

Norwood

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August 1, 2025



Mustang Sally Makes the Pages!

BY MICHELE TARANTO

Almost anyone who lives in Norwood has at least heard of Mustang Sally, but the town cannot keep her all to them-

selves. With her new book on the shelves, the literary world can now learn what one four-legged friend has done to help her residents.

As Mustang Sally's primary handler, Norwood Police Offi-

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Frozen 5K Skate/Walk Fundraiser

BY MICHELE TARANTO

It's a tragic story. On January 29, at 8:47 p.m., American Airlines Flight 5342 and a US Army Sikorsky UH-60 Black Hawk helicopter collided in mid-air over the Potomac River, in Washington, DC. All 67 people in both aircrafts perished in the crash. Among the passengers on Flight 5342 were 28 US figure skating athletes, coaches, and their families returning from a national development camp associated with the 2025 U.S. Figure Skating Championships in Wichita, KS.

The Skating Club of Boston, based in Norwood, was deeply affected by the loss of six cherished members: Evgenia Shishkova and Vadim Naumov, Christine and Spencer Lane, and Jin and Jinna Han.

In their memory, the Club has launched a comprehensive tribute campaign that includes lasting memorials, two annual scholarships, and four club awards, ensuring that the legacy of these six individuals lives on in the heart of the skating community.

Frozen 5K Fundraiser to Launch Campaign

To kick off the fundraising effort, The Skating Club of Boston will host the Frozen 5K Fundraiser on Thursday, August 21, 6-9 p.m., 50 University Ave, Norwood. Participants will skate 28 laps, one for each Club life lost, in the Tenley E. Albright Performance Center's Olympic-sized rink. For those who prefer to walk, the concourse will be

FUNDRAISER

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SALLY

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cer Geoff Baguma has witnessed firsthand the many positive interactions and the meaningful impact the Town’s “secret weapon” has had on its residents. With that in mind, he envisioned a children’s book as the perfect way to commemorate and share her adventures. Officer Baguma developed the idea through Impact Norwood, the Town’s substance use prevention coalition, and soon the name of Norwood High School sophomore Peter Jeneid came up as a potential illustrator.

“I really do love and appreciate the book,” Officer Baguma said. “It came out at the right time and from the right person, a young talented Norwood student who is going to positively affect other NPS students and their families by taking them through situations that have or will come up in life. The book, which is the first of many, can help navigate through some of these life challenges with the assistance of Mustang Sally.

Jeneid could already see Sally’s

pictures developing in his head, but in his heart, he knew the story could easily be heard from his own words.

“When Officer Baguma brought up the idea of turning Sally into the star of a book, I was instantly excited,” Jeneid said. “At first we thought about involving a group of students, but I felt strongly that I wanted to take the lead and really see it through.”

With that goal, the 16-year-old, already known among classmates and teachers for his artistic talent, recently released his first children’s book, “The Adventures of Mustang Sally: Sally Goes to School.”

“Working with Peter has been fantastic,” Officer Baguma said. “He understood the direction that we wanted to go with the book, and was able to take the steering wheel and drive us to the destination. He is a very talented, hard-working, and genuine person.”

While illustration came naturally to Jeneid, who has been drawing since he was a young child, writing was a new challenge, one he was more than open to.

“Coming up with the story was a bit of a process,” Jeneid said. “Writing is definitely outside my comfort zone. But I was committed to making it happen. I wanted it to move quickly, and I thought, why not just go for it?”

Jeneid spent time observing Norwood’s first therapy dog and the impact she had on students throughout the town’s schools. Sally, who has become a familiar face at Norwood High, plays a unique role in promoting student wellness and mental health.

“She’s more than just a school mascot,” Jeneid explained. “She brings a personal touch to the

school day. Seeing her in the hallways or getting a moment with her helps students reset and feel more grounded. Everyone has their own story about her.”

The book highlights Sally’s daily routines, interactions with students, and her calming presence, all told through a colorful, illustrated lens. Jeneid both wrote and illustrated the entire project, showcasing his range of creative talents.

“I wasn’t sure at first how it would turn out,” Jeneid admitted.



Mustang Sally; a cherished service dog in the Town of Norwood, whose quiet strength and gentle presence affects everyone she meets. In my story, Sally becomes the unlikely hero by helping two students navigate and resolve a harsh conflict. More than just a day of recovery and courage, this story focuses on the importance of mental health awareness in our schools and communities. Through Sally’s journey, readers of young ages will be reminded of the power of compassion, the strength found in connection, and the impact of one person or dog who shows that they care. Getting to know more about Sally and what her purpose is through my work in this book has been a gift. Most of all, I hope that the message this book carries resonates with anyone and everyone who reads it.

- Peter Jeneid

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“But seeing the final version, I’m really proud. It’s something that means a lot to me.”

“The Adventures of Mustang Sally: Sally Goes to School” is now available for purchase on Amazon. For those who have met her in person, there should always be a place on their bookshelf to pass on for generations.

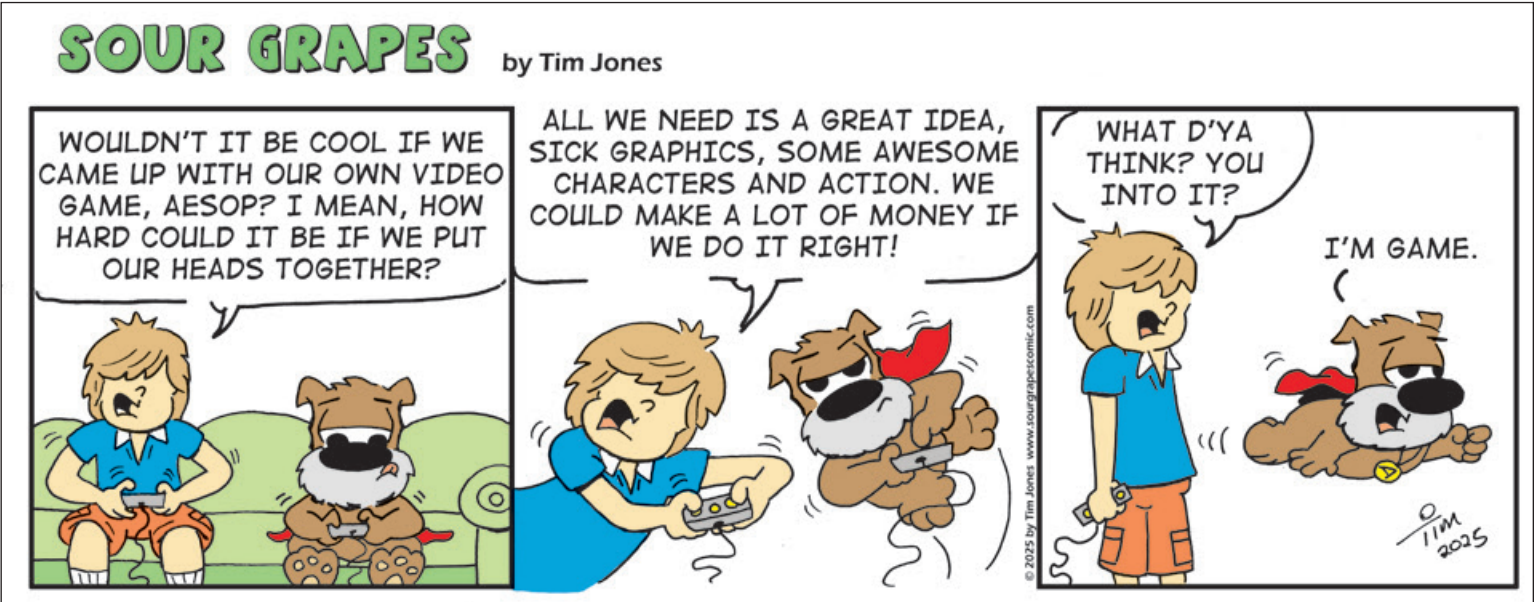
“The adventures of Mustang Sally’ has already gone global,

which is great,” Officer Baguma said. “Families out in Australia, Africa, and many more are enjoying this wonderful book from Norwood, MA, about the awesome Mustang Sally, written and illustrated by Peter. That’s an amazing accomplishment, and in such a short period of time.

