

Norwood

localtownpages



1

Vol. 16 No. 2

Free to Every Home and Business Every Month

September 1, 2025

Kickstart Autumn at Norwood Day!

Norwood is gearing up for its biggest celebration of the year. On Saturday, Sept. 7, from 10:30 a.m. to 3 p.m., downtown Norwood and the Town Common will be filled with music, food, games, and neighbors gathering for the annual Norwood Day Festival.

The popular event, which draws from bordering towns and beyond, between 13,000 and 15,000 visitors each year. They come to experience the best Norwood has to offer as it showcases the best of the community, with live entertainment, carnival rides, food from local restaurants, sidewalk sales, and more than 160 booths featuring businesses, non-profit groups, and



town departments. Washington Street and streets surrounding the Town Common will be closed to traffic to accommodate attendees and make this a true hometown event with easy access to everything.

"It takes months of planning and the help of many volunteers, municipal employees, and Recreation Department staff," said Recreation Assistant Director Sam White. "No other town hosts a party quite like this."

The Local Parade Kicks off the Day

The festivities begin at 10:30 a.m. with a parade starting at the Morrill Memorial Library, featuring Norwood's favorite band, the Colonial Boys, and Norwood High School fall sports teams, and Spirit Club. The procession concludes at the Town Common gazebo, where the Anne Lydon Volunteer of the Year

NORWOOD DAY

continued on page 2

Nick Brewer Earns Rank of Eagle Scout

Lots of young boys join the boy scouts; the friendships, camping, challenges, and much more contribute to its appeal. There are a few, however, that chase a higher ambition; scouting's highest honor, Eagle Scout. Norwood's Nick Brewer is one of those admirable scouts to recently reach this prestigious rank.

Brewer joined the Cub Scouts at six years old, and as he remembers it, was encouraged by his mother. There were, however, some unexpected benefits.

"I really think my mom just wanted me to do it and some of my friends as well," Brewer recalled. "But once I got into it, I loved being outdoors."

"My older son, David was a cub scout and Nick would often see what his Den would be doing and want to be a part of it," Maria Brewer said. "So, on Willett golf



day when Nick was in kindergarten, we stopped at the Pack 49 sign up tent and spoke to the leader there (who is still a leader in the Troop!!). He asked if he could

EAGLE SCOUT

continued on page 3

Jack Madden

MANAGER'S SPECIAL

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

Jack Madden

Not to be combined with other specials or offers. Expires 9/30/25. Must present coupon upon arrival.

OIL & FILTER CHANGE

\$59.95 includes up to 5 quarts of oil,
*plus tax and disposal fee

Jack Madden

Not to be combined with other specials or offers. Diesels, full synthetics and hybrids extra. Expires 9/30/25. Must present coupon upon arrival. Ford and Lincoln Mercury Only.

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

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

LARIN
Automotive LLC

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

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

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

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

GILLOOLY

Funeral Home

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

www.gilloolyfuneralhome.com

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

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

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

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

Local
Customer
Postal
SPRINGFIELD, MA
PERMIT NO. 142
PAID
U.S. POSTAGE
EPCWSS
PRSRST STD

localtownpages



Scan this QR CODE
to visit our Website



Scan this QR CODE
to visit our Facebook Page

localtownpages



NORWOOD DAY

continued from page 1

Award will be presented to a local resident who has gone above and beyond in service to the community.

Conrad's, and vendors filling both Washington Street and the Common. The scene resembles a Hallmark movie set, a setting very familiar as production companies have chosen this location on numerous occasions. Castle Island Brewing will again host a beer



Let the Festivities Begin!

The official celebration starts with rides and amusements, a performance stage at Washington and Walpole streets outside

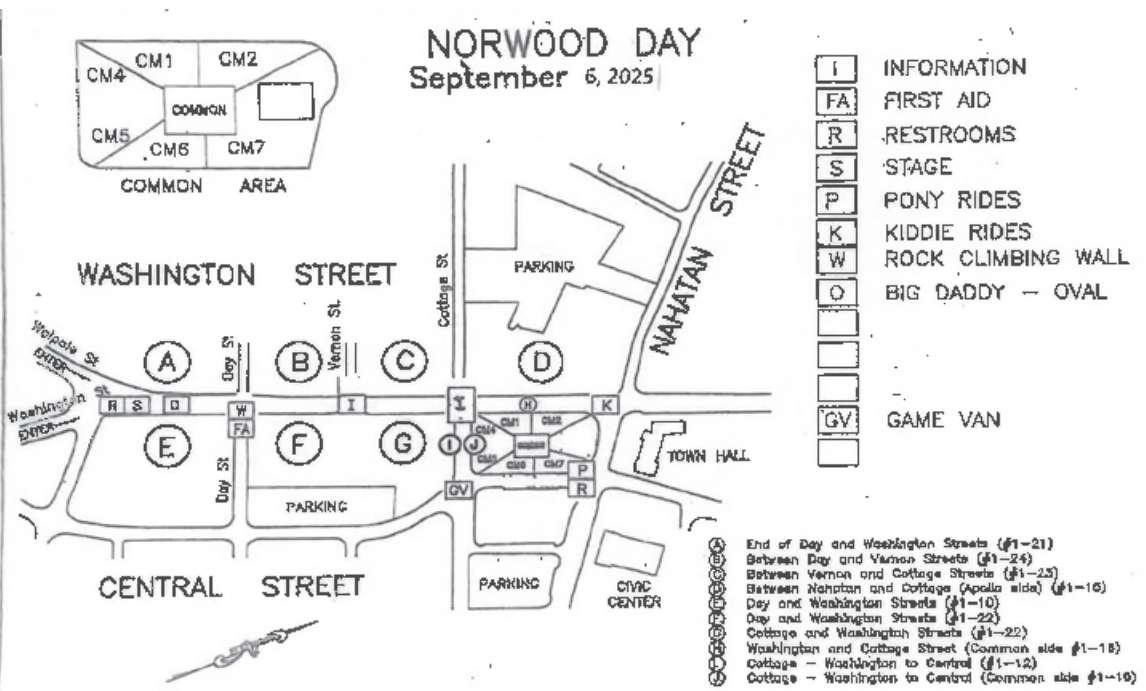
garden adjacent the Common, opening at 11:30 a.m. Attendees can enjoy free samples, while full pours will be available for purchase with valid ID.

The Best Way to Enjoy

Admission to most activities is covered by the purchase of a Norwood Day button at only \$5; an incredible price for rides, foot tastings, and so much more But-

tons can be purchased at the Civic Center, Town Hall, Morrill Memorial Library, Senior Center, or at the information booth on the day of the festival. This year's design celebrates the reconstruction of the Hawes Pool.

Norwood Day is entirely self-funded through button sales, sponsorships, and community support. Local businesses, high school sports teams, and countless volunteers play an important role in making the day possible.;



through the months of planning to set up and break down, and during the day of the event. Anyone interested in volunteering can call the Civic Center at 781-762-0466 or email Sam White at swhite@norwoodma.gov.

With food, music, shopping, and neighbors coming together, Norwood Day has become a cherished local tradition and the perfect way to welcome fall.

localtownpages

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

Publisher
Chuck Tashjian

Send Editorial to:
editor@norwoodtownnews.com

Advertising Director
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Creative Design & Layout
Michelle McSherry
Kim Vasseur
Wendy Watkins

Office Address
9 Industrial Road, Suite 107
Milford, MA 01757

Ad Deadline is the 15th of each month.

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

© Copyright 2025 LocalTownPages

Harvest Fest is making a comeback Sept. 20 In Bellingham

The event, a family-focused activity, is scheduled for Saturday, Sept. 20, at Bellingham's Town Common from 11 a.m. to 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, gymnastics and karate exhibitions, 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.

AYURVEDA HEALTH & MEDITATION

Learn to balance your mind, body, and spirit with nutrition, movement, and stress management. It promotes harmony of body, mind, and spirit to prevent illness and long-term vitality and well-being

Ayurveda Healthy lifestyle is a holistic approach to living in balance with nature. Tailored to each person's unique mind-body type (dosha)

- Daily routines
- Nourishing foods
- Meditation
- Movement

Maureen A Dermody, Chopra Total Wellbeing Coach
Ayurveda Teacher & Primordial Sound Meditation Teacher

508-561-3892
Modermody1@verizon.net • Maureenadermody.com
Healing through nature and ancient wisdom

FOR ALL YOUR PLUMBING NEEDS

CALL TODAY!
508-918-4648

Gerald Moran, Owner
License # PL36504-J Insured

EAGLE SCOUT

continued from page 1

sign up and so from that day, we joked that Willett golf day is his “scoutavesary”

As his mom expected, Brewer thrived with the scouts. For over more than a decade, he advanced



through scout levels, participating in numerous camping trips, experiences, and activities that taught leadership and outdoor skills.

While in Cub Scouts, he learned not just fun stuff, but life skills, building things, cooking, helpfulness,” Maria Brewer said. “He wanted to do and learn everything!”

For Brewer, it was nature that drew him in. An area that would later play a big part in his quest for Eagle.

“I always enjoyed camping the most,” Brewer said. “Being outside with friends was the best part, not really the merit badge requirements.”

The idea of reaching that top tank took root early. It is a long road, however, to bridge the gap between a young scout and an Eagle.

“When I first crossed into the troop, I saw the older kids and

wanted to be like them,” Brewer explained. “It was a lot of work. You have to earn a certain number of merit badges and complete eagle merit badges (usually a lot harder). You also had to finish all your rank requirements, which were basic things like cooking and first aid. The final step is to do an Eagle project, which is a big community service project; I built a trail bridge in Norwood

Why a bridge one might ask?

Brewer was inspired to build a trail bridge by numerous conversations with his friend, Joe Greeley, of the Norwood Trails Committee.

“We were talking about how a lot of the Norwood trails’

flooded and needed bridges, and that was that,” Brewer said.

As a seasoned hiker, Brewer knew how vital a bridge is to withstand severe weather and natural growth. As one would imagine, the overpass was welcomed by hikers and trail users.

“I think people appreciate that someone put the time in to get the materials out there and build it,” Brewer said. “I’m a big hiker and backpacker myself, and when I see bridges in the woods, I always respect whoever built them.”

