



## Crafting for 30 Years!

By MICHELE TARANTO

It has been 29 years, going into its 30th, and Norwood's Craft Affair is still incredibly popular with vendors and shoppers! This shouldn't come as any surprise to local residents who have attended other Norwood events; this town always strives for spectacular!

On Saturday, Oct. 19, 9 a.m.-

2:30 p.m., at Norwood High School (NHS), over 90 vendors throughout New England will showcase their items and crafting fans will fill the gymnasium for a favored fall shopping escape. The vendor list is so impressive, and includes: sewn, crocheted, and knitted pieces, there will be chocolate and honey, items for pets, jewelry, holiday decor, wreaths, stained

glass, jams and jellies, mirrors, paintings, 3-tiered plates, bags, scarves, soap, wooden toys, painted glass, quilts, ornaments, hats and mittens, cards, plastic canvas, hand towels, hair bows, hen houses, ceramics, puzzle lights, decoupage plates and doll clothes, and much more!

**CRAFTING**  
continued on page 3

## Still Growing Strong

By MICHELE TARANTO

The outdoor New England growing season may have ended, however, the Morrill Memorial Library is encouraging residents to continue cultivating fresh pro-

duce through their seed library. The Seed Library was launched in April, 2024, and made possible by a Norwood Cultural Council grant to the Norwood Conservation Commission.



duce through their seed library. The Seed Library was launched in April, 2024, and made possible by a Norwood Cultural Council grant to the Norwood Conservation Commission.

The cost? The Norwood Seed

parking lot entrance. Older residents may find themselves in familiar territory as the seeds have been sorted similar to the vintage library catalog system. Everything

**SEEDS**  
continued on page 3

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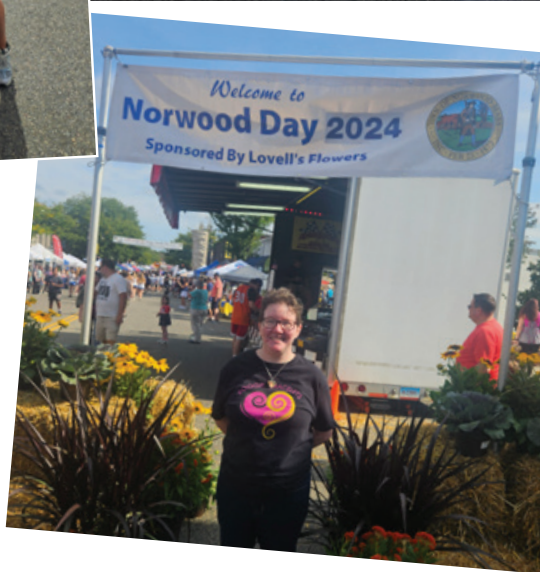
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SEEDS

continued from page 1

is organic and offered to the community at no cost.

"The goal of this service is to provide seeds to the community and encourage gardeners to learn and grow with their gardens, as well as learn how to save seeds from their best plants," library informational literature said.

While the seeds are provided free of charge, patrons are encouraged to take a maximum of five packets of different packets and no more of two packets of the same seeds. There is a check-out sheet on the catalog desk with planting and growing instructions in a three-ring binder. Those guidelines can also be found online at [www.norwoodlibrary.org/seed-library](http://www.norwoodlibrary.org/seed-library).

It is the hope of the library that this program will become self-sustaining and patrons will return seeds from their own harvest. To return seeds to the reference desk, place them in an envelope and include the seed name and variety, where the seed came from the date the seed was harvested. The seeds should be clean and dry.

For more inspiration and information about native pollinators, plants, seed saving and growing, consider these resources through online searches:

- Grow Native Massachusetts Native Plant Trust

- Lady Fern Farm
- Blue Stem Natives Nursery
- Trustees of Reservations
- Doug Tallamy's Keystone Species list for Eastern Temperate Forests
- Robert Gegear Lab at UMass Dartmouth



- Center for Humans and nature
- Norwood Evening Garden Club
- 10.MA Master Gardener Association

11.Gardening with the Environment in Norwood Facebook Group

12.Morrill Memorial Library  
For more information on the Seed Library, call 781-769-0200, x2, email [norwoodseeds@norwoodma.gov](mailto:norwoodseeds@norwoodma.gov), or visit [www.norwoodlibrary.org/seed-library](http://www.norwoodlibrary.org/seed-library). The Morrill Memorial Library is open Monday-Thursday, 9 a.m.-9 p.m., Friday, 10 a.m.-p.m., Saturday, 9 a.m.-5 p.m., and Sunday 1-5 p.m., and is located at 33 Walpole St. (Rte. 1A).

CRAFTING

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The huge assortments of raffles are always a popular corner with chances to win many handmade items, and gift certificates. There is also a bake sale, a complimentary kids' craft corner, and the NHS Friendship Club will be selling their hand-painted pumpkins.

This event, however, means a lot more than just a fun and successful shopping day. In addition to becoming one of the premier craft venues in the state, it is a very successful fundraiser for Norwood High School and local organizations. In earlier years, The Craft Affair at Norwood would yield approximately \$10,000 in profits, however, according to organizer Michele Hsu those numbers have significantly increased.

"Our profits have trended up, \$15-18k over the past couple of years," Hsu said. "We are still donating an average of \$5000 to Post Prom each year and our team/group donations are up from the \$300, but vary based on teams needs and/or their contributions to the event.

By contributions, this is where Norwood's Craft Affair for vendors stands out from others. In addition to its positive attendance figures, crafters enroll in 'A Craft Affair' because the



day is truly a community event. Norwood teams, clubs, groups, and students offer their services, from preparing the gym the night before (teams arrive at 6 a.m. to assist crafters deliver items from their cars), to helping out throughout the day, including running raffles and bake sales.

"Every year I hear how we are the only fair who does this and what a difference it makes to the crafters," Craft Affair Coordinator Amy Campbell has previously stated.

"Not only do the vendors

love this service, but they ALL have great things to say about the students, consistently," Hsu said. "Our NHS kids are reputed for being kind and helpful, and I've gotten the comment from quite a few vendors about how surprising it is to see teens smiling at 6 a.m. In addition to the help that they provide the vendors, the students help to run the raffle tables and provide support wherever needed to keep the fair running smoothly throughout the day. Working with them is my absolute favorite part of the event."

What is considered one of the leading craft fairs in the area, 'The Craft Affair at Norwood' sees roughly 1,000 customers walk through the door. With that kind of popularity, the craft fair is considered the largest Norwood High School fundraiser. Tickets are \$5 for adults, \$3 for seniors, and children under 12 are free.

Tickets available at the door the day of the event. Purchase hostess gifts and decorative items for the holidays, or come by and pick out something handmade and beautiful as a personal fall present!

Happy Halloween

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56 Cross St	\$550,000	22 Kettering Rd	\$1,164,000
552 Nichols St.	\$735,000	80 Croydon Road	\$1,224,000
44 Nichols Street	\$675,000	211 Central St U:A106	\$462,000
245 Vernon St	\$723,500	909 Washington St U:14	\$605,000
65 Neponset St	\$700,000	70 Endicott St U:1404	\$615,000
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# A Little Off The Top

## Crash course on front-seat drivers

By STUART GREEN

Now, it's not that cars are such a bad idea. It's one of the main transports of transportation, especially along roads – the kind with pavement, white lines, and potholes. Oh, not the giant potholes that you see after the last Ice Age rumbled along, leaving peaks, valleys, a changed landscape, quaint mountain inns, and

eighth-grade science classes. The kind of potholes just enough to make you remember that helmets aren't just made for bikes, your vertical is on the fritz again, and what's so special about front end alignment anyways?

Which brings me to the point, or at least along the same thoroughfare. Ancient man, and his cousin, Fred, didn't have the luxury of Auto Miles, Automats,

or Otto Klemperer, a conductor not generally recognized as an auto driver but you never know. But there's more to it than that – nearly 8-percent more, but steadily declining what with inflation, not to mention my blood pressure.

So, our friends on the other side of history didn't have the capacity, inventiveness, or licenses to drive. They really would have rather had a Buick, but they settled for hopping a ride on a Giant Sloth, the one animal they knew they could catch and which didn't really have a whole of stuff going on during any one day. In fact, the phrase, "slothing through the mud," originated after one of our ancestors rode a sloth to an undetermined destination, although some say it was to Joe's Diner and Scratching Post to get some food,

drink, and foot powder for his itch.

