

## Remember, Honor, Teach This Holiday Season

By MICHELE TARANTO

Wreaths Across America began many years ago in the eyes of a 12-year-old paper boy during a trip to Washington DC. Ingrained in Morrill Worcester's childhood memory was the hundreds of thousands of graves at Arlington Cemetery and the Tomb of the Unknown Soldier. In the 1992 holiday season, Worcester Wreath used a surplus of holiday wreaths and Worcester used the opportunity to honor veterans in America's cemetery.



Through Worcester's vision, generous volunteers decorated, transported, and placed the wreaths on the graves of fallen soldiers in older sections of the cemetery that experienced fewer visitors each year. This tribute went on quietly for over a decade, until 2005, when pictures of the Arlington stones adorned with wreaths circulated the internet and not only did requests come in with donors wanting to help, but thousands more wanted to emulate the event at national and state

cemeteries.

Worcester answered and expanded the memorial by sending seven wreaths to each state, one for each branch of the military and an additional in tribute to POW/MIAs. Just a year later, formal wreath ceremonies were being held at over 150 locations across the country.

In 2007, the Worcester family, along with veteran organizations and groups who had assisted in Arlington Cemetery

formed Wreaths Across America, a 501 (3) (c), non-profit organization to expand the effort, with a simple, yet powerful mission: REMEMBER. HONOR. TEACH. REMEMBER fallen U.S. veterans, Honor those who serve, and TEACH children the value of freedom.

Just one year later, over 300 locations held wreath-laying

**WREATHS**  
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## Luminary Night Shines for its 23rd Season

By MICHELE TARANTO

It's officially the holiday season. The entertainment industry portrays this month filled with leisurely baking and decorating cookies, shopping and carefully picking out just the right gift, creative wrapping ideas, and parties filled with fun and laughter. But really, it can feel like a few short weeks of checklists, social obligations, mixed with a little mayhem.

In Norwood, an annual event offers an opportunity to slow down and experience a heartwarming moment filled with gratitude and remembrance.

The Circle of Hope Foundation hosts its annual Luminary Night, now in its 23rd year, early December, and this year's event

**LUMINARY NIGHT**  
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### WREATHS

*continued from page 1*

ceremonies in every state, Puerto Rico and 24 overseas cemeteries. Over 100,000 wreaths were placed on veterans' graves, over 60,000 volunteers participated, and December 13, 2008 was unanimously voted by the United States Congress as "Wreaths Across America Day."

This is Norwood's seventh season in participating in Wreaths Across America where holiday wreaths will be placed on local service men and women's graves at Highland and Old Parish Cemeteries. This year's theme is, 'Live with Purpose.'

The event will take place on Saturday, Dec, 14, 12 noon, Highland Cemetery. Volunteers and visitors are encouraged to arrive between 11:30 and 11:45 a.m., as the minute of silence across Norwood America and islands begins at 12 noon.

This year's event will include local veteran representatives, families sharing personal stories of loved ones, and spokespeople from support organizations.

Derek Wennerstrand will be the M/C as the Veteran's Agent for the town of Norwood. Cyn-

thia Postler will ask Chris Donovan if he is available to fly over with his Apache Tomahawk like last year as that made a huge impact on the attendees.

A young gentleman (Jake Myles) who interviewed his grandfather for this event will



standing Unit citation with valor; The longevity ribbon, Vietnam war Campaign medal with two bronze service stars, Republic of South Vietnam campaign medal, and Eagle feather presented by the Seneca Nation of Indians in recognition as a true warrior.

George Curtis, Jr will speak on behalf of the Norwood Historical Society (his father is the most highly decorated veteran in Highland Cemetery).

Tom Saumweber will also speak as an Ecolab District Manager for this area and has four grandparents who are veterans.

Dave Campisano and Stacy Coyne will represent 22Mowhawks, which is a non-profit organization that brings awareness to veteran suicide, creates events to bring veterans, their families, and communities together, and have a partnership with Professional Canine Services to connect disabled veterans with companions rescued from kill shelters.

share what he learned by listening to a story inspired by last year's message, Take the Time to Listen.

Another youth, Zach Skutt, is speaking in honor of his grandfather who is a Vietnam War Veteran and was a Sergeant in the Security Police in the Airforce. His medals include: National Defense, Small arms expert, Out-

"I have asked my speakers to focus in on how they live with purpose in their daily lives," Andrea Reed, location coordinator representing Econolab said. "I am also looking to have a board at the event for attendees to add thoughts on Living with Purpose. We welcome anyone who would like to participate and remember the fallen, honor those who serve, and teach our next generation the

value of freedom.

Norwood donations have steadily supported this event the past six years, however, more supporters are needed to purchase wreaths and volunteers to lay the wreaths on the graves. Wreaths are 100% donation based and can be purchased for Norwood cemeteries by visiting <https://wreathsacrossamerica.org/pages/158150/Overview/?relatedId=0>, click on the Red sponsor button. As of press date, Norwood has received 124 sponsored wreaths, 3% of their goal. Let's go Norwood, we can do this!

This program thrives on generosity and there is still time left to donate to a veteran. For the price of a few cups of coffee, a fallen local veteran will be honored this holiday season. An individual wreath sponsorship is \$17, 5 for \$85, or 12 for \$204.

Wreaths Across America is a venue to not only pay tribute to this country's military, but an opportunity to pause and reflect on the meaning of holidays, and honoring those who have sacrificed so U.S. citizens can celebrate with family and friends.

For more information on Wreaths Across America or to donate, visit [www.wreathsacrossamerica.org](http://www.wreathsacrossamerica.org).

## Donate a Wreath Through the Norwood High School Alumni Association

The Norwood High School Alumni Association proudly supports Wreaths Across America, a national annual event dedicated to remembering the country's departed veterans.

For \$20, the alumni association will reserve a wreath in your name that can be picked up at the event at Highland Cemetery, Saturday, Dec. 14, 12 noon. After a brief ceremony, families can place wreaths on their veteran's grave. There are 5,200 veterans laid to rest in Norwood's Highland Cemetery.

Checks may be payable to:  
Norwood High School Alumni Association  
12 Leyton Rd.  
Norwood, MA 02062

Please include name, phone, and email address

Venmo is also accepted: @NHSAA

For more information on Wreaths Across America, visit [www.wreathsacrossamerica.org](http://www.wreathsacrossamerica.org), and the Norwood High School Alumni Association, [www.norwoodhighschoolalumniasociation.org](http://www.norwoodhighschoolalumniasociation.org).

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### LUMINARY NIGHT

*continued from page 1*

will be held on Saturday, Dec. 7, 4-6 p.m., on the Norwood Town Common. The description, by many, is magical.

Residents are invited to the Town Gazebo on this special evening to pay tribute to a family member or friend, or to simply unite and support Norwood's compassionate community. Luminaries are purchased in remembrance of a loved one with a brief message of life, hope, remembrance, or tribute to the season. These lit bags line the sidewalks surrounding and the Walter Dempsey Bandstand; the scene is breathtaking and enlightening in so many ways. Last year, Norwood's epicenter glimmered with more than 2,000 luminaries, and the event raised \$10,100 for the organization.

Luminaries can only be purchased for \$5 in advance at Murph's Place, 58 Broadway, Norwood, or by sending a check made out to the Circle of Hope, PO BOX 421, Norwood, MA 02062.

