



The Best Part of Fall? Norwood Day!

Norwood Day is Saturday, Sept. 7!

Residents would agree, this town is worth celebrating; and what a celebration the Town of Norwood puts on with Norwood Day! On Sept. 7, people flock to Norwood Center and the Town Common for the big-

gest, best block party around!

This annual festival brings businesses, organizations, family and friends together to share information, goods, and services, but just as importantly, enjoy and applaud everything

this wonderful town has to offer. The event will be held Saturday, Sept. 7, 10:30 a.m.-3 p.m., downtown Norwood, with vehicle traffic closed to accommodate the thousands of residents

NORWOOD DAY
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Drop Your Leaves and Leave Your Treasures

BY MICHELE TARANTO

Spring cleaning, clearing out a parent's home, decluttering, or adapting using the Feng Shui or

In comes the Norwood's Swap Shop! The Swap Shop was launched by Norwood resident Debbie Holmwood in June, 2023.



Marie Kondo methods. The incentives may differ, but the goal is the same: removing unwanted items. It can take a lot of motivation to get rid of things, even memories, but the harder part can often be, where/how to dispose those familiar pieces of our lives.

It is located at the Winter Street Recycling Facility, is becoming a very popular stop on Saturdays, for either dropping off or searching for new treasures.

SWAP SHOP
continued on page 3

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NORWOOD DAY

continued from page 1

and visitors.

It does take a village and many months of planning to host this spectacular event, including many volunteers, the staff of the Norwood Recreation Department, and municipal employees. Word has been spread; no other town hosts a party like this!

The streets are filled with people enjoying live entertainment, games, kiddie rides, food bites from local restaurants, sidewalk sales, and tables and booths of businesses, non-profit groups, and town department displays. Approximately 160 booths line Washington St. and fill the Town Common just to be a part of this special day!

Norwood Day, however, is not just for the kids! Casstle Island will also be hosting a sectioned-off beer garden near the Town Common.

“Free samples will be given to those who have a button, full pours are for sale,” Norwood Recreation Department Assistant Director Sam White explained.

The beer garden will open at 11:30 a.m., and proof of age 21+ will be needed to buy beverages

and patrons will receive a band to be served.

Unfortunately, the night before Norwood Day fireworks is still on hold this year due to the Coakley Middle School construction, the smaller space, and lack of parking.

On Saturday, September 7, at 10:30 a.m., the parade will kick off the festivities at the Morrill Memorial Library with the Norwood High School (NHS) marching bands and fall sports teams proudly strutting their school colors and entertaining

merchants, community organizations, crafters, food vendors, and much, much more sharing their goods, information, and swag! A stage at the Washing-

will run from 10:30 a.m. to 3 p.m., and for a great bargain of only \$3 (prior to event) for a Norwood Day button (\$5 the day of the event), entrance and partici-

months planning the event and throughout the day giving directions, selling buttons, and ensuring a smooth schedule for all.

Any resident who is interested in being a part of this spectacular day, volunteers are welcome for any time frame; even an hour will allow another volunteer to experience the occasion. For more information to lend a hand, call the Civic Center at 781-762-0466 or email John Kinney at johnkinney@norwoodma.gov.

Norwood Day attracts approximately 13,000-15,000 visitors from in and around Norwood; word has gotten out about the grand festival and residents from surrounding communities cannot resist supporting Norwood and joining in on the fun!

Norwood Day has become a valuable opportunity for local organizations and merchants to meet their neighbors and celebrate the spirit of the town. Even without a button, there is so much to do, learn, buy, and eat. Buying a button, however, helps support the event and provides more opportunity to join in the fun and celebrations!

In addition to its volunteers and municipal staff, Norwood Day would not be possible without the generosity of the event's sponsors. Special Thanks to: OneLocal Bank, Gillooly Funeral Home, Beth Israel Lahey Health Beth Israel Deaconess Needham, Central Jeep, Rockland Trust, Rojo, Bank of Canton, Dedham Savings, Chestnut Hill Realty, and the Skating Club of Boston.

We want to thank our sponsors for all of their support on putting on such a phenomenal event for our community,” White said. “Without their contributions, the attractions that are brought in would not be possible.”



pation is free to almost all events. Buttons can be purchased at the Civic Center, Town Hall, Morrill Memorial Library and the Senior Center. Buttons can also be purchased at the Norwood Day informational booth on the day of the big event. This year's button theme is centered on the Civic's Center's 80th birthday coming up in November.

Norwood Day is completely self sufficient. All expenditures are satisfied by corporation donations, sponsorships, and the sale of Norwood Day buttons. To help keep costs down, however, and in full demonstration of a town that pulls together, Norwood High School sports teams do their part to contribute to the day by assisting vendors with set up and break downs. Local businesses have proved strong partnerships with the Recreation Department and also reach into their registers to make this event a huge success. Norwood Day would also not be possible without the countless volunteers who donate their time for

spectators. The parade concludes at the town gazebo where the NHS Spirit Club will award the Anne Lydon Volunteer of the Year Award. The prestigious Award recognizes and honors a Norwood resident who has gone above and beyond to help the local community.

Immediately after the parade, the spectacular street carnival begins with booths of local retail

ton/Walpole streets intersection outside Conrad's will stand as a periphery anchor with local bands, performers, and dance groups providing live entertainment throughout the day, while the far end of Washington St. and the town gazebo lawn will serve as the second anchor with amusement rides. But don't forget the Town Common; even more vendors line the sidewalks!

The entire communal party

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SWAP SHOP

continued from page 1

“A lot of towns have it,” Holmwood said. “I have been trying to get the town to do it for 10-12 years.”

Holmwood describes the

load it back when it closes (and possibly helping customers). She even has many high schoolers earning their community service credits to help the process.

The Swap Shop is open Saturdays, Sept.-Dec., 8 a.m.-12 noon, January, February, and March, the first Saturday of each month,



Swap Shop as a win for everyone. It provides a positive solution for disposal of items that still have a lot of use in them, and it saves tax dollars. According to Holmwood, June-Dec., of 2023, the Town received credits from the state from the 160,000 pounds of trash that did not have to get dumped. Also, the only town contribution is its location as a grant was used to purchase the 40-yard container

“Everybody that is there is there as a volunteer,” Holmwood said. “No DPW people are being used. That would defeat the purpose if DPW people were used to help.”

There are currently 20 people on the Swap Shop’s volunteer feed, but Holmwood needs more to keep the Shop going. Only two or three are needed to unload the container in the morning and

and June, July, August, every other week (Closed hazardous Waste Day). It is located at the Winter Street Compost Facility, 370 Winter St. With more volunteers, more days may be added in the winter and summer. Residents do need a sticker to enter the facility. Permits are available from the DPW Administration Office, at the John J. Carroll Administration Building, 1 Lyman Pl. (side back of the Civic Center). Hours are Monday-Friday, 7 a.m.-3 p.m. You must bring the

SWAP SHOP
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57 Highland St	\$800,000	70 Endicott Street U:1403	\$636,000
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Norwood PD in Support of Toys for Tots



Chief Padden and Detective Lopes recently accepted certificates of appreciation from the Toys for Tots program. NPD was recognized for their work with the United States Marine Corps Reserve non-profit charity program.

Detective Lopes was also specifically recognized for his work with Toys for Tots. Great work by Chief Padden and Det. Lopes, both United States Marine Corps veterans, and NPD.

SWAP SHOP

continued from page 3

vehicle registration.

