of Banned Books*, is a provocative, humorous satire about a small Southern town, a battle over banned books, and a little lending library that changes everything. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 9

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

Morrill Memorial Library is partnering with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for Adults. Each week, participants will create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Open to ages 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk

at 781-769-0200, x2.

Aug. 10

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

There are so many wonderful items at the thrift shop, and, at such great bargain prices! Visit and pick up some clothes, jewelry, shoes, kitchen items, books, decorations, and so much more!

Aug. 11

Concerts on the Common
Town Common
6:30-8:30 p.m.

A visit for some music on the Town Common should unveil some familiar faces as the Norwood High School Alumni Jazz Band performs. Bring chairs, blankets, even a picnic and enjoy!

Aug. 12

Monday Movie Matinee
Morrill Memorial Library
1 p.m.

Morrill Memorial Library continues its Monday Movie Matinee film series. Today's movie is 'The Marsh King's Daughter,' (R). A woman is called to the home of her estranged father to speak with the police about his disappearance. When new information about her mother comes out, she decides to drop everything and find out who was responsible for her kidnapping. The path will take her down a haunting reminder of her past.

Cast: Daisy Ridley, Ben Mendelsohn, Garrett Hedlund, Gil Birmingham, Caren Pistorius. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Carillon Concert
Town Common
6:30-7:30 p.m.

Jennifer Herrmann will be performing. Best listening spots are on the Town Common or in the upper parking lot behind the Town Hall off Central Street. Tours of the bell tower are available after most concerts. Best to bring a lawn chair to relax and fully enjoy the performance. Rain or shine.

Norwood Women's Community Committee Thrift Shop

NEW SUMMER HOURS: Thrift Shop

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CALENDAR

continued from page 14

Aug. 13

Women's Business Networking Meeting

Norwood Civic Center

8 a.m.

The Women's Business Net-
working (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 provid-
ing referral business, the women
share and support business ideas
and community events/fundrais-
ers. If you would like more infor-
mation about the organization,
call 781-799-7068, or email wb-
nofnorwood@gmail.com.

Norwood Farmers Market

Town Common

2-6 p.m.

It's Farmers Market Day!
Visit the market and join in on
giveaways and special events! Of
course, the Town Common is also
filled with so many vendors to
shop for vegetables, fruit, bakery
items, fish, meat, specialty foods,
and non-profit organizations, ar-
tisans, and more!

How to Improve Your Recycling Efforts

Morrill Memorial Library (Virtual)

2 p.m.

Julia Greene, Municipal As-
sistance Coordinator from the
Massachusetts Department of
Environmental Protection, will
discuss how to cut down on waste
and how to recycle correctly. Julia
will give practical advice on how
you can improve your efforts to
reduce, re-use, and recycle in your
day-to-day life in order to make
a positive impact on the environ-
ment. Bring your questions as
there will be time for Q&A too.
To register, visit [www.norwood-
library.org/morrillcalendar/](http://www.norwood-library.org/morrillcalendar/), or
call the reference desk at 781-
769-0200, x2.

Aug. 14

OneUp Games - Open Play Video Games

Morrill Memorial Library

4 p.m.

Join One Up Games at the
library for an open video game
play with VR! One Up Games
will bring next-gen consoles and
gaming monitors so they can play
popular video games along with
a mixture of classic and retro
ones. Kids who are 8 and over
will also be able to play with their
VR system. This program al-
lows kids to play what they wish,

Aug. 15

Age Well with HESSCO

Morrill Memorial Library

6:30 p.m.

As we age, there is a new life-
style to navigate, medical help to
seek, and many other future con-
siderations to account for. We are
bound to have many questions
about the resources available in
the community that will help us
age well in place. A representative
from HESSCO explains the long-
term services HESSCO offers
for older adults and adults with
disabilities. For more informa-
tion, visit www.hessco.org. Open
to all aged 18+. Registration is
required. To register, visit [www.
norwood-library.org/morrillcal-
endar/](http://www.norwood-library.org/morrillcalendar/), or call the reference desk
at 781-769-0200, x2.

