

Norwood

localtownpages 

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
PERMIT NO. 142
SPRINGFIELD, MA

Postal Customer
Local

Vol. 15 No. 7

Free to Every Home and Business Every Month

February 2025



Give A Little; Take A Little

By MICHELE TARANTO

Art is in the eyes of the beholder. In other words, art is personal. It is certainly individual.

that doesn't play by the rules. First, everything is free, and second, everything is smaller than a photograph. It is called the Free Little Art Gallery (FLAG), and is located in front of her frame shop, Custom Art Framing. FLAG is a small but powerful art studio that packs a big punch for the Norwood art community; and its open 24 hours a day.



Julie Vecchio, Custom Art Framing

"The goal of the FLAG is interaction," Vecchio said. "Art is a universal language that can be understood by people of all ages and all walks of life. Whether it's a miniature painting, words on a small rock, or an origami crane, everyone can contribute."

The FLAG idea was initiated by Lynda Bassett

And it can be small, at least in Norwood. At Custom Art Framing, 45 Central St., owner Julie Vecchio, opened a new art gallery

ART

continued on page 3

Happy 100th Birthday WCC!

By MICHELE TARANTO

A century. That is an impressive operational milestone for any organization, but that is exactly how long the Women's Community Committee of Norwood (WCC) has been supporting its residents. Their discreet yet invaluable presence is felt all around town. Some many notice their sponsorship through flyers or programs, but their backing is often behind the scenes. See, these women did

not join the WCC for the accolades; they joined for the sole reason of aiding their town and enhancing its residents' experience and quality of life.

"[I joined] for the comradery of the volunteers, the enjoyment of working together, and seeing the benefits to our community," WCC President Barbara Brieley said. "This gives a feeling of purpose. Norwood, in general, extends care to the members of the community. Need is always

there."

The WCC is a non-profit, 501 © 3 organization with 28 current full time and 11 auxiliary members who donate their time to the WCC. Of course, over the course of 10 decades, hundreds of women have represented the association for the betterment of Norwood.

This is just a sampling of the

WCC

continued on page 2

Jack Madden

MANAGER'S SPECIAL

10% OFF Any Service Work
Up to \$100.00 in savings!

Jack Madden 

Not to be combined with other specials or offers. Expires 2/28/25. Must present coupon upon arrival.

OIL & FILTER CHANGE

\$49⁹⁵ includes up to 5 quarts of oil,
*plus tax and disposal fee

Jack Madden 

Not to be combined with other specials or offers. Diesels, full synthetics and hybrids extra. Expires 2/28/25. Must present coupon upon arrival. Ford and Lincoln Mercury Only.

825 PROVINCENCE HIGHWAY, NORWOOD, MA - ROUTE 1 - THE AUTOMILE

jackmaddenford.com • Call 781-762-4200 for appointment

GET NOTICED!

Contact Jen to find out how you can reach more than 153,000 homes and businesses each month!


508-570-6544 or
jenschofield@localtownpages.com

GILLOOLY

Funeral Home

126 Walpole Street, Norwood, MA 02062
Phone: (781) 762-0174 • Fax: (781) 762-2818

www.gilloolyfuneralhome.com



Eric A. Fay - Managing Director
Carissa Upton - Funeral Director

A Service Family Affiliate of AFFS and Service Corporation International
206 Winter Street, Fall River, MA 02720 • 508-676-2454

Serving the families of Norwood and surrounding communities with kind, compassionate care since 1892

**Funeral & Cremation Services,
Funeral Pre-planning Available**

WCC

continued from page 1

tremendous effort and support the WCC provides to Norwood on a yearly basis:

- Annually fund seven scholarships and two awards to graduating Norwood seniors
- Makes two yearly monetary donations to each school in town
- Contribute to the 4th of July and holiday parades
- Donate to the summer and winter concerts
- Pay for library passes to eight different zoos and museums
- Participate in the Halloween Hunt
- Sends gift cards to the Senior Center at Thanksgiving and Christmas
- Donated to the Salvation Army and school bins
- Helps those in need through its social service program
- Fulfills special requests at schools for competitions
- Continually work with Norwood Fire and Police in various programs
- Supports the Circle of Hope

- Work with Meals on Wheels
- Contribute to the beautification of Norwood (flowers, trees, benches)
- Provide free yearly babysitting course
- In their tenure, they have had a hand in many areas throughout town.
- Funded dental care to school students
- Provided a handicap accessible picnic bench at the Community Garden Apple orchard.
- Donated benches for seating and a bookcase to the Morrill Memorial Library

- Provided audio books to nursing homes so residents can hear books if they are unable to read
- Planted trees on the Town Common for beautification
- Refurbished a room in Norwood hospital
- Funded the brick walkway and bench in front of the post office

Many residents may also be familiar with the WCC Thrift Shop in South Norwood. The shop has been operating since 1927, only two years after the organization was founded. It is also proudly one of Norwood's oldest establishments in continuous operation. Its positive effects stretch



throughout Norwood, for all ages and interests. Through its donations and sales, the WCC supports countless local programs, services, and charities. It also provides affordable clothing, shoes, and hard goods to its many patrons who may otherwise not be able to afford the purchases in retail stores.

"The WCC knows that many people are living paycheck to paycheck so we keep our prices low and do our best to make sure we help as many people as we can through the Shop and our Social Services," longtime WCC volunteer Deb Reddick said.

Volunteers are always welcome at the WCC with just a commitment of a few hours per week.

An all volunteer, non-profit, community service organization since 1925 with almost 100 years of recycling & repurposing.



"Be prepared to volunteer in the Shop at least two to three times per month," Reddick said. "You may have departmental responsibilities. You'll work hard but the reward of knowing that what the WCC quietly accomplishes is so beneficial to Norwood."

organization is the WCC Thrift Shop which provides funding for the projects the group supports, but there is so much work accomplished behind the scenes that various volunteer backgrounds and interests are utilized in many ways.

While the major effort of the

WCC continued on page 4

localtownpages

Published Monthly Mailed FREE to every home in Norwood Circulation: 14,659 households and businesses

Publisher Chuck Tashjian

Send Editorial to: editor@norwoodtownnews.com

Advertising Director

Jen Schofield 508-570-6544

jenschofield@localtownpages.com

Creative Design & Layout

Michelle McSherry Kim Vasseur Wendy Watkins

Ad Deadline is the 15th of each month.

LocalTownPages assumes no financial liability for errors or omissions in printed advertising and reserves the right to reject/edit advertising or editorial submissions.

© Copyright 2025 LocalTownPages

LARIN Automotive LLC

In need of a vehicle?
Are you looking for a:

- ✓ QUALITY
- ✓ LOW MILEAGE
- ✓ LOW OR NO RUST CAR

Look no further than Larin Auto Sales!
If you see a ★ it's a low or no rust car!

(781)-329-5300 ex.5
larinautoma.com

PROFESSIONAL TREE SERVICE

Shade Tree Pruning • Tree Removal
Ornamental Tree Pruning
Bucket Truck Service

Call the certified arborists at Destito Tree Services for an evaluation.

The name you have trusted since 1984.
Massachusetts Certified Arborist - Fully Insured

DESTITO TREE SERVICES
Quality Tree Care

Nicholas Destito
781-551-0266
508-699-4532

www.destitotreeservices.com

FAMILY OWNED AND OPERATED

MORAN PLUMBING SOLUTIONS

FOR ALL YOUR PLUMBING NEEDS

CALL TODAY!
508-918-4648

Gerald Moran, Owner
License # PL36504-J Insured

ART

continued from page 1

and Marypaz, from the Norwood Cultural Council. They approached Vecchio with the proposal as her frame shop was the perfect site to showcase local artists. It only took a few weeks to construct the glass case, and a formal ribbon cutting ceremony was held on November 16.

The concept is similar to the little free libraries that have grown in popularity throughout towns the past few years. The difference is, books are written by other people, then shared with the free library. With the art gallery, creating a personal version of art is highly encouraged. If you see something in the gallery you like, take it home. If you create something you want to share, leave it for someone else to take away and love.

FLAGS are popping up all over the world, and there is even a website with a gallery locator and information for gallery owners and artists. As of June, 2024, there were 574 mapped FLAGS recorded. Fourteen FLAGS are listed in Massachusetts, and yes, Custom Art Framing in Norwood, is included in the directory!

Artists of all ages are encouraged to share and remove from the art gallery. It is just a matter of opening the door, any time of day, 365 days of the year. A 3" x 3" is a recommended size to ensure ample room for showcasing. If the case fills up, pop into Custom Art Framing to drop a piece off.

"We're happy to add it when space becomes available," Vecchio said. "The work is constantly rotating."

According to Vecchio, many



people, either by chance or previous visitors, stop by Norwood's FLAG regularly.

"Our FLAG is situated by the entrance of Custom Art Framing, 45 Central St.," Vecchio said. A large window allows us to watch people interact with our FLAG. It's so fun and don't be surprised if I run out to take a picture for our Instagram page @freelittleartgallery_norwood. Follow us there and stay connected."

FLAGS is an intriguing resource for artists to share their work and just one of many ideas that has the Norwood artists' community growing.

"Whether it's contributing, taking a piece for your collection, or just noticing the FLAG, it's thoughtful and sparks your imagination," Vecchio said.

To learn more about the Nor-

wood artist community, visit the Norwood Cultural Council website at <https://massculturalcouncil.org/local-council/norwood/>. For information about FLAGS, visit <https://freelittleartgalleries.art/>.

