

That's a Wrap! Farewell to 2024

JANUARY

Hat's Off to Norwood's Generosity

Thanks to the generosity of local residents, the 9th Annual Women's Business Network of Norwood (WBN) Winter Accessory Drive was another great success. Through their kindness and compassion, many neighbors again will have items to stay warm this winter and presents under the tree.

In total, ten donation boxes were placed throughout Norwood and in neighboring towns. The numbers were impressive this year with over 1,000 accessories collected requiring many trips to empty overfilled boxes, often with new and handmade clothing. The first week in December, all items were donated to the Norwood and Dedham communities through local organizations and churches: the Norwood Food Pantry, the WCC Thrift Shop, First Baptist Church (Blessings Boutique), First Congregational Church of Norwood, and the Allin Congregational Church, of Dedham.

Each year, the fundraiser is



Norwood Drives Electric

held Nov. 1-30, but from the abundance of homemade items that were donated, it was clear many residents had busy hands throughout the year creating incredibly beautiful knitted pieces in preparation for the event. As in other years, the boxes were also plentiful with brand new items.

FEBRUARY

Norwood Drives Electric

The push for electric vehicles continues to be on the rise, however, two big questions erupt when considering converting from combustion engines: price and available current. With Norwood having their own electric company, it should come as no surprise the Town supply is

able to assist residents in both areas.

In partnership with EN-EConserve, Norwood Light Broadband (NLB) has a developed a website called Norwood Drives Electric (www.norwood-driveselectric.com), an outreach program and a roadmap to purchasing and energizing an electric vehicle. This resource covers everything from information on the benefits of driving electric, available vehicle and charging rebates and incentives, as well as grants, a buying guide, charging basics, the ins and outs of charging levels, and the differences in home and commercial charging.

The Town of Norwood cur-

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From left to right: Sam White, Pascale Chelala, Phillippe Chelala, Friends of Norwood Center member Michele Taranto

And the Winner is!

BY MICHELE TARANTO

The public and guest judges have spoken! Congratulations to the winners of the Friends of Norwood Center and Norwood Rotary Club's 1st Annual Norwood Window Competition, 'The Magic of Winter'! The contest kicked off on Small Business Saturday, November 30, and ran through Sunday, December 15. Residents were encouraged to view each beautifully-decorated storefront with a map of participating locations

and then cast their vote for the People's Choice Award!

The clear winner for the People's Choice Award was Chelala Jewelers!

The panel of four judges, Norwood Town Manager Tony Mazzucco, Norwood Selectman Amanda Grow, acting Norwood Recreation Director Sam White, and Norwood Police Officer Baguma and his canine

CONTEST
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WRAP-UP

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rently offers four public charging stations: the Norwood Post Office parking lot, the parking lot between Norwood Town Hall and Norwood Printing, the Norwood Airport on Access Rd., and at the Norwood Light Department, 136 Access Rd. According to Norwood Light Broadband, the Town's four charging stations average approximately six sessions per day, which translates into six drivers plugging in their vehicle. Over the past year, the stations have experienced a total of 2,350 sessions.

A second option for Norwood residents is to install a home charging station, which is the 'Bring Your Own Charger' program. There are 110 Norwood customers enrolled in this program and over the past year 33 rebates on newly purchased EV's as well as chargers have been given.

A visit to the Norwood Drives Electric website should be at the top of the list when researching an electric vehicle purchase and/or home charging station. There are many rebates and grants available today for local residents

MARCH

Local Residents Swing Into Spring!

It's the middle of April, and most New Englanders are looking forward to spring and eventual longer days and warmer temperatures. For Norwood residents, however, music and dancing are in the air with the Norwood Circle of Hope Foundation's Dancing with the Norwood Stars!

Each year, six residents take to the dance floor to take home the coveted Disco Ball Trophy. This year's dancers are: Dave Dalton, Emma Petracca, Meg Luizzo King, Nina Kelley, Sam White, and Sean Connolly. Two winners will be crowned this special evening: an Overall Winner for the person who raises the most money and the Judges Choice for the best single dance. For the past few months, the dancers have been holding fundraisers around town to raise donations for their team to win as the Overall Winner. They have also spent hours practicing with professional dancers from the Fred Astaire Dance Studio, in Norwood, to win that coveted Judge's Choice Award!

Meet the 2024 Dancing with the Norwood Stars contestants!

DAVE DALTON; Dave aka 'Daltz' was born and raised in Norwood. He was the vice president of his graduating Class of 2003 at Norwood High School. Dave is married to Alyssa Gearty-Dalton, also a true townie, and graduate of Norwood High School Class of 2000.

EMMA PETRACCA; I have grown up in Norwood most of my life, and have seen firsthand how the community here comes together for one another in times of pain and need. I am excited to have the opportunity to give back in some way, and that

we can do so through something as unifying as dance. I wish everyone luck, and I hope we can all make the Circle of Hope proud.

MEG LUIZZO KING; When asked to be a contestant with the 2024 Norwood Dancing with the Stars, my initial reaction was no. I have two left feet and no rhythm. After contemplating briefly, I realized it's not the dancing that's so important, it's giving back and fundraising for The Circle of Hope Foundation. They truly are an outstanding foundation that gives back to Norwood residents in need anonymously. I was born in Boston and adopted at six months to an amazing family who lived in Norwood. I am a Norwoodian who attended the John P. Oldham School, Norwood High School, and the Henry O'Peabody Secretarial Program. I received my Associates Degree from Newbury College. After working in Boston for 20 years, I realized I wanted to work in a more personally fulfilling job. I decided I could give back to our community by helping autistic children as a paraprofessional. I love being a teacher's assistant! It is the most rewarding and challenging job that I've ever had.

NINA KELLEY; My husband and I and our 3 young children moved to Norwood in August, 2001. Who knew Norwood would fill my bucket? I met so many wonderful people here who I call dear friends through volunteering at the schools, PTA, sports, art, and music. I continue to volunteer as treasurer for FoVA (Friends of Visual Arts) supporting Norwood Schools, even though my children have all graduated. I've been working as a para for Norwood's pre-k, now known as the LMPA (Little Mustangs Preschool Academy) at

the Savage, for almost 19 years. I couldn't have asked for a better working environment. Truly amazing and the most supportive group of people who are family to me. In Sept. 2012, I was diagnosed with stage 4 cancer, with recurrences every two years. With the support of my family and friends and the people of this town, "my town" rallying around me was such a huge uplift to my spirit. Norwood's Circle of Hope Foundation reached out and helped me and my family during the worst times; always checking in on us. We were so blessed to have this wonderful organization in our town. They do this anonymously but I'm compelled to share.

SAM WHITE; I was born in Rutland, VT, where I grew up in the small town of Poultney, VT, for the first 18 years of my life. I was a two-sport athlete throughout my high school career playing basketball and football. I am proud to say that I am a 1,000 point scorer at Poultney High School and was honored to play in the Shrine Football game with the top senior football players in the State of Vermont vs. New Hampshire. I attended Lasell College in 2015, where I received by Bachelors in Sport Management and was a part of the men's basketball team until graduating in 2019. I then went on to pursue my Master Degree in Athletic Administration at Castleton University where I was also a graduate assistant for the conference & events office. I applied to become the program coordinator at Norwood Recreation Department and began my position in December of 2021. Since then, I have become the recreation departments assistant director where I am stationed today. I have grown a love for the Town work every day to bring a positive impact to Norwood's residents. I am thrilled to be a part of the 2024 Norwood Dancing with the Stars! Enjoy the show!!

