

Take Care Thanksgiving/Hello Holidays

BY MICHELE TARANTO

Some may call it the perfect four-day weekend. The Thanksgiving holiday has a little something for everyone: football, a grand meal, time with friends and family, bargain hunting, holiday decorating, and of course, delicious leftovers! Friday is typically reserved for shopping and turkey sandwiches, and on Saturday, consumers are encouraged to support and patronize local businesses, or enjoy lunch or dinner on Small Business Saturday. What could possibly top that? How about closing out the weekend with a community kick-off of the holiday season on Sunday, Dec. 1 with the Norwood Holiday Tree Lighting Celebration!

This is the day some may call the calm before the storm. A time to celebrate the holiday season with family and friends before the Christmas bustle begins. In true Norwood form, each year the town hosts a free festive afternoon that has become a favorite holiday tradition. The fun-filled family event



will be held on Sunday, Dec. 1, 1:30-4 p.m., on the Norwood

TREE LIGHTING
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Fall Crawl Tapped for Nov 8!

BY MICHELE TARANTO

Get ready for a night of local fun with friends and neighbors! The Friends of Norwood Center (FNC) is once again partnering with Castle Island Brewing for the 4th Annual Fall Crawl. The event will take place on Wednesday, November 8, 7-11 p.m. The Crawl takes advantage of Norwood's vibrant tavern scene guiding participants through four locations each hour: Limey's Pub, Napper Tandy's, Conrad's, and Lewis' Bar & Grill.

The initial meet up begins at Limey's Pub to check in, meet fellow crawlers, receive a limited-edition hat, and receive some fun Castle Island Brewing swag!

Event Details:

Cost: \$25 (includes an official Fall Crawl t-shirt!)

Launch Location: Limey's Pub, 7 p.m.

Crawl Stops: Each hour, a move on the Crawl will go to Napper Tandy's, Conrad's, and Lewis' Bar & Grill.

This fundraising event delivers benefits to local commerce and Norwood neighbors. It brings



business and weeknight evening activity to Norwood Center, provides subsidies for the Friends of Norwood Center, and welcomes an entertaining night for all!

Important Note: This is a 21 and over event.

CRAWL
continued on page 3

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TREE LIGHTING

continued from page 1

Town Common. The celebration includes a reindeer dash, horse-drawn hayrides, festive entertainment by the Madrigals, the Band Gig School of Music, and Kinetic Dance Studio, arts & crafts, holiday readings, face painting, a parade, and choir music. The afternoon concludes when Santa and Mrs. Clause make their dramatic entrance and light up the Norwood Town Common!

The Norwood Recreation Department has again successfully orchestrated a party the entire family will enjoy. Three days of the holiday weekend have well secured their scheduled traditions, so finish that holiday shopping and decorating by Sunday morning to stop and truly engage in the meaning of the holiday; capturing a season of memories.

Sunday, Dec. 1

1:30-2 p.m.
Reindeer Dash
Town Common

2-3:30 p.m.
Horse Drawn Hayrides



Entertainment
Games
Arts & Crafts
Town Common

2-3 p.m.
Local musical choirs
Walter J. Dempsey Bandstand

3:35 p.m.
Parade leaves Guild Square
Heading to the Town Common
Walter J. Dempsey Bandstand

3:45 p.m.

Santa and Mrs. Claus arrive to 'Light Up' Norwood's Holiday Trees

Town Common

This schedule is subject to change, depending on weather.

Norwood residents would agree (and often brag) that no town unites and celebrates like Norwood, and this year's holiday celebration is a great opportunity to connect with friends and neighbors and kick off the holiday season!



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No All-Night Parking

It shall be unlawful for the driver of any vehicle, other than one acting in an emergency, to park said vehicle for a period of time longer than two (2) hours between the hours of 12:00 midnight and 6:00 AM of any day on any street or in or upon any Town-owned off-street parking facility, from November 15 through April 1 of each year without authorization from the

Board of Selectmen or their designee. It shall be unlawful for commercial vehicles over 2 1/2 tons carrying capacity from parking for longer than one hour on the street in residentially zoned neighborhoods between the hours of 12:00 midnight on one day until 8:00 AM the following day, except when making or picking up a delivery.



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Scam Alert from NPD

Over the past few months, there have been numerous FedEx package thefts in Norwood and throughout Massachusetts by an organized group utilizing tracking numbers in order to steal packages. Our (NPD) investigations have led to multiple suspects being identified and arrested in connection with these thefts. Individuals involved in this organization

often park in the neighborhood of the deliveries for extended periods of time to await the package's arrival. We strongly recommend you pick up expensive packages as opposed to having them delivered and, as always, report any suspicious activity to the police.

Norwood Police Department

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CRAWL

continued from page 1

To purchase tickets, visit [Eventbrite.com](https://www.eventbrite.com) and search for Norwood Pub Crawl.

All proceeds benefit the

Join in for a memorable night out while supporting the Norwood community! There is so much of Norwood to share. Gather friends, meet some new ones, and enjoy a lively evening at four of Norwood's finest pubs!



Friends of Norwood Center, a volunteer-run, non-profit organization dedicated to enhancing and energizing the downtown experience for residents and attracting visitors. For updates or information on the Friends of Norwood Center, follow Friends of Norwood Center on Facebook or Instagram at [@friendsofnorwoodcenter](https://www.instagram.com/friendsofnorwoodcenter).



DAYLIGHT SAVING TIME ENDS

The clock is ticking and the end of Daylight Saving Time, when we turn our clocks back one hour, is soon approaching.

Daylight Saving Time ends at 2 a.m. on Sunday, Nov. 3, 2024, when the clock will "fall back" one hour and, in theory, give us one extra hour of sleep.

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34 4Th St	\$785,000	7 Celtic Way U:7	\$615,000
53 Deerfield Rd	\$800,000	70 Endicott Street U:203	\$616,000
505 Nahatan Street	\$715,000	8 Granite Street	\$750,000
89 Jacobsen Dr	\$950,000		

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Too Many Mittens & Gloves?

WBN's 9th Annual Mitten Drive begins November 1

BY MICHELE TARANTO

For the past eight years, the Women's Business Network of Norwood (WBN) have held their Annual Mitten/Winter Accessories Drive. On its initial run in 2016, members hoped the Norwood community would respond with a few bags to help keep their neighbors warm, during New England's cold months. Eight years later, the drive has surpassed all expectations with trunk loads of donations! Many Norwood residents knit throughout the year for the event, and a member of the Norwood Food Pantry has stated that their clients look forward to receiving these valuable donations.

The drive is intentionally scheduled not only to coincide with the transition to lower temperatures, but also to aid those who cannot afford to purchase gifts during the holiday season. The donations are distributed to numerous organizations the first week of December.

Rising inflation rates have left many struggling to make ends meet the past few years. With priorities given to necessities, such as mortgage, rent, gas, heat, and

stocking fridges and pantries, this year's campaign is more important than ever to provide warm accessories and holiday gifts.

The 9th WBN Annual Mitten/Scarf Drive will be held Nov.