2025 Dog Licenses Are Due

Dog Licenses are issued by the Town Clerk at the Town Hall. To obtain a license, proof of up-to-date rabies vaccination must be shown. License fees are \$15 for dogs that have been spayed/neutered, \$20 for dogs that have not been spayed/neutered. All dogs six months or older are required to be licensed. For dogs 3 months or older, the owner must provide proof of a current rabies vaccination and of neutering or spaying (if applicable) during the licensing period.

The licensing period is January 1st – December 31st. All dog licenses must be renewed by May 30th of each year. Licenses are available for renewal on January 1st each year. A \$1 mailing/processing fee will be applied to all dog licenses.

After May 30th, the Town imposes a \$25 late fee for any unlicensed dog. Continued failure to license a dog will also result in a citation from this de-

partment per MGL Ch140, Sec 137. Please license your dog in a timely manner to avoid these extra fees.

To register a dog in the Town of Norwood, visit [Energov at energovweb.norwoodma.gov/EnerGov_prod/SelfService#/home](http://energovweb.norwoodma.gov/EnerGov_prod/SelfService#/home).

For more information, call the Norwood Town Clerk's office at 781-762-1240.



RECENT NORWOOD TRANSACTIONS

340 Prospect Street	\$501,000	112 Garden Parkway	\$1,055,000
116 Walnut Ave	\$635,000	71 Westover Pkwy	\$1,118,000
12 Azalea Dr	\$605,000	219 Rock Street U:G10	\$265,000
365 Nichols St	\$660,000	383 Neponset Street U:F	\$430,000
201 Sunnyside Rd	\$675,000	31 Rose Court U:31	\$450,000
46 Fieldbrook Dr	\$750,000	70 Endicott St U:1208	\$645,000
32 Westover Parkway	\$765,000	49 Phillips Ave	\$1,020,000
201 Prospect St	\$769,000	1360 Washington St.	\$1,080,000
118 Albemarle Rd	\$849,000		

Thinking of buying or selling a home?



COLDWELL BANKER

This is the time when you need experience. Someone who knows houses and the entire sales process and how to navigate through the minefield of Home Inspectors, Bank Appraisers, Attorneys and other Realtors.



**CALL BOB TODAY!
781-762-3701**

BOB@BOBSTARRHOMES.COM

Anthony's Salon

Everyday low prices:

Color with Cut \$43 | Blow Out \$17 | Perm \$65-\$72

20% OFF Any Service

New Customers Only

EXPIRES FEB. 28, 2025

Open Wednesday thru Saturday

Booth Rental Available



781-762-2010

19 Day Street, Norwood

WCC

continued from page 2

For an organization to sustain generations, especially when exclusively run by volunteers, it can be credited with the health of its composition and quality of membership. The Women's Community Committee, Inc. attracts residents of all ages and continues its original mission of giving back and enhancing the lives of its residents. Its success is also conditional on the generosity of those residents through their

time, donations, and patronage.

"Each of us spends about two shifts per month at the shop," Bri-eley said. "We also spend further time working in the departments and serving on committees. The WCC has standing committees, including ecology, education, finance, hospital-ity, publicity, and



social service. These committees both keep members in touch with these issues and ways to reach out to the community."

For a free communal event, and in partnership with The Skating Club of Boston, the WCC is hosting a free skating event on Saturday, Feb. 22, 7:10-9 p.m., 750 University Ave., Norwood. Find the QR code in the calendar to register or visit the WCC Facebook page (WCC Thrift Shop), or use the QR code on page 2.

To learn more about the Women's Community Committee and the thrift shop, call 781-762-2991, or visit the shop during open hours: Wednesdays, 6-8 p.m., Thursdays, 9:30 a.m.-3 p.m., and Saturdays, 9:30 a.m.-12:30 p.m. Donations of clean, saleable items are accepted on Monday and Wednesday mornings, 9-11 a.m., or during regular retail hours.

Be A Part of Norwood's Future

Norwood's Comprehensive Plan Steering Committee is pleased to share that the Town of Norwood is making progress on developing its Comprehensive Plan, and invites residents to provide ideas.

The 10-year Comprehensive Plan will guide the future of the town. The Steering Committee is soliciting ideas and feedback from residents on how they would like to see the town evolve over the next decade.

One option to provide feedback is the town's "Meeting in a Box" kits, designed to help facilitate at-home conversations.

These can be printed out or picked up at town hall. Neighbors or friends can meet and consider ideas as a group, then send completed packets back to the town. An online survey and interactive map are also available to use to provide feedback.

The Meeting in a Box, survey, and an interactive map are available on the Comprehensive Plan website at <https://tinyurl.com/NorwoodCP>. Meeting in a box packets are available in English, Spanish, and Portuguese.

The deadline to complete and submit the information is Monday, March 31.

CAPI Aids in LA Fires

Norwood's local non-profit, Charley's Angels Pet Initiative (CAPI), is dedicated to helping animals and their families, even across the US.

The shelters in Los Angeles are struggling to keep up with the numbers of pets who got separated from their loved ones and are in need of supplies with the influx of homeless animals.

CAPI immediately answered the call and sent three boxes of leashes, harnesses, and leads to Wags and Walks Rescue (linkin.bio/wagsandwalks) and WHIZIN Market Square (@whizin-marketsquare) to aide in keeping these four-legged family members safe until they are reunited with their loved ones or find new homes.



Ageing well takes planning. Where do you start?

Ways our Expert Aging Life Care Managers Can Help:

- Provide In-home Assessments & Written Recommendations
- Navigate Medical System & Insurances Guidelines
- Recommend Options for Aging-in-Place Resources & Housing
- Coordinate Key Support Systems & Facilitate Family Communication
- Guide Advance Directives

Contact us for a Free, 30-minute Personal Consultation
agingwelladvocates.com | 774.277.0367

"Quality and Professionalism Every Shingle Time"

OUR SERVICES

- ▲ Roofing
- ▲ Siding
- ▲ Gutters
- ▲ Windows
- ▲ Doors
- ▲ Skylights

OUR NEW SERVICE DIVISION

\$99 Service Calls

- ▲ Gutter Cleaning
- ▲ Small Leaks
- ▲ Ventilation Questions
- ▲ Flashing Repairs

Experience the Best in Roofing: 60+ Years of Quality Service





LICENSED | INSURED | CERTIFIED



CONNELL

ROOFING • SIDING • GUTTERS

781-444-7577

www.ConnellRoofing.com

You Will Love Your Lower Rates!

Call today!



Westwood Insurance

Home Auto Business

1408 Providence Hwy #224 Norwood, MA 02062

PHONE (781) 352-8510

FAX (781) 352-8509

Safety Insurance AUTO • HOME • BUSINESS

Like us on Facebook "Westwood Insurance Partners Inc"

CALL US FOR A QUOTE OR VISIT US ON LINE AT www.westwoodinsure.com

Hip Surgery Didn't Stop The Can Man From Matching His \$6683.60 From Last Year.

Dear Editor:
January 14, 2025

It's Bob "the can man" Lieberman reaching out to again thank all the families, Lustra Cleaners, and the Old Colonial Cafe, among the businesses, for all their

fully, I started therapy in June and continued into Nov. at the Physical Therapy & Sports Rehab, Inc. Norwood, MA. owned by John Vacovee, PT, CEO. John Puntieri, a therapist, handled my case, and was very effective, and helped strengthen the muscles in my right leg, along with the left leg,

help you with your scheduling, and are very easy to talk too. I hope to go back to work at Roche Bros. in Westwood, MA., on a part-time basis, after my treatments are completed, and so I can collect the cans and bottles again. I have calculated the numbers, that I have totally collected,

I couldn't possibly say no. The 2023 event was a huge success taking in over \$60,000.00, and I was asked if I would Co-Sponsor it again in 2024. I told them I would continue to co-sponsor the event again. The 2024 event took place again at the same Golf Club, Hopkinton C.C. Hopkinton, MA., but my painful hip prevented me from attending the Oct. 8th date. I was heartbroken.

look forward to it.

I am now looking forward to the rest of 2025 to continue my efforts and help the children that need that medical treatment to survive, and defeat their ongoing battles. Their wishes can come true with your help, prayers, and donations as they battle their diseases. Their spirits are high and their smiles are huge.

Donations can be sent to: MAKE-A-WISH of MA. & R.I. 133 Federal St. 2nd Floor Boston, MA 02110 ATT: Kara Walker

I wish everyone a belated Happy Holiday Season and a Happy and Healthy 2025. See you later on this year!!

Best regards,

Bob Lieberman (THE CAN MAN)



support helping me make 2024 another very successful year in collecting recyclable cans, plastic & glass bottles and cash donations. It helped me match last year's \$6683.60, that I donated to the MAKE-A-WISH of MA. & R.I.

Last year included the fact that I was hampered by a very painful right hip issue, which didn't stop me from collecting, but thank-

so that I could recover quicker. I had the surgery on December 11, 2024, at the Boston Medical Center, under the direction of Dr. Michael Kain, along with his operating room staff, and the hip operation was completed, and 33 days later, I have been able to walk around without any physical assistance, and heading in the right direction. The staff at the therapy location are very friendly,

and they are over 300,000 items; that's before I decided to become more involved with the charity. I have hopes of reaching 1,000,000 recyclables.