Although the idea originated with Officer Baguma and the book was written and illustrated by talented newcomer Peter Jen-

eid, several Norwood influences also helped highlight Mustang’s significance to the community and the importance of sharing her story.

“A big thank you to Impact Norwood, Wildewood Education, The Norwood Police Department, Norwood Public Schools, Orange Leaf, and The Town of Norwood for supporting this new rising author and Illustrator,” Officer Baguma concluded.



FUNDRAISER

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open.

Supporters can participate individually or as part of a fundraising team. The event will



feature music, food, beverages, a cash bar, project the group’s strong sense of community. Learn more or sign up at: www.scboston.org/frozen-5k

How to Support

Direct donations are also accepted at www.scboston.org/always-champions.

Donations of \$250 or more will be recognized on the Club’s website.

Donations of \$1,000 or more will be honored on a tribute wall inside the newly named Always Champions Training Rink.

Both individuals and companies are welcome to contribute.

Scholarships and Awards

Two annual scholarships will honor skaters Jinna Han and Spencer Lane, awarded to

promising skaters training at the Club. Selection criteria will be determined by the Han and Lane families.

Four Club awards will be presented annually at the Club Awards Banquet each June, honoring:

Coaches Evgenia Shishkova and Vadim Naumov

Skaters Jinna Han and Spencer Lane

Award criteria will be developed by Max Naumov (son of Evgenia and Vadim), Joon Han (father of Jinna), and Doug Lane (father of Spencer).

“Spencer truly found his people and his place at The Skating Club of Boston, and I have so many memories of Christine smiling and laughing with dear friends at the Club,” Doug Lane said. “I’m incredibly grateful to this community for honoring the six amazing people we lost and for ensuring that their spirit continues to inspire others to chase their dreams.”

Lasting Memorials

The west rink, where Evge-

nia and Vadim led the Club’s Tomorrow’s Champions program and where Jinna and Spencer trained, will be renamed the Always Champions Training Rink, featuring tribute and donor walls.

Three reflecting benches outside the Club’s main entrance will have permanent plaques honoring each family and skates

of the four skaters and coaches will be bronzed and installed at the foot of each bench. Also, two weeping cherry trees will be added to the club’s landscaping at the entrance on each side of the flagpoles.

“We developed this campaign to honor the memories of these six individuals, and to ensure that their personal lega-

cies will forever be a part of the Club’s legacy,” Doug Zeghibe, CEO and Executive Director of the Club said. “Their commitment to the sport and spirit of excellence will continue to inspire today’s and future generations of our community. For all of us, they are Always Champions who will never be forgotten.”

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28 Arnold Rd	\$765,000	17 Chatham Rd	\$1,055,000
56 Prospect Ave	\$780,000	315 Neponset St U:40	\$253,000
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Summer Days, Norwood Ways

BY MICHELE TARANTO

Norwood may not lie along the Atlantic coast, or tucked into picturesque mountains, but the town does offer many warm weather, entertaining activities without its borders. Residents can take advantage of low-cost, if not free, options each and every week through the remainder of the summer season, and the best part? No traffic!

The Norwood Recreation

Department offers a full vacation schedule to keep families active and busy almost every day. Kids can join many summer playground camps, sign up for field trips, learn a new sport, or find a new interest or hobby.

Too hot for an outdoor workout? Purchase a gym membership at the Norwood Civic Center and enjoy their air-conditioned weight room; available for all ages.

Also indoors within a cool climate control, the Morrill Memo-

rial Library hosts a variety of day and evening classes, book clubs, crafting, and speakers. Many are also held through Zoom to accommodate a larger audience.

To beat the heat and the hot kitchen, there are so many choices for indoor and outdoor dining throughout the Town. Why not try some new cuisine this summer!

On the Common, there are four weekly (and FREE) opportunities to enjoy with the entire family. To listen to exceptional music under the stars, visit the Concerts on the Common series on Sunday evenings; Mondays, Norwood's hidden gem, the carillon, fills the air with sounds of its soothing bells; on Wednesdays, Summerfest keeps Nor-





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Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Docket No. SU25P1548GD

Suffolk Probate and Family Court
24 New Chardon Street, Boston MA, 02114

CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. C. 190B, §5-304

In the matter of: Hugor Joseph of Norwood MA **RESPONDENT** Alleged Incapacitated Person

To the named Respondent and all other interested persons, a petition has been filed by **Beth Israel Deaconess Medical Cen of Boston, MA** in the above captioned matter alleging that Hugor Joseph is in need of a Guardian and requesting that **Marc Gregor Joseph of Norwood, MA** (or some other suitable person) be appointed as Guardian to serve on the bond.

The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of **08/07/2025**. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Brian J. Dunn, First Justice of the Court
Date: July 10, 2025
Stephanie L. Everett
Register of Probate

wood's hub rocking. There is also music on the Common on some Tuesday afternoons, but the primary focus 2-6 p.m. is the thriving Norwood Farmers Market. With an average of 25 vendors per week, there is an abundance of fruit and vegetable choices, specialty foods, crafters and handmade items, artisans, and entertainment, including even more themed days, demonstrations, and activities.

How about relaxing by the pool? The Hawes pool on Washington St., in South Norwood recently celebrated its grand

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A Little Off The Top

You really auto hire me.

By STUART GREEN

Cars, that's my field. All cars, all shapes, all makes, all models, all-wheel drive, all-ternators. You name it, I've named it. And then some - naming it, that is.

I've driven them all, or at least watched them drive by - sometimes on the road. Well, mainly on the road. OK, always on the road.

I'm a master at openings - like the doors, the trunk. I'm working on the gas tank latch. I've nearly got the hood to open - or "popped" as we like to say in the auto biz.

I hear about the Auto Mile in Norwood, and I know it's a cinch. Must be autos there, I tell myself. And where there's autos, I figure, there's just got to be cars.

I come on down to a big dealership, which will be the lucky one to hire me.

"Can you sell?" they ask me.

"Do Eskimos eat rice?" I answer.

"OK, then," the suit says. "What do you think of catalytic converters?" "I don't think religion has a place on the lot."

A precise answer, I think. They don't hire me - afraid I'd show them up, I'm sure.

But the Mile, as it's known in the auto biz, is pretty long. A mile - or more. And I'm not talking a mere Kilo-motor here.

My next pit stop was not too far away - just around the corner, as we say in the auto biz. I hit the road, put the pedal to the medal, put it in gear, and steer clear. I was in the driver's seat and firing on all cylinders. Yes, I just couldn't wait to get to the next idiom.

But then I remembered that my wallet was running on empty, so I upped my ante - my uncle was out of town - and gave another dealer a shot.

"So you think you can sell here, huh?" the suit (different color, no relation) questioned with a questionable question.

"OK. Let's see you charge a battery."

"Done it a million times," I smiled. "Visa or Mastercard?"

Well, I thought 30 seconds later, that was quite a short interview. I'm taking it that his, "We'll let you know," is the way they say "You've got the job." In the auto biz, that is. My biz. Autos, that is.

Just to be on the safe side, I pull into one more lot. This one, I feel it down to my tailpipe, is the one. It's the one I waited for all my life, the ideal match. I'm nervous, but I'm sure I can get these wheels spinning off the lot. The owner himself comes out to greet me.