SEAN CONNOLLY Hello

everyone, my name is Sean Connolly, and I am happy to be a part of the class of 2024's Norwood Dancing with the Stars. Although I was born in Dorchester, I have called Norwood in my home for 37 years. I was a graduate of Saint Catherine's of Siena School and also graduated from Blue Hills Regional Technical High School. My wife, Jill and I are raising our two kids Seamus, who is a freshman at Norwood High School, and Lillian who is an eighth grader at the Coakley Middle School in this community we all love! I have always tried to give back to this great community, whether it was helping to coach baseball, DJing at the recreation center for Father/Daughter Dances, or donating my time for the Norwood Junior Women's Club at The Kids Summer Concert Series. I currently work at Absolute Metal Finishing as a production manager on Morse St., and also work part time at Irish Brewing Boston, which is located at the Space Center. I am proud to be dancing and raising money for this amazing foundation called Norwood Circle of Hope.

APRIL

A Final Signing Off

He has been tenacious about keeping Norwood streets and res-



idents safe for 12 grateful years. His name is Norwood Police

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WRAP-UP

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Chief William G. Brooks III, and when he steps down from his post the end of April, he will be sorely missed by many. Norwood Town Manager Tony Mazzucco made the retirement announcement on behalf of the Town of Norwood and the Norwood Police Department (NPD) on the town website, and boy did word spread quickly.

A little-known fact about Chief Brooks is that his role as chief of police was not his first Norwood assignment. In 1982, he was transferred from the Westwood Police Department after five years to work patrol in Norwood. He was promoted to sergeant, then to detective sergeant, a position he held for 14 years.

“I loved that job,” Chief Brooks said. “I was in charge of the detective squad and I think we did a lot of good work working narcotics, robberies, housebreaks.”

Chief Brooks left Norwood in 2000 to become the Wellesley Police Department deputy chief, a position he held for 12 years. He returned to Norwood in May, 2012, as Norwood’s 15th police chief and held the NPD highest title for another 12 years.

On the topic of foot patrol, it was not unusual to see Chief Brooks walking Norwood’s sidewalks, visiting shop and restaurant owners, or even chatting with their patrons. He made it his mission to become familiar with every aspect of Norwood’s community, and had a smile for everyone he encountered.

“What I will miss most about being police chief is the human interaction,” Chief Brooks said. “I will miss my officers. I will miss the merchants, the schools, the children, the senior center, town meeting members, just everyone here.”

MAY

Replacing Letters with Food

Contributing to those with food insecurities is as easy in May as mailing a letter...from the comfort of your own home. On Saturday, May 11, letter carriers will be picking up non-perishable food throughout Norwood neighborhoods as part of the 31st Annual Letter Carriers’ Stamp Out Hunger Food Drive. This event is the largest one-day food drive in the country, and Norwood residents can directly be a part of this national campaign

Participating is easy! On this day, rain or shine, Norwood residents leave marked bags of non-perishable food by their mailbox in the morning and mail carriers will pick up the packages during their regular delivery routes and transport them to the Norwood Ecumenical Food Pantry. All types of non-perishable food are welcome, including peanut butter, coffee, canned fruit, canned tomato sauces/paste, diced and whole tomatoes, canned meat and hash. The only requirement is that all cans and boxes must be new and in good condition. Anything outdated or opened has to be thrown away for health reasons.

The timing of the second Saturday in May is no accident.

Local food banks and pantries best benefit by a mid-spring surge to replenish their diminishing shelves from the influx of donations received during the Thanksgiving and Christmas holiday seasons.

JUNE

Move Over Mustang Sally!

Norwood has a new Top Dog in Town!

For many Norwood natives, Norwood’s new police chief is a familiar face: Christopher Padden. What an impressive local journey it has been for Chief Padden; from the Cleveland Elementary School, through the Coakley Middle School, and Norwood High School. From a patrol officer, to sergeant, lieutenant, deputy chief, and now, the Norwood Police Department’s 28-year veteran, sworn in on May 1, 2024, is Norwood’s highest-ranking officer protecting its residents.

“I had no intention of being Chief of Police,” Chief Padden said. “I found myself where the opportunities were there. It was never my goal, but if there is an opportunity to serve, you do it. I was happy being a patrolman. It’s the best job in the world.”

Chief Paddon’s first job was serving his country. He was a member of the United States Marine Corps, and was stationed in Operation Desert Shield/Operation Dessert Storm, and later served in the reserves. His choice to join a police force after the military was influenced by his interactions with policemen when he was younger; kid stuff as he called it, but an ultimately positive inspiration.

Norwood residents will not likely see a lot of changes under Chief Paddon’s regime. While working with Norwood’s former Police Chief, William Brooks for many years, he was heavily involved in the systems that were in place and working when he took the position. Chief Paddon also shares his predecessor’s team

philosophy, an energy that has been embraced by the local community.

“It is a team effort, and that effort is going to continue in the same manner,” Chief Paddon said. “The Chief [Brooks] was always the one who brought attention to the NPD. I really want to push the everyday work of the men and women of the Norwood Police Department.”

JULY

Cue the Parade!!

The Norwood 4th of July committee has done it again. They have planned and coordinated the most magnificent inde-

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WRAP-UP

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pendence celebration in the area. While some may think each year is built and based from the previous, that could be farther from the truth. Each year's schedule



can work as a guide, however, things change, life happens, groups become unavailable, better ideas are developed, and basically, the committee is always

trying to make the event better every year.....and they succeed!

This year, the celebration will begin on Thursday, July 4, with the traditional kick-off of the Children's Bicycle, Tricycle, Doll Carriage, and Historical Character Parade at 1 p.m., in downtown Norwood. The fee is \$1 per child and participants will receive a festive t-shirt and participation ribbon. Winners will be based on best decoration on themselves or their vehicles and will be invited to ride in the Grand Parade! There will be a Public Reading at 2 p.m., at the historic Old Parish Cemetery (rear of 480 Washington St.) of orator and abolitionist Frederick Douglass' famous 4th of July address, 'What to the Slave is the 4th of July?' This event is free and open to the public.

A Carillon Concert will be held at 2:30 p.m., from Town Hall, with performances from

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CONTEST

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companion, Mustang Sally, also voted for their choices in the categories of Most Original, Most Local, and Most Whimsical.

- Most Original: Modern Eyes
- Most Local: Custom Art Framing
- Most Whimsical: The Cove

There were 11 businesses in total who competed in the contest, and each one deserves recognition and appreciation to help Norwood celebrate the holiday season. Each business committed to developing a welcoming and eye-catching storefront display reflective of their industry and personalities. The windows were spectacular to view day or night and while already a charming town, their embellishments made shopping, window browsing, and even walking a more pleasurable event!

- Charles River Running
- Emerald City Plant Shop
- The Lark Center
- Moon Lily Boutique
- Tax Solutions
- Mazeri Hair Salon

As the Friends of Norwood Center further develops its communal activities and outreach, its members hope this competition will grow each year and people will come from outside Norwood's borders to view, vote, and shop the Town's businesses. Stay tuned for next



Clockwise from top: The Cove, Chelala Jewelers, Modern Eyes

year's event and a brighter, more festive town!

The Friends of Norwood Center is an all-volunteer, non-profit organization comprised of Norwood residents, town employees, and Norwood small business owners. The group's shared vision is of success and prosperity for town commerce that will ultimately benefit the greater Norwood community

and its visitors. For more information on the Friends of Norwood Center or to join this productive communal organization, visit www.norwoodcenter.org.

Photos courtesy of local photographer Jonathan Cardoni



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SCAN ME

Out of the Box and Into the Pool – Deep End Fitness Combines Fitness and Mental Health

By JENNIFER RUSSO

For those who love staying in shape, innovative work out formats are a breath of fresh air. Not only is it important to change things up to target the entire body, but variety also allows those different muscle areas to recover and rest intermittently. Plus, who wants to do the same boring workout all the time anyway?

Deep End Fitness was founded by former military officers in California as a way to not only train the body, but to focus on the mind. Water resistance will automatically give you great exercise and improve cardiovascular health, but swimming and working out in the water also helps us to get into a calmer headspace, with breathing techniques and mindful movement.