In 2023, I was asked if I would be interested in becoming a Co-Sponsor of their 1st Invitational MAKE-A-WISH Charity Golf Event, and since golf was my game for over 65 years, and once held a "2" handicap, how

116 Main Street, Medway
(508) 533-6655

32 Hasting Street, Rte 16. Mendon
(508) 381-0249

MUFFIN HOUSE CAFE

43 Main Street, Hopkinton
(508) 625-8100

325 N. Main Street, Natick
(508) 647-0500

296 Washington Street, Westwood
(508) 533-6655

907 Main Street, Walpole
(508) 533-6655

Don't stand in line!
ONLINE ORDERING AVAILABLE!
muffinhousecafe.com

Open Daily
Bakery with Fresh Muffins/Pastries

Breakfast and Lunch Sandwiches
Best Blueberry Muffins Since Jordan Marsh

Receive 10% off any cake
with this coupon
All our cakes are made from scratch on the premises
Expires 2-28-2025

FREE SMALL COFFEE
with a purchase of a muffin with this coupon
Expires 2-28-2025

★★★★★

“Excellent, prompt, and professional service. Have shopped here for many years and will continue to do so. Highly recommended.”

— customer review

GUARANTEED SHOP LOCAL LOW PRICES We carry all major and premium appliance brands

poiriersales.com

NEWTON 244 Needham St. Newton, MA 02464 • 617.558.5500
NORWOOD 1015 Washington St. Norwood, MA 02062 • 781.769.2446

LOOKING FOR PARTS OR REPAIR SERVICE? WE CAN HELP!
WE SERVICE WHAT WE SELL.

15% OFF PARTS

Limit one per customer. Cannot be combined with other offers. In store purchases only. Coupon must be presented at purchase.

10% OFF SERVICE CALL

Limit one per customer. Cannot be combined with other offers. In store purchases only. Coupon must be presented at purchase.

A Little Off The Top

By STUART GREEN

A novel approach to library's shelf life

The Morrill Memorial Library in Norwood is getting set for an update. Well, technically, the library isn't getting set because libraries are just buildings and don't get themselves set for anything. They just sit around and wait

for someone to open the door, look around, grab a book, look around again, take out a card, look around some more, and try very hard not to talk or, in the extreme, whisper - you know, like you're in a library.

When renovations begin, the long arm of the lore will reach back into the stacks, Jack, and may discover some lesser known sequels, prequels and NyQuils of the classics, many just gathering dust and others just dusting gatherings. For those readers out there, and I know you're out here if you've gotten this far without demanding a refund, a small sampling:

Romeo and Harriet: Shakespeare's first draft of the star-crossed lunchmates suffered from a subtle weakness as the main premise in the plot - the two weren't in love. In fact, they didn't even like each other very much, what with Harriet's nagging and Romeo's ill-fitting tights. The Barn built up to the dramatic cellar scene (he'd change that

location in the subsequent version), with Harriet saying, "Romeo, Romeo, where are you already, Romeo?"

A Tale of Two Suburbs: After Dickens' classic, he naturally wanted to follow it up with a smaller town version. He substituted the French Revolution with the infamous Cupcake Crusade, with look-alike bakers bravely giving their all for each other, and eventually making the supreme sacrifice while denying to reveal the secret ingredient of the friends' butterscotch-topped glazed cupcake.

Harry Potter and the Rock: J.K. Rowling initially came up with the idea of following a young lad who had incredible adventures looking at a rock. The thriller was 487 pages of the boy staring at the rock, thinking about the rock, dreaming about the rock - with no other characters, no dialogue, no plot and, ultimately, no readers. She made a slight twist in her second book - giving the boy supernatural pow-

ers and ditching the rock.

The Catcher with Some Rye: JD Salinger was onto something when he first wrote about a young man questioning society's norms and values. Presenting him as a baseball player, searching for the ultimate curveball and bread slice, took the author a bit off the tracks until his second try.

The Good Gatsby: In an effort to balance his 'Great' novel, F. Scott Fitzgerald wrote of a guy who wasn't all that great, but was, y'know, OK. The result was a muted read, following a businessman taking the train daily to the city, where he had an unnamed job with an average salary, and middle-class wife. The story plods along to climax when discovering his background - which he had none.

Stuart Green is a freelance columnist. He can be reached at sgreen115@aol.com.

CITATION ON PETITION TO CHANGE NAME
Commonwealth of Massachusetts
Ther Trial Court
Probate and Family Court
Docket No. N024C0066CA
Norfolk Probate and Family Court
35 Shawmut Road, Canton MA 02021
781-830-1200

In the matter of: Gabriella Alexandra Moreno
A Petition to Change Name of Adult has been filed by **Gabriella Alexandra Moreno of Norwood, MA** requesting that the court enter a Decree changing their name to: **Gabriella Alexandra Jadusingh**

IMPORTANT NOTICE

Any person may appear for purposes of objecting to the petition by filing an appearance at: **Norfolk Probate and Family Court** before **10:00 a.m. on the return day of 02/12/2025**. This is NOT a hearing date, but a deadline by which you must file a written appearance if you object to this proceeding.

WITNESS, Hon. Lee M. Peterson, First Justice of this Court.
January 3, 2025

Colleen M. Brierley, Register of Probate



Coming April 2025

Spring Home & Garden

Reach thousands of local readers focused on enhancing their indoor & outdoor living spaces when you advertise in our Spring Home Improvement & Garden Guide.

REACH NEARLY 170,000 WITH BOTH ZONES

Coming April 2025
Reservation Deadline: March 6, 2025

Reserve your space today by contacting Jen Schofield at 508-570-6544 or by email at jenschofield@localtownpages.com

The Yankee Xpress
BLACKSTONE VALLEY Xpress

localtownpages

FREE PRESS

Senior Corner

By MICHELE TARANTO
Norwood Senior Center
275 Prospect St.
781-762-1201

COA Monthly Ballroom Dance

Norwood Senior Center, 275 Prospect St.
7-10 p.m.

Music will be provided by Dave Valero. Cost is \$12 per person, which includes, coffee, tea, desserts, water, and door prizes. Newcomers of all ages welcome. For more information on Council on Aging events, visit their Facebook page at Friends Of The Norwood Council On Aging | Facebook.

Encore Casino Trip coming in March!

Date to be determined. Stay tuned at the Norwood Senior Center!

Referral Lists

Outreach Coordinator Kathleen Rooney offers referral lists at the Senior Center for many different services, such as plumbers, electricians, home care, assisted living facilities, etc. If you have used a company recently that did a great job and charged a fair price, let her know. Some on her list are a few years old and could use a refresher with

your help!

Norwood Anti Scam Task Force

If you have questions about something you think may be a scam, you may email the task force at NASTF@norwoodma.gov. If, however, you are currently being scammed, call the Norwood Police at 781-440-5100 for immediate assistance.

Norwood Senior Center Winter Policy

Remember, if the Norwood Public School are closed due to inclement weather, the Senior Center will also be closed for the day. Updates can be found on the Center's Facebook page.

The Norwood Senior Center is located at 275 Prospect St. It is open Monday through Friday, 8 a.m.-4 p.m. For questions, call 781-762-1201. Any resident 60 years old and older is eligible to utilize the senior center and its resources.

Norwood Winter Concert Series

The 2025 Winter Concert Series started in January, but there are three concerts to enjoy in February! Admission is free and the venue is convenient and comfortable at the Paul Alberta Performing Arts Center, at Norwood High School. Don't miss out on these winter favorite concerts!

February 2: Roy Scott Big Band

February 9: Dan Gable and the Abletones

February 16: Silver Spears

Appointments Now Required at Social Security Office

Beginning last month, the Social Security Administration (SSA) announced that social security beneficiaries can no longer just drop in at the social security office. For those who require, or prefer, face-to-face inquiries, they will need to make an appointment. This includes those making social security card requests.

In order to make an appointment, customers will have to call their local office or the SSA national number at 800-772-1213.

According to the SSA, many tasks can be completed online at ssa.gov/onlineservices. Military personnel, people with terminal illnesses, and individuals requiring immediate attention can still walk in for service at a field office. Norwood's office is located in the Brookside Office Park, 1 Edgewater Dr., Suite 102, Norwood. It is open 9 a.m.-4 p.m., Monday through Friday.

AARP in 2025

During 2025, AARP will

Annual Town Election, Monday April 7, 2025

Absentee Ballot Information

Anyone that wishes to vote by Absentee Ballot in the upcoming Annual Town Election must complete an application before a ballot can be mailed.

Absentee ballot applications can be found on the Town website or you can call the Town Clerk's Office: 781-762-1240

Last day to apply for Absentee Ballot to be mailed: Monday, March 31, 2025

Absentee Voting In-Person deadline: Friday, April 4, 2025 - 1200 PM

All Absentee Ballots are due back to the Town Clerk's office on or before Monday, April 7, 2025. Ballots can be mailed or dropped off in the Drop Boxes at Town Hall.

focus on the following Massachusetts legislation.

Expanding support for the state's 780,000 family caregivers, including financial relief options, such as a state caregiver tax credit.

Advancing policies to fight fraud and financial exploitation, as well as to promote financial literacy.

Making it easier to build accessory dwelling units (ADU).

ADU's are small residences, such as in-law suites, situated on existing single-family-home lots.

For more information on these initiatives and more, visit aarp.org/ma.

Woodforms
Fine Cherry Furniture

Made in Massachusetts



Come visit our FACTORY and FACTORY SHOWROOM!

131 Morse Street | Foxboro | 508-543-9417 | woodforms.net

**Hours: Monday - Thursday: 7 a.m. - 3:30 p.m., Friday: 7 a.m. - 3 p.m.
Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

BSAC PET CORNER

Meet Pineapple!