Earning the rank of Eagle Scout entails more than a checklist of requirements; it calls for an ambitious young person who challenges themselves and embraces their role within the community. For Nick Brewer, service is not simply an obligation of the program, but a reflection of his genuine character.

“Over the years, he [Nick] has

volunteered on many things,” Maria Brewer said. “He organized a food drive for the Pack and Troop. He coordinated with the Food Pantry to pick up the empty boxes and deliver them. He was a youth lector at church. He ran a book drive at the middle school. He enjoyed volunteering at the Norwood Farmers Market. His dance teacher wanted a prop so he said I can build that for you. It’s just who he has become, always looking to help someone. I lost count, but he actively participated in several Eagle scout projects for his fellow scouts and it’s

pretty cool for him (and his fellow scouts) to have a hand in different projects that are throughout Norwood. He also had a number of leadership roles, including Senior Patrol Leader (SPL). Scouts is youth led and SPL is the highest role that is in charge of the Troop. He had to lead the Troop (with guidance from adult leaders). Imagine a young teen leading a bunch of other young teens!”

This month, Brewer will celebrate his 18th birthday. He hopes to stay involved with scouting, possibly as a troop leader, espe-

cially since his younger brother is still active.

“He has come such a long way from the young boy who couldn’t sit still to a young man who will do great things!” Maria Brewer said.

Only about 6% of Scouts nationwide earn the rank of Eagle Scout. The distinction marks not only years of hard work, but also a lasting contribution to his community — and for the town of Norwood, a trail bridge that will endure years of hikers’ footsteps.

116 Main Street, Medway
(508) 533-6655

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

43 Main Street, Hopkinton
(508) 625-8100

Don't stand in line!

ONLINE ORDERING AVAILABLE!

muffinhousecafe.com

Open Daily

Bakery with Fresh Muffins/Pastries

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

296 Washington Street, Westwood
(508) 533-6655

907 Main Street, Walpole
(508) 533-6655

MUFFIN HOUSE CAFE

NOW OFFERING DOORDASH, UBER EATS AND GRUB HUB

Breakfast and Lunch Sandwiches

Best Blueberry Muffins Since Jordan Marsh

Receive 10% off any cake

with this coupon

All our cakes are made from scratch on the premises

Expires 9-30-2025

FREE SMALL COFFEE

with a purchase of a muffin with this coupon

Expires 9-30-2025

RECENT NORWOOD TRANSACTIONS

161 Gay St	\$440,000	72 Devon Rd	\$1,100,000
43 E Cross St	\$570,000	1 Nottingham Dr	\$1,245,000
61 Pellana Rd	\$635,000	238 Rock St U:C2	\$305,000
136 Ellis Ave	\$625,000	301 Neponset St U:26	\$330,000
54 Bornwood Dr	\$828,000	301 Neponset Street U:12A	\$376,000
77 Norton Drive	\$760,000	211 Central U:A210	\$340,000
11 Sherwood Dr	\$770,000	129 Vernon St U:B	\$417,000
8 Geraldine Dr	\$810,000	392 Washington St U:1	\$425,000
32 Monroe St	\$930,000	423 Neponset St U:A	\$494,000
24 Mill Pond Ln	\$930,000	70 Endicott St U:1106	\$650,000
28 Pine Street	\$960,000	30 Cedar St	\$850,000

Thinking of buying or selling a home?

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

CALL BOB TODAY!

781-762-3701

BOB@BOBSTARRHOMES.COM

Anthony's Salon

Everyday low prices:

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

20% OFF Any Service

New Customers Only

EXPIRES SEPTEMBER 30, 2025

Open Wednesday thru Saturday

Booth Rental Available

781-762-2010

19 Day Street, Norwood

The Scoot-Skittles Story: Top Diggity-Dog

My name is Scoot-Skittles - and this is my story.

My friends call me Scoot-Skittles for short, and long. But you can just call me Scoot-Skittles, which is not short at all. Or long. I may very well may need a new name, or new friends. Or old friends with new names, or old names with new friends, and a dish of almonds just to break up the monotony - that is, you've forgotten the nutcracker.

Of course, Scoot-Skittles is not my real name at all, given my profession and all. As you may have guessed - although I have no idea how you would have after that whole name fiasco we've just lived through - I'm in the Selective Secret Service, K-9 Can-Do Division. I handle the humans - from the other end of the leash.

Ever since I was a pup, I knew

what I wanted to be - besides bigger. And furrier. My littermates had dreams of the ultimate profession for our well-bred breed: a professional Scratcher. It's not an easy life. You had to get used to lying around on a couch all day, staring out the window, growling at the delivery driver, and getting in some well-placed scratches. Granted, it was a lofty career goal, but the years of training it would take to learn how to tear up a throw pillow and then look innocent just wasn't for me.

That's why I decided to work for the government. I had a nose for crime, I had a handle on a collar, I spoke dialects, from German Shepard to Afghan Hound, to Yorkshire Terrier - although I found the Terrier's habit of begging for crumpets for a treat at tea time rather peculiar. Besides, I'd look great in a pair of Ray-Bans.

I figured I'd work my way up gradually, starting with my neighborhood dog crime watch. When I noticed Fluffy pilfering blueberry donuts, I decided not to just roll over and play dead. I alerted the proper authorities

- the Hound Handlers - which searched the neighborhood for a suspicious-looking dog with blueberry stains around his muzzle, holding its four legs to its belly and making sounds not heard since the old dog pound was impounded. No bad dogs indeed!

Not everyone was happy that I turned in Fluffy, aka Nutter. Sure, I earned the unfortunate nickname Scratch 'n Snitch, but the Town's K-9ers noticed me.

I made my share of rookie errors at first. I was somewhat taken aback when I heard I was assigned to the Illegal Rug Unit. I thought I'd get commended after I destroyed a valuable Persian carpet before learning a hard lesson of listening to every word.

After seven months - in dog years - I reached the pinnacle of my profession - the Secret Selective Service.

(Addendum: For security purposes, the government censor has edited the remaining 424 pages down to one word which it has cleared, and believes sums up Scoot-Skittles' career):

"Yikes."

"Quality and Professionalism Every Shingle Time"

OUR SERVICES

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

OUR NEW SERVICE DIVISION

\$99 Service Calls

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

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



LICENSED | INSURED | CERTIFIED



CONNELL
ROOFING • SIDING • GUTTERS

781-444-7577
www.ConnellRoofing.com

Last Call for Tickets! One Night Only!

THIS IS A PRIVATE EVENT • NO TICKETS SOLD at BOX OFFICE!

10th District Studios presents...
- a film by Jerry Kelleher

Welcome to Norwood... the Movie!

To purchase tickets, visit:
10thDistrictStudios.com

Norwood Theatre
September 6, 2025 • 7:00 pm

SCAN QR code for **TICKETS**
and **OFFICIAL MOVIE TRAILER**



E-MAIL ALL INQUIRIES TO:
10thDistrictStudios@gmail.com
(Do Not Call Norwood Theatre)

Visit Our NORWOOD DAY BOOTH in front of Norwood Theatre

Fall into Savings!

Paying too much for home & auto insurance?
Bundle and save 20% or more!!!



Westwood Insurance
Home Auto Business

1408 Providence Hwy #224 Norwood, MA 02062

PHONE (781) 352-8510
FAX (781) 352-8509



Like us on Facebook "Westwood Insurance Partners Inc"
CALL US FOR A QUOTE OR VISIT US ON LINE AT www.westwoodinsure.com



**WINDOW CLEANING
HOUSE WASHING**

CONTACT US
401-306-9138
FREE ESTIMATE

EXTRA SERVICES
GUTTER / FENCE / DECK / DRIVEWAY

20% OFF
YOUR FIRST SERVICE

info@onpointri.com www.onpointri.com

Norwood Shines in a Cinematic Spotlight

By JENNIFER RUSSO

On September 6, at 7 p.m., local history will come alive on the big screen at the Norwood

Years of Hockey in Massachusetts. Several years ago, they were approached with a small grant to create a film about the entire

buildings, working in old photographs and providing a unique visual tour of what Norwood looked like years ago.

“Norwood used to be part of South Dedham, which went all the way to the Rhode Island border,” King said. “We took a look at the industrialists, the people who gave rise to the town, how the printing industry took root here, the impacts of wars and illnesses like the influenza pandemic, and more. It’s a linear, documentary-style film where we have local people read passages because they are the current voices of Norwood. It was important for us to have them involved.”

The one-night premiere will coincide with Norwood Day, the town’s annual celebration of community, culture, and local pride. The event will blend entertainment and history, with per-

formances, vendor booths, and more, offering an opportunity to experience Norwood like never before.

View the movie trailer and purchase tickets to the premiere of Welcome to Norwood, the Movie at www.10thdistrictstudios.com

com for \$25; seating is limited. Can’t make the opening launch? The movie will later be shown on Norwood Community Media and available on the 10th District Studios website (www.10thdistrictstudios.com) as a flash drive for a small fee.



Theatre, as Welcome to Norwood, the Movie makes its highly anticipated premiere during this year’s Norwood Day celebration. The film is a cinematic journey through the town’s two centuries, featuring historical information chronicling Norwood’s people, stories, business ventures, and modern-day milestones. Showing for one day only, the movie offers both lifelong residents and newcomers an entertaining and heartfelt tribute to the town they call home.

Brendan King and Jerry Kelleher, both Norwood natives and run an award-winning production company called 10th District Studios, have created quite a few films about specific topics related to the town, such as one about the famed Norwood Arena Speedway and the Banner

history of Norwood in conjunction with its 150th anniversary of incorporation in 1872.

“This really is a production that is going to belong to the town,” King stated. “We were fortunate because the content is really all laid out for us, with a lot of research already done by the Norwood Historical Society and Patricia J. Fanning, who has published several books about the history of the area.”

The audience can expect to see dramatic portrayals of key moments in Norwood history, including founding families, the growth of neighborhoods that are still named after their native countries, the development of local industry, and the lives of its citizens. The film also highlights beloved landmarks and historic

NEED A PROPANE REFILL?

