

Norwood

localtownpages

Vol. 16 No. 4

Free to Every Home and Business Every Month

November 1, 2025



From Turkey to Tinsel!

By MICHELE TARANTO

Thanksgiving weekend has it all. An epic meal, football, family and friends, bargain hunting, holiday decorating, and, of course, delicious leftovers! It truly is a perfect combination, and something for everyone.

The celebrations could be considered launching on Wednesday. It starts with preparing the menu, and quite often continuing into Wednesday night catching up with friends at local establishments. Thursday the menu is the pri-

mary focal point but then comes the football huddle, and maybe a nap. Friday, the hunt for the perfect gift begins, followed by turkey sandwiches. On Small Business Saturday, shoppers

HOLIDAYS
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Keeping Local News Alive and Communities Connected

By JENNIFER RUSSO

For the first time in our newspaper's history, the cost of postage has surpassed the cost of printing. On average, mailing services have increased in price by over 7% in the last couple of years. While the USPS may require this operationally, it does underscore the growing financial challenges facing local journalism today. Paper, ink, fuel, and distribution costs have all risen sharply in the past year, and while we've absorbed those increases for as long as we could, we now find ourselves at a turning point.

Despite these challenges, one thing hasn't changed: our commitment to providing free, local news that keeps our communities informed and connected. Local

journalism is not just about headlines — it's about people. It's about the high school team's championship win, the opening of a new family business, the celebration of a lifelong volunteer, and the coverage of town meetings, and ensuring that every story is told.

When you open your community newspaper, you read about your neighbors, your schools, and the heartbeat of your area. You're seeing your community reflected in print - its triumphs, challenges, and spirit. Local news brings people together, fosters accountability, and preserves the stories that make each town unique. Without it, those small but powerful connections risk being lost.

DONATIONS
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HOLIDAYS

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are encouraged to support small, local businesses, and that means browsing Norwood’s many independent shops, or grabbing a bite at one of the town’s many local restaurants. And just when you think the weekend couldn’t get any better, Norwood has the perfect way to wrap it up — the Holiday Tree Lighting on Sunday, November 30!

This celebration captures the true spirit of the season; a joyful afternoon spent with family, friends, and neighbors before the Christmas rush begins. In true Norwood fashion, the town once again hosts a free, family-friendly event that has become one of its most beloved holiday traditions.

The Holiday Tree Lighting will take place on Sunday, Nov. 30, 1:30 to 4 p.m., on the Norwood Town Common. Kids can run in the Reindeer Dash, and families will enjoy horse-drawn hayrides, performances by the Madrigals, the Band Gig School of Music, and Kinetic Dance Studio, along with arts and



crafts, games, face painting, and holiday readings. The afternoon concludes with a parade, and the much-anticipated arrival of Santa and Mrs. Clau, who will light up the Common to officially welcome the holiday season!

Once again, the Norwood Recreation Department has orchestrated a magical event for all ages. With three days of the Thanksgiving weekend already filled with tradition, why not reserve Sunday for a celebration that embodies the true meaning of the holidays; togetherness, joy, and community spirit.

Event Schedule —
Sunday, Nov. 30
1:30–2 p.m.
Reindeer Dash
Kids are broken down into age groups for a fun race on Central St! Participants will receive a pair of antlers!
2–3:30 p.m.
Horse-Drawn Hayrides, Entertainment, Face Painting, Games, Arts & Crafts
3:35 p.m.
Parade departs Guild Square, heading toward the Town Common



3:45 p.m.
Santa and Mrs. Claus arrive to “Light Up Norwood” on the Town Common
(Schedule subject to change depending on weather.)

Norwood residents often agree — and proudly say — that no town celebrates quite like Norwood! This year’s Holiday Tree Lighting is the perfect way to reconnect with friends and neighbors and kick off the most wonderful time of the year.

localtownpages

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

Publisher
Jennifer Schofield

Send Editorial to:
editor@norwoodtownnews.com

Advertising Director
Jennifer 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

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SOUR GRAPES

by Tim Jones

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Fall Crawl Tapped for Nov 19!

BY MICHELE TARANTO

Get ready for a night of local fun with friends and neighbors! The Friends of Norwood Center (FNC) is once again partnering with Castle Island Brewing for the 5th Annual Fall Crawl. The event will take place on Wednesday, November 19, 7-11 p.m. The Crawl takes advantage of Norwood's vibrant tavern scene guiding participants through five restaurants within the four hours: Washington #7, Conrad's, Mizuya, Limey's Pub, and Lewis' Bar & Grill.

The initial meet up begins at Modern Eyes to check in and meet fellow crawlers. Free t-shirt to the first 100 people to check in. Also, receive fun Castle Island Brewing Company swag!

Event Details:

Cost: \$25 (includes an official

Fall Crawl t-shirt to the first 100 people to check in)

Launch Location: Modern Eyes, 696 Washington St., 6:30-7:15 p.m.

Crawl Stops: Each hour, a move on the Crawl will go to Conrad's, Restaurant, Washington #7, Mizuya, Limey's Pub, and Lewis' Bar & Grill.

This fundraising event delivers economic benefits to local commerce. It brings business and weeknight evening activity to Norwood Center, provides subsidies for the Friends of Norwood Center, and welcomes an entertaining night for all!

Important Note: This is a 21 and over event.

To purchase tickets, visit Eventbrite.com and search for Norwood Pub Crawl or direct at tinyurl.

com/3479fk46, or the Friends of Norwood Center website at norwoodcenter.org.

All proceeds benefit the Friends of Norwood Center, a volunteer-run, non-profit organization dedicated to enhancing and energizing the downtown experience for residents and attracting visitors. For updates or information on the Friends of Norwood Center, follow Friends of Norwood Center on Facebook facebook.com/norwoodcenter, or Instagram at @friendsofnorwoodcenter.

Join in for a memorable night out while supporting the Norwood community! There is so much of Norwood to share. Gather friends, meet some new ones, and enjoy a lively evening at five of Norwood's finest pubs!

DONATIONS

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Advertising revenue has always been a vital source of support for our papers, and we are deeply grateful to the local businesses that continue to support us. But as printing and mailing costs rise to historic levels, advertising alone can no longer carry the full weight of production. We recognize that our small businesses are facing similar pressures, and we would prefer not to raise advertising rates too much. Instead, we're turning to you — our readers — for help.