Man, and his companion, whom he called "Yo," eventually migrated from the mountains, to the prairies, to the oceans, white with foam, but it took at least two weeks, and let's not get into daylight savings time. Others say it took 4,000 years, but they didn't consider that February has 29 days during leap year. Oh, and, you know, they were riding the sloth.

And this was the state of civilization until a man watching a traditional croquet tournament that ancient Android Man invented to bring some class to the cave and rock generation, affectionately known as Gen Huh-ers. If a ball can roll it way through a wicket (cool!), then surely it can roll its way through the Summer Tun-

nel during rush hour. The theory worked ideally, but it took him a while to figure out how to get the college kids past the Storrow Drive overpasses.

So there you have it, the history of the beginning of the infancy of the start of the initial phase of the commencement of the creation of the dawning of the... now, where was I? Oh, yes, cars as we now know them and the Auto Mile, or, as we tried to unsuccessfully tried to Great Britishize it in the '70s, the Car Kilometer. But either way, when you really, really have to get a message to someplace in a hurry, there's only one thing to do... send an email.

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

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# Fantasy Footsteps Live at NHS!

Since 2005, the Norwood Backstage Boosters has been producing Fantasy Footsteps. The proceeds from the program help to fund scholar-

not the same as the live theatre experience and in 2023, the program was brought back live at the Norwood High School.

Audiences are led in small

terrific program.

Fantasy Footsteps has a very lively atmosphere and is a great family night out. While waiting to start their tour, folks are



ships for graduating seniors who are part of Norwood drama productions. The program was originally performed outside but after a few years of snow, rain, and miserable weather, the program was moved indoors to the Savage Center. During, Covid the event turned the program into a short film where we had the audience viewed the plays on a large outdoor movie screen. This was fun, but just

groups through the hallways of the high school by a costumed guide. Through their walk, they see six funny fairy tale performances that have been written by Dean Calusdian. The talented student actors are from the Norwood Public Schools and range from fourth to twelve grades. For some of our students, this is a first theatre experience and some are seasoned pros, coming back year after year to be a part of this

entertained with facepainting, games, and music in the gymnasium. the program will run on Oct. 19, 25, and 26, 6-7:15 p.m., Norwood High School, 245 Nichols St. Tickets are \$10 each, with a \$50 cap per family, and sold at the door. Cash only. All proceeds donated to the Backstage Boosters Scholarship Fund.

Dressing up in costumes in welcome! This is a family and stroller friendly event!

# Mazeri Salon: A Place Where Everybody Knows Your Name

## Personalized Service and Friendly Faces Make This Downtown Norwood Salon a Local Favorite

By GINA WOELFEL

Five stylists, led by charismatic owner Stephanie Green, bring beauty and charm to Mazeri Salon, situated at 4 Guild Street in the heart of downtown Norwood. More than just a place for fresh cuts and vibrant colors, it's a welcoming haven where friendly faces and personalized service make you feel like you're visiting old friends.

Stephanie Green has a long history with Norwood, starting her career here almost two decades ago. "I chose Norwood because it's a very supportive community. I've worked in town for almost twenty years at different salon locations. She goes on to explain why she chose 4 Guild Street for Mazeri. "I love that we have a lot of foot traffic. We're right off the end of the town center, on the corner near the old hospital. We can see what's happening in town just by looking out our door." Stephanie joked, "I like how it feels 'suburban-y' but still has a city vibe."

For two years, 4 Guild Street sat dormant before Stephanie and her fiancé worked tirelessly to renovate it into a clean, bright, and welcoming venue that now buzzes with life, thanks to her vision and determination.

The Mazeri team, consisting of owner Stephanie and stylists Joy, Rosa, Dora, and Donna, each handling their independent chairs, is a unique blend of talent and camaraderie. Stephanie explained the bond that brought this team together: "Dora, Rosa, Joy, and I came here together in 2015. I think the universe had our backs! The lease on Joy's salon was ending just as I was ready to open Mazeri. From there on, we continued our hair journey together. We have so much fun and so many laughs. It doesn't really seem like work!"

Even the stylist, Donna, has a solid connection to the 4 Guild Street location, having

owned the salon that was once there. After the renovations, Donna stopped in to meet the new owner and was surprised when Stephanie asked her to return to work at her old shop, saying, "She did such a beautiful job. I was in awe." She hadn't planned on returning to work there but was grateful for the opportunity and loved seeing her clients again.

Stephanie and her team clearly have a deep appreciation for their patrons. "I believe that we make everybody that walks through our front door feel like family. We have been styling many of our customers for decades. We're very inviting, we laugh a lot. I just want people to feel good about themselves, and I think that when you're happy with your appearance, you feel even better on the inside."

Stephanie shared, "We recently had a client leave us a Google Review. She said that our salon is a very family-oriented place and that she feels like everybody here would know her name, which we do!"

Indeed, a place where quality transcends generations, Stephanie revealed that at 84 years young, Mazeri stylist Dora is a local legend with a profound flair for senior hair. "Nobody does hair like Dora! She's known for her work on seniors, with Norwood locals proclaiming her senior sets 'Dora-Do's!' She slays the senior styles!"

Mazeri Salon offers a wide range of services for women, men, kids, and seniors, including hair cutting, one-process coloring, glossing, blowouts, and deep conditioning treatments. The salon's experienced staff also offers foiling, perms, keratin treatments, and extensions. Additionally, they provide facial waxing services to complete your beauty regimen.

This month marks the third anniversary of Mazeri's opening. On October 12th from 9 AM - 1:30 PM, the salon will

## Business spotlight

host a special open house event to commemorate the occasion. The event will feature snacks, goodie bags, a \$5 coupon towards purchasing any product, and the opportunity to mingle with the talented beauty team behind Mazeri. Be sure to mark your calendars! All are welcome to join the celebration!

Stephanie and her team would like to thank the Norwood community with a special offer. For October, first-time guests can take advantage of a \$10 Savings on ANY Color Service, while loyal clients will be treated to a Complimentary Shine Treatment as a gesture of appreciation.

Take advantage of this fan-



tastic deal and visit the team at Mazeri, the local hair salon where everyone knows your name.

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# BSAC PET CORNER

## Adopt One Of Our New Mothers

### MEET MAMA BRADY

For our older readers, the name Brady brings a certain 70's sitcom to mind. Mama Brady earned her adopted name as she



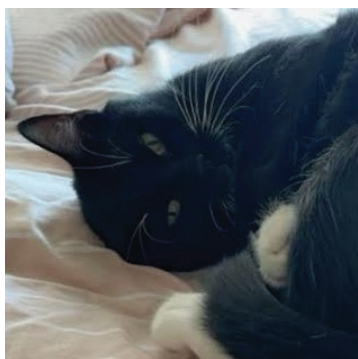
was an extraordinary mother to her six adorable kittens, 3 boys and 3 girls, who, you guessed it, were named: Greg, Peter, Bobby, Marcia, Jan, and Cindy. Now that her babies have left the nest, Mama Brady is looking for her own forever home where she can be the center of attention and adored by her humans.

Sweet and gentle, Mama Brady loves being petted and will

melt your heart with her calm demeanor and affectionate nature. This beautiful girl is ready to bring love and joy into your life, are you ready to let her steal your heart?

### MEET SALEM: YOUR NEW SHY AND SWEET COMPANION!

Salem is never spooky or scary, she is a gentle, affectionate girl searching for her forever



home. After raising her kittens, she's ready to leave her mothering days behind and find a place where she can be truly cherished.

Salem may be a bit reserved at first, but don't let her shyness fool

you. With a little patience and understanding, she'll reveal her loving nature and become a loyal and devoted friend. Once she feels safe and secure, her sweet personality will shine through.

If you have a quiet home and a warm heart, Salem might just be the perfect addition to your family.

### MEET PINEAPPLE

Meet Pineapple! This sweet boy originally hails from the sunshine state of Florida and traveled all the way to Mass to find his forever home. After an unfortunate false start with his previous owner, Pineapple found his way to us and we are so excited to get him on



his way to his happily ever after. If you're looking for a new best friend, you've found him! Pineapple wastes no time curling up on an empty lap and appreciates love and attention from admiring humans. Pineapple is seeking a home where he is the only cat.

### MEET EARL

Earl is an almost 12-year-old cat with an adorable pink nose.



While he could likely live with other cats, his compatibility with dogs is unknown as he hasn't been exposed to them. Earl enjoys pats but prefers not to be held. He is an independent cat and is not afraid of strangers.

Earl has a cardiac condition that requires daily medication,

baystateanimals.org



which he takes easily in his food twice a day. Despite his condition, he currently acts like a kitten. He needs annual cardiac exams to ensure his heart remains strong. Earl is seeking a forever home with an owner ready to take on this challenge, as he is worth every bit of care he needs.