The program utilizes the operating system of F.R.E.E. which stands for Focus, Relaxation, Economy of Motion, and Efficient Breathing. The result is learning how to relax mentally and mitigate stress, while also promoting water survival preparation and safety, developing critical thinking skills, and an integrated approach to cognitive control.

“For those who are athletes or enjoy working out in other formats, the practices at Deep End Fitness can transfer into improvements in performance for all of those things. We have people who join us to prepare for mili-



Business spotlight

tary training, to learn water skills for sailing licenses, to learn better breath control to manage anxiety, build mental resilience, or to increase CO2 tolerance to improve capacity for other sports,” shares Nathalie Rinck, Owner and Head Coach at Deep End Fitness in Dedham.

Nathalie, who is also an athlete, health coach, and certified CrossFit Trainer, went to California with her partner recently and took a class at Deep End Fitness, immediately falling in love with it. She realized there wasn’t anything like that available in this area and made the move to make it accessible for the local community.

Classes are currently held on weekends at the Mucciaccio Dedham pool, which is heated. The classes are held lengthwise in the



Deep End.jpg: Deep End Fitness welcomes people of all swimming abilities to join them for a class that pairs physical fitness with mental health techniques.

pool so that clients can choose their comfortable water depth, and all that is needed is a basic swim level.

“Part of the mission of Deep End Fitness is to help people become more confident in the water,” shares Nathalie. “You don’t have to be an amazing swimmer and there is always more than one instructor looking out for you, as well as additional lifeguards. Workouts can also be

modified to each person’s ability.”

Classes always begin with what is called the “Circle of Trust” – Individuals introduce themselves, share what they are hoping to accomplish that day, and give some information on their water background. There is always a safety brief before the workout begins, as well as breathwork and stretching. Workouts focus on specific skills, can include games, and are meant to be fun. Every session offers a different workout, but it is always a mix of functional bodyweight movements and regulation of the nervous system through breath.

“One thing about jumping into a pool is that we can all feel like kids again. There is a lightness to being in the water, both physically and mentally. Though we take this very seriously, it is also tons of fun,” says Nathalie.

Learn more about Deep End Fitness on their website - www.deependfitness.com/boston or Instagram page - @deep_end_fitness_boston and purchase a drop-in pass to try out a class. Currently, classes are held twice a week, on Saturday and Sunday, at the Dedham Pool, 336 High St in Dedham, MA.

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Deep End.jpg: Deep End Fitness welcomes people of all swimming abilities to join them for a class that pairs physical fitness with mental health techniques.

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Norwood's own Lee Leach and Margaret Angelini, from Wellesley College. Tours of the magnificent 50-bell Memorial Carillon will be held during the parade. The vibe on the Town Common shifts gears towards athletics at 5 p.m., as runners line up for the Norwood Firecracker 5k Road Race. With thousands of spectators lining the streets cheering and shouting encouragement, the 5K event feels more like the Boston Marathon! The main event will begin at 5:30 p.m., at the Coakley Middle School. The parade route will run down Washington St. in South Norwood, through downtown, and end at the Shaw's Plaza. To warm up the crowds, Norwood and surrounding municipalities lead the way at 5:30 p.m., with an impressive lineup of fire and emergency vehicles, antique and classic cars, and WWII, Korean War, and other military equipment. This is always a favorite segment of the day and famous for announcing their approach with incredible sirens! The excitement builds throughout the afternoon, and

finally, at 5:45 p.m., Norwood's infamous parade begins! The lineup is filled with national and international marching bands, entertaining acts, floats, community groups and local politicians.

AUGUST

McFarland to Norwood's Rescue

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

Where to begin? Although not



a Norwood native, McFarland has lived in Town for 41 years; with his contributions and time served, a good question to ask is, 'can he now be called a townie?'

He and his wife Robin searched all around the 128-belt looking for a house, but settled on only the 2nd house they toured in Norwood. McFarland pursued a career in customer service and sales printing. They brought up three children in Norwood: Lauren, who married Derick Jeffers and live in Arlington with their two daughters, Molly (6) and Sophie (4); Andrew, who married Chris Schmitt and live in Jamaica Plain, and Colleen lives here in Norwood.

Lucky for Norwood, McFarland planted roots and shared his passion for community and philanthropy. In the early 1990's, he was treasurer, then president for three years of the Norwood Cooperative Nursery School. He then became a member of the Parent Advisory Councils at the Cleveland, Coakley, and Norwood High schools, co-chaired with Jan Donovan with the "Yes Committee," in 2004 to renovate Coakley Middle School and Norwood High School (NHS), then

a member of the Committee of 21 to study and recommend building the new Norwood High School (2004-2009).

McFarland coached little league and was on the board of directors for nine years. He was named Volunteer of the Year in 2002. He also coached Norwood Basketball (NBA) in his spare time. He also joined the NHS Athletic Hall of Fame Committee in 2007 when it relaunched and has been handling its publicity and writing the event program.

He has been an elected Town Meeting Member since 2000 and served on several committee throughout the years: DPW Construction Financing Committee, Forbes Hill Study, School/General Government Cost Cutting 2015. From 2008-2013 he was chair and member of the Norwood Recycling Committee and appointed to the original Community Preservation Committee (CPC) and wrote the original draft of the guidelines and application 2017-2021.

McFarland was recruited for the Norwood Sustainability Commission (NSC) in 2019, named the first chairman, and worked

to develop (and get approved) the Norwood Sustainability Action Plan in 2021. One of the recommendations of the NSC was the relaunch of the Norwood Farmers Market in 2022. The Market's return has been highly embraced by the Norwood community and on one special day, he dressed the part in formal attire during the July 4th Market Celebration.

In 2008, he joined the Neponset Valley Chamber of Commerce, now known as the Neponset River Regional Chamber, and served on the Board of Directors for eight years (2010-2018) and was named Chairman in 2015. He joined the Friends of Norwood Center in 2014.

Last year he was appointed to the Commission on Disability.

"I'm very task-oriented and love problem solving," McFarland said. "I volunteer for things that interest me, like sports, but also things that I see problems or deficiencies, many of which issues we discussed at Chamber meetings, but relevant to people with disabilities, housing, transportation/mobility and jobs."

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CareerCentral

This section will be a guide to the local job seeker looking for a career change or a new job! Editorial will focus on best resume writing techniques, how to answer top interview questions, changing careers and so much more.

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SEPTEMBER

The Best Part of Fall? Norwood Day!

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

This annual festival brings businesses, organizations, fam-

Norwood, with vehicle traffic closed to accommodate the thousands of residents and visitors.

On Saturday, September 7, at 10:30 a.m., the parade will kick off the festivities at the Morrill Memorial Library with the Norwood High School (NHS) marching bands and fall sports teams proudly strutting their school colors and entertaining spectators. The parade concludes at the town gazebo where the NHS Spirit Club will award the Anne Lydon Volunteer of the Year Award. The prestigious Award recognizes and honors a

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

OCTOBER

Crafting for 30 Years!

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

On Saturday, Oct. 19, 9 a.m.-2:30 p.m., at Norwood High School (NHS), over 90 vendors throughout New England will showcase their items and crafting fans will fill the gymnasium for a favored fall shopping escape. The vendor list is so impressive, and includes: sewn, crocheted, and knitted pieces, there will be chocolate and honey, items for pets, jewelry, holiday decor, wreaths, stained glass, jams and jellies, mirrors, paintings, 3-tiered plates,

bags, scarves, soap, wooden toys, painted glass, quilts, ornaments, hats and mittens, cards, plastic canvas, hand towels, hair bows, hen houses, ceramics, puzzle lights, decoupage plates and doll clothes, and much more! The huge assortments of raffles are always a popular corner with chances to win many handmade items, and gift certificates. There is also a bake sale, a complimentary kids' craft corner, and the NHS Friendship Club will be selling their hand-painted pumpkins.