Aug. 16

Sensory-Friendly Art Classes for Adults

Morrill Memorial Library

10:30 a.m.

Morrill Memorial Library is
partnering with Norwood-based
Lifeworks Inc to bring a series of
art classes called Sensory-friendly
Art Classes for Adults. Each week,
participants will create one-of-a-

Aug. 17

OneUp Games - Open Play Video Games

Morrill Memorial Library

5:30 p.m.

Join One Up Games at the
library for an open video game
play with VR! One Up Games
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gaming monitors so they can play
popular video games along with
a mixture of classic and retro
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VR system. This program al-
lows kids to play what they wish,

Aug. 18

Ice Cream Social, Family-Friendly Self-Guided House Tour & Scavenger Hunt

F. Holland Day House 93 Day St.

1-3 p.m.

This family-friendly tour ex-
plores the incredible historic
house room-by-room. Learn
more about Norwood's history,
while searching for items on the
scavenger hunt list. The fun con-
tinues outside with face painting
and delicious Ice cream.

Concerts on the Common

Town Common

6:30-8:30 p.m.

The SOS Swing Band per-
forms the big hits on the Com-
mon! Bring chairs, blankets, even
a picnic and enjoy!

Aug. 19

Carillon Concert

Town Common

6:30-7:30 p.m.

Wesley Arai will be perform-
ing. Best listening spots are on the
Town Common or in the upper
parking lot behind the Town Hall
off Central Street. Tours of the
bell tower are available after most
concerts. Best to bring a lawn
chair to relax and fully enjoy the
performance. Rain or shine.

Aug. 20

Norwood Farmers Market

Town Common

2-6 p.m.

It's midsummer, and the Farm-
ers Market is in full swing! With
even more vendors than last year,
shop for vegetables, fruit, bakery

Aug. 21

Turn the Page Book Group: 'Lady in the Lake'

Morrill Memorial Library

10 a.m.

Join Patty Bailey and other
local readers for a friendly and in-
formal discussion, of Lady in the
Lake, a novel written by Laura
Lippman.

In 1966, Baltimore is a city
of secrets that everyone seems to
know--everyone, that is, except
Madeline "Maddie" Schwartz.
Last year, she was a happy, even
pampered housewife. This year,
she's bolted from her marriage
of almost 20 years, determined
to make good on her youthful
ambitions to live a passionate,
meaningful life. Copies of the
book in regular, large print and
audio are available at the circula-
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reference desk at 781-769-0200,
x2.

Summerfest Concert

Town Common

6:30-8:30 p.m.

Take a musical step back in
time with Stoptime Revue! Sum-
merfest nights should be on ev-
eryone's summer schedule!

Aug. 19

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Town Common

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Master Sheet Metal (Unrestricted): #5867 | Corporate Sheet Metal: #641
Home Improvement Contractor: #188806

kind art projects, often utilizing recycled/repurposed materials and items found in nature. Open to ages 18 and up. To register, visit [www.norwoodlibrary.org/
morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the re-
ference desk at 781-769-0200, x2.

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F. Holland Day House 93 Day St.

1-3 p.m.

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welcome! To register, visit [www.
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endar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk
at 781-769-0200, x2.

Author Talk: "Summer Scares:"

Morrill Memorial Library (Virtual)

7 p.m.

Join a talk with Rachel Harri-
son, author of Such Sharp Teeth,
and Emily C. Hughes, author
of Horror for Weenies: Every-
thing You Need to Know About
the Films You're Too Scared
to Watch. As part of this year's
"Summer Scares" series by Ash-
land and Boxborough Public Li-
braries, authors Rachel Harrison
and Emily C. Hughes discuss
gateways into the horror genre
and how intertwined horror is
with popular culture. To register,
visit [www.norwoodlibrary.org/
morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the re-
ference desk at 781-769-0200, x2.

The Indigenous Old World: An Exploration of Pre-Colombian North America

Morrill Memorial Library

7 p.m.