1 through Nov. 30. Throughout the month, donations of new, handmade, or gently used cold weather accessories will be accepted, such as: gloves, mittens, scarfs, hats, earmuffs, headbands, and any other winter trimmings used to stay warm. Many thanks to the gracious owners of the following establishments who will

host the donation boxes:

Norwood Senior Center, 275 Prospect St., Norwood

Morrill Memorial Library, Norwood

Murph's Place, 58 Broadway, Norwood

May School/May Institute, 1 Commerce Way, Norwood

League School, 300 Bos.-Prov. Hgwy., Walpole

Clean Remodel LLC, 50 River St., Dedham

Back in Balance Chiropractic, 59 Pond St., Suite A, Sharon

The first week in December, all items will be donated to the Norwood and Dedham communities through local organizations and churches: the Norwood Food Pantry, the Norwood WCC Thrift Shop, the First Congregational Church of Norwood, and the Allin Congregational Church, of Dedham.

Since its inaugural year, the Mitten Drive has yielded a tremendous positive response from Norwood and surrounding communities. According to the Norwood Food Pantry Donations Coordinator, these donations are greatly appreciated and helped many Norwood families keep warm throughout the winter. In fact, many of their clients have



stated they look forward to receiving these much-needed items as the leaves begin to change.

WBN is a local women's networking group. It has developed a reputation not only as a valuable referral and resource network for working women, but also for contributing to the local community. Their signature pink balloons are often seen throughout town supporting local events.

For more information on WBN, email wbnofnorwood@gmail.com, or call 781-799-7068. You can also visit their Facebook page at www.facebook.com/wbnnorwood/. Or simply stop by their booth or table at an event to learn more about the organization, or even just to say hi. Their members love meeting their neighbors!

Look for the decorated boxes in the locations listed above! Donations are accepted during regular business hours.



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A Little Off The Top

Ready to run off before the runoff

By STUART GREEN

It's November, and I'm gone. I'm pulling myself from the polls, loosening the bolts from the ballots. I'm singin' the Blues over seeing Red, railing against the rallies, leaving the debates to fate.

I've dropped out of the Electoral College, and leaving behind the campaign pain.

In short, I'm taking a boat from the vote.

As the country simmers, seethes and sneezes, I'll be looking for a little island somewhere far, far away from this civiliza-

tion which used to be civilized – maybe in the Atlantic or Pacific, or another former supermarket chain. There's got to be a place where an election is decided by guessing the correct number of conk shells washed up on the beach during low tide during the fourth full moon of the maternal orangutan's leap year.

The craziness here has slipped into another dimension – a dimension not only of sight and sound, but of mind, or what's left of it. And we are not entering the Polite Zone.

Oh, what I wouldn't do for a

nice little town Library Board of Trustee race – and uncontested at that. It could just be some little old lady whose remarks would be limited to advocating for books for all. The most radical statement would be a slight revamping of the Dewey Decimal System to include the so-called unseen fractions. Heck, she wouldn't even have to know how to read.

In the meantime – with no meanness intended – I'm off to that island nation. The debates won't be debates at all, but just really a pleasant chat between two fellows who spend their days counting goat hairs and rolling in the sand:

“You two disagree on Climate Change. Can you talk about your viewpoints?”

“It's too hot.”

“It's too cold.”

“OK, next question. What about the economy?”

“We should invent money.”

“What's money?”

“OK, very insightful. How about health care?”

“We should invent doctors.”

“What's a doctor?”

“Fascinating. Last question – what would you do on your first day in office?”

“Outlaw my office.”

“Ask my wife.”

And so, I'm taking a leave of the world – before I take a leave of my senses. I'm sure I'll find someplace, somewhere, sometime, where holding office is just something to do until the mushroom harvest comes in, where candidates hold rallies as they snooze in their hammocks, where the only scrolling voters do is when they read from the ancient papyrus.

And I'm not coming back... until the recount.

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

Senior Corner

By MICHELE TARANTO

Shine Open Enrollment Ends Dec. 7

Norwood Senior Center SHINE counselors Carole and Jill are available Tuesdays and Wednesdays, 10 a.m.-2 p.m., to assist people with Medicare needs. To schedule an appointment, call 781-762-1201, x 5. Open enrollment ends Dec. 7! Call now as the schedule fills up.

Nov. 5

State Presidential Election 7 a.m.-8 p.m.

To confirm your polling location, contact the Norwood Town Clerk office, at 781-762-1240, x152, or visit www.norwoodma.gov, click on Departments, Town Clerk, Voting & Elections, Voter Status & Location.

Nov. 21

Norwood Memory Cafe Inc.

1:30-2:30 p.m.

Norwood Senior Center

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

Looking for a Part-Time Job?

The Norwood Police Department is hiring Traffic Supervisors. If you can spare an hour in the morning and afternoon, this might be for you! The post times vary between 7 a.m.-8 a.m., in the morning and 2 p.m.-3 p.m., in the afternoon. If you are interested, stop by the station to fill out an application!

Time to Apply for Fuel Assistance

Self Help is in the process of mailing out renewal applications. If you need help completing the application when you receive it, call the Norwood Senior Center to make an appointment with Kathleen by calling 781-762-1201, x3, or email krooney@norwoodma.gov.

The income eligibility guidelines are:

Number of People in Household

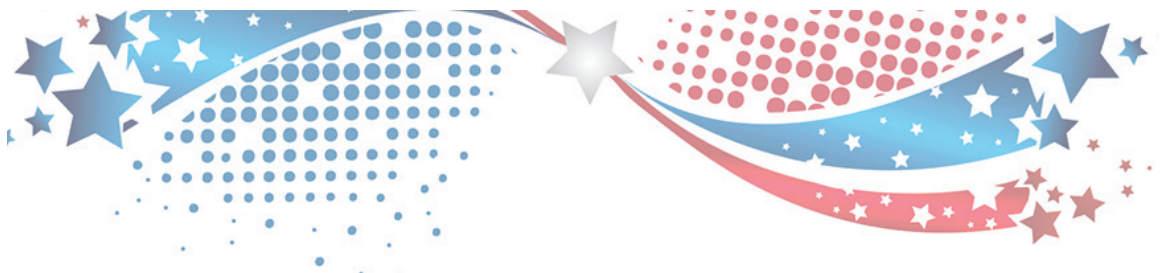
Yearly Income Must be Below

\$49,196.00

\$64,333.00

\$79,470.00

The yearly income increases proportionally based on the number of people living in the household. Please call me for the guidelines if you have more than 3 people in your household. If you are 59 years of age or under and need help applying for fuel assistance, contact Dee Carney at 781-762-1201, x6.



Let Your Voice Be Heard

The State Presidential Election will be held Tuesday, November 5.

By BELLA CAGGIANO

The table is set, the candidates have voiced their views, now the people have the opportunity to be heard. Casting a vote can make a difference. The State Presidential election will be held on Tuesday, November 5. The polls will be open 7 a.m. to 8 p.m.

Local polling locations are listed below. To confirm your polling location, contact the Norwood Town Clerk office, at 781-762-1240, x152, or visit www.norwoodma.gov, click on Departments, Town Clerk, Voting & Elections, Voter Status & Location.

