

Sam White Leads Recreation Department

BY MICHELE TARANTO

You may or may not have seen Sam White at a Norwood recreation event. He is always there, but quietly leading from the background, watching, and on the ready to grab a chair when needed, jump in to lend a hand, or simply welcome a

didn't grow up here like many residents, but many would think he did by his unwavering devotion and reliable commitment to this town.

White's journey into recreation will be no surprise when residents learn about his background. He grew up in the small town of Poultney, VT, was a very active athlete, but basketball and football would eventually become his passion through high school.

"Recreation has always played a significant role in my life," White said. "Ultimately, it led me to study sports management at Lasell University where

I also played basketball."

After Lasell, the state of Vermont welcomed him back while to pursue a Master's in Athletic Administration at Castleton



University.

So how did a Vermont guy land in Norwood? White credits his girlfriend for sharing her love for the town, and thankfully this is where they decided to plant roots, both in housing and careers.

"I initially worked at Dedham Health and Athletic Complex for six months before joining Norwood Recreation as the program coordinator in December, 2021," White said. "From the moment I started, I knew this was where I wanted

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guest or participant. He continues that enthusiastic spirit today, but just in a different role; Norwood Recreation Department Superintendent. White

Who Has the Best Swing in Their Step?

BY BELLA CAGGIANO

The highlight of the approach to spring in Norwood is not the longer days and warmer weather, it is the event of the year: Dancing with the Norwood Stars! The event is not until April 18, 8 p.m., at Four Points Sheraton of Norwood, however, the dancers will be holding fundraisers until the big night and Norwood residents will want to know how and how they can participate! Learn about events through the Dancing with the Norwood Stars and individual dancers' Facebook pages.

Each year, six residents take to the dance floor to take home the coveted Disco Ball Trophy. This year's dancers are: Sean Barnicle, Dave Campisano, Shelbe Doliner, Amanda Grow, Maddie Rice, and Derek Field. Two winners will be crowned this special evening: an Overall Winner for the person who raises the most money and the Judges Choice for the best single dance. For the past few months, the dancers have been holding fundraisers around town to raise donations for their team to win as the Overall Winner. They have also spent hours practicing

with professional dancers from the Fred Astaire Dance Studio, in Norwood, to win that coveted Judge's Choice Award!

Tickets unfortunately are already sold out, but the event will be broadcasted live through Norwood Community Media (NCM) Check for your local station at norwoodcommunitymedia.org to view through your cable company.

Meet the 2025 Dancing with the Norwood Stars contestants!

Sean Barnicle

Sean Barnicle is a proud Norwood native and a graduate of Norwood High School, Class of



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to be long term.”

Apparently, Norwood insiders recognized his talents and after just a year and a half, he was promoted to assistant director. Proving himself an asset to the town and its residents, White recently took the reins as Superintendent of the Recreation Department.

“Receiving this opportunity was an exciting moment and I am grateful for the support I have received from the Norwood community in my time here,” White said. I look forward to giving back to a town that has already given me so much.”

Probably the best part about Norwood’s new recreation superintendent is his love for sports, fun, and community. Any resident who has participated or attended a Norwood-sponsored event has likely met Sam. He would be the guy with a big smile on his face and working hard to ensure everything runs smoothly and a good time is had by all. Those events also do not happen during regular business hours. Weekends, evenings, if there is a Norwood recreation event, White is there. His success, however, is a

team effort with many full, part time and seasonal employees following his lead.

“Our department is powered by an incredible team of four full-time staff members, including myself, Marie Kidd (program coordinator), Howard Weinstein (recreation administrator), and Allison Penza (assistant recreation administrator),” White said. “The Civic Center remains clean and welcoming thanks to the dedication of Mark Brown and Dave Dalton. Additionally, we rely on over 100 part-time staff throughout the year, from lifeguards, to program instructors who help ensure our facilities, programs, events, and activities run smoothly and safely.”

White is not new to Norwood or the recreation department so residents can expect a smooth transition with quality staff and programs that have made Norwood the envy of neighboring towns. White, however, will bring fresh ideas and new perspectives to Norwood’s curriculum through events, classes, entertainment, and camps. Have an idea? White is always open to listen!

I am truly honored to take on this role and excited for the future of our department,” White said. “I can’t wait to see how we continue to grow and serve the Norwood community!

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2005. He has dedicated his career to public service working the Public and Affordable Housing sector since earning his degree from the University of Connecticut in 2009. With 16 years of experience in housing and community development, Sean has served at the Norwood, Wellesley, and Methuen Housing Authorities.

Currently, Sean is the Executive Director of the Norwood Housing Authority, where he continues to advocate for and enhance affordable housing opportunities for the community. In 2024, he was honored to testify before the State of Massachusetts Joint Committee of Bonding, Capital Expenditures, and State Assets lending his expertise to critical housing policy discussions. That same year, he was recognized as the MassNAHRO Member of the Year; an award celebrating his leadership and commitment to securing financial, political, and community support for housing programs across the Commonwealth.

Sean is deeply rooted in his community and values family above all else. He and his wife Erin Cronan, are the proud parents of their son, Liam. Sean is also the son of John and Cathy

cated to strengthening housing initiative that support individuals and families in Norwood and beyond.

Dave Campisano

David is the founder and Executive Director of 22Mohawks,



a pioneering non-profit organization dedicated to preventing veteran and first responder suicides through the innovative pairing of individuals with dogs. His journey began during his undergraduate studies in finance and continued through his Master’s Degree in Public Administration, both from Suffolk University. It was during this time that Dave established 22Mohawks, driven by his deep commitment to addressing the critical issue of suicide among those who have served. Dave’s background is marked by a distinguished career in the US Army, where he achieved Ranger qualification, Airborne status, and led multiple teams during the Global War on Terror. His military service instilled a profound understanding of leadership, resilience, and the importance of support networks—principles that have guided his work with 22Mohawks. After his service, Dave transitioned to a career in wealth management, where he pursued his passion for helping others achieve a fulfilling and successful life. Despite his success in this field, his dedication to supporting veterans and first responders remained unwavering, leading him to channel his efforts into the creation and growth of 22Mohawks. Dave remains engaged in physi-

cal fitness and community service when not actively involved in his non-profit. He can often be found running trails, spending quality time with his dog Winston, and volunteering to mentor veterans, guiding them toward finding purpose and fulfillment. His personal experiences and professional background uniquely position him to make a significant impact through 22Mohawks, exemplifying his lifelong commitment to serving others.

Shelbe Doliner

For over 22 years, I’ve proudly served as a paraprofessional at Norwood Public Schools, building strong bonds with my students, who have become my “kids.”

Though born and raised in Millis, Massachusetts, my heart



has been deeply rooted in the Norwood community through my work at the high school.

Supporting students both in and out of the classroom is my passion, whether that be cheering at games, attending cheerleading competitions, volunteering with the Friendship Club, or simply being a trusted, listening ear.

Outside of school, I stay busy working at Needham Golf Club, Paul’s Flowers in Millis, and volunteering with the Millis Lions Club. I also enjoy traveling to NYC to visit my daughter Brie and contributing to community organizations in Norwood and Millis.

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I am so excited and honored to be part of Dancing with the Norwood Stars this year fundraising to assist families experiencing medical challenges.

Amanda Grow

Hi, I am one of Norwood's Selectmen, Amanda Grow. I am so overjoyed to help the Circle of Hope this year as one of the dancers! It's such an important cause. I'll be dancing in memory



of my late mother-in-law, Kim, as well as friends Megan and Fran, each of whom fought valiantly against cancer. I miss them and I've saved seats at the table for them because I know they'd get a real kick out of seeing me dance.

Most people know me from my blue hair. I like to say that I'm "party in the front business in the back." See, by day I am the producer of a video game studio where I help teams make games like Dungeons and Dragons online. But since my day job is so fun, my free time tends to be spent on more serious things. It's my way of giving back. I volunteer with local civic groups like the League of Woman Voters, and pitch in around town with Impact Norwood and the Norwood Anti-Scam Task Force.