\$3.00 off

a 20 lb Fill

(with coupon)

NORWOOD BOTTLED GAS
305 Providence Highway, Norwood
(Next to Boch HONDA)

781-762-2330 • 781-762-2331

OBITUARY

William J. “Bill” Callahan
May 21, 1939 — July 29, 2025
NORWOOD - William J. “Bill” Callahan, Jr., age 86, a longtime Norwood resident, passed away in the late evening hours of Tuesday, July 29, 2025, at the Beth Israel Deaconess Hospital – Needham. He was the devoted and loving husband of the late Rosemarie A. “Ree” (Gugliotta) Callahan, who passed away on June 26, 2016.

Born in Brighton, Bill was one of two children born to the late William J. and Theresa (Allen) Callahan. He was raised and grew up in Brighton where he graduated as Class President from Saint Columbkille High School in Brighton. Bill furthered his education by attending Boston State College where he graduated with a bachelor’s degree in education.

A man with a great work ethic, for nearly 40 years Bill worked as an Industrial Arts teacher for the Waltham Public School System, with much of his career spent educating students at Central Middle School in Waltham. Outside of being a teacher, Bill put in extra hours as he was employed with the Environmental Services Department at Norwood Hospital; he took great pride in providing for his beloved wife and five children.

A communicant of St. Catherine of Siena Parish, Bill often attended Mass with his family. He was a member of the Knights of Columbus Norwood Council #252.

In his spare time, Bill had a wide array of hobbies and interests. He was a self-proclaimed Ice Cream Connoisseur. He was an avid sports fan and rooted and cheered on all New England sports teams. In his younger years, Bill was a Golden Gloves Boxer, never losing a match. Above all, Bill was most happy with the time spent and memories made with his family, especially being a proud Papa to his grandchildren and G-PA to his great-grandchildren!

Bill is survived by his cherished children: William J. “Billy” Callahan III and his wife Christine of Bois Colombes France, Kathy M. Callahan and Cathy Condo of Norwood, Michael R. Callahan and his husband James Mullane of Framingham, Steven T. Callahan and his wife Susan of Norwood, and Diane K. Carter and her husband Paul of Walpole; his grandchildren:



Stephanie Emmi and her husband Paul, Shaun Callahan and his wife Alanna, Katie Scano and her husband Colin, Kimmy Carter and her partner David White, Billy J. Callahan, and Estelle Callahan; his great grandchildren:

Ella and Miles Emmi; his sister: Agnes “Sis” Callaghan and her late husband Bill of Walpole; longtime family friend Kandi Finch and also numerous nieces, nephews, and extended family members.

Visiting hours will be held on WEDNESDAY, August 6, 2025 from 4:00pm-8:00pm at the Kraw-Kornack Funeral Home 1248 Washington St. Norwood.

Bill’s funeral will begin at the funeral home on THURSDAY, August 7, 2025, at 9:30am followed by a Funeral Mass at 11:00am in St. Catherine of Siena Church, 547 Washington Street, Norwood.

Interment will be in Highland Cemetery, Norwood.

In lieu of flowers, memorial contributions in Bill’s memory may be made to Parkinson’s Foundation directly at <https://www.parkinson.org/?form=19983&tribute=true>

PROFESSIONAL TREE SERVICE

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

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

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



Quality Tree Care

www.destitotreeservices.com

FAMILY OWNED AND OPERATED

Nicholas Destito
508-699-4532

Living Healthy

Blinded by the Night? Try These Simple Fixes

By: GRAHAM STETSON, OD, MS

Whether you're driving down a dimly lit road or walking the dog after sunset, nighttime glare can make routine tasks feel treacherous. Although headlights often take the blame, the problem usually starts with our eyes where many common eye conditions can scatter light, lower contrast, and make seeing in the dark difficult.

Uncorrected refractive errors, even when only slightly out-of-focus, cause blur and can

transform headlights into distracting starbursts and halos. Updating glasses or contact lenses often restores crisp contrast, especially under low-light conditions. While you're at it, make sure to keep your lenses clean and visit your optician to maintain a good fit and proper visual positioning.

Cataracts, which cloud the lens inside the eye, intensify glare by scattering incoming light and washing out detail. Early on, anti-glare coatings and optimized illumination can help, but as cataracts progress, surgical lens

replacement is the definitive remedy for improving night vision and comfort.

Dry eye destabilizes the tear film; the eye's critical first refractive surface. An uneven tear layer scatters light creating glare, halos, and fluctuating blur. Lubricating eye drops offer temporary relief, but eyelid hygiene and better visual habits are needed to address the underlying causes (see more dry eye tips at MyModernEyes.com/articles).

Ocular surface diseases beyond routine dryness can alter



the shape of the cornea, increasing light scatter. Managing the underlying condition can help reduce glare and restore smoother optics.

Macular pigment enhances contrast and reduces glare. **Low pigment density** has been linked to slower visual recovery and greater discomfort from headlights. Diets rich in leafy greens, colorful produce, targeted supplements, can increase macular pigment. Maintaining healthy levels may not only improve glare tolerance and protect against macular degeneration but also support cognitive function through their antioxidant effects.

Finally, **early retinal disease** can present with poor dark adaptation. When the eye's low-light visual pathways struggle, it takes longer to readjust after exposure

to oncoming headlights or when moving from bright to dark environments. Specialized tests can detect these changes early, and timely treatment of the underlying disorder may protect visual function and safety.

If nighttime glare is disrupting your daily life, it is not something you simply have to accept. There may be specific causes, like dryness, cataracts, or early retinal changes, that can be addressed. A comprehensive eye exam can identify the underlying cause and guide targeted treatment. With the right care and healthy visual habits, you can regain clarity, comfort, and confidence after dark.

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

If you're getting medication at a chain pharmacy, then you may be paying too much!

Brand Drug	Saved per month
Eliquis® 5mg	\$300
Restasis® 0.5% drop	\$100
Dulera® Inhaler	\$90
Lantus® SoloStar Pen	\$300
Januvia® 50mg	\$150

NO LONG LINES! Come to pharmacy where the pharmacist knows your name
Need help managing your meds?
We offer dispill medication packaging

\$10 OFF
Non prescription items when you transfer as a NEW prescription client

TRANSFER NOW
SOME RESTRICTIONS MAY APPLY

Not everyone saves the same amount or qualifies for a discount, but many do. And many can, but don't even know it.

NORWOOD PHARMACY
781-349-8895 • 54 Broadway • Norwood

“This is what two patients who saved with us said:
“Sejal saves me %150 a month on my copay.” -L.M.
“My other pharmacy wanted me to pay \$390, but the pharmacist at Norwood found me a coupon that saved me \$150.” -A.Z.

KEEP LIFE VIVID

Come see us

MODERNEYES Comprehensive Eye Exams, Eyewear, Urgent Care
781-352-4849 | MyModernEyes.com | 696 Washington St, Norwood

SCHEDULE ONLINE

GET NOTICED!

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

508-570-6544 or jenschofield@localtownpages.com

Living Healthy

Is Your Child's Backpack Putting Them at Risk?

As technology is advancing, and children are carrying laptops, tablets, sports uniforms, and the typical school necessities in their backpacks, it is crucial to address the risk of musculoskeletal symptoms. While back pain is an inconvenience in itself, it is also linked to poor academic outcomes, school absences, altered posture and gait, and further exacerbates the risk of skeletal deformities, like scoliosis.

Because the weight of a backpack can displace the center of gravity in a child, postural adjustments take place that can lead to potential injury. Chiropractors can help to identify spinal misalignment, reduce the stress on the joints through manipulation, and ultimately give your student postural and ergonomic exercises to restore balance between visits.

Jacob is a 15 year old high school student who presented to the office with complaints of mid back pain and stiffness 6 months into his sophomore year. Through education of weight distribution, proper carrying positions, and duration of backpack wearing, this student was able to make at home changes in conjunction with chiropractic in office care.



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

Chiropractic adjustments of the spine allows for built up gasses in the joint space to be replaced with fluid and move more freely - ultimately, reducing painful symptoms. In conjunction with soft tissue modalities - ie. myofascial release, cupping, scraping, chiropractic care can restore proper position and movement of the spine.

Call the Holistic Center at Bristol Square (508)660-2722 located at 1426 Main Street in Walpole to book your appointment today. Dr. Molly, Dr. Bien, or Dr. Goldstein will be happy to assist you on your journey back to health.

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

Summer is winding down...but you don't need to be!

Michelle Donohue
PT/Owner

Melissa Parrish
PT, DPT

Michelle Triessl
PT

Don't let pain get in the way of life's enjoyments!
Move Well Again!

Move Well
Physical Therapy

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

Odd-Jobs Construction

Robert Sheehan, Owner
617-957-4379

Currently we offer

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

oddjobsconstruction.net
oddjobs.sheehan@gmail.com

Norwood, MA 02062
HIC # 153376

NEW ENGLAND REGLAZE

NOW \$349

DON'T REPLACE YOUR OLD TUB, REGLAZE IT!
TUBS, TILE SINKS AND MUCH MORE

COLOR, TRAVEL, MAY APPLY.

SAVE \$100 WITH AD

Reg. \$449

**WE DO ANY TUB!
CALL NOW
617-895-7771**

www.newenglandreglaze.com

Affinity Dental

BEAUTIFUL SMILES THAT LAST A LIFETIME!

Choose the best dental care for you and your family

Call for an appointment
781-255-1100

45 Walpole Street #4, Norwood, MA
www.affinitydentalinc.com

20 Years of Growth At Sunrise Montessori School

Experience, passion, and innovation are hallmarks of the school's success.

Sunrise Montessori School has been teaching preschool and kindergarten students to be well-rounded and self-confident for 20 years. In 2005, Sunrise began with one classroom, two teachers, and six students, expanding into its current location at 31 Hayward St. in Franklin. The school's founders worked diligently to build an environment where kids feel comfortable discovering and learning at their own pace, allowing students to not only take direction of their learning, but to find wonder in the world around them. Former Head of School and co-founder, Karen Roeber, recounts her first visit to a Montessori classroom. "I can remember being so impressed. The classroom was so different from any other that I had ever been in – the children were all working quietly in various subject areas. The environment was so clean, and the shelves were neatly set up. The children chose which activities they wanted to work on, and when they completed their work, they put it back on the shelf for the next child. What a wonderful concept of care and sharing, a philosophy that has lasted over 118 years".