List of Norwood Polling Locations

DISTRICT 1:	Oldham School	165 Prospect St.
DISTRICT 2:	Oldham School	165 Prospect St.
DISTRICT 3:	Civic Center	165 Nahatan St.
DISTRICT 4:	Cleveland School	33 George Willet Pkwy.
DISTRICT 5:	Civic Center	165 Nahatan St.
DISTRICT 6:	Balch School	1170 Washington St. South Norwood
DISTRICT 7:	Balch School	1170 Washington St. South Norwood
DISTRICT 8:	Callahan School	116 Garfield Ave.
DISTRICT 9:	Prescott School	66 Richland Rd.

BSAC PET CORNER

A Thank You From BSAC to Petfinder

Thank you SO much to the @petfinderfoundation for awarding the Bay State Animal Cooperative a Cat Enrichment grant! We will use this grant to buy calming spray, wall shelves, and other items that fosters can add to their homes so our kitty guests are happy, relaxed, and confident so they can turn the page in their lives.

We are enriching our long-term foster cats' lives: Lovey, JR, Annie, Pete, Purrsian, Mary Poppins, as well as others currently in foster care seeking the right forever home.

Want to foster kitties or volunteer in other ways? Learn about our adoptable cats? For more information, visit baystateanimals.org

Support BSAC with Titos!

Yankee Spirits in Norwood is partnering with Titos vodka and



the Bay State Animal Cooperative for its annual fundraiser. For every 1L and 1.75L of Tito's Handmade Vodka sold between Nov. 1 and Jan. 1, 2025, Tito's will donate \$1 to the Bay State Animal Cooperative. If vodka is on the holiday entertaining list this year, please purchase Titos at Yankee Spirits to help raise money for this cat rescue group.

New Mothers Up For Adoption

These two new mothers have done their job. They successfully nurtured and cared for their kittens, but now that their offspring have all found loving homes, it is their turn to relax and give and receive love with a new family. Who can help give them a home they deserve?

Mama Brady

For those older readers, the name Brady brings a certain 70's

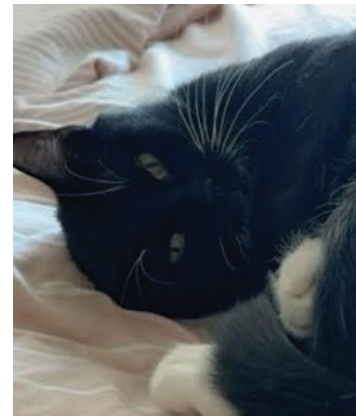


sitcom to mind. Mama Brady earned her adopted name as she was an extraordinary mother to her six adorable kittens, 3 boys and 3 girls, who, you guessed it, were named: Greg, Peter, Bobby, Marcia, Jan, and Cindy. Now that her babies have left the nest, Mama Brady is looking for her own forever home where 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?

Salem

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



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.

Still Waiting For A Loving Home

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 en-

joys 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, 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 baystatean-

baystateanimals.org

facebook.com/BayStateAnimals

twitter.com/BayStateAnimals

instagram.com/baystateanimals16

imals.org, and click on adoption.

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@baystateanimals.org.

Meet Mira and Basil!

Adorable bonded pair from a difficult background seeking patient, loving human(s). Mira and Basil need some time to trust. They love treats. Mira will chitter and 'talk' to you once she becomes comfortable. She understands the word 'snacks' and they will break out purring. They need time to learn how to interact positively. We believe that a loving, patient, experienced cat person who respects their boundaries will get a huge payoff with these two. Won't you take a chance on these two and give them a loving, stable home where they are cherished?



QR Code to our website!



Reserve Your 2025 Calendar!

The 2025 BSAC Calendars are 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 will be ready to order mid-November. Stay tuned to the BSAC website, 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 also help the BSAC cover medical, foster, and adoption costs. It's a win, win for all! Especially for the kitties waiting patiently for their furrrever home!

3 Markets; 3 Seasons

By MICHELE TARANTO

The Norwood Farmers Market (NFM) spanned three seasons in its 'revived' state since COVID-19. The 2024 ended season on a cool afternoon on Oct. 15, but what a season it was! For 18 weeks, on Tuesday afternoons, 2-6 p.m., the Norwood Town Common was filled with produce, food, artisan vendors, organizations, shoppers, children, robots, entertainment, and even dogs! Though a few days of extreme heat, the weather on Tuesday afternoons in Norwood was perfect for all this year's market had to offer. That included a lot more vendors, diverse entertainment, special events, lawn games, and lots and lots of laughter.

"Three's a Charm," Farmers Market Organizer Peter McFarland said. "We have doubled the size of the market from less than 15 vendors in 2022, to averaging 30 this year. Next year, we are looking to add more food vendors."

From its positive attendance numbers, an outdoor market is just what the town wanted and needed. Many who visited even drove from outside Norwood's borders once word got out of the Market's great repu-

This year, five local farmers displayed their produce on the Town Common (three in 2022). Sacred Mushrooms and Microgreens by the Sea also visited Norwood weekly with homegrown vegetables,

son! The Market's entertainment was also the best around with bands, soloists, and the Walpole Robotics Club was a fan favorite for both kids and parents.

Many thanks are extended

their displays. Their assistance and efficiently-run market are some of the reasons Norwood is a favored market among many vendors. New vendors were being added even in the last few weeks due to Norwood's remarkable reputation.

With Norwood's centrally-located Town Common, the Central Ave. picnic area, and the Norwood Farmers Market, Tuesday afternoons was the place to be in Town. Be it a hot summer day, or a picturesque, clear afternoon, tents were flapping, music was playing, voices were talking and laughing.

All that, while also learning about and purchasing fresh produce from local farms and hand-crafted or all natural goods. The Norwood slogan 'Buy Local, Eat Health, Build Community,' checks all the

boxes at the Norwood Farmers Market!

Ideas are already in the planning stages for next year's market...stay tuned Norwood! To remain in the know about the Norwood Farmers Market during the off season, like their Facebook page at Norwood-MAFarmersMarket!



tation, number and variety of vendors, entertainment, and special events.

Jordan's Fish again provided a fresh protein for dinner as well as the Pumpkin Farm for meat and chicken, and cookies and sweets were on hand to round out the meal. But that is not all that the Market had to offer. There were many artisans selling their homemade items, organizations shared information, and the Morrill Memorial Library sold books to young and old.

to the many sponsors of the Market, who allowed the Market to grow this season. Also, shout outs to the Norwood Department of Public Works for faithfully placing signs throughout town each week, Norwood Light Broadband who was readily available with electrical needs, and especially to the many volunteers, both high school students and adults, who assisted vendors setting up and breaking down



Arlene Bonura, Phyllis Spiro, Olya Majkut, Sue Ingles, representing the Norwood Woman's Club, made a generous donation to the Norwood Food Pantry. Donations are collected at each meeting.