In 2023, I was selected for an MCSW Commonwealth Heroine Award. I was also chosen for the 82nd Citizens Legislative Seminar. My hobbies include data science, behavioral economics, languages, and constantly teaching myself new digital and energy technologies. So yeah, fun by day, civic duty and excel spreadsheets by night!

I grew up in Dayton, Ohio, where I met Nick, my husband of 20 years (this year). He's a quality director in the medical device industry, as well as a Mason in town. We moved to Norwood in 2007, for my work and fell in love with the town because of its innovative spirit, rich blend of cultures, and its clearly expressed sense of community.

It's my sincere pleasure to dance for a cause that gives to people of Norwood in their hour of need.

Maddie Rice

I am so incredibly honored to be a dancer this year. A bit about me; I was born in Norwood Hospital and raised in Norwood. I graduated Norwood High School



in 2019. After high school, I got a job at the hospital doing birth registry, which ended once it unfortunately flooded in 2020. I have worked at Lewis's since 2017 where I am a waitress and a bartender. Norwood is an amazing

community that I am so proud to be a part of! I'm so excited and honored to be a part of this year's Dancing with the Norwood Stars and be able to contribute to an excellent organization!

Derek Field

Derek is the owner and chief instructor of Field Martial Arts Academy in Norwood, which is going on its 11th year as a Nor-



wood business (14 years total). He is a 6th Degree Master Black Belt in Taekwondo and a gold level certified Black Belt instructor under the Krav Maga Alliance.

Derek has a passion for helping his students and members

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MEET LEIA

Leia is a very sweet girl, approximately a year old, who was



found in a backyard in Norwood in very rough condition. She was emaciated and fragile, to say the least. She has been lovingly cared for and bulking herself back up to a normal weight and is constantly looking for snuggles. She is still a little shy, but is very welcoming to being pet and picked up. Leia is constantly purring, chirping for pets, and always finds the one sunny spot to sun bathe

in throughout the day. Her only hurdle now is finding a loving and caring home. And yes, she is named after Princess Leia from Star Wars!

There is a \$175 adoption fee for each cat that includes; spay or neuter, age-appropriate vaccines, feline leukemia test, FIV test if over 6 months of age, microchip, flea treatment and roundworm treatment as needed, additional treatments as deemed necessary. Thank you and if you do not hear from one of our volunteers in a reasonable amount of time, please do not hesitate to contact us through email at info@baystateanimals.org.

YAY FOR EARL!!

The volunteers at the Bay State Animal Cooperative met Earl almost two years ago when he and his housemate Oliver were surrendered. Oliver was adopted soon after and Earl remained in foster care along with JR, a long-term Bay State kitty. Due to some health issues, Earl was harder to adopt out; he required attention



arranging medications and received annual echocardiograms (\$700) for a previously diagnosed mild heart disease. (No question about the cost). His heart condition has been stable requiring only one blood pressure medication for the time he has been

Thank you to Earl's dedicated foster home, his supporters, and his new family for making his life complete!

Bay State Animal Cooperative has changed faces many times over the past 16 years from Trap-Neuter-Return focused, to Spay/Neuter Rescue emphasis, to taking those cats other groups don't feel are worthy due to their complicated history, attitudes, or medical concerns. It continues to try and do what it can within

time from volunteers. The funding goes directly to medical care, intake costs and long-term fosters.

The organization runs fundraisers, such as the yearly Car/Dog Wash Rabies clinic, but unfortunately, more money is needed to rescue too many cats who are surrendered or homeless. The success stories of Pineapple and Earl's medical costs are a great example of the lengths

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Ever Run a Car/Dog Wash Rabies Clinic?

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 The Bay State Animal Cooperative is looking for a coordinator for their Annual Car/Dog Wash fundraiser which will be held in June.
 It's a lot of fun for a very worthy cause!
www.baystateanimals.org/#volunteer

Volunteers Needed for Car/Dog Wash!

Event will be held on a Sunday in June!
 No experience necessary.
 Adult and kids welcome!
www.baystateanimals.org/#volunteer

with a fabulous long-term foster mom.

He has always been offered for adoption, but it looked like BSAC would have him for the remainder of his life. Until one day in February when his bio and adorable pink nose caught the attention of an amazing family and their dog!

Earl and the family met; it was love at first pet and now this patient boy has truly found the home he will reside in, thrive in and call his furr-ever. Earl adjusted right away, making himself at home sitting in the window monitoring the bird feeders. He greets his family with purrs and headbutts, and feels just fine about his new canine friend.

their financial and physical means, and "tails" like this one makes the efforts all worth it.

BSAC can't help the "Earls" without you. Please consider monthly donations to help sponsor the expenses of 8 current long-term foster cats and future efforts to help those in need! You can set up monthly donations on their website through the donation tab (using Zeffy which gives us 100% of all donations) and be a BSAC super fan. Thanks to those of you already contributing. You matter!

DONATIONS NEEDED

The Bay State Animal Cooperative is a non-profit 501c(3) organization that operates solely on donations and the generous

BSAC will go for the comfort and health of its cats.

The organization accepts one time and monthly donations through their website. If everyone gave just a little, imagine what could be done to save these cats whose only threat was neglect or homelessness.

To donate, visit <https://www.baystateanimals.org/#donate>.

baystateanimals.org



Happy 10th Birthday WBN!

By BELLA CAGGIANO

The acronym may not be immediately familiar, but chances are, if you are a local business owner or employee, or attended a Norwood event, you have seen the ladies of this networking group, if only through their signature pink balloons. The Women's Business Network of Norwood (WBN) is a local women's networking group. They don't have a brick-and-mortar office, but they have remarkably endured the test of the economy, a pandemic, and challenges of building businesses and maintaining relationships for a decade!



WBN consists of local businesswomen who have diverse backgrounds, skill sets, and businesses. The organization was launched by Michele Taranto a local Realtor, in March, 2015, to help connect local, professional women and serve as a forum to collaborate and share ideas, build relationships, and develop a passage for all to draw inspiration.

Through bi-monthly meetings and community events, members get to know each other and their businesses in order to identify how they can help each other grow, both professionally and personally.

Through the years, WBN has earned a reputation not only as a referral and resource network, but

also for contributing to the local community. The group is probably most known for its Annual Mitten Drive during the month of November, where donation boxes are scattered around Town, and in early December, hundreds

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empower themselves through training. Kids through adults, he loves to see them become the best version of themselves! He tries to continue being an example him-

self for his students as he continues to train and challenge himself in various areas of martial arts and fitness.

Outside of the martial arts mats, Derek loves spending time with his 3 1/2 year old son, James and his wife of seven years, Dani-

elle. While the married couple have traveled the world, from Finland, to El Fin del Mundo, James has gotten in on his fair share of rides also! Fun fact, not only does Derek love to dance, he is also not one to shy away from a karaoke machine!

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HELP WANTED: A guide to getting your next job

You've landed an interview, now to prepare

BY THERESA KNAPP

Congratulations, the company has noticed your résumé and they've scheduled an interview with you. Now what?

Now you prepare. Getting a job is difficult and time-consuming. The more prepared you can be, the more confident you can be, and the more successful you can be.

For the employer, the purpose of the job interview is to assess the candidate's skills, their motivation, and to see if they are a good fit with the company's culture and mission.

First impressions count

According to the American Psychological Association, first impressions can have a real impact on your professional success. Ways to strengthen your chances of making a good first impression include:

- 1. Know your audience:** Know who you're interviewing with so you can speak to them directly
- 2. Exude confidence:** Speak slowly and calmly, make eye contact
- 3. Field questions gracefully:** Don't get defensive, you don't know an answer, it's okay to say so
- 4. Prepare and practice:** You cannot overprepare
- 5. Be a good listener:** Pay attention, make eye contact, nod, don't interrupt or finish their sentences

Source: www.apa.org/gradpsych/2012/11/first-impressions

For the candidate, the interview can help assess if the job description is accurate, if you're comfortable with the "feel" of the company and its representatives, etc.