Since 2005 Sunrise has brought the Montessori method to more than 418 children, ranging in age from 2.9 to 6 years old. Many families enroll younger siblings in subsequent years. The



Montessori approach uses hands-on experiences that support independence and discovery. Students from Sunrise achieve success both academically and creatively (most recently, a Sunrise alum won the regional Gold Key, National Gold Medal, and scholarship at the Scholastic Art and Writing Competition for her artwork).

Throughout the day, you'll see the Montessori Head Teachers observing the classroom, presenting lessons to small groups and engaging one-on-one with students. The curriculum is self-directed; guided by the child's own curiosity, and includes Language, Math, Science, Geography, Sensorial, the Arts, and

Business spotlight



Grace & Courtesy lessons that teach real-life skills children practice every day. From pouring their own glass of water and sweeping up after their lunch to identifying the life cycle and structure of a flower, each student is building a foundation of interest and responsibility in their everyday life that will carry them into adulthood. The teachers also help the children grasp a foundational component of Montessori education - respect for all living things - by strengthening communication and conflict resolution skills with their peers.

Andrea Rossick, Sunrise's current Head of School, has 25+ years of experience in Montessori environments. Rossick has spearheaded many updated facility and playground improvements



in recent years to enhance the experience for students. "Looking forward, it's been our dream to expand upon our successful preschool and kindergarten classrooms by adding a toddler program - which would help support the growing needs of our community."

The school will celebrate its 20th year with multiple events, which will include former and current educators, staff, board members, and families who have come together to create the Sunrise community. Co-founder, Sue Roecker, states that "under the guidance of our dedicated Board of Directors and support from the community, Sunrise Montessori School continues to provide excellence in early childhood education".

Sunrise Montessori is a member of both the Montessori Schools of Massachusetts and American Montessori Society and is licensed by the MA Department of Early Education & Care. The school is a non-profit, 501c3 organization that relies on the support of tuition, fundraising, grants and the community to keep its vision moving forward. Located at 31 Hayward St., Franklin, the school welcomes families from all surrounding towns. To schedule a tour, learn more about the curriculum, or support Sunrise Montessori School, visit mysunrisemontessori.com.

PAID ADVERTISEMENT



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



Dr. Bliss | Dr. Ficarelli | Dr. Burnett

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



Scan to visit our site!

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

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

DOT Drug test - BAT Alcohol testing Collection Site

DR RAPID LAB Provides MOBILE collection Services to Individuals and Employers



Pre-Employment, Random,
Reasonable Suspicion, Post Accident,
Return to Duty, Follow-Up, Court Order,
Custody, Probation

Supports Department of Transportation and Drug Free Policy for DOT and Non-DOT.
FTA • FRA • FMCSA • PHMSA • USCG

Additional services Provided: DNA Testing • Legal and Informational • Paternity / Maternity
Generational • Immigration Case collection (TPA) • Notary Service for The Commonwealth

Mobile OR at 106 Access Road, Suite 204B, Norwood
508-850-6156 • drrapidlabs.com • usdottest@drrapidlabs.com

LUCILLE RIEMER

Lucille Riemer, was a charter member and active participant of the WCC for 28.5 years. She felt a deep commitment to the children of Norwood and she was instrumental in helping to establish the town’s recreation department.

In 1926, private funding for a summer playground had ended and Mrs. Riemer launched a campaign to raise \$350 to fund the camp. Her efforts were so successful that two playgrounds were funded for that summer. Following that success, Mrs. Riemer framed a petition to the Selectmen to place the question of providing playgrounds on the official ballot at the next town election. More than enough signatures were procured on the petition that on January 17, 1927 the Playground Referendum was passed by a large majority. Keeping activity and exercise in the forefront, Mrs. Riemer worked tirelessly for the next three years to urge the Town of Norwood to purchase the Civic property so that it can be “teeming indoors and out, with recreational activities.”

In 1974, The Lucille Riemer Scholarship was established in her memory for a high school graduate whose intention is to pursue a career in Physical education with a special interest in recreation.



100
YEARS
OF
VOLUNTEERS

MAY NELSON

For 47 years, serving in many capacities, May Nelson devoted herself to the Women’s Community Committee. This lady exemplified volunteerism. In 1953, during her term as President, Norwood’s town officials wanted to make the area in front of the Norwood Theatre a parking lot. Mrs. Nelson led a campaign with the hopes of creating a green, with grass and trees to enhance the town center. Her vision over 60 years ago has given Norwood one of the prettiest Town Commons in the state.

Not only did she give endless hours to the WCC, but she was also Chairwoman of the Norwood Beautification Committee and one of the founders of the Norfolk Mental Health Association, now the Cutler Counseling Center. In 1974, in recognition of her efforts on behalf of the Town of Norwood, the Jaycees made her an honorary member. At the time, she was the only woman in the country to be so honored.

The May Nelson Scholarship was established in 1984 to be given to a graduating senior who embodies the spirit of volunteerism.

WOMEN’S COMMUNITY COMMITTEE

In December 1925, with \$10 in the coffers and 14 members, a unique Committee, dedicated to improving the quality of life in Norwood was formed. Thus was born the Women’s Community Committee. From its humble beginnings in the living rooms of the founding members, to a tiny storefront on upper Washington Street, to the thriving Thrift Shop now located 1091 Washington Street, this all volunteer, non-profit organization keeps to that premise of community involvement.

Funded by donations and sales through our Thrift Shop, the WCC helps sponsor and support numerous local organizations such as the Ecumenical Food Pantry, The Circle of Hope and the Council on Aging. We are contributing sponsors to the Carillon Concerts, the Concerts on the Common, the Fourth of July Parade as well as funding museum passes for the Morrill Memorial Library. We sponsor educational programs, particularly the Free Babysitting Course offered yearly to 6th, 7th & 8th grade students.

Our organization is grateful and humbled to be the 2025 recipients of the Ann Lydon Volunteer of the Year Award. As we celebrate our 100th year, we wish to acknowledge all the women (and two special men) who have contributed their time, resources & energy to make us a vital entity in Norwood.

*Marion Allen
*May Atwood
*Maud Barrett
*Nancy Gay
*Maude Hartwell
*Florence Lefevre
*Clarissa Maier
*Evelyn Prescott
*Christine Probert
*Gertrude Rice
*Lucille Riemer
*Harriet Rogers
*Amy Waldheim
*Marcia Winslow
Louise Phillips
Rebecca Fowler
Louise Maguire
Laura Plimpton
Claire Curran
Grace Mainwaring
Mary Murphy
Beulah Rathburn
Rachel Martin
Hope Sly-Norton
Myrtle Stuntzner
Margaret Alden
Maud Hartshorn
Sarah Austin
Catherine Foster
Susan Brown
Bebe Orent
Eleanor Allen
Katherine Chick
Gertrude Williams
Catherine Lutz
Florence Henderson
Mabel Sodergren
Gertrude Butler
Marion Rich
Rose Arnold Zoboli
Daisey Tilton
Marion Sanborn
Lucille Wheatley
Sally Regan
Irene Smith
Marion Barr
Marion Mutch
Corrine Rizzo
May Nelson
Helen Sieracki
Alice Barr
Belle Bates
Eva Knoll
Irene Paterson
Margaret Whittlesey

Mary Murphy
Margaret Williamson
Ruth Carolan
Phyllis T Rogers
Frances Wiggin
Dorothy Blackmer
Eleanor Balboni
Hazel Huntoon
Evelyn Williams
Mary Chubet
Esther Corcoran
Marie Lynch
Betty Metters
Florence Kelly
Eleanor Sayre
Blanche Stitt
Gladys Hyland
Zaila Souther
Margaret Crowley
Elizabeth Callahan
Elizabeth Grant
Jean Snider
Virginia Warthin

Roslyn Orent
Jessie Tatro
Ruth Oberle
Helen Paciorkowski
Dorothy Bonney
Yetta Cooper
Mary Davis
Julia Johnson
Doris Dauksis
Patricia Crawford
Irene Nelson
Winifred Paine
Phyllis G Rogers
Doris Hefferan
Judy Christiansen
Eleanor Monahan
Alena Wisgirda
Gorgianna Clem
Edna Schailer
Arlene Lindblom
Carolyn Nead
Lou Gahm
Mary Mahoney

Ethel Brown
Elna Carlson
Gertrude Dolan
Josephine Fisher
Rita Lawler
Janet Wilkinson
Grace Beverly
Frances Breen
Sylvia Wallace
Aira Johnson
Shirley Oberacker
Bernice Wenstrom
Eva Green
Ann Gotovich
Barbara Levine
Marion Randig
Alice Lawler
Carol Fishman
Dorothy Lovell
Joan Warde
Arlene Veracka
Barbara Blaidsell
Barbara Barnes

Mae Bremer
Rita Kunan
Rachel Leavitt
Edith Storey
Jean Hale
Mari Wilkinson
Muriel Saver
Anne Sansone
Heley Ayer
Elinor Fouhey
Ada Kinsinger
Betsey Danovitch Wise
Esther Pearson
Olive Fiske
Barbara Morrison
Carolyn Renwick
Sylvia Weisberg
Martha McQuillan
Geraldine Parsons
Penny Miller
Rosemary Hopkins
Grace Bayer
Marsha Foreman

Norma Monbouquette
Nancy Rickhard
Helga Berglund
Carolyn Doherty
Miriam Lennon
Patricia Rose
Evalyn Hamelin
Angelina Saraca
Virginia Olshan
Mary Kelleher
Dorothy Snellgrove
Phyllis Hemmer
Joan Cuff
Helen Brescia
Barbara Hohman
Kathleen DeWysocki
Emma Lockwood
Genevieve Seletsky
MaryAnn Phillips
Marie Colamaria
Kay Maguire
Edith Honeth
Mary Taris