"Welcome to Ricky's Rollerblade and Tonka Truck Stand," he says. "I'll talk to you soon, but now ma says it's time for bed."

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

SUMMER

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opening, and Father Macs (295 Vernon St.) is open and alive with activity! For a reasonable price, cool off, unwind, exercise, or maybe learn to swim! Throughout the Town, there are also many playgrounds, tot lots, and fields to use daily, or maybe even join or form a team!

As a bonus in August, pack tents, pillows, and sleeping bags for the Community Camp-Out at Father Macs, on Aug. 22, 3:30-9 p.m. Group games, entertainment, s'mores, food trucks, and more are on the menu!

With Norwood having its own airport, (Norwood Memorial Airport), what better way to enjoy morning coffee or bring a picnic lunch and watch the planes take off and land! The newly-built Tyler Lawrence Park is also available to enjoy! Again, free!

Maybe hiking or exploring trails is more suitable for these longer days. Learn more about Norwood's many trail options through the Trails Advisory Committee, at the Town of Norwood website, www.norwoodma.gov.

gov, hit Government, then Boards/Committees. The Norwood Trails Committee is also at the Norwood Farmers Market each week with volunteers eager to share information on all the Norwood's hiking trails.

Norwood does not leave out its senior population for summer fun. The Norwood Senior Center is an incredibly valuable resource during the warmer weather providing a cool environment during those scorching days. It is the place to visit to meet new friends, learn a craft, listen to a lecture, dance, and many more activities! To view their newsletter and learn more about its activities and services, visit www.norwoodma.gov/residents/senior_center. The Norwood Senior Center is located at 275 Prospect St., and is open 8 a.m.-4 p.m., Monday-Friday.

Most of these summer activities are free or have very reasonable costs. The most important idea to take away, however, is that Norwood can be an interesting, educational, and an entertaining summer resort within its own town lines!

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Living Healthy

See Smarter This Year

By: GRAHAM STETSON, OD, MS

As summer winds down and those back-to-school checklists start filling up, remember to add an eye health review alongside backpacks and pencils. Monitoring your child’s vision habits can lead to sharper focus, fewer headaches, better sleep, and even improve learning. Bonus: these tips benefit adults too.

☑ **Get Outside:** Sunlight helps trigger vitamin D production. It also tells the eyes

when to stop growing, which helps prevent myopia (near-sightedness). With more time spent indoors and on screens, outdoor play is more important than ever. Aim for at least 90 minutes a day in natural light to support healthy eye development.

☑ **Manage Screentime:** Our eyes were not made to use screens or to look at objects closely more than 10% of the time, yet in today’s world it is almost unavoidable. The



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good news? You can reduce eye strain and protect vision with the 20/20/20 Plus Rule: every 20 minutes, look 20 feet away for 20 seconds, plus blink firmly 5 times. Also, keeping screens at the right working distance improves comfort and eye health (15 inches for books/phones, 25 inches for computers).

☑ **Focus on Nutrition:** Eyes are the most nutrient-hungry part of the body, so what we eat has a big impact on eye health. Fuel them with a colorful variety of vegetables and fruits, healthy fats (like olive oil, coconut oil, or beef tallow), and plenty of protein. Avoid processed food and seed oils (like canola or corn). While whole foods are best, it

is tough to get enough omega-3s and macular pigments from diet alone. Supplementing these can help support both vision and brain health.

☑ **Prioritize Sleep:** Your eyes are actually a part of your brain, and both need proper rest to repair and function properly. Aim for 7.5 to 8 hours of sleep each night, longer for growing kids. A well-rested brain means more focused eyes.

☑ **Check Your Vision:** No back-to-school checklist is complete without a comprehensive eye exam. Make sure your child’s optometrist checks for neurodevelopmental vision issues, not just clarity. Many learning challenges are linked to vision problems that basic screenings miss.

Healthy vision is about more than seeing the board clearly. It’s about thriving in and out of the classroom. With a little prevention, the right habits, and a yearly check-in, you’ll set your child (and yourself!) up for success all year long.

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Living Healthy

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One of the biggest warning signs of a leaky gut is that you are experiencing multiple food sensitivities. Other symptoms include: bloating, thyroid conditions, fatigue, joint pain, headaches, skin issues and weight gain. If left untreated for a long time, leaky gut can lead to IBS, arthritis, eczema, psoriasis, depression, anxiety and muscle pain. This can lead to malabsorption of vital minerals and nutrients including magnesium, zinc, iron and vitamins D, B12 and others.

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



Dr. Rochelle Bien, Dr. Molly Rappaport & Dr. Michael Goldstein

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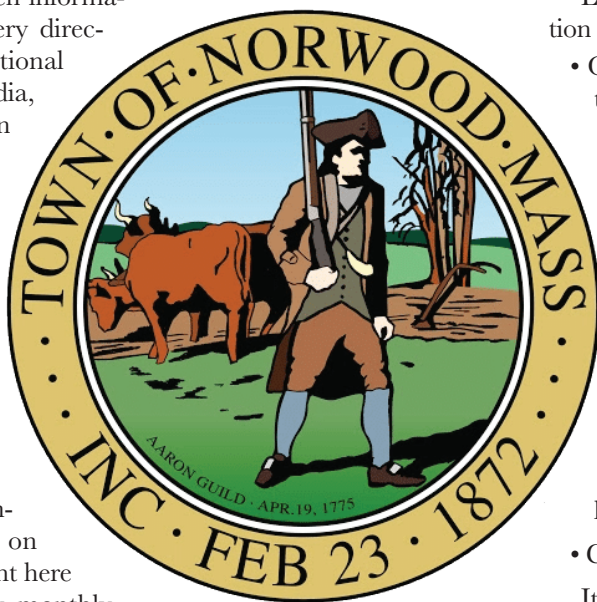
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Stay in the Know with General Manager's Monthly Report

This is a time when information comes from every direction: local news, national headlines, social media, and everything in between. With so much going on, and endless ways to discover, staying truly informed, or even just feeling informed, can be a challenge. But for Norwood residents, their governing management is offering a reliable, comprehensive update on what's happening right here at home in an easy monthly format. Each month, the Town's General Manager releases a detailed report covering ongoing projects, department activity, public safety updates, financial sum-



maries, and more. It's a one-stop resource designed to keep the community connected and up to date, without all the extra noise!

Each report includes information on topics like:

- Ongoing and upcoming capital projects
- Bids and contracts
- Monthly data from departments such as Norwood Airport, Building and Zoning, DPW, and more
- Permit counts and inspection totals
- Public safety updates
- Budget and finance highlights
- Community initiatives

It's a behind-the-scenes look at the operations that keep Norwood running, and it is now all available in a compact format to the public. Whether you're curious about a specific project in your neighborhood or just want

to stay informed about what's happening across town, the monthly report offers transparency and insight into local government decisions.

You can view the latest General Manager's Monthly Report on the Town of Norwood's official website or request a printed copy through Town Hall.

Interested in the range of calls for Animal Control? The information is in here! Is the Town hiring and what areas? A new job may be in your future! How busy are the Norwood Police and Fire Departments? Pretty active teams judging by the reports! Ever wonder how fast the Town is growing? Check out the number of birth certificates issued each month!

This is just a sampling of the information that is waiting for residents...all with the click of a

button! To learn more, visit www.norwoodma, click on Departments, General Manager, *NEW Monthly Report.*

More information includes:

- Department-by-department updates
- Hiring announcements
- Public safety statistics
- Permit and inspection numbers
- Airport activity
- Birth and death certificate totals
- And updates on current and upcoming town projects

This is just a sampling of what's waiting, all just a click away.