This November, we're launching our annual Support the Newspaper campaign. Every donation, no matter the size, helps offset the rising costs of

printing and distribution, ensuring that your paper remains free, local, and delivered right to your doorstep or mailbox. Your contribution isn't just helping to print pages — it's helping to keep civic engagement alive, preserving our community history, and giving a platform to local voices that deserve to be heard.

We are endlessly thankful for your readership, your trust, and your belief in the value of local journalism. For decades, this paper has been honored to share your stories, celebrate your milestones, and champion the spirit of our towns. With your help, we can continue to do so for many years to come.

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Rebuilding Self-Confidence, One Wig at a Time

By JUDITH DORATO O'GARA

Heather Cohen has always loved making women feel beautiful, but the owner of B.LUXE Hair and Makeup Studio lights up when she talks about her latest professional focus, making high-quality realistic wigs for women with hair loss and not only helping them feel whole, but beautiful, again.

"There's nothing I would rather do than be here working on the wigs. I loved my business as a whole since the day I opened it," says Cohen, "but the impact I make on hair loss clients far exceeds anything I thought I would be able to do for people."

The stylist herself felt the upheaval of hair loss four years ago, when a medication she was on caused her own hair to fall out. Not only was it personally devastating, but since her career centered around beautiful hair, succumbing to baldness was simply not an option. That was when she began her several years-long research process.

Cohen estimates she's spent thousands of dollars researching different vendors and materials for her specialized wigs. Since her salon caters primarily to Caucasian women, her wigs are created for that demographic, although, she explains, she learned a lot from a huge black women's hair industry, where wigs are accepted as mainstream. She also learned how to find ethically-

sourced hair.

"I don't want to get involved with anyone who is taking advantage of somebody who economically might be struggling, and they're paying them \$2 for their thick, beautiful ponytail. If you see a wig that's inexpensive, the hair is not being ethically sourced or, it did not come from a human head, or they're getting what we call 'drain hair,'" she says.

Cohen is upfront about the cost. "A custom human hair wig can be anywhere from \$1,000 to \$4,000, and it really does depend on the length," she says. That's why Cohen undertook training to receive the correct credentials for a National Provider Identifier (NPI) number, so her clients can use insurance and health savings accounts (HSA).

"There are reasons for hair loss where your health insurance will actually help pay for a cranial prosthetic, which is a really cool word for a wig," she explains.

The entrepreneur spends a lot of time networking with health care providers to build her client base. Others have discovered her through social media support groups and word-of-mouth.

Krista Sirignano found Cohen through a friend, after struggling for decades with alopecia.

"Heather really knows her stuff when it comes to wearing wigs or any type of hairpiece. She took so much time and care with me until we found the perfect fit that made me feel comfortable and really good about myself," she says.

Rhonda Parker, whose hair had also thinned due to medications, had tried synthetic wigs, but "after seeing how really beautiful and natural the human hair toppers and wigs looked on, I decided to go that route. On my way home from B. LUXE I stopped by my daughter's house, and she thought my hair looked beautiful, not even realizing it was a topper. As I am always self-conscious, that was the best feeling ever!"

"I always tell people when you first wear alternative hair, it's like exercising a muscle. The more you do it, the easier it gets," says Cohen. "And nobody knows, because nobody is as critical of you as you."

This niche takes commitment, however.

"You can't dabble in wigs," says Cohen, "It's all or nothing, because my wig clients truly need a partner. They need to be able to call me on Friday morning and say, 'I can't get this wig on right. It's crooked. I need to come in today,' and I have to be available to them. You really need to make the decision that you're going to leave the chair behind."



Heather Cohen, owner of b.LUXE Hair & Makeup Studio in Medway, is passionate about helping women with hair loss come out of hiding.

Someday, though, Cohen hopes to train stylists, and by 2026, she envisions her own brand of wigs, noting, "I feel like I've definitely cracked the code on like what feels comfortable, what feels good, what looks natural, and what stays on, and I want to be able to create that line and be able to give it to everybody."

Cohen has employed her new skills for breast cancer organizations such as the Susan B. Komen Foundation (www.komen.org), and the Gloria Gemma (www.gloriagemma.org).

This month, she'll work with Runway for a Cause (<https://runwayforacause.org>), currently planning its annual NYC fashion show.

Cohen feels immense reward from her new career focus, receiving a sense of giving back.

"Working with hair loss clients and giving them back that level of self-confidence makes me feel like I'm paying the universe back for all of the good that has happened to me," she says, "It's really amazing to help people just feel better and know they don't have to hide."

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A Little Off The Top

Tracing the background of Black Friday

By STUART GREEN

First of all, I'd like to thank all our new-found friends who attended our festive celebration yesterday in something we like to call Givingthanks Day. One of our leaders, Standish Myles, came up with the name, and we think it definitely beats out the runner-up entry, Just One More Piece of Pie Day.

But this is 1620, and time tends to move on. Why, just last year, we were a ragged band of Englishmen seeking religious freedom in the Netherlands, before we smartened up and traveled 3,000 miles across the ocean to a land where the real estate is cheaper, the corn is as high as an elephant's eye, and immigrants are always welcomed and always will be – no matter what part of England they came from.

But, like we like to say in the making-friends-and-customers business, that was yesterday and today is tomorrow. Or was that next week? Which brings us to

today's meeting of the futuristic Native American Tribal Consumers Organization. We have some incredible items made just for your very own teepee during this, our very first Block Friday.

We've got every kind of gadget for your block party, plus a few blocks for your gadget party. Either way, you can't lose unless, of course, you lose, in which case you lose.

Does your tribe suffer the same problem as we do when eating maze? Just look at this handy-dandy and never sandy little knick-knack, that's big on the knick and short on the knack. We like to call it maze handles, but you'll just call it amazing. You stick them in the end of your maze, and then leave the nibbling up to you. Isn't that something – or something else?

Now, are you tired of chasing down eagles just to get that ideal feather to proudly wear atop your head? Well, fret no longer. We've contacted our good friends overseas — way overseas — to import genuine, fake eagle feathers made

from the finest silk of a far-off land called Maiden China – or similar materials produced in the remnants of Jamestown. It'll keep your wig warm while tending your flock of wild geese – or whatever it is you do all day while you're not actually doing proper business to make wampum like it is an Englishman's lot in life to do. Alas.

OK, got off the track a bit there. But, while on the hunt, do you ever get off the path yourself and can't find your way back home? Well, we've got something just out from Pilgrim Products called a divining rod. It may not get you back home, but you'll have a wonderful time finding new sources of water and perhaps even gold. OK, not gold. But that's OK. You don't really need it, do you?