Marge O'Neil
Marie Waldron
Ann Ward
Alice Cofsky
Diane Hutchens
Ruth Patten
Geraldine Stanton
Betty McElman
Marguerite Wytrwal
Emily Tibbetts
Frances Sullivan
Rena Henry
Adrienne Thorne
Muriel Gerry
Margaret Danaher
Marie O'Brien
Genevieve Fanning
Mary Nicholson
Susan Kreusch
Janet Webber
Theresa Sampson
Debra Sheehan
Carolyn Haskell

Joyce Byrnes
Mary Degnan
Margaret Barker
Beverly Ryan
Annie Wong
Ruth Martowska
Julie Bugeau
Lois Judge
Harriet Goulet
Pauline Erker
Jeannine Parsons
Nancy St. Laurent
Adrienne Ciapciak
Joyce DeCosta
Christine Tosi
Jean Hubbard
Sandra Keefe
Elaine Petherick
Catherine Ostrom
Alma O'Rourke
Sharon Wolfson
Sandra Discepolo
Patricia Reardon

Joan Driscoll
Patricia Osborne
Helen Wyche
Ellen Petrie
Judith Gormley
Mary Donnelly
Iliana Nace
Deborah Reddick
Marjorie Curran
Arlene Grinavic
Patricia Monahan
Patricia Greene
Margueritte Conley
Janet Taylor
Ruth MacLeod
Mary Gray
Ellen Hansen
Harriet Simons
Barbara Anello
Barbara Brierley
Lois Annand
Irene Ingemi
Beth Goldman
Patricia Costello
Susan McQuaid
Patricia David
Julia Liddy
Josephine Mullane
Lois Sullivan
Sylvia Sullivan
Marilyn Lynch
Monica Phillips Young
Mary Buchanan
Joyce Sheehan
Jacqueline Smith
Laurie Shea
Judy Padden
Elizabeth Phillips
Jennifer Holmberg
Linda Nolan
Paula Meridan
Lynette Cooper
Margarete O'Shea
Donna Horn
Jane Orella
Grace Bommarito
Patti Meyer
Saarah Syed
Courtney Bruno
Michael Coughlin
Robert Sullivan

* Founding Member

Norwood Sports

Stephen Pratt; Paying it Forward at the PMC

BY CHRISTOPHER TREMBLAY,

In November of 2008, Stephen Pratt was diagnosed with Mantel Cell Lymphoma, a rare blood cancer with a 75% mortality rate within one year. With the possibility of the end relatively close, he began the first of six rounds of intense chemotherapy and went through an autologous bone marrow transplant, all while being part of a Scandinavian trial that produced the Nordic Regime, an innovative treatment that would eventually save his life.

“When I was originally diagnosed, I was pretty sure that I was not going to make it and started making provisions for my family (both his kids were under the age of ten at

the time),” Pratt said. “Nothing is guaranteed in a world where cancer affects 28 million people. One in every two knows someone involved with cancer.”

Once he was cleared and in remission from the deadly disease, Pratt was looking for a way to pay his debt forward. Being a long-time competitive cyclist since the early 80’s, he decided to ride for all the sacrifices of those who fought the disease and succumbed. The Pan Mass Challenge (PMC) is a fundraising bike-a-thon started in 1980 by Billy Starr to benefit the Dana-Farber Cancer Institute via the Jimmy Fund. It raises more money than any other single athletic fundraiser in the country.

In addition to the Scandinavian treatment, the amazing caregivers at Newton Wellesley Hospital and Mass

all the little towns you ride through was totally amazing and something I will never forget.”

as long as my body allows it, I’ll be back on my bike for the cause.”

On the day of the ride, Pratt jumps on his bike at his Norwood home and rides the eight miles to Dover where he then eases into the rest of the ride. Over the last few years, he has done the Wellesley to Bourne route, and although it is a shorter ride, he is still empowered by the people he meets along the way. While riding, he hears the stories of the other riders and how they are showcasing their loved ones.

“You see tons of pictures of loved ones who had been lost



General were just as important to Pratt’s recovery. That first year, Pratt took part in the 192-mile ride for the PMC from Sturbridge to Provincetown over two days. He felt that he was in good enough shape after having been riding more than 7,000 miles per year and 140 a week, but still was unsure of what he was getting into riding the PMC.

“I understood the terrain, but didn’t expect what I was about to encounter,” Pratt said that first ride. “It was like the Boston Marathon crowds, but for 192-miles. The amount of people that turn out from

Pratt, who rode in his 15th PMC this past August, also noted that while the people were cheering him and the other riders on, it was something that would engulf them and eventually take control of their feelings.

“Riding the PMC becomes very addictive; once you do it you continue to keep signing up year after year,” Pratt said. “I can’t guarantee I’ll be there next year, but I am going to try, and

or treated,” Pratt said. “Myself, I have been writing on my legs with a sharpie of all my friends who are being treated. The PMC may be considered an athletic event, but it’s mission is front and center and that’s one of the most important parts.”

Pratt feels lucky to have come in contact with the treatment that saved his life and will continue to pay it forward as long as he can.

“If you told me that two years after my diagnoses that I’d be riding 192-miles across the state – I would have never believed you,” Pratt said. “Now I’m a Living Proof Rider.”



★★★★★

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

— customer review



We carry all major and premium appliance brands

poiriersales.com

NEWTON 244 Needham St. Newton, MA 02464 • 617.558.5500

NORWOOD 1015 Washington St. Norwood, MA 02062 • 781.769.2446

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

15% OFF PARTS

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

10% OFF SERVICE CALL

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



BOSTON
WINDOW & SAFETY



SCAN ME

Services we provide

Commercial Window Washing
Rooftop Fall Protection Specialists



Authorized Dealer of Byrna products
Non-Lethal Protection

916 Pleasant St, Norwood MA • (781) 984-0540
BostonWindow.biz

Norwood Sports

Norwood American Legion Out at the Plate

By CHRISTOPHER TREMBLAY

The Norwood American Legion Post 70 baseball team opened up the summer season with an impressive 11-3 record, but due to rain, the squad was forced to play four games over the final five days of the regular season. After edging North Attleboro 5-4, Norwood found themselves sitting in first place in District 6 and needing only one win to secure a tournament spot.

Unfortunately, that's when Post 70's season began taking on water. Over the next three games, Norwood found themselves falling in all three contests by a combined score of 30-5. Needham shut them out 10-0, Mansfield defeated them 13-5, and Foxboro, a team that Norwood should have defiantly beaten, surprised them with a 7-0 win.

"It was the end of the season

and the kids knew that originally we only had two games during the week so a lot of them had vacation plans before the play-offs were to start," Norwood Coach Paul Samargedlis said. "Our team was made up of 17 kids, with two 15-years olds to start building for the future and with five starters out it hurt us."

Norwood finished the regular season with a record of 11-6 and was not expecting to make the post-season as they hadn't secured that final win, but with the new rules and tie breakers, both Needham and Norwood were awarded berths in the tournament.

At this point, Samargedlis thought that the baseball gods were looking down upon his team after the season's start and the tough luck they encountered down the stretch. Just as fast as the sun came a shining, clouds began to roll in. Starters Bren-

dan Cengic and Elliot Harris went down with injuries and Norwood fell to Quincy 9-6 in the first game after holding an early lead and then found themselves getting thrown out at the plate to end the game with the score favoring Fall River, 7-6. Fall River would go on to become the Champions.

After beginning the season with a promising 11-3 record, Norwood lost its last five games to end the year at 11-8.

"These kids were committed to the game; legion ball is not like it used to be in the past, but these kids gave it everything they had," the Norwood skipper said. "We were a dominate team this year, but getting on that losing streak hurt. When you get on a slide like that you need to get that one win to put you back on your path, but it just never came."

Samargedlis went on to say

that no team is deep enough to overcome what Norwood had to endure this season and he firmly believes that if Post 70 were healthy they would have beaten Fall River and made a run through the post-season.

"We just ran out of pitching," Samargedlis said. "We were down 7-4, cut it to 7-6 before getting thrown out at the plate to end the game. It was the perfect storm; if we were healthy, we are definitely up there as one of the best legion teams in the state."

Having begun his coaching career with Norwood in 2004, the squad under his guidance had made the tournament 21 of the 22 years, having only missed qualifying in 2014. Outside that year, the coach noted that his teams never went into a game saying 'we can't win this' even with injuries they'd continue to battle.

"We put a stamp on this pro-

gram, the kids are well instructed and I am extremely proud to be a part of it," Samargedlis said. "This year's players all have a bright future ahead of them."

Norwood will be only losing one athlete, while two other college pitchers can return if they so want to do so. Samargedlis has recorded a .580 winning percentage over his 22 years at the helm and amassed 289 wins in the process, only 11 wins away from the prestigious 300 club. Only a handful of coaches in the state have eclipsed this plateau with the same legion team.

"I am proud of the year that we had this year," Samargedlis said. "The success of this program overall, the team represented the town of Norwood well."

Robert Roofing & Gutters

49 YEARS IN BUSINESS!

**ONE CALL SENDS
A ROOFER...
NOT A SALESMAN**

857-247-8709

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

FINANCING AVAILABLE

**NO GIMMICKS,
JUST HONEST PRICING!**



CertainTeed



ACCREDITED
BUSINESS



Follow us
on Facebook

**FREE ESTIMATES
LICENSED & INSURED**

www.robertroofingandgutters.com • Rgreene465@gmail.com

Calendar of Events

Sept. 2

Norwood Farmers Market: Let's Go Patriots! Town Common 2-6 p.m.

The theme this week is football...and the exciting new Patriot's season! There will be specialized games, giveaways, and even Wild Willy's Sports Cards will be joining in on this special event! The common will also still be filled with old and new vendors, including farm stands, bakeries, fish, meat, baseball cards, non-profit organizations, specialty foods, artisans, and more! Meet your neighbors, purchase a fresh dinner, and have some fun.

Sept. 4

Reverse Coloring for Adults Morrill Memorial Library 6:30 p.m.