Earl would be fine with children and is up to date on all his shots. All his medical records are available. Ensuring Earl lives a healthy retirement is the primary goal, and with the proper care, he will make a wonderful companion.

### Adoption Details:

If you are interested in adopting Mama Brady, visit baystateanimals.org, and click on adoption.

**PETS**

*continued on page 7*

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# Learn About the 2024 Massachusetts Ballot Questions

In partnership with Morrill Memorial Library, join the Norwood League of Women Voters on Wednesday, October 23, 7 p.m., for a presentation about the pros and cons of each ballot question that will appear on the Massachusetts ballot during the November 5 election this year.

This talk is strictly informational; the League of Women Voters will not present an organizational stance or offer any debate, but rather will present statements on what “pro” or “con” means in relation to each ballot question.

**Question 1.** Authorize the state auditor to audit the state legislature, and remove some existing regulations regarding the auditing process.

**Question 2.** Repeal the requirement that students must achieve a certain competency level on the Massachusetts Comprehensive Assessment System (MCAS) exam to graduate high school.

**Question 3.** Provide for unionizing and collective bargaining for transportation network drivers.

**Question 4.** Allow persons 21 years of age or older to grow,

possess, and use natural psychedelic substances, as well as establish a commission to regulate the licensing of psychedelic substances and services.

**Question 5.** Increase the minimum wage for tipped employees to meet the state’s standard minimum wage.

This event is open to everyone, regardless of LWV membership. However, registration is required for planning purposes. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

## ADOPTED!

Sometimes the Bay State Animal Cooperative expands their reach when there are animals who need our help, and that’s



just what happened with Nicole and Austin! Check out the cool living arrangement they have at their new home!

## PETS

*continued from page 6*

There is a \$175 adoption fee for each cat 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 contact us through email at [info@bay-stateanimals.org](mailto:info@bay-stateanimals.org).

# Tony Award Nominations Open

The T.O.N.Y. (Ten Outstanding Norwood Youths) Awards recognize Norwood residents in grades 10-12 who are making significant contributions of time, effort, and talent to volunteerism, faith communities, or other charitable causes. The program seeks to honor these individuals and offer them as positive role models to younger students. Nominees

and winners will be acknowledged at a reception in November.

Nominations are being accepted through October, 15, 2024.

For more information, email [norwoodmatonyawards@gmail.com](mailto:norwoodmatonyawards@gmail.com), or visit [orientlodge.org/ten-outstanding-norwood-youth](http://orientlodge.org/ten-outstanding-norwood-youth).



# Viola Sastavickas Scholarship Awarded to Elizabeth Coughlin

Joseph and Viola Sastavickas and their children used the library for many years. In the last

years before Viola’s death, they received service in their home from the Homebound Deliveries Department of the library. When Mrs. Sastavickas passed away in 2006, her children made a generous donation to the library to endow a perpetual \$500 scholarship in memory of their mother. Additional familial support has raised the annual scholarship to \$1,000. According to her daughter, Kathy Sastavickas, the scholarship is “a fitting tribute to our beautiful mother and to the library and staff which treated her with great respect and affection.”

This year, a committee reviewed the applications submitted and selected third-year Harvard Law School student Elizabeth Coughlin to receive the Viola Sastavickas Scholarship for its 18th year. The committee included the 2023-2024 Chairman of the Library Board of Trustees, Donna Montgomery; the Chapter Chair of the AFSCME Library Unit, Kate Tigue; and Library Director, Clayton Cheever.

Elizabeth is pictured with Library Director, Clayton Cheever; Donna Montgomery, 2023-2024

Chair of the Board; George Michalec, current Board Chair, and Kate Tigue, Head of Children’s Services and Chapter Chair of the AFSCME Library Unit at the Morrill Memorial Library.



years before Viola’s death, they received service in their home from the Homebound Deliveries Department of the library. When Mrs. Sastavickas passed away in 2006, her children made a generous donation to the library to

# Stay Tuned for 2025 Calendars

The 2025 BSAC Calendars are in production and almost ready for Purchase! Think holiday gifts, grabs, or just a great way to put a smile on your face every day in 2025 with memories of our adopted cats!

The calendars should be ready to order in November. Stay tuned to this newspaper or the Bay State Animal Cooperative website ([www.baystateanimals.org](http://www.baystateanimals.org)), Facebook page, Instagram, and Twitter for more information next month.

Your calendar purchase will be much appreciated by the animal lovers in your family or circle of friends and will help the BSAC cover medical, foster, and adoption costs.

It’s a win, win for all! Especially for the kitties waiting patiently for their furrever home!



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# Living Healthy

## Blurry or Not: Why You Should See an Eye Doctor

By GRAHAM R. STETSON, OD, MS

Even if your vision seems perfectly fine, eye exams play a vital role in maintaining your long-term health. Not only do eye exams help address visual problems; they are vital for detecting a wide variety of conditions that might not present obvious symptoms. Here are four (and a half) reasons to get your eyes checked today:

**1) Vision is highly adaptable.**

Vision is also a complex process in which the brain fills in information and adapts to changes, meaning that your own brain can even mask eye problems from your detection.

**2) Sight can change a lot.**

Even if you do not experience blurriness, your eyes may still undergo subtle changes over time. Small refractive errors or strain from excessive screen time can lead to headaches, eye fatigue, and discomfort. Regular eye exams can not only help keep your prescription up to date but provide advice on lifestyle adjustments to reduce strain and protect your vision. They are also an opportunity to discuss things like UV protection, nutrition, and dry eyes,

which can impact long-term eye health.

**3) Clear vision does not equal healthy eyes.**

Many eye conditions, such as glaucoma, macular degeneration, and diabetic retinopathy develop silently. These diseases do not cause pain or noticeable vision changes in their early stages, making them difficult to detect without a comprehensive exam. By the time symptoms become noticeable, significant and irreversible damage may have already occurred. Regular eye exams allow the early detection of these diseases, preventing vision loss and improving the chances of successful treatment.

**4) Eyes are the window to... the body.**

Your eyes can reveal more than just the state of your vision; they provide a glimpse into your overall health. Through a comprehensive eye exam, signs of systemic conditions like high blood pressure, diabetes, high cholesterol, and much more can be detected. These health issues can manifest in the eyes before they show up elsewhere in the body. Just as catching a leaky sink early can pre-



vent serious damage to your home, catching these conditions early can also help prevent more serious complications down the road.

**4½) Most eye exams are easy.**

From reading an eye chart and answering questions to having your eyes examined with a microscope, you mostly just sit there. Even most ocular treatments, like eyedrops, glasses, and contacts, are simple and painless.

In short, regular eye exams should be an essential part of everyone's healthcare regimen, whether you have blurry vision or not. Monitoring your vision and catching potential health issues early can safeguard your vision and health while improving your quality of life.

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## Businesses Invited to Compete this Holiday Season

Norwood is set to sparkle this holiday season with the launch of the First Annual Norwood Window Competition. This community-driven event, organized by the Rotary Club of Norwood and the Friends of Norwood Center, brings together the creativity and spirit of our local businesses, promising to be a seasonal highlight that will enhance the Town's magical spirit.

All local Norwood businesses are invited to participate in this friendly and festive competition to showcase their creative flair. The event kicks off on Small Business Saturday, November 30. The fee to participate is \$25 and will go towards event costs and community initiatives. Locals and visitors can take a leisurely stroll through Norwood Center to admire the beautifully decorated storefronts, each capturing the magic of winter through different themes. Did someone suggest a backdrop for a holiday card?

A panel of local judges will award prizes in three categories: Most Original, Most Local, and Most Whimsical. But that's not all! The community will also have a say! Everyone can cast their vote for the People's Choice Award, making this a true community event. Voting for the competition will be open from November 30 to December 15, allowing everyone ample time to explore the displays and choose their favorites. Winners will be announced on December 18, uniting the community in celebrating the creativity and hard work of Norwood's businesses.

Whether you're a business owner, resident, or visiting this already charming town, the displays will offer something for everyone. Bring your family and friends, enjoy the festive displays, and celebrate what makes Norwood special. More than just a contest, this event is an opportunity to support local businesses, enjoy the holiday spirit, and become part of a new Norwood tradition!

Stay tuned for a list and map of participating businesses!