***Adoption fee sponsored!
Zero cost for adopter***



This sweet boy originally hails from the sunshine state of Florida and was adopted to someone in Mass. 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. Pineapple had a rough beginning we learned at an early age he lived on the streets, met with malnutrition and had no human love. When BSAC took him in, he had severe dental disease and a terrible tail injury. With proper medical care and great foster care, Pineapple got a new lease on life. BSAC spent

thousands of dollars to remove all of his teeth and treat his tail which has fully healed. Pineapple loves food and has no issues eating wet or dry food even without any teeth.

Despite the tough breaks, Pineapple is the most loving, affectionate cat ever. It's incredible how much he still loves and trusts humans. If you want a lap cat, Pineapple will be your dream come true. Nothing makes Pineapple happier than cuddling up as close as possible! How often can you find a cat that loving?

Though Pineapple prefers to spend most of his time cuddling or in your lap, he also loves to play. He will happily play with catnip toys on his own and loves chasing around a wand toy.

Pineapple is about 7 years young. He does not prefer other cats, and requires a sensitive stomach diet (non-prescription) food. Pineapple has worked so hard to recover and just wants a loving home where he can curl up on a lap. He is such a special once-in-a-lifetime find of an affectionate cat - please give this sweet boy a chance!

If you are interested in adopting Pineapple, you can complete a non-commitment application on our website: www.baystateanimals.org.

We typically have a \$175

adoption fee for our cats that includes; spay or neuter, age appropriate vaccines, feline leukemia test, FIV test if over 6 months of age, microchip, flea treatment and roundworm treatment as needed, additional treatments as deemed necessary. Pineapple's fee was sponsored - no cost to adopter!

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

Thank You Tyler!

Tyler Forgeron's incredibly benevolent reputation has the strength to cross town borders. Thirty-year old Forgeron has been collecting cans throughout



Walpole, even setting up stands at community events, and donating the proceeds to various non-profit organizations. Tyler recently reached out to the Bay State Animal Cooperative with a generous \$50 donation! Through his hard work and generous spirit, Tyler's efforts will enhance the lives of many cats!

THANK YOU TYLER!

We've still got 2025 calendars available for purchase!

Time is running out to snag one and enjoy pics of our kitties

bsac
BAY STATE ANIMAL COOPERATIVE
2025 Calendars
NOW 50% OFF!

all year long. Now 50% off until they're gone! Purchase on our website: <https://www.baystateanimals.org/#shop-2025-calendars>

The Bay State Animal Cooperative would like to send a sincere thank you to all that supported the organization in 2024! That includes so many generous and donors, contributors, volunteers, foster parents, and more! So many to mention and their involvement is the only way our homeless cats can thrive and find their new homes.

Can You Be A Foster Parent? Maybe Support The Foster System?

The BSAC supports 13 long-term cats and we always need financial support to maintain their quality of life and applicable medical needs!

We need foster care volunteers to help more cats. Fosters are currently full and we are at the mercy of fosters to provide safe gardens for cats needing our help.

Remember Salem? She was adopted by her foster Mom!!

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

Salem may be a bit reserved at first, but don't let her shyness fool you. With a little patience and



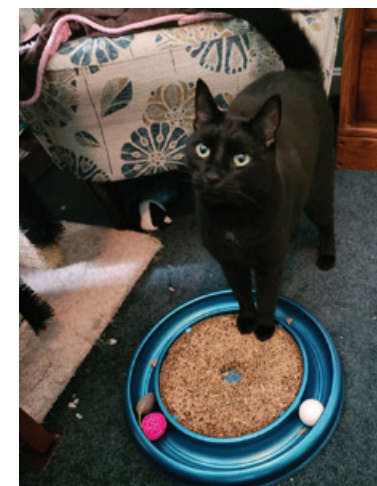
understanding, she'll reveal her loving nature and become a loyal and devoted friend. Once she feels safe and secure, her sweet personality will shine through.

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

Another BSAC Success!

Bella & Bagheera have found their furrever homes!

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.

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. If you're looking for an active, hilarious housemate come meet Bags!

eVacuumStore®
VISIT OUR NEW SHOWROOM!
86A Morse St., Norwood

Vacuums • Supplies • Repairs
• Vacuum Sales and Service
• Central Vacuum Systems

All Major Brands including **MIELE** and **ELECTROLUX**

Large Supply of all Makes and Models

PRICE MATCH GUARANTEE

86A Morse St., Norwood • 866-972-8227
Visit our site: evacuumstore.com

baystateanimals.org

- facebook.com/BayStateAnimals
- twitter.com/BayStateAnimals
- instagram.com/baystateanimals16

NPD Utilizing New Technology in Training

The Norwood Police Department (NPD) began running officers through virtual reality training last month. This is part of Apex Officer Virtual Reality Police Training which was recently acquired by the department. This new technology allows for officers to train for countless scenarios and environments that mirror the calls officers respond to on a daily basis. This training allows for officers to utilize de-escalation and communication skills where it is feasible.

The subject's response in the training is dependent on the actions and communication of the officer. Through this state-of-the-art training, NPD



aims for continuous education to better serve the community. This training will continue with all sworn officers throughout each training year.

Odd-Jobs Construction

Robert Sheehan, Owner

617-957-4379

Currently we offer

- Our own proprietary Deck care and Repair • Carpentry
- Handyman Projects • House Watch Programs residential
- Pressure Washing • Demolition of decks and sheds

oddjobsconstruction.net
oddjobs.sheehan@gmail.com

Norwood, MA 02062
HIC # 153376

WENZEL

Ina



- Patios
- Walkways
- Walls
- Fire Pits
- Outdoor Kitchens
- Pool Surrounds

- Landscape Design & Installation
- Lawn Installation
- Grading
- Excavation
- Drainage

508-376-2815

Free Estimates • Fully Insured
www.WenzelLandscaping.com



ATTENTION EMPLOYERS! COMING MARCH 2025

Hiring?

Looking to Hire Part-time or Full-time Help?

Advertise your "Help Wanted" open positions in our Special Employment Section! Reach nearly 170,000 active and passive job seekers in your local community!

ZONE 1

REACH 73,149

Auburn, Charlton, Douglas, Dudley, Grafton, Hopedale, Mendon, Millbury, Northbridge, Oxford, Sutton, Upton, Uxbridge and Webster

ZONE 2

REACH 96,651

Ashland, Bellingham, Franklin, Holliston, Medway, Milford, Millis, Natick, Norfolk, Norwood and Wrentham

localtownpages

The Yankee Xpress
BLACKSTONE VALLEY Xpress

FREE PRESS

Reserve your space today by contacting Jen Schofield at 508-570-6544 or by email at jenschofield@localtownpages.com.

Reservation deadline is February 6, 2025.

Norwood Area Capital and Resources Matchmaker - SBA and Town

Please join the Town of Norwood and the SBA's Massachusetts District Office for an in-person Access to Capital and Small Business Resources Matchmaker. This event will be held at Grazina Event Space, which is located in the Norwood Space Center.

This is a dynamic opportunity to network and learn about the resources available for small businesses to start, grow, and expand. Learn more about access to capital and government contracting opportunities from guest speakers and industry experts. You will be able to connect with over 20 lending institutions, small business organizations, and government agencies in attendance.

This event is free for all to at-

tend. Refreshments will be provided.

For questions about the event, please contact Shelly Gillis@sba.gov. Location Grazina at Norwood Space Center 83 Morse Street Suites 4F and 6A Norwood, MA 02062

Register on the Town of Norwood website at https://www.norwoodma.gov/departments/norwood_area_capital_and_resources_matchmaker.php

Preliminary Schedule

9:00AM to 9:30AM: Registration/Open Networking

9:30AM to 10:00AM: Opening Remarks (Bob Nelson, Massachusetts District Director of the

SBA; Bob Donnelly, Chairman of the Norwood Board of Selectmen; Tom O'Rourke, President and CEO of Neponset River Regional Chamber of Commerce; David DePree, Principal, Norwood Space Center)

10:00AM to 10:30AM: Small Business Access to Capital Panel moderated by Kristi Haxhiaj, Lender Relations Specialist Massachusetts SBA (Panelists: Ben Marshall, Eastern Bank; Barbara Gaulien, Citizens Bank; Angie LaPerriere, South Eastern Economic Development Corporation (SEED))

10:30AM to 11:00AM: Small Business Doing Business with the Government Panel moderated by Shelly Gillis, Outreach and

Marketing Specialist Massachusetts SBA (Panelists: Jason Adams, Town of Norwood; Emily Maguire, Massachusetts Supplier Diversity Office; Tyrone Williams, SBA Massachusetts District Office)

11:00AM to 12:00PM: Lender/Resource Matchmaker Networking

Lenders Confirmed to Attend (More may be Added)

- Bank of America
- Bank of Canton
- Bay Colony Development Corp
- Citizen's Bank
- Dedham Savings Bank
- Eastern Bank
- Harbor One Bank
- Mass Growth Capital
- Needham Bank
- Northeast Bank

Rockland Trust
Santandar
SEED (South Eastern Economic Development Corporation)

Small Business Resource Organizations (More May be Added)
Commonwealth of MA -Workforce Training FUND
DIV. of Apprenticeship Standards (DAS) Apprenticeship Programs
MassHire Metro South/West
NeighborWorks Housing Solutions
Neponset River Regional Chamber
Norwood Space Center
SCORE Southeastern MA
MSBDC
Supplier Diversity Office (SDO)
SBA Cosponsorship Number: 25-12-C

Ortho-K: Wake Up to Clear Vision

By GRAHAM R. STETSON, OD, MS

Orthokeratology, or Ortho-K, is a non-surgical vision correction method that has revolutionized the way people manage their eyesight. This innovative approach involves wearing rigid gas-permeable contact lenses overnight to reshape the cornea temporarily. Upon removing the lenses in the morning, individuals can experience clear vision throughout the day without the need for glasses or contact lenses.