116 Main Street, Medway
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Living Healthy

Addressing Myopia Early: What Families Need to Know

By: GRAHAM R. STETSON, OD, MS

With cases skyrocketing in recent years, myopia has become a serious public health challenge. Myopia, commonly known as nearsightedness, is more than just a visual complaint. It is a growing global issue that affects millions, blurring the world beyond arm's reach and increasing the risk for other serious eye conditions. This may sound dire, but fortunately there are ways to help control its progression and protect our vision for the future.

The causes of myopia are not fully understood, but they include lifestyle and possibly genetic factors. The most impactful lifestyle factor is limited outdoor activity in childhood. This lack of outdoor time combined with the dramatic rise in screen time (close-up work) is driving the surge in myopia rates. Studies have found children who spend the same time outdoors as their counterparts, but more time on screens are more likely to develop

myopia, and in higher amounts. Unchecked myopia can lead to more than just blurry vision. The higher the amount of myopia, the greater the risk of developing other eye problems, like retinal detachments, glaucoma, as well as certain types of macular degeneration and cataracts. Most of these conditions develop later in life, which means that not controlling myopia in young children can increase their risk of developing serious eye conditions throughout their lives.

Fortunately, advances in eye care have provided several effective methods for controlling the progression of myopia; including specialized contact lenses or eye drops to slow the progression of myopia in children. Orthokeratology (Ortho-K) lenses are hard contact lenses that are worn while sleeping, temporarily reshaping the cornea to reduce myopia progression and often eliminate the need for vision correction during the day. There are also soft contact lenses worn



during the day and low-dose atropine eye to reduce the development of myopia. Myopia control eyeglasses are also in the process of obtaining FDA approval.

As with most conditions, early intervention is key. Myopia progresses most rapidly in the pre-

and early-teenage years and can greatly reduce complications and improve quality of life for those affected. Eye exams are essential for early detection, treatment, and monitoring of myopia. Parents and caregivers can also play a crucial role. By encourag-

ing children to spend more time outdoors and take regular breaks from screen-based activities, they can help reduce the risk of developing or worsening myopia and help put their kids on the path to better vision and ocular health.

Carbon Monoxide (CO) Safety

Protect your family from carbon monoxide poisoning

CO is the number one cause of poisoning deaths in the U.S. Hundreds of people die acciden-

tally each year from CO poisoning caused by malfunctioning or improperly used fuel-burning appli-

ances. Learn to protect your family from CO. Carbon monoxide gas is produced whenever any fuel (gas, oil, kerosene, wood or charcoal) is burned.

Know the signs of CO poison-

ing to keep your family safe

Carbon monoxide is poisonous, odorless, colorless, and tasteless.

Exposure to carbon monoxide can produce headache, nausea, dizziness, confusion, fainting,

unconsciousness, and death. CO poisoning can also mimic flu symptoms.

If you suspect CO exposure:

Get out of the house or car and get fresh air.

Call the fire department from a cell phone or a neighbor's house.

If you have symptoms, seek medical help immediately.

Sources of CO

Heating is the leading cause of CO in homes. Here are other sources of CO:

- Furnaces and water heaters
- Chimneys and woodstoves
- Gas and oil fueled space heaters
- Blocked furnace and dryer vents
- Car tailpipes blocked by snow
- Generators
- Running vehicles
- Barbeque grills and camping stoves
- Gas ovens used for heat
- Gas tools such as snow removal and yard equipment

Source: [mass.gov/info-details/carbon-monoxide-co-safety](https://www.mass.gov/info-details/carbon-monoxide-co-safety)

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Living Healthy

Food Dyes: Harmless or Harmful?

Artificial food dye consumption has increased by 500 % over the last 50 years. They are used in almost all foods including cereals, candy, baked goods, salad dressing, beverages, pet food and even meat and fish. Artificial food dyes are made from petroleum and can be neurotoxic. Studies have shown that a number of side effects including behavioral issues such as hyperactivity, inattention as seen in ADHD, restlessness, moodiness, irritability and or anxiety and depression and migraines are just a few.

Tanya L brought her 5 year old daughter into our office with many of the symptoms listed above. Medical doctors wanted to use medications to treat the symptoms but Tanya wanted to take a more natural route to help her child. Upon taking a history it was noted that her daughter had a very limited diet and most of it was processed foods that contain artificial food dyes. Changing her diet and putting her on a homeopathic detox plan helped to remove the toxins and restore more normal



Dr. Rochelle Bien & Dr. Michael Goldstein

nervous system function. Many of the symptoms disappeared in a few weeks and a lot of her health challenges did as well. With the holidays quickly approaching I hope you will look at labels and choose healthier versions of candy and baked goods without food dyes. They do exist especially in supermarkets that offer healthier choices.

If you or your children are suffering from any of these

symptoms, I challenge you to remove the food dyes and see what happens. If the symptoms persist call (508) 660-2722 to make an appointment with one of our Doctors. The Holistic Center at Bristol Square is located at 1426 Main Street, Walpole.

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Norwood Sports

Girls Soccer Looking to the Future

By CHRISTOPHER TREMBLAY

Over the past few seasons, the Norwood girls soccer team has found themselves looking up in the Tri-Valley League standings. Mustang Coach Kim Brinklow has not been able to attract a large pool of athletes to come out for the team, instead they gravitated towards field hockey and basketball.

With the lack of talent gracing their rosters, Norwood has not had too many successful seasons.

“The Tri-Valley League is very tough with many of the teams we go up against going deep into the playoffs on a regular basis,” Brinklow said. “While we haven’t been very good, we have gotten more competitive over the years, but we just haven’t been able to get over the hump.”

While this year’s games have been closer, the Mustangs have yet to secure their first win. Brinklow knows that this season is going to continue to be tough but sees the clouds breaking and the silver lining coming in the near future.

“We’ve connected with the youth program and over the next few years we should start to reap the benefits,” Brinklow said. “There are a lot of seventh and eighth graders who play soccer year-round that will be moving into the high school over the next few years.”

Not only will the younger girls



be making their way up, Brinklow and her team have been putting together clinics for girls in the fifth through eighth grades to give them not only the skills but the incentive to play the sport on a high level. During their last clinic, some 150 girls attended, which could bode for a bright future of Norwood girls soccer.

In addition to the upcoming seventh and eighth graders, Brinklow noted the Norwood’s junior varsity program has already started the improvement process and have been putting together a rather successful season; with this, she believes that the building

process has already begun for the varsity team.

Leading the team into the future are juniors Mackenzie Flynn and Riley Barnett; they should be with the team next fall when the first wave of talented young soccer players arrives.

Flynn is the team’s center midfielder; the general on the field according to the coach and one with a smart soccer IQ. She plays the sport year-round and has the leadership qualities to encourage the girls to take their game to the next level.

Barnett is always providing the

effort and is fearless on the field. She plays the holding center-midfield position, while Flynn is the attacker. Norwood likes to play double center-midfielders instead of those side by side. They’re playing on top of one another to give the team more power through the middle of the field.

Although Flynn and Barnett will be part of the Mustangs future come next fall, seniors Catherin Crowin (left mid or defense), Elizabeth Gonzalez (in the middle with Flynn and Barnett) and Mary Flaherty (right back who has unfortunately been hit with the injury bug), are the team’s captains this fall.