As a self-proclaimed junker by nature, Holmwood admits to hanging on to things maybe a little too long, but believes in the worth of passing it forward. As word has spread of the Swap Shop, its popularity has grown, and so has its inventory. It is a different collection every week!

“Some people may take an old chair and refurbish it,” Holmwood said. “We have had kayaks, to adjustable bed frames, lamps, chairs. You never know who you are getting week to week. We get a little bit of everything: Christmas, Halloween, glasses, toasters. After graduation, we received graduation decorations. We have desks, paper goods, even a box of brand new copy paper once. People bring in bubble wrap, use it, then bring back and it gets used again.”

Many areas benefit from Norwood hosting a Swap Shop. The town gets credit from the state for its implementation and use. Residents have a resource not only as a source for donations, but for

recycling items that are perfectly useful. How about helping landfills and the environment?

“What people should understand, this is their tax dollars,” Holmwood said. “It’s for the use of people in town. Everything is free. Lots of crafty people come by, furniture can be made into something fabulous. For bikes, people will bring them home, fix the chains, blow up the tires, and make minor repairs. One person turns old skis into chairs.”

If you haven’t obtained a compost facility sticker yet, no fear, the Swap Shop is hitting the road on Sept. 7, when it will host a table at Norwood Day. Bins of sporting equipment, such as skates, baseballs, golf clubs and more will be available for visitors to take what they could use.

Volunteers are needed to assist Holmwood and her team to keep the Swap Shop operational and to hopefully expand its hours. For more information or to volunteer, call Debbie Holmwood, 781-724-8883.

“This is a great town, with great bones, and we just need volunteers,” Holmwood said.

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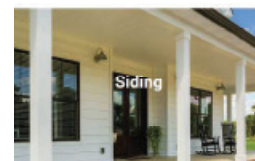
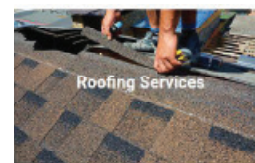
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Hotel of the Year and Team Member of the Year

Four Points by Sheraton Norwood's innovative English language program gains notice

By JANE LEBAK

Four Points by Sheraton Norwood has won the Marriott Select Brands Hotel of the Year award—in part because of its innovative English Language Learner program for its employees.

The Hotel of the Year award draws from all Four Points by Sheraton hotels and conference centers in North America. This award recognizes hotels that consistently score high guest ratings, excellent sales efforts, a clean and welcoming environment, exceptional hospitality, and flexibility when dealing with challenges.

This year, one specific challenge triggered the creation of the hotel's English Language Learner program for employees.

Early in 2024, General Manager Shoumala Ghosh (who won General Manager of the year in 2022) witnessed an employee struggle to communicate with first responders during an emergency. The employee couldn't speak to them without a translator, and there wasn't one immediately available.

Shoumala says, "All I could envision was my employee being at home and not being able to tell someone they're having a heart attack, or not being able to intervene for their loved ones. If they have children, how can they communicate with their teachers

about what the kids need help with?"

To meet this need, Shoumala set about developing an English Language Learner program for the employees, with help from the Norwood Public Library.

The first English Language Learner program took place over twelve weeks, on hotel property. Participation was entirely voluntary, and classes were on the clock so employees were paid for their time.

"Many of our employees are in a totally new country and trying to adapt to our culture," says Shoumala. "I am so proud of them. They would show up every day for the classes, some after twelve-hour shifts or while juggling two jobs."

At the end of the first twelve-week session, many employees signed up for a second one, and a third is being planned for the fall. Forty-six employees have participated so far.

Mindy Keyes, Director of Catering Sales and Marketing, says, "I've never heard of another hotel doing this. Moreover, everyone at the hotel has circled around the people going to these classes. At the heart of our hotel is the community, making sure everyone belongs and has all the tools in life to be successful."

The word "community" keeps coming up in discussions about the hotel. "We're one team," says Keyes. "Whether

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you're in housekeeping or sales or food and beverage, you're part of the team. As Shoumala tells us, 'It's not just about the hotel. It's about all of us.' Our guests benefit from that communal sense."

Four Points by Sheraton Norwood also won Hotel of the year in 2022. Keyes says, "Winning an honor like this twice in three years is unprecedented."

In addition, team member Elaine O'Brien has been recognized as Marriott Select Brands Team Member of the Year.

Elaine handles events for One Bistro's private dining room, "One Seventeen." She started as a banquet server and transitioned to One Bistro, where soon she rose to team lead.

Keyes says, "Elaine comes in every day to meet with the sales coordinators and event managers. She does everything. She'll pick up shifts in



Elaine O'Brien, Marriott Select Brands Team Member of the Year

the restaurant, or as hostess, or waiting tables."

Once a year, the hotel celebrates "Global Housekeeping Appreciation Week," and One Bistro's team member Elaine O'Brien, comes in on her own to set it up for her coworkers.

When a local family was displaced by a fire and given temporary housing at Four Points by Sheraton, Elaine took the initiative to get them diapers and formula, which she personally delivered to their room.

"This is the kind of service our hotel fosters," says Keyes.

"Our guests don't necessarily see the teamwork, but they see the effects of it in their smooth experience, from check-in to check-out. We're proud to win awards, but we're proudest of the community we've created."

Four Points by Sheraton – Norwood is located on Route 1, convenient to I-95, I-93, and Gillette Stadium. For more information, please visit <https://www.marriott.com/hotels/travel/bosof-four-points-norwood/>

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Clear the Shelters, now in its 10th year, is a nationwide pet adoption campaign led 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 million pet adoptions and raised millions of dollars to help these homeless animals.

The national Clear the Shel-

ters Campaign runs from Aug. 10 to Sept. 10. 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.baystate-animals.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.

Meet Pineapple

You may remember Pineapple. This sweet boy originally hails from the sunshine state of Florida and traveled all the way to Massachusetts 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



Pineapple

him on his way to his happily ever after.

When Pineapple had his dental exam, it was discovered this poor boy needs all of his teeth removed. Major issues. Additionally, during his time outdoors his tail had been de-gloved at some point and has not healed properly. We will try antibiotics and debriding but he may need a portion amputated. He's beyond forgiving of what humans have done to him. BSAC will address his medical issues but he is still ready for his forever GOOD hu-

mans to show him true love!!!!

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.

If you are not the one to adopt Pineapple into your home but want to help him in his recovery, donations towards his estimated \$2,500 bill are welcome.

Meet Salem

Salem is an adult, shy female,



Salem

spayed, and surrendered to the Bay State Animal Cooperative. She appears to be ok with other cats per her foster mom, but will need a quiet home to adjust. She will probably be best for an experienced cat person. After some patience and bonding, she will allow you to pick up and petting is welcome after trusting you!

Meet Mira & Basil

They are best friends and because of that bond, Mira & Basil must go home together. These two sweethearts came from an overcrowded environment and lacked socialization early in life. Since arriving in their foster home a few months ago, they have made huge strides in trusting humans and gaining confidence. While they once hid in the closet whenever a human entered the room, they are now curious and playful. They may still be a bit reserved and not quite ready for pets, but they enjoy treats and are comfortable being in the

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Mira & Basil

understanding home that can continue to help them build their confidence. A quiet environment without too much hustle and bustle would be ideal, allowing them the space to gradually come out of their shells.

Why You'll Love Basil & Mira: This pair has shown incredible growth and resilience. Their journey from timid and scared

to playful and curious is a testament to their potential. With time and love, they are sure to become wonderful companions who will bring joy and warmth to their forever home.