Preparation is key

- Read the job description thoroughly, research unfamiliar terms and acronyms
- Research the company through its website, blog, and LinkedIn page
- Search for company reviews on sites like GlassDoor, Indeed, Jobcase, etc.
- Search for the company in the news, is there anything about the culture, stock, etc., you should (or should not) discuss during the interview? A quick Google search could reveal important information
- Be familiar with the office location (even if it's a virtual position or interview)
- Have your elevator pitch ready

Your "elevator pitch" should be "u-nique"

An elevator pitch is your introduction. The pitch should be 30 to 60 seconds long and should address your professional history, accomplishments of which you're most proud of, and relevant career goals which tie in with the job for that you're applying.

The pitch should end with a fun fact about yourself, something that can help you stand out from the other candidates. It should be positive and not too personal.

Many employers receive hundreds of applications for each

job. It will help your chances if you have a memorable interview. What makes you "u-nique"? Employers often ask each candidate the same list of questions so they can make accurate comparisons, and they often hear similar answers from each applicant. By sharing something unique about you – that you can directly relate to the job responsibilities – your chances of standing out can increase. Do you speak several languages? Do you have a unique hobby? Did you audition for American Idol? Were you at the 2004 Red Sox World Series Game?

Five questions to ask yourself as you prepare

According to the job search engine Indeed.com [bit.ly/Indeed5questions], five questions to ask yourself before a job interview include:

- What past accomplishments are you most proud of?
- What three things do you want

to get better at this year?

- What skills do you have that you've noticed differentiate you from your peers?
- What would your past or present colleagues say is the best thing about working with you?
- Where do you want to be in three or five years?

Take some time to think about your answers. An interview is the time to shine, to identify areas in which you are proud, and to share those accomplishments. Let the employer know what skills and energy you'll bring to their company.

If you're wondering how to highlight your strengths in an interview, Indeed [bit.ly/IndeedPersonalStrengths] says focus on quality not quantity, back up your strengths with examples, and provide original answers to routine questions – you want to provide the answers they're looking for while standing out from the competition.

10 common job interview questions and how to answer them

According to the *Harvard Business Review* [bit.ly/HBR10CommonInterviewQuestions], the following questions are often asked during a job interview:

- Could you tell me about yourself and briefly describe your background?
- How did you hear about the position?
- What kind of work environment do you prefer?
- How do you deal with pressure or stressful situations?
- Do you prefer working independently or on a team?
- How do you keep yourself organized when balancing multiple projects?
- What did you do in the last year to improve your knowledge?
- What are your salary expectations?



- Are you applying for other jobs?
- Can you explain a time gap on your résumé?

Be prepared to respond to these questions with the answer and, when appropriate, why that is the answer.

For helpful detailed responses, visit bit.ly/HBR10CommonInterviewQuestions.

"What is your greatest weakness?"

Another often-asked and often-dreaded interview question is, "What is your greatest weakness?" The purpose of this question is to see if you're honest, self-aware, and open to self-improvement; it gauges your emotional intelligence.

According to themuse.com [bit.ly/MuseGreatestWeakness], there is a simple formula to answer this question:

- Clearly describe your weakness [ex. Delegating]
- Give a short example of a time your weakness affected your work [ex. The meeting started late because I did all the prep work myself, I should have delegated.]
- Talk about what you've done to improve your weakness. [ex. I now look to my team or coworkers to ask for assistance at the beginning of a project.]

When answering the question, be sure to answer concisely and focus on the solution, not the weakness. And always leave the answer on a positive note.

"Do you have any questions for us?"

At the end of most interviews is one last question: "Do you have any questions for us?" Your answer should always be "yes" even if the employer has answered every question you had. It is important you ask at least one question, preferably 1-3 questions as time allows. Suggestions include:

- How would you define success in this role?
- How is success measured in this role?
- What is the most challenging aspect of this role or this team?
- What do you like about working here?
- How many other members are in this department?
- How would you define company culture?
- What opportunities do you offer for professional development?
- Questions related to information on their website, blog, or social media
- What are the next steps in the hiring process? [this should not be your only question]

It's always best to ask some of these questions during the interview but be sure to save one or two questions for the end.

For the "70 best questions to ask in an interview," visit bit.ly/Indeed51QuestionsToAsk.

This article includes original content and information from Indeed.com, themuse.com, Harvard Business Review, and PositivePsychology.com

INTERVIEW PREP

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HELP WANTED: A guide to getting your next job

Digital footprints, yours and theirs

By Theresa Knapp

According to Business News Daily, “It’s no longer that a great resume and a solid interview dictate whether you get a job offer. Your personal social media profiles can potentially seriously affect your professional life.”

Business News Daily suggests the following tips for passing social media screenings:

1. Don’t erase your profile: This can imply you have something to hide and does not guarantee the profile is com-

2. Use social media to your benefit: Use your socials to promote content that shows your knowledge, professionalism, achievements, etc.
3. Google yourself to see what others will see when they do the same
4. Consider making your profile private: It is legal for employers to check public social media accounts, and be wary of hiring managers re-

questing information beyond what’s available online (this is similar to employers asking inappropriate questions during interviews and should raise a red flag)

Source: www.businessnewsdaily.com/2377-social-media-hiring.html

There are ways to make social media work to your advantage during the interview process, including updating your social media profiles with up-to-date information, this includes Facebook, Instagram, LinkedIn, TikTok, X – anywhere you have an

active account; and like/follow companies that interest you and companies where you are interviewing.

LinkedIn.com offers the following tips to improve your LinkedIn profile:

1. Choose the right profile picture
2. Add a background photo
3. Make your headline more than just a job title
4. Record and display your name pronunciation

5. Grow your network
6. List your relevant skills
7. Request recommendations
8. Showcase your passion for learning

9. Add comments
Follow relevant influencers in your industry

Source: bit.ly/LinkedInProfileTips2024

This article includes original content and information from Business News Daily and LinkedIn.

INTERVIEW PREP

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“What’s your greatest weakness?” possible responses

When a potential employer asks this question, and they usually do, the following topics can be good answers as long as the ‘weakness’ is not directly related to the job you’re seeking. For example, if you’re applying to be a salesperson, you would not say your weakness is cold calling; and if you’re applying to be an auditor, you would not say your weakness is math.

Other possible responses relate to:

- Public speaking
- Delegation
- Time management

- Writing
- Organization
- Attention to small details
- Cold calling
- Confidence
- Decision-making
- Explaining complex or technical topics
- Feedback, giving or receiving
- Grammar
- Math
- Patience
- Self-esteem
- Understanding when and how to say no

A full list can be found at bit.ly/MuseGreatestWeakness

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What is emotional intelligence?

Questions like “What is your greatest weakness” test your emotional intelligence, to see how you would behave, engage, and react in certain situations. Other questions used to gauge emotional intelligence, and could easily be asked during an interview, include:

1. How do you de-stress after a bad day at work?
2. What’s something you’ve achieved that you’re most proud of and why?
3. Who are some of your top role models, why do they inspire you?
4. How do you celebrate success?
5. How do you respond when a co-worker challenges you?
6. Have you ever had to change your behavior, either at work or home, if so, why did you have to change, and how did you change?
7. How do you recover from failure?
8. When have you felt demotivated, and what did you do to overcome this?
9. How would some of your closest friends describe you?
10. What kind of behavior makes you angry/annoyed?

Source: positivpsychology.com/emotional-intelligence-interview-questions/

HELP WANTED: A guide to getting your next job

Résumés, cover letters, and references

By THERESA KNAPP

Résumés and cover letters are important because they help job seekers convey their qualifications, experiences, and skills to potential employers. Your resume and cover letter should be tailored to each specific job and should mention several of the qualifications listed in a job description.

Many companies use an Applicant Tracking System (ATS) so it is important to use as many keywords from the job description as possible as this will increase your chances to make it past the initial filter.