“They’ve got the commitment and have given us the effort each and every game,” Brinklow said.

Norwood has increased its competitiveness this season but still find themselves lacking on the scoring end. According to the coach, the scores of the Mustangs games don’t reflect the competitiveness on the field and their outcome would look much different if they could find a way to put the ball in the back of the net, which has been a big problem.

Having a scoring problem is something that has affected the team this year, but Brinklow has seen some improvement over the last few games and likes what she has seen.

Underclassmen who have been able to propel the team in

scoring lately have been Flynn, junior Ava Papetti, sophomore Megan Molloy, and freshman Gia Riccardi.

“We definitely have been increasing our passing and movement of the ball,” Brinklow said. “We are able to create a lot more scoring opportunities now, something that we were not able to do in the past.”

Junior CeCe Becker has shown to be somewhat of a surprise for the Mustangs this fall. She has not only improved her game tremendously, but she is also one of those girls moving the ball and helping to create the space and opportunity.

Prior to the season, Brinklow wanted the team to be competitive and keep the games relatively low scoring. In doing that, she also wanted to develop the team’s ability to score while also defending the opposition’s sets and corner kicks.

“We may not have won a game yet, but the girls have had good communication on the field in practices as of late,” Brinklow said. “They’ve worked extremely hard together and are fighting for one another.”

Come the end of the season, Norwood may not have the win-lose record they would have liked, but they do know that the future of the team looks bright and that the sun will soon be rising on them sooner than later.

Trot Number 38!

By MICHELE TARANTO

For Norwood runners, November does not signal the end to friendly competition. Yes, Thanksgiving provides that precious long weekend of lounging,

a big meal, leftovers, and maybe some spirited shopping. While the ovens are gearing up for the biggest feast of the year, however, the Annual Norwood Turkey Trot gives an opportunity to keep those legs moving and tour Nor-

wood neighborhoods just before they are stripped of magnificent fall foliage.

Each year, the Sunday before Thanksgiving, athletes lace up their sneakers with Norwood’s infamous pre-holiday tradition. The 38th Norwood Turkey Trot will be held on Sunday, November 24, 11 a.m., beginning and ending at Norwood High School, 245 Nichols St. Pre-registration ends November 22, 7 p.m., with a \$30 race fee (plus \$2,80 sign-up fee). Cost is \$35 the day of the event. Register at runsignup.com/Race/MA/Norwood/TheNorwoodTurkeyTrot.

The four-mile route is both



the race, many who call Norwood home and some travel from as far as Cape Cod and northern Massachusetts. Runners of all ages are welcome to participate in the race.

Not a runner? Join in the fun by grabbing a lawn chair and cheering on your local athletes, especially the homes along the race route! Who knows, you may be so motivated, you’ll find yourself soon training for next year’s trot! For more information or to register for the Norwood Turkey Trot, email wingedfootrunning@comcast.net, or visit runsignup.com/Race/Events/MA/Norwood/TheNorwoodTurkeyTrot.

challenging and charming. The starting gun begins on Peabody Rd., leads runners down Nichols St., winding around the Willett Parkway neighborhood and finishing with cheering crowds at Norwood High School. Last year, over 450 runners participated in

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Norwood Sports

NHS's Top Golfer

BY CHRISTOPHER TREMBLAY

A ten-year old Tommy O'Brien was just looking for something to do one day and decided to go out with his father and older brother Patick to the Norwood Country Club to play a round of golf. The young O'Brien had never picked up nor swung a club, but things would certainly change for him that day.

"That first time on the golf course I really didn't know what to expect; I didn't think that it would be too hard," O'Brien said. "But it was more difficult than I expected, which was a good thing as it became something that I could work on to get better. Hitting that one good shot gives you hope for improvement."

O'Brien would continue to go out on the weekends with his dad and brother and just play for fun, but eventually he wanted his golf game to become more serious. Soon after, he found himself an instructor and his game began to steadily improve. He recently started playing New England Junior PGA Tournaments; two summers ago, he participated in six or seven tournaments, and this past summer took part in ten.

"Playing in the tournaments has definitely helped my compet-

itive side," O'Brien said. "There are a lot of good players there and I can use that to improve my game. Not only do they push you to be better, but you can watch the things that they do on the course to better yourself as well."

Upon entering high school, O'Brien was set on making the

golf team in some capacity but was not sure what he was up against.

"During the tryouts, I just wanted to go out and play my best game," O'Brien said. "Being unsure of the competition, I just wanted to go out and show that I could play at this level."



After making the varsity squad, O'Brien wanted to work on a successful freshman campaign for the Mustangs. He would continuously find himself in the third or fourth group each match, but it didn't bother him as that's where he expected a first-year golfer to play.

"I just go out and play my game," O'Brien said. "It doesn't bother me where I am playing, first or fourth group, I am going to play the same way."

With that attitude, the young golfer was looking to get off to a good start on the golf course and was hoping not to leave anything behind. He wanted to play the game while hoping to be the best that he possibly could be to help his team succeed.

Things seemed to work out

during his first season as the freshman shot an average of 3.5 over par and quickly found himself as Norwood's number one golfer.

"Being number one was certainly a surprise, but it showed that all my hard work paid off," O'Brien said. "I definitely didn't expect to be number one. I knew that I was a good golfer and just wanted to go about and be competitive each match while working my way up the ladder."

According to Norwood Gold Coach Chuck Allen, O'Brien takes the game very seriously and continues to put in the work. The Mustang Coach went on to say he's consistently 2.5 over par through 15 rounds with 13 of those rounds shooting in the 30's and finished fourth overall in the Tri-Valley League.

"He goes out and does what he needs to do and doesn't act like a superstar doing it," Allen said. "He's got himself a swing coach and spends a lot of time on the golf course working on his game."

One of the things that O'Brien believes is very important to be a successful golfer is the mental side of the game; it can be a challenge but one in which you must defeat to be a good golfer.

"You need to stay composed at all times on the golf course," O'Brien said. "If you go out and hit a bad shot, you can't get frustrated and let it bother you. You just got to continue without an issue. Just stay composed and don't worry about that shot."

O'Brien will be going back to

the State Tournament this fall, hoping to improve upon last year's disappointing showing.

"I am really excited to go back there and play," O'Brien said. "Last year as a freshman, I didn't do all that well as I was nervous. Pleasant Valley Golf Course (in Sutton, MA) is a tough course and I want to bounce back this year and put together a better day. If I can shoot in the 70's, I'll be happy."

Although only a sophomore at Norwood High School, O'Brien still has two more golf seasons left before he graduates. Over those two seasons he is looking to keep improving while bringing his average down. Following high school, the three-sport athlete, would be interested in playing golf on the collegiate level.

"If I could play golf in college that would be great," O'Brien said. "But it's tough being from New England and trying to overtake the Southern players who play year-round. If a school offered me the opportunity, great, but my top priority in college would be to get a good education."

Coach Allen believes that if O'Brien continues to work on his game there should be no reason that he couldn't play golf in college. For now, the Norwood sophomore still has two and a half years to go at Norwood High School and another two seasons playing for the Mustangs at the Norwood Country Club.