Stay informed. Stay involved.

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Scam Alert from Norwood PD

We are asking the public to be advised of a text message scam where individuals are receiving fraudulent messages claiming to be from the RMV. These messages often state that the recipient has unpaid fees or violations and pressure them to click on a link to make a payment to avoid consequences like license suspension.

The RMV will never text you asking for payment, according to the RMV.

As always, NEVER click on the link from these messages. It is also advised to delete these text messages from your phone. The FBI warns, these types of text scams will continue and possibly involve claims of being a law enforcement agent. We also recommend to be wary of any text that requires immediate action or threatens possible penalties if no response as well as suspicious texts

Registry of Motor Vehicles(RMV) Final Notice: Enforcement Begins June 14th. Our records show that as of today, you still have an outstanding traffic ticket. According to massachusetts traffic regulations 560-10-22, if you do not pay by June 13, 2025, we will take the following actions:

1. Report to the RMV violation database
 2. Suspend your vehicle registration effective June 14th
 3. Suspend driving privileges for 30 days
 4. Impose a 35% service fee if paid at toll location
 5. You may be prosecuted and your credit score will be affected
- Pay Now:

<https://mass.gov-ese.life/pay>

Please pay now, before enforcement, to avoid a license suspension and further legal consequences.
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from unknown numbers.

The bureau's advice in the latest attacks in Washington State could apply to any attacks: "Scammers always prey on people's fears. They're always opportunistic." And that opportunism pays off." They try to ratchet up that sense of urgency so that you don't think about what you're doing and then they just send the money."

For more information of how to protect yourself from these scams, visit www.forbes.com, and search for Text Scams.

A Message from NFD

We often get asked why a fire truck shows up when someone calls 911 for a medical emergency in Norwood. The answer is simple: it's about getting the right help to you as quickly and safely as possible.

The Norwood Fire Department operates out of one station, and every firefighter is a certified EMT or Paramedic. When our Engine or Ladder responds alongside the ambulance, it brings additional trained personnel to the scene. Due to the significant increase in calls over the past few years, they often arrive first so lifesaving care can begin immediately when a mutual aid town or one of our ambulances is returning from a hospital.

Many medical emergencies require more than the two people staffing an ambulance. Situations like cardiac arrests, serious trauma, serious medicals or moving patients from difficult locations often need more hands. The fire apparatus crews provide that support, while also assisting in



patient care and any other needs. Due to the volume of calls, the continued growth of the town, and the hazards that come along with being a densely populated community most importantly, there is the need to ensure the

fire suppression apparatus remains fully staffed and available if needed to respond from a med-

ical emergency to another call. This response model helps us deliver fast, effective, and profes-

sional care to the residents and visitors of Norwood

Harvest Fest in Bellingham!

Harvest Fest is making a comeback in Bellingham.

The event, a family-focused activity, is scheduled for Saturday, Sept. 20, at Bellingham's Town Common, 11 a.m.-3 p.m. A rain date, if needed, is Sept. 27. The town's two Baptist Churches, First Baptist Church and Bible Baptist Church, are organizing the day's activities. Harvest Fest began in 2017 and had a three-year run until Covid-19 forced the two churches to curtail the program. It's being revived after a five-year absence. For the youth, there will be

pony rides, an obstacle course, gymnastic and karate exhibitions, hopefully a magician and other exciting activities. A Christian concert is also scheduled. Many vendors will be on hand to promote and sell their products. The churches are still seeking sponsors and vendors. If interested, contact Pastor Baron Rodrigues at 508-844-1843. After expenses are paid (police detail, permits, entertainment costs, etc.), any funds remaining will go to area food pantries.

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Norwood Sports

Running To Holy Cross

By CHRISTOPHER TREMBLAY

Natalie Martin was a fall season volleyball player and a summer season lacrosse player when she first came to Norwood High School. During the winter of her sophomore year, she was looking for another sport to help her get in shape for the lacrosse season, she found track and has never looked back.

"It was supposed to be just to get in shape, but I came to love track so much that I ended up dropping lacrosse and joining the spring team as well," Martin said. "It was a tough decision as I had played lacrosse all my life and was on a club team, but I just fell in love with track."

The sophomore became infatuated with the sport, especially the distance events where she would take part in the mile, the 2-mile, and was the anchor of the 4x800 relay team for the Mustangs. Martin was not interested in sprinting events and at the time, Norwood didn't have a lot of distance runners.

She found her first distance race to be very overwhelming as there were so many people at the meets, but she just went out and did her thing, finding her groove on the track. Once she started finding her confidence, she began to entrust her running and continued to get better. She found herself having so much fun that she eventually decided to forgo volleyball in the fall for cross country.

"I was really enjoying myself with running so I figured that I might as well run all three seasons," Martin said. "I really liked my teammates and coaches; the atmosphere was so much different than any other sport; it's technically a team

sport but it's very much individual."

Having decided to drop lacrosse in favor of spring track, Norwood girls head coach Alana Keady was beyond ecstatic.

"When she left lacrosse to come to track I was so glad that she did, she is an unbelievable runner," the Mustang Coach said. "That spring, she started to really impress me with her athleticism and her times started dropping. She was a role model who worked hard and was driven."

When it came to comparing her cross-country running to her track running, Martin was quick to note that she preferred track.

"Cross country times don't really matter as each course you run on is totally different and you can't really match them up so the times are different," Martin said. "Cross country is more of a mental run through the woods, while track you know exactly what's going on. Coaches are yelling out splits but with cross country you are by yourself with only a watch."

As a runner for the Mustangs track and field team, Martin had not only been a part of the 4x800 relay team that set the school record, but she also holds individual school records in the mile and 2-mile during the indoor season, and this past spring she added to that collection. During her final season with Norwood, Martin set the school record in the mile with a time of 5:02 at the Meet of Champions, and then in the Division 3 State Meet she ran an 11:06 to capture the school record in the 2-mile.



Her running ability and accomplishments with the Mustangs earned her a spot to run all three of her events on the Holy Cross team. The Crusaders were Martin's overall first school choice before she even figured in track.

"After visiting Holy Cross I knew that it was where I wanted to go," Martin said. "I was so excited to be accepted to Holy Cross, it was the place for me,

but I still wanted to wait a few days and weigh out my options. I had been looking at some schools in the Patriot League, as they were all strong academically as well as athletically."

As she prepares to run for the Crusaders in Worcester, the Norwood native is hoping that she can go out and enjoy herself while performing at a high rate. She fully believes that she worked hard to get to this point

and doesn't want to put a lot of pressure on herself on the collegiate level. She just wants to go out and run while putting up personal records and enjoying the college experience.

Once college comes to an end, four years in the future, Martin noted that she will continue to run, taking part in as many races as she can. She doesn't ever see herself not running.

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Norwood Sports

Tom Benson, An Old Time Baseball Player

By Christopher Tremblay

Tom Benson’s father and uncle were both local baseball players, so it was no wonder that Benson junior would follow in their footsteps. In addition to baseball, Benson also plays foot-

year so the senior volunteered to take on the hot corner to help the team. When he got into his first varsity game as a sophomore, he found himself uneasy about taking the field with the older players.

the summer by joining the Norwood American Legion knowing that the competition was much better than high school baseball. Much like his original stint with the Norwood varsity team, Benson felt much the same during his first season under Samargedlis.

“I gave the legion a shot and it was also a very nerve-racking experience playing with all the older dudes,” Benson said. “At the beginning, I didn’t see the field all that much but eventually I got a start. I feel that legion games are much harder and it seems that we are not fully focused at the beginning of the games and always find ourselves down, but we seem to come back a lot of the time.”

While the team as a whole may not be fully focused at the first pitch, Benson says he is always focused each time he steps onto the field for a game.