So order now while supplies last, and keep it in mind until next year - when we hope to go with an up-and-coming trend and make Block Friday a Monday holiday.

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

Self Help Fuel Program

The Town of Norwood assists residents with enrollment in the Self Help program. The Self Help program offers qualified Norwood residents financial assistance with home heating costs. Electric, gas, and oil heating systems are included in this program, which runs from November 1 to April 30 annually.

For more information about Self Help, or to see their income eligibility and benefits guidelines, visit selfhelpinc.org/program-services/fuel-energy/.

For more information on documentation needed to go with your application, visit cms5.revize.com/revize/norwoodma/Manager/Document%20needed%20for%20application.pdf.

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The Real Cost of Delaying a Furnace Replacement



Alexandra McKerman



Ryan McKerman

HEATING INSIGHTS

As fall turns to winter, many homeowners are busy preparing for the colder months ahead - changing filters, checking thermostats, changing the batteries in the smoke detectors and CO2 detectors, and stocking up on firewood. But for those with aging furnaces, there's another question that's harder to ignore - should we repair or replace?

At first glance, postponing a furnace replacement might

seem like a budget-friendly option. After all, repairs often cost less upfront than a full install. But experts warn that waiting too long can result in hidden costs that quickly outweigh any short-term savings.

Efficiency Loss = Higher Bills

Older furnaces tend to operate at much lower efficiency levels than today's high-performance systems. In fact, a 20-year-old furnace might be operating at only 60-70% efficiency, mean-

ing up to 40 cents of every heating dollar is literally going up the flue. Newer models routinely achieve 95%+ efficiency, translating into significant monthly savings on energy bills.

Put simply, every winter you keep an old furnace running, you're likely paying more than you need to for less comfort.

Safety Risks

It's not just about efficiency. Aging systems can develop cracks or leaks in their heat exchangers, which may allow dangerous gases like carbon monoxide to enter your home. Even small leaks or improper venting can pose health hazards, especially for children, older adults, or those with respiratory issues.

Routine maintenance helps reduce these risks, but it can't always offset the wear and tear that naturally accumulates over decades.

Unplanned Emergencies

Few things are worse than a furnace failing on the coldest night of the year. Emergency repairs can be costly, and finding parts for older models can

be difficult or even impossible. Plus, when you're desperate for heat, you may end up settling for a "quick fix" rather than making the thoughtful, informed choice you would have preferred in the fall.

Financing Options Make Replacement Easier

The good news is that replacing a furnace doesn't have to break the bank. Many reputable local companies, including Pro Comfort Control, offer financing options, rebates, or seasonal promotions to make the transition more manageable. Some even include perks like free smart thermostats or extended labor warranties to add long-term value.

A Smart Investment in Comfort and Peace of Mind

While it's tempting to delay a replacement one more season, the long-term math rarely adds up. Between rising utility bills, mounting repair costs, and potential safety issues, delaying can cost more, in dollars and in peace of mind, than acting now.

Local experts like Pro Comfort Control specialize in high-quality installations and can help you choose the right system for your family's comfort and peace of mind. Pair the system with our "No Payment til 2026," and you'll have optimal comfort for your home and bank account over the holidays!

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Ten Outstanding Norwood Youth Discontinued

Following the T.O.N.Y. program in 2024, Orient Lodge A.F. & A.M. is no longer seeking nominations for the Ten Outstanding Norwood Youth program.

Student honor, award, and scholarship programs have evolved dramatically since the Ten Outstanding Norwood Youth was founded 55 years ago.

We have learned from participant and volunteer feedback that the T.O.N.Y. Award program no longer gives organizers the best opportunity to spotlight and celebrate those students who demonstrate a superlative commitment to community service.

Orient Lodge remains committed to community involvement

and celebrating our neighbors. Planning is underway for new ways the Lodge may spotlight and honor student achievement in the future.

Previously presented by the Norwood Jaycees, the Orient Lodge of Masons organized the Ten Outstanding Norwood Youth Award for 30 years.

No All-Night Parking

It shall be unlawful for the driver of any vehicle, other than one acting in an emergency, to park said vehicle for a period of time longer than two (2) hours between the hours of 12:00 midnight and 6:00 AM of any day on any street or in or upon any Town-owned off-street parking facility, from November 15 through April 1 of each year without authorization from the Board of Selectmen or their designee.



In a continued show of community support, the Norwood Woman's Club recently made a generous donation to the Norwood Ecumenical Food Pantry. Their contribution will help provide essential food and resources to local residents.

Pictured left to right: Arlene Bonara, Sue Inglis, Phyllis Spiro, Bruce Connolly from the food pantry,

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Diabetic Dry Eye: Why November Is the Time to Pay Attention



By GRAHAM STETSON, OD, MS

November is Diabetes Awareness Month—and for many people living with diabetes, it’s also when dry, scratchy, irritated eyes seem to flare. Cooler weather, indoor heating, and more screen time can worsen a condition called dry eye disease. Dry eye disease is uncomfortable enough. When diabetes is in the picture, the risk of dry eye is higher and the symptoms can be more stubborn, but the good news is there’s a lot you can do to protect comfortable, clear vision.

Dry eye happens when your tears evaporate and expose the surface of your eye to the air, removing the protection and lubrication the tear film provides.

In diabetes, elevated blood sugar alters the quality of tears and reduces natural tear production. Long-term high glucose also damages the tiny nerves that signal your eyes to blink, leading to faster tear evaporation. Most people also develop issues with the oil-producing meibomian glands along the eyelids, making tears less stable.

Common symptoms include burning, stinging, a gritty or sandy feeling, redness, sensitivity to light, and blurry vision that improves after blinking. Paradoxically, you might even notice watery eyes; your eye’s SOS response to irritation. Left untreated, dry eye can increase infection risk and make daily tasks like reading or driving uncomfortable.

Simple habits can make a real difference. Follow the “20/20/20 Plus” rule to reduce screen strain: every 20 minutes, look 20 feet away for 20 seconds and blink strongly 5 times. Supplement omega-3 fish or algae oils shooting for 1,000mg of EPA and DHA each. A bedside humidifier can counteract dry indoor heat. Stay hydrated and talk with your clinician about whether any of your medications might worsen dryness.

Over-the-counter lubricating eye drops (artificial tears) are a safe first step; choose preservative-free options if you use them more than four times a day. Avoid redness-relieving drops,

DRY EYE

continued on page 9

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Chiropractic is very effective for treating the symptoms of Low Back Pain. Since motion is life in the spine when the spinal bones become misaligned and “stuck” out of place the muscles will spasm to guard the area. As proper motion is restored through chiropractic adjustments the spasm will decrease and the symptoms will resolve.