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# Living Healthy

## It's Not Just a Bump on the Head

A concussion is a traumatic brain injury that affects your brain function. Concussions are usually caused by a blow to the head from contact sports, auto accidents or a fall. Some concussions cause you to lose consciousness, but most do not. Immediate symptoms can include Headache, ringing in the ears, nausea, vomiting, fatigue, drowsiness, blurry vision, balance and coordination issues. Long term symptoms may include sleep disturbances, concentration and memory issues, sensitivity to light and noise, depression, irritability and issues with taste and smell.



Dr. Rochelle Bien & Dr. Michael Goldstein

Jack H. presented to our office after a collision on the football field. He hit his head pretty hard and was removed from the game pending an exam by the trainer. He was sent for a CT scan and was diagnosed with a concussion. Jack was told to rest, reduce screen time and stay in a dark room until he felt better. His mom became concerned when Jack's school work started to suffer and his focus and concentration started to fail. Over time he went to his PCP and was told that these things take time. Jack reported that he was having trouble

sleeping and complained of daily headaches which Advil did not resolve. That is when she decided to bring Jack in to our office to be evaluated.

Upon exam it was confirmed that Jack was still experiencing long term symptoms of his concussion. He was put on a program of care including Chiropractic adjustments, NIS( neurological integrative systems) work, and supplements to reduce the inflammation in the brain and the body. Within a short time Jack's

symptoms started to resolve and within 3 months he was back to himself and back playing sports.

If you need help to recover from a concussion don't hesitate to call The Holistic Center at Bristol Square (508)660-2722, located at 1426 Main Street, Walpole,MA.

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# Norwood Sports

## AR5K Memorial Road Race

BY MICHELE TARANTO

For runners, road races are the perfect solution to fuel those competitive juices, achieve a goal, partner with other athletes, and keep the legs moving. However, participating in an event with meaning and philanthropy brings

walk will support the Austin Reardon Scholarship Foundation.

The event will be held on Sunday, Oct. 13, 10 a.m., check in, 8:30-9:30 a.m., Knights of Columbus, 572 Nichols St. Registration the day of the race is \$45 or



a standard sporting event to a whole other level.

The first Annual AR5K Memorial Road Race was launched to celebrate the life of lifelong Norwood resident Austin Reardon. Reardon passed away tragically at 22 years old and left behind his parents, twin brother, younger brother and sister, along with many aunts, uncles, cousins, and friends. He was a 2015 St. Catherine graduate, 2019 Norwood High School graduate, and a senior at the University of Maine. He was active on the ice playing for both the Norwood and UMaine hockey teams.

All proceeds from the 5k run/

online at [www.AR5KRoadrace.com](http://www.AR5KRoadrace.com). The first male and female finishers will receive \$250. Everyone who registers will receive a pair of sport socks and AR5K will also match the souvenir with a donation to the Pine Street Inn in Boston.

For more information, email [AR5KRoadrace@gmail.com](mailto:AR5KRoadrace@gmail.com) or visit [AR5KRoadrace.com](http://AR5KRoadrace.com). The event will be held rain or shine. Stay after the event to enjoy food, raffles, and music! All welcome.

Not a runner nor a walker? Participate by cheering on the contestants and help honor the lasting impression Austin Reardon left on his family, friends, and community. #shineaustinlight

## Natalie Martin Running To Get Into College

BY CHRISTOPHER TREMBLAY

Norwood High School senior Natalie Martin is hoping that her new-found love of running is her ticket to college. Although she is still early in the recruiting process, the Norwood native is hoping to get a chance to run on the collegiate level somewhere in the northeast.

According to cross country coach Alanna Keady, Martin is the first girl to cross the finish line for Norwood on a regular basis and has the ability to continue running as a distance runner for a Division-1 college.

Being that running is now at the top of her priority list, it wasn't always her number-one sport. During her younger years, she connected with lacrosse and played the sport for a significant amount of time. Martin was a member of the club team Gold Star Lacrosse and also played volleyball.

On the lacrosse field, Martin was a midfielder playing both the offensive and defensive sides of the field so there was a lot of running to do on her part, something that she loved doing.

Come her sophomore season, she was looking for something to keep her in shape for lacrosse season so she joined the Mustangs

indoor track team. Not only did she do well running the mile in six minutes, she found that she really loved the competition of the

hip and would have to step away from running for a while to get better. With that information, she would also have to miss the entire



sport. By the end of the season, she had gotten her time down to around 5:30.

As an already runner for the indoor and outdoor track and field teams for Norwood, Martin decided last fall that she wanted to continue running and cross country just made sense to her.

"Cross country was much different than just running on the same track," Martin said. "I loved running through the trails and different courses with scenery. Each race, I would focus on just going out and running my race, doing what I could."

Before the cross-country season would come to an end, however, Martin found out that she had a stress fracture in her

indoor season.

"Not being able to run that season was really tough," Martin said. "I missed being out there with my team. To me, running is very therapeutic and a stress reliever where I get to focus on something else while doing it. That season I just had to focus on getting better and hopefully be ready for the outdoor season."

Martin was able to step back onto the track last spring and lowered her mile time to 5:17; something she is hoping to lower even more before she departs Norwood High School. While the mile is her main event, she

**MARTIN**

*continued on page 12*

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# Norwood Sports

## Unfinished Business for the Norwood Field Hockey Seniors

By CHRISTOPHER TREMBLAY

Last fall, the Norwood field hockey team put together one of the program's better seasons as the Mustangs went 16-2 during the regular season earning themselves a number two seed in the Division 2 State Tournament. Norwood was able to rattle off five impressive wins in the post-season, outscoring their opponents 20-4 en-route to the State Championship game. Unfortunately, Norwood surrendered a 1-0 lead to Reading and eventually lost the Title game 2-1 in overtime.

"The ride home from that game was not a fun one and the girls have held onto that moment for a full year," Norwood coach Alison Doliner said. "They have the motivation from that loss and want to finish the job this year. We'll be taking it one game at a time as we have put together a tough schedule and do not want to get ahead of ourselves."

According to the coach, the girls are calling this 'The Revenge Season' and want nothing more than to get back to the State Championship game and finish what they couldn't do last fall.

Leading the surge are the team's eight seniors, six of whom began playing as freshman four years ago and the other two who joined in on the fun a year later as sophomores. The six who started playing varsity as freshman are: Ava Hines, Emily Spadorcia, Bridget Connolly, Shea Larkee, Bridget Sople and Ava O'Neil. Morgan Naumann and Evan O'Neil came aboard a year later.

"That freshman class was such a core group of athletes that began playing together at such a young age in the Norwood Field Hockey Program, in addition to playing other sports as well," the Mustang Coach said. "This group of seniors have played together for three and four years and gave us the building blocks and the strength to rely on. The good, bad and ugly; they've been through it all and have the motivation to conclude their high school careers on top."

According to Doliner, last year was something special; no Norwood high school field hockey team had ever made it into the Division Championship game

and it was mainly due to the senior class.

Eight of the 11 starters from the State Runner-Up season will be back on the field this fall for the Mustangs which has everyone excited about the upcoming season. Those eight seniors will be looked upon once again to raise their games and finish what they started this year before they depart Norwood High School.

Ava Hines is the Mustangs' low midfielder and has played a lot of field hockey during the off-season and is one of the strongest players that will be taking the field for Norwood this fall. According to Doliner, she not only has great vision on the field, but is one that will not back down to anything. She also does an outstanding job sending the ball into the circle to set up the team's scoring opportunities.

Emily Spadorcia is a speedy player who doubles as an offensive as well as a defensive player. The senior has a knack for getting the ball back from the opposition and moving the team toward the net.

"She has the ability to get her stick on the ball and get it back to us," Doliner said. "This year, she'll be a fly on defense as well as a center forward on offense for us. We're looking for her to help us with our scoring and improve upon her 16 points (5 goals and 11 assists) from a year ago where she finished third in scoring on the team."

Midfielder Bridget Connolly will be faced with playing on the opposition's strong side. She is a solid player that logged a lot of minutes for the team last year. In addition, she will be the team's inserter on offensive corners where she will be put in charge of getting the ball in play while getting the team moving in the right direction toward the opponent's net. The Norwood coach also will be relying on her to stay cool and never show her frustration on the field despite the situation.

Shea Larkee is an amazing field hockey player and she has proven that by winning the team's MVP award during her freshman and junior campaigns. She was unable to make it three straight as she was sidelined during her sophomore season due to an injury sustained in gymnas-



tics. Despite being on the sidelines and unable to play with her teammates, Larkee still managed to make as many practices and games as she could, unless she was at the doctor.

"She is a very special individual and committed to the game," Doliner said.