In addition to becoming one of the premier craft venues in the

state, it is a very successful fundraiser for Norwood High School and local organizations. In earlier years, The Craft Affair at Norwood has yielded approximately \$10,000 in profits, however, according to organizer Michele Hsu, those numbers have significantly increased.

"Our profits have trended up, \$15-18k over the past couple of years," Hsu said. "We are still donating an average of \$5000 to Post Prom each year and our

WRAP-UP
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ily and friends together to share information, goods, and services, but just as importantly, enjoy and applaud everything this wonderful town has to offer. The event will be held Saturday, Sept. 7, 10:30 a.m.-3 p.m., downtown

Norwood resident who has gone above and beyond to help the local community.

Immediately after the parade, the spectacular street carnival begins with booths of local retail merchants, community organi-

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A Little Off The Top

Thinking outside the blocks

By STUART GREEN

The calendar says it's 2025. Well, it doesn't actually say it, but if you look closely and squint, there it is in black and white - or glorious NBC Peacock color, if you get one of those really fancy, 3-D, high-glossy ones from real estate agencies, car dealerships, or a guy named Fred.

All of which brings me to a new and exciting topic to boost Norwood's revenue streams - and that is a brochure by Fred (not that one, but his second cousin Fred) entitled, "1001 ways to

hypnotically groom your dog, eat pasta without utensils, and boost your town's revenue stream."

We'll skip over the first two topics as they've already been covered by Congress when they were out on recess, and launch right into the Revenue Stream, not to be confused with other larger bodies of water.

Many years ago, before the invention of tools, the wheel, or the Taylor Swift concert, someone came up with the idea of getting money from the folks who didn't have any because they were too

busy giving their money to folks who had it. The idea was called "taxes," and it really caught on with the masses - the people weren't crazy about it, but the masses loved it.

Back to 2025 (remember that?), there have been a few suggestions to have an alternative to taxes, called "alternatives." We (and by saying "we," of course, I mean Fred - a completely alternative one, this time) have jotted down a few of these, such as:

- Toll booths on Washington Street. You want to get to South Norwood? It'll just cost a quarter or, in 2025 value, \$8.25.

- Watching free concerts. Now, you may be thinking that seeing a free concert isn't a really big money maker. Ah, but while concert-goers can watch for free, they'll have to pay to listen.

- Standing-room only. Once the town can get folks on the sidewalks, they're on public property. We can't do anything as they walk out their own door, but once they hit the street, a pay-as-you-step fee should boost the public coffers handily.

- Uber out town vehicles. Lots of town vehicles, like police, log hundreds of miles a day. Might as well get a little extra revenue while they're on patrol. And if

passengers are lucky enough to see an actual crime in action, charge them double.

- Tour door-to-door. No one knows the town sights like public employees. They can scan the streets for the flock of tourists and bring them around town - making sure to stop at the Norwood Trinket, Souvenir & Upholstery shop.

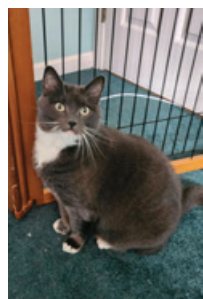
Adopt some of these ideas, and watch the growth of the country's first for-profit town. It worked for the hospital.

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

BSAC PET CORNER

Meet Bella

Bella is a beautiful 5 1/2 year old Himalayan mix. She's a pretty laid-back girl who doesn't 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.

How About Fostering?

Maybe the long-time commitment of adopting cat is not in the cards right now, but the Bay State Animal Cooperative has a great need for foster homes.....a place that allows the organization to accept surrenders and homeless cats until they are adopted to their furrever home. Fostering is a vital step to this non-profit's success. Requests can come in with little notice and often it makes the difference of a cat's survival.



Meet Pineapple... again. Poor Pineapple is still waiting for a family to adopt him, but in the meantime, he needs a foster home. As a no-kill shelter, BSAC often struggles to house their pets, and current, foster families are stretched to take in many cats. Read more

on Pineapple and it could be possible his next foster (or furrever) home is yours!

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

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

If you're looking for a new best friend, you've found him! Pineapple wastes no time curling up on an empty lap and appreciates love and attention from admiring humans.

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

Adoption Details:

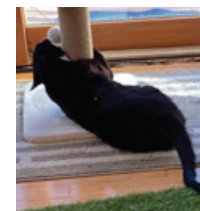
If you are interested in adopting any of these loving animals, visit baystateanimals.org, and click on adoption.

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.

Petfinder Foundation grant

A big thank you to the Petfinder Foundation for awarding us a \$500 grant. We used it to buy replacements for frayed items such as cozy beds for the cats to relax in, toys so they can have fun and get exercise, and stairs and other items our elderly cats need.

Lovey is a black FIV/Felv positive young kitty who we rescued from another shelter that was going to put him down. He's doing great in a long-term foster home. He plays with his new interactive toys and tree/bed until he's exhausted! I first for him!



in his senior years in foster. Through the grant, he received a luck mat and stairs and a low bed/tree, just for him!

Quality of life, exercise, and great stimulation accomplished, thanks to the Petfinder Foundation!

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.

baystateanimals.org

- facebook.com/BayStateAnimals
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BSAC 2025 Calendars Ready for Purchase!

To order, visit baystateanimals.org, or send a check, made out to BSAC, P.O. 932, Norwood, MA 02062. Proceeds go towards food and medical care for BSAC cats. Thank you for your purchase!



WRAP-UP

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team/group donations are up from the \$300, but vary based on teams needs and/or their contributions to the event.

NOVEMBER

Take Care Thanksgiving/Hello Holidays

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!

In true Norwood form, each year the town hosts a free festive afternoon that has become a fa-



vorite holiday tradition. The fun-filled family event will be held on Sunday, Dec. 1, 1:30-4 p.m., on the Norwood Town Common. The celebration includes a reindeer dash, tractor-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!

DECEMBER

Remember, Honor, Teach, This Holiday Season

This is Norwood's seventh season 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. Cynthia 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

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, Outstanding Unit citation with valor, The longevity ribbon, Vietnam war Campaign medal with two bronze service stars, Republic of

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



South Vietnam campaign medal, and Eagle feather presented by the Seneca Nation of Indians in recognition as a true warrior.

communities together, and have a partnership with Professional Canine Services to connect disabled veterans with companions rescued from kill shelters.

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Winter Wins in Norwood!

BY MICHELE TARANTO

Local residents have done it again. Donations from the 9th Annual Women's Business Network of Norwood (WBN) Mitten Drive was another impressive success! In fact, this year's count surpassed last year's total by 50 pieces with 1,050 winter accessories collected during November.

Seven donation bins, festively decorated by the May School in Norwood and the League School in Walpole, were placed around town from November 1 to November 30: Norwood Senior Center, Morrill Memorial Library, the Vanderbilt Club, Murph's, Back in Balance Chiropractic, in Sharon, the May Institute, in Norwood, and the League School in Walpole. As in previous years, members made many trips throughout the month to empty overfilled boxes, often with new and handmade gloves, mittens, scarfs, and hats. In fact, the WBN elves estimated that more brand new items were donated this



year than the previous eight years!

Through that generosity, many local neighbors again had presents under the tree and items to stay warm this winter.

The first week in December, all items were donated to the Norwood and Dedham communities through local organizations and churches: the Norwood Food Pantry, the First Baptist Church (Blessings Boutique), in Norwood, First Congregational Church of Norwood, and the Dedham Youth Commission.

"This is priceless," Becky from the Dedham Youth Commission

will be able to help so many families."

Each year, the fundraiser is held Nov. 1-30, but from the abundance of homemade items that were donated, it was clear many residents had busy hands throughout the year creating incredibly beautiful knitted pieces in preparation for the event.