Rob L presented to our office complaining of pain across his Low Back and radiating into his buttocks. He had been planting flowers and moving heavy stones to define his garden. After taking a history, performing an



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

exam and taking X-Rays it was clear that Rob had changes in his spine that predisposed him to this injury. After a course of chiropractic care not only did Rob’s pain resolve but the underlying cause was corrected as well. Rob was put on a program of care to maintain his correction and continues to be well today.

If you are experiencing Back Pain and it is not resolving on its

own call The Holistic Center at Bristol Square at (508) 660-2722 to schedule an appointment with Dr Michael Goldstein or Dr Molly Rappaport today. We are located at 1426 Main Street, Walpole.

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DRY EYE

continued from page 8

which can backfire with overuse. If symptoms persist, an eye care professional can check for inflammation, eyelid disease, or allergic components and tailor treatments such as prescription anti-inflammatory drops, punctal plugs to

conserve tears, or in-office therapies for the eyelid glands.

Most importantly, keep blood sugar in your target range and schedule a comprehensive, dilated eye exam at least once a year, sooner if you notice new symptoms. Managing diabetes and dry eye together helps protect not just comfort, but long-term

vision. If your eyes feel like November’s fallen leaves—dry and brittle—consider it a prompt to act now and see clearly through the months ahead.

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Norwood Sports

Norwood Serves Up Success in 2025 Season

BY CHRISTOPHER TREMBLAY

Last fall, the Norwood girls volleyball team stumbled throughout the season and were only able to garner a mere two wins, and needless to say, that was not enough to get them into the post-season. At the time of this writing, the Mustangs were fairing much better on the courts. Norwood was battling near .500, and with seven games left on the docket, they found themselves ranked 23rd with the top 32 qualifying to play in the Division 2 State Volleyball Tournament.

"At this time, we are in good shape to get into the tournament," Norwood Coach Paul Nimblett said. "The girls are playing much better this year. Last year, we had a lot of young, inexperienced players who have returned this year with the experience and we have already surpassed last year's win total (Norwood currently has five wins)."

Despite losing Colleen Brady and her career high 1011 assists, Norwood has more than enough athletes stepping onto the courts to give the Mustangs the fire-power they need to be competitive.

Freshman Zoey Fleming came in with a good work ethic, and having played the sport since a young age, was able to step right into the setter role and take over for Brady. According to the Norwood Coach Fleming, she has a sister and two brothers who had previously played volleyball for the Mustangs.

"She stepped right in and has had success," Nimblett said. "She is our first server and has given us some big runs to begin with. Being only a freshman, we will have her another three years and that is very exciting for the program."

Another individual who has proven herself in the early stages



of the season is sophomore Brenna Forbes. The outside hitter currently leads the team in kills and has formed an established connection with Fleming.

Norwood will have co-captains Maddy Lewis and Abby Curran to help lead the younger girls on the court this fall. Lewis has been with the team for three years as an outside hitter and is a consistent all-around player who brings game smarts. Curran, a middle hitter, has the ability and agility to get up and block shots. Along with Lewis and Forbes, the trio gives Fleming numerous opportunities at the net for the Mustangs. Junior Sarah Randall is also able to provide strength at the net.

Not only do the Mustang players have the scoring and blocking skills, Nimblett is very confident in the team's serving capabilities.

"We have a very strong serving core and that has been a part of our success," Nimblett said. "With our serving allowing us to make runs, the opposition is put

on their heels right away. All of our servers have shown great ability back there."

Defensively, libero Hillary Medeiros has done a great job with her digging ability as well as her serves; Sofia Berardelli, a senior defensive specialist; and Kim Laia, last year's libero who had obligations at the beginning of the season has since returned to the court and inserted her play to help the team get out to the strong start.

Senior Isabella Morgan sustained a concussion early in the season, and after helping the team to some big wins, has unfortunately found herself on the bench. She has just been cleared to return to practice but still has to go through the concussion protocol before getting back into the game.

"She's still about a week away, but once she is available to come back she will eventually be able to help us out," the Norwood coach said. "It'll be an adjustment for her to get back into the flow of

things, but her experience will help. While she was out, the other girls stepped it up giving us more depth."

Other athletes to take to the court for Nimblett have been junior Katherin Gosner, a back-up setter that gives Norwood the ability to move Fleming to the net while she takes over the setting role; junior right side hitter Sophia Michaelides has stepped into Morgans role; KC Motlote, a back-up middle with good blocking techniques, and sophomore Shealyn Coyle, a junior varsity player last fall has impressed the coach with her play. Unfortunately, there is a lot of talent in front of her, but the coach sees great potential for the future.

"With all the young talent we are a really well-rounded team," Nimblett said. "In fact, this is one of the strongest teams that I've had. They all play for each other and they're having fun but working hard."

Nimblett went on to say he is looking for the small wins within the game; not just the final results – it's all about the journey along the way.

Norwood has shown that they can compete against the good teams. All five of their wins have been 3-0, something that the Mustangs have not been able to do in the past.

"We're doing a good job adjusting and I am pleased with their work ethic and communication skills leaving us in a good spot," the coach said. "The girls have been putting their noses to the grind stone and with a tough part of our schedule coming up this should help us in the long run. These girls don't back down."

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NTN

NHSA Hall of Fame Class of 2025 Induction Ceremony

The Norwood High School Athletic Hall of Fame recently announced its 2025 inductees. The student-athletes are Joe Porcello 1971, Frank Ciavattone 1973, Scott Fiske 1978, Jason Nutting 1994, Jack Dixon 2001, Kacie Smith 2015, and Blue &

Gold Recipient: Rick Morrison.

The induction ceremony will take place on Saturday, November 29, 2025, 1 p.m., in the Norwood High School Auditorium. The ceremony is free and open to the public.

The Class of 2025 will join the 2023 inductees: Joe Travers 1981, Denise Carroll Flaherty 1993, Katelyn Mullane 1998, David Rukstalis 2002, and Ryan Henry 2006. For questions, contact Brian McDonough, at bgmcdonough@gmail.com.

Norwood Sports

O'Brien Relies on his Teammates

BY CHRISTOPHER TREMBLAY

Tommy O'Brien emerged on the Norwood High School varsity golf scene as a freshman three years ago and quickly found himself elevated to the team's number one golfer. This fall, as he entered his junior year, he found himself as a Mustang co-captain, something he had hoped would happen.