The science behind Ortho-K is straightforward yet effective. The lenses gently modify the outermost layer of the eye, altering its curvature to redirect

light correctly onto the back of the eye. Unlike LASIK or other refractive surgeries, Ortho-K is non-invasive and reversible, making it a safer alternative for many patients.

The primary candidates for Ortho-K are individuals with mild to moderate myopia (nearsightedness), although it can also address astigmatism (a complicated prescription), hyperopia (farsightedness), and presbyopia (trouble reading) in some cases.

Ortho-K is an effective method of vision correction for all ages, but it has additional benefits for children. It has been shown to slow the progression of



myopia – a condition that can lead to serious eye health issues such as retinal detachment, glaucoma, types of macular degeneration, and cataracts later in life. Parents are increasingly turning to Ortho-K as a myopia control strategy for their children.

Studies suggest that the use of Ortho-K lenses can reduce the progression of myopia by up to 50%, providing a proactive way to manage this growing epidemic. With more children spending extended hours on screens and less time outdoors, the prevalence of myopia is on the rise globally, making solutions like Ortho-K more relevant than ever. For more information on Ortho-K for myopia control, visit: bit.ly/3E2LEf6.

There are some things to think about when considering Ortho-K: the treatment works best when lenses are worn consistently (daily). Contact lenses require proper use and care to be safe and effective. It can take time (generally a few days) for your vision to be clear throughout the day. Regular follow-ups with an eye care professional are essential to monitor eye health and ensure the lenses fit correctly.

Ortho-K is transforming lives by offering a convenient, non-surgical solution for clear vision. Whether it's reducing dependency on glasses or controlling myopia in children, Ortho-K presents a promising option for those seeking freedom from traditional vision aids. Reach out to your local eye doctor to see if this revolutionary treatment is right for you or your family.

PAID ADVERTISEMENT

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

MODERN EYES



781-352-4849
ModernEyesNorwood.com
696 Washington St, Norwood



WE CAN HELP YOU FALL IN LOVE

(with your eyewear)

Living Healthy

I Never Saw a Bulls-Eye!!!!

Lyme Disease often goes undiagnosed as the symptoms often mimic many other diseases such as chronic fatigue and the flu. When symptoms last several weeks, those signs should be followed up with a blood test. Lyme Disease is typically treated with doxycycline. This antibiotic however is not always effective, especially with the many co-infections of Lyme, such as Borrelia, Bartonella, Babesia, Rickettsia and Rocky Mountain Spotted Fever.

According to the Center for Disease Control (CDC), an estimated 300,000 Americans are diagnosed with Lyme Disease each year, and the numbers are rising. Although it is believed that Lyme is a result of a tick bite, the infectious bacteria can be spread by other biting or blood-sucking insects, including mosquitoes, spiders, fleas and mites.

Common effects of tick bites include an itchy "bull's-eye," but this rash only occurs in about half of those infected. Other symptoms include unremitting fever, headaches/migraines and achy muscles and joints.

For three years Lillian suffered with various ailments, including muscle aches, joint pains, brain fog, extreme fatigue



Dr. Rochelle Bien & Dr. Michael Goldstein

and unremitting headaches. Her primary care physician diagnosed Lyme Disease, prescribed doxycycline, and notified her several weeks later she was successfully treated for Lyme. An appointment with a Rheumatologist for her "arthritic" condition resulted in a prescription for antidepressants, a side effect of dealing with the pain. Lillian felt her life was slowly slipping away. A referral to the Holistic Center at Bristol Square set her on a new path. At the center, Lillian was diagnosed with Bartonella, a coinfection of Lyme, and was treated homeopathi-

cally for the strain as well as for her other related health issues. Within three months Lillian's life started to return. Today she is virtually symptom free and enjoying her life free of pain and fatigue.

If you suffer from Lyme Disease, don't delay. Call the Holistic Center at Bristol Square today (508)660-2722 and schedule an appointment with Dr. Bien or Dr. Goldstein.

PAID ADVERTISEMENT

Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.

"We are proud of the culture we have created at Bliss Dental Group. We have knowledgeable dentists, a friendly staff, and a promise that we'll always do right by you."

BLISSDENTAL GROUP

Dr. Bliss | Dr. Ficarelli | Dr. Burnett

Services offered:
Single Visit Crown and Bridges/CEREC
Dental Implants | Speciality Dentistry
General Dentistry | Preventive
Cosmetic | Guards

Scan to visit our site!

For more information on our services, check out our website.
Or to book an appointment, please call our office.

111 Lenox St., Norwood | 781-769-4473

Movement is good for your heart!

Let us help you to Move Well again!

Michelle Donohue
PT/Owner

Melissa Parrish,
PT, DPT

Lois Norton,
PT

Move Well
Physical Therapy

RAMA PLAZA - 898B Washington Street, Norwood - 781-269-5850
www.movewellptnorwood.com

Affinity Dental

BEAUTIFUL SMILES THAT LAST A LIFETIME!

Choose the best dental care for you and your family

Call for an appointment
781-255-1100
45 Walpole Street #4, Norwood, MA
www.affinitydentalinc.com

Norwood Sports

All Arounds to Carry Team

By CHRISTOPHER TREMBLAY

Since having moved from the Bay State Conference to the Tri-Valley League, many Norwood sports have been successful. Unfortunately, that is not something that can be said of the gymnastics team. Norwood has gone winless during the last few seasons due to the much stronger league.

“There are only a few schools that have gymnastics in the Tri-valley League, but they are co-op teams and much tougher to go up against,” Norwood Coach Karen Broderick said. “Their skill level is much higher, and typically some of the strongest gymnastics teams in the state. I can see the potential in our girls but we are just not there yet.”

While the Mustangs do have five seniors gracing this year’s squad, Broderick will be looking to her all around athletes to carry the load. The three girls, all underclassmen, will take part in all four events (floor, balance beam, vault and uneven bars).

Taking part in one event takes a lot of hard work and determination, but to be able to compete in all four events requires a lot of skill. The vault has speed and explosiveness; bars incorporate upper body strength, concentration and timing; beam is a combination of balance and mental toughness, while floor exercise is endurance with a choreographed routine covering the entire floor.

Norwood has three talented athletes that will compete in all four events for the Mustangs. Participating as all arounds will be Caitlyn Hamwey, Megan Weafer, and Audrey Broderick. Hamwey is the only junior on this year’s team; she is more experienced on the floor having come from an extensive dance background. According to the coach, she brings a great energy to the floor and has a great work ethic.

Weafer is part of a group of younger athletes that are on the rise up for Norwood. As a full-time gymnast she is taking part

in the sport all year long, but unfortunately, she had an injury last year that kept her away from competing last year.

“Megan is coming off a foot injury having missed a good part of last season,” Broderick said. “She is probably our strongest athlete in the all around and we will be looking to see what type of impact she can make in the team this year. I am also hoping to see her excel on the vault as long as she can stay healthy.”

Another full season gymnast and sophomore, Broderick, has improved tremendously over last year and the coach believes that she should be able to take her status to the next level with all her upgraded routines this year. Broderick is not your typical athlete as she excels on the balance beam being that calm, cool and collective individual while competing on a narrow piece of wood.

The coach knows that all three girls are super hard workers with a great work ethic and should be

able to help this team throughout the season. The Mustangs are a relatively young team this winter with a lot of incoming freshman joining the team.

“The three all arounds are going to have to set the tone for the younger girls coming in,” the coach said. “They need to not only stay healthy but evolve and upgrade their skills throughout the season so that we can improve as a team.”

Being that they participate in a tough Tri-Valley League, Broderick will be looking at how the girls score on their routines and how well they execute those routines. She will be looking for overall improvement instead of wins to gauge their success throughout the year.

“We’re hoping that we can have a stronger year than in the past,” Broderick said. “We would like to beat our previous averages while staying motivated.”

The ability to accomplish the



Pictured left to right: Megan Weafer, Audrey Broderick and Caitlyn Hamwey
Photo credit: Coach Karen Broderick

coach’s goals will rely heavily on the three girls, but the team will also look to the seniors to help bring things home. Broderick will also look to seniors Kaylin Carreiro, Kate Broderick, Olivia Loud, Catarina Silva, and Charlotte Martino; all who have been an important part of the team over the years.

Discover Dean’s 2025 Summer Programs for Teens

Pre-College Programs

High school students are invited to gain hands-on experience, train with professionals, and earn college credit through our one-week learning programs.

Summer Arts Institute

Students ages 14 to 18 are given the opportunity to learn from and train with esteemed performing arts faculty in our professional studios.

Sports Broadcasting*

July 20–July 26 or July 27–August 2

Podcasting*

July 27–August 2

Social Media Influencer

July 27–August 2

Dance Intensive

July 27–August 3

Musical Theatre Intensive

July 27–August 3

*College credit available for this course

Register Today!

Visit dean.edu/summeratdean or scan the QR code to learn more about Dean’s 2025 Summer Programs and secure your spot by registering today!



Norwood Sports

From Kicker to Track Star

BY CHRISTOPHER TREMBLAY

In the eighth grade, Kerlleson Oliveira was introduced to football as a kicker. He had never really thought about the sport or participating in it but his middle school coach saw something special in him and invited him to give it a shot. Oliveira found a position on the team, and although he has only played the sport for three years, he has already recorded a personal best field goal of 65 yards.