Explore the worlds of the In-
digenous peoples of North Amer-
ica before European colonization.
North America was a place filled
with cities, towns, and villages.
Across the continent, Indigenous
peoples produced architecture
and monumental construction.
The ancient and medieval com-
munities of North America were
fed by agriculture. Moreover,
Indigenous Americans actively
managed their environment and
participated in long distance ex-
change networks. This talk will
be led by Christoph Strobel,
Department Chair and Profes-

CALENDAR

continued on page 16

521 Washington Street, Canton
www.rosettasrestaurant.com

Real Estate Corner

June Property Sales Prices Fluctuate

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of June, 2024, indicate a decrease in overall real estate activity, with decreases in property sales and transfers as compared to June, 2023.

seen a consistent rise in property sales month over month, and as the traditional home buying season continues, we hope to see similar activity in July and August as well as an increased number of property listings, which may help alleviate some of the pressure on buyers," Register O'Donnell said.

numbers decline, there will be a substantial decrease in the total number of recordings," Register O'Donnell said.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In June, 2024, there were nine foreclosure deeds recorded 617-727-8400.

"It comes down to the lack of available property inventory," Register O'Donnell said. "In general, an increase in the number of properties on the market will help bring down costs. Lower costs will alleviate the effects of higher interest rates. These factors together may help increase the number of individuals who can participate in the American dream of owning a home."

To learn more about these

REAL ESTATE
continued on page 18



The average sale price of commercial and residential properties for June, 2024, rose to \$1,153,576, an 11% increase compared to June, 2023, but a decrease of 8% from May, 2024. The total dollar volume of commercial and residential sales is down 5% from last year, but up 7% from 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," Norfolk County Register O'Donnell stated.

The total number of deeds recorded for June, 2024, which reflects both commercial and residential real estate sales and transfers, was 1,474, down 14% from June, 2023, and down 2% from May, 2024. However, looking at just home sales from last month, June, 2024 saw a 16% increase compared to May, 2024.

"Through the late spring and early summer months, we have

ister O'Donnell said. "However, the overall trend of a lack of inventory and increasing prices is still a concern."

In June, lending activity decreased compared to the same month a year ago. A total of 1,390 mortgages were recorded in June, 2024, down 3% from June, 2023, and roughly the same number recorded last month.

"Homeowners who took advantage of lower interest rates in 2020 and 2021 are less likely to refinance and are more hesitant to buy at current mortgage interest rates," Register O'Donnell explained. "Higher interest rates also make it harder for first-time home buyers to secure affordable repayment options. The Registry of Deeds recorded 9,062 documents in June, 2024. This was 14% less than in June, 2023, and a 2% decrease compared to May, 2024.

"The number of deed recordings and mortgage recordings are significant contributors to overall real estate activity, and whenever either or both of these

as a result of mortgage foreclosures taking place in Norfolk County, the same number recorded in June, 2023. However, in June 2024, there were 37 notices to foreclose, the first step in the foreclosure process, more than the 28 recorded in June, 2023.

"The number of these notices is troubling," Register O'Donnell said. "It suggests that more of our neighbors may have financial difficulties in the future. If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376), and NeighborWorks Housing Solutions (508-587-0950), to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at

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Real Estate Corner

The Importance of Filing Mortgage Discharges

Norfolk County Register of Deeds William P. O'Donnell recently reminded consumers about the importance of filing a mortgage discharge in a timely manner after their mortgage has been paid off.

"As consumers, we all need to borrow money," Register O'Donnell stated. "There are many reasons why consumers borrow money: to purchase a house, to make home improvements, or to help pay for the ever-increasing tuition payments of our children. The borrowing of money involving real estate leads to a mortgage being recorded against the title of that real estate."

In calendar year 2023, there were over 102,000 documents recorded at the Norfolk County Registry of Deeds, and of that number, nearly 14,600 were mortgages, more than 14% of all documents recorded in 2023.