"I am really excited to take on a leadership role and glad for the opportunity," the junior golfer said. "A captain in golf is not like any other sport; our main function is fundraising and generating money for the team, while also communicating with teammates about practices and matches."

On the course, O'Brien goes about his business and leads by example playing the game the right way.

"Tommy is quiet and leads by example by putting a lot into his game as well as working hard," Norwood Coach Chuck Allen said. "He has a good temperament that is never too high or too low, and if he has a bad hole, he bounces right back."

Allen's only criticism, coming into the season of O'Brien is that he wanted the junior golfer, who was named to his first Tri-Valley League (TVL) All Star team last fall, to play a more consistent

game. Thus far, he hasn't disappointed his coach and Allen believes that come the end of the season he should be in the top three or four golfers within the league.

While O'Brien may find himself perched on the top to the TVL, he knows that the team cannot be successful without all of its players. Co-captain Maximo Deluca is the best senior on the team according to O'Brien. Deluca usually tees off in the second group of freshmen, and Zach Truman, who may only be a first-year player but he is already showing potential to be a really good golfer for Norwood.

Heading out in the first group with O'Brien is junior Max Conley.

"Max is another talented golfer," O'Brien said. "He shoots in the 30's, has improved his game, and I am excited to see what he will be able to accomplish next year."

Through the early part of the season, the co-captain has been really impressed with the play of sophomore Rico Sheehan.

"He [Sheehan] has really improved from his freshman year," O'Brien said. "I believe that he has the second-best average on the team, and while he did have a decent season last year, he has definitely taken his game up a



notch."

Coming into the year, the junior captain had a suspicion that the Norwood golfers were going to be a good team. Over the past few years, the Mustangs have continued to improve each year, and this year, they are hoping to do something that no Norwood golf team has ever done.

"We're looking to win the Tri-Valley League, something that Norwood has never done," O'Brien said. "Coach Allen said that was our goal this year as well as getting back to the Sectionals (Norwood has already qualified for the Division 2 Central)."

Last fall, Norwood played in

the Division 1 Sectionals and according to O'Brien they team did not have a good showing.

"The course was tough, the competition was really good and we struggled," O'Brien said. "Although you're playing good competition, it doesn't affect your game and how you actually play – we just didn't put up good scores."

This fall, Norwood was bumped down into Division 2 where they will play more familiar teams, but again O'Brien says it really doesn't matter, as in golf, you just need to go out and control the things you can while focusing on your ability to do your

best.

"Golf is a team sport, but you basically play by yourself and hopefully when you're finished your scores help your team win," O'Brien said.

Although only a junior, O'Brien is hoping that in the future he can play golf on the collegiate level if the opportunity happens to arise. His main focus in college will be his academic studies, but golf is something that he loves and whenever he has free time his mind automatically goes to golf. He is hoping that his golf skills will be able to help aid his Mustang teammates into a decent Sectional showing this year.

Gobble, Gobble Go!

Join the 39th Norwood Turkey Trot

BY MICHELE TARANTO

For Norwood runners, the crisp, New England air does not mark the end of friendly competition. Sure, Thanksgiving brings a long weekend of lounging, feasting, leftovers, and maybe some spirited shopping, but before the ovens heat up for the biggest meal of the year, the Annual Norwood Turkey Trot offers a chance to keep those legs moving and enjoy a scenic tour of Norwood neighborhoods just before the last of the autumn color fades.

Each year, on the Sunday before Thanksgiving, athletes lace up their sneakers for Norwood's beloved pre-holiday tradition. The 39th Norwood Turkey Trot will be held

Sunday, November 23, at 11 a.m., beginning and ending at Norwood High School, 245 Nichols St. Pre-registration is open until November 22 at 6 p.m., with a \$35 race fee (plus a \$3.10 sign-up fee). Race-day registration is \$40. Sign up at runsignup.com/Race/MA/Norwood/TheNorwoodTurkeyTrot.

The four-mile route is both challenging and charming. The starting gun fires on Peabody Rd., sending runners down Nichols St., through the Willett Parkway neighborhood, and back to cheering crowds at Norwood High. Last year, 569 runners participated, many local, touring their hometown streets, some traveling from as far as Cape Cod and northern Massachusetts.

Runners of all ages are welcome to join in the fun.

Not a runner? Grab a lawn chair and cheer on your local ath-

letes—especially those along the race route! You might just be inspired to train for next year's Trot.

For more information or to reg-

ister, email wingedfootrunning1@gmail.com or visit runsignup.com/Race/Events/MA/Norwood/TheNorwoodTurkeyTrot

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Calendar of Events

Nov. 1

Judah Leblang: "It's Now or Never"
Morrill Memorial Library
1 p.m.

The Morrill Memorial Library welcomes local storyteller and author Judah Leblang for a performance of his one-man play, "It's Now or Never: My Life in the Late Middle Ages." "It's Now or Never" is Judah Leblang's mostly humorous look at one gay, Jewish, hard-of-hearing man's journey through late middle age: life on the road, becoming a writer, and dealing with times when "one man planned, and God laughed." A somewhat poignant look at getting older, and exploring life's challenges. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

VFW Meat Raffle
VFW post 2452, 193 Dean St.
2-5 p.m.

The price for each drawing is

\$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The winners of the Pre-Buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May and is open to the public.

Nov. 3

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, followed by silly games, like Simon Says to practice listening and following directions. After that, it's parachute time! The group will shake, lift, and swirl a giant parachute for fun movement games that build gross motor skills and coordination. Kids

will need to wear shoes! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Gen X, Z, and Millennials: Get Smart About Retirement
Morrill Memorial Library
6:30 p.m.

Retirement may be the last thing on your mind after paying bills, buying groceries, and planning for future college expenses, but a few small decisions right now could be the key to fulfilling and financially-supported golden years. With fresh uncertainties cropping up every day, why not create a strategy for weathering future storms? Now is the time to get smart about retirement. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 4

Reverse Coloring for Adults: Relax and Create
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+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 5

Music with Sarah
Morrill Memorial Library
10 a.m.