The Circle of Hope foundation was established in 1998 in memory of young Norwood resident Michelle Kennedy, who suffered from leukemia. Norwood residents united during her battle, many who did not even know her personally. The Circle of Hope established in her memory preserves that community spirit by donating fundraising proceeds to Norwood families facing a catastrophic medical illness. Since its

inception, the COH has donated over \$1,250,000 to Norwood residents in need of assistance.

While not billed as a night of entertainment, it is not uncommon to hear performances from the Norwood High School Alumni Choir and Norwood's own Colonial Boys often stop by



to enhance the occasion. Music plays in the background as residents walk along the lit pathways of the town common in search of their personal luminary or simply to pay condolences to all during a season of peace, hospitality, and love.

It is a magnificent sight to stroll through the heart of Norwood as luminaries radiate the walkways. Even residents who did not purchase a luminary make a special trip to Norwood's Town Common this evening to view this spectacular site, read the touching engravings, and take a moment to remember someone close to them. This is an evening of communal celebration that truly delivers the spirit of the holidays.

# A Little off the Top

### What, me worry? Yes!

BY STUART GREEN

I was walking down the street the other day, and a rather typical, mundane thought ran through my head: What if my next step descended into a sinkhole?

And that, of course, led to other similar questions, which I think would be in anyone else's mind: Would there be anyone there to rescue me? Could they hear my cries for help above the cars rattling by? What if they didn't speak English? What if my rescuers were at lunch – a long lunch? What if they blamed me for sinking into the hole? And what about Shmedreck?

Worries like these constantly batter my brain – all except Shmedreck. I realized that I didn't know any Shmedrecks, so I didn't really have to worry about him after all. But I had plenty of others.

People - or their neighbors, the Goldbergs – tend to worry about things like the economy, their job, the climate, politics, the state of the world. Small potatoes -or is that tomatoes? They don't understand what a good worry really is.

Any slight activity can turn into a major potential problem. Potentially.

Ever try going to sleep? Many folks try it at least once a day. Seems like the ideal time to lie down, relax - and think what could go wrong, and may just: What if I forget how to sleep? What if my alarm sets itself to the wrong time during the night? What if I forget everything I know during the night and wake up with someone else's thoughts that I don't understand because they're from another dimension? And how is Shmedreck?

I come from a long, proud line of worriers. My ancestor, known affectionately as Ugh, refused to enter the family cave because he didn't like the look of the hanging stalactites, and refused to roam from that family cave because of intense worry about dinosaurs – a reasonable fear, except for the fact that they had been extinct for 60 million years. That left him neither inside or outside, which really confused the census takers.

I decided to talk over my worries with my carefree friend – although the prospect of talking

about it worried me to no end. "I'm worried," I broached the subject boldly, like a Frisbee in a breeze.

"About what?" he inquired, like a rock on the – oh, whatever rocks land on.

"Everything?" "Everything? No one worries about everything."

"I do. I'm worried that I started this conversation. I worry my pants may start to smolder. I worry I'll lock myself out of my house by forgetting my keys – even though I'm staring at the keys in my hand."

"Whoa, that's a whole lot of worry for one person. You should really talk to someone about it."

"That's what I'm doing." "I meant someone else." "I was worrying you'd say that."

So next time you think you have something to worry about, just stop and remember: It could be worse than it is. And probably will be.

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

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# Senior Notes

By MICHELE TARANTO

### FREE Covid-Tests

After a surge in summer Covid-19 infections and an anticipated wave this winter, the federal government is again offering free at home coronavirus tests.

Each American household can receive four tests delivered to their home free of charge.

The tests will detect current variants and can be used through the end of the year. To receive tests, visit covidtests.gov.

### Aging at Home

New and updated technology offers answers to the questions of having a safe, easier, and more satisfying environment to stay in your home as long as you wish or is possible.

1. Smart Lights: Lights can be programmed, work through an app, or when it detects movement, both inside and outside the home.
2. Smart TV's: A little help may be required to set up, but many tv's purchased today can also be used as a webcam for video chats, telehealth calls with medical personnel, or virtual exercise classes.
3. Smart Thermostats: These thermostats can learn climate preferences over time but can also detect when the

house is empty and reduce heating and cooling costs.

4. Activity Sensors. These sensors can monitor daily activities and send alerts to family or caregivers. For example, if a chair is occupied for too many hours.
5. Security Systems. If an alarm is triggered, the notification can be sent to the resident, authorities, and even be sent to a caregiver's phone.
6. Video Doorbells. These devices include small cameras with a microphone so homeowners can see and speak to someone outside without having to open the door.
7. Robot Mowers. Did you know there are lawnmowers that can be programmed for specific areas? Outdoor maintenance is a major labor or expense that seniors consider leaving their home.
8. Medication Dispensers. These dispensers can be programmed for the week or longer in order to ensure the correct dose is being given.

For most seniors their first choice is to remain in their home where they are familiar and comfortable. There are many options in addition to the suggestions listed above, and even more opportunities for in-home care and

aging in place. Should there be a desire or need for a move, a trained Senior Real Estate Specialist (SRES) has the skills and background to provide a smooth transition.

If you are interested in learning more about a seasoned Realtor for seniors, please feel free to contact me.

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### Medicare Deadline

The open enrollment deadline to sign up or change Medicare enrollment is Saturday, Dec. 7. For more information, call the Norwood Senior Center at 781-762-1201.

### Holiday Party

Friday, Dec. 13, Noon  
Entertainment sponsored by the Friends of the Norwood COA. \$10

Sign up by December 4.

### New Year's Eve Celebration

Monday, Dec. 30, Noon  
\$5. Sign up by December 4.

### HESSCO Christmas Dinner

HESSCO will provide a hot, home delivered meal to homebound adults, 60 and over who will be alone on Christmas. Sign up before December 11.

# Santa Loves Pets!

By MICHELE TARANTO

No need for Fido, or any pet, to feel left out on a picture with Santa! This year, the Dirty Dawg Wash, in Norwood, has all animals covered with their Pet Pictures with Santa Day! This event does more, however, than make beloved companions and their family feel included, it is also a fundraiser for Charley's Angels Pet Initiative (CAPI).

On Saturday, Dec. 7, 11 a.m.-3 p.m., Santa will be available to commemorate the season with a keepsake photo! For a \$15 donation, families will receive a 4 x 6 photo, and just in case a holiday manicure is needed, dog nail trimming will be available for an additional \$15 donation.



ventatives, toys, and enrichment, as well as financial veterinary assistance for those not able to pay for critical care. To learn more about CAPI, visit charleysangelspetinitiative.org.

All proceeds from this fundraiser will benefit Charley's Angels Pet Initiative. The Dirty Dawg Wash is located at 1 Wilson St., (corner of Wilson and Walpole Sts.). For more information on the event, call 781-762-8822. For more information on the Dirty Dawg Wash, visit www.dirtydawgwashinc.com.

CAPI is also reaching out to the community to help a local senior citizen resident and veteran who is struggling to pay their veterinary bill of \$972 for the removal of four large stones from his eight-year-old's rescue dog's bladder. To donate to this specific cause, visit <https://www.charleysangelspetinitiative.org/#donate>, and write Mitzi in the note.



CAPI, a local non-profit organization launched in July, 2023, focuses its efforts on assisting owners who may find themselves struggling with the costs of pet ownership. They can provide essentials, such as food, litter, pre-

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# Window Shopping in Norwood

Join in and vote for the First Annual Norwood Window Competition! This is a festive, community-driven event celebrating the creativity and spirit of our local businesses. And the best part, in addition to local celebrity judges, Norwood residents have a say who will receive bragging rights for this inaugural event.