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Norwood Scholarship Foundation Tailgate fundraiser will be held on Sunday, November 3

For Patriots vs. Titans at the OCC. So many other fabulous gift cards as well!

A shout out of thanks to: Dave Turchetta, Nancy Roberts, Lovell's Florist and Nursery, Smith and Wollensky, Showcase Cinema, Patty Griffin Starr '71, Nicholas Naumann, Lewis's, Tim McDonough '83, D & G Deli, Fuego, Wegman's, Tony Spadorcia, Daddy's Dairy Hometown Arcade, Smokehouse BBQ, Feisty Greek, Custom Art Framing, Beth Goldman, Norwood Girls Soccer Team, Steve Usevich '63, Gina Troilo Naumann '86, Broadway liquors, Anita Hennessey, Roche Brothers, Michelle Eysie Mullen '69, Norwood High School Girls basketball team, One Bistro, Five Irons Golf, Pam Conroy, Norwood Theatre and Southridge Farm And Nursery.

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Social Security Announces 2.5 Percent Benefit Increase for 2025

The Social Security recently announced that Social Security benefits and Supplemental Security Income (SSI) payments for more than 72.5 million Americans will increase 2.5 percent in 2025. On average, Social Security retirement benefits will increase by about \$50 per month starting in January.

Over the last decade the Cost-of-Living Adjustment (COLA) increase has averaged about 2.6 percent. The COLA was 3.2 percent in 2024.

Nearly 68 million Social Security beneficiaries will see a 2.5 percent cost-of-living adjustment beginning in January, 2025. Increased payments to

nearly 7.5 million people receiving SSI will begin on December 31, 2024. (Note: Some people receive both Social Security benefits and SSI).

"Social Security benefits and SSI payments will increase in 2025, helping tens of millions of people keep up with expenses even as inflation has started to cool," Martin O'Malley, Commissioner of Social Security said.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) is slated to increase to \$176,100 from \$168,600.

Security begins notifying people about their new benefit amount by mail starting in early December.

This year, for the first time,

Social Security beneficiaries will receive a newly designed and improved COLA notice that makes it easier for customers to find the information they need most. The simplified COLA notice is now only one page, uses plain and personalized language, and provides exact dates and dollar amounts of a person's new benefit amount and any deductions.

Individuals who have a personal my Social Security account can view their COLA notice online, which is secure, easy, and faster than receiving a letter in the mail. People can set up text or email alerts when there is a new message--such as their COLA notice--waiting for them in my Social Security.

People will need to have a personal my Social Security account by Nov. 20 to see their COLA notice online. To get started, visit www.ssa.gov/my-account.

account.

Information about Medicare changes for 2025 will be available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, the 2025 benefit amount will be available via my Social Security's Message Center starting in late November. Those who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

To read more, visit www.ssa.gov/cola.



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Calendar of Events

Nov. 1

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

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 age 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 2

How to Survive in Tudor England w/ Toni Mount
Morrill Memorial Library (Virtual)
10 a.m.

Imagine that you've been transported back to Tudor England and have to start a new life there. Without smartphones, satnav, or social media, how will you know where you are or where to go? Where will you live and work? And who can you turn to if you fall ill... or upset the king? In a period when execution by beheading was the fate of thousands, how can you keep your

head in Tudor England? Author and historian Toni Mount will answer these and other questions about how it was done and what we would need to if we ever had an opportunity to travel back in time. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Wellness Fair
Norwood High School
9 a.m.-12 noon

This event will include informational booths, food, kids fun run, and games. Bring the family! FREE!

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 through May (except December).

Nov. 3

Guided Tours of the Day House
93 Day St.
1-3 p.m.

Enjoy a Sunday afternoon touring one of Norwood's historic treasures, the F. Holland Day House. View the Norwood Historical Society's diverse collections, and new exhibits. Also, get a sneak peek at this year's holiday decorations!

Nov. 4

Music with Sarah
Morrill Memorial Library
11 a.m.

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.

Nov. 5



State Presidential Election
7 a.m.-8 p.m.

To confirm your polling location, contact the Norwood Town Clerk office, at 781-762-1240, x152, or visit www.norwoodma.gov, click on Departments, Town Clerk, Voting & Elections, Voter Status & Location.

CFCE Parent Workshop: Gross Motor Development
Morrill Memorial Library
6:30 p.m.

Join for an engaging and informative parent workshop dedicated to gross motor milestones. This interactive session facilitated by Katie Kelly, a mom and pediatric physical therapist,

will help you understand and support your child's physical development from infancy to early childhood. The facilitator will cover key milestones from rolling over and crawling to walking and jumping and provide practical tips for encouraging and celebrating each achievement. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 8

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

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Nov. 9

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

Get ready for the holidays with our Christmas decorations, gifts, winter clothes for the whole family, shoes, books, kitchen items, and so much more. The boutique will also have fall and Thanksgiving decor.

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

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Nov. 11

Patriotic Rosary
St. Catherine of Siena Church
1-2 p.m.

Pray the beautiful Patriotic Rosary on Veterans Day. Join in prayer veterans, active military, police and firefighters, and the country. This is a rare opportunity to foster love of God and Country as we sing all of patriotic songs.

Nov. 12

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

Sherly Faye will perform as Queen Elizabeth, "Her Majesty," to help celebrate the 99th year of the Norwood Woman's Club. A light lunch will be served. Guests are welcomed. Yearly dues are \$35. When attending a meeting, the groups ask to bring one item for the Ecumenical Food pantry to each meeting. For more information, call Trina at 781-762-8173. Hope to see you there.

Norwood Toastmasters
Civic Center
6:45 p.m.

The Norwood Toastmasters Club, a not-for-profit educational organization that develops communication and leadership

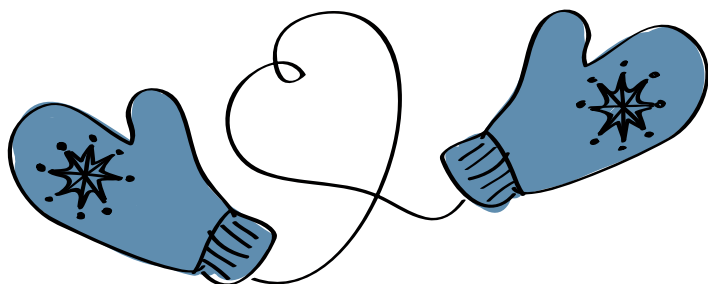
Mitten Drive - Nov. 1-Nov. 30

The 9th WBN Annual Mitten/Scarf Drive will be held Nov. 1 through Nov. 30. Throughout the month, donations of new, handmade, or gently used cold weather accessories will be accepted, such as: gloves, mittens, scarfs, hats, earmuffs, headbands, and any other winter trimming to stay warm. Many thanks to the gracious owners of the following establishments who will host the donation boxes:

- Norwood Senior Center, 275 Prospect St., Norwood
- Morrill Memorial Library, Norwood
- Murph's Place, 58 Broadway, Norwood
- May School/May Institute, 1 Commerce Way, Norwood
- League School, 300 Bos.-Prov. Hgwy., Walpole
- Clean Remodel LLC, 50 River St., Dedham
- Back in Balance Chiropractic, 59 Pond St., Suite A, Sharon

The first week in December, all items will be donated to the Norwood and Dedham communities through local organizations and churches: the Norwood Food Pantry, the WCC Thrift Shop, First Congregational Church of Norwood, and the Allin Congregational Church, of Dedham.