Meet Dominic

Adorable Dominic will be ready for his new home very



Dominic

soon. He is now approximately 10 weeks old. In between his playtimes, he is patiently awaiting his vet visit and neutering.

He is very playful, curious, smart, doesn't frighten easily. His

favorite things? He loves company, toys and wet food! He also enjoys to sleep on your lap after watching a bit of TV; yes, he pays close attention to the screen!

BSAC is currently taking applications so when Dominic is ready, he can snuggle in to his forever home.

Momma Brady

We also have Momma Brady.



Momma Brady

Brady Bunch kittens momma.

I don't have photos of just her yet. Gathering and will send. She's young adult

Orange and white long haired sweet girl.

To adopt any of the cats on this page:

Complete a non-commitment application on our website: www.baystateanimals.org or cut and paste the application link below:

We have a \$175 adoption fee for our cats that includes; spay or neuter, age appropriate vaccines, feline leukemia test, FIV test if over 6 months of age, microchip, flea treatment and roundworm treatment as needed, additional treatments as deemed necessary.

Thank you and if you do not hear from one of our volunteers in a reasonable amount of time please do not hesitate to reach out to us!

Visit BSAC at the Norwood Farmers Market!

Volunteers from the BSAC have a table at the Norwood Farmers Market every other week: Aug. 27, Sept. 10, Sept. 17, Oct. 1, & Oct. 15, 2-6 p.m., Norwood Town Common.

Learn more about the organization as well as how to adopt or foster one of Bay State's cats, or joining their team through volunteering to help protect and rescue homeless or surrendered cats.

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A Little Off The Top

Of crayons, nap time and presidents

By STUART GREEN

A hush descends upon the room – well, not so much of a hush as a muffled silence. And more like an unconscious free-fall than a descent.

Let's start again – although it's unlikely to improve much.

It's the first day of kindergarten, which only can mean one thing, or maybe a few, if they're divided evenly – patient introductions, soothing talks about paintings, calm mentions of learning the alphabet. And a nerve-wracking, all-out, no-holds-barred campaign of electing a class president.

Mrs. Listen-To-Me is the teacher, as is apparent from her demeanor, command of language, and height.

"Good morning, everyone. I'm so happy you're with us today, and I know we'll have a wonderful

year of learning, creating, sharing and napping. Before we begin, do any of you boys or girls know what a leader is? Yes, Tommy?"

"Ah, yuh. A leader is what daddy uses to go up on the roof."

"Well, almost. Anyone else? Susie?"

"My mommy, who is the smartest person in the whole world, told me a leader is a unit of measurement equaling 33.814 fluid ounces. And that's right, because I am always right."

"Well, class, another leader is someone who directs a group. One type of leader is called a president. And today we all can elect a class president. And I think we found two candidates who could be president – Tommy and Susie. OK, Susie?"

"Oh, my vast knowledge of external and internal policy will

help my fellow kindergartners gain both practical and existential knowledge that they can use toward maturity."

"Oh, my. And OK, Tommy?"

"What was the question?"

"I'll take that for a yes. First, can you both let everyone know just why you like living in Norwood? Susie?"

"Norwood is a unique and sublime municipality, with economic vibrancy, a diverse population, prodigious networking opportunities, and an enlightening educational system."

"Are you sure you're five? OK, then, and Tommy, why do you

love Norwood?"

"My dog lives here."

"Very succinct. Next, what should the goals of the class be this year? We'll start with Tommy."

"Lots of recess."

"Well said. And Susie?"

"A vibrant resource personalized in opalescent and polychromatic tones."

"Um, is there another way of saying that that's less, well, multisyllable?"

"Yes – a box of crayons for everyone."

"Of course. Let's try a very simple question which should

produce a very simple answer. If the class were to have a party, what should the theme be? Susie, you first."

"A theme of any communal gathering should be thoroughly propounded by the various population to whom it would most impact."

"Thank-you for that simple answer, Susie. And Tommy?"

"I like cookies."

"Well, class, there you have it, your two candidates for class president. And now we'll all see the importance of democracy in action... right after nap time."

2023-2024 Norwood School Nutrition Update

School Meals will now be universally free for all students in Massachusetts.

Meals for Students Learning In-School

All Students will be offered both free breakfast and free lunch. Although it is encouraged, students do not have to participate in the meal program and may bring their meal from home.

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Senior Corner

By MICHELE TARANTO

Take Care of your Heart

Seniors have likely (and hopefully) had their share of affairs of the heart. With maturity, however, that heart requires some extra attention.

According to the National Institute on Aging, a normal, healthy adult heart is about the size of a clenched fist and, just like a car engine, keeps the body running efficiently.

The right side pumps blood to the lungs to pick up oxygen.

The left side receives oxygen-rich blood from the lungs and pumps it through arteries throughout the body.

An electrical system in the heart controls the heart rate (heartbeat or pulse) and coordinates the contraction of the heart's top and bottom chambers.

The Heart Changes With Age

Changes in the heart and blood vessels may increase a person's risk of heart disease and related health problems. This may inhibit limited activity and erode quality of life.

In addition to a heart attack or stroke, there are other risk factors that may also be linked to heart disease, such as cognitive health, including a person's risk of dementia later in life.

For serious concerns, contact a doctor immediately.

For senior citizens looking to learn more about heart health and positive alternatives, Home Helpers Home Care offers a series of free educational classes pertaining to cardiac health.

These classes are offered to those with issues as well as family members providing care for loved ones.

For more information, contact Pat Roth LPN, 781-828-9600, x6.

Informative Library Program

Aging Parents: Understanding Housing Options

Sept. 26, 6:30 p.m.

Morrill Memorial Library

Social isolation can have a profound effect on seniors living at home alone. Many older adults have limited opportunities for meaningful interactions and daily exercise, especially during the cold winter months. While visiting your loved ones, it is important to keep an eye out for both physical and cognitive changes.

Join Anne Stein, Director of Community Relations and Rebecca Scalzo, Executive

Director at Cornerstone, Canton as they take the attendees through the signs to look out for and how to determine the best living option for your loved ones so that they can have the highest possible quality of life.

This program is free and open to all ages 18+. To sign up, visit

norwoodlibrary.org/morrill-calendar, or call the reference desk at 781-769-0200 x2.

Have You Considering Volunteering?

Literacy Volunteers Tutor Orientation

Sept. 4, 6:30 p.m.

Morrill Memorial Library

Have you been looking for a meaningful opportunity to make a positive change in the world? Consider becoming a literacy volunteer! All you need to tutor adult students is sensitivity, a high school diploma, and to complete a tutor training program. To register, call: 781-769-4599 or email lvamml@minlib.net.

Learn About Senior Healthcare

Medicare Supplement Plans or Medicare Advantage Plans: Which Coverage is Best for Me?

Sept. 17, 7 p.m.

Morrill Memorial Library

Medicare Supplement Plans or Medicare Advantage Plans? This is the #1 question most people have when deciding on the coverage that is best for them. This presentation, brought by Blue Cross Blue Shield, will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources to help in the decision process. This presentation is great for people new to Medicare and

also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15 through December 7, or during the Medicare Advantage open enrollment period from January 1 through March 31. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Don't Forget to Have Some Fun!

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. Coffee, tea, desserts and water are included as well as door prizes. Newcomers of all ages are welcome.