Although the now sophomore at Norwood High School (NHS) would eventually like to attend college while also playing football, he wouldn't be too upset if he were offered a scholarship in his new sport, track and field.

During his freshman year at NHS, a good friend of his, Mikel Dujour, brought him to the track tryouts and soon after a passion for the sport grew.

"Mikel is someone that I looked up to and inspired me," Oliveira said. "We both push each other to get better. Knowing that I was fast, I started looking at the springing events; long distance doesn't interest me and I don't have the stamina for it."

Although having never run track before, Oliveira went into the tryout with the utmost confidence in his ability. He noted that is just the type of person that he is, always looking to give it his all no matter what he does. His first ever varsity race was the 55-meter dash.

"I did alright, but it was just my first race and I knew that I would get better and over the

years," Oliveira said. "I have improved, but that first race was a very humbling experience. So now I try to go the gym as much

as it is the one that is best suited for me. I never knew that the event had existed; jumping into a sandpit excited me with each

that moment, I knew that I had to get better and to do that I was going to have to hit the board as much as I could. I went on to work hard to improve my jumping so that I could earn points for my team."

While that first jump was only 15 feet, the Norwood athlete has since improved upon that distance. Last year, he broke the Norwood freshman record by jumping 16'10," and then in the spring he broke his own freshman record with an astonishing jump of 18' 10 1/4," placing him as the 11th best jumper in Norwood history. In addition to his record-breaking jump, Oliveira is second in both the 55-meter with a time of 7.21 seconds and in the 300 posting a time of 40.29 seconds.

"He has improved a lot this year and is our top long jumper on the team," Norwood Coach Jeff Loja said. "He is an energetic individual who loves sports and athletics. He is very uplifting and a positive competitor and has placed in every meet for us this year."

Coming into his second year as a track and field athlete, Oliveira

has put three goals on his list: 1) he would like to run the 55-meter with a sub 7 second time; 2) post a 19 foot long jump; and 3) make the State Tournament in the 300 (he is currently 3 seconds off the qualifying time).

"Coaches are surprised at me at times," Oliveira said. "I don't like taking no for an answer and love proving people wrong."

Over the next two and a half season on the winter and spring track teams, Oliveira has one big goal on his bucket list – he wants to break the schools long jump record of 21' 11 1/4".

"I believe that it is in my range, but never in my life did I think about accomplishing something like this," Oliveira said. "I'm going to have to work hard to achieve that accomplishment – jumping 22', which is basically what I'll need to do for the record, would be absolutely crazy!"

Coach Loja noted that if Oliveira continues to develop he will become one of the high school's top sprinters as well as one of the best jumpers in the Tri-Valley League. He went onto say that he should definitely be competing in the Division Meet later in the year, and if things go as planned, he may be able to find himself in the State Tournament.



as I can, gained some weight, and have gotten stronger which have all helped me."

Oliveira also takes part in the 300 as well as the long jump, an event that has really intrigued the young athlete.

"The 55 is more of a competitive race for me, no pacing, just an all-out sprint," Oliveira said. "The long jump is my best event

time that I took part in it."

The first time that the Norwood sophomore participated in the event, he jumped 15 feet and didn't really know if that was good or not but he was still excited about his performance.

"I had no idea if 15 feet was good or not until I started seeing the other kids jumping further and further," Oliveria said. "At

Congratulations Allison Doliner!

Allison Doliner, Class of '06, was recently awarded Boston Globe's DIVISION 2 Coach of the Year for Field Hockey 2024-2025!

Allison Doliner coached at her alma mater for 15 years, making the tournament every year in her 12 years as head coach, including Division 2 championship game appearances in the last two seasons.

She was also named TVL Coach of the Year in 2023 and 2024.



NEED A PROPANE REFILL?

\$ 3.00 off
SAVE \$3.00!
a 20 lb Fill
(with coupon)

NORWOOD BOTTLED GAS
 305 Providence Highway, Norwood
(Next to Boch HONDA)
 781-762-2330 • 781-762-2331



Calendar of Events

Feb. 1

HTML/CSS Website Workshop for Kids
Morrill Memorial Library
11 a.m.

Code Creations works to engage creativity in computer science by providing community-based classes to encourage creations in computer science. This three-session program will teach students how to design their own websites using HTML and CSS styling to add elements that make up the website interface. It will also teach students how to code their own websites using codepen.io, where we teach them how to make functional buttons, pop-up's images, and so much more! It is requested that students bring in their own computers for the session classes, but the library does provide them for students to use. For 4th-6th graders. Participants must register for all 3 classes.

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).

Feb. 2

American Red Cross Blood Drive
Ferrari of New England, 441 Bos.-Prov. Hgwy. (Rte. 1)
9 a.m.-2 p.m.

Winter Concert Series
Norwood High School
2 p.m.

One of Norwood's favorites, The Roy Scott Big Band, will be playing all the classic hits! Free admission.

Feb. 3

5 Alive: Explore the Senses!
Morrill Memorial Library
9:30 a.m.

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

Feb. 4

Girls Who Code Club
Morrill Memorial Library
3:30 p.m.

Join Miss Dina for the Girls Who Code club! This is a beginner-friendly coding program that is open to all genders, though it is highly recommended for girls and non-binary students in grades 3-5. Every week, participants will learn about a different female coder in the field of computer science, read passages from the Girls Who Code manual, complete hands-on activities, and learn some beginner coding techniques using Scratch. For grades 3-5. Register with the email address the club member will use to access the Girls Who Code HQ. Once registered, you'll receive an email asking you to create an account and join the club through Girls Who Code HQ. Registrants must plan to attend ALL sessions of Girls Who Code Club, also on Feb. 11, and Feb. 18. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Let's Talk: Helping Your Child Find Their Voice
Morrill Memorial Library (Virtual)
6:30 p.m.

This workshop will help participants identify early language milestones and recognize potential red flags, clarify myths and misunderstandings related to language development, and learn some tips and tricks for supporting children on their language-learning journey. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Feb. 6

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

Welcome to Library Art School! Each week, Miss Nicole will talk about a different art-

ist, show their art, and try out a project based on their methods and style. Learn about some of the art you see all around you - on t-shirts, bags, books, and other media. Have you seen "Starry Night" and wondered about who painted it and why? Come to Library Art School and find out! For ages 8-12 years old. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Feb. 7

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

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

Feb. 8

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

The boutique has been reorganized to give shoppers a new experience for browsing! Still offer all the wonderful things you're looking for, and at great prices, too. Pick up some fancy decorations for Valentine's Day!

Seed Packing Party
Morrill Memorial Library
10-11:30 a.m.

Norwood Seed Library is having a seed packing party and you're invited! The library needs to stock the seed library with a wide variety of seeds to get ready for the upcoming planting season, so they figured they'd make it a social event. Pack a variety of seeds, and have impromptu gardening conversations with fellow seed packers. 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).

Puzzle Race!
Morrill Memorial Library
2:30-4 p.m.

Love doing puzzles? Want to test your speed against others? Join a friendly puzzle face-off against other teams!

Up to 4 teams will compete, with a maximum of 4 people per 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 have same design

Race will kick off at 2:30pm and will end at 4pm. Please plan on arriving by 2:25pm at the latest. The team with the most completed puzzle by the end of the race will be the winner.

This program is free and open to all, but note that the difficulty level of the puzzle design is most suitable for tweens, teens and adults. Only one team member registers for the whole team.

Feb. 9

Winter Concert Series
Norwood High School
2 p.m.

Dan Gable and the Abletones return for an afternoon of great music! Free admission.

Feb. 10

5 Alive: Explore the Senses!
Morrill Memorial Library
9:30 a.m.

Join Miss Kate at the library for this interactive sensory program to introduce kids to different textures, sounds and sights (and maybe even smells!). We'll read a short story on our theme of the week and then have 2-4 sensory activities to try out. For toddlers and preschoolers. To register, visit www.norwoodlibrary.org/morrillcalendar/, or

call the reference desk at 781-769-0200, x2.

Monday Movie Matinee: 'Blind Ambition'
Morrill Memorial Library
1 p.m.

Blind Ambition portrays an inspiring and joyous journey of four Zimbabwean refugees working in South Africa, who through sheer perseverance, make their way to become their nation's champion team in the World Wine Tasting Championship - essentially the Olympics of wine.

Feb. 11

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.

Trivia Night at the Library
Morrill Memorial Library
7 p.m.

Register as a team of up to 4 people, or test your mettle and play solo. Questions will range widely in subject and increase in difficulty with each new round. Trivia questions are geared toward adults in content and challenge rating; this event is recommended for players 16 and older. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Toastmasters
Norwood Civic Center, Lydon Suite
6:45 p.m.

The Norwood Toastmasters Club helps develop communication and leadership skills for its members and the community at every ability level. Guests are always welcome to come and see how it works! Meetings are held on the second and fourth Tuesdays of the month. For more information, visit <https://norwoodtoastmaster.toastmastersclubs.org/>.

CALENDAR

continued from page 14

Feb. 12

**Norwood Junior Woman's Club
Conrads, Norwood
7:30 p.m.**

The Norwood Junior Woman's Club is a women's social group that serves the Norwood community by fundraising in order to give back locally to various programs, events, and families in need. It is an easy-going, fun group and by joining it doesn't require a big commitment. Monthly meetings are held on the second Wednesday of each month. For more information, email Norwoodjwc@gmail.com or visit their website at Norwoodjwc.org. All welcome to any meeting.