Come out and support your local businesses, enjoy the holiday spirit, and be a part of this exciting new tradition in Norwood. Bring your family and friends, vote for your favorite display, and celebrate what makes Norwood special!

### Details & Dates

The competition kicked off on Small Business Saturday, November 30, and will run through

December 18. Locals and visitors can take a stroll through Norwood Center and beyond to get a peek at the beautifully decorated storefronts, each showcasing a unique winter theme. Stay tuned for a list and map of the participating locations.

All local Norwood businesses

and organizations are invited to participate in this friendly competition.

### Judging & Awards

A panel of local judges will evaluate the festive store win-



dows and award cash prizes in the following categories: Most Original, Most Local, and Most Whimsical.

Additionally, the community will have the chance to vote for their favorite display to determine the People's Choice Award. Voting will take place through December 15th.

Winners will be announced on December 18th.

For more information, please contact us at [norwoodcenter@gmail.com](mailto:norwoodcenter@gmail.com)

Proudly sponsored by the Friends of Norwood Center and the Rotary Club of Norwood



# Holidays at the Day House

By MICHELE TARANTO

While the F. Holland Day House is a charming venue throughout the year, Norwood's historic gem bursts with magic during the holiday season. In December, the Norwood Historical Society (NHS) is hosting a series of community events to celebrate the town's past, present, and future.

Each year, volunteers spend hours decorating the interior of the Day House, located at 93 Day St., with vintage trimmings and items from the society's collection that span the town's history. The theme this year will feature garments that date from the 1890's through the 1920's, and even to 1957.

### Open House

An Open House will take place on Saturday, December, 7, 4-8 p.m. Refreshments will also be provided.

### Holiday Concert

The acclaimed Norwood High School Madrigal Singles will perform a holiday concert on Sunday, Dec. 8, at 1-2:30 p.m. Familiar songs of the season will be enjoyed as they rise up through the Great Hall of this magnificent house.

### For The Kids

On Sunday, Dec. 15, the NHS is hosting a Children's Story Hour & Craft activity event, 1-3 p.m. Children, with parental supervision, will enjoy holiday stories, ornament making, and refreshments.

All of these events are free and open to the public. Registration is required for the Children's Story Hour and must be done by Dec. 10, by emailing [info@norwood-historicalsociety.org](mailto:info@norwood-historicalsociety.org). The email must include the names of the child (or children) and adult, plus any dietary restrictions or needs for the snacks that will be provided.

For more information and details on these events, visit <https://norwoodhistoricalsociety.org/events>

### Help Preserve Norwood History

The Norwood Historical Society welcomes public support through donations or becoming a member or volunteer. To donate, visit <https://norwoodhistoricalsociety.org/donate/>, and for contact information, visit <https://norwoodhistoricalsociety.org/contact/>.

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demand much attention. Bella likes catnip, CatTV, paper bags, peacock feathers and wand/whip toys. She weighs in at a hefty 18 pounds and could use some exercise to shed a few. Bella's slow to warm up, but we're told that she was a lap cat and great comfort to her previous owner who suffered from Parkinsons. She previously lived with another cat and a small dog, so we're hopeful that she can live happily with an animal companion with proper introduction - though she'd likely be happy as an only pet as well. If you're looking for a cat who isn't too demanding, Bella may be the right fit for you.

### MEET BAGHEERA

Bagheera is a large, all black cat like his Jungle Book namesake. Bags (as we call him) is 3 1/2 years old and full of fun. He



loves catnip, CatTV, paper bags, peacock feathers and wand/whip toys and can climb a cat tree like Spider Man. Bags is very social and would love to have his person home with him all day. He previously lived with another cat and a small dog, so we're hopeful that he can live happily with an animal companion with proper introduction. Bagheera is a large cat, weighing in at around 13 pounds. If you're looking for an active, hilarious housemate come meet Bags!

### 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.

### Adoption Details:

If you are interested in adopting any of these loving animals, visit baystateanimals.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.

### GIVING TUESDAY

Giving Tuesday is December 3, this year! Please consider giving your tax-deductible donation to the Bay State Animal Cooperative. Your support enables us to continue to rescue, spay/neuter, care for, foster, provide medical care, and find forever homes for cats who would otherwise stand

no chance!

Donations are accepted directly at the BSAC website, <http://www.baystateanimals.org>.



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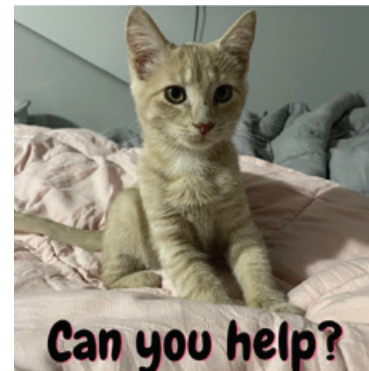
Yankee Spirits in Norwood is partnering with Titos vodka and the Bay State Animal Cooperative for its annual fundraiser. For every 1L and 1.75L of Tito's



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.

Sweet Jan came to us over the summer along with her mama and 5 siblings. We named them the Brady Bunch Litter and were ready to provide them with a loving foster home and medical care until they were ready for adop-



tion. However, circumstances lately have made it much more difficult for us to get our cats on the road to their forever homes. This is because we are experiencing an extreme shortage of low cost spay/neuter appointments for shelter animals. Due to this, for the foreseeable future, we may have to turn to vet hospitals that offer no shelter discount, and the cost to us will be up to 4 times more expensive.

At BSAC, we carry out our important work using donations from our amazing supporters and we need you now more than ever! Please consider donating! All gifts, big or small, are immensely appreciated. #GivingTuesday is coming up on December 3rd and is also a great time to give.

## BSAC 2025 Calendars Ready for Purchase!

Grab the 2025 Bay State Animal Cooperative calendar filled with precious memories of our adopted cats! Cost is \$18 for Norwood residents (personally delivered), or \$20 shipped outside of Norwood.

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# Living Healthy

## Bliss Dental Group now offers pediatric dentistry

### Dr. Andrew Danberg-Ficarelli recently joined the practice

Bliss Dental Group of Norwood is happy to welcome to its practice Dr. Andrew Danberg-Ficarelli, a board-certified pediatric dentist.

Dr. Ficarelli has practiced dentistry in the Boston area since 2012. Pediatric dentistry is a family profession.

Dr. Ficarelli says, "I am originally from Newton Centre and now live in Boston, where I earned my D.M.D. from Tufts University School of Dental Medicine. It has been an honor to follow my father Dr. John Ficarelli in the career of pediatric dentistry working in communities of the Boston area.

"I am also the current president of the board of directors of the nonprofit dental outreach organization Project Stretch: Dentistry Reaching out to Children. Since 2019, I have served as the dentist representative for the state's MA Health Care Services Board. During dental school, I was chosen for a national leadership position in the American Student Dental Association. I continued at Tufts to complete my specialty residency in pediatric dentistry and was appointed chief resident by the Tufts Department of Pediatric Dentistry. I was board-certified by the American Board of Pediatric Dentistry in 2014.

"I earned my B.A. in economics and political science from Columbia College of Columbia University. I am fluent in Spanish and have lived and worked in Latin America. I am an impassioned hiker and oarsman, still enjoying competition in Head of the Charles masters events. My siblings and I own and operate Catboat Coffee Co. in Vineyard Haven, which opened in 2023."

Dr. Ficarelli is excited to join the Bliss Dental Group and work with longtime friend Dr. Maranda Bliss.