To stay updated on 'Friends' events, like their Facebook page at: Friends Of The Norwood Council On Aging.

FOOTBALL IS BACK!

Stay up-to-date on the entire season!

Sept. 8	@Cincinnati	1 p.m.	Nov. 10	@Chicago	1 p.m.
Sept. 15	Seattle	1 p.m.	Nov. 17	Los Angeles (R)	1 p.m.
Sept. 19	@New York	8:15 p.m.	Nov. 24	@Miami	1 p.m.
Sept. 29	@San Francisco	4:05 p.m.	Dec. 1	Indianapolis	1 p.m.
Oct. 6	Miami	1 p.m.	Dec. 15	@Arizona	4:25 p.m.
Oct. 13	Houston	1 p.m.	Dec. 22	@Buffalo	1 p.m.
Oct. 20	@Jacksonville	9:30 a.m.	TBD	Los Angeles (C)	TBD
Oct. 27	New York	1 p.m.	TBD	Buffalo	TBD
Nov. 3	@Tennessee	1 p.m.			



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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

Living Healthy

Their Backpack Is Ready, Is Their Vision?

By: GRAHAM R. STETSON, OD, MS

As summer winds down and school sessions begin, it's easy to overlook the importance of good vision amid the excitement of new classes, friends, and activities. With around 80% of our brain dedicated to vision, it is the most important school supply your child can have. Here are five key tips to ensure your child's eyes stay healthy and sharp throughout the school year.

Schedule a Comprehensive Eye Exam: Many vision problems that affect learning go undetected, as children may not realize their vision is not perfect. Comprehensive eye exams go well beyond standard school screenings and are recommended annually, beginning in pre-school. They not only test for refractive error (e.g. myopia/nearsightedness), but also assess overall ocular health and evaluate for strabismus, amblyopia, and visual developmental anomalies. Catching these issues early can make all the difference in your child's learning experience.

Monitor Screen Time: With homework assignments, reading, and leisure activities increasingly involving screens, it's essential to manage your child's screen time. Prolonged screen time can cause eyestrain, dryness, and headaches. Studies show that limiting non-academic screen time to two hours is best. Encourage your child to take regular breaks by following the 20-20-20+ rule: every 20 minutes have them look at something 20 feet away for at least 20 seconds, plus blink hard five times to replenish the tear film in the eyes. Developing this simple habit is not only helpful for your child, but for everyone who frequently uses screens.

Ensure a Proper Study Environment: As your child dives into their homework routine, make sure their study environment is well-lit. Proper lighting reduces eyestrain, especially during evening study sessions. It is also important to maintain a reading/working distance of about 15" to reduce the demand on our eye alignment and focusing mechanisms.



Encourage Outdoor Play: Spending time outdoors not only benefits your child's overall health but also their vision. Studies have shown that regular outdoor time can reduce the risk of developing myopia (nearsightedness). Encourage your child to spend at least an hour a day outside.

Teach Good Eye Habits: Remind your child not to rub their eyes, as this can spread infections, scratch the eye, or cause other injuries. Additionally, make sure they wear protective eyewear during sports or any activities where there is a risk of eye injury.

As the school year begins, make sure to prioritize your child's. Paying attention to your child's vision can help them thrive both in and out of the classroom and clear the way to a brighter future.

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Living Healthy

A Drug Free Approach to Treating ADD/ADHD

An estimated 11% (6.4million) of US school aged children have been diagnosed with ADHD in their lifetime. Additionally, 4.4% of adults have ADHD in the U.S. ADHD is a neurobehavioral disorder that is characterized by a persistent pattern of inattention and/or hyperactivity or impulsivity that interferes with function and development. Some of the symptoms include lack of focus, inability to complete tasks, and impulsive behavior. Many people choose to treat this disorder with medication and behavior modification, while others choose a more holistic approach which targets the cause and not just the symptoms.



Dr. Rochelle Bien & Dr. Michael Goldstein

Marla P. was frustrated dealing with her 8 year old son. He had difficulty finishing schoolwork and difficulty completing his daily tasks at home. She would ask him repeatedly to get dressed, brush his teeth and put his toys away. He would start but not finish these tasks because he became distracted easily. At first, she thought he was just lazy, but very quickly realized that there was something wrong. The behavioral patterns of inability to focus, complete tasks or sit still for any length of time “set off bells” in her head. She realized

that something was not right and that he might have ADHD. She didn’t want to put him on meds and decided to take a holistic approach. A dear friend suggested she call The Holistic Center at Bristol Square in Walpole. Within 2 weeks of beginning treatment, Marla noticed that her son could sit to do his homework and complete the assignment without screaming, yelling and tears. Within 4 weeks, he was completing his daily tasks at home easily and happy to do so. Within 2-3 months her son was happy and more confident, because he

was finishing his assignments in school as well as at home in a reasonable time frame.

If you or someone you love is suffering from ADD nor ADHD don’t hesitate to contact Dr Rochelle Bien or Dr Michael Goldstein at The Holistic Center at Bristol Square, 1426 Main Street in Walpole. CALL TODAY and get started on your journey back to health. (508) 660-2722.

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Diana Dorci, Norwood PMC

By CHRISTOPHER TREMBLAY

During the early 2000's, Diana Dorci began working at the Boston Children's Hospital. When she found out a friend was riding the Pan Mass Challenge she decided to donate, but also told the friend that she was crazy for taking part in such a long bike ride over two days. The friend graciously accepted the donation but made it known that Dorci would be on a bike the following year.

That friend was right, and in 2004 Dorci climbed upon her two-wheeler to take part in her first ever PMC bike ride as part of the Pedals for Pediatric team. The team took part in the 2-day Sturbridge to Provincetown ride to help ease the burden of families with children dealing with cancer. Although the ride is usually around 192 miles, Dorci noted that there seemed to be a lot of detours that year and the ride was closer to 200 than the 192 as posted.

Now, 20 years later, Dorci is still participating in the event, although she will not be riding, so to speak; she will be volunteer-

ing at the Walpole water station. Since she lives relatively close, she will be riding her bike to and from her home to the location.

"That first year, I really didn't know anything about the event in terms of what it took to be a part of it," Dorci said. "It sounded totally ridiculous to me that someone would be willing to sit on a bike for two days. I began riding with Kristen (her friend) that year, but somehow, she got lost, but we were able to reconnect and finish the ride together."

Although Dorci found the ride to be exciting, she experienced a lot of hurt throughout the ride. She noted that she was riding a hybrid bike that first year and it was much heavier than the bikes most of the other bikers were riding, which was partially the cause of her pain.

"I may have been in pain, but all the people at the stops were so invigorating and kept you going," Dorci said. "You get there and jump off your bike to get some

water and you're feeling very happy and forget about the pain you were just in, but you have to



eventually get back on your bike and you suddenly realize the pain is back."

About a week after her first ride with the PMC, Dorci decided to take advantage of the tax-free weekend and purchased herself a good road bike. She

was still unsure of the ride, but wanted to give it a second chance and see what the course would be like with the proper bike. Riding in her second stint with the PMC upon a road bike, she was much more content, and like so many others, was hooked.

"There was a week we were staying in Barnstable near the bike path and I told my ex-husband let's rent the bikes and go for a ride," Dorci said. "It was in my blood and I wasn't going to stop."

In 2007, Dorci decided to change her route. Instead of starting from Sturbridge, she began the ride at Wellesley. It made much more sense for her to begin here as it was closer to her home and she could sleep in her own bed instead of staying overnight closer to Sturbridge. The move not only made more sense, but it also made the ride more enjoyable for her.