WBN will celebrate its milestone 10th anniversary in March, 2025. It encompasses women who work or live in and around Norwood. As their tagline states, Connect, Refer, and Support, the members cham-



panion each other and their businesses through referrals, advice, consultations, networking connections, and sharing wisdom. The chapter also considers it vitally important to give back to the community that supports their businesses throughout the year through civic service projects, such as the winter accessory drive. Throughout the year, Norwood residents may have seen their signature balloons at various local events, such as the Norwood Farmers Market and the Holiday Tree Lighting.

Current WBN members include Michele Taranto, Suburban Lifestyle Real Estate; Kandi Finch,



All Chores Considered; Wendy Aimola, New York Life Insurance Co.; Ellen Connors; Shamrock Home Loans, Kim Burke, Home Helpers; Catherine Good, Law Office of Catherine Becker Good; Maria Levin, Maria Levin PC; Mencia Quinonez, Clean Remodel, LLC; Alyssa Koulopoulos, Cross Insurance; Jillian Banks, Back in Balance Chiropractic; Cheryl Dukeman, Coast to Coast Closings; Christina G. Stetson, Modern Eyes; Daniela Masters, Aging Well Advocates.

WBN is currently accepting members. Only one representative per industry. 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/wbn-norwood.

New Contact Lens Habits for the New Year

BY: GRAHAM R. STETSON, OD, MS

Contact lenses are a popular and convenient solution for millions of people needing vision correction. On the other hand, wearing contact lenses inherently causes some issues because our eyes were not designed to have pieces of plastic on them. Understanding and practicing proper contact lens hygiene is essential to maintaining healthy eyes and clear vision. Improper lens care can lead to a variety of issues including irritation, inflammation,

infection, and vision loss.

Here are a few essential habits to practice in the new year to ensure your contact lens experience is safe and trouble-free:

- 1. Use Clean Hands:** Always wash your hands with soap and water, and dry thoroughly before handling lenses. This prevents irritation, inflammation, and infection caused by transferring dirt or bacteria to your eyes.
- 2. Avoid Water Contact:** Tap, chlorinated, or saltwater can



introduce aggressive microbes to your lenses, leading to severe infections. Avoid wearing lenses while swimming and remember to wait to put them in until after your shower.

3. Don't Forget to Blink: Wearing lenses can cause your eyes to dry out as they reduce your cornea's sensitivity to blinking. Practice the 20/20/20+ rule: every 20 minutes of screen time, look at something 20 feet away for 20 seconds and make five strong blinks to keep your eyes moist and comfortable.

4. Let Your Eyes Breathe: Your cornea (the clear part of the eye) needs oxygen from the air to function properly. Wearing contact lenses reduces oxygen flow, especially when your eyes are closed. Limit lens wear to

10-12 hours daily and avoid wearing lenses for extended periods, even if they are approved for overnight use.

5. Sanitize Lenses Properly: For non-daily contact lenses, use peroxide-based or name-brand multipurpose solutions to clean lenses. Replace your lens case every three months. Always rub both sides of your lenses for at least ten seconds before placing them in the sanitizing solution in the case. Some people also rub the lenses when they remove them from the sanitizing solution, but that increases the risk of complications.

6. Visit Your Eye Doctor Regularly: Contact lens prescriptions are valid for one year because regular eye assessments are crucial to preventing complications. Schedule your annual exam and see your eye doctor immediately if your eyes become red, painful, light-sensitive, or if your vision changes, remove your lenses.

Resolving to practice these better eyecare habits can help you protect your vision and enjoy a clear, comfortable experience with contact lenses. Cheers to a year of great vision!

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Dr. Rochelle Bien & Dr. Michael Goldstein

building the body an individual is given the opportunity to return to homeostasis and the symptoms resolve.

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Norwood Sports

Bernadette Tenore: From Dance to Goalie

BY CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

Bernadette Tenore was your typical girl growing up; participating in dance and ballet. Unfortunately, she hated it. When she happened to watch her older brother Felton playing hockey, however, she immediately became interested.

“I wanted to try that for myself,” Tenore said. “It looked like a lot of fun. It was fast and incredible – much better than being in a crowded room of girls dancing.”

Tenore quickly found that the sport was much different than anything that she had ever done and by far much more interesting than dance. Although her mother tried to talk her out of it, her parents eventually let her try the sport out. She would start with a learn to skate program before eventually moving onto play ice hockey. She would begin as a defenseman in the Norwood Youth Hockey Program before becoming the keeper between the pipes.

“I was always trying to prevent the other teams from scoring,” Tenore said. “I was much more a defenseman than a forward. I couldn’t shoot and had no interest in goal scoring.”

Playing for the town program, she had to wait her turn to get a chance to put the goalie equipment on and test out the position. The first time she donned the goalie gear, she found that she was back to the original earning stages as she couldn’t move all that well. It



would take some time, but she got the hang of it and although she doesn’t remember her first game in goal, she does recall the third game.

“That game was a shoot-out so I remember it well; it has been stuck in my head,” Tenore said. “I was excited, but I was so scared that I would let up a goal to lose the game. I made the save to win the game, but it probably wasn’t as impressive as I remember it to be.”

Tenore would continue to play in the Norwood Hockey League and never tried out for a club team as she didn’t want to disrupt the town team.

“There were not a lot of girls that played goalie in my age bracket so if I had left to join a club team it would have left the

team without a goalie,” Tenore said. “I felt bad leaving Norwood high and dry so I stayed with them and never joined a club team.”

Although she didn’t leave the Norwood Youth Hockey Program, Tenore did want to improve her skills in the net.

“I started going to goalie camps where I learned a lot about the position,” Tenore said. “I kept attending camps but I also started to learn on my own. The skill level that I was facing was increasing so I needed to up my game and get better, so I started watching videos that the volunteer dads were giving me along with their tips.”

As she neared high school, Tenore would attend Stop It Goaltending in Boxborough to

As she got ready to enter her sophomore season, Tenore was notified that the team’s goalie was not coming back, leaving the starting position to her. Once again, she let things get into her head for a moment and then realized that she could do this, and if there was a mistake made, the rest of the team was always very supportive of her. The team made her feel like it wasn’t her fault and this allowed her to play her game on the ice.

“As a three-year starter, she has been able to improve her game each year, leaving her as an integral part of our team,”

Head Coach Tim Coskren said. “Last year, she came up with some really big saves for us to keep us in games. She is a hard worker at practice and gives 100% and is always looking or asking how she can get better. When she does make a mistake, she is very critical of herself.”

As she gets ready to participate in her senior season, Tenore is looking to stick to what she has been doing and what works for her. One of the biggest things that she has been doing over the past years is being homeschooled, and although she doesn’t get to

intermingle with the other girls at high school, she likes the fact that she can plan her schedule to her liking.

“The thing that is bad about being homeschooled is the fact that I seem to get things (like news) a little slower than the rest of the girls, but overall, I really prefer it,” Tenore said. “They give us a program and you just follow it day by day; I really don’t get to graduate by walking down the aisle – I just get a diploma. It’s ok as I’m not totally attached to the idea of walking anyway.”

Tenore went on to say that she prefers homeschooling as it’s less stressful and she is able to adjust her work schedule as needed; it works, especially during hockey season.



get ready for the upcoming year. Making the team as a freshman, she quickly found that not only did the seniors seem so grown up to her but the game was so much faster than what she was used to and everything was structured.

During her inaugural season in high school, Tenore found her way into a couple of half games here and there for the Mustangs. Playing for Norwood, she was more nervous than she had ever been and was trying to visualize everything in her head before it happened.

“As the girls were coming down the ice, I started thinking about what could go wrong instead of just thinking about stopping the shot,” Tenore said. “I had to stop that way of thinking because if I didn’t it would go wrong.”