Dr. Bliss manages the practice she started in 2017 when she took over the practice of the

late Dr. Thomas Hawley. Since that time, BDG has grown in size and is now growing in services. Dr. Bliss has always seen children in her practice but says "I have limitations in my education and equipment for some advanced pediatric care. Dr. Ficarelli is able to offer so many more services than I can."



*"Dr. Bliss and her staff were very professional and friendly. The office is a beautiful space with advanced technology." Mary G., patient review*

#### When should my child start seeing a dentist?

Ideally, your child should go to the dentist by her first birthday, but it's generally fine to wait until 2 or 3. Putting it off any longer than that, however, increases your child's risk of having plaque buildup or cavities at her first visit.

Some parents assume that because baby teeth will eventually fall out there's little point in caring for them, this is a huge mistake. Even though you can't see them, your child's permanent teeth are developing under their primary ones and it's important to have a dentist check that everything in your child's mouth is developing normally.

Source: [blissdentalnorwood.com/patient-information/faq/](https://blissdentalnorwood.com/patient-information/faq/)

Dr. Bliss and Dr. Ficarelli have been friends for over 20 years. She was an assistant in his father's practice in Brookline years ago, and then they were in dental school together (she graduated in 2008, he graduated in 2010). They are both excited about increasing the multispecialty services BDG can offer its patients.

Bliss Dental Group offers general and specialty dentistry, preventative care, cosmetic care, CEREC (chairside economical restoration of esthetic ceramics), dental implants and guards, and more.

They also specialize in anxiety-free dentistry and same-day service.

Dr. Bliss says, "I have many anxiety-reducing techniques that I do when seeing our adult patients. For example, when I'm

shaping a tooth for a filling or crown, and I'm drilling, I do a countdown method. This puts patients in a state of hypnosis and gives them a clear start and end time when the dentist is working. I'm usually able to complete a crown prep with four stretches of counting to 30."

It's also helpful that BDG has technology within its office to start and complete a crown in one visit, no temporaries are needed, and no additional (potentially anxiety-invoking) return visit is required.

BDG also offers full arch reconstruction, full arch rehabilitation (including full arch teeth extraction), same-day implant placement, and same-day screw-retained temporary prostheses (which are not removable but are anchored in place with the implants as secure attachments).



Bliss Dental Group's new pediatric dentist, Dr. Andrew Danberg-Ficarelli, offers the following services to BDG patients:

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Says Dr. Bliss, "Come in with damaged teeth or no teeth. Leave with a brand new smile all done at Bliss Dental Group in one procedure on the same day by working with a periodontist and on-site lab to customize your new teeth." And if you're looking for a way to introduce your child to good oral health care, Bliss Dental Group is for you.

To meet with any of the Bliss Dental Group staff, make an appointment online at [blissdentalnorwood.com](https://blissdentalnorwood.com) (where you can also take a virtual tour of the office) or call 781-769-4473. BDG is located at 111 Lenox St. in Norwood.

# Living Healthy

## Better Service, Better Glasses: See the Independent Difference

BY GRAHAM R. STETSON, OD, MS

Glasses are not just fashion accessories—they are essential tools for daily life. Yet, when it's time for new glasses, many people turn to big-box retailers or online options, drawn by convenience and low prices. Purchasing glasses from a local, independent optical store offers benefits that go beyond quick and cheap. Here are four reasons why buying from an independent provider is worth considering.

First, independent optical stores offer a personalized experience. Unlike chain stores focused on high-volume sales, they prioritize individualized attention. Their opticians take time to understand each patient's needs, face shape, and lifestyle to recommend the best lenses, frames, and fit. They take extra steps to make sure each patient's glasses fit comfortably and will perform well in any situation.

Independent optical stores often offer a broader and more diverse selection of frames, including boutique and niche brands not typically found in retail chains. Many of these brands prioritize quality materials and craftsmanship, offering frames



that are more durable and better suited to withstand daily wear and tear. This variety allows you to find frames that suit your individual style and personality rather than what can be sold at

volume discounts. Lenses from independent stores are often higher quality and can be tailored to individual needs, as they are not limited by cost-cutting measures or the need for simpli-

fied options.

The expertise found in independent optical stores is another major advantage. These opticians are not constrained by the limited range of offerings

dictated by their parent company. Their knowledge extends beyond aesthetics to the science of lenses, coatings, and frame construction, providing patients with an unparalleled level of service. This extensive technical knowledge, combined with better equipment, enables them to excel at selecting, fitting, and repairing glasses—skills often lacking in larger chains or online retailers.

Another advantage of shopping at an independent optical store is the ability to focus on community and sustainability. Independent opticians are able to meet the increasing demand to prioritize sustainable materials from ethical manufacturers over mass-produced options. Supporting local businesses also strengthens the local economy, as these optical shops are often owned and operated by members of the community who are invested in its success.

In short, purchasing glasses from a local, independent optical store is more than a transaction—it's an investment in quality, expertise, and community. With personalized service, advanced professional knowledge and skills, a curated selection of unique frames, and strong local connections, the experience can enhance vision, style, and overall satisfaction.

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# Living Healthy

## "I Thought Only Faucets Had Leaks"

Leaky gut Syndrome is a condition that affects the integrity of the gut lining which normally serves as a barrier of the intestines. It can also be called "Intestinal Permeability", Which occurs when the gut wall becomes damaged allowing compounds to enter the bloodstream that normally shouldn't. For example, partially digested proteins and fats may seep through the intestinal lining making their way into the bloodstream which causes an allergic response.

One of the biggest warning signs of a leaky gut is that you are experiencing multiple food sensitivities. Other symptoms include: bloating, thyroid conditions, fatigue, joint pain, headaches, skin issues and weight gain. If left untreated for a long time, leaky gut can lead to IBS, arthritis, eczema, psoriasis, depression, anxiety and muscle pain. This can lead to malabsorption of vital minerals and nutrients including magnesium, zinc, iron and vitamins D,



**Dr. Rochelle Bien & Dr. Michael Goldstein**

B12 and others.

Leaky Gut can be caused by a diet high in sugar and low in fiber. Other causes include dairy, lectins found in wheat, rice spelt and soy, and glycoposphates which are found in our food from pesticides.

Dana B. came into our office complaining of gas, bloating after meals, fatigue and brain fog. She had been battling eczema

for years and had joint pain. She never felt well which over time led to depression.

We put her on an anti-inflammatory diet as well as adding those foods that help to restore the natural biome of the gut. We added supplementation to remove the stressors in the gut as well as repair and rebuild the gut. Those changes along with the Neurological Integrative work has helped Dana to resolve her digestive issues.

If you are experiencing these symptoms and are ready to start on your journey to health, call the HOLISTIC CENTER AT BRISTOL SQUARE at 508-660-2722 located at 1426 Main Street, Walpole and set up your appointment with Dr Rochelle Bien or Dr Michael Goldstein today.

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# Norwood Sports

## Norwood Senior Basketball Captains

By CHRISTOPHER TREMBLAY

Four years ago, the Norwood boys basketball team made a historic run through the Division 2 State Basketball Tournament as the seven seed. Unfortunately, the Mustangs luck ran out in the Championship game against number one seed Malden Catholic.

Over the past two years, Norwood has compiled a 27-13 regular season record but has not had any luck in the tournament. Two years ago, Leominster sent them home in the Round of 16, and last year Oliver Ames didn't let them get out of the preliminary round.

This winter, senior captains Brian Dearborn and Patrick Connell are hoping that they can help guide the team during their final season with another deep tournament run like the team accomplished under Coach Kristen McDonnell when they were just coming into the high school.