Feb. 13

Sensory-friendly Monthly Movie

The February movie in the Sensory-friendly Monthly Movie series is Disney's Inside Out 2, rated PG. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Seed Packing Party
Morrill Memorial Library
6:30-7:30 p.m.**

Norwood Seed Library is having a seed packing party and you're invited! The library needs to stock the seed library with a wide variety of seeds to get ready for the upcoming planting season, so they figured they'd make it a social event. Pack a variety of seeds, and have impromptu gardening conversations with fellow seed packers. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

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

Feb. 14

Sensory-Friendly Art Classes

for Adults

Morrill Memorial Library
10:30 a.m.

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

Feb. 15

**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).

Feb. 16

**Winter Concert Series
Norwood High School
2 p.m.**

The winter concert series closes out with the music of Silver Spears. Don't miss out on this fantastic performance! Free admission.

Feb. 19

**Turn the Page Book Group: 'The
Heaven and Earth Grocery Store'
Morrill Memorial Library
10 a.m.**

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel *The Heaven and Earth Grocery Store*, by James McBride.

"In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there

Hiring all techs, all trades!


**FLEXIBLE
SCHEDULE**


**TECH
SUPPORT**


**MODERN
TRUCKS**


**EXPERIENCE
& GROWTH**

Extensive Benefit Package including health and 401k plans

PLUMBING • HEATING • A/C • ELECTRIC • REMODELING

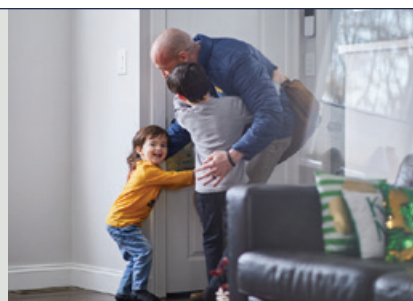

RODENHISER
HOME SERVICES

Enjoy your career!

To learn more, scan the code or visit
Rodenhiser.com/Careers



Master Plumber: #10961 | Corporate Plumbing: #2288 | Master Electrician: #21982A
 Master Sheet Metal (Unrestricted): #5867 | Corporate Sheet Metal: #641
 Home Improvement Contractor: #188806



were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows. New members welcome! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Turn the Page Book Group: 'The
Heaven and Earth Grocery Store'
Morrill Memorial Library (Virtual)
6:30 p.m.**

Join Patty Bailey and other local readers for a friendly and in-

hood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows. New members welcome! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

**Democracy Talks: A Migrant
Family's Search for Home in MA
Morrill Memorial Library (Virtual)
7 p.m.**

Join WBUR journalist Simón Rios as he shares his journey reporting on the plight of migrants in Massachusetts amidst changing shelter policies and shifting politi-

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

Feb. 21

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

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

**COA Monthly Ballroom Dance
Norwood Senior Center, 275
Prospect St.
7-10 p.m.**

Music will be provided by Dave Valero. Cost is \$12 per person, which includes, coffee, tea, desserts, water, and door prizes. Newcomers of all ages welcome. For more information on Council on Aging events, visit their Facebook page at Friends Of The Norwood Council On Aging | Facebook.

SATURDAY FEBRUARY 22, 2025
7:10PM-9:00PM

*Women's Community Committee of
Norwood 100th Anniversary Celebration*




SCAN NOW

ATTENTION: NORWOOD RESIDENTS - ONLINE REGISTRATION REQUIRED
GRAB YOUR SKATES AND JOIN US FOR
AN UNFORGETTABLE EXPERIENCE!
The Skating Club of Boston
750 University Avenue Norwood MA

formal discussion of the novel *The Heaven and Earth Grocery Store*, by James McBride.

"In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who the skeleton was and how it got there were two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighbor-

hood where immigrant Jews and African Americans lived side by side and shared ambitions and sorrows. New members welcome! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Feb. 20

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

Feb. 22

CALENDAR

continued from page 15

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

Shop for some beautiful clothes, great items for the kitchen, puzzles, reading materials, home decor, jewelry, shoes, boots, and lots more! Stop in and see for yourself!

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).

Feb. 24

5 Alive: Explore the Senses!
Morrill Memorial Library
9:30 a.m.

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

Monday Movie Matinee: 'Hard Miles'
Morrill Memorial Library
1 p.m.

A prison social worker assembles a cycling team of teenage convicts and takes them on a transformative 1,000-mile ride. Inspired by the life of Greg Townsend and the Ridgeview Academy cycling team. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-

0200, x2.

Feb. 25

Women's Business Networking Meeting
Norwood Civic Center
8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

Norwood Toastmasters
Norwood Civic Center, Lydon Suite
6:45 p.m.

The Norwood Toastmasters Club helps develop communication and leadership skills for its members and the community at every ability level. Guests are always welcome to come and see how it works! Meetings are held on the second and fourth Tuesdays of the month. For more information, visit <https://norwoodtoastmaster.toastmastersclubs.org/>.

Local Food, Climate Chaos, & You
Morrill Memorial Library
7 p.m.

Morrill Memorial Library welcomes back Kerry Kokkinogenis, Local Food Program Manager for the Sustainable Business Network of Massachusetts. How can you impact climate chaos? Not all farming is created equal—especially in its impact on the local environment. Local farmers, fishers, and the food systems that support them are repairing much of the damage caused by industrial farming, industry, and other land use. In this talk, we will focus on hope and the many ways you can have a positive impact. Learn how you can support the local food system through purchasing choices, conversations, and advocacy with local, state, and federal legislators. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Titles on Tap Book Group
Napper Tandy's, Norwood

Titles on Tap is sponsored by the Morrill Memorial Library, and meets at Napper Tandy's in Norwood, in the left-hand-side bar. The January title will be

'The Adventures of Amina Al-Sirafi,' by S.A. Chakraborty. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. They go in for stories that are shaken, not stirred, and we don't mind taking their love of lit outside the library walls.

Feb. 26

MassHire: Norwood Community Job Fair
Morrill Memorial Library
1-3 p.m.

Connect with employers from Norwood offering a variety of local job opportunities. Whether you're looking to start a new career or take the next step in your journey, this is your chance to meet potential employers and explore what's available in your community! This program is free and open to all. Registration is required. Please register with the MassHire directly at <https://masshiremsw.com/event/2025-02-26-fair/>, or call 781 269 5494. For more information, contact Rute Vales at rvales@mswvb.org.

Boston Beginnings: The Lives and Times of Martin and Coretta King
Morrill Memorial Library
6:30 p.m.

Celebrate Black History Month with the Morrill Memorial Library as they host Boston-based tour guide and award-winning educator, Joel Mackall. Before they became icons of the civil rights movement, Martin and Coretta King built the foundation of their partnership in Boston. Learn about their journeys to the city—Martin as a theology student at Boston University and Coretta as a music scholar at the New England Conservatory. Explore their courtship, marriage, and the city's role in shaping their vision for justice and equality. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Feb. 27

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 [\[www.norwoodlibrary.org/morrillcalendar/\]\(http://www.norwoodlibrary.org/morrillcalendar/\), or call the reference desk at 781-769-0200, x2.](http://www.norwood-</p>
</div>
<div data-bbox=)

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

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

The Joy of Journaling w/ Local Author Jason Rubin
Morrill Memorial Library
7 p.m.

In a world of overwhelming digital content and social media apps that contort ideas and imagination into bite-size nuggets that are rarely insightful and never private, journaling is a creative and therapeutic hobby that allows for deep expression and rewarding escape. In this 90-minute, single-session workshop, local author Jason Rubin will inspire attendees to express themselves in writing using this low-tech/high-reward means of self-communication and healing. Learn the joy of journaling and become inspired to write by yourself, for yourself, as a gift to yourself! You'll also have an opportunity to write your first journal entry during the workshop. *Note: Participants should come to the workshop with a blank journal and pen or pencil, if possible. If this is a hardship, please let us know.*

Feb. 28

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

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

Rosetta's
 Italian Family Restaurant

Limited reservations still available
for Valentine's Day



521 Washington Street, Canton

781-821-2300

www.rosettasrestaurant.com

Full Bar/Dine In/Take Out
Daily Specials/Function Room



Real Estate Corner

William P. O'Donnell Thanks Contributors to Registry's Annual Holiday Food Drive

Norfolk County Register of Deeds William P. O'Donnell expressed his sincere appreciation to everyone who contributed to the Registry's 2024 Annual Holiday Food Drive. With the help of the local community, the Regis-

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

pantries," Register O'Donnell concluded. "Besides food, many pantries are requesting toiletries and paper products. Dropping off a donation at your local food pantry can make a world of difference to a struggling family,

www.norfolkdeeds.org, go to the top of the menu bar, click on News and Events and then in the drop-down box click on Norfolk County Food Pantries.

other Registry of Deeds events and initiatives, "like" them on Facebook at www.facebook.com/norfolkdeeds, or follow on Twitter and Instagram at [@norfolkdeeds](https://www.instagram.com/norfolkdeeds).

To learn more about these and



try collected over 200 pounds of food.

"I am thankful that so many Norfolk County residents, including our employees and title examiners, took the opportunity to donate and to help those with hardships during this holiday season," Register O'Donnell said. "We received a lot of pastas, sauces, soups, cereals, canned vegetables, and household products."

The non-perishable food collected during the drive will be dispensed to several pantries throughout Norfolk County.

"While the holiday food drive has ended, it does not stop hunger from affecting many of our neighbors," Register O'Donnell stated. "There is definitely a need for more food assistance. Household expenses are higher due to the cost of home heating fuel and increased food costs. These increased costs disproportionately impact some Norfolk County families."