Résumés

Résumés provide a first impression to the employer and should put your best foot forward. The ideal resume is one page long, but two pages is common.

The layout should include your name, email address (be sure it is a professional email address), and phone number at the top of the page, your home address is not necessary. The next section can be a Professional Summary or Objective (optional), then Experience (in reverse chronological order) in paragraph or bulleted list form. Follow this with Education, and end with an optional Achievements or Skills section.

Do not include a Reference section on your resume. According to indeed.com, resume tips to help you land an interview include:

- Look for keywords in the job posting and include those on your resume
- Review resume examples for your industry
- Résumés should be simple and brief
- Include concrete achievements and metrics when possible
- Include only relevant information
- Use a professional font, 12 points, black font (unless your industry prefers color and creativity)
- Margins should be one inch (expand to 1.15 or 1.25 inches if you don't have a lot to fill the document)
- Call attention to important achievements within a job description or in a separate "Achievements" or "Skills" section at the bottom of the resume
- Proofread, proofread, proofread
- Make multiple versions of

your resume

Source: www.indeed.com/career-advice/Résumés-cover-letters/10-resume-writing-tips

Coursera [www.coursera.org] suggests using action words such as *generated, reviewed, crafted, analyzed, developed, compiled, arranged, secured, collaborated, documented, presented, administered, refined, produced, accomplished, increased, grew, improved, managed, delivered, transformed, fulfilled, engaged, negotiated*, etc.

For 150 resume action words, visit www.coursera.org/articles/resume-action-words. According to Forbes.com, the top skills to put on your resume in 2025, if applicable, are:

- Data analysis and project management
- AI and machine learning
- Software engineering and IT infrastructure
- Critical and strategic thinking
- Problem-solving
- Adaptability and agility
- Collaboration and teamwork
- Communication skills

Source: www.forbes.com/sites/

[rachelwells/2025/01/10/top-skills-to-put-on-your-resume-in-2025/](https://www.careerwells.com/2025/01/10/top-skills-to-put-on-your-resume-in-2025/)

Cover letters

If a job description says a cover letter is not required, you don't have to submit one. If it says a cover letter is optional, it's in your best interest to submit one.

A cover letter is a short letter that accompanies your resume and illustrates how your experience would directly relate to the specific position to which you're applying.

According to the Columbia University Center for Career Education, the goal of a cover letter is to highlight your qualifications, showcase your motivation, and reflect your voice and written communication skills. To write an effective cover letter, you should review the job description and research the company and its values and mission. The Columbia website says, "As you craft your cover letter, use examples that demonstrate your relevant skills, knowledge, and interests."

The standard format includes a heading that matches your resume (centered), the address of the company (against left margin), then a salutation (if no name is given use "Hiring Manager or the title mentioned in the job description). The first paragraph is the introduction where you say what job you're applying for and why; and the second paragraph (this could be two paragraphs, if need be) can highlight one or two skills or experiences and how they are relevant to the job for which you are applying. The last paragraph is a conclusion where you recap what you would bring to

the organization and your interest in the position, and thank them for their consideration.

Source: <https://www.careereducation.columbia.edu/resources/how-and-why-write-great-cover-letter>

References

References are typically not requested until a job offer is pending, though some companies may request them up front.

Be sure to alert the people you are using as references so they are not surprised when they receive an email or phone call related to your application.

Carefully consider who in your current job you can use as a reference that will not compromise your current work situation.

When choosing your references, the American Association of University Women (AAUW) says you should find colleagues you can trust, pay attention to titles, be prepared (always keep an updated list of references, keep them updated with current information), follow up after they provide a reference with a thank you note and tell them if you got the job. And finally, never misrepresent your references or yourself.

Source: www.aauw.org/resources/career/boost-your-career/providing-references/

This article includes original content and information from the American Association of University Women, coursera.org, forbes.com, indeed.com, and Columbia University.



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HELP WANTED: A guide to getting your next job

Job search and technology, what you need to know about AI

BY VICTORIA RAYEL
CAREER COUNSELOR AND
LIFE COACH

If you're thinking about starting the new year with a new job, it's important to be clear about your job targets, ideal industry,

applicants and expedite the process.

To stand apart in this market, you need to know what to expect when it comes to technology in the job search. Three tips to ensure you don't get lost in the application 'black hole' include

application materials match the job for which you're going. You can use tools like Jobscan and free AI Chatbot's (ex. ChatGPT, Perplexity, Gemini) to help make sure you match the skills and experiences the job requires.

For example, upload your

Type "Create a list of key skills this job is looking for and list where they come up on my résumé. Put this list in a grid"

Consider "Apply for me" Tools

Sites like Ladders and LazyApply apply to jobs on your behalf for a fee. You will fill out a series of questions, select the jobs that are interesting, then the tools will submit your application. Job searching can be a tedious task, and technology can help you save time in applying. Now you can spend more time on important things like interview preparation, upskilling, and the next tip.

Networking

Roughly 15% of positions are filled through online applications, so it is suggested job seekers spend at least 50% of their job search time on reconnecting with their existing networks and build-

WHAT IS "ARTIFICIAL INTELLIGENCE"

According to NASA, citing the National Defense Authorization Act of 2019, "Artificial intelligence refers to computer systems that can perform complex tasks normally done by human-reasoning, decision making, creating, etc."

www.nasa.gov/what-is-artificial-intelligence

ing new relationships. If online applications are not helping you get interviews, start having conversations. Coffee chats, phone calls, networking events, LinkedIn Group discussions, Discord, Facebook and any community groups you're involved in can be an amazing resource to connect to people.

Finally, don't let AI intimidate you. It's time to embrace the new normal and leverage technology to help you succeed.

location, pay, and have a résumé. With an increasing number of applicants due to a changing business environment, geo-political landscape and overall economic changes, recruiters use tools like AI to help them quickly find top

using artificial intelligence (AI), helpful automatic tools, and networking.

Use AI to Beat AI

When applying for a position, it's important to make sure your

résumé and the job description into ChatGPT, then try these prompts:

Type "Select three accomplishments from my résumé that match this job best" or



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WBN

continued from page 5

of winter accessories are given to the Norwood Food Pantry and local churches and thrift shops. Its members have also donated their time to help with Norwood's Easter Egg Hunt, Trunk or Treat, Norwood Day, the Norwood Farmers Market, the Holiday Celebration, and so much more. The hint that WBN has been there can be seen through those vivid balloons!



WBN is having a private celebration this month with current and past members. If you would like to learn more about the or-

ganization or meet some of these successful women at the celebration, call 781-799-7068, or email wbnornorwood.com. The group has stretched its original mission through town borders and is open to all working women, the only condition is one seat is filled per industry. Inquire now and soon you can join this supportive group of women who has successfully sustained a self-regulated networking group to not only help themselves but the community that also helped them thrive.

Unseen Challenges to Academic Success

By: GRAHAM R. STETSON, OD, MS

Imagine the frustration of trying to learn to read while the letters seem to move on the page. For many children undiagnosed vision problems create invisible barriers to success in the classroom. New research has revealed that vision is far more than just seeing clearly; it's about how the brain processes and understands what the eyes take in. In fact, studies estimate that nearly 80% of classroom learning relies on vision, emphasizing the urgent need to adopt a more comprehensive approach to children's eye care.

Visual challenges encompass a broad range of issues, including visual processing, sensory integration, and the efficient coordination of eye movements. Nearly

one in ten children experience such difficulties, which can significantly hinder their ability to learn effectively. If left undetected, these visual problems may mimic the symptoms of conditions like ADHD and dyslexia, leading to misdiagnosis and unnecessary treatments.

Early detection of these issues is critical; however, standard school vision screenings have no way of detecting the vast majority of these conditions. In addition, fewer than 15% of children receive a comprehensive eye exam before entering kindergarten.