One of the reasons the Norwood native has continued to

earn money for the Jimmy Fund is the children. Three of her co-riders had lost children to cancer; one of them is buried at a cemetery along the route, so they stop there each year. Then in 2021, her ex-husband was diagnosed with a rare form of cancer and he had been a big supporter of her riding the event through the years.

Although she is only volunteering this year, Dorci says she doesn't see herself stopping.

"It's a big-time commitment with all the training, but it is such a worthy cause," Dorci said. "I can't see me retiring my bike just yet and I am sure once I see those bikes roll up to the water stop things will change and I'll find myself back on my bike next year. One way or another, I'll be involved in the PMC in some capacity; it's hard to see myself not being involved."

During her 20-year association with the PMC, Dorci has raised over \$100,000 for the event, and at the time of this writing was at \$104,167.

Pictures courtesy of Diana Dorci

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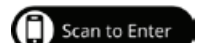
Winners will be chosen at random and notified by phone or email. Tickets are for entrance to Winter Wonderland display only.

Answer these two questions and send your response to: Our Town Publishing: CONTEST, 74 Main St., Suite 16, Medway MA 02053

1. What is your favorite animal or attraction at Southwick's Zoo? _____

2. What would you like to see more of in your local newspaper? _____

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Norwood Sports

The Players are Ready!

Growing up and playing youth football, a lot of the Norwood seniors on the football team were used to having success. Throughout the years, the group found themselves rather successful on the field. While losing was not a word in their vocabulary, unfortunately things all took a turn once they got into high school and began playing for the varsity team under Manny Lopes.

Lopes had recently took over the reins of the Mustang football program and was putting his touch on the team. Two years ago, when this year's group of seniors were only sophomores, playing on the varsity team for the first time, Norwood was only able to secure three wins while losing eight games. It was not at all what the sophomores were hoping.

"A lot of us had been playing football together since the second grade," wide receiver and offensive leader Brian Dearborn said. "As youngsters, we were a dominant group and always winning, so to only win three games that year was really tough on us. We knew that we were going to have to step it up if we wanted to improve."

Coach Lopes knew that while his team was improving since he took over, he also knew that when you start a lot of younger players, things were not going to happen overnight; it was going to take time.

"That year, we started four or five sophomores, and for every sophomore that you start you have to figure you're going to lose one game," the Norwood coach said. "While it is not always the case, it should be considered. Those kids were sophomores, turned into juniors, and are now seniors. Things have changed and they seem to have found their groove and are buying into what the coaches are telling them."

Last fall as juniors, the group was able to improve to 7-4 while earning themselves their first home playoff game in over 10 years. The 7 wins not only got

Norwood into the tournament, but put them atop the Tri-Valley League (TVL) in a three-way tie with Holliston and Westwood. As a 5 seed in the Division 4 tournament, Norwood unfortunately did not play their best football and was upset by Burlington, the number 12 seed, 34-21.

"Having a rough season during our sophomore year, we knew that we needed to get better," middle linebacker and defen-



sive leader Drew Bartucca said. "We all bought into the program and hit the weight room getting bigger, stronger, and faster. We had a successful season in our junior year and earned ourselves a home game and after a close first half, Burlington ran away with the game in the second half."

Norwood didn't seem to take Burlington all that seriously and found themselves on the wrong side of the final score. The loss motivated the team to work even harder as they got ready for the upcoming season.

"School ended around June 22/23 and the team started working in the weight room on the following Monday; three times a week, 6:30 - 8 a.m.," Lopes said. "I asked them if they wanted to take a break around the fourth of July and they told me that they wanted to continue. The coaches were talking about it recently how they could barely lift 95 pounds and now they were up to 225-255 pounds. You could see them consistently getting stronger and

buying into the program."

Lopes continued to say that in previous years you could see that this group was very talented, but there was no leadership. This year, the seniors have stepped up



Brian Dearborn, left, and Drew Bartucca, above, are ready for the season. Photos submitted

in a big way.

Defensively, Norwood has lost four key players, but Bartucca is confident that the Mustangs have the players to step in.

"We definitely have some big shoes to fill, but we have the guys to do it," Lopes said. "We have really looked good defensively so far although we have only done 7 v 7; we haven't got into the rushing aspect of practice. We need to listen to the coaches and not get ahead of ourselves and we'll be ok."

Bartucca believes that there is a lot of chemistry between this year's group and they feed off one another.

"I am looking to be a leader to this team and show the younger guys what needs to be done," Bartucca said. "Learning is a progression and we've see it on the younger guys." Dearborn echoed his teammates sentiments while adding that in order to win the team needs to stay tough.

"We've been lifting and conditioning as well as some team bonding events," Dearborn said. "Defense looks to be pretty solid and the offense is going to need to do the same as last year offensively if we want to win. I believe that we are ready to go."

Both athletes have the same goal - making the playoffs with another home game.

"This time, we want to win that home game, then get another home game, and hopefully make a run through the playoffs," Dearborn said. "Last year, we fell apart and went into the game thinking we were going to win. That loss has been in the back of our minds all year and it's the

motivation that we need to be successful this year."

Bartucca went on to say that Norwood is looking to have themselves a decent regular season, while making a run in the tournament.

"I have never won a playoff game and that's one of my biggest goals this year; to help Norwood win a playoff game and hopefully we can do it a couple of times," Bartucca said.

Lopes' goal is the same as it is every year. Norwood is looking to win the TVL, and although they have won it three times during the Coaches six years with the Mustangs, he would like to win it outright instead of sharing it like they have in the past. He too has not won a playoff game and would like to see that happen this upcoming season as well.

"People approach me and ask me continuously how the team is," Lopes said. "I believe that they are good and competitive," Lopes said. "I can say anything I want, but it doesn't matter; it's all up to the guys on the field living up to their expectations."

The Norwood players have been putting in a lot of off-season work and are gearing up for what they believe to be one of their most successful seasons in Lopes' career as the Mustangs Head Coach.

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Calendar of Events

Sept. 3

State Primary Election
Polls open 7 a.m.-8 p.m.

'Crayons Go Back to School' Grab and Go Bag
Morrill Memorial Library
9 a.m.-9 p.m.

To mark the start of a new school year, Norwood CFCE will be offering grab and go bags filled with back-to-school fun! Each bag will pair a copy of the book 'The Crayons Go Back to School' by author Drew Daywalt with a related activity for your child to do at home. We ask that you only request one bag/family as limited books are available. The kits will be available for pickup in the library at the children's desk during the month of September. If you are not able to pick up your kit during the month of September, your kit would be made available to another family. For ages 2-6 years old. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

Visit the market and join in on giveaways and special events! They played in July and are back for an encore performance: School of Rock! 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, artisans, and more!

Sept. 4

First Day of School Grades 1-12
Willett Kindergarten Orientation
Little Mustangs Preschool
Academy (LMPA) Orientation

Literacy Volunteers Tutor Orientation
Morrill Memorial Library
6:30 p.m.

Have you been looking for a meaningful opportunity to make a positive change in the world? Consider becoming a literacy volunteer! All you need to tutor adult students is sensitivity, a high school diploma, and to complete a tutor training program. To register, call: 781-769-4599 or email lvamml@minlib.net.

Sept. 5

First Day of School Willett Kindergarten and Little Mustangs Preschool Academy (LMPA)

Sept. 6

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

Join 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. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 7

Norwood Day
10:30 a.m.-3 p.m.