Get ready to sing, dance, and move to the beat in this lively Music with Sarah class! Designed for young children and their caregivers, this interactive program is full of songs, instruments, movement, and musical fun that will have everyone clapping and smiling along. Don't miss this joyful opportunity to connect through music! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Mitten Drive - Nov. 1-30

The 10th WIB Annual Mitten/Scarf Drive will be held Nov. 1 through Nov. 30. Throughout the month, donations of new, handmade, or gently used cold weather accessories will be accepted, such as: gloves, mittens, scarfs, hats, earmuffs, headbands, and any other winter trimming to stay warm. Many thanks to the gracious owners of the following establishments who will host the donation boxes:

- Norwood Senior Center, 275 Prospect St., Norwood
- Morrill Memorial Library, Norwood
- Norwood Civic Center, 165 Nahatan St., Norwood
- May Institute, 1 Commerce Way, Norwood
- League School, 300 Boston-Providence Hwy., Walpole
- Clean Remodel, LLC, 46 River St., Dedham
- Back in Balance Chiropractic, 59 Pond St., Suite A, Sharon
- Home Helpers Home Care, Village Works, 769 Centre St., Jamaica Plain

The first week in December, all items will be donated to the Norwood and Dedham communities through local organizations and churches: the Norwood Food Pantry, the WCC Thrift Shop, First Congregational Church of Norwood, and the Allin Congregational Church, of Dedham.

For more information on WIB or the mitten drive, email mtarantorealty@gmail.com, or call 781-799-7068.

Nov. 6

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

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

Music and Memory: The Accidental Creation of a 92-year-old Social Media Sensation
Morrill Memorial Library
6:30 p.m.

Dr. Lebar will present an inspirational talk about the wild ride she has taken with her mother, pianist Elaine Lebar (born in 1928) who went viral on TikTok in 2020 while living in a memory care unit in Buzzards Bay. Specifically focusing on the magic and power of music in dementia, the talk features many videos of Elaine, and also includes lessons Randi learned along the way about finding meaning and joy in their relationship, in spite of her mother's mental decline. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 7

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

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

Nov. 8

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

The boutique has you covered for Christmas! Discover beautiful decorations, great gift ideas, fabulous clothes for the family, all at perfectly wonderful prices.

VFW Meat Raffle
VFW post 2452, 193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the



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CALENDAR

continued from page 12

Post. The winners of the Pre-Buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May and is open to the public.

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

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

How does the race work?

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

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

One puzzle per team.

Puzzles will be 500 pieces and design will be 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 the difficulty level of the puzzle design is most suitable for tweens, teens and adults. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 9

Musical Sundays Concert Series:
Marc Berger
Morrill Memorial Library
3 p.m.

The third concert in our Fall, 2025 series will be renowned artist, Marc Berger, performing songs from his critically acclaimed album, RIDE. Marc's life has been about pursuing twin passions: creating, recording and performing his original songs and exploring remote areas of the American West. RIDE is a collection of songs all having to do with the romance of the West and has received national airplay and been licensed by STARBUCKS for worldwide in-store airplay. At this special concert, Marc will perform songs from the album and share some unforgettable stories about his experiences as an easterner in the mountain and desert West. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 10

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, followed by silly games, like Simon Says to practice listening and following directions. After that, it's parachute time! The group will shake, lift, and swirl a giant parachute for fun movement games that build gross motor skills and coordination. Kids will need to wear shoes! To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monday Movie Matinee: 'The Unlikely Pilgrimage of Harold Fry'
Morrill Memorial Library
1 p.m.

Harold Fry is an unremarkable man who has made mistakes with all the important things: being a husband, a father and a friend. And now, well into his 60s, he is content to fade quietly into the background of life. Until, one day, Harold learns his old friend Queenie is dying. Harold leaves home, walking to his post office to send her a letter. And out of the blue, Harold decides to keep walking, all the way to her hospice, 450 miles away. Rated TV14. Cast: Jim Broadbent, Penelope Wilton, Linda Bassett, Earl Cave, Joseph Mydell. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 11

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 Woman's Club Meeting
Knights of Columbus Hall, 572 Nichols St.
12:30 p.m.

Norwood Town Manager Tony Mazzucco will update members about the Norwood Hospital and other happenings in town and help celebrate the 101th year of the Norwood Woman's Club. A light lunch will be served. Guests are welcomed. Please bring an item for the

Nov. 12

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

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.

CFCE Virtual Fall Parent Book Club
Morrill Memorial Library (Virtual)
6:30 p.m.

Join Norwood CFCE for a virtual evening of connection and conversation about 'Good Inside: A Guide to Becoming the Parent You Want to Be,' by Dr. Becky Kennedy. This insightful and compassionate book offers practical strategies for building stronger relationships with your children while nurturing your own well-being as a parent. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Norwood Junior Woman's Club
Conrad's
7:30 p.m.

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

Nov. 14

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for Adults to the library. 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. Open for ages 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 15

Food Pantry
Norwood Civic Center
10:00 a.m. - 2:00 p.m.

Food pantry. For more information, call Trina at 781-762-8173.



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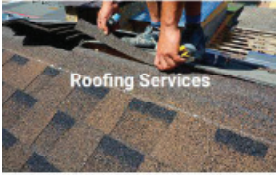
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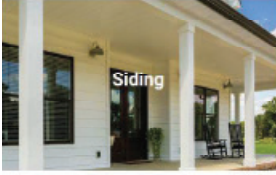
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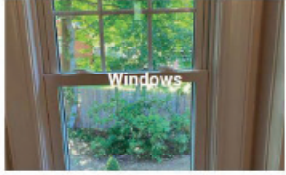
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FINANCING AVAILABLE



CALENDAR

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CALENDAR

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Nov. 15

Holiday Craft Fair
May Center, One Commerce Way,
Norwood
9 a.m.-2 p.m.

The May Center School in Norwood is hosting a festive gathering of local artisans and crafters showcasing their unique creations. If you're looking for handmade gifts, decorations or delicious treats, this craft fair promises something special for everyone. Admission \$3 at the door. All proceeds go to the May Center students for events and activities. For questions, call 508-588-8800.

VFW Meat Raffle
VFW post 2452, 193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The winners of the Pre-Buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May and is open to the public.

Nov. 16

Musical Sundays Concert Series:
Gumbo Jumbo Dixieland Band
Morrill Memorial Library
3 p.m.

The Fall Musical Sundays Concert Series continues with a foot-stomping performance by The Gumbo Jumbo Dixieland Band! The Gumbo Jumbo Dixieland Band performs fun, playful renditions of traditional Jazz songs! Brian Bender will appear on tuba, trombone, and vocals; Bill Shontz will perform on clarinet and vocals; and Zack Danziger will feature on banjo and vocals. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 17

Author Talk: Christopher Gorham,
"Matisse at War"
Morrill Memorial Library
7 p.m.