Unwind and tap into your creativity with Reverse Coloring, a fun and relaxing art activity designed for adults! Unlike traditional coloring books, reverse coloring starts with the colors already on the page — your job is to draw the lines. Let the watercolor-style backgrounds inspire your imagination as you add shapes, patterns, or outlines to bring each page to life. Whether you're an experienced artist or just looking for a mindful way to relax, this stress-free program is for you. All materials will be provided. No art skills needed — just bring your imagination! For ages 18+. Register at norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 5

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. Free and open to attendees aged 18+. Registration is required. Register at norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 6

Norwood Day 10:30 a.m.-3 p.m. Downtown Norwood

Join in to celebrate the spirit of Norwood! The day will in-

clude live, local entertainment, games, prizes, crafters, food, sidewalk sales, business groups, and town department displays! Norwood Day buttons are \$5, and are available for purchase at the Senior Center, Morrill Memorial Library, Town Hall, and the Civic Center.

Sept. 7

A Day at School with the Very Hungry Caterpillar Grab and Go Kit Morrill Memorial Library 1-5 p.m.

Celebrate September with a Grab & Go Kit featuring the book 'A Day at School' with The Very Hungry Caterpillar! This kit includes the book plus fun activity materials to enjoy at home. Reserve just one kit per family. CFCE Grab and Go Kits are perfect for children ages 2-6 with adult supervision and guidance.

Sept. 8

Monday Movie Matinee: Past Lives Morrill Memorial Library 1 p.m.

Past Lives (106 mins) - PG 13, is about Nora and Hae Sung, two deeply connected childhood friends, get separated after her family emigrates from South Korea. Two decades later, they reunite in New York City for one fateful week as they confront notions of destiny, love and life choices. Cast: Greta Lee, Teo Yoo, John Magaro, Moon Seung-ah, Ji Hye Yoon. To register, visit norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 9

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 womeninbusinessma@gmail.com.

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

Summer may be officially over, but the new fall harvests are

just getting started! Stop by the market for some fresh produce, vegetables, bread, fish, chicken, virtually your entire dinner! Maybe check out some artisan vendors, and who knows what else will entice that shopping bug! It's always new and fun at the Norwood Farmers Market!

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

The Norwood Toastmasters Club helps develop communication and leadership skills for members and the community at every ability level. Guests are always welcome to come and see just how it is done! For more information, visit norwoodtoastmastersclubs.org

Be MediaWise: Identifying AI-Generated Information Morrill Memorial Library 7 p.m.

Tonight, join Adult Services Librarian Heath Umbreit to learn about identifying AI-generated information. We'll discuss the rapid changes in the AI landscape, and why you need to stay vigilant as a result; what reverse image search tools are, and how to use them to verify images; and define the terms "cheap fakes" and "deepfakes" (and how they differ). This program is not a technology class; instead, Heath will provide general education and guidance that you can apply to your online engagement in the future. To register, visit norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 10

Music with Sarah Morrill Memorial Library 10 a.m.

This lively and interactive music program is perfect for young children and their caregivers. Sing, dance, and play along as Sarah leads the group with familiar songs, instruments, and movement activities that support early learning and development. Come share the joy of music together! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 11

Sensory-Friendly Monthly Movie

The September movie is Disney-Pixar Toy Story 4, rated G. This event is recommended for attendees aged 18 and up. To register, visit [\[library.org/morrillcalendar/\]\(http://library.org/morrillcalendar/\), or call the reference desk at 781-769-0200, x2.](http://www.norwood-</p></div><div data-bbox=)

Sewstainability StashShare: Drop-Off Morrill Memorial Library 7-8:45 p.m.

Yes, it is called "Share" because that is what it is. No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials. They will be put out on tables, and then during the event on Sept. 13 people can "shop," taking home things they think they might use for themselves. There is always an abundance, and a lot of people join in. Bring a bag when you come, because you'll find some things you can't resist! People from Norwood and adjacent towns, all welcomed.

Sept. 12

Sewstainability StashShare: Drop-Off Morrill Memorial Library 10 a.m.-4 p.m.

Yes, it is called "Share" because that is what it is. No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials. They will be put out on tables, and then during the event on Sept. 13 people can "shop," taking home things they think they might use for themselves. There is always an abundance, and a lot of people join in. Bring a bag when you come, because you'll find some things you can't resist! People from Norwood and adjacent towns, all welcomed.

Sept. 13

Sewstainability StashShare Morrill Memorial Library 9:30 a.m.-3:30 p.m.

Yes, it is called "Share" because that is what it is. No money changing hands, no trades to be made. Just bring what you have in your too-big stash of crafting and sewing equipment and materials. They will be put out on tables, and then during the event on Sept. 13 people can "shop," taking home things they think they might use for themselves. There is always an abundance, and a lot of people join in. Bring a bag when you come, because you'll find some things you can't resist! People from Norwood and adjacent towns, all welcomed.

Blessings Boutique Thrift Shop First Baptist Church, 71 Bond St.

10 a.m.-noon.

Fall is here and here are beautiful clothes for your whole family just waiting for a new home. The boutique also sells shoes, jewelry, necessities for the kitchen, decorative items, lamps, books, and a whole bunch more - all at fantastic prices!

Mustang Sally Meet & Greet at the Storywalk Storywalk-Behind Hawes Pool 1 p.m.

The South Norwood Storywalk will have a fresh new read: The Adventures of Mustang Sally: Sally Goes to School by Peter Jeneid. Come say hello to Mustang Sally, Norwood High School's beloved therapy pup, who will be joined by Norwood Police Department's Officer Baguma. You'll also have the chance to meet the book's author, NHS student Peter Jeneid, snap a photo with Sally and Officer Baguma, and even purchase your very own copy of the book to take home. This is a wonderful way to enjoy the Storywalk, share some Norwood pride, and support a talented local author. The book will be featured on the South Norwood Storywalk for the entire month of September, so if you can't make it to the meet-and-greet, feel free to stop by anytime to enjoy the story at your own pace. To access the Storywalk, park in the Hawes Pool parking lot (1305 Washington St) and follow the gravel path to the entrance of the woods, where the Storywalk stretches over ¼ mile and 18 storyboards.

Sept. 15

How to Prepare for Extreme Weather Events Morrill Memorial Library 7 p.m.

The Morrill Memorial Library welcomes Joe Delli Carpini, the Science and Operations Officer at the National Weather Service's Boston office in Norton, for "How to Prepare for Extreme Weather Events. The past year has seen a number of extreme weather events across the country, including devastating flash flooding, tornadoes, and hurricanes. Even though these extreme events are fairly rare in the Boston area, recent temperature and precipitation trends show the chances of experiencing an extreme weather event is increas-

CALENDAR
continued from page 12

ing for our region. This presentation will show how to prepare for these types of events and where to find helpful online resources; it will review some recent storms as examples of what to prepare for. The event will also take a look at some of the global weather patterns that may affect the upcoming fall and winter in Norwood to provide more insight into the official NOAA outlook for the next several months. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 16

Business Basics Lunch and Learn with South Eastern Economic Development Corporation
Morrill Memorial Library
11:30 a.m.

Program Description: SEED Corporation in conjunction with MML and Norwood Economic Development Dept will be hosting a Business Basics Lunch and Learn for existing business owners and aspiring entrepreneurs. During this free, in-person session, participants will learn the fundamentals of financing a small business, what lenders look for in a loan application, and the funding programs available to start-up and existing businesses. Topics will include the Six C's of Credit, traditional vs. non-traditional lending requirements, and SBA loan programs. Program facilitators are Angie Laperriere, VP Business Assistance Manager and Commercial Loan Officer and Ashley Ricard, Business Assistance and Marketing Officer. Register at www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Farmers Market-Apple Festival!
Town Common
2-6 p.m.

If it is September in New England, it is Apple Season! Stop by to purchase some delicious and fresh apples, but wait there is more! Activities and giveaways for the kids, and of course, all the best produce in the area! Looking for some unique shopping? The Norwood Farmers Market is the place!

Sept. 17

Turn the Page Book Group: 'The Trackers'
Morrill Memorial Library
10 a.m.

Join Patty Bailey and other

local readers for a friendly and informal discussion of the novel *The Trackers*, written by Charles Frazier. Set during the Great Depression, Valentine "Val" Welch, a young artist, is hired to paint a mural in the post office of a small town in Wyoming. Val later becomes entangled in a search for a missing woman, Eve Long, and a stolen painting. The journey takes him across Depression-era America, revealing the stark contrast between wealth and poverty, and the secrets hidden within the lives of those he encounters. New Members are always welcome! Copies of the book in regular, large print and audio as well as discussion questions are available at the circulation desk. Register at www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 18

Navigating the Next Chapter
Norwood Senior Center
4-7 p.m.

This event is designed for people who are planning for retirement. There will be two speakers discussing Medicare and Social Security. There will also be a vendor fair featuring businesses such as fitness, wellness, real estate, volunteering, home remodeling, and organizing. For more information, call the Senior Center at 781-762-1201.

Sept. 19

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

September Monthly Ballroom Dance
Norwood Senior Center
7-10 p.m.

Music will be provided by Ray Cavicchio. Cost is \$12 per person, which includes coffee, tea, water, and desserts. There are also door prizes. Newcomers of all ages are welcome.

To learn more about Friends events, visit their Facebook page at [Friends Of The Norwood Council On Aging](https://www.facebook.com/FriendsOfTheNorwoodCouncilOnAging) | Facebook.

Sept. 20

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?

Sept. 21

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! Please contact the library with any questions: 781-769-0200 x2. Recommended for people aged 18 and up. Register at www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 22

Turn the Page Book Group: 'The Trackers'
Morrill Memorial Library (Virtual)
6:30 p.m.

Join Patty Bailey and other local readers for a friendly and informal discussion of the novel *The Trackers*, written by Charles Frazier. Set during the Great Depression, Valentine "Val" Welch, a young artist, is hired to paint a mural in the post office of a small town in Wyoming. Val later becomes entangled in a search for a missing woman, Eve Long, and a stolen painting. The journey takes him across Depression-era America, revealing the stark contrast between wealth and poverty, and the secrets hidden within the lives of those he encounters. New Members are always welcome! Copies of the book in regular, large print and audio as well as discussion questions are available at the circulation desk. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 23

Your Brain on ChatGPT
Morrill Memorial Library (Virtual)
7 p.m.