Norwood's spirit is volunteerism and activities that enhance the lives of all its residents. The fun-filled day includes live local entertainment, games, prizes, crafters, food, sidewalk sales, business and non-profit groups, and town department displays! Ticked are \$3 in advance or \$5 the day of the event.

Sept. 9

Music with Sarah
Morrill Memorial Library
11 a.m.

Get ready to rock and roll! Join children's musician Sarah Gardner as she leads children and their caregivers in song, movement, and instrumental fun. Caregivers must stay with children throughout the program. For ages 0-5 years old. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monday Movie Matinee: The Color Purple
Morrill Memorial Library
1 p.m.

2023 Musical adaptation of Alice Walker's novel about the life-long struggles of an African American woman living in the south during the early 1900s. (140 mins) - PG13 Cast: Halle Bailey, Taraji P. Henson, Aunjanue Ellis-Taylor, Elizabeth Marvel. For ages 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Parkway Concert Orchestra Open Rehearsal
First Congregational Church, 100

Norwood Women's Community Committee Thrift Shop

BACK TO REGULAR HOURS: Thrift Shop

Wednesday: 6-8 p.m.

Thursday: 9:30 a.m.-3:00 p.m.

Saturday: 9:30 a.m.-12:30 p.m.

Accepting Donations

Monday & Wednesday mornings:

9 a.m. – 11:00 a.m. and during regular retail hours

Winter St.

7:30-9:30 p.m.

Parkway Concert Orchestra is a 50-piece community orchestra under the musical direction of Thomas Kociela which performs classical and pops selections 4-6 times per year in multiple locations around the southwest suburbs of Boston. The orchestra rehearses on Mondays at the First Congregational Church. The fall season begins on September 9, preparing for concerts on October 27, December 8, and 15. There are openings for all positions with emphasis on viola, bassoon and percussion. Experienced volunteer musicians are invited to contact for open rehearsals on September 9 and 16 to see if we are a good fit. For more information, call 781-444-5041 or email parkwayconcertorchestra@gmail.com. For more information about the orchestra, visit the orchestra's web site at www.parkwayconcertorchestra.org.

Sept. 10

Women's Business Networking Meeting
Norwood Town Common
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 Farmers Market
Town Common
2-6 p.m.

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, artisans, and more!

Understanding Domestic Violence: What is it and How Does it Impact Me?

Morrill Memorial Library
6:30 p.m.

Join The Second Step for an informational presentation to learn more about domestic violence and how it might show up in your life. Domestic violence is an epidemic that isn't often discussed, yet it is present in all communities. You can expect to leave understanding what domestic violence is, how it shows up in our community, what local resources are available, and more. This presentation is not just for survivors or loved ones, all are encouraged to attend. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Toastmasters Civic Center
6:45 p.m.

The Norwood Toastmasters Club, a not-for-profit educational organization that develops communication and leadership skills for their members and the community at every level of ability. Guests are always welcome to come and see just how it is done! Visit norwoodtoastmaster.toastmastersclubs.org/ for additional information.

Sept. 12

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

Tonight is the first chance to drop off supplies and equipment. No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials at one of the times/days listed below. We put them out on tables, and then during the event we "shop," taking home things we think we

might use for ourselves. There is always an abundance, and a lot of people join in. Bring a bag when you come, because you'll find some things you can't resist!

Sept. 13

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

No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials at one of the times/days listed below. We put them out on tables, and then during the event we "shop," taking home things we think we might use for ourselves. There is always an abundance, and a lot of people join in. Bring a bag when you come, because you'll find some things you can't resist!

Sept. 14

Sewstainability StashShare: Drop-Off
Morrill Memorial Library
9:30 a.m.-3:30 p.m.

No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials at one of the times/days listed below. We put them out on tables, and then during the event we "shop," taking home things we think we might use for ourselves. There is always an abundance, and a lot of people join in. Bring a bag when you come, because you'll find some things you can't resist!

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

Get ready for fall! Lots of choices and they are priced to help your wallet!

Romance Author Panel: Body Positivity in Romance Books
Morrill Memorial Library (Virtual)
10 a.m.

CALENDAR

continued from page 14

The panel discussion on the topic of body positivity in romance novels with romance authors Olivia Dade, Julie Murphy, Sierra Simone, and Denise Williams on Zoom. This promises to be an important, fascinating, and fun conversation with some of the very best contemporary romance authors advocating the message that everybody is deserving of love and respect! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 16

Tween No-Sew T-Shirt Tote Bag Craft
Morrill Memorial Library
6 p.m.

Turn a t-shirt into a tote bag to hold all your supplies this school year! Youth Services librarian Dina Delic will teach you how to turn an old t-shirt into a tote bag, without needing a sewing machine. After you complete your tote bag, materials will be available to decorate your DIY creation. Limit of 1 t-shirt will be provided per registered tween. Additional shirts may be brought by attendees. For ages 9-12. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Parkway Concert Orchestra Open Rehearsal
First Congregational Church, 100 Winter St.
7:30-9:30 p.m.

Parkway Concert Orchestra is a 50-piece community orchestra under the musical direction of Thomas Kociela which performs classical and pops selections 4-6 times per year in multiple locations around the southwest suburbs of Boston. The orchestra rehearses on Mondays at the First Congregational Church. The fall season begins on September 9, preparing for concerts on October 27, December 8, and 15. There are openings for all positions with emphasis on viola, bassoon and percussion. Experienced volunteer musicians are invited to contact for open rehearsals on September 9 and 16 to see if we are a good fit. For more information, call 781-444-5041 or email parkwayconcertorchestra@gmail.com. For more information about the orchestra, visit the orchestra's web site at www.parkwayconcertorchestra.org.

Sept. 17

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

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, artisans, and more!

Medicare Supplement Plans or Medicare Advantage Plans: Which Coverage is Best for Me?
Morrill Memorial Library
7 p.m.

Medicare Supplement Plans or Medicare Advantage Plans? This is the #1 question most people have when deciding on the coverage that is best for them. This presentation, brought by Blue Cross Blue Shield, will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies, and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15 through December 7, or during the Medicare Advantage open enrollment period from January 1 through March 31. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 18

Turn the Page Book Group: 'The Daring Ladies of Lowell'
Morrill Memorial Library
10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion, of *The Daring Ladies of Lowell*, a historical fiction novel written by Kate Alcott.

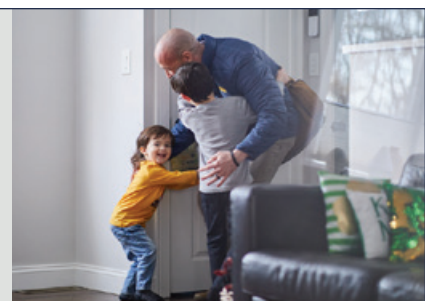
The warm-hearted and enthralling saga of a bold young woman caught between two worlds, the vibrant camaraderie of factory life and the opulence that a budding romance with the mill owner's son affords, as the murder of her best friend sends shock waves throughout the town. New members are always welcome! Copies of the book in regular, large print and audio will be available at the circulation desk. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Turn the Page Book Group: 'The Daring Ladies of Lowell'
Morrill Memorial Library (Virtual)
6:30 p.m.

Hiring all techs, all trades!

			
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Join Patty Bailey and other local readers for a friendly and informal discussion, of *The Daring Ladies of Lowell*, a historical fiction novel written by Kate Alcott.