Comprehensive eye exams are essential as they evaluate three fundamental components of vision: physical integrity, visual efficiency, and visual processing. Physical integrity refers to basic sight functions such as visual acu-

ity and peripheral awareness. Visual efficiency involves the coordination of eye movements and the ability to maintain proper focus both at a distance and up close. Higher-level visual processing enables the brain to interpret and give meaning to the visual data collected by the eyes—an ability that is indispensable for reading, writing, and overall classroom learning.

Parents and educators can play a pivotal role in early identification by being vigilant for common signs of visual problems. Indicators such as frequent eye rubbing, misaligned eyes, head tilting, skipping or re-reading lines, and using a finger as a reading guide may signal underlying issues. Other warning signs include difficulty remembering what has been read, problems copying information from the smartboard, holding reading materials closer than 16 inches, struggling to stay on a line when writing, and difficulty following oral directions.

Success in life often starts in the classroom, yet many children struggle simply because their vision needs go unnoticed. A comprehensive eye exam by an expert in neurodevelopmental vision can uncover issues that basic screenings might miss. By addressing these challenges early, we can help ensure that every child has better vision care and the opportunity to reach their full academic potential.

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Michael H. was rear ended while stopped at a red light. He immediately felt a twinge in his neck and his lower back, but thought it was ok. As time went on, however, the pain intensified and he started to get headaches. Since he didn't normally get headaches, he knew something wasn't right.

A friend told him to seek the help of Dr Goldstein at The Holistic Center at Bristol Square. Dr. Goldstein performed a consultation and examination and explained how he could eliminate his discomfort and pain. Once under care with Dr Goldstein, Michael's



Dr. Rochelle Bien & Dr. Michael Goldstein

symptoms started to resolve. His headaches became less frequent and were less intense until they went away altogether. His neck and lower back pain improved with chiropractic adjustments and a home exercise program. Today, Michael has resumed all the activities he enjoyed prior to the accident.

If you have had a slip and fall, or have been in and auto

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Norwood Sports

Hometown Transfer

By CHRISTOPHER TREMBLAY

Like many young kids, Ava Mourad watched her father coach her older sister in basketball, and eventually he was coaching her on the court as well. In addition to playing basketball in Norwood, Mourad would also sport soccer and softball uniforms for the town while growing up.

Playing basketball, Mourad not only found that she loved the sport but loved the girls she was playing it with. It wasn't until middle school when she began branching out and began playing AAU Basketball that she realized that she had a talent for the game.

"I was surrounded by a lot of talent and I was just as good as they were," Mourad recalled.

Her AAU Coach had her playing either point guard or a shooting guard during those days and Mourad quickly came to love the shooting guard position as she felt that she was a decent shooter. She would occasionally, however,

be asked to bring the ball up the court.

When it came time to go to high school, Mourad was enrolled at Bishop Feehan in Attleboro. Here she would sharpen her basketball skills with the rest of the team, and although she was okay with her first two seasons at Feehan, she wanted to finish up her high school career playing for her home town.

"I loved Bishop Feehan; I made some of my best friends there, but I wanted to be closer to home and play with the girls that I grew up with in my town," Mourad said. "I was just more comfortable playing at Norwood."

According to Mourad, Bishop Feehan had a competitive girls basketball team with skill levels that ran very deep. Although she did get to play on the varsity team during her sophomore campaign where she learned a lot about the game, she felt that she belonged

back in Norwood.

Coming back to play in her hometown, the then junior quickly got involved in summer basketball leagues and played a lot of pickup basketball with her friends before entering Norwood High School during her junior year.

"Norwood tryouts went just as expected," Mourad said. "I knew a lot of the girls and was very confident with my game. Bishop Feehan focused a lot on communication on the court. As a freshman, you tend to be quiet and don't speak up, but there you were pushed to talk and that has definitely helped me here, especially now that I am a captain."

Mustang Coach Kristen McDonnell had Mourad in her starting lineup right away and she found that the junior made an immediate impact. This year, Mourad is one of the team's leading scorers and the squad moves to her beat.



"Ava is a class-act kid and very fierce on the court," the Norwood coach said. "She leads us on defense and usually guards the toughest person on the other team. She was voted by her teammates unanimously as a co-captain for this year's team, which says a lot since she has only played one season with us."

McDonnell went on to say that Mourad rarely comes off the floor and is continuously working on her game three days a week before school starts. In her first season with the Mustangs, McDonnell wanted her to shoot more, but instead the then junior would attack the basket. Teams would eventually start to learn her tendencies and waited for her to commit. This year, she has become a sharp shooter which gives the rest of the team the ability to attack the basket when needed.

When Bishop Feehan made it to the State Tournament, Mourad did not see any minutes on the court, so when Norwood qualified for the Division 2 Tournament last year, she was very excited about playing in post regular season rounds.

Norwood received a nine seed in the tournament last year and would make their way into the Elite 8 where they would eventually fall to number one seed Medfield. This year, she is hoping for another deep season.

"I would love to see this team make a deep run through the state tournament," Mourad said. "We are currently ranked second in the state, but we feel that we really haven't reached our full potential."

Individually, the senior is hoping that she can be the best leader that she can be, especially as the only senior that will see court time (the other senior co-captain is injured). She wants to be aggressive and teach the young talent to step up their game.

When Mourad was a freshman at Bishop Feehan two years ago, Norwood took their season all the way to the Division 2 State Championship game where they would be denied by Oliver Ames. While she was not a part of that Norwood team, she would love to get this year's team back to the championship game and win it for her town.

When high school is over, Mourad plans to go to college, but basketball will not be part of her future. She would like to attend a big school (unsure of where at this point) but wants to focus on her education.

"I will definitely miss playing basketball," she said. "But I realized that I love playing for my hometown program with a great coach and all my friends; that's all I need and it's a great way to go out."

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Background

- Norwood resident and homeowner for 27 years
- District 4 Town Meeting Member
- Regular contributor to the Norwood Record, sharing opinions on local issues
- Proud supporter of labor unions

Family

- Married for 33 years to a retired Massachusetts public school teacher with 36 years of service
- Father to 3 children, grandfather to 7 grandchildren, and great-grandfather to 3
- Born in Newton and raised in Holbrook, MA

Career


- 20 years in computer industry: engineering; purchasing; product management
- 10 years in sales and marketing: startups; acquisition
- 20 years Norwood handyman: home improvement; home repair

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Norwood Sports

Small, But Still Qualifying and Breaking Records

By CHRISTOPHER TREMBLAY

The Norwood swim team fielded one of its smallest teams this year, 12 girls and 2 boys, since co-coaches Jen Dwyer and Kate Curtin took over the program. The girls were able to go 4-4 on the season, while the boys didn't have enough swimmers to actually field a competitive team.

the record in the 50 freestyle with a time of 24.82 and the 100 freestyle at 54.71.

Samantha broke the record by a second, which in a sprint event is impressive, especially as only an eighth grader," Curtin said. "We're very excited to see what she will be in the future. She should definitely be a factor in the post-season."

freestyle (2:02.68) which he set last year as a freshman.

"He is another definitely talented athlete," Curtin said. "This season was a little difficult in terms of his focusing on individual success instead of the success of his team, but the opportunities were there for him."

Kwon will be swimming in

with the relay teams and helped them to qualify for the post-season," Curtin said. "It speaks to her as a leader; dedicated to her craft, but willing to participate in other events to help the team get points."

The other co-captain, Bridget Sople, qualified for the 100 breaststroke with a time of 1:15.58 and is seeded 10th in

relays and the breast stroke in the medley relay," Dwyer said. "She stepped up and showed her versatility and we relied on her in those events."

Other Sectional qualifiers for Norwood are senior Shea Larkee, a second-year diver, and sophomores Maddie Sople and Sydney Cochrane; both taking part in all three relays.



Participating in the South Sectionals at MIT in Boston, the Norwood girls' swimmers placed 11th out of 42 teams by scoring 100 points. All three relays (200-yard medley, 200-yard freestyle and the 400-yard freestyle) all finished in the top 15. Individually, Lee was the Mustangs top finisher with a third-place finish in the 50-yard freestyle with a time of 24.83 and was fourth in the 100-yard freestyle with a time of 55.23.