“Tom is one of the toughest kids on the field, he is one of our better hitters and has the speed to move around the bases with ease,” the Norwood Legion coach said. “He can play just about anywhere except catcher

to have the mentality of not failing and Benson, who has baseball DNA, is one of those players.

As Benson enters his third season with Norwood, the Legion skipper has noted that Benson is an athlete that works hard on his ability and it comes from his upbringing.

“He works hard at his craft,” Samargedlis said. “Last year he was reliable. and this year he is even better. Right now we are 6-0 and a lot of that is because of his leadership on and off the field.”

Coming into the season, Benson is hoping that Norwood is able to continue playing up to its capabilities and earn a position in the playoffs while still having fun with his friends.

With his high school career over and the legion season is finished, Benson will begin concentrating on his next chapter at Elon University in Elon, NC, where he will not be playing for the Phoenix.

“Elon is a Division 1 school and although they have baseball I don’t want to try and walk on,” Benson said. “I feel that I wouldn’t get a lot of playing time. I think that I’d have a better chance of seeing the field if I play for a club team there. I really just want to play for fun over the next four years.”

For now, Benson will continue to work on improving his game for Post 70 this summer in hopes of making a run through the post-season.



ball for Norwood High School, but playing on the diamond is by far his number one sport.

The Mustangs opened Benson’s senior campaign going 1-7 and could never get themselves out of the hole they dug. Norwood eventually concluded the season with a 7-13 record, and missed out on the post-season. As soon as the high school season came to an end, however, Benson was almost immediately back on the field; this time with the Norwood American Legion team where his father is an assistant under Coach Paul Samargedlis.

“My dad got me into sports when I was young and I just loved the sport of baseball and stayed with it,” Benson said. “I basically play the game for the fun of it, more than the winning.”

Benson was originally a second baseman, but the Mustangs were in need of help at third this



“I was definitely nervous at first playing with the older kids but figured I could only get better and go up,” Benson said. “I was thinking that if I didn’t make the varsity team it would be no big deal but I was very happy that I did and my hard work paid off.”

Three years ago, Benson continued his baseball playing during

and we never have any issues with him no matter where we put him on the field. He’s a throwback player to the old days when players would do whatever it took to help the team win.”

Samargedlis continued to say that in today’s athletics its hard to make a baseball player, more than any other sport. Kids need



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Calendar of Events

Aug. 1

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

This is 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+. Registration is required. Please fill the form below or call 781 769 0200, ext 2. To register, call 781-769-0200, or visit <https://www.norwoodlibrary.org/morrillcalendar/>.

Aug. 3

Sunday Concerts on the Common
Town Common
6:30-8:30 p.m.

Norwood gets swinging with The SOS Swing Band! Every Sunday evening throughout the summer, residents gather with folding chairs and blankets to enjoy live music spanning all genres on the Town Common. Raffles and music, what could be better for a summer evening!

Aug. 4

Monday Carillon Concerts
Town Common
6:30-7:30 p.m.

Laura Ellis, from Cambridge, will be performing. The carillon, Norwood's hidden instrumental gem, is a 50-bell instrument located in the Memorial Municipal Building (Town Hall) tower. Open carillon tower tours following the concerts Rain or shine.

Aug. 5

Outdoor Water Playdate
Poirier Village Center, 82 Roosevelt Ave.
10 a.m.

Get ready to splash and play! Join the Outdoor Water Playdate for a fun-filled morning of water tables, sprinklers, and splashy activities designed for young children and their caregivers. Come dressed in your bathing suit, wear sunscreen, and don't forget a towel! This event is weather permitting and is perfect for cooling off, making friends, and enjoying some summer sunshine. Recommended for toddlers and preschoolers with a grown-up.

For more information, email CFCE program coordinator Liz Hogrell (ehogrell@minlib.net). To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Farmers Market
Town Common
12-4 p.m. (Note Time Change!)

The Norwood Farmers Market is altering its hours for this week only to accommodate the National Night Out event which begins later in the afternoon. The town common will still be filled with many old and new vendors, including farm stands, bakeries, fish, meat, baseball cards, non-profit organizations, specialty foods, artisans, and more! There will be games for the kids and music by the JBTS Big Band! Meet your neighbors, purchase a fresh dinner, and have some fun.

Aug. 6

Together Tales with Ms. Gloria
Poirier Village Center, 82 Roosevelt Ave.
10 a.m.

Join a weekly bilingual story hour in English and Spanish. Ms. Gloria will lead the group in multilingual stories, songs, and crafts. This program is open to ALL and is a great first exposure to a new language!

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

Únase a nosotros para una hora semanal de cuentos bilingües en inglés y español. La Sra. Gloria dirigirá el grupo con cuentos, canciones y manualidades. ¡Este programa está abierto a TODOS y es una excelente primera exposición a un nuevo idioma!

Para registrarse, visite www.norwoodlibrary.org/morrillcalendar/ o llame al mostrador de referencia al 781-769-0200, x2.

Summerfest Concert
6:30-8:30 p.m.
Norwood Town Common

David Tessier's All Star Band brings lots of fun and rhythm to Norwood's hub! Raffles and music, what could be better for a summer evening! Raffles and music, what could be better for a summer evening!

Norwood Farmers Market

Tuesdays on the Town Common
2-6 p.m. (Aug. 5 only - 12-4 p.m.)

Tuesday, Aug. 12 2-6 p.m.: The Norwood Farmers Market is celebrating National Farmers Market Week! In addition to the diversity of vendors who continually visit Norwood, the afternoon will also include music from the School of Rock and free gifts for the kids! It is guaranteed to be a great, fun filled afternoon!



Aug. 7

Paint Night
Morrill Memorial Library
6:30 p.m.

Unleash your inner artist in a relaxed and fun atmosphere at the library's Paint Night with artist Ashwini Chitnavis! Whether you're a beginner or a seasoned painter, this event is for you. Ashwini will guide you step-by-step to create a beautiful piece of art. No prior experience is necessary. The library will provide the materials. This program is free and open to ages 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 8

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

This is 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+. Registration is required. Please fill the form below or call 781 769 0200, ext 2. To register, call 781-769-0200, or visit <https://www.norwoodlibrary.org/morrillcalendar/>.

Aug. 9

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

Fall fashions have arrived for the whole family! Also, check out their great Back-to-School bargains. Don't miss out!

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

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

How does the race work?

Up to 8 teams will compete, with a maximum of 4 people per team. Feel free to name your team!

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

count as a team member.

One puzzle per team.

Puzzles will be 500 pieces and identical.

Race will kick off at 2:30pm and will end at 4pm. Please plan on arriving by 2:20 pm at the latest, so we can start on time.

The team with the most completed puzzle by the end of the race will be the winner, but everyone gets the bragging rights!

This program is free and open to all, but note that the difficulty level of the puzzle design is most suitable for tweens, teens and adults. Only one team member registers for the whole team. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 10

Sunday Concerts on the Common
Town Common
6:30-8:30 p.m.

The She Bop Swing Orches-

CALENDAR

continued from page 12

tra take the stage, ready to get the crowd swinging! Every Sunday evening throughout the summer, residents gather on the Town Common with folding chairs and blankets to enjoy live music spanning every genre. Raffles and music, what could be better for a summer evening!

Aug. 11

Monday Movie Matinee: 'BlackKkKlansman' 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! A black detective sets out to infiltrate the Colorado chapter of the Ku Klux Klan with the help of his Jewish colleague. In the midst of the 1970s civil rights movement, they risk their lives to obtain insider information on the violent organization. Cast: John David Washington, Adam Driver, Laura Harrier, Topher Grace, Jasper Pääkkönen. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monday Carillon Concerts Town Common 6:30-7:30 p.m.