The warm-hearted and enthralling saga of a bold young woman caught between two worlds, the vibrant camaraderie of factory life and the opulence that a budding romance with the mill owner's son affords, as the murder of her best friend sends shock waves throughout the town. New members are always welcome! Copies of the book in regular, large print and audio will be available at the circulation desk. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 19

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

Join the L.E.A.D. students in this creative adventure. Just bring your imagination, Legos will be provided. The club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities.

Sept. 20

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

Join 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. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the ref-

erence 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. Coffee, tea, desserts and water are included as well as door prizes. Newcomers of all ages are welcome.

To stay updated on 'Friends' events, like their Facebook page at: Friends Of The Norwood Council On Aging.

Sept. 23

Monday Movie Matinee: Drive-Away Dolls
Morrill Memorial Library
1 p.m.

This comedy caper follows Jamie, an uninhibited free spirit bemoaning yet another breakup with a girlfriend, and her demure friend Marian who desperately needs to loosen up. In search of a fresh start, the two embark on an impromptu road trip to Tallahassee, but things quickly go awry when they cross paths with a group of inept criminals along the way. (84 minutes-Rated R). Cast: Margaret Qualley, Geraldine Viswanathan, Beanie Feldstein, Joey Slotnick, C.J. Wilson. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Learn About Probate & Family Court
Morrill Memorial Library
6:30 p.m.

This talk will be by the Norfolk County Register of Probate, Colleen Brierley.

The Massachusetts Probate and Family Court is a department under the Massachusetts Trial Court with jurisdiction over probate and family-related matters. The Probate and Family Court Department handles numerous matters involving families and

children, including divorce, child support, adoption, guardianships, conservatorships, estates and wills, and much more. To register, visit norwoodlibrary.org/morrillcalendar/, or call the library reference desk at 781-769-0200, x2.

Finding & Identifying Birds
Morrill Memorial Library (Virtual)
7 p.m.

Host Heather Wolf, author of *Find More Birds: 111 Surprising Ways to Spot Birds Wherever You Are*, will talk about the birding in your locale. Heather will discuss how to find and identify more birds in your locale by picking a "patch"-that is, a place close to home where you can watch birds often. She'll give tips on how to pick your patch and use it not only as a "classroom" to become a better birder, but also as a way to connect more deeply with the nature that surrounds you. To register, visit norwoodlibrary.org/morrillcalendar/, or call the library reference desk at 781-769-0200, x2.

Sept. 24

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 Farmers Market Town Common
2-6 p.m.

Visit the market and join in on

CALENDAR

continued from page 15

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, artisans, and more!

Norwood Toastmasters Civic Center 6:45 p.m.

The Norwood Toastmasters Club, a not-for-profit educational organization that develops communication and leadership skills for their members and the community at every level of ability. Guests are always welcome to come and see just how it is done! Visit norwoodtoastmaster.toastmastersclubs.org/ for additional information.

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

The September 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. We go in for stories that are shaken, not stirred, and we don't mind taking our love of lit outside the library walls. Titles on Tap meets once a month in the left-hand bar of Napper Tandy's to eat, drink, be merry, and discuss the latest reading selection.

Sept. 25 5 Alive: Explore the Senses! Morrill Memorial Library 10 a.m.

Toddlers and Preschoolers Registration Required.

Please note this program is located at the Poirier Village Center (82 Roosevelt Ave).

Join Miss Kate at the Poirier Village Center for this interactive sensory program to introduce kids to different textures, sounds and sights (and maybe even smells!). She will read a short story on our theme of the week and then have 2-4 sensory activities to try out. For toddlers and preschoolers. To register, visit norwoodlibrary.org/morrillcalendar, or call the library reference desk at 781-769-0200, x2.

American Red Cross Blood Drive First Congregational Church, 100

Winter St. 1-6 p.m.

Successfully Navigating College Admissions Morrill Memorial Library (Virtual) 7 p.m.

Stand Out for College is offering this Zoom presentation to help families of juniors, sophomores, and freshmen understand the college admissions process and how to successfully navigate the recent changes. The evening will discuss current college admissions trends, admissions strategies, the changing test-optional environment, the importance of researching and visiting colleges to find schools that can be a good fit for your child, a timeline and other action steps that can be taken to make this fall productive and help reduce the stress around the college admissions process. It will also examine the holistic admissions review process, what admissions officers consider important when they review applicants, and how students can position themselves to develop a compelling narrative to increase their chances for admission, and much more! The presentation will be led by Ron Feuchs and Jackie Tepper, partners at Stand Out For College, LLC. (www.standoutforcollege.com). To register, visit norwoodlibrary.org/morrillcalendar, or call the library reference desk at 781-769-0200, x2.

Sept. 26 Early Release All Schools

Library Art School Morrill Memorial Library 3:30 p.m.

Welcome to Library Art School! Each week, Miss Nicole will talk about a different artist, we will look at some art, and try out a project based on their methods and style. Learn about some of the art you see all around you - on t-shirts, bags, books, and other media. Have you seen "Starry Night" and wondered about who painted it and why? Come to Library Art School and find out! For ages 8-12. To register, visit norwoodlibrary.org/morrillcalendar, or call the library reference desk at 781-769-0200, x2.

Aging Parents: Understanding Housing Options Morrill Memorial Library 6:30 p.m.

Morrill Memorial Library is partnering with Cornerstone

at Canton to host an information session on how to care for parents and other aging adults. Social isolation can have a profound effect on seniors living at home alone. Many older adults have limited opportunities for meaningful interactions and daily exercise, especially during the cold winter months. While visiting your loved ones, it is important to keep an eye out for both physical and cognitive changes. Anne Stein, Director of Community Relations at Cornerstone, Canton and Rebecca Scalzo, the Executive Director take the attendees through the signs to look out for and how to determine the best living option for your loved ones so that they can have the highest possible quality of life. For ages 18+. Registration is required. For ages 8-12. To register, visit norwoodlibrary.org/morrillcalendar, or call the library reference desk at 781-769-0200, x2.

Sept. 27 Sensory-Friendly Friday Movie Morrill Memorial Library 1 p.m.

The September sensory-friendly movie is Universal Studios' Puss in the Boots: The Last Wish, rated PG. For ages 18+. To register, visit norwoodlibrary.org/morrillcalendar, or call the library reference desk at 781-

769-0200, x2.

Sept. 28 Blessings Boutique Thrift Shop First Baptist Church, 71 Bond St. 10 a.m.-12 noon

Customers highly regard the quality and cleanliness of all the products - clothes, shoes, kitchen items, jewelry, books, linens, etc., and they love the fabulous prices! Come in and see for yourself!

Sept. 30 Author Talk: David Kruh on the Great Boston Fires Morrill Memorial Library (Virtual) 7 p.m.

Join David Kruh for a look at the devastating fires and their impact on Boston, from the many "great" fires of the 17th, 18th, and 19th centuries, including the truly Great Fire of 1872; the Cocoanut Grove tragedy of 1942, which killed 492; and the Hotel Vendome fire of 1972, which resulted in the deaths of nine fire fighters. How did these fires happen? What was learned from these events? What, if anything, was done to try and prevent similar catastrophes? David's newest slide show, filled with images from these events, answers these and other questions. To register, visit norwoodlibrary.org/morrillcalendar, or call the library reference desk at 781-769-0200, x2.