While they are now playing on the same team for the high school, the two go way back and have been friends since elementary school. Both captains have been playing the sport since a very young age but came onto the varsity high school team in different ways. Dearborn, who is also the captain of the football and baseball teams at Norwood,

was also a big hockey player growing up but by the time he reached high school, he had to make a decision on which sport he would suit up for during the winter season.

"With both hockey and basketball being played at the same time I had to choose," Dearborn said. "Basketball was more exciting and I felt that I was much better at it than hockey. I also had a lot of friends playing basketball."

On the other side, Connell played the sport year-round growing up and now plays for the Mustang baseball team as well, but he originally didn't go to Norwood High School.

"I transferred to Norwood from Xaverian my sophomore year," Connell said. "I had seen how well the basketball team did going to the State Championship game and wanted to be a part of it. It was only a part of my decision to come to Norwood, but it was not the biggest reason. I just never felt like myself at Xaverian and I had a lot of friends in Norwood."

As three-year players on the team, both athletes plan on taking their captaincy very seriously and are hoping that they can not only make a difference on what the team does on the court, but what they can teach the younger players off the court.



"I was excited to be named a captain, it was something that I had been dreaming about since I got on the team," Connell said. "I want to win and bring this team together while helping them work as a team. You can't win alone; it takes the five guys on the court and you all have to be on the same page to be successful."

Dearborn noted that Norwood graduated eight seniors

from last year's squad and will only have three seniors on this year's team. As one of those few returning seniors, he is hoping that as a captain he will be able to lead by example and show the younger guys what it is like to win.

Although Norwood graduated Tri-Valley League (TVL) MVP Matt Mahoney, he strongly believes that this team can be successful if they all work together on the court. Off the court, Dearborn added that the team is made up of all good friends who also do things together.

"A lot of people are not giving us credit," Dearborn said. "They don't think that we are that good, but I believe in this team and we do have a shot at the TVL if we work together while being good teammates."

Connell, the team's forward, is hoping that he can be the best leader that he possibly can when his name is called upon. He feels that passing is his number one trait but can also put the ball in the basket when needed; he just needs to step up his rebounding to be a complete player.

"Norwood is an undersized team and rebounding has been tough," Connell said. "I definitely know that I needed to work

on that aspect of my game if we were going to have any type of success this year. I'm hoping that we can win the TVL again like we did during my sophomore year, it was a great experience.

Both athletes praised Head Coach Chris Fraioli in the work he has done with the team over their three years on the varsity team.

"Coach Fraioli has done a great job with morale and ideas," Dearborn said. "Here at Norwood, we pride ourselves on playing defense and he has influenced all of us. Myself, I look to guard the opposition's best player."

In addition to coaching Connell on the high school level, Fraioli began coaching the now senior when he was in eighth grade when he was on his AAU team.

As their final season begins to get underway, the two captains are looking to take this team as far as they can go this season under their guidance.

"I know that we can do this if we continue to practice and play hard on game day," Connell said. "Both the starters and those off the bench need to give 100% and we will be able to come together and play as a team."



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# Norwood Sports

## Brady Surpasses 1000 Assists

By CHRISTOPHER TREMBLAY

It took until her final game of her senior campaign to make it to the top of the mountain, but Norwood's Colleen Brady made it, and was able to surpass 1000 assists during her volleyball ca-

reer as the Mustangs setter. When all was said and done, the Norwood athlete concluded her illustrious career with 1011 total assists over her four years on the team.



reer as the Mustangs setter. When all was said and done, the Norwood athlete concluded her illustrious career with 1011 total assists over her four years on the team.

Never in her wildest dreams would she have thought that this was something possible. Entering this, her final season on the court, Brady would begin the season with 761 assists. The senior would record 250 assists this season to eclipse the milestone, but was not even aware of the possibility.

"I really didn't know about it until it actually happened," Brady said. "Originally, I wasn't even sure that I would make it, and no one had said anything about it getting close nor was

I paying attention to it. When it happened, they stopped the game and I didn't know why they were doing that until I saw the sign. I was totally surprised but very grateful for all my teammates for helping me get there."

It was at that point that Brady realized that all the hard work she had put into the game had paid off and she was ecstatic that she was able to connect with her teammates and hitters on the court.

When Brady began playing the sport, she never thought about eclipsing 1000 assists; she was just thrilled to be on the team.

Coach Paulk Nimblett was proud of the work that the senior had put in over the years to get to this point.

"She [Brady] has been playing setter for us since her freshman year and each year she increased her role," Nimblett said. "When you look back at what she accomplished, you see

that it was very difficult to do considering there are only 20 games a season; it's a huge accomplishment."

Having recorded 250 assists in 62 sets left her in 10th place in the Tri-Valley League, 29th in

Division 2 play, and 105th overall in the state. She also had 147 digs, a hitting percentage of 78, 45 aces, 53 kills and a 92 percent serving average on the year.

Her interest in volleyball began when she watched her older sister (Shannon) playing and thought that it looked like fun. Soon after, she realized that it was much more than fun, but something that she truly loved taking part in. One of her fondest memories is getting to play on the varsity team with Shannon for two years.

During her first club tryouts, it was the coaches that saw setter potential in the young volleyballer.

"I knew nothing about the position, but the coaches saw

something and I didn't care where I was playing as long as I was on the court getting involved in any way that I could," Brady said. "Occasionally, I felt like switching it up playing right side or designated passer, but

team, but to earn a spot on the varsity team was more than she could have ever imagined.

"That first year I was much more timid and felt that the other girls were much more experienced, but I eventually grew out of my shell and by the end of my sophomore year was taking on a leadership role," Brady said. "The next year (her junior season), I was named a captain for the first time and had to step up my game to help the rest of the team."

According to the Norwood Coach, Brady is not just a setter, although that is her most prominent asset.

"She does everything; setting is an important piece on the team, but Colleen can do other things," Nimblett said. "She is one of four seniors. We have setters coming up, but it's going to be difficult to lose someone of her caliber."

While the team was not that successful this season and unable to make a run through the tournament, Brady and her teammates at least got a chance to participate in the Division 2 State Tournament last year. Norwood defeated Chelsea, then lost to Duxbury in the next round.

"It was really exciting to be there as Norwood had not been there a lot in the past," Brady said. "But we were disappointed this year that we didn't make it. We felt that we had the potential but we just came up short in a lot of sets."

Something that began by watching her sister ended with a milestone; something that Brady will never forget while playing volleyball for Norwood High School under coach Nimblett.

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# Holiday Food Drive Runs Through Dec. 19

Many individuals and families in Norfolk County are finding it increasingly challenging to afford basic necessities like food, particularly during the holiday season when the pressure to provide for loved ones intensifies. Norfolk County Register of Deeds William P. O'Donnell is asking people to take a moment to contribute to the Annual Registry of Deeds Food Drive. The drive started Wednesday, November 13, and runs through Thursday, December 19.

"There is no doubt that Norfolk County is a desirable place to live and to work," Register O'Donnell said. "However, there are people throughout the county who are facing difficult situations. This year, we, as a community, have seen a rising demand for

food assistance, and it is crucial that we come together to support those in need. By participating in the Annual Registry of Deeds Food Drive, we can make a significant impact this holiday season."

Today, according to the latest Project Bread statistics, 17.9% of all households in Massachusetts are considered food insecure. Furthermore, 22.9% of households with children in the state are also considered food insecure. The increasing cost of housing and food are likely factors that contribute to the rising rates of food insecurity.