Last season, the then junior netted 37 goals during the regular season to break Casey Smith's school record of 34 goals set back in 2014. Larkee ended up with a total of 45 goals if you include the post-season.

According to the coach, she will be playing the high midfield position this fall and with her game IQ through the roof, she will be one of the top leaders in the field. The Norwood athlete will be taking her field hockey game to Cornell University in Ithaca, NY, come next season to play on the collegiate level.

Bridget Sople was asked as a freshman how she would feel about playing defense; the first-year varsity athlete gave it a shot and has since owned the position for the Mustangs.

"We were hurting defensively and looking for someone with speed, Bridget was that person and was a very coachable individual," the Norwood Coach said. "We noticed that she had some strong clears and after taking over the position, she was able to process everything that we asked her to do and then go out and do it. She was definitely a good defensive choice."

As the team's center back, Sople anchors the Norwood defense and is a good communica-

tor on the field. The coach also noted that Sople is one of the players that keeps things light at practice, but while she enjoys having fun, she knows when to buckle down and become serious.

Rounding out the seniors who started as a freshman is Co-Captain Ava O'Neil, the team's backup goalie to her older cousin. Having seen some action in her freshman season, she was able to take over the position during her sophomore year and help lead the team last year during the team's magical run to the Championship contest.

"When in goal she is very athletic and sees the field well," Doliner said. "She will also give feedback to her teammates and pushes them to be better. Her aggressive play in practice helps us to get ready for playing the top teams with good goalies."

Morgan Naumann usually plays left wing for the squad and was tied with Spadorcia with 16 points (12 goals and 4 assists) last season. Doliner pointed out that Naumann has a tendency to get in the way of the goalie and redirect many balls into the net.

"Growing up in an ice hockey

family, she has great hand and eye coordination," the Coach said. "She can get a great touch on the ball and has a crazy redirect."

Evan O'Neil, the team's left back, plays a tricky position as she is lined up opposite the opposition's fastest player. In order to become an elite back, she has worked extremely hard on her fitness level and athleticism to be ready to line up against those individuals.

Doliner said that O'Neil has improved her defense by keeping back on the girls she has to cover. In doing so, they have not been able to beat her and she has been able to cause many turnovers by getting her stick low and in the way. The senior has continued to improve her skills each and every year and the coach has fully enjoyed watching her evolution.

Behind the eight seniors, as well as the rest of the Norwood team, the Mustangs are looking to put together another phenomenal season. They know they will be ready once the tournament begins because of the non-league teams that they scheduled during the regular season. Norwood will face the likes of Walpole, the Division 1 State Champions last year; Wachusett, a Division 1 Final 4 team; Canton, a Division 2 Quarter Finals team; and the always tough Wellesley. In addition to the non-league games, Norwood will also have to face off against their Tri-Valley League foes twice each. All but one of the TVL teams advanced into the tournament last fall.

"If we put it all together, we have a good shot at doing it again," Doliner said. "Last year, we were so close and not exceeding was very tough. The girls are more than ready to make it back and finish business this year."

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MARTIN

continued from page 10

occasionally runs the 2-mile and is a member of the 4x800 relay team for the Mustangs.

Coming into this fall's cross-country season, Martin was looking drop her current personal best time of 19:15 to hopefully under a sub 19 minutes.

"Lowering my time is my goal but having only run in one season of cross-country I want to stay healthy this season and grow gaining experience in the sport," Martin said.

During her dual meets, Martin said she usually finds herself up front running with the top runners, but when taking part in Invitationals, which she finds a little tougher, she is somewhere in the top ten but has managed to medal in all of her races for Norwood.

When the two other seasons come around, the Norwood run-

ner would like to attempt running the 800-meter run to see how she can do. But the biggest thing would be to get her mile time

even lower; hopefully somewhere around five minutes.

If she can continue to decrease her times during all three seasons, she believes it will influence the recruiting process and help her get into a college where she can continue to run in some capacity.

While she has noted that she would like to be in the northeast somewhere, she believes things will all start to come together for her once she starts her official visits to colleges.

"Things will depend on how I click and what the campus' are like when I get to go on those visits," Martin said. "I'll also be looking at how the coaches run their practices and the chemistry of the team; then I'll have a clearer idea."

College may be an important fixture in her future, but for right now, the senior has all three seasons to improve upon her running to help her get into a college that fits to her liking.



# Halloween Costume Swap at the Library

Get ready for a fun and eco-friendly way to celebrate Halloween this year! From September 30 to October 30, the Morrill Memorial Library will host its 2nd Annual Halloween Costume Swap!

Whether you have costumes your family has outgrown or are looking for something new-to-you, this swap is the perfect opportunity to get into the Halloween spirit while supporting your community.

The event accepts gently used children's costumes, from infant sizes through teen sizes, as well as family-friendly adult costumes. All donated costumes should be in good, gently used condition, free of rips, stains, or other damage. Please note that only costumes will be accepted,

regular clothing items cannot be donated. A large bin for donations will be available in the hallway outside the library children's room, and costumes will be displayed on portable coat racks nearby for easy browsing.

Visit the Costume Swap anytime during library hours to either donate, shop, or both! There's no need to donate in order to shop, and all are welcome to participate. After the swap ends, any leftover costumes will be donated to local organizations, ensuring that all costumes find a good home.

Celebrate Halloween in a fun, sustainable way with the library's Costume Swap! Need more info? Call the library at 781-769-0200 x3 or email the staff at norchild@minlib.net.

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# Norwood Actress Stars *In Into The Woods!*

Join the Walpole Footlighters for an imaginative tale this October and November! James Lapine and Stephen Sondheim bring favorite storybook characters together for a timeless and relevant piece, resulting in a modern classic. The Tony Award-winning book and score are both enchanting and touching.

The story follows a Baker and

Kelly McGowan returns to the Footlighters stage as Cinderella's Prince/Florinda, for her 3rd time performing in a Footlighters musical. Kelly was recently nominated for the Eastern Massachusetts Association of Community Theatres (EMACT) DASH Specialty Ensemble Award for her performance in *Gypsy* at Mass Arts Center.

duction of a Musical (*She Loves Me*); Outstanding Performance by a Cast (*She Loves Me*); Direction (Doug Hodge); Choreography (Doug Hodge); Stage Management (Linda Berman); Sound Design (Linda Berman); Set Design (Rebecca Warde); Set Dressing (Rebecca Warde).

*Into the Woods* promises to be another dazzling musical on the

available. Discounts are available for groups of 10 or more. Tickets

can be purchased online at [www.footlighters.com](http://www.footlighters.com).



## The Walpole Footlighters

his wife, who wish to have a child; Cinderella, who wishes to attend the King's Festival; and Jack, who wishes his cow would give milk. When the Baker and his wife learn that they cannot have a child because of a Witch's curse, the two set off on a journey to break the curse. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

She says, "The audience will enjoy the humor contrasted with deeper human emotions and high stakes. This play walks the line of tragedy and comedy very closely."

The Footlighters similarly celebrated wins at the EMACT DASH Awards in August, taking home 8 awards for their Fall 2023 musical *She Loves Me*. The awards included: Best Pro-

duction of *Into the Woods* promises to be another dazzling musical on the Footlighters stage. Performances of *Into the Woods* are at the Walpole Footlighters Playhouse at 2 Scout Road in East Walpole. Long-time patrons are asked to take note of the new, earlier start time for evening performances; those performances will be on October 25, 26 and November 1, 2, and 9 at 7:30 p.m. There will also be matinee performances on October 27 and November 10 at 2:00 p.m. Concessions will be



### THE WALPOLE FOOTLIGHTERS PRESENT



Into the Woods is an iconic musical fable for children and grown-ups alike that weaves together the four classic fairytales of Cinderella, Jack and the Beanstalk, Little Red Riding hood, and Rapunzel through the creation of an original story featuring a Baker and his Wife, who enter the woods to lift a spell that's been placed on their house. Dreams are explored, wishes are granted, and lessons are learned as the characters discover what lies after "happily ever after."

Music and lyrics by Stephen Sondheim • Book by James Lapine  
 Directed by Adam Crescenzi  
 Music Director: Linda Barbieri  
 Choreographer: Camryn MacIver

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**October 27 and November 10 at 2:00**

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# Holiday Guide




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# Calendar of Events

## Oct. 1

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

It is time for those delicious fall produce items! In addition, the variety of vendors on the Town Common offers something for everyone! Shop for vegetables, fruit, bakery items, fish, meat, specialty foods, and non-profit organizations, artisans, and more!