Rosetta's Italian Family Restaurant SEPTEMBER Tuesday KID'S NIGHT, KIDS EAT FREE! (ONE FREE CHILD'S MEAL, PER EACH ADULT ENTREE MEAL PURCHASED, DINE IN ONLY) Back to School September Special Subject to change/certain restrictions apply KITCHEN HOURS Monday - Closed • Tue/Wed/Thurs: 5PM to 9:30PM Fri/Sat/Sun: 4PM to 10PM 521 Washington Street, Canton 781-821-2300 www.rosettasrestaurant.com

NORWOOD PUBLIC SCHOOLS 2024 - 2025 School Calendar Calendar grid showing months from July 2024 to June 2025 with school days, holidays, and early release days. Includes a detailed list of school events and holidays from August 2024 to December 2024.

Real Estate Corner

Norfolk County's 2024 2nd Quarter Top Real Estate Sales

Norfolk County Register of Deeds William P. O'Donnell reported that during the second quarter of 2024, ten properties, a mix of commercial and residential, sold for more than \$16,000,000, with an average price of \$31,044,300.

The prices on the properties to follow concern real estate sales from April 1, 2024, through June 30, 2024.

The ten properties were:

34-50 Central Street, Wellesley; a collection of three boutique mixed-use retail units with a total area of 40,860 square feet, was sold in May for \$16,000,000;

Braintree Manor; a 177-bed senior living facility located at 1102 & 1106 Washington Street, sold for \$22,000,000 in April;

715-795 Bridge Street, Wey-

mouth, known as Riverway Plaza; a 250,000-square-foot retail center, sold in June for \$23,000,000;

65 Walnut Street, Wellesley; a five-floor, 67,500-square-foot, multi-clinic medical outpatient building sold in June for \$24,300,000;

1400 Providence Highway, Norwood; the three-building, 155,912 square-foot mixed-use office space, and research and development facility known as the Norwood Business Center, sold in June for \$24,500,000;

The Southfield Redevelopment Authority purchased property on Memorial Grove Avenue, Weymouth; 368,270 square feet of land on the site of the former South Weymouth Naval Air Station, in June, for \$25,000,000;

1 Richard A Stratton Way, Quincy; the five-floor, 89,507-square-foot Holiday Inn hotel, sold in May, for \$30,498,000;

1280-1300 & 1330 Boylston Street, Brookline; a 5.34-acre office park comprised of four commercial buildings totaling nearly 120,000 square feet, sold in May, for \$41,000,000;

122 & 130-132 Granite Street, Quincy; the 100,000-square-foot retail shopping plaza known as Granite Place, sold in May, for \$41,500,000;

655 Washington Street, Weymouth; the 4-story, 160-unit luxury apartment complex known as Helix Apartments, sold in May, for \$62,645,000.

The top sales appear to have been a combination of apart-

ment complexes, retail, and office space. Excise taxes from these 10 sales totaled more than \$1,415,620 for the state and county.

"The variety in these real estate transactions bodes well for the Norfolk County economy, with high-value properties sell-

ing in both commercial and residential sectors," Norfolk County Register of Deeds William P. O'Donnell stated. "This also indicates that Norfolk County is not only a desirable place to both live and work, but is also a magnet for business, industry, and trade."



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2024 Second Quarter Real Estate Activity Report

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the second quarter of 2024 (April-June 2024) show consistent trends in overall real estate activity compared to the second quarter of 2023, with a slight drop in property sales but an increase in the total number of deeds recorded.

The Norfolk County Registry of Deeds recorded 26,623 documents in the second quarter of 2024. This was 3% less than the second quarter of 2023.

"During the recently completed 2024 second quarter, the number of deeds recorded fluctuated in line with seasonal trends," Register O'Donnell noted. "Lending activity has shown some improvement compared to the second quarter of 2024, down only 5% from last year."

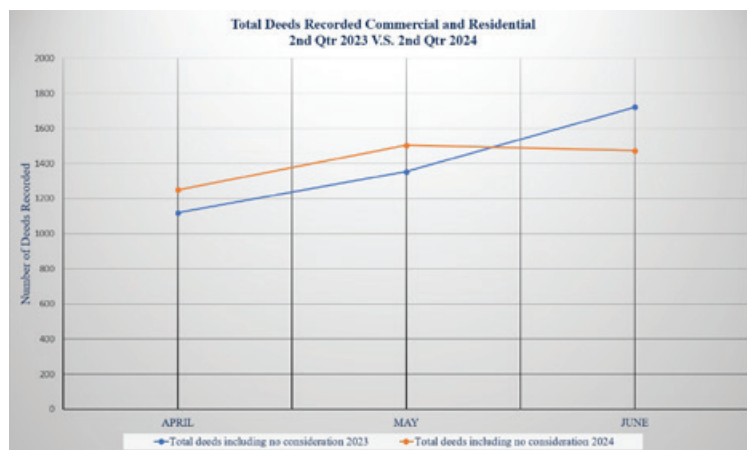
The number of deeds for the second quarter of 2024, which

reflect both commercial and residential real estate sales and transfers, was 4,228, an increase of 1% from the second quarter of 2023.

"Real estate sales and transfers

ties on the market is still not able to keep up with demand, leading to a rise in average property sales prices," Register O'Donnell said.

The second quarter's sale prices have increased compared



have remained steady this quarter when compared to the second quarter of 2023, but despite an increase in total deeds recorded in the second quarter of 2024, the number of available proper-

ties to the second quarter of 2023. The average sale price in the second quarter was \$1,198,371,

REAL ESTATE
continued on page 18



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Real Estate Corner

REAL ESTATE

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a 20% increase from the second quarter of 2023. The total dollar volume of commercial and residential sales is up \$2,774,230,226,

increasing 18% from the same period a year ago.

“The increase in sale prices reflects the competitive real estate market in Norfolk County due to the desire to live and work in area communities,” Register

O’Donnell stated. “With the inventory of available properties in the county and Massachusetts as a whole not being able to meet the demand, any increase in that demand is going to lead to higher real estate values.”

Overall lending activity was down for the second quarter. A total of 4,025 mortgages were recorded this quarter, 5% less than the second quarter of 2023.

“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. Higher interest rates also make it harder for first-time home buyers to secure affordable repayment options,” Register O’Donnell noted.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In the second quarter of 2024, there were 18 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in the second quarter of 2023, there were 16 recorded. However, in the second quarter of 2024, there were 112 notices to foreclose, the first step in the foreclosure process, more than the 86 recorded in the second quarter of 2023.

“The substantial increase in the number of these notices is troubling,” Register O’Donnell stated. “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 617-727-8400.

“The second quarter of 2024 revealed a steady real estate market, that while consistent, is feeling the effects of a limited inventory of available properties and contributing to the reduced number of property sales,” Register O’Donnell concluded. “The demand to both live and work in Norfolk County remains high, which is one factor contributing to the competitive market. An increase in new home construction could alleviate some of the strain, leading to a more balanced market for buyers and sellers alike.”

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

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

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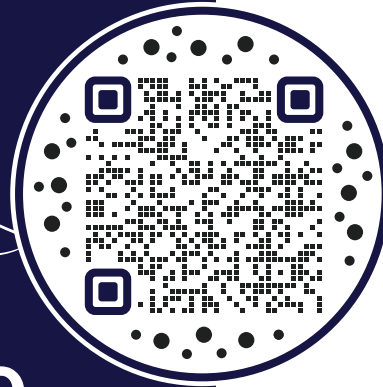


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