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NOR
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Norwood Sports

Elalfy Looking to Pin Down a Win in Wrestling

By CHRISTOPHER TREMBLAY,
STAFF SPORTS WRITER

After playing football as a freshman at Norwood High School, Ahmed Elalfy had intentions on joining the swim team during the winter months, but things all changed when a couple of his football teammates were joining the wrestling team. The young athlete decided to join them but had no idea what he was up against.

"I had no idea what to expect with wrestling," the Norwood freshman said. "After that first practice, it was so hard that I was going to quit and leave wrestling behind. One of the seniors called me out so I decided to stick it out and stayed the whole year."

Elalfy said that he was told by a coach that he was one of the best freshmen that the squad had had in some time, and with that, the young wrestler began watching a lot of college wrestling and asking his coaches a lot of questions as well as the older wrestlers who would help him with his moves.

"As a freshman, he came out that year and made a name for himself wrestling well in the Sectionals and finishing in the top 10 at the States," Norwood Head Coach Bill McDermott said.

That first season, Elalfy was a 177 pounds wrestler in the 195 weight-class where he posted a 13-12 record on the season. He went on to finish 6th in the Sectionals and was named an alternate to the State Tournament, where he would eventually get to wrestle when someone dropped out.

"That day at the States, I remember one of the coaches pulling the other wrestlers aside and talking to them; I felt slighted when he didn't approach me," Elalfy said. "That gave me all the motivation that I would need that day. He may not have believed in me, but I believed in myself and was not worried about anything else that happened that day."

Elalfy would go on to finish



eighth in his weight class.

The next season, the Norwood wrestler found himself in the 160-pound weight class, and although he did record 15 wins, he noted that it was generally a bad year.

"I was not happy with my body and decided to lose some weight," Elalfy said. "I didn't care or pay attention to where I would be wrestling, I just wanted to wrestle."

Having won 28 matches over his first two years on the mat for

Norwood, Elalfy put a lot of work into his off-season by participating in just about any tournament that he could. Taking part in those tournaments, the Norwood grappler found he was placing in a majority of them. He knew that he was ready for his junior campaign for the Mustangs and he didn't disappoint; wrestling in the 157-pound weight class, he would reel off more wins (32) than his first two years combined. He would also finish third in the Sectionals and seventh in the States (a place where he earned his spot this time around).

Entering the State Tournament, the Norwood wrestler was seeded fourth in his weight-class and would go on to defeat the fifth, third and sixth seed wrestlers before having to take the mat against the top dog, where he would lose.

As he gets ready to participate in his fourth season with the Mustangs, the senior is hoping to be able to top the 100-win mark; he's currently at 60 wins so he'll have to improve slightly on last

year's record.

"He's a very competitive wrestler, who has already been to the State Tournament two times in his first three years," Coach McDermott said. "I am looking for him to take a step forward this year. He'll definitely be knocking on the door."

In addition to getting the century mark in wins, Elalfy would love to become a Sectional and

State Champion during his final year at Norwood.

"Seeing Nate (Hsu) win a championship has made me want to do the same," Elalfy said. "He was my partner and taught me a lot. Nate was a great wrestler, but I feel that I am talented as well and can accomplish the same things he did – I truly believe in myself."

The Norwood senior went on to say that not only was Hsu his wrestling partner, but he also taught him a lot of moves on the mat that made him the wrestler that he is today. With that mentality, he firmly believes that he can get those extra eight wins to get over the top.

"I am a lot better than I was a year ago with all my techniques and am ready to achieve that goal of 100 wins for Norwood," Elalfy said. "I will be wrestling at 157 again this year and that is where I feel that I belong. There is great competition in that weight class so it makes winning that much more satisfying. You have to earn everything here."

If Elalfy was able to reach the pinnacle of his career by taking home a Sectional and State Championship, it would mean the world to him.

"Wrestling has changed my life; it gave me the confidence I needed and helped me to change my body," Elalfy said. "I am no longer that fat kid. Bringing home a championship would be great not only for me, but for the school as well."

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Calendar of Events

Jan. 3

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

Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 4

Winter Sowing 101
Morrill Memorial Library
10 a.m.

Join this hands-on workshop about winter seed sowing and the benefits of adding native plants to your yard. They are a favorite of the bees, butterflies, birds and other pollinators! Native seeds that have evolved in the New England climate often require cold stratification. Participants will plant two milk jugs with native seeds and learn how to winter sow seeds; no gardening experience is required. Supplies will be provided. This program is open to all. Children under 12 need to be accompanied by an adult. 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).

Jan. 5

Reimagining Success: Manifesting Happiness and Fulfillment
Morrill Memorial Library
2 p.m.

When considering New Year's resolutions, many people take time to pause for internal reflection. The library welcomes psychotherapist, meditation teacher, and author Maureen Fallon-Cyr for a presentation and Q&A about her new book, 'Reimagining Success: Manifesting Happiness and Fulfillment.' To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 7

CFCE Parent Workshop: Ready, Set, School!
Morrill Memorial Library
6:30 p.m.

Enable yourself to be an active participant in your child's educational journey and set them up for a successful start to school. This expert educator will share insights on creating a stimulating learning environment at home, encouraging positive behaviors, and building confidence in young learners. Gain valuable knowledge and connect with other parents dedicated to setting their children up for a successful school start! To attend this workshop virtually, use this Google meeting link <https://meet.google.com/rzf-fsfr-ppu>. If you have any questions about this program, email CFCE Program Coordinator Liz Hogrell, ehogrell@minlib.net.

Jan. 9

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

The January movie in the Sensory-friendly Monthly Movie series is Universal Picture's Abominable, rated PG. Registration is required. For attendees aged 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

3 Body Qigong for Health & Healing Session 1
Morrill Memorial Library
6:30 p.m.

The library is hosting a series of Qigong classes on four

Thursday evenings in January with David Sholemson of 3 Body Healing Arts. David will be teaching the attendees the practice of 3 Body Qigong. This form of Qigong helps to energize your body, mind and spirit. It has been known to reduce stress, depression, and negative emotions by improving the flow of energy in your body and quieting your mind. This 4-week series will include body tapping, meridian stretching, practicing/learning to feel energy, and music meditation/sound healing. The class will be standing and seated as well as on the ground, so please bring a mat. Movements can be adapted to be done in the chair. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 11

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).

Puzzle Race!
Morrill Memorial Library
2:30 p.m.

Love doing puzzles? Want to test your speed against others? Come join us for a friendly puzzle face-off against other teams.

How does the race work?

Up to 4 teams will compete, with a maximum of 4 people per team. Feel free to name your team!

Families are welcome to come as a team; children aged 10+ will count as a team member.

One puzzle per team.

Puzzles will be 500 pieces, and each design will be unique.

Based on random luck of the draw, teams will get to choose their puzzles.

Race will kick off at 2:30pm and will end at 4pm.

The team with the most completed puzzle by the end of the race will be the winner.

Winners will receive a small prize, and of course, bragging rights!

This program is free and open to all, but please note that the difficulty level of the puzzle design is most suitable for tweens, teens and adults.

Only one team member should register for the whole team. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 12

Unleash Your Creativity: Art Journaling for Beginners w/ Lynda Bassett
Morrill Memorial Library
2 p.m.

Lynda will be offering her Art Journaling Workshop for Beginners at the library for a second time! Dive into the world of art journaling, where there are no rules--just endless possibilities! Explore paints, pens, collage, and words, in a fun and relaxed environment. You'll leave with your very own personalized art journal pages and a treasure trove of ideas to keep your creativity flowing. No experience needed! All supplies will be provided - but feel free to bring any photos, stickers, mementos, or other things you'd like to use in your art journal. Attendees must be aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 13

Poirier Village Center Monday Playgroup
82 Roosevelt Ave.
9 a.m.