Sisk took home fourth place in the 1-meter diving event with a score of 398.30, breaking her own school record and Larkee was right behind her in fifth place with 382.75 points. Bridget Sople placed fifth in the 100-yard breaststroke with a time of 1:13.26.

On the boys side, Kwon placed 18th overall in the 200-yard IM with a time of 2:11.52, breaking his own school record and qualifying for the Division 2 State Tournament.

Pictured: Caleb Kwon; (left to right) Sydney Cochrane, Samantha Lee, Shea Larkee, Colleen Sisk, Bridget Sople, and Maddie Sople.

Although there were only 14 athletes taking part for the Mustangs in the pool, Norwood had 7 individual athletes qualify for the post-season in addition to all three of its relay teams; the 200 and 400 freestyle as well as the 200 medley.

Leading the Mustangs in the pool has been eighth grader Samantah Lee, who has taken part in just about every event for Norwood Swim this season. Her specialties are the sprinting freestyle events and has qualified for the post-season in every event except for the 100 backstroke.

Lee, who will swim the 50 and 100 freestyle in the post-season, captured first place in both events at the Tri-Valley League Championship Meet and holds the Norwood school record in both as well. She has

Coming into the season, the coaches knew that the young swimmer was a talented athlete, but going up against girls who were a lot older than she was something that would be tough.

"Her very first meet, we knew that we had something special," Dwyer said. "It's going to be exciting to see what she can do in multiple events throughout her career."

The young swimmer will also take part in two of the three relays Norwood has qualified for in the post-season.

Caleb Kwon, one of two boys swimming for the Mustangs this season, is also relatively young. As a sophomore this year, he broke the school records in the 100 butterfly (59.31), the 100 backstroke (1:01.89) and the 2 IM (2:13.96). Kwon also holds the Norwood record in the 200

the 2 IM and 100 backstroke in the post-season, and according to Curtin, it's a big deal as he is the first individual to qualify for the post-season for a Norwood winter team since moving to the TVL.

Senior co-captain Colleen Sisk, who will be attending Division 1 Bryant next year, holds two diving records for Norwood. This year, she scored 249.05 points in 6 dives, and last year in the Sectionals competed in 11 dives scoring 381.8 points. Sisk finished second in the TVL Championship Meet and will be headed into the South Sectionals at MIT as the three seed in her event.

In addition to diving, Sisk has taken on some swimming events for the Mustangs this year since their team is so small.

"She has really helped us out

the Sectionals. Sople worked on improving her time and focused on her endurance and was able to qualify in Norwood's last meet.

"As a captain, she too is an integral part of the freestyle

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Calendar of Events

March 1

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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.

Seed Packing Party!
Morrill Memorial Library - 10 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 why not make it a social event. Pack a variety of seeds, and have impromptu gardening conversations with fellow seed packers For all ages. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 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.

Music with Sarah
Morrill Memorial Library - 11 a.m.

Get ready to rock and roll! Join children's musician Sarah Gardner as she leads children and their caregivers in song, movement, and instrumental fun. Caregivers must stay with children throughout the program. For ages 0-5 years old. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Baby Sign and Play
Poirier Village Center, 82
Roosevelt Ave. - 11 a.m.

Join this playful four-week workshop, sponsored by the Morrill Memorial Library, with Sheryl White of Baby Kneads,

and learn ways to use sign language to communicate with your little one. Baby Sign has many benefits, such as giving babies the ability to express themselves before they can speak verbally, accelerating spoken language, deepening the bond between adult and child, and enhancing early literacy skills. Baby sign language gives them the ability to communicate their needs and wishes, without frustration, tears or tantrums. Baby Sign and Play is for caregivers with pre-verbal babies & toddlers. Both child and caregiver participate in the program. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Antisemitism Revisited
Morrill Memorial Library-6:30 p.m.

Many people have a historical understanding of antisemitism in the context of the Holocaust and other twentieth century events. Antisemitism has evolved over time, however, and now takes different forms than it did in generations past. The discussion will help the audience recognize antisemitism in the modern age, and discuss the damaging impacts of such hate on our Jewish neighbors as well as other groups that experience discrimination. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 4

Picky Eating, No Problem:
Sensory-Friendly Approaches to Mealtime
Morrill Memorial Library (Virtual)
6:30 p.m.

Join this VIRTUAL informative and interactive parent workshop, with licensed occupational therapist (OT) Lauren Barney, designed to support the development and well-being of your child. The workshop will focus on strategies for feeding and sensory regulation strategies. Lauren will guide parents through practical exercises and provide valuable insights on how to create an environment that fosters independence, confidence, and overall growth. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 6

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

Each week, Miss Nicole will

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

March 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. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 8

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.

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

Love doing puzzles? Want to test your speed against others? Come join us for a friendly puzzle face-off against other teams! This program is free and open to all, but please note that the difficulty level of the puzzle design is most suitable for tweens, teens and adults. Please let only one team member register for the whole team. You will be prompted to enter the number of participants in your team. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the refer-

ence desk at 781-769-0200, x2.

March 9

The Dot Grab and Go Kit
Morrill Memorial Library
9 a.m.-5 p.m.

Unleash your little artist's imagination with our *The Dot Grab-and-Go Bag!* Inside, you'll find a copy of *The Dot*, by Peter H. Reynolds, along with a fun art activity where kids can create their very own dot masterpieces. This activity is perfect for young artists ages 3-6 who are ready to make their mark and explore the magic of creativity.

Only request 1 bag per household. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 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.

Baby Sign and Play
Poirier Village Center, 82
Roosevelt Ave.-11 a.m.

Join this playful four-week workshop, sponsored by the Morrill Memorial Library, with Sheryl White of Baby Kneads, and learn ways to use sign language to communicate with your little one. Baby Sign has many benefits, such as giving babies the ability to express themselves before they can speak verbally, accelerating spoken language, deepening the bond between adult and child, and enhancing early literacy skills. Baby sign language gives them the ability to communicate their needs and wishes, without frustration, tears or tantrums. Baby Sign and Play is for caregivers with pre-verbal babies & toddlers. Both child and caregiver participate in the program. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monday Movie Matinee: American Fiction
Morrill Memorial Library-1 p.m.

If you love movies and want to immerse yourself in unforgettable cinematic experiences, Morrill Memorial Library is the place to be! Thelonious "Monk" Ellison's writing career has stalled because his work isn't deemed "Black enough." Monk, a writer and English professor, writes a satirical novel under a pseudonym, aiming to expose the publishing world's hypocrisies. The book's immediate success forces him to get deeper enmeshed in his assumed identity and challenges his closely-held worldviews. (Source: Swank) Cast: Jeffrey Wright, Tracee Ellis Ross, John Ortiz, Erika Alexander, Leslie Uggams. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 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.

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

Tim Quinn and the Black Velvet Band will help prepare for St. Patrick's Day and celebrate the 99th year of the Norwood Woman's Club. A light lunch will be served. Guests are welcome. For more information call Trina at 781-762-8173.

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.toastmaster->

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clubs.org/.

Be MediaWise: Staying Safe Online Morrill Memorial Library-7 p.m.

Join Adult Services Librarian Heath Umbreit to learn about staying safe online. You will learn terms like “digital literacy” and “information space,” explore why and how to keep your digital information secure, and find out how to avoid scams. This program is not a technology class; instead, it will provide general education and guidance that you can apply to your online engagement in the future. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 13

Sensory-Friendly Monthly Movie

The March movie in the Sensory-friendly Monthly Movie series is Columbia Picture’s The Garfield Movie, rated PG. 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.

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

March 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. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Leprechaun Trap Making Party Morrill Memorial Library-3 p.m.

Perfect for little ones, ages 3-6, this fun-filled event invites kids to design and build their very own traps to catch those sneaky leprechauns. With colorful supplies, glittery decorations, and plenty of creativity, every child will craft a special trap to take home. And who knows? A lucky leprechaun might just leave behind a surprise or two. Wear your green and join in for a magical time filled with fun and imagination! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 15

Water Smarter, Not Harder: DIY Drip Irrigation Explained Morrill Memorial Library-11 a.m.