"As the holidays approach, there is definitely a need for more food assistance," Register O'Donnell noted. "Household expenses are higher due to the cost of home heat-



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*Holiday  
Food Drive*

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All food items must have ingredient labels with current expiration dates

the Registry website at [www.norfolkdeeds.org](http://www.norfolkdeeds.org) for a pantry location in your community.

"Working together, we can truly make a huge difference this holiday season," Register O'Donnell concluded. "By supporting each other and being mindful of those in need, we can help those struggling with food insecurity, because no one should go hungry, especially during this time of year. I ask that we all embrace the true meaning of Thanksgiving by showing compassion and generosity towards all."

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

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, [www.norfolkdeeds.org](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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ing fuel and increased food costs. These increased costs disproportionately impact some Norfolk County families causing them to worry about meeting their food needs during the holiday season. So, let us be mindful during this Thanksgiving season that others may need our help."

Non-perishable food items can be brought directly to the Registry of Deeds, which is located at 649 High St., in Dedham. A donation bin will be set-up in the Registry's lobby and food can be dropped off Monday through Friday, 8

a.m.-4:30 p.m. Suggested donations include canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products.

"We (Interfaith Social Services) are experiencing an 87% increase in the demand for food assistance," Rick Doane, Executive Director for Interfaith Social Services in Quincy said. "We would be extremely grateful for any assistance that the local community could provide."

If you cannot get to the Registry of Deeds building to drop off food, you can check



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# Festive Boasting Rights up for Grabs!

## Ready, Set, Decorate!

By MICHELE TARANTO

Remember the days when outdoor holiday decorating meant a few lights sprinkled on trees and bushes, a wreath on the door, and maybe some electric candles in the windows? Today, that form of minimalist décor is gone and embellishing the exterior house and landscape has transformed into a neighborhood, and sometimes town-friendly rivalry months in the making.

Feeling that spirited holiday bug? Why not challenge neighbors and friends this year in the Norwood Recreation Department's 6th Annual Holiday House Decorating Contest! This has become an incredibly popular and fun competition as Norwood residents flaunt their spirit for all to enjoy. For the past five years, residents have pulled out all the stops on their decorating and this year should be an even bigger event building on that festive momentum! Contestants simply need to register their house with the Norwood Recreation Department by Dec. 17. The rest is up to the judges!

Rivalries and extreme decorating not for you? Enjoy the holiday spirit of others and spend a festive evening soaking in the sights using the interactive map on the Norwood Recreation social media page.

To register your home or for more information, contact the Norwood Civic Center at 781-762-0466, or email the program coordinator at mduffy Kidd@norwoodma.gov. Residents can nominate their home or their neighbor's home. Judges from the Norwood Senior Center will rank each decorated house and three winners will be announced a few days before Christmas. The top winner will receive bragging rights with the traveling trophy! Gift cards to local businesses will be provided to each winner.

Town employees will contact nominations before placing them on the map. Those who cannot visit the homes in person can also view on the map. Who in Norwood is up for the challenge and boasting rights for the most festive home in Norwood!!!??

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# Calendar of Events

## 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!

### Musical Sundays Concert Series: Hiroya Tsukamoto Morrill Memorial Library 2 p.m.

Hiroya Tsukamoto is a Japanese-born fingerstyle guitarist who moved to the United States in 2000 to attend the Berklee College of Music. He's a dizzyingly agile fingerpicker and a soulful and transcendent performer, with compositions that combine instrumental guitar work with lyrical performance and spoken stories from his life. Tsukamoto has been recognized for his talents on stages such as at Blue Note in New York City, Japanese National Television (NHK), International Storytelling Center and United Nations, and by scoring second place at the International Fingerstyle Guitar Championship both in 2018 and 2022. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Dec. 3

### CFCE Parent Workshop- Emotions Morrill Memorial Library 6:30 p.m.

Empower yourself with the skills to support your child's emotional growth through this hands-on collaborative workshop. Facilitated by Christine Hajar-Chastanet of Shine Bright Wellness Workshops, this session will provide actionable strategies for managing stress and creating a healthy emotional environment at home. Discover effective techniques to stay calm under pressure, model healthy emotional behavior, and guide your children through their feelings with confidence! To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

To join virtually, visit <https://meet.google.com/noj-kveg-ppf>.

## Dec. 4

### 5 Alive: Explore the Senses! Porier Village Center (82 Roosevelt Ave.) Sponsored by the Morrill Memorial Library 10 a.m.

Toddlers and Preschoolers Registration Required.

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 2-4 sensory activities to try out. For toddlers and preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Dec. 5

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

Each week, Miss Nicole will talk about a different artist, look at some art, and try out a project based on their methods and style. Learn about some of the art you see all around you - on t-shirts, bags, books, and other media. Have you seen "Starry Night" and wondered about who painted it and why? Come to Library Art School and find out! Some artists discussed include Frida Kahlo, Vincent Van Gogh, Jean-Michel Basquiat, Georgia O'Keeffe, and more! For ages 8-12 years old. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Dec. 6

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for Adults to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk

at 781-769-0200, x2.

## Dec. 7

### Pet Photos with Santa Dirty Dawg Wash 11 a.m.-3 p.m.

Santa will be available to commemorate the season with a keepsake photo! For a \$15 donation, families will receive a 4 x 6 photo, and just in case a holiday manicure is needed, dog nail trimming will be available for an additional \$15 donation.

### 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. 2

### Day House Open House F. Holland Day House 93 Day St. 4-8 p.m.

Visit Norwood's historic gem, cared for by the Norwood Historical Society, all dressed up for the holidays. Refreshments will also be provided. Free. Open to all. For more information, visit <https://norwoodhistoricalsociety.org/events>.

### Luminary Night Norwood Town Common 4-6 p.m.

The Norwood Circle of Hope Foundation invites you to help light up the Circle of Hope by purchasing a luminary to be lit on the Town Common. Continuing a Norwood tradition that began 23 years ago, the luminaries are considered a symbol of Life, Hope, the Season, and Remembrance of others. Luminaries can be purchased for \$5 each by sending your payment to COH, PO BOX 421, Norwood, MA 02062, or

by stopping by Murph's Place Restaurant at 58 Broadway, Norwood. You may include a brief message of life, hope, the season or remembrance to be written on the luminary. You will also find an order form on the Circle of Hope website, [NORWOODCOH.ORG](http://NORWOODCOH.ORG).

## Dec. 8

### Holiday Concert F. Holland Day House 1-2:30 p.m.

The acclaimed Norwood High School Madrigal Singles will perform a holiday concert within the Day House's magnificent walls. Familiar songs of the season will be enjoyed as they rise up through the Great Hall of this magnificent house. Free Open to all. For more information, visit <https://norwoodhistoricalsociety.org/events>.

## Dec. 9

### Monday Movie Matinee Morrill Memoria Library 1 p.m.

### The Persian Version (107 mins) - R

Iranian-American Leila has been living a life free of the usual expectations of family and culture. But things change when her father is scheduled to have a heart transplant in New York. Soon, all her immediate family members fly in for support. In the process, Leila tries to keep her personal secrets away from her family, but to no avail. Soon, her two lives and realities intertwine, which prompts more family secrets to come out as well.

Cast: Layla Mohammadi, Niousha Noor, Kamand Shafieisabet, Bijan Daneshmand, Bella Warda. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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

Have you been looking for a meaningful opportunity to make a positive change in the world? Consider becoming a literacy volunteer! All you need to tutor adult students is sensitivity, a high school diploma, and to complete the library's tutor training program. To learn more, join the next orientation session. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

## Dec. 10

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

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

To celebrate the 99th year of the Norwood Woman's Club, Tommy Rull will perform his Christmas Holiday Show with "Musical Journey Through the Years." A light lunch will be served. Guests are welcome. Yearly dues are \$35. Members are asked to bring one item for the ecumenical food pantry to each meeting. For questions, call Trina at 781-762-8173.