For more information on WBN or the mitten drive, email mantarantorealty@gmail.com, or call 781-799-7068.



CALENDAR

continued from page 14

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.

Nov. 13

Norwood Junior Woman's Club Meeting Conrad's 7:30 p.m.

The Norwood Junior Woman's Club is a women's social group that serves the Norwood community by fundraising in order to give back to various programs, events, and families in need. Monthly meetings are held on the second Wednesday of each month. For more information, email Norwoodjwc@gmail.com, or visit Norwoodjwc.org. All welcome to any meeting, bring a friend and see what they are all about!

Nov. 14

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 - we will provide the Legos. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 15

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

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 age 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 16

Holiday Craft Fair May Institute 10 a.m.-4 p.m.

Kick off the holiday gift-giving season at a festive gathering of local artisans and crafters showcasing their unique items. The May Center is located at 1 Commerce Way, Norwood. Ad-

mission is free. All vendor table rental proceeds will go towards special events and programs for the school.

Shattered and Gathered: Poetry and Healing with Johanna Hattendorf Morrill Memorial Library 10 a.m.

If you have experienced trauma, a deep loss, or a life-changing event, you know how it breaks you at every level of your being. You may wish you could turn back time, or wonder if it will ever get better. Healing is possible. The book "Shattered and Gathered: Reclaiming My life After Childhood Sexual Abuse" is a poetic memoir of courage, and hope. But rather than focusing on "what happened," these poems tell the story of one person's journey home to herself. Johanna will offer a poetry reading followed by a Q&A and book signing. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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 through May (except December).

Nov. 17

Musical Sundays Concert Series: Alex Minasian Jazz Trio Morrill Memorial Library 3 p.m.

The Morrill Memorial Library's Fall Musical Sundays Concert Series kicks off with a bang with the Alex Minasian Trio. The Alex Minasian Jazz Trio brings an afternoon of jazz, with musical selections honoring the legends of jazz music, including Charlie Parker and Thelonious Monk, as well as music from the Great American Songbook. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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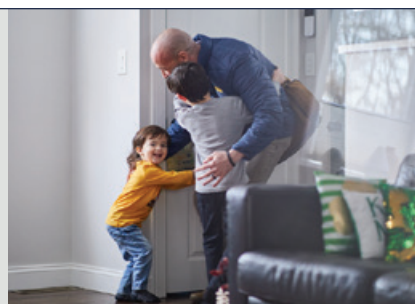
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norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 19

An Evening with NPS Superintendent Timothy Luff Morrill Memorial Library 6:30 p.m.

Norwood Public Schools new Superintendent, Timothy Luff, will be a guest speaker for the Norwood League of Women Voters. Registration for this event is requested. Guests who register to attend will also be able to input a question for the Superintendent at the time of registration. Public welcome. Light refreshments will be offered. To register, call the reference desk at 781-769-0200, x2.

Nov. 20

Turn the Page Book Group: 'Things You Save In a Fire' Morrill Memorial Library 10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel, Things You Save In a Fire, written by Katherine Center. As the only female firefighter in her Texas firehouse, Cassie Hanswell is excellent at dealing with other people's tragedies, she never anticipated that her estranged and ailing mother would ask her move to Boston. The tough, old-school Boston firehouse is as different from Cassie's old job as it could possibly be. Hazing, a lack of funding, and poor facilities mean that the firemen aren't exactly thrilled to have a "lady" on the crew, even one as competent and smart as Cassie. Only the infatuation-inspiring rookie doesn't seem to mind having Cassie around. Her old captain gave her some advice: don't date firefighters. Will she jeopardize her place in a career where she's worked so hard to be taken

seriously? 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: 'Things You Save In a Fire' Morrill Memorial Library 6:30 p.m.

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Nov. 21

How to Publish Your Book: Advice for Aspiring Authors Morrill Memorial Library 7 p.m.

For aspiring authors and those interested in the publishing process, New England Indie Authors

Collective (NEIAC) authors from diverse backgrounds discuss their experiences publishing their work. This panel discussion covers a range of topics, including agents, small presses, and self-publishing, with a focus on how things have changed because of the pandemic. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 22

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

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 age 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

The November movie in the Sensory-friendly Friday movie series is 'Disney's Wish.' This event is recommended for age 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 23

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

Shop for Christmas decorations and gifts at great prices. The boutique can outfit your family with fashionable clothing and shoes. Books, kitchen items, puzzles, linens, glassware - all are waiting for you.

VFW Meat Raffle

CALENDAR

continued from page 15

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 through May (except December).

Nov. 24

Musical Sundays Concert Series: Hungrytown Morrill Memorial Library 3 p.m.

Rebecca Hall and Ken Anderson, through their years of worldwide touring and tireless devotion to many classic genres of music, have crafted Hungrytown into a true artistic hybrid able to hold Celtic and Americana, ballads and psychedelia, sunshine and darkness, joy and despair, not only within the same album, but within the same song. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 25

Monday Movie Matinee Morrill Memorial Library 1 p.m.

Morrill Memorial Library continues their Monday Movie Matinee film series. The November movie is: 'Arthur the King.' (PG13) Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light (Mark Wahlberg) and a scrappy street dog companion dubbed Arthur. Based on an incredible true story, ARTHUR THE KING follows Light, desperate for one last chance to win, as he convinces a sponsor to back him

and a team of athletes (Simu Liu, Nathalie Emmanuel, and Ali Suliman) for the Adventure Racing World Championship in the Dominican Republic. As the team is pushed to their outer limits of endurance in the race, Arthur redefines what victory, loyalty and friendship truly mean. (Source: Swank) To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Native Nations: A Millennium in North America w/ Kathleen DuVal Morrill Memorial Library (Virtual) 7 p.m.

Join professor, historian, and author Kathleen DuVal (on Zoom) to learn about Indigenous peoples' ongoing resilience and battle for self-sovereignty. Professor Duval will discuss her book, *Native Nations: A Millennium in North America*, that places the power of Native nations at its center, telling their story from the rise of ancient cities more than a thousand years ago to the fights for sovereignty to continue today. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 26

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 morn-

ings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

Norwood Toastmasters 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.

Titles on Tap (sponsored by the Morrill Memorial Library) meets at Napper Tandy's, in Norwood, in the left-hand-side bar. The November title has 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. They go in for stories that are shaken, not stirred, and don't mind taking our love of lit outside the library walls.

Nov. 30

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 through May (except December).

Dec. 1

Holiday Tree Lighting Norwood Town Common 1:30-4 p.m.