## Oct. 2

**5 Alive: Explore the Senses!  
Poirier Village Center, 82  
Roosevelt Ave.  
10 a.m.**

Join Miss Kate for this interactive sensory program to introduce kids to different textures, sounds and sights (and maybe even smells!). There will be a short story on the theme of the week and then 2-4 sensory activities. For toddlers and preschoolers. This is a Morrill Memorial Library event. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Oct. 3

**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, show 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! Some artists include: Frida Kahlo, Vincent Van Gogh, Jean-Michel Basquiat, Georgia O'Keeffe, and more! For ages 8-12. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Oct. 4

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

The Friends of the Library are running their semi-annual Book Sale this weekend! Join This is the Friends-only early bird sale. If you're not already a Friend, you too can enjoy early access to the sale by signing up for membership when you come to the sale.

## Oct. 5

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

The Friends of the Library are running their semi-annual Book Sale this weekend! The sale is open to the general public.

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2-5 p.m.**

The price for each Drawing

is \$2 or a pre-buy during the week for \$20. Ten Drawings are conducted each Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. Open to the public. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit the post at any time or come to one of the monthly meetings which are held on the fourth Wednesday of each month from September through May (except December).

## Oct. 6

**Day House Tours  
F. Holland Day House, 93 Day St.  
1-3 p.m.**

The current exhibit, Fred Holland Day: Photographer, Publisher, Historian, celebrates Norwood's famous artist on the 160th anniversary of this birth in 1864.

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

Today is the "Bag of Books for \$5" deal! Bring a bag to fill with books!

## Oct. 7

**Elections in Real Time w/  
Professors R. Cobb & R. Rosenthal  
Morrill Memorial Library (Virtual)  
2 p.m.**

Suffolk University professors Rachael Cobb and Robert Rosenthal will conduct their "Elections in Real Time" class live for a general public library audience. Along with their students, Professors Cobb and Rosenthal will discuss the current events of the day. Attendees will have the opportunity to ask questions and participate in discussion. Learn more about what young people are talking about in regard to current events and the 2024 election cycle! To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Oct. 8

**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 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](mailto:wbnofnorwood@gmail.com).

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

The Singing State Trooper will be returning to help the group celebrate their 99th year of the Norwood Woman's Club. A light lunch will be served. Yearly dues are now \$35. Please bring one item for the Ecumenical Food pantry to each meeting. For questions, call Trina at 781-762-8173. Guests are welcome.

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

It's Pumpkinfest! Children will be given a sugar pumpkin and the supplies to decorate their own pumpkin to take home! 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/](http://norwoodtoastmaster.toastmastersclubs.org/) for additional information.

## Oct. 9

**Norwood Junior Woman's Club  
Open House  
Conrads, Norwood  
7 p.m.**

The Norwood Junior Woman's Club is a women's social group that serves the Norwood community by fundraising in order to give back locally to various programs, events, and families in need. Join in for a drink and appetizers. All are welcome; bring a friend and see what we

the organization is all about! For more information, email [Norwoodjwc@gmail.com](mailto:Norwoodjwc@gmail.com) or visit [Norwoodjwc.org](http://Norwoodjwc.org).

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

Join the art instructor Stephanie Enloe for Sensory-friendly Art Classes for Adults, a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. Free for ages 18+. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Oct. 12

**Seed Packing Party  
Morrill Memorial Library  
9:30-11:30 a.m.**

The library needs to restock some of the most popular seeds in the Norwood Seed Library, so why not make it a social event! Pack a variety of seeds, have impromptu gardening conversations with fellow seed packers, and enjoy some light refreshments. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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

The boutique sells quality items at unbelievably low prices. It offers a great assortment of clothes, shoes, tableware, kitchen gadgets, linens, home decor, lamps, books, greeting cards, and so much more!

**VFW Meat Raffle  
Norwood V.F.W. Post 2452, 193  
Dean St.  
2-5 p.m.**

The price for each Drawing is \$2 or a pre-buy during the week for \$20. Ten Drawings are conducted each Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. Open to the public. The Norwood VFW is looking for new members. Veterans

# 2024 Scarecrow Contest!

**Enter the Norwood Recreation Department Scarecrow Contest! The event runs between Monday, Oct. 14 and Friday, Nov. 1. Enter to win prizes and bragging rights!**

**Silly scarecrows! Scary Scarecrows! All decoration themes are welcome!**

**Email a picture of your scarecrow before Nov. 1 deadline to: [mduffykid@norwoodma.gov](mailto:mduffykid@norwoodma.gov).**



**CALENDAR**

*continued from page 14*

of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit the post at any time or come to one of the monthly meetings which are held on the fourth Wednesday of each month from September through May (except December).

**Oct. 13**

**AR5K Memorial Road Race or Walk Knights of Columbus, 572 Nichols St. 8:30 a.m.**

This is the first Annual race to raise funds for the Austin Readon Scholarship Foundation. Austin was a lifelong Norwood resident who tragically passed away at 22 years old. Register at [www.AR5Kroadrace.com](http://www.AR5Kroadrace.com).

**Pumpkin Float & Lantern Walk Ponds at Deean 6-8 p.m.**

Join in on the Fourth Annual Pumpkin Float! Families carve pumpkins and set them afloat! There will also be a campfire for making delicious s'mores and the Norwood Trails Advisory Committee will guide a lantern walk through the woods. Food trucks will also be on site. Free to all.

**Oct. 15**

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

It's the end of another successful season of the Norwood Farmers Market. Visit today to say farewell to your favorite vendors and staff. Of course, the Town Common will still be filled with so many vendors to shop for vegetables, fruit, bakery items, fish, meat, specialty foods, and non-profit organizations, artisans, and more!

**Oct. 16**

**Turn the Page Book Group: 'The Art Thief' Morrill Memorial Library 10 a.m.**

Join Patty Bailey and other local readers for a friendly and informal discussion, *The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession*, written by Michael Finkel. For centuries, works of art have been stolen in countless ways, but no one has been as successful at stealing art as the master thief Stephane Breitwieser. Carrying out more than two hundred brazen heists over ten years in museums and churches across Europe, Breitwieser, along with his girlfriend who

served as lookout, stole more than three hundred artworks worth an estimated \$2 billion in total before the unprecedented crime spree fell apart in spectacular fashion. This is a riveting story of art, crime, love, and an insatiable hunger to possess beauty at any cost. Michael Finkel will be joining live virtually to discuss his fascinating research and his relationship with Breitwieser! To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Turn the Page Book Group: 'The Art Thief' Morrill Memorial Library 6:30 p.m.**

Join Patty Bailey and other local readers for a friendly and informal discussion, *The Art Thief: A True Story of Love, Crime, and a Dangerous Obsession*, written by Michael Finkel. For centuries, works of art have been stolen in countless ways, but no one has been as successful at stealing art as the master thief Stephane Breitwieser. Carrying out more than two hundred brazen heists over ten years in museums and churches across Europe, Breitwieser, along with his girlfriend who served as lookout, stole more than three hundred artworks worth an estimated \$2 billion in total before the unprecedented crime spree fell apart in spectacular fashion. This is a riveting story of art, crime, love, and an insatiable hunger to possess beauty at any cost. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

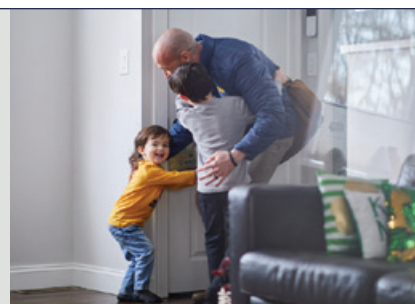
**Author Talk: 'Kate Cohen on Religious 'Nones' & Why She Stopped Pretending to Believe' Morrill Memorial Library 7 p.m.**

Author and Washington Post columnist Kate Cohen presents «Why I Stopped Pretending to Believe,» explaining why she pretended to believe in God for decades, what made her stop pretending, and what she learned in the process about personal honesty, political courage, raising children, and the state of religion in America. Copies of Kate's book, *We of Little Faith*, will be available for sale and signing after the program. To register or preorder a book, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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

**Oct. 17**

**Creepy Crawlies and Other Creatures of the Night Morrill Memorial Library 7 p.m.**

Joy Marzolf is back by popular demand and this time she is bringing in some live creepy crawlies with her! How do you hiss without using your mouth? Eat by using a built-in straw? From animals that look creepy like spiders and bats, to those that just sound creepy, many of these creatures include important predators that help us unseen under the cover of darkness. Learn about some of the amazing talents of some of our creepy animal friends and what you can do to help them help us! This program will be a combination of presentation followed by interaction with some live creepy crawlies. For ages 16+. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Oct. 19**

**Diwali Greeting Card Workshop Morrill Memorial Library 10 a.m.**

Diwali, the Festival of Lights, is one of the biggest festivals celebrated in India, and all over the world. Indians celebrate it by exchanging greeting cards, lighting Diwali lanterns, creating beautiful rangoli designs, preparing special food, and getting together with friends and family. This year, Diwali will be celebrated from October 30-November 1. Join local artist Kashmica Sarkar as she walks the attendees through creating beautiful Diwali-themed designs on a greeting card. Each attendee will take home the Diwali card they created. All supplies will be provided. Registration is required for this in-person program. Program is free and open to ages 18+. To register, visit

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

**14th Annual Trunk or Treat DPW Lot 10:30 a.m.-12 noon**

If you are interested in participating with a trunk with treats, email [mduffykid@norwoodma.gov](mailto:mduffykid@norwoodma.gov). Candy donations can be dropped off at the Civic Center. Cost to participating for treat: canned goods or \$1 for the Norwood Food Pantry.