Does using ChatGPT and AI

Rosetta's

Italian Family Restaurant

SEPTEMBER 2025



Tuesdays
KID'S NIGHT, KIDS EAT FREE!
(ONE FREE CHILD'S MEAL FROM OUR BAMBINI MENU, PER EACH ADULT ENTREER MEAL PURCHASED, DINE IN ONLY)

Back to School September Special



Subject to change/certain restrictions apply

KITCHEN HOURS
Monday - Closed • Tue/Wed/Thurs: 5PM to 9:30PM
Fri/Sat/Sun: 4PM to 10PM

Dine In/Take Out/Daily Specials/Full Bar/Party Platters/Catering/Function Room
Bereavement Luncheons/Coalitions/Private Corporate Luncheons/Team Dinners

521 Washington Street, Canton

781-821-2300

www.rosettasrestaurant.com

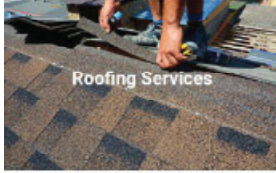


EST 1932

BROWN BROS.

ROOFING

• ROOFING • SIDING • GUTTERS
• WINDOWS • DECKS





Free Estimates

Licensed and Insured

brownbroosroofing.net
info@brownbroosroofing.net
(781) 329-2895



FINANCING AVAILABLE

CALENDAR

continued on page 14

CALENDAR

continued from page 13

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.

Sept. 22

Monday PVC Play and Learn
Poirier Village Center
9 a.m.

Join the PVC Play and Learn, a CFCE caregiver-and-child playgroup held at the Poirier Village Center for children ages 2-5. This free program offers a wonderful introduction to a school-like setting through play, socialization, and teacher-led activities. Children will have the

chance to make friends, explore hands-on learning experiences, and participate in a fun and welcoming circle time. Space is limited—apply today to reserve your spot! Due to high demand, we kindly ask that you commit to attending all scheduled weeks of the session. For more information, contact 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.

Parachute Playtime
Morrill Memorial Library
9:30 a.m.

Get ready to giggle, move, and play! This active program for toddlers and preschoolers (ages 2–5) starts with a short

story, then continued with games, like Simon Says to practice listening, and following directions. After that, it's parachute time! Everyone will shake, lift, and swirl the giant parachute for fun movement games that build gross motor skills and coordination. Kids will need to wear shoes. For ages 2-5 years old. Register at norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monday Movie Matinee: The
Ballad of Wallis Island
Morrill Memorial Library
1 p.m.

The Ballad of Wallis Island (99 mins) - PG 13, is a film that charts the story of an eccentric lottery winner, Charles, who lives alone on a remote island but attempts to turn his dreams into reality by hiring his favorite musician, Herb McGwyer, to play an exclusive, private gig. Unbeknownst to Herb, Charles has also hired Herb's ex-band mate and ex-girlfriend, Nell, with her new husband in tow, to perform the old favorites. As tempers flare and old tensions resurface, the stormy weather traps them all on the island. Cast: Tom Basden, Tim Key, Sian Clifford, Akemnji Ndiforinyen, Carey Mulligan. Register at norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Cryptocurrency Scams:
Uncovering the Risks Behind the Hype
Morrill Memorial Library
6:30 p.m.

Use of cryptocurrency has exploded over the last few years. From Bitcoin buzz to blockchain breakthroughs, cryptocurrency is reshaping how we think about money — but it's also creating new opportunities for fraud. The Morrill Memorial Library welcomes David Marion, Director of Information Security at Bridgewater State University to demystify the crypto world. David will take the audience through topics, like what it is, how it works, and its real-world use cases, including DeFi, NFTs, and digital payments. The session will then delve into the darker side of crypto, the scams like the phishing schemes, fake exchanges. Attendees will gain practical tips on how to stay safe while navigating the crypto space, empowering them to make informed decisions in an increasingly digital financial landscape. David's talk will be followed by

a short presentation by Detective Ryan Sinclair, Norwood Police Department detective and a member of the NASTF. Detective Ryan will speak about local crypto scams NPD has come across. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 23

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 womeninbusinessma@gmail.com.

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

The family is settling in with school and those busy schedules, which means less hours in the day for meal planning. Lighten the load with purchasing 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!

Investing for Retirement w/CFA
Society Boston
Morrill Memorial Library
6 p.m.

How do you define "retirement"? Are you looking to retire at a preferred date or when you have a preferred amount in your account? What will you do in retirement? Will you work part-time after retiring? Have you established an account with Social Security? Join CFA Society Boston to learn about answering common questions about retirement, and to become a more informed consumer of financial services. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

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

The Norwood Toastmas-

IT Support & Service, Digital Transformation & more



BOND TECHNOLOGY GROUP
EMPOWER YOUR BUSINESS WITH TECHNOLOGY

Call 508-216-3884 or visit
BondTechnologyGroup.com



To Schedule a FREE Consultation!

WENZEL
Inc.



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

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

508-376-2815

Free Estimates • Fully Insured
www.WenzelLandscaping.com



CALENDAR

continued from page 14

ters Club helps develop communication and leadership skills for members and the community at every ability level. Guests are always welcome to come and see just how it is done! For more information, visit norwoodtoastmasters.toastmastersclubs.org/.

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

The title this month will be, 'The Death of Vivek Oji,' by Akwaeke Emezi. Titles on Tap, sponsored by the Morrill Memorial Library, is a social book group for readers in their 20s and 30s and for the young at heart. We go in for stories that are shaken, not stirred, and we don't mind taking our love of lit outside the library walls. Titles on Tap meets once a month in the left-hand bar of Napper Tandy's to eat, drink, be merry, and discuss the latest reading selection. 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.

Sept. 24

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

Morrill Memorial Library is excited to partner to host a Sensory-friendly Lego Club for Adults. 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.

Sept. 25

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 - we 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.

Dmitri Yakovlev: "Stopping Putin's War"
Morrill Memorial Library
7 p.m.

The Morrill Memorial Library will host local tech COO Dmitri Yakovlev for an in-person presentation, "Stopping Putin's War: What's In the News and What's Not." Dmitri Yakovlev, a Muscovite who wholeheartedly supports Ukraine in her fight for freedom, will consider the question, "Can the war be stopped?" by examining the complex sociopolitical dimensions at work in Ukraine, Russia, the United States, and Europe. He will offer a side-by-side comparison of Russia and Ukraine in terms of their respective economies, militaries, politics, demographics, and other resources. Finally, Dmitri will discuss what is not covered in the news. Audience members will be invited to participate in a Q&A. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Sept. 26

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

Sept. 27

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

You never know what treasures await at the Blessings Boutique Thrift Shop! It carries great clothes, shoes, jewelry, kitchen and decorative items, books, lamps, and lots more, all fabulously priced. Go in and take a look!

Sept. 29

Cozy Puzzle Night
Morrill Memorial Library
6:30 p.m.

Sept. 30

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

The Farmers Market thrives with the cooler temperatures on the town common. Stop by and take the picturesque sights and visit with vendors who have enjoyed servicing the Norwood community the past few months. Who knows what treasures lie underneath those tents! And of course, purchase vegetables and produce freshly grown from around the state!

MAKE IT HAPPEN WITH

Your Accessory Dwelling Unit Partner

DETACHED

ATTACHED

INTERIOR (UPPER LEVEL)

INTERIOR (LOWER LEVEL)

ABOVE GARAGE

GARAGE CONVERSION

Now, it's law! Great news for Massachusetts homeowners!

The Massachusetts Affordable Home Act may empower you to build an Accessory Dwelling Unit (ADU) up to 900 square feet on your single-family lot!* Whether you're looking to create an inviting in-law suite, a lucrative rental unit, or stylish backyard cottage, we are ready to turn your vision into a reality. Maximize your property's value and income potential with a top-quality, professionally built ADU. Let's get started! *Subject to local building codes/regs.



ACCESSORY DWELLING UNITS
HOMEBUILDING
ADDITIONS & REMODELING

Licensed General Contractor in Massachusetts and Florida



APPENA PROPERTIES

774-615-6567 | 774-615-9861

t.tonani@appenaproperties.com

AppenaProperties.com

BSAC PET CORNER

Second Time Around for Lilith

At the Bay State Animal Co-operative, they are so dedicated to their commitment to rescuing homeless cats, they also stand by their word that they will accept



any of their adopted cats back. Lilith is one of those cats and needs a second chance at a new home. Her dad is losing his apartment and has to move and unfortunately is unable to take his beloved Lilith to his new home.

Lilith is an all-black beauty with striking yellow eyes and the most distinguished white whiskers. At not quite 10 years old, she's graceful, clever, and full of personality. Don't let her age fool you—she's still sharp, curious, and ready to be the queen of her castle.

Her Favorite Pastimes:

- Window watching like it's her full-time job
- Watching TV (yes, she actually watches)
- Snacking next to you... or *on* you (cuddle fans, rejoice!)

Personality:

Lilith is very smart and communicative. If she's hungry or thirsty, she'll let you know. She's not the shy type – more like the boss lady of the house.

House Guardian:

Need a good mouser? You're in luck. Lilith takes her hunting duties seriously and will patrol your home like a pro. Any mysterious squeaks in the night? She's on it.

A True Individual:

Her guilty pleasure? McDonald's French fries! She'll

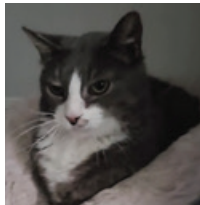
charm you right out of your snack if you're not careful.

Best as Your One and Only

This special lady prefers to be the solo furry friend in the house. No dogs or other cats, please – she thrives when she has her humans all to herself.

How Donations Help Cats in Foster Care

Pete, one of the Bay State Animal Coop's several long-term



foster cats has recently been diagnosed with diabetes. Like Mason, he needs twice daily insulin injections, special food and more regular veterinary care.

Buddy who is in foster with Blackie and needs kidney care prescription food also. Chewy gift cards or visiting the BSAC Chewy Wish List would be so very helpful for his care too. Blackie just underwent much needed dental care costing BSAC \$1,300.

Blackie & Buddy also need an immediate foster home

Blackie and Buddy are also awaiting a new long-term or forever home as well. There is a family or individual who don't know yet this pair could change their life!