Jasper Depraetere, from Mol, Belgium, will be performing. The carillon, Norwood's hidden instrumental gem, is a 50-bell instrument located in the Memorial Municipal Building (Town Hall) tower. Open carillon tower tours following the concerts Rain or shine.

Restoring the Promise: A Discussion about Immigration, Democracy and a Path Forward Morrill Memorial Library 7 p.m.

Restoring the Promise is a nonpartisan, community-based discussion that invites individuals from all walks of life to come together and reflect on how immigration shapes, and is shaped by, the values of American democracy. Led by attorney Antonio Massa Viana, this program opens a thoughtful conversation about how current immigration practices intersect with fundamental constitutional principles, such as due process, equal treatment under the law, and the balance of powers. Rather than focusing on politics or partisanship, Restoring the Promise focuses on shared ideals: fairness, accountability,

and the belief that the strength of our democracy depends on how we treat every person under its protection. This is an opportunity to listen, to learn, and to consider what kind of future we want to build — together. The program will consist of a presentation followed by a dialog with the audience. Through real-life stories, legal insights, and historical analysis, this program explores topics like constitutional rights, legal protections, civil rights, and due process. It will present vision for moving forward — balancing national interest, compassion, and the rule of law. This program is free and open to all. Registration is required. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Community Media will help reach a wider audience.

Aug. 12

Women in 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.

Outdoor Water Playdate Poirier Village Center, 82 Roosevelt Ave. 10 a.m.

Get ready to splash and play! Join the Outdoor Water Playdate for a fun-filled morning of water tables, sprinklers, and splashy activities designed for young children and their caregivers. Come dressed in your bathing suit, wear sunscreen, and don't forget a towel! This event is weather permitting and is perfect for cooling off, making friends, and enjoying some summer sunshine. Recommended for toddlers and preschoolers with a grown-up. For more information, email CFCE program coordinator Liz Hogrell (ehogrell@minlib.net). To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Farmers Market Town Common

2-6 p.m.

The Norwood Farmers Market is celebrating National Farmers Market Week! In addition to the diversity of vendors who continually visit Norwood, the afternoon will also include music from the School of Rock and free gifts for the kids! It is guaranteed to be a great, fun filled afternoon!

Be MediaWise: How Information Spreads Morrill Memorial Library 7 p.m.

Tonight, join Adult Services Librarian Heath Umbreit to learn about how information spreads. The evening will explore the role algorithms and echo chambers play in what different people tend to believe, and learn how to create effective keyword searches using advanced search operators. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 13

Summerfest Concert 6:30-8:30 p.m. Norwood Town Common

Acoustic Fire returns to Norwood for an evening of great tunes! Raffles and music, what could be better for a summer evening! Raffles and music, what could be better for a summer evening!

Aug. 14

Sensory-Friendly Monthly Movie

The August movie is Disney's Moana 2, rated PG. This event is recommended for attendees aged 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 15

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. Ms. Stephanie guides our 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/

CALENDAR

continued on page 14

Rosetta's Italian Family Restaurant

AUGUST 2025

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FINANCING AVAILABLE



CALENDAR

continued from page 13

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

Aug. 16

5th Annual Ron Marshalsea Wiffleball Tournament
Norwood Elks, 152 Winslow Ave.
1 p.m.

Today's group is for teams of ages 16 and up. Cost is \$100 per team. Venmo is accepted at @ronmarshalseascholarship. To send a check or register a name after Venmo, email ronmarshalseascholarship@gmail.com. Registration deadline is Aug. 9. All proceeds will benefit the Ron Marshalsea Trade Scholarship.

Sunday Concerts on the Common Town Common
6:30-8:30 p.m.

Bare Bones Big Band offers the mighty sounds of its era! Every Sunday evening throughout the summer, residents gather on the Town Common with folding chairs and blankets to enjoy live music spanning every genre. Raffles and music, what could be better for a summer evening!

Aug. 17

Annual Ron Marshalsea Wiffleball Tournament
Norwood Elks, 152 Winslow Ave.
10 a.m.

Today's group is for teams of under 16 years old. Cost is \$50 per team. Venmo is accepted at @ronmarshalseascholarship. To

send a check or register a name after Venmo, email ronmarshalseascholarship@gmail.com. Registration deadline is Aug. 9. All proceeds will benefit the Ron Marshalsea Trade Scholarship.

Ice Cream Scavenger Hunt
F. Holland Day House, 93 Day St.
1-3 p.m.

Join the Norwood Historical Society for an afternoon of discovery and sweet treats! Norwood residents are invited to explore the beautiful and historic F. Holland Day House and follow clues and solve riddles to uncover fascinating pieces of Norwood's past! For all ages!

Aug. 18

Monday Carillon Concerts
6:30-7:30 p.m.

Carson Landry, from Rochester, NY, will be performing. The carillon, Norwood's hidden instrumental gem, is a 50-bell instrument located in the Memorial Municipal Building (Town Hall) tower. Open carillon tower tours following the concerts Rain or shine.

Canning, Freezing, Dehydrating
Morrill Memorial Library
7 p.m.

Did you get way too much production from your garden this year? No problem! Master Gardner Kate Donovan, of Blackstone Valley Veggie Gardens will show you the easiest and best ways to preserve it! Each of the three methods, canning, freezing, and dehydrating, will preserve your garden goodies for a year or more. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call

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

August 19

Norwood Farmers Market
Town Common
2-6 p.m.

There is still so much summer and harvest left in New England! Bring home some sweet corn on the cob picked from local farms to compliment the fish or chicken from Jordan Bros. and The Pumpkin Farm! There is always something new going on at the Norwood Farmers Market. Each week is different but the fun, laughter, and friendships continue! And of course, delicious locally-grown or home-made food and goods!

Intergenerational Ice Cream Social
William Shyne Circle
2-3:30 p.m.

Enjoy a cool ice cream treat, get creative with a simple craft, unwind at the coloring stations, and gather for a special Storytime with Ms. Liz. This joyful event brings together young children, caregivers, and older adult community members for an afternoon of shared laughter and community spirit. Perfect for young children with a caregiver. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 20

Intergenerational Storytime: Delightful Ducks!
Benchmark Senior Living
10-11 a.m.

Travel to Benchmark Senior Living for a heartwarming inter-generational Storytime hosted by the residents! Together, you will enjoy two duck-themed favorites: Truck Full of Ducks by Ross Burach and Three Ducks Went Wandering by Ron Roy. After Storytime, families are invited to stay and enjoy duck-themed crafts, coloring stations, and a special snack (there just might be something sweet waiting for you!). This cozy event is all about building connections between generations through stories, laughter, and creativity. Perfect for young children with a caregiver. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Turn the Page Book Group: 'The Storied Life of A. J. Fikry'
Morrill Memorial Library
10 a.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel The Storied Life of A. J. Fikry, written by Gabrielle Zevin.

A.J. Fikry's life is not what he expected it to be. His wife has died, his bookstore is failing, and his prized possession, a rare collection of Poe poems, has been stolen. He is isolating himself from all the people of Alice Island and from Amelia, the Knightley Press sales rep who refuses to be deterred by A.J.'s bad attitude. And then a mysterious package appears at the bookstore that gives A.J. the ability to see everything anew. It doesn't take long for the locals to notice the change; or for that determined sales rep, Amelia, to see her curmudgeonly client in a new light; or for the wisdom of all those books to become again the lifeblood of A.J.'s world. 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.

Join in for Board Games and fun! 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! Recommended for ages 18 and up. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Summerfest Concert
6:30-8:30 p.m.
Norwood Town Common

Boston's Erin Og follows in the footsteps of the greats of Irish folk music! Raffles and music, what could be better for a summer evening!