**VFW Meat Raffle Norwood V.F.W. Post 2452, 193 Dean St. 2-5 p.m.**

The price for each Drawing is \$2 or a pre-buy during the week for \$20. Ten Drawings are conducted each Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. Open to the public. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit the post at any time or come to one of the monthly meetings which are held on the fourth Wednesday of each month from September through May (except December).

**Oct. 22**

**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 provid-

ing 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](mailto:wbnofnorwood@gmail.com).

**Budgeting and Planning Morrill Memorial Library 6 p.m.**

Are you managing your money or is it managing you? Do you find yourself regularly dipping into savings or using credit cards to deal with the costs of daily life? Have you considered creating a budget but think it's out of your control, so why bother? Join Janie Monroe and Gregg Smalley from the CFA Society Boston for a presentation on budgeting. Learn about practices and tools from unbiased financial professionals. The goal is to explain how managing your income and expenses can be empowering and stress-free. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://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/](http://norwoodtoastmaster.toastmastersclubs.org/) for additional information.

**Titles on Tap Book Group Napper Tandy's, left-hand side bar 7:30 p.m.**

The October title is yet to be announced. Titles on Tap is a social book group for readers in their 20s and 30s and for the

**CALENDAR**

*continued from page 15*

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.

**Oct. 23**

**Ballot Questions Presentation  
Morrill Memorial Library  
7 p.m.**

In partnership with Morrill Memorial Library, join the Norwood League of Women Voters for a presentation about the pros and cons of each ballot question that will appear on the Massachusetts ballot during the November 5 election this year. This talk is strictly informational; the League of Women Voters will not present an organizational stance or offer any debate, but rather will present statements on what "pro" or "con" means in relation to each ballot question. This event is open to everyone, regardless of LWV member-

ship. However, registration is required. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**The Origins & Evolution of Project 2025 w/ Professor B. Conley  
Morrill Memorial Library (Virtual)  
7 p.m.**

Project 2025 has been in the news lately, but for some, it seems to have come out of nowhere. Join Suffolk University Professor Brian Conley for an informative presentation about the history of this document and its origins during the Reagan Years. Professor Conley will help the group understand the origins of the "Mandate for Leadership," which was written by Edwin Feulner, a past leader of the Heritage Foundation, in 1979 and led to the current-day Project 2025 document. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**Oct. 24**

**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 – wthe library will provide the Legos. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**Hiking New England with Jeff Romano  
Morrill Memorial Library  
7 p.m.**

Author Jeff Romano will present a slideshow highlighting hiking opportunities throughout New England. The program will cover destinations in all six states with a focus on itineraries featured in his latest guidebook, an updated edition to *100 Classic Hikes New England* (June, 2023). Jeff will share advice, provide insights, and answer questions on how and where to plan your next hiking adventure. The presentation will also include information on New England wildflowers, birds, wildlife, history, and conservation success stories. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**Oct. 25**

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

The October movie in the Sensory-friendly Friday movie series is MGM's *The Addams Family 2*, rated PG. Recommended for ages 18+. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**Third Annual Trivia Night for a Cause  
Norwood Elks Lodge  
6 p.m.**

The Eckhardt Foundation is hosting its third annual trivia night fundraiser. Teams of 10 will compete for the first-place prize. Throughout the night guests enjoy music, drinks, prizes, friends and family. Over the years, the Eckhardt family saw unmet needs within the community. As a result, the Eckhardt Foundation was created. The goal is to provide direct funds to foster community engagement and provide support for those most in need.

**Oct. 26**

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

This is the place to pick up beautiful fall outfits at great prices! Many are brand new with the tags still attached, which are sold at a 75% discount! Outfit yourself, your family, your house.

**VFW Meat Raffle  
Norwood V.F.W. Post 2452, 193 Dean St.  
2-5 p.m.**

The price for each Drawing is \$2 or a pre-buy during the week for \$20. Ten Drawings are conducted each Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. Open to the public. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit the post at any time or come to one of the monthly meetings which are held on the fourth Wednesday of each month from September through May (except December).

**Oct. 28**

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

The October movie is: *The Fall Guy* (114 mins) - PG13. He's a stuntman, and like everyone in the stunt community, he gets blown up, shot, crashed, thrown through windows and dropped from the highest of heights, all for entertainment. And now, fresh off an almost career-ending accident, this working-class hero has to track down a missing movie star, solve a conspiracy, and try to win back the love of his life while still doing his day job. Cast: Hannah Waddingham, Ryan Gosling, Emily Blunt, Aaron Taylor-Johnson, Teresa Palme. For ages 18+. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**Oct. 30**

**Halloween Craft: Scribble Monster  
Morrill Memorial Library  
3:30 p.m.**

Join Miss Kate for this silly Halloween craft featuring scrib-

bles, scrap paper, and googly eyes! Make funny monsters and work on scissor skills. Perfect for preschoolers but older friends are welcome too! For ages 3+. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**Norwood Historical Society Fall Membership Meeting  
F. Holland Day House, 93 Day St.  
7 p.m.**

This gathering will feature an introduction to a new exhibition, Ethel Reed and the New Art of the 1890s. Boston artist Ethel Reed rose to fame as "the foremost woman poster maker in America," with posters featuring strong female figures. The exhibit explores the image she put forth through portrait photography and her own illustrations.

**Author Talk: Irene Stern Frielich - Shattered Stars: The Power of Courage, Compassion, & Kindness  
Morrill Memorial Library  
7 p.m.**

Author Irene Stern Frielich will talk about her book, *Shattered Stars, Healing Hearts: Unraveling My Father's Holocaust Survival Story*. Irene retraces the Stern-Herzfeld family's footsteps as they escape their comfortable home in Germany on Kristallnacht in 1938 and cross the border to the Netherlands. The family lives there in relative safety until the Nazis invade and turn their world upside down. Using photos, interviews, and audio and video recordings, Irene brings to life the period from 1938 through liberation in 1945. She introduces the people and places portrayed in her memoir, including a baker, a coffee roaster, farmers, clergy, and officials, many of whom demonstrated courage, compassion, and kindness to help her family survive. Copies of the book will be available for purchase and signing at the end of the program. To register, call the library reference desk at 781-769-0200, x2, or register online at [www.norwoodlibrary.org](http://www.norwoodlibrary.org).

**SAVE THE DATE!**

**4th Annual Fall Crawl  
Wednesday, Nov. 13  
7-11 p.m.  
[www.eventbrite.com](http://www.eventbrite.com); search Norwood events**



# Real Estate Corner

## Strong Numbers for Norfolk County in August

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of August, 2024, indicate an increase in overall real estate activity, with increases in the total number of deeds and mortgages recorded as compared to August, 2023.

The Registry of Deeds recorded 9,367 documents in August, 2024. This was 14% more than in August, 2023, and a 5% decrease compared to July, 2024.

"Lending activity, real estate sales, and transfers make up a majority of the documents recorded at the Registry of Deeds and August showed some significant increase in both categories," Register O'Donnell noted. "The rise in recorded documents indicates a healthy level of real estate activity. It will be interesting to see if this trend continues into the fall."

The total number of deeds recorded for August 2024, which reflects both, was 1,500, up 19% from August, 2023, and down 1% from July, 2024. However, looking at just home sales from last month, August, 2024, saw a 20% increase compared to last year.

"The substantial increase in the number of property sales compared to August, 2023, is a good sign that the real estate market is thriving, and we are seeing pockets of the market here in Norfolk County that are seeing growth and stability, particularly in certain neighborhoods and property types," Register O'Donnell said. "It will be important to monitor if this positive trend persists in the coming months."