### Norwood Comprehensive Plan Community Open House Morrill Memorial Library 6 p.m.

Calling all Norwood Residents! Come out and have your voices heard. Participate in the Norwood Comprehensive Plan process at this Community Open House.

Building Our Future Together: Shaping Norwood's Comprehensive Plan Through Community Engagement

The Town of Norwood invites all residents to help shape its future through an inclusive engagement process for the Comprehensive Plan. This initiative will create equitable growth by fostering collaboration and empowering residents to contribute to systemic change.

Why It Matters Addressing challenges like housing, economic development, and sustainability requires collective action. Through this process, every voice matters, and together we can make Norwood stronger and more inclusive.

Values-Driven Solutions

**CALENDAR**

*continued from page 14*

The engagement process focuses on shared values, ensuring the plan reflects the aspirations of the entire community. While data informs decisions, the goal is to develop actionable solutions that benefit everyone, especially those most affected by change.

**Highlighting Strengths**  
Rather than focusing on challenges, the plan will highlight Norwood's strengths and opportunities, ensuring future growth is grounded in the town's unique qualities.

**Everyone's Involved**  
All residents, regardless of background, are encouraged to participate in shaping Norwood's future. This process aims to provide transparent, actionable solutions to pressing issues such as housing and transportation.

**Get Involved**  
Residents can participate in a variety of ways, including an open house, surveys, mapping tools, and small group conversations.

**Key Dates:**

Community Visioning Open House: Dec. 10, 2024, 6-8 PM - Norwood Morrill Library

Community Visioning Survey: Dec. 11, 2024 - Feb. 6, 2025

Community Mapping Tool: Dec. 11, 2024 - Feb. 6, 2025

Small Group Conversations: Dec. 11, 2024 - Feb. 6, 2025

For more information and to access engagement tools, visit [www.tinyurl.com/NorwoodCP](http://www.tinyurl.com/NorwoodCP).

Contact: Sarah Dixon, Director of Community Development: [sdixon@norwoodma.gov](mailto:sdixon@norwoodma.gov).

**Dec. 11**

**5 Alive: Explore the Senses!**  
**Porier Village Center (82 Roosevelt Ave.)**  
**Sponsored by the Morrill Memorial Library**  
**10 a.m.**

Toddlers and Preschoolers Registration Required.

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 2-4 sensory activities to try out. For toddlers and preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Dec. 12**

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

Each week, Miss Nicole will talk about a different artist, look at some art, and try out a project based on their methods and style. Learn about some of the art you see all around you - on t-shirts, bags, books, and other media. Have you seen "Starry Night" and wondered about who painted it and why? Come to Library Art School and find out! Some artists discussed include Frida Kahlo, Vincent Van Gogh, Jean-Michel Basquiat, Georgia O'Keeffe, and more! For ages 8-12 years old. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Dec. 13**

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

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

**Dec. 14**

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

Here's your final chance to get your Christmas decorations, outfits and gifts. The boutique has clothes, shoes, boots, hats, mittens, puzzles, books, jewelry, kitchen necessities and home décor, all at big savings!

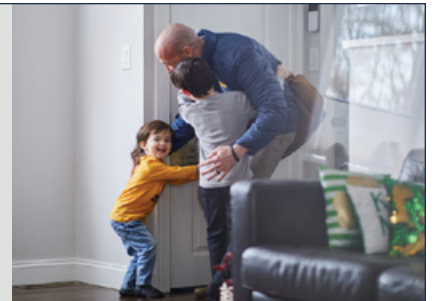
**Wreaths Across America**  
**Highland Cemetery**  
**12 noon**

This is Norwood's seventh season in participating in Wreaths Across America where wreaths will be placed on local service men and women's graves at Highland and Old Parish Cemeteries. This expression is in coordination with wreath-laying ceremonies with Arlington National Cemetery and more than 1,600 locations across 50 states in the United States. This year's theme is, 'Live

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

with Purpose.' Volunteers and visitors are encouraged to arrive between 11:30 and 11:45 a.m., as the minute of silence across Norwood America and islands begins at 12 noon.

**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. 15**

**Children's Story Hour & Crafts**  
**F. Holland Day House**  
**1-3 p.m.**

Children are invited to enjoy holiday stories, ornament making, and refreshments. Children must be accompanied by an adult. Free and open to the public, but registration is required by Dec. 10. To register, email [info@norwoodhistoricalsociety.org](mailto:info@norwoodhistoricalsociety.org). The email must include the names of the child (or children) and adult, plus any dietary restrictions or needs for the snacks that will be provided. For more information, visit <https://norwoodhistoricalsociety.org/events>.

**Musical Sundays Concert Series:**

**Matt York**  
**Morrill Memorial Library**  
**3 p.m.**

Longtime New England musician Matt York will be performing "Songs and Stories Holiday Songs." The songs will run the gamut from those that have been around for hundreds of years to more modern Christmas and holiday classics. People are encouraged to sing along if they'd like! The concert is a combination of performance and stories behind the songs being played. In both 2022 and 2023 the Boston Music Awards have nominated Matt York as a "Best Country Artist" nominee. He has twice been nominated as "Best Male Artist" by the New England Awards and has received radio airplay and press coverage throughout the world. In 2019, The Boston Globe named his release Bruisable Heart as one of their top albums, and his most recent album, Gently Used (2022) received praise from around the world. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Dec. 17**

**MassHire: Meeting your Employment Needs**  
**Morrill Memorial Library**  
**6 p.m.**

MassHire Metro South/West Career Centers offer a comprehensive suite of services for job seekers, employers, and veterans that are unemployed or underemployed. Through their initial Career Center Seminars, job seekers gain access to resources, guidance from case advisors, and assistance from the business services team in the MassHire network. Employers benefit from free recruitment support, job postings, and pre-screening capabilities via JobQuest, their online job search

engine. Job seekers can utilize JobQuest for job matching, career counseling, and various skill-building workshops. Presenter: Rick Baccari, Business Service Representative, MassHire S/W Career Center. This program is free and open to all. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Dec. 18**

**Turn the Page Book Group-Force of Nature**  
**Morrill Memorial Library**  
**10 a.m.**

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel, Force of Nature, written by Jane Harper. When five colleagues are forced to go on a corporate retreat in the wilderness, they reluctantly pick up their backpacks and start walking down the muddy path. But one of the women doesn't come out of the woods. And each of her companions tells a slightly different story about what happened. Federal Police Agent Aaron Falk has a keen interest in the whereabouts of the missing hiker. In an investigation that takes him deep into isolated forest, Falk discovers secrets lurking in the mountains, and a tangled web of personal and professional friendship, suspicion, and betrayal among the hikers. But did that lead to murder?

New members are always welcome! Copies of the book in regular, large print and audio will be available at the circulation desk. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

Turn the Page Book Group-Force of Nature

**CALENDAR**

*continued from page 15*

**Morrill Memorial Library (Virtual) 6:30 p.m.**

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel, Force of Nature, written by Jane Harper. When five colleagues are forced to go on a corporate retreat in the wilderness, they reluctantly pick up their backpacks and start walking down the muddy path. But one of the women doesn't come out of the woods. And each of her companions tells a slightly different story about what happened. Federal Police Agent Aaron Falk has a keen interest in the whereabouts of the missing hiker. In an investigation that takes him deep into isolated forest, Falk discovers secrets lurking in the mountains, and a tangled web of personal and profes-

sional friendship, suspicion, and betrayal among the hikers. But did that lead to murder?