The celebration includes a reindeer dash, horse-drawn hayrides, festive entertainment by the Madrigals, the Band Gig School of Music, and Kinetic Dance Studio, arts & crafts, holiday readings, face painting, a parade, and choir music. The afternoon concludes when Santa and Mrs. Clause make their dramatic entrance and light up the Norwood Town Common! All FREE and open to the public

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Real Estate Corner

Keeping History Alive

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

October was National Family History Month, a time dedicated to preserving the stories and traditions of our ancestors and learning about our roots and the experiences that have shaped our families for generations.

By exploring our family history, we can gain a deeper understanding of our roots and connections to the past. Have you ever wondered where some of your family traditions come from, or wanted to uncover the root of a family story passed down through the generations?

Today, millions of Americans are on the hunt for clues to find out more about themselves and their family's background. According to an ABC News report, genealogy is ranked the second most popular hobby in the United States. Genealogy websites get more than 100 million hits per year. But its popularity doesn't end there. There are also genealogy television shows, college courses, and businesses. Therefore, a survey that revealed 78% of people want to research their ancestry shouldn't really surprise us. And the search for answers may just lead you right to the Norfolk County Registry of Deeds, thanks in part to our History Comes Alive program.

For some, the Registry of Deeds may not be the first place that comes to mind when trying to trace your family's history. However, it can be a great place to start your genealogical journey. We have a wealth of information and cutting-edge technology to assist you. The Norfolk County Registry of Deeds possesses approximately 13.1 million land records, recorded in 42,028 Registry books dating back to when Norfolk County was created in 1793. Some of these records include deeds, liens, foreclosures, mortgages, conveyances, trusts, and mortgage discharges.

What can you learn from these documents? Plenty. You can discover where a family member lived. What they gen-

erally paid for the property by looking at some of the recorded documents such as the deed as well as any mortgage filings. When and who they sold it to. And if while owning the property they faced any financial burdens, such as an attempted foreclosure or having a lien placed on their home.

However, you might also say, "That sounds like great information, but it's impractical for me to get to the Registry given my work schedule." Well, thanks to technology that's no longer a problem, you can do it from the comfort of your home computer or cell phone 24/7. Just go to the Norfolk County Registry of Deeds website www.norfolkdeeds.org, hit the Search for Your Deed button, and type in the name you are looking for. If they owned property in Norfolk County, you will find records all the way back to the 1700's. We made this research process even easier for you through our History Comes Alive Transcription Program where all the Registry documents written in hard-to-read cursive penmanship from 1793 to 1900 were transcribed into clearly readable print.

In addition to the wealth of information at the Registry, both on sight and via our online records database, the Registry's Genealogy Research and Resource Center has four workstations dedicated to genealogy research. These workstations have free access to Ancestry.com and American ancestors.

Click the following link to watch an interview about the Genealogy Research and Resource Center which aired on the Needham Channel: <https://www.norfolkdeeds.org/news-event/registry-free-genealogy-research-program>

These databases can help you continue your journey as you try to discover your roots by gaining access to records across Europe and across the world wherever your families are from. You can find census records, draft cards, and prison records for ancestors who may not have been on the straight and narrow.

The primary mission of the registry is always the security, accuracy, and accessibility of our communities' land records and reliable service to the residents of Norfolk County, but if you think about it, the registry also records history every day, accurately preserving a detailed chain of events on Norfolk County properties from 1793 to the present. The addition of the Genealogy Research and Resource Center only adds to the wealth of information you can find at the Norfolk County Registry of Deeds. So, whether you are a historian, genealogist, or simply curious about your family history the Registry might have some clues to help you discover your roots.

The Norfolk Registry of Deeds is located at 649 High St., Dedham. All land record research information can be found on the Registry's website, www.norfolkdeeds.org.

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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Real Estate Corner

Third Quarter Real Estate

Norfolk County Register of Deeds William P. O'Donnell recently reported that Norfolk County recordings for the third quarter of 2024, (July–September 2024), indicate an increase in overall real estate activity, with increases in both the total number of deeds and mortgages recorded as compared to the third quarter of 2023.

The Norfolk County Registry of Deeds recorded 27,799 documents in the third quarter of 2024. This was 6% more than the third quarter of 2023.

“Lending activity and property sales and transfers represent a majority of the documents recorded at the Registry of Deeds and the third quarter of 2024 showed some significant increase in both categories compared to last year,” Register O'Donnell said. “The rise in real estate activity can likely be attributed to the availability of mortgages at lower interest rates, according to the Federal Home Loan Mortgage Corporation, not seen since September, 2022.”

Overall lending activity was up for the third quarter. A total of 4,231 mortgages were recorded this quarter, 10% more than the third quarter of 2023.

“The positive trend in the number of mortgages recorded compared to last year is a sign

that the recent drop in mortgage interest rates has made borrowing more attractive for potential homebuyers and borrowers, especially considering that this time last year we were seeing 31% fewer deeds recorded year over year.” Register O'Donnell said. “The Federal Reserve's decision to lower the federal funds rate has an indirect impact on mortgage interest rates, so if hints of a continued decrease in the federal funds rate are seen, we may see lending activity continue to rise.”

The number of deeds for the third quarter of 2024, which reflect both commercial and residential real estate sales and transfers, was 4,320, an increase of 8% from the third quarter of 2023. Additionally, looking at just home sales alone, the third quarter of 2024 saw a 3% increase compared to last year.

“The significant increase in the number of property sales compared to the third quarter of 2023 is a positive 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 stated. “It will be important to monitor if this positive

trend continues in the coming months.”

The third quarter's sale prices have decreased compared to the third quarter of 2023. The average sale price in the third quarter was \$1,065,883, an 11% decrease from the third quarter of 2023. The total dollar volume of commercial and residential sales is also down from the same period a year ago, decreasing 8% to \$2,551,724,298.

“While a slight reduction in commercial and residential property prices and lower mortgage interest rates does help ease the burden of real estate costs, prices are still relatively high compared to previous years,” Register O'Donnell noted. “I think many would agree that it is a difficult market for buyers, especially first-time home buyers, due to the ongoing issue of the limited inventory of available property, not just in Norfolk County, but Massachusetts as a whole.”

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In the third quarter of 2024, there were 24 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in the third quarter of 2023, there were 14 recorded. Additionally, in the third quar-

ter of 2024, there were 87 notices to foreclose, the first step in the foreclosure process, more than the 76 recorded in the third quarter of 2023.

“The substantial increase in the number of these foreclosures and notices is troubling,” Register O'Donnell said. “A significant number of our neighbors have lost their homes, and even more are dangerously close to losing them. We all experience unforeseen events in our lives, and sometimes events beyond our control can have devastating emotional and financial effects, so I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, www.norfolkdeeds.org.”

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376), and NeighborWorks Housing Solutions (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 third quarter of 2024 revealed a positive trend in the real estate market,” Register

O'Donnell concluded. “The increase in documents recorded with a rise in both mortgages and deeds is a positive sign for the local real estate market, and overall, the real estate data suggests a promising outlook for the real estate market in the near future, with continued growth and stability, but only time will tell if this growth is sustainable in the long term.”

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 research 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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All my best, Your Local Realtor™

- Anne



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