Join Ms. Marcia on Monday mornings for a Caregiver and Child Playgroup, sponsored by the Morrill Memorial Library. Children will enjoy playtime, stories, songs and crafts. Please bring a nut free snack each week. Available to children age

2-5 years old and caregivers are required to stay. To apply, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2. Liz Hogrell, CFCE coordinator, will contact you to either confirm your spot or to let you know that you have been placed on a waiting list. Questions? Email Liz Hogrell CFCE Program Coordinator at ehogrell@minlib.net.

Monday Movie Matinee: Barbie
Morrill Memorial Library
1 p.m.

If you love movies and want to immerse yourself in unforgettable cinematic experiences, Morrill Memorial Library is the place to be! Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 14

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.

Combating Hate and Prejudice w/ Local Author Janet Applefield
Morrill Memorial Library
7 p.m.

Join local author Janet Applefield to hear the story of Becoming Janet, a mesmerizing account of how a little Jewish girl in hiding from the Nazis maneuvered through terrifying situations that would paralyze most adults, and revealing how hidden children--often viewed as passive victims--were often dynamic participants in their own survival. Janet also explores the complicated motives

CALENDAR

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of Gustawa's rescuers, ranging from righteousness and compassion to recklessness and cruelty. Paradoxically, the people who inflicted lasting wounds on Gustawa were distant relatives, while a few altruistic strangers protected her like family. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2. Copies of the book will be available for purchase and signing at the end of the program.

Poirier Village Center Monday Playgroup
82 Roosevelt Ave.
9 a.m.

Join Ms. Marcia on Monday mornings for a Caregiver and Child Playgroup, sponsored by the Morrill Memorial Library. Children will enjoy playtime, stories, songs and crafts. Please bring a nut free snack each week. Available to children age 2-5 years old and caregivers are required to stay. To apply, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2. Liz Hogrell, CFCE coordinator, will contact you to either confirm your spot or to let you know that you have been placed on a waiting list. Questions? Email Liz Hogrell CFCE Program Coordinator at ehogrell@minlib.net.

Jan. 15

Turn the Page Book Group-In the Midst of Winter
Morrill Memorial Library
10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel *In the Midst of Winter*, written by Isabel Allende.

"In the *Midst of Winter* begins with a minor traffic accident--which becomes the catalyst for an unexpected and moving love story between two people who thought they were deep into the winter of their lives. Richard Bowmaster--a 60-year-old human rights scholar--hits the car of Evelyn Ortega--a young, undocumented immigrant from Guatemala--in the middle of a snowstorm in Brooklyn. What at first seems just a small inconvenience takes an unforeseen and far more serious turn when Evelyn turns up at the professor's house seeking help. 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.

Reminiscence: Revisiting the Past
Morrill Memorial Library
3 p.m.

Join Steven Kiley, Home Care Consultant from Home Instead, as he takes the attendees through a Show and Tell program about artifacts from years past. With the background in Occupational Therapy, Steven uses the vintage artifacts found while metal detecting and bottle digging and has created a fun and stimulating Reminiscence Program. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Turn the Page Book Group-In the Midst of Winter
Morrill Memorial Library (Virtual)
6:30 p.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel *In the Midst of Winter*, written by Isabel Allende.

"In the *Midst of Winter* begins with a minor traffic accident--which becomes the catalyst for an unexpected and moving love story between two people who thought they were deep into the winter of their lives. Richard Bowmaster--a 60-year-old human rights scholar--hits the car of Evelyn Ortega--a young, undocumented immigrant from Guatemala--in the middle of a snowstorm in Brooklyn. What at first seems just a small inconvenience takes an unforeseen and far more serious turn when Evelyn turns up at the professor's house seeking help. 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.

Jan. 16

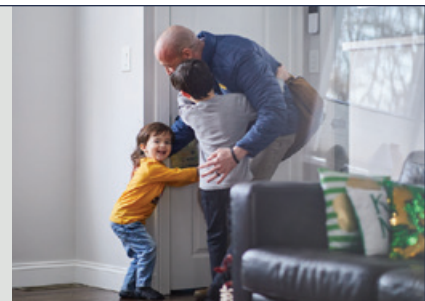
Poirier Village Center Monday Playgroup
82 Roosevelt Ave.
9 a.m.

Join Ms. Marcia on Monday mornings for a Caregiver and Child Playgroup, sponsored by the Morrill Memorial Library. Children will enjoy playtime, stories, songs and crafts. Please bring

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a nut free snack each week. Available to children age 2-5 years old and caregivers are required to stay. To apply, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2. Liz Hogrell, CFCE coordinator, will contact you to either confirm your spot or to let you know that you have been placed on a waiting list. Questions? Email Liz Hogrell CFCE Program Coordinator at ehogrell@minlib.net.

3 Body Qigong for Health & Healing Session 2
Morrill Memorial Library
6:30 p.m.

The library is hosting a series of Qigong classes on four Thursday evenings in January with David Sholemson of 3 Body Healing Arts. David will be teaching the attendees the practice of 3 Body Qigong. This form of Qigong helps to energize your body, mind and spirit. It has been known to reduce stress, depression, and negative emotions by improving the flow of energy in your body and quieting your mind. This 4-week series will include body tapping, meridian stretching, practicing/learning to feel energy, and music meditation/sound healing. The class will be standing and seated as well as on the ground, so please bring a mat. Movements can be adapted to be done in the chair. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 17

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

Join the art instructor Stephanie Enloe for a program specially designed for adults with differ-

ent levels of cognitive abilities. Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 18

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).

Jan. 22

MassHire Job Readiness Workshop
Morrill Memorial Library
1 p.m.

This workshop is in anticipation of a job fair MassHire is hosting at the library in February, 2025.

Are you looking for employment? Do you need some help to enhance your resume? Would you like to brush up on your interview

skills? Then this workshop is for you. MassHire workshops are led by experienced instructors who provide practical insights in navigating a job fair. The instructors will discuss the following items, **Mock Interview/Elevator Pitch Prep**, **Dress for Success**, **Navigating the Job Fair**, **Resume Preparation**

This program is free and open to all. Registration is required. Please register with MassHire directly by visiting <https://masshiremsw.com/event/2025-01-22-readiness/> or calling 781 269 5494. For more information, contact Rute Vales at rvales@mswwb.org.

Jan. 23

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 – 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.

3 Body Qigong for Health & Healing Session 3
Morrill Memorial Library
6:30 p.m.

The library is hosting a series of Qigong classes on four Thursday evenings in January with David Sholemson of 3 Body Healing Arts. David will be teaching the attendees the practice of 3 Body Qigong. This form of Qigong helps to energize your body, mind and spirit. It has been known to reduce stress, depres-

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CALENDAR

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sion, and negative emotions by improving the flow of energy in your body and quieting your mind. This 4-week series will include body tapping, meridian stretching, practicing/learning to feel energy, and music meditation/sound healing. The class will be standing and seated as well as on the ground, so please bring a mat. Movements can be adapted to be done in the chair. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 24

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

Join the art instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 25

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

The boutique is starting fresh for the new year. Visit and shop for warm clothes, jewelry, boots, kitchen and decorative items, puzzles, etc., all at fabulously low prices. Start your New Year right!!

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.

Jan. 28

Titles on Tap Book Group – ‘The Adventures of Amina Al-Sirafi’ Napper Tandy’s (sponsored by Morrill Memorial Library)
7:30 p.m.

The meeting will take place in the left-hand-side bar. The January title will be ‘The Adventures of Amina Al-Sirafi,’ by S.A. Chakraborty. Copies of the book will be available to pick up at the library’s reference desk. The ebook and audiobook are instantly available through Libby. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. We go in for stories that are shaken, not stirred, and we don’t mind taking our love of lit outside the library walls. Titles on Tap meets once a month in the left-hand bar of Napper Tandy’s to eat, drink, be merry, and discuss the latest reading selection.