New members are always welcome! Copies of the book in regular, large print and audio will be available at the circulation desk. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Dec. 19**

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

The Morrill Memorial Library partners with the L.E.A.D. program affiliated with Norwood High School to host a Sensory-friendly Lego Club for Adults. Just bring your imagination, the library will provide the Legos. The club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities.

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

**Dec. 20**

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for Adults to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Dec. 21**

**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. 23**

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

Ordinary Angels (116 mins) -PG

Inspired by the incredible true story of a hairdresser who single-handedly rallies an entire community to help a widowed father save the life of his critically ill young daughter. Cast: Alan Ritchson, Hillary Swank, Drew Powell, Skywalker Hughes. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Dec. 27**

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for Adults to the library. Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often

utilizing recycled/repurposed materials and items found in nature. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

The December movie in the Sensory-friendly Friday movie series is 'Disney's Snow Dogs,' rated PG. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Dec. 28**

**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).

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# Real Estate Corner

## Deed and Mortgage Recordings up in October

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

The Registry of Deeds recorded 9,629 documents in October, 2024. This was 5% more than in October, 2023, and a 12% increase compared to September, 2024.

"For the past four months, we have seen a continued positive trend in real estate activity, which is largely due to a significant increase in the number of mortgages and deeds recorded each month this year from July through October compared to July through October 2023," Register O'Donnell stated. "This sustained increase in mortgage and deed recordings shows indications of growing real estate market activity. It will be interesting to see if this trend continues as we move further into the last quarter of 2024.

The total number of deeds recorded for October 2024, which reflects both commercial and residential real estate sales and transfers, was 1,434, up 10% from October, 2023, and up 10% from September, 2024. This October, 758 commercial and residential properties sold during the month, up 13% compared to October last year.

"The positive growth in both the total number of deeds recorded and the number of property sales compared to last year is certainly encouraging Register O'Donnell said. "This indicates that the real estate market is performing well, particularly in certain neighborhoods and property types in Norfolk County."

In October, lending activity increased compared to the same month a year ago. A total of 1,518 mortgages were recorded in October, 2024, up 30% from October, 2023, and up 14% from the previous month.

"While average mortgage interest rates have started to creep

back up from their late September low, they are still below the levels seen this time last year," Register O'Donnell added. "Despite the recent increase, the market continues to draw in prospective homebuyers and borrowers. If we see hints of a continued decrease in the federal funds rate, we may see lending activity continue to rise, as the Federal Reserve's decision to lower the federal funds rate has an indirect impact on mortgage interest rates."

The average sale price of commercial and residential properties for October, 2024, rose to \$1,135,838, a 17% increase compared to October, 2023, and an increase of 18% from September, 2024. The total dollar volume of commercial and residential sales is also up, increasing by 33% from last year and up 37% from last month.

"There is no doubt that Norfolk County is a desirable place to live and work, a credit to all the communities and the municipal staff and leaders who have created such a vibrant area," Register O'Donnell stated. "However, due to the limited inventory of available property not matching that demand, I think many would agree that it is a difficult market for buyers, especially first-time home buyers."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In October, 2024, there were eight foreclosure deeds recorded as a

result of mortgage foreclosures taking place in Norfolk County, more than the six recorded in October, 2023. In October, 2024, there were 32 notices to foreclose, the first step in the foreclosure process, more than the 21 recorded in October, 2023.

"We cannot begin to know all the causes that have contributed to these foreclosures and notices to foreclose, but what we do know is that a number of our neighbors have lost their homes, and even more are dangerously close to losing their homes," Register O'Donnell said. "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.

"October was a great start to the third quarter of 2024, with

the real estate market showing strong growth and demand, with

**REAL ESTATE**  
continued on page 18



**SANTA'S NEW NUMBER**

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*No matter where you live or where you may roam,  
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Now and throughout the coming New Year!*



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# Real Estate Corner

## Norfolk County Registry of Deeds 2024 Toys for Tots Drive

Believing that the true spirit of the holidays lies in giving rather than receiving, Norfolk County Register of Deeds William P. O'Donnell is sponsoring the Registry's 17th annual U.S. Marine Corps Reserve Toys for Tots drive.

"The Registry of Deeds is proud to partner with the United States Marine Corps Reserve to help deliver a happy Christmas to children this holiday season," Register O'Donnell said. "This act of kindness can help spread joy and make a positive impact on those in need. Those engaging in this selfless act can know that they are part of what makes this time of year so special and hopefully inspire others to do the same."

Donations of new toys and games can be brought directly to the Norfolk County Registry of Deeds building, located at 649 High St. in Dedham, through Tuesday, December 10, at 10 a.m. A marked donation bin will be set up in the lobby, which is open Monday through Friday, 8 a.m. until 4:30 p.m.

"The U.S. Marine Corps Reserve plays a vital role in ensuring that donated toys reach children in need during the holiday season," Register O'Donnell said. "Their dedication and commitment to the goal of making sure no child goes without a present on Christmas is truly commendable. We thank the U.S. Marine Corps Reserve and all our military personnel for their dedication and service to our country."

This year marks the 77th anniversary of Toys for Tots. The program was established in 1947 when the wife of a Marine major wanted to donate a Raggedy Ann doll for Christmas but couldn't find an organization to accept it. Since then, the national program has delivered over 677 million toys.

"Every holiday season, the Registry witnesses firsthand the many acts of kindness and Christmas spirit as numerous people drop off gifts for the Marine Corps Reserve Toys for Tots drive," Register O'Donnell noted. "It's truly wonderful to see so many people dropping off

gifts, from Registry employees, to title examiners, to attorneys, and members of the general public because no family should have to struggle to enjoy their holiday season."

The U.S. Marine Corps Reserve Toys for Tots program's mission is to help less fortunate children experience the joy and happiness associated with Christmas. The program operates in more than 800 cities and towns throughout all 50 states.

"It means everything any time the local community can come out and help support Toys for Tots," Cpl. Christopher Todd, 1st Battalion, 25th Marines said. "By doing an event like this, you get to witness the best side of people and know that these donations are going towards giving someone a happy Christmas."

Since 2007, the Registry of Deeds has collected over 1,700 toy donations for the U.S. Marine Corps Reserve Toys for Tots program.

"We all have the power to make a child's Christmas



something special," Register O'Donnell concluded. "Not only does donating to Toys for Tots bring joy to children in need, but it also reminds us of the true spirit of the holiday season. It's a chance for us to come together

as a community and make a difference, and therefore, giving to the Toys for Tots drive just might make it the best Christmas present you can give yourself this holiday season."

### REAL ESTATE

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a significant increase in mortgage

and deed recordings," Register O'Donnell concluded. "In the coming months, the inventory of available property and mortgage

interest rate levels will likely play a big role in determining the direction of the market. Buyers, especially first-time home buyers,

may continue to face challenges in finding affordable properties due to the high demand and limited inventory."

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

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is

a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

*Wishing you a wonderful holiday season with family and friends and a Safe and Happy New Year!*



During the coming holiday season  
May you be blessed  
With the spirit of the season,  
which is peace,  
The gladness of the season,  
which is hope,  
And the heart of the season,  
which is love.



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*Happy Holidays*



*Here's to a season filled with warmth, comfort and good cheer! Should the new year bring you a change of address, please contact me so that I can assist you.*



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