After installing an intense drip system for her home garden, New England Rose Society president Lauren Gisel knew she had tips and strategies to share with fellow gardeners. Find out what Lauren learned in the process of installing a drip irrigation system in a home garden. Participants will even get a hands-on feel for the process by exploring some of the materials Lauren used - how to punch into the lines, add emitters, set a drip timer, etc. 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).

March 16

Freedom to Read Event Morrill Memorial Library (Virtual) 1 p.m.

Amanda Jones is a middle school librarian from the Louisiana town where she grew up, who in 2022 attended a meeting

at her local public library to speak out against censorship. She then found herself the target of a hate campaign on social media, complete with accusations of grooming children and death threats. This pushed her into high gear as an advocate for the Freedom to Read, and in her 2024 book *That Librarian: The Fight Against Book Banning in America*, she tells her story. Amanda will discuss her book, the importance of the library profession, and book joy, all within a national climate of assaults on the freedom to read. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Musical Sundays Concert Series: The Unlikely Strummers Morrill Memorial Library-3 p.m.

This is definitely not your great-grandfather’s ukulele music! The Unlikely Strummers provide family-friendly music that will make you want to sing - or dance - along! The band performs at fairs, festivals, and other events around MA and RI, has been featured on Chronicle, and recently opened for ukulele virtuoso Jake Shimabukuro at the Park Theatre in RI! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 17

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.

Baby Sign and Play Poirier Village Center, 82 Roosevelt Ave.-11 a.m.

Join this playful four-week workshop, sponsored by the Morrill Memorial Library, with Sheryl White of Baby Kneads, and learn ways to use sign language to communicate with your little one. Baby Sign has many benefits, such as giving babies the ability to express themselves before they can speak verbally, accelerating spoken language, deepening the bond between adult and child, and enhancing early literacy skills. Baby sign language gives them the ability to communicate their needs and wishes, without frus-

tration, tears or tantrums. Baby Sign and Play is for caregivers with pre-verbal babies & toddlers. Both child and caregiver participate in the program. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 18

Norwood Trails Committee, 2025 Update Morrill Memorial Library-6:30 p.m.

Get ready to hit the trails in 2025! The Norwood Trails Advisory Committee is pleased to present to the community an update on their progress of the last two years, the current status of the walking trails today, and an exciting vision for a future trail system. Committee members will provide updates on new trail development and mapping, the status of the Bernie Cooper Memorial Park project, as well as progress on the Tiot Trail concept of Norwood’s trails and open space. The presentation will also include a frequently asked questions segment, as well as allow for adequate time for community input. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 19

Turn the Page Book Group- Mistress of the Ritz Morrill Memorial Library-10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel *Mistress of the Ritz*, by Melanie Benjamin. June 1940. The German Army sweeps into Paris and set up headquarters at The Hotel Ritz. In order to survive-- and to strike a blow against their Nazi ‘guests,’ the hotel’s director, Claude Auzello, and his beautiful American actress wife Blanche, throw themselves into spinning a web of deceit, working for the French Resistance. But one secret threatens to imperil both their lives, and to bring down the legendary Ritz itself. New members are always welcome!

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

Board Game Night Morrill Memorial Library 6 p.m.

If you’ve been looking for a casual group of fellow board gamers, the Morrill Memorial Library is your spot! Games will be provided, but feel free to bring any

of your own! For ages 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Turn the Page Book Group- Mistress of the Ritz Morrill Memorial Library-6:30 p.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel *Mistress of the Ritz*, by Melanie Benjamin. June 1940. The German Army sweeps into Paris and set up headquarters at The Hotel Ritz. In order to survive-- and to strike a blow against their Nazi ‘guests,’ the hotels director, Claude Auzello, and his beautiful American actress wife Blanche, throw themselves into spinning a web of deceit, working for the French Resistance. But one secret threatens to imperil both their lives, and to bring down the legendary Ritz itself. New members are always welcome!

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

March 20

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

Morrill Memorial Library partners with the L.E.A.D. program affiliated with Norwood High School to host a Sensory-friendly Lego Club for Adults. Join the L.E.A.D. students in this creative adventure. Just bring your imagination, the library will provide the Legos. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

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

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ence desk at 781-769-0200, x2.

Bathsheba Spooner: A Revolutionary Murder Conspiracy Morrill Memorial Library-6:30 p.m.

What possessed a woman from the elite of eighteenth-century New England society to conspire with American and British soldiers to murder her husband at the midpoint of the American Revolution? The story of Bathsheba Spooner has alternately fascinated and baffled residents of Worcester County for centuries. Beyond central Massachusetts, the tale is largely unknown. Many, when first hearing of the scandal, assume it to be the stuff of legend. It was, in fact, the most sensational "true crime" tragedy of the American 1700s. To register, visit norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 21

COA Monthly Ballroom Dance Norwood Senior Center-7 p.m.

Music will be provided by Play It Again South Shore. Cost is \$12 per person and includes coffee, tea, desserts, water and door prizes. Newcomers of all ages are welcome. To stay updated on all events, visit their Facebook page at: Friends Of The Norwood Council on Aging.

March 22

Art in Bloom Morrill Memorial Library 9 a.m.-5 p.m.

Usher in springtime with the Norwood Evening Garden Club's 19th annual Art in Bloom! Art in Bloom is a community event that displays artwork generated by Norwood and Walpole High School students coupled with interpretative floral designs composed by members of the Norwood Evening Garden Club. Twenty pieces of artwork will be displayed in the library. Admission is free and the public is welcome and encouraged to attend to support the student artists.

American Red Cross Blood Drive First Congregational Church, 100 Winter St.-9 a.m.-2 p.m.

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).

March 23

Art in Bloom Morrill Memorial Library-1-5 p.m.

Usher in springtime with the Norwood Evening Garden Club's 19th annual Art in Bloom! Art in Bloom is a community event that displays artwork generated by Norwood and Walpole High School students coupled with interpretative floral designs composed by members of the Norwood Evening Garden Club. Twenty pieces of artwork will be displayed in the library. Admission is free and the public is welcome and encouraged to attend to support the student artists.

March 24

Monday Movie Matinee: Thelma Morrill Memorial Library-1 p.m.

If you love movies and want to immerse yourself in unforgettable cinematic experiences, Morrill Memorial Library is the place to be! Thelma (97 mins) - PG 13. When 93-year-old Thelma Post gets duped by a phone scammer pretending to be her grandson, she sets out on a treacherous quest across the city to reclaim what was taken from her. (Source: Swank). Cast: June Squibb, Fred Hechinger, Richard Roundtree, Parker Posey. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Small Group Norwood Visioning Discussions Norwood Senior Center-7 p.m.

For the first time since the 1990s, the Town of Norwood is creating a roadmap that will guide how the town grows, what is preserved, and how to adapt to change. This plan will influence everything from housing and

businesses to parks and transportation. The best part? The community gets a say! Over the next year, there will be different ways to share ideas and help build a plan that truly reflects what residents want for Norwood. Open to the public.

March 25

Women's Business Networking Meeting Norwood Civic Center- 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.

Acupuncture for Modern Healing Morrill Memorial Library 6:30 p.m.

Have you been curious about how acupuncture could fit into your health care goals? Licensed practitioners from AcuBoston will discuss how Acupuncture and Chinese Medicine integrate with traditional Western medical treatments. AcuBoston's licensed Acupuncturists and Herbalists will offer an educational presentation including a general introduction to acupuncture, the history of acupuncture and what it's used to treat, what to expect in an acupuncture treatment session, and how and if insurance will cover acupuncture treatments. There will even be a demonstration of acupuncture in practice. 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/>.

Titles on Tap Book Group Napper Tandy's (left side bar) 7:30 p.m.