The average sale price of commercial and residential properties for August, 2024, rose to \$1,267,950, a 14% increase compared to August, 2023, and an increase of 31% from July, 2024.

The total dollar volume of commercial and residential sales is also up, increasing by 36% from last year and up 23% from last month.

"While we are seeing an increase in the number of property sales, I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the limited inven-

financed it through a lender," Register O'Donnell said. "We will need to wait and see if a future decrease in mortgage interest rates encourages more individuals to secure mortgages for new homes."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In August, 2024, there were

10 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, more than the 3 recorded in August, 2023. Additionally, in August, 2024, there were

34 notices to foreclose, the first step in the foreclosure process, more than the 22 recorded in August, 2023.

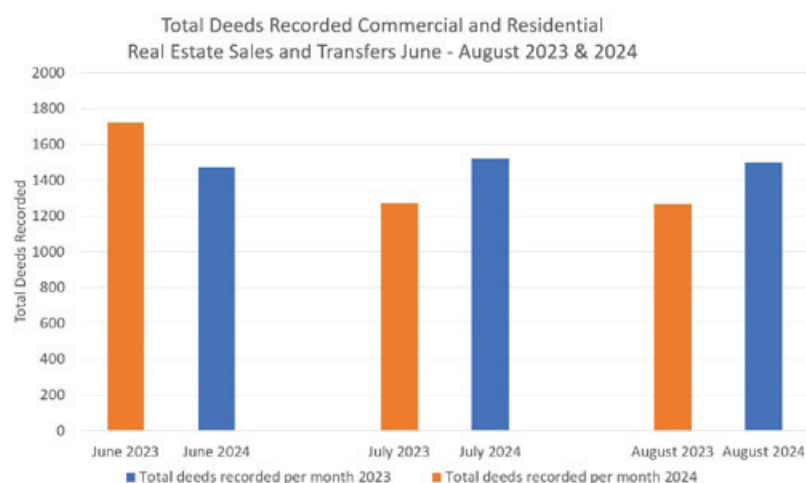
"The number of these notices is troubling," Register O'Donnell noted. "It suggests that more of our neighbors may have financial difficulties in the future. If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance."

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 Solu-

### REAL ESTATE

continued on page 18



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# Real Estate Corner

## Homestead Exemption Increases up to 1 million

Norfolk County Register of Deeds William P. O'Donnell recently informed homeowners about the increase in the amount of the homestead exemption and the importance of filing for Homestead Protection.

In August, state legislators passed Session Law 2024, c. 150, s. 51 (an Act relative to the Affordable Homes Act), that among other benefits, increased the amount of protection offered by a written declaration of homestead from \$500,000 to 1,000,000.

"The increase in the amount of the homestead exemption applies retroactively to any valid homestead that is currently on record at the Registry of Deeds and to any future recorded Homesteads," Register O'Donnell noted. "This means homeowners who have a valid homestead on record do not need to file a new homestead to gain the benefit of the recent increase."

As of August, 2024, there were 6,700 Declarations of Homestead filed this year at the Norfolk County Registry of Deeds, 2% more than in 2023.

"If you own a home, and it is your primary residence, you have an automatic homestead exemption of \$125,000," Register O'Donnell said. "However, if you file a Declaration of Homestead at the Registry of Deeds, the ex-

emption increases to \$1,000,000. The Homestead Law provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$1,000,000 if they have filed. This is especially important when you consider that for most of us, a home is our most valuable asset. Con-

qualified person.

"In March of 2011, the Homestead Law was updated so that a valid Homestead is not terminated when refinancing a mortgage," Register O'Donnell said. "Other changes that took place back in 2011 state that a Homestead can provide protec-

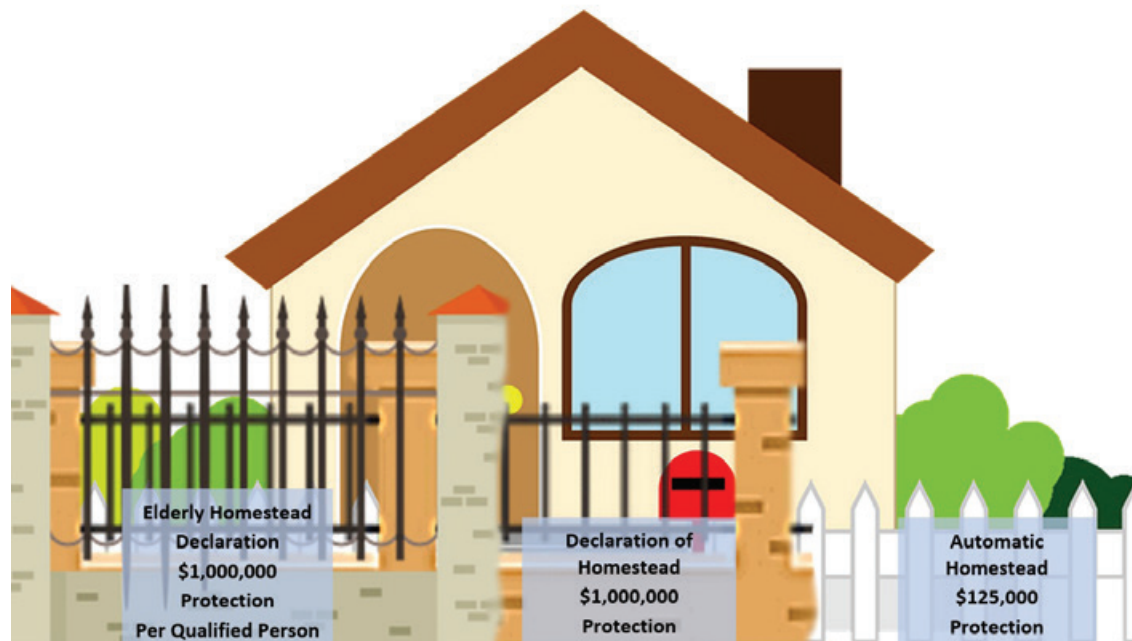
year after the date of the sale or on the date when a new home is purchased with the proceeds, whichever comes first. Additionally, if the home is damaged by a fire, for example, the insurance proceeds are protected for two years after the date of the fire or on the date when the home is reconstructed or a new home is

as well as mortgages contracted for the purchase of a primary home and nursing home liens. Most other mortgages, debts, and encumbrances existing prior to the filing of the Declaration of Homestead, along with probate court executions for spousal and child support, are also not covered under the Homestead Protection Statute.

Declarations of Homestead are recorded at the Registry of Deeds for a state-imposed fee of \$36. Additional information about the Homestead Law and the forms are available at no cost by visiting the Registry's website at [www.norfolkdeeds.org](http://www.norfolkdeeds.org).

"I want to reiterate that a Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$1,000,000," Register O'Donnell said. "While the debt is still owed, homeowners can have peace of mind knowing that with a Declaration of Homestead recorded at the Registry of Deeds, their primary residence cannot be forcibly sold to satisfy some debts."

If you have any questions about a Homestead, contact the Norfolk County Registry of Deeds Customer Service Center at 781-461-6101, Monday through Friday, 8:30 a.m.-4:30 p.m.



sumers should take steps to protect that asset."

Another feature of the Homestead Law is the allowance for the filing of an Elderly Homestead Declaration, which defines an elder as a person who is 62 years of age or older and provides protection of \$1,000,000 for each

tions for a primary home even if it is held in a trust. The definition of a primary residence was also expanded to include a manufactured or mobile home."

A Declaration of Homestead also protects the sale proceeds if the home is sold for up to one

purchased, whichever is earlier.

While the Homestead Statute provides important protections for homeowners, it is important to note that certain debts are exempt from protection under the Homestead Act. These include federal, state, and local tax liens,



## Happy Halloween!

"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." — D Sheehan

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### REAL ESTATE

*continued from page 17*

tions (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.

"August was a strong month for lending activity and property sales, suggesting a positive outlook for the real estate market in the coming months," Register O'Donnell concluded. "However, it will be important to continue monitoring these trends in the coming months to see if this growth is sustainable or if it may be a temporary surge."

To learn more about these and other Registry of Deeds events and initiatives, "like" them on Facebook at [facebook.com/norfolkdeeds](http://facebook.com/norfolkdeeds), or follow on Twitter and Instagram at [@norfolkdeeds](https://www.instagram.com/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](http://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](mailto:registerodonnell@norfolkdeeds.org).

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