Morrill Memorial Library hosts local author Christopher Gorham, author of *Matisse at War: Art and Resistance in Nazi Occupied France*, for an in-person discussion. Gorham will discuss one of the most celebrated artists of the modern era, the momentous changes that inspired his entire family to action—with lessons that, even in war, creativity can be a force of resistance and liberation. Using intimate letters between Matisse and his family and friends, and benefitting from experts, archivists, and curators at fine art institutions in Europe and the US, Gorham spotlights a vital chapter of Matisse's operatic life. To register, visit [www.norwood-](http://www.norwoodlibrary.org/morrillcalendar/)

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

Nov. 18

LGBTQIA+ Rights in
Massachusetts w/ Norfolk Law
Librarian
Morrill Memorial Library
7 p.m.

Head Law Librarian Alexandra Furtado from the Norfolk Law Library will discuss current state and federal LGBTQIA+ rights for those living in Massachusetts, with legal information on LGBTQIA+ rights regarding gender-affirming care, schools and education, family law, discrimination, and more. This program CANNOT provide you with legal advice, but it will teach you how to find laws, legal resources, and guides and how the Trial Court Law Libraries can help when you are experiencing a legal issue. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 19

Turn the Page Book Group-
Mercury Pictures Presents
Morrill Memorial Library
10 a.m.
6:30 p.m. (Virtual)

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of Mercury Pictures Presents, a captivating novel written by Anthony Marra. Set against the backdrop

of 1920s Italy and wartime Los Angeles, the story follows Maria, a film-obsessed young woman who flees to America after inadvertently causing her father's arrest. She rises to become an associate producer at Mercury Pictures, just as the studio faces financial turmoil and an influx of refugee European artists--modernist poets turned screenwriters. When a stranger arrives with ties to her father's past, Maria is forced to confront long-buried truths. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 20

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

The November movie in the Sensory-Friendly Monthly Movie series is Disney's *Snow White*, rated G. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 21

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

Morrill Memorial Library partners with Norwood-based Lifeworks Inc to bring a series of art classes called Sensory-friendly Art Classes for Adults to the library. 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. 18+. To register, visit norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Monthly Ballroom Dance
Norwood Senior Center
7 p.m.

The Friends of the Norwood Council on Aging is sponsoring their monthly ballroom dance. Music will be provided by Ray Cavicchio. Cost is \$12 per person. Coffee, tea, water & desserts will be served. There are also door prizes. Newcomers of all ages are welcome. Come one, come all and have a ball! To stay up to date on 'Friends' events, visit the Facebook page: Friends Of The Norwood Council On Aging | Facebook

Nov. 22

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

The Boutique has just what you need for Christmas to decorate your home, outfit your family, and pick up great gifts at fabulous prices!

VFW Meat Raffle
VFW post 2452, 193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at

CALENDAR

continued on page 15

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CALENDAR

continued from page 14

the Post. The winners of the Pre-Buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May and is open to the public.

Nov. 23

Turkey Trot
Norwood High School
11 a.m.

Pre-registration is open until November 22 at 6 p.m., with a \$35 race fee (plus a \$3.10 sign-up fee). Race-day registration is \$40. Sign up at runsignup.com/Race/MA/Norwood/TheNorwoodTurkeyTrot. The four-mile route is both challenging and charming. The starting gun fires on Peabody Rd., sending runners down Nichols St., through the Willett Parkway neighborhood, and back to cheering crowds at Norwood High.

Nov. 24

Monday Movie Matinee: 'Hunt for Wilder People'
Morrill Memorial Library
1 p.m.

A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush. Filled with charming characters and a great story. (Source: IMDB). Rated PG13. Cast: Sam Neill, Julian Dennison, Rima Te Wiata, Rhys Darby. For ages 8+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Nov. 24

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

Take a break during a busy time of year to hang out with friends and neighbors! The Simoni Room will be full of 300- to 500-piece puzzles waiting to be completed. They will serve light refreshments and warm drinks, and play lo-fi music to curate a relaxed vibe. Unlike our puzzle races, this event is not competitive! Plenty of puzzles available, but feel free to bring any from home to share or trade as well. Registration is encouraged but not required. To register, visit [norwoodlibrary.org/morrillcalendar/](https://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

Nov. 25

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 Toastmasters Club
Norwood Civic Center, Willet Room
6:45 p.m.

The Norwood Toastmasters Club helps develop communication and leadership skills for its members and the community at every ability level. Guests are always welcome to come and see how it is done! Meetings are held on the second and fourth Tuesdays of the month. Visit norwoodtoastmaster.toastmastersclubs.org/ for additional information.

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 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.

Nov. 29

Norwood High School Athletic Hall of Fame Induction Ceremony
Norwood High School
1 p.m.

The 2025 inductees are: The student-athletes are Joe Porcello 1971, Frank Ciavattone 1973, Scott Fiske 1978, Jason Nutting 1994, Jack Dixon 2001, Kacie Smith 2015, and Blue & Gold Recipient: Rick Morrison. The ceremony is free and open to the public.

VFW Meat Raffle
VFW post 2452, 193 Dean St.
2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The winners of the

Pre-Buys need not be present to win. The prizes are generous portions of meat and chicken. The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May and is open to the public.

Nov. 30

Holiday Tree Lighting
Norwood Town Common
1:30-4 p.m.

The celebration includes a reindeer dash, horse-drawn hayrides, festive entertainment by the Madrigals, the Band Gig School of Music, and Kinetic Dance Studio, arts & crafts, holiday readings, face painting, a parade, and choir

music. The afternoon concludes when Santa and Mrs. Clause make their dramatic entrance and light up the Norwood Town Common! All FREE and open to the public

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If you are interested in adopting, you can complete a non-commitment application at www.baystateanimals.org, click on Adoptions.

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

KITTEN FOOD NEEDED

The Bay State Animal Cooperative is currently caring for five kittens that were rescued from a Norwood neighborhood and the organization needs kitten food. Donations can be dropped off at 115 Codman Rd., Norwood, in a food bin at the end of the driveway. Their mom is being trapped and spayed and efforts will be made to socialize her for possible adoption.

THE STORY OF CHARLIE AND WILEY KITTY

Last winter, residents of the Codman neighborhood began noticing a young black and white cat wandering the area. Before long, they realized she had a gray and



white companion about the same age who rarely left her side. Concerned neighbors began sharing photos on Norwood Now, trying to find out if she had a home. Sadly, no one recognized her.

Several families in the Codman and Cameron area left out food over the winter and BSAC (Bay State Animal Cooperative) was contacted to help create a trapping plan.