To clear a homeowner's property title when a mortgage has been paid off, a mortgage discharge document needs to be recorded with the Registry of Deeds. A discharge is a document (typically one or two pages) issued by the lender, usually with a title such as "Discharge of Mortgage"

or "Satisfaction of Mortgage."

"As a consumer, you want to make sure a discharge has been recorded at the Registry of Deeds which tells the world that that mortgage has been paid off," Register O'Donnell noted.

In some instances, mortgage discharges are filed directly by banks or settlement closing attorneys with the Registry as part of a property sale or as a result of a refinancing transaction. In other cases, the mortgage discharge is sent to the property owner, who then becomes responsible for making sure the document is recorded.

"Whether or not the mortgage discharge is recorded by the lending institution or the individual property owner, it is imperative that the property owner makes sure all necessary documents have been recorded at the Registry of Deeds," Register O'Donnell cautioned.

Individuals with property recorded at the Norfolk County Registry of Deeds can check their title and make sure all their mortgages have been properly discharged using the Registry's online records at www.norfolkdeeds.org. By going to the Online

Research section of our website, property owners can verify that all mortgages associated with the property have been discharged.

"Please remember that not having a mortgage discharged will result in a title issue and thereby impact the process of selling one's home," Register O'Donnell explained.

The Register further noted that there have been cases where no discharge has been recorded against a long-paid-off mortgage.

"Unfortunately, some of the lending institutions that provided funds for these mortgages are no longer in existence," Register O'Donnell said. "In other cases, financial entities have merged with another lending institution."

If a property owner needs to retrieve the original discharge of a mortgage and it is unclear which lending institution is now responsible for providing the document, an option is to contact the Massachusetts Division of Banks at 1-800-495-2265, x-1 and then x-61501. Another option is to access the Federal Deposit Insurance Corporation website, www.fdic.gov. Then, approximately half way down the home page, find and click the Consumer Re-

source Center link. Under the topic, Protecting Consumers, click Bank Find. Enter the name of the lending institution in question, click on the lending institution link, and you will be able to determine who is responsible for the mortgage.

When recording a mortgage discharge, the original document is required. By law, the Registry of Deeds cannot accept photocopies or faxed copies of documents. The filing fee, set by state statute, is \$106.

"After paying off all the mortgages on their property, homeowners want to know they have a clear title to their property, especially if they are contemplating selling," Register O'Donnell concluded. "Knowing what steps need to be taken to ensure all paid-off mortgages have been properly discharged will go a long way in giving the homeowner assurances that they have clear title to their property. I cannot emphasize enough how important it is that homeowners make sure their mortgage discharge has been filed with the Registry of Deeds once their mortgage has been paid off."

The Norfolk County Registry

of Deeds is staffed with a team of customer service representatives who can be reached Monday through Friday, 8:30 a.m.-4:30 p.m., at 781-461-6101. These representatives have been trained in researching documents and are well versed on the subject of mortgage discharges and what, if necessary, needs to be done to clear title to a property.

To learn more about Registry of Deeds events and initiatives, like them on Facebook® at facebook.com/NorfolkDeeds or 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 via telephone at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

REALESTATE

continued from page 17

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 in-

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Hello Summer!

The Real Estate Market is Heating up!

"Paul prepared an in-depth market analysis report to help us arrive at an asking price. Paul is very personable and is easy to communicate with. He made us feel like we were his only clients. His years of experience was evident in the suggestions he made for home improvements prior to the open house and closing. He suggested a room be painted and found a painter on a days notice. The house was priced to sell and sold in less than one week. Paul's attention to detail was very much appreciated." — Diane S.

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


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MARKET SNAPSHOT

NORWOOD, MA
JUNE 2024

Single Family | Townhome | Condominium

 **\$671K** Avg. Sales Price ↑ 6%

 \$899K Median List Price ↑ 46%	 104.5% Sales Price / List Price Ratio ↑ 2%
 16 No. of Prop. Sold ↑ 14%	 7 Avg. Days on Market ↓ 55%

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 March 2024 - June 2024. June 2024 data are compared to previous 3 months' average. Source data is deemed reliable but not guaranteed.

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