These four precious felines will receive the medical care they need. BSAC always takes care of their own, no matter what. They are able to fulfill that pledge through donations. Monetary donations are accepted directly through their website, or Chewy gift cards allows the organization to purchase exactly what they need. Donation information below.

As these dear long-term fosters age, their medical expenses

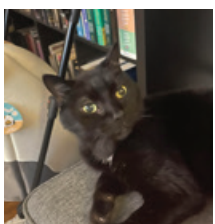
increase. Please consider helping these kitties in their golden senior years!

Seeking Volunteer Website Designer

BSAC is seeking a volunteer website designer and maintainer to help communicate with the public on a regular basis. Could you take on this role? If so, send along a resume and a sample of what you have done or what you would propose they could do!

Donation Information:

Direct Donations, Chewy Wish List, Mailing Donations
www.baystateanimals.org



baystateanimals.org



facebook.com/BayStateAnimals



twitter.com/BayStateAnimals



instagram.com/baystateanimals16

Woodforms

Fine Cherry Furniture

Now Open!
Saturdays
9 a.m. to 2 p.m.

Made in Massachusetts



Come visit our FACTORY and FACTORY SHOWROOM!

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

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

Real Estate Corner

Norfolk County Real Estate Shows Continued Growth

Norfolk County Register of Deeds William P. O'Donnell reported that real estate activity in Norfolk County for the month of July, 2025, showed strong growth across several key indicators, including total property transactions and mortgage activity, when compared to both June, 2025, and July, 2024.

The Norfolk County Registry of Deeds recorded a total of 10,696 documents in July, 2025. This represents a 9% increase from July, 2024, and an 18% increase compared to June, 2025.

"In July, we saw a continued upward trend in overall recording activity," Register O'Donnell stated. "This increase in total documents reflects a robust level of engagement in the real estate market across Norfolk County."

The total number of deeds recorded for July, 2025, which includes both commercial and residential real estate sales and transfers, was 1,676, up 10% from July, 2024, and 14% from the previous month. Looking at just real estate sales, 941 properties were sold in July, representing a 5% increase compared to both the same time last year and the previous month.

"The increase in the total number of deeds recorded compared to last month and last year is a strong indicator of sustained real estate activity," Register O'Donnell noted. "It shows that buyers and sellers continue to move forward with property transactions despite

broader economic conditions."

The average sale price of commercial and residential properties in July, 2025, was \$1,353,367, an increase of 41% from July, 2024, and 17% from June, 2025. The total dollar volume of commercial and residential sales in July was \$1.27 billion, a 48% increase compared to July of last year.

"The continued rise in average sale prices and total sales volume highlights the strength of the market," Register O'Donnell said. "These figures suggest that buyers remain active and willing to invest in Norfolk County properties."

Lending activity also saw a notable increase. A total of 1,695 mortgages were recorded in July, 2025, up 17% from July, 2024, and a 22% increase from June, 2025.

"The sharp rise in mortgage recordings is a clear indicator of increased borrowing," Register O'Donnell stated. "This trend reflects both the rising property values and the willingness of buyers to secure financing in today's market."

Foreclosure activity in July, 2025, remained relatively low. There were two foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, down from the seven recorded in July, 2024. However, 32 notices to foreclose were filed, an increase from the 25 notices recorded in July of last year.

"The reduction in foreclosure deeds is encouraging, but the increase in notices to foreclose

reminds us that some homeowners are still facing financial challenges," said Register O'Donnell. "We urge anyone struggling with mortgage payments to reach out for help."

The Norfolk County Registry of Deeds continues to partner with local non-profits, such as Quincy Community Action Programs (617-479-8181 x376), and NeighborWorks Housing Solutions (508-587-0950), as well as the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400, to assist residents in need.

"The July, 2025, data reflects a robust and active real estate market in Norfolk County," Register O'Donnell concluded. "As we move through the summer, we remain optimistic about continued growth and stability in the months ahead."

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

vice Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

SUBURBAN LIFESTYLE
REAL ESTATE

Client TESTIMONIAL

★★★★★

I do not even no were to begin? Let me first start off by saying Michelle is AMAZING at what she does. We did not have a smooth start at the beginning of this process. So many times Michelle reminded us to reach out to her with any questions or concerns we certainly did and she was right there each time to put our mind at ease telling us she would make the call right away get back to us with very detailed answers. Extremely professional and caring. She also educated my husband and I on things we didn't realize. I would highly recommend Michelle to anyone that was looking for a caring seasoned and certainly well educated in the real estate business. She would definitely be a good fit for you.

-Jack & Janice, Walpole

Michele Taranto
REALTOR®
781-799-7068
mtarantorealty@gmail.com



Exceeding expectations through personal connections, accessibility, knowledge, experience and Negotiating the best price, terms and conditions on the sale, purchase and/or rental of the place you call home!

Call Today for Your Initial Consultation 781-704-5356



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



Veronica McElaney
Realtor®
617-605-1610
Veronica@stevecallahanrealty.com



CALL TODAY FOR
YOUR INITIAL CONSULTATION



FOR SALE 2004 JEEP LIBERTY



123,978 miles with only one prior owner.
Kept well maintained.
Power windows and door locks. Asking \$2,999
Can be seen in Walpole.

Call 617-388-4514

Real Estate Corner

Celebration of Norfolk County notable women on Sept. 10

On Sept. 10, the Norfolk County Registry of Deeds will celebrate these legacies with the release of *We Remember Our Women*, the fourth installment in the Registry's Notable Land Records series. Women have long shaped the fabric of Norfolk County through courage, intellect, and civic commitment - often beyond the spotlight.

Massachusetts Lieutenant Governor Kimberley L. Driscoll will offer keynote remarks at the

event, which runs from 3 p.m. to 5 p.m. in the Registry's Great Hall, located at 649 High St. in Dedham Center. The gathering is free and open to the public. Light refreshments will be served.

The "We Remember Our Women" booklet shares the fascinating stories of a diverse group of trailblazers who have influenced fields of medicine, environmental advocacy, journalism, literature, and military service. It presents 44 profiles of women,

from the 28 communities of Norfolk County, who have impacted society through dedication, courage, and achievement.

Visitors to the Registry will be invited to view exhibits highlighting each woman's contributions, including historical storyboards and timelines. The Registry's Great Hall will be transformed into a space of reflection and pride, honoring both the past and the continued progress of women in Norfolk County.



Image source: Norfolk County Registry of Deeds



Leaves May Be Falling! But Home Sales Are Not

"Paul was great to work with. Selling our home went very smooth. Paul knows the area and market very well, having a local agent is key. He is a true professional from the beginning to the end. We definitely made the right choice by going with Paul Keady." — *Harry F.*

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



Ready to Buy or Sell?



150 Rumford Ave., Unit 306, Mansfield
SOLD! \$377,000



277 Ridgewood Dr., Norwood
SOLD! \$805,000

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



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

GAIL LIDONNI • LEGACY PROPERTIES



Your Local Real Estate Agent
Gail@LegacyPropertiesRE.com
781-799-5344

The event will also feature music and complimentary copies of "We Remember Our Women," all in celebration of the individuals whose efforts continue to shape life in Norfolk County and beyond, including the second female doctor in the country, a dedicated Canton conservationist, two female Army Generals, the first female professional writer, and a CNN anchor.

As Abigail Adams, a Norfolk County native, wrote to her husband John during the Continental Congress, "Remember the ladies and be more generous and favorable to them than of your ancestors." This event carries forward her message, recognizing those whose contributions still echo through our communities today.

For more information, please contact Jonathan Thomas at 781-234-3305 or jthomas@nor-

folkdeeds.org.

To learn more about Registry of Deeds events and initiatives, like us on Facebook® at facebook.com/NorfolkDeeds or follow us on X/Twitter® at twitter.com/NorfolkDeeds and Instagram® at Instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, 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 via telephone at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.



**COLDWELL BANKER
REALTY**

**#1 Listing and Sale
Brokerage in Town!**

**Everything You Need in a Realtor –
and Then Some**



- Responsive
- Local expertise
- Trusted reputation
- Strategic marketing
- Skilled negotiator
- Strong network

*Client-first, full-service support —
start to finish...call to get started!*

Jennifer Conley • 508.265.3824
Jen.Conley@CBRealty.com
JenConleyRealEstate.com



**IN THIS MARKET, FINDING A GOOD HOME IS LIKE A
FOUR LEAF CLOVER, HARD TO FIND, LUCKY TO GET!**



SOLD

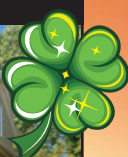
5 MYRTLE STREET

UNDER AGREEMENT




19 BROOKFIELD ROAD

JUST LISTED




31-33 CHAPEL STREET

Whether you are selling or buying work with the
#1 Listing and Selling Agent in Norwood 2007-2024! (per mls)



ANNE FAHY
annetfahy@gmail.com

617-257-8088
Anne.Fahy@nemoves.com



The Fall Market is Here!



INTERNATIONAL PRESIDENT'S ELITE
JULIE GROSS
Ranked

TOP 1% *Worldwide for Coldwell Banker*
#2 *of ALL Agents for 2024 in Norwood*
#2 *of ALL Agents in 2024 in Walpole*

**Call
Julie
Today!**

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

Our guests deserve
award-winning.

Marriott Elite Catering
Sales Team of the Year.

the knot
BEST OF
WEDDINGS
HALL OF FAME



*The Tiffany
Ballroom*

(781) 255-3159
tiffanyballroom@hobbsbrook.com
tiffanyballroom.com

**FINANCING
AVAILABLE**

- 12 Months
- No Interest
- No Payments
- Free Estimates
- Get Instant Estimate Online
@ <https://robertevansjrinc.com/>
Or Call
508-877-3500
Millis, MA 02054

Fully Licensed & Insured
CSL 056746
HIC 108807



**Lifetime
Roof Guarantee**
Get a FREE Upgrade to a
CertainTeed
SAINT-GOBAIN

Lifetime Guarantee
Exp. September 30, 2025
Offers May Not be Combined



**\$500 OFF Full Roof
Replacement**
On 28 Square Feet or More
Exp. September 30, 2025 • Offers May Not be Combined

ROOFING • SIDING • WINDOWS