Jan. 27

Monday Movie Matinee
Morrill Memorial Library
1 p.m.
The Boys in the Boat (123 mins)
- PG 13

The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-

January 30

3 Body Qigong for Health & Healing Session 4
Morrill Memorial Library
6:30 p.m.

The library is hosting a series of Qigong classes on four Thursday evenings in January with David Shoemson of 3 Body Healing Arts. David will be teaching the attendees the practice of 3 Body Qigong. This form of Qigong helps to energize your body, mind and spirit. This 4-week series will include body tapping, meridian stretching, practicing/learning to feel energy, and music meditation/sound healing. The class will be standing and seated as well as on the ground, so please bring a mat. Movements can be adapted to be done in the chair. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 31

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

Join instructor Stephanie Enloe for a program specially designed for adults with different levels of cognitive abilities. Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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- CAESAR SALAD

Choose a Family Style Platter (\$60)

- CHICKEN PARMESAN
- EGGPLANT PARMESAN
- CHICKEN-EGGPLANT PARMESAN
- CHICKEN SORRENTINA
- PASTA BOLOGNESE
- PASTA & MEATBALLS
- PASTA PRIMAVERA
- CHICKEN-SAUSAGE CACCIATORE
- BAKED COD
- PASTA FETTUCINI ALFREDO
- CHICKEN BROCCOLI ALFREDO
- CHICKEN MARSALA
- CHICKEN BROCCOLETTI
- CHICKEN PICCATA
- CHICKEN SALTIMBOCCA
- CHICKEN SCAMPI

- OR -

Choose a Family Deluxe Platter (\$75)

- STEAK TIPS
- TURKEY TIPS
- MIXED GRILL
- PAPPARDELLE BOLOGNESE
- VEAL PARMESAN
- VEAL-EGGPLANT PARMESAN
- VEAL SALTIMBOCCA
- VEAL MARSALA
- VEAL SORRENTINA
- SHRIMP BROCCOLETTI
- SHRIMP BROCCOLI ALFREDO
- SHRIMP SCAMPI
- SALMON PICCATA
- COD PICCATA

All Family Style Take Out Platters are served with our toasted ciabatta bread, pasta (penne, linguini, or fettuccini); or with your choice of two sides: broccoli, vegetable du jour, parmesan risotto, red bliss parmesan mashed potatoes, fries or cole slaw. No substitutions please.

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Real Estate Corner

Deed and Mortgage Recordings up in November

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

The total number of deeds recorded for November, 2024,

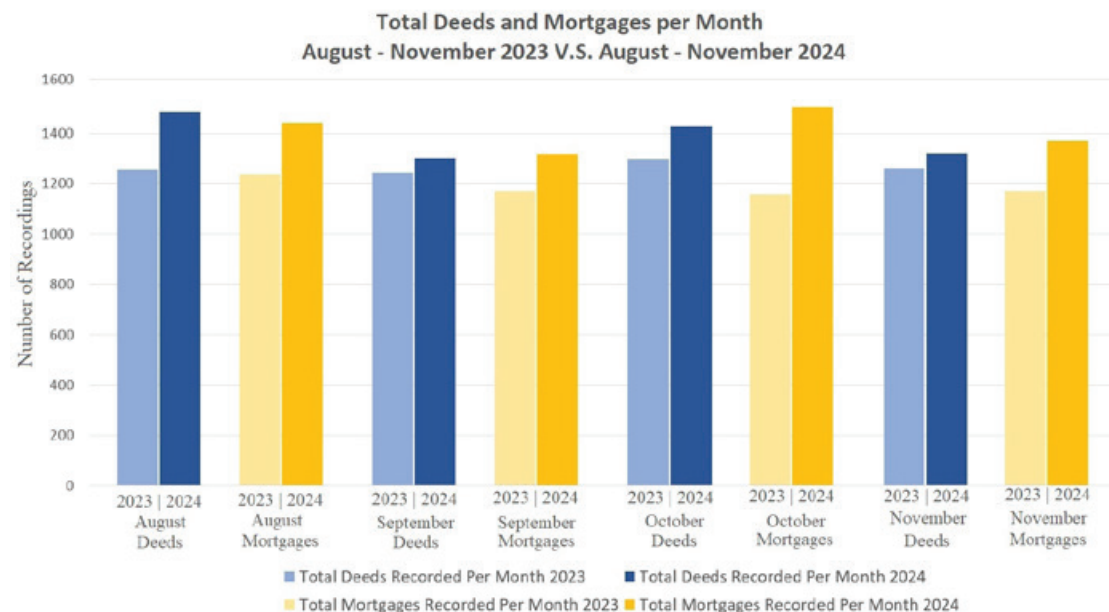
said. "Despite the recent increase in interest rates, the market continues to draw in prospective homebuyers and borrowers. The trajectory of average mortgage interest rates will likely play a role in determining the number of individuals seeking to take out new mortgages or refinance existing mortgages."

ber of documents recorded for November, 2024, compared to November, 2023. The adjusted number shows a 1% increase in real estate activity in November, 2024, compared to this time last year.

"It is encouraging to see that mortgage and deed recordings, the bulk of the documents recorded at the Norfolk County

October, 2024. The total dollar volume of commercial and residential sales is down, decreasing

REAL ESTATE
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which reflects both commercial and residential real estate sales and transfers, was 1,333, up 5% from November, 2023, and down 7% from October, 2024.

"In the past five months, recordings show a sustained increase in the overall number of deeds recorded year over year, reflecting a consistent interest in real estate in Norfolk County," Register O'Donnell noted. "This indicates that the real estate market is performing well, particularly in certain neighborhoods and property types in Norfolk County."

In November, lending activity also increased compared to the same month a year ago. A total of 1,372 mortgages were recorded in November, 2024, up 17% from November, 2023, and down 10% 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

The Registry of Deeds recorded 8,336 documents in November, 2024. This was 3% less than in November, 2023, and a 13% decrease compared to October, 2024. Following JPMorgan Chase's acquisition of First Republic Bank last year, November, 2023, saw an uncharacteristic number of over 350 mortgage assignments recorded, slightly skewing the percentage of the total num-

Registry of Deeds, continue to show increases year over year. It will be interesting to see if this trend continues as we move into the winter months," Register O'Donnell stated.

The average sale price of commercial and residential properties for November, 2024, rose to \$969,585, a 1% increase compared to November, 2023, but a decrease of 15% from

Planning a move in 2025?

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- Increase the value of your home
- Norwood market statistics (or any town)
- Transition from a renter to a buyer
- How to obtain a mortgage
- Learn local marketing trends
- A referral for an out of town/state Realtor
- How to sell before buying
- Home improvements/vendor referrals
- Personalized realty plan specific to your needs



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Happy New Year!

from Our Homes to Yours.

Sending our Best Wishes for a Safe, Healthy & Happy New Year!



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Realtor®
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Real Estate Corner

REAL ESTATE

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ing by 2% from last year and down 26% from last month.

“There is no doubt that Norfolk County is a desirable place to live and work,” O’Donnell stated. “It is a credit to all the communities and the municipal staff and leaders who have created such a vibrant area to live and work. 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 November, 2024, there were two foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, less than the five recorded in November, 2023. In November, 2024, there were 26 notices to foreclose, the first step in the foreclosure process, less than the 27 recorded in November, 2023.

“There is no question that this reduction in the number foreclosures is good news,” Register O’Donnell said. “With that said, we cannot forget that foreclosure activity has a human face associated with it, and there are still a number of our neighbors who have lost their homes, and even more are dangerously close to losing their homes. 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 the registry 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.

“November continued to show growth and demand in the real estate market, with increases in both 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 registerodonnell@norfolkdeeds.org.

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New Year!



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Happy New Year

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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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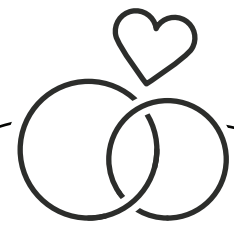
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