Turn the Page Book Group: 'The Storied Life of A. J. Fikry'
Morrill Memorial Library (Virtual)
6:30 p.m.

Join Patty Bailey and other local readers for a friendly and informal virtual discussion of the novel The Storied Life of A. J. Fikry, written by Gabrielle Zevin.

A.J. Fikry's life is not what he expected it to be. His wife has died, his bookstore is failing, and his prized possession, a rare collection of Poe poems, has been stolen. He is isolating himself from all the people of Alice Island and from Amelia, the Knightley Press sales rep who refuses to be deterred by A.J.'s bad attitude. And then a mysterious package appears at the bookstore that gives A.J. the ability to see everything anew. It doesn't take long for the locals to notice the change; or for that determined sales rep, Amelia, to see her curmudgeonly client in a new light; or for the wisdom of all those books to become again the lifeblood of A.J.'s world. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Author Talk: Casey McQuiston
Morrill Memorial Library (Virtual)
7 p.m.

The Morrill Memorial Library is partnering with the Library Speakers Consortium to host a virtual discussion with New York Times-bestselling author Casey McQuiston about romance, food, and their new book, The Pairing. When two bisexual exes accidentally book the same European food and wine tour, they challenge each other to a hookup competition to prove they're over each other--except they're definitely not.... because sometimes a taste of everything only makes you crave what you can't have. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Aug. 21

Frozen 5K Skate/Walk
Skating Club of Boston, 750 University Ave.
6-9 p.m.

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CALENDAR

continued from page 14

The Club will be hosting a Frozen 5K Fundraiser on Thursday, August 21. This is an opportunity for supporters to come together for the launch of scholarships, awards, and memorials for the skaters, coaches, and family members who perished in the mid-air collision in January, in Washington DC. The event will be skating 28 laps in the Tenley E. Albright Performance Center, which features an Olympic-sized skating rink. Those who prefer to walk may participate on the concourse. Individuals can fundraise by themselves or as part of a team, and the event will feature music, food, beverages, a cash bar and more. For more information, visit www.scboston.org/frozen-5k/.

Aug. 22

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. Ms. Stephanie guides our 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.

Aug. 23

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

The thrift shop has big savings on everything - clothes, shoes, jewelry, books, tableware, kitchen items, and so much more! Come in and take a look around.

Aug. 24

Rocket Day
Father Mac's Field, 295 Vernon St.
12 noon

The Norwood Pack 49 Cub Scouts are hosting a Rocket Day! During this event, the scouts will launch model rockets into the sky, supervised by

trained adults. Siblings, friends of the scouts, and anyone interested in Scouting is invited to join in this exciting day. For more information, contact norwood-cubpack49@gmail.com. Free and open to the public.

Sunday Concerts on the Common
Town Common
6:30-8:30 p.m.

Dan Gabel and the Abletones take to the bandstand bringing their signature big band sound to delight the crowd! They are also the perfect choice to close out the Sunday Concerts series! Raffles and music, what could be better for a summer evening!

Aug. 25

Monday Movie Matinee: 'The Long Game'
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! The film tells the true story of the San Felipe Mustangs, a group of Mexican-American youths located in Del Rio, Texas. In the 1950s, the group set out to play golf at a white country club in town in order to have a high school team. Despite prejudice and obstacles, the Mustangs succeeded in becoming the 1957 Texas state champions. Cast: Dennis Quaid, Jay Hernandez, Cheech Marin. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monday Carillon Concerts
Town Common
6:30-7:30 p.m.

John Whiteside, from Cohasset, will be performing. The carillon, Norwood's hidden instrumental gem, is a 50-bell instrument located in the Memorial Municipal Building (Town Hall) tower. Open carillon tower tours following the concerts Rain or shine.

American Red Cross Blood Drive
Knights of Columbus Hall, 572
Nichols St.
2-7 p.m.

Aug. 26

Women in 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 Farmers Market
Town Common
2-6 p.m.

The kids are getting ready to go back to school which means quicker daily schedules. Lighten the load with purchase snacks, lunches, and dinners all at the Norwood Farmers Market! Of course, bring the kids as there is always something going on, and just about now parents and caregivers are ready for some fun and healthy activities! Meet or make new friends, purchase a fresh dinner, and have some fun!

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

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

Titles on Tap Book Group
Napper Tandy's
7:30 p.m.

The title this month TBD at press time. 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, sponsored by the Morrill Memorial Library, for readers in their 20s and 30s and for the young at heart. They go in for stories that are shaken, not stirred, and we don't mind taking their love of lit outside the library walls. Titles on Tap meets once a month in the left-hand bar of Napper Tandy's to eat, drink, be merry, and discuss the latest reading selection.

Aug. 27

Sensory-Friendly Lego Club for Adults
Morrill Memorial Library
10:30 a.m.

Join 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.

Summerfest Concert
6:30-8:30 p.m.
Norwood Town Common

JD, Billy, & Ken recreate the greatest songs of the 50's and 60's, the golden age of rock and roll! Raffles and music, what could be better for a summer evening!

Aug. 28

Sensory-Friendly Lego Club for Adults
Morrill Memorial Library
1 p.m.

Join 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.

Aug. 29

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

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BSAC PET CORNER

Help Us Help Them: Support Our Feline Friends

The Bay State Animal Cooperative (BSAC), is dedicated to providing every cat in their care with the medical attention and comfort they deserve, no matter the cost or how long they reside with their foster parents. Some of their feline family require ongoing care, specialized diets, or costly procedures, but the BSAC never gives up on them.

Right now, Blackie will be receiving \$1,600 worth of dental work on Aug. 12. Buddy is an amazingly sweet older gentlemen who has kidney disease and is on prescription kidney disease diet food.

His canned food costs approximately \$121 every 2 months, plus his dry food costs \$40 every 3-4 months for just 4lbs.

These cats are just examples of how BSAC uses their donations to provide ongoing care. One time donations to help Blackie's dental work or recurring monthly donation to help cats like Buddy mean so much to this non-profit organization.

Even the smallest donation can make a big difference.

To make a one-time or monthly donation, visit www.baystateanimals.org and click "Donate."

You can also purchase a Chewy gift card through the website also, in their wishlist!!!

Thank you for helping BSAC give these sweet souls the care they need and the love they deserve.

Meet Buddy & Blackie

Buddy is super sweet says



his foster mom. He lives in foster with his housemate Buddy who may be deaf or a very deep sleeper as he has zero reactions to voices when asleep. He is a total cuddle bug and lays in your arms or lap and is a purr machine. After major dentistry Buddy should fatten up a little. He has early kidney disease and requires prescription food.

Blackie is a sweet old gentleman who wants to live out the rest of his life with a loving family and his lifelong cat brother Buddy. Blackie is a little more reserved and waits his turn when he and his brother seek attention.

Can they spend their senior years with your family?

A quiet, home with reduced activity is preferable as both cats are not used to much activity and deserve some serenity! Added stresses can surely cause senior ailments also!

Meet Binky

Binky is a senior cat, we guess 12-ish, seeking her own human who "gets" cats. She was surrendered when her human passed away. She was great with "her" human but needs a place where she can settle in and adjust to a new human. Binky's owner's fam-



ily was going to have her cross the rainbow bridge as no one could take her. BSAC stepped in, along with her current foster mom, to say NO. Binky needs to be an only cat in the home. She needs to be with a very experienced cat owner who can give her her space. Binky is very playful with her toys and enjoys being present with humans. She shows affection and enjoys being in the presence of humans. Are you up for this challenge? She really needs to have the chance to spend her senior years safe. Please consider her as a foster or forever.