Today, according to the latest

and food are likely factors that contribute to the rising rates of food insecurity.

"I urge residents to consider dropping off supplies at their local

especially in the winter months when the cost of fuel can play havoc with a family's budget."

For a list of food pantries, visit the Registry of Deeds website at

Planning a move in 2025?

Now is the time to get ready. Don't wait for the spring market—there's plenty to plan and do to get top dollar.

Choose Coldwell Banker and an experienced agent to sell your most valuable asset — experience the difference!



JENNIFER CONLEY • 508.265.3824
Jen.Conley@CBRealty.com • JenConleyRealEstate.com

COLDWELL BANKER REALTY

You are the Heart of our Business!



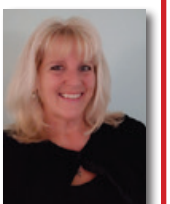
Call Today for Your Initial Consultation 781-704-5356



Steve Callahan
Broker/Owner/Realtor®
781-704-5356
steve@stevecallahanrealty.com

Veronica McElaney
Realtor®
617-605-1610

Veronica@stevecallahanrealty.com



Imbedded in the Norwood community ... I know this town. I love this town!

25-year resident

- President of the Women's Business Network of Norwood
- Norwood Farmers Market Manager
- Member of the Friends of Norwood Center
- Board Member of the Bay State Animal Cooperative
- Board Member of Charley's Angels Pet Initiative



Michele DeFazio Taranto
Your Trusted Realtor and Seniors Real Estate Specialist®
781-799-7068 mtarantorealty@gmail.com



Real Estate Corner

Register O'Donnell Sworn In

Norfolk County Register of Deeds William P. O'Donnell was sworn into a new term on January 1, 2025, during a ceremony at the State House Library, in Boston. Conducting the swearing in was Secretary of the Commonwealth William F. Galvin.

In order to execute a critical part of his official duties as Norfolk County Register of Deeds, Register O'Donnell was also sworn in as Norfolk County's Assistant Recorder of the Land Court, by Chief Justice Gordon Piper of the Massachusetts Land

Court, at the Great Hall of the John Adams Courthouse, which is the original location of the Massachusetts Land Court.

Register O'Donnell, a Norwood resident, who has been the Register of Deeds since 2002, was re-elected during the November 5, 2024 election.

"I would like to thank the residents of Norfolk County for the support and trust they have shown me over the years," Register O'Donnell said. "It has been a privilege and honor to serve

as your Register of Deeds. You can rest assured that the Registry of Deeds will continue to be an efficient customer-oriented operation, and that at the Registry of Deeds we are as committed as ever to sound management practices and service to the residents and businesses of Norfolk County."

Register O'Donnell, explained the role of Assistant Recorder of the Land Court.

"Massachusetts has two classifications of land: recorded



Ready to Sell?



11 Windmill Drive, Westwood
Sold for \$186,000 OVER ASKING PRICE

Legacy Properties is composed of seasoned professionals in the industry, possessing a deep understanding of market trends and property values. This expertise enables Legacy Properties to guide clients toward informed decisions. Legacy Properties, LLC stands out for its personalized service, attention to detail, and commitment to exceeding client expectations.



Call me for a FREE Home Market Analysis and FREE Home Staging Consultation

Gail LiDonni
BROKER/OWNER
ABR, Realtor, Norwood
Town Meeting Member

GAIL LIDONNI • LEGACY PROPERTIES
Your Local Real Estate Agent
Gail@LegacyPropertiesRE.com
781-799-5344



land and registered land," Register O'Donnell explained. "The Massachusetts Land Court is responsible for resolving disputes involving land or real property. Once the case is resolved by the Land Court, I, as Register of Deeds, am responsible for overseeing the recording and safekeeping of these registered land records in Norfolk County. The Land Court also sets out rules for the recording of Registered Land documents. This is why the Register of Deeds is required to be sworn in as an Assistant Recorder of the Land Court."

In the case of Norfolk County, approximately 80% of the property is classified as recorded land and the remaining 20% is considered registered land or "Land Court property." Register O'Donnell noted, "Whether the land in question is recorded or registered land, I take my responsibilities as an Assistant Recorder of the Land Court very seriously. The citizens of Norfolk County can be assured that the county's approximately 13.1 million land documents are being recorded accurately, efficiently, and are available online for viewing via our state-of-the-art computer system.

"Finally, I want to thank Secretary Galvin and Chief Justice Piper, and their staffs for their

graciousness and kind remarks extended to me at the swearing-in ceremonies," Register O'Donnell concluded. "The level of cooperation and mutual respect exhibited between the state and county has been critical to achieving our goals with regard to the recording and safekeeping of land documents."

If you would like to stay up-to-date on upcoming Registry of Deeds events, programs, and real estate information, you can sign up for the Registry email updates at www.norfolkdeeds.org, like them on Facebook at www.facebook.com/norfolkdeeds, or follow on Twitter at www.twitter.com/norfolkdeeds.

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



Happy Valentine's Day

"Paul was excellent to work with. He made selling our home easy! He took care of all the details from start to finish. He always returned emails or phone calls promptly. Would highly recommend!"

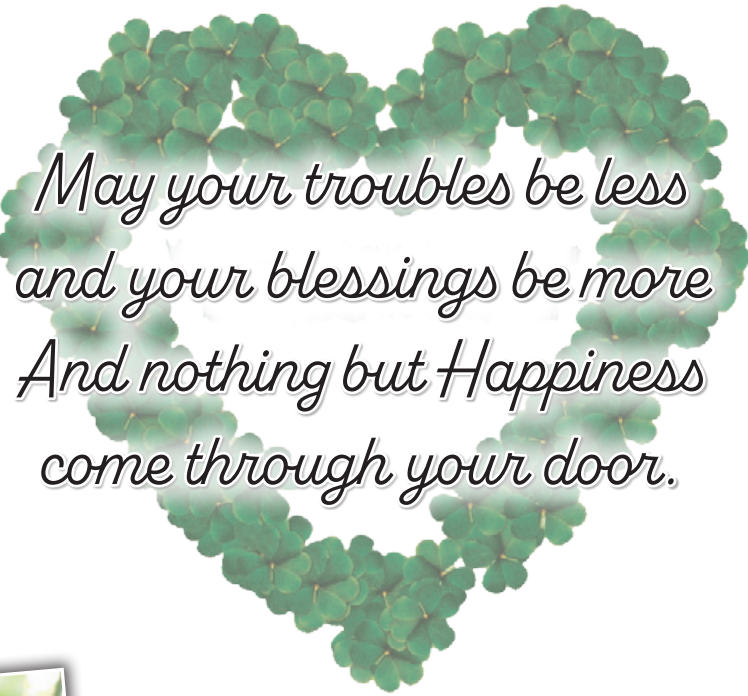
- Jim G.

Paul G. Keady
RE/MAX Real Estate Center
781-762-1945 Office
781-799-5099 Cell
pkeadyrealestate@gmail.com
www.paulkeady.com



Looking to advertise in our Real Estate Corner?
Contact Jen Scholfield today at 508-570-6544 or by email at jenscholfield@localtownpages.com

Let Anne help you find happiness in your new home ...



May your troubles be less
and your blessings be more
And nothing but Happiness
come through your door.

Here are just a few of the Norwood homes Anne sold during 2024.



From Your #1 Norwood Realtor®
~ Anne Fahy 2007-2024

ANNE FAHY
PRESIDENT'S PREMIER ASSOCIATE

617-257-8088
ANNE.FAHY@NEMOVES.COM



COLDWELL BANKER PROUDLY HONORS
JULIE GROSS



WESTWOOD



International President's Elite
Representing the Top 2%
of Coldwell Banker®
Agents Worldwide

RANKED #1
NORWOOD, MA
THE LATEST NUMBERS SAY IT ALL

Leading Brokerage by Total Units (Jan - Dec 2024)



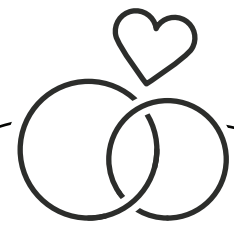
Based on total number of closed units in Norwood, MA in all price ranges as reported by MLS Property Information Network, Inc. on 1/14/2025 for the period of Jan - Dec 2024. One unit equals one side of a transaction (buyer or seller). Source data is deemed reliable but not guaranteed. Real estate agents affiliated with undefined and independent contractor sales associates, not employees. ©2025 Coldwell Banker. All Rights Reserved. Coldwell Banker and the Coldwell Banker logo are trademarks of Coldwell Banker Real Estate LLC. The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realty Brokerage Group LLC and franchised offices which are independently owned and operated. The Coldwell Banker System fully supports the principles of the Fair Housing Act and the Equal Opportunity Act.



781-801-6369 • julieghomes@gmail.com • juliegross.com

You said, "yes."

This is where to say, "I do."



The Tiffany Ballroom

(781) 255-3159

tiffanyballroom@hobbsbrook.com

tiffanyballroom.com



Robert Roofing & Gutters

49 YEARS IN BUSINESS!

ONE CALL SENDS
A ROOFER...
NOT A SALESMAN

857-247-8709



NO GIMMICKS,
JUST HONEST PRICING!

- Roofing
- Siding
- Windows
- Gutters
- Residential Rubber
- Flat Roofs



CertainTeed



FREE ESTIMATES
LICENSED & INSURED

www.robertroofingandgutters.com • Rgreene465@gmail.com