This book group is spon-

sored by the Morrill Memorial Library. The March title will be A Tale for the Time Being, by Ruth Ozeki. Copies of the book will be available to pick up at the library's reference desk. The ebook and audiobook are instantly available through Libby. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. We go in for stories that are shaken, not stirred, and we don't mind taking our love of lit outside the library walls. Titles on Tap meets once a month to eat, drink, be merry, and discuss the latest reading selection.

March 27

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

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

Scams 101: Spot, Report and Stop! Morrill Memorial Library-7 p.m.

To fight this rising threat of scams and to empower Norwood residents to spot and report scams, the Town of Norwood created the Anti-scam Task Force (NASTF). The task force comprises Town of Norwood and community partners that include the Norwood Police Department, Norwood Senior Center, One Local bank, Morrill Memorial Library, and others. Join the Norwood Anti-scam Task Force for an informational session followed by a Q&A. For more information on the NASTF, visit https://www.norwoodma.gov/government/norwood_anti-scam_task_force.php. This program is free and open to all ages 14+. To register, visit norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 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. The program is free and open to attendees aged 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 29

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.

March 30

Musical Sundays Concert Series: Ricardo Parra Morrill Memorial Library-3 p.m.

Ricardo Parra is a Chilean singer-songwriter and guitarist who has developed his career in Mexico, the United States, and Chile. His repertoire ranges across various styles including folk, jazz, trova, bossa nova, classical guitar and blues. He will perform a selection of songs from his four albums, as well as renditions of popular American songs, Beatles songs, and Latin songs, among others. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

March 31

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.

Real Estate Corner

2024 Norfolk County Real Estate Activity

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for 2024 show greater real estate activity compared to 2023 with increases in both the total number of deeds and mortgages recorded.

In 2024, there were 103,165 documents recorded at the Norfolk County Registry of Deeds, a 1% increase from 2023. July was the busiest month in 2024 for real-estate activity with a total of 9,827 documents recorded. It also tied August with the highest increase in document volume compared to their respective months in 2023, up 14%.

"In 2024, we began to see some positive trends in real estate recording activity, with nine out of twelve months showing a rise in document recordings compared to 2023," Register O'Donnell said. "This higher volume of activity in 2024 is largely due to an increase in the number of deeds and mortgages recorded compared to 2023."

The number of deeds recorded in 2024, which reflect real estate sales and transfers, both commercial and residential, was 15,795, an increase of 4% from 2023. The number of property sales was also up increasing 1% from the previous year. With a total of 899 transactions in one month, July had the highest number of property sales in 2024. Comparing months in 2023 to months in 2024, August showed the largest rise in property sales with an increase of 20%.

"The overall number of deeds recorded monthly in 2024 compared to 2023 reveals a consistent positive trend with only two months out of the twelve showing fewer deed recordings than the previous year," Register O'Donnell noted. "This indicates that the real estate market is performing decently, particularly in certain neighborhoods and property types in area communities."

Property sale prices for 2024 appear to have increased slightly compared to 2023. The average sale price for all of Norfolk County, both commercial and residential, this year was

\$1,149,809, a 6% increase from 2023. December, 2024 saw the largest increase from the same month in 2023, up 39%. The total dollar volume of commercial and residential sales for 2024 is also up, increasing by 7% from one year ago.

Follow this link to the Registry of Deeds website to watch this short segment on December 2024 real estate statistics that aired on Norwood Community Media: <https://www.norfolkdeeds.org/news-event/december-2024-real-estate-stats-ncm>.

"There is no doubt that Norfolk County is a desirable place to live and work, a credit to all the communities and the municipal staff and leaders who have created such a vibrant area," Register O'Donnell stated. "While many Norfolk County communities increased construction of new homes in 2024, the inventory of available property remains outpaced by the demand, which can make it a difficult market for buyers, especially first-time home buyers."

In 2024, overall, Norfolk County's lending activity increased compared to 2023. A total of 15,461 mortgages were recorded in 2024, up 6% from 2023. October had the largest increase in mortgage recordings compared to the same month in

2023, up 30%.

"2024 saw the average mortgage interest rate come down slightly, especially in late September and early October, and while rates may not have decreased as much as some would have liked, many individuals took advantage of the opportunity to refinance or take out new property loans resulting in a net increase in mortgage recordings in 2024 compared to 2023," Register O'Donnell stated.

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In 2024, there were 87 foreclosure deeds recorded, as a result of mortgage foreclosures taking place in Norfolk County, whereas in 2023, there were 73 recorded. Also concerning, in 2024 there were 380 notices to foreclose, the first step in the foreclosure process, compared to the 339 recorded in 2023.

"We cannot begin to know all the causes that have contributed to these foreclosures and notices to foreclose, but what we do know is that a number of our neighbors have lost their homes, and even more are dangerously close to losing their homes," Register O'Donnell said. "We all experience unforeseen events in our lives, and sometimes events beyond our control can have dev-

astating emotional and financial effects, so I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on the our website, www.norfolkdeeds.org."

For the past several years,

the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing So-

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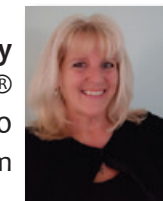


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Real Estate Corner

Norfolk Registry Delivers to Norwood Food Pantry

Norfolk County Register of Deeds William P. O'Donnell recently delivered nearly 60 lbs. of food donations to the Ecumenical Community Food Pantry of Norwood. The contributions came from the Registry staff, title examiners, and the public, who participated in the Registry's Annual Holiday Food Drive which was held November 13 to December 19.

"On behalf of the many people who contributed to the Registry's food drive, it is my pleasure

to deliver these items to the Norwood Food Pantry," Register O'Donnell said. "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 the holiday season."

The Registry collected more than 200 lbs. of food during the drive, including items such as boxes of spaghetti, jars of sauce, canned soups, and fruits.

"Community donations are

the life blood of the food pantry," Norwood Ecumenical Community Food Pantry Executive Director Deborah Devine said. "Every can of soup or box of pasta donated provide lifesaving nutrition to the community."

The Ecumenical Community Food Pantry of Norwood serves 350 households in the towns of Norwood and Westwood.

"The food pantries throughout Norfolk County provide a valuable and much-needed resource for residents facing both



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long-term and temporary hardships, including children, families, and individuals, and I am grateful to be able to help in this small way," Register O'Donnell said.

According to Project Bread, of all households in Massachusetts nearly 18% are considered food insecure. During the past year, many Norfolk County food pantries have seen a rise in the number of individuals seeking support.

"In 2024 we saw the need for food assistance increase significantly," Devine said.

The Ecumenical Community Food Pantry is located at 150 Chapel St., in Norwood, and is open Saturday mornings, 9-11:40 a.m., to Norwood and Westwood residents who have completed the

registration paperwork.

"Hunger does not stop after the holidays, it is a persistent issue affecting many of our neighbors," Register O'Donnell concluded. "I encourage residents to consider dropping off food supplies at their local pantry. Pantries are requesting canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products. Dropping off a food donation at a local pantry can make a world of difference in helping a family in need."

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

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lutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"Overall, the real estate market remained steady in 2024 with a slight rise in activity in the second half of the year compared to 2023," O'Donnell continued. "As we move into 2025, we hope to see real estate activity continue to rise as we wait to see how mortgage interest rates and the inventory of available property impact the real estate market."

To learn more about these and

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

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



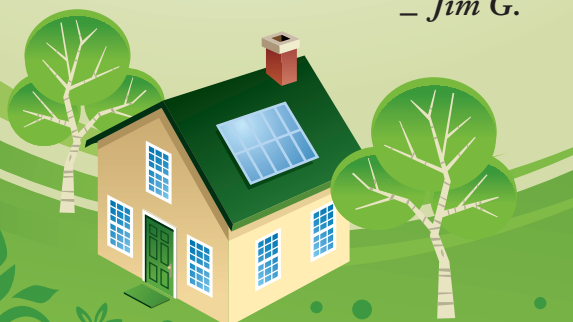
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