UPDATE: Binky has been placed in long term foster care. If, after reading her bio you think

you want to consider adopting her please send BSAC an email at info@baystateanimals.org with your experience and why you are interested in our Sr. young lady! Do not complete an application. She is doing great in her current foster care!

Volunteers Needed at Petsmart, Walpole

Cat Canton Rescue is looking for volunteers to help care for their cats at the Petsmart, in Walpole, while they wait for adoption. The commitment would be Wednesday mornings, bi-weekly. Tasks include cleaning cages and litterboxes, feeding, and most importantly, playtime!

Could also count towards community service hours for students.

For more information, contact ccrfundraiserinfo@gmail.com.

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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday**

Real Estate Corner

Norfolk County Real Estate Shows Notable Growth

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of June, 2025, indicate a notable increase in overall real estate activity, with increases in both property sales and mortgage activity as compared to June, 2024, and the previous month, May, 2025.

The Norfolk County Registry of Deeds recorded a total of 10,433 documents in June, 2025. This represents a 15% increase from June, 2024, and an 8% increase compared to May, 2025.

"The real estate market in Norfolk County is performing well as we move into the summer," Register O'Donnell stated. "The increase in real estate activity, especially in property sales and mortgages, demonstrates the robust demand for property here."

The total number of deeds recorded for June, 2025, which reflect both commercial and residential real estate sales and transfers, was 1,677, up 14% from June, 2024, and up 12% from May, 2025. Looking at just commercial and residential real estate sales, a total of 1,012 properties were sold in June, 2025. This figure represents a 13% increase from June, 2024."

"The significant increase in deeds recorded and properties sold in June, 2025, compared to the same month last year demonstrates the ongoing demand for real estate within our communities," Register O'Donnell said. "Even amidst various market factors, the consistent volume of transactions points to an active real estate landscape."

The average sale price for commercial and residential properties in June, 2025, was \$1,153,416, a less than 1% decrease from June, 2024, and a decrease of 17% compared to May, 2025. Additionally, the total dollar volume of commercial and residential sales is up, increasing 13% from last

year and 2% from last month.

"The month of June saw a notable shift in the average sale prices on commercial and residential real estate as a whole marking the first time in 2025 that we haven't seen a year-over-year rise," Register O'Donnell said. "This pause in upward trending property prices could offer a welcomed window for prospective buyers, but we will need to wait and see if this trend continues."

For the month of June, lending activity showed a significant increase compared to the same month a year ago and the previous month. A total of 1,707 mortgages were recorded in June, 2025, up 23% from June, 2024, and 11% more than May, 2025. The total mortgage indebtedness is also up increasing 67% compared to June, 2024, and up 2% compared to May, 2025.

"The substantial rise in mortgage recordings, coupled with the increased mortgage indebtedness, indicates a strong and renewed confidence among buyers in securing financing," Register O'Donnell said. "This positive trend in lending activity is a key indicator of the overall health of our

local real estate market."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In June, 2025, there were 3 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in June, 2024, there were 9. Additionally, in June, 2025, there were 28 notices to foreclose, the first step in the foreclosure process, less than the 37 recorded in June, 2024.

"The reduction in the number of foreclosures and notices to foreclose is certainly positive news," Register O'Donnell said. "With that said, we must remember that foreclosure activity has a human impact and there are still a number of our neighbors who have lost their homes, and even more are dangerously close to losing their homes. I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed on our website, www.norfolkdeeds.org."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action

Programs 617-479-8181, x376, and NeighborWorks Housing Solutions 508-587-0950, to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"The June, 2025, real estate data for Norfolk County showcases a competitive real estate market driven by strong demand and increasing lending activity," Register O'Donnell concluded. "This growth highlights the desirability of our communities. As we move further into the summer months, we remain optimistic for continued growth and look forward to seeing how the market evolves."

To learn more about these and other Registry of Deeds

events and initiatives, "like" them on Facebook at facebook.com/norfolkdeeds. Follow on Twitter and Instagram at @norfolkdeeds.

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

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Real Estate Corner

Good Deeds: A Taste of History

BY WILLIAM P. O'DONNELL

NORFOLK COUNTY REGISTER OF DEEDS

As the 'dog days of summer' approach, many of us seek a refreshing escape from the heat and summer doldrums. And more often than not, our thoughts turn to that quintessential warm-weather treat: ice cream. While many of us fondly remember childhood trips for a cone, few names evoke nostalgic Americana quite like Howard Johnson's, an iconic brand that got its start right

here in Norfolk County.

For decades, Howard Johnson's was more than just a restaurant chain; it was a roadside icon, a beacon for travelers, known for its distinctive orange roofs and, perhaps most famously, its 28 flavors of ice cream. What began in 1925 with Howard Deering Johnson selling ice cream from a small soda shop in Wollaston, a section of Quincy, would turn in to the largest restaurant chain in the United States. He enhanced ice cream quality by using a recipe that doubled butterfat, used only natural flavorings, and used hand-cranked makers to churn the chilled cream. By 1928, the ice cream was grossing \$240,000 in sales in the store and at nearby beaches. The very last Howard Johnson's restaurant, located in Lake George, New York, closed its doors in 2022, marking the end of a nearly century-long era.

Visit this site to watch the Good Deeds: History Comes Alive segment on Howard Johnson on the Norfolk Deeds website:

<https://www.norfolkdeeds.org/news-event/announcements/good-deeds-history-comes-alive-howard-johnsons>

But even as a national giant receded into history, the spirit of local ice cream establishments has continued to thrive, particularly here in Norfolk County. These are the places that have stood the test of time.

The Bubbling Brook, on 1652 High St., in Westwood, opened in 1951 by original owners Hazel and Vival Ingraham who purchased the property from H.P. Hood & Sons Inc. (Deed recorded in book 2520, page 353). Ed and Gloria Cortas owned and operated the ice cream shop from 1988 to 1991, and since 2003. In 2005, their daughter Marie Adams became a joint owner.

Charlotte Yourell and her sister opened JJ's Dairy Hut, in 1956, at 140 Chief Justice Cushing Highway, in Cohasset. Their venture began after Kimball's ice cream store, a local favorite, closed the previous year. In 1977, Frank Loiacono purchased JJ's from the sisters, though Charlotte Yourell continued to work at the ice cream shop. The ownership changed hands again in 1989 when Lilly Sestito, who had started working at JJ's at just 13 years old, bought the business (lease recorded in book 4074, page 411). Both Frank Loiacono and Charlotte Yourell continued their dedication to JJ's, working there and training the next generation of "JJ's scoopers."

In 1963, business partners John Wallace and John O'Faherty purchased a former Sunoco Gas station on 635 Adams St., in Quincy, (Deed recorded in book 4074, page 509). That same year, the owners transformed the location into an ice cream stand naming it Dairy Freeze. Both owners continued to play a part in the business for over 37 years.

Crescent Ridge started when founder Malby Perrish purchased farmland at 355 Bay R., in Sharon, from Edith and Evelyn McBride (deed recorded in book 1957, page 593). The farm has been family-owned and operated since, originally delivering fresh milk in classic glass bottles. It wasn't until 1968 that the first Crescent Ridge Dairy Bar opened, using surplus milk to craft their now award-winning homemade ice cream. Generations of the Parrish family have continued the tradition.

The story of Black Cow Ice Cream, a seasonal ice cream shop at 1397 Main St., in Millis, began in 1997. Walter Walsh established the business two years after he purchased Marcy's Seafood & Ice Cream in 1995 (deed recorded in book 11076, page 651). Today, his daughter, Charlotte Walsh, operates the family-run shop.

These local establishments represent more than just a cool treat on a hot day. They are deeply rooted in our communities and remind us that while some things change, the simple joy of an ice cream cone on a warm day is timeless.

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