When spring arrived, the gray and white cat, now referred to as Charlie, began warming up to people; friendly, talkative, and full of personality! The black and white cat, however, continued to be both distrustful and disdainful of the people who fed her. In early September, BSAC was alerted that Charlie needed medical attention. He had been in several fights and was covered in cuts. The organization trapped him and then brought him to a vet to be treated, and neutered. He was placed with a family to recover, but within hours of his arrival, Charlie's foster family officially adopted him.

Meanwhile, the neighbors noticed the black and white cat was pregnant. Despite everyone's best efforts, she was too wiley to trap (hence her name). By early October, she had given birth. She continued to visit her favorite houses for food, but no one knew where her kittens were. Then, a resident on Washington Street discovered her and her six kittens tucked under his porch.

BSAC once again stepped in, coordinating a week-long rescue effort, in the middle of a Nor'easter! Eventually, Wiley Kitty and her six kittens were safely brought in. The kittens are thriving and Wiley is

Reserve Your 2025 Calendar!

The 2025 BSAC Calendars are almost ready for purchase! Think holiday gifts, grabs, or just a great way to put a smile on your face every day in 2025 with memories of our adopted cats!

The calendars will ready to order mid-November. Stay tuned to the BSAC website, Facebook page, Instagram, and Twitter for more information next month.

Your calendar purchase will be much appreciated by the animal lovers in your family or circle of friends and will also help the BSAC cover medical, foster, and adoption costs. It's a win, win for all! Especially for the kitties waiting patiently for their furrever home!

slowly learning to trust people again. We are hopeful that her perfect forever home is out there.

This rescue, two adult cats and six kittens, has taken tremendous time, teamwork, and financial resources as vet visits, deworming, flea treatments, altering/spay or neuter), food and litter all need to be paid for.

The kittens have forever homes already lined up but BSAC is currently seeking an experienced foster for Wiley Kitty.

If you'd like to support these rescues, consider donating, fostering, or sharing this story. Every bit of help makes a difference for cats like Charlie, Wiley Kitty, and her babies.

SUPPORT BSAC WITH TITOS!

Yankee Spirits in Norwood is partnering with Titos vodka and



the Bay State Animal Cooperative for its annual fundraiser. For every 1L and 1.75L of Tito's Handmade Vodka sold between Nov. 1 and Jan. 1, 2025, Tito's will donate \$1 to the Bay State Animal Cooperative. If vodka is on the holiday entertaining list this year, please purchase Titos at Yankee Spirits to

help raise money for this cat rescue group.

NORWOOD ANIMAL SHELTER DONATION DRIVE

Nov. 1- Nov. 30
Norwood Gardens Leasing Office

105 Hampden Dr., Norwood
Suggested Items Needed:

- Nylon leashes
- Small blankets & towels
- Canned dog or cat food
- Dry dog or cat food
- Plastic pet carriers
- Lysol spray
- Lysol wipes
- Cat litter
- Food & water dishes
- Puppy pads
- Paper towels

Dish soap

Please, for food and supplies, only new or unused items with clearly marked expiration dates can be accepted.

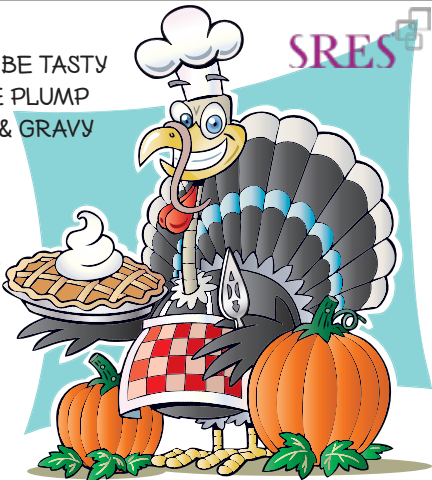
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Real Estate Corner

November Home Maintenance Tips for Norwood Residents

By MICHELE TARANTO

As November settles into Norwood, the crisp air and shorter days remind us that winter is just around the corner. For homeowners, this month is an important time to prepare houses for the coming cold, snow, and ice.

A few preventative steps now can save costly repairs, and a lot of stress, once winter takes hold.

Check Your Heating System

Before temperatures drop too low, schedule a professional inspection of your furnace or boiler. Replace filters and test your thermostat to ensure everything is running efficiently. A well-maintained heating system not only keeps you comfortable but also helps reduce energy bills.

Seal Windows and Doors

Drafts can sneak into even the coziest homes. Inspect doors and windows for gaps, and apply weatherstripping or caulk where needed. These small fixes can make a big difference in comfort and savings.

Clean Gutters and Downspouts

Falling leaves clog gutters quickly in New England. Clearing them now prevents ice dams and water damage later. Also, ensure downspouts are directing water away from your foundation.

Inspect Roofs and Chimneys

Before the first snowfall, take a look at your roof for loose shingles or potential leaks. If you use a fireplace, schedule a chimney cleaning and inspection to keep it safe and efficient during the winter season.

Winterize Outdoor Spaces

Disconnect and store garden

Dear Norfolk County Resident,

RE: More Poor Norfolk County Decision-Making

Long a hallmark of the Norfolk County Registry of Deeds modernization initiatives and plans, the Registry of Deeds' Disaster Recovery, or DR Office, located on the first floor of the County Administration Building in Dedham, MA, was permanently closed in early July of 2025. Citing their own need for storage space, the Norfolk County Commissioners, Joseph Shea, Peter Collins and Richard Staiti voted on January 15, 2025 to move the Registry's DR office, which at times functioned as a satellite office, to an antiquated teachers' lounge located on the second floor of a building at the Norfolk County Agricultural High School in Walpole, MA. At the time of the vote, assurances were made by Norfolk County Director John J. Cronin and the County Commissioners that the Registry's current DR site would not be decommissioned until the new site located at the Norfolk County Agricultural High School was ready and operational. This did not happen. The land records of Norfolk County residents and Registry operations have been left vulnerable and unprotected as a result. Ironically, on the way to the meeting before any vote had taken place, workers were observed stripping the Registry of Deeds signs of the DR location. Whatever County Director John J. Cronin wants gets rubber stamped. The closing of the Registry DR office was a done deal before any vote even occurred.

In existence since 2011, the

Registry DR office was an offsite location containing all of the computer hardware, software, and technology necessary for a modern-day registry where Registry business could continue uninterrupted in the event of a business continuity interruption. As a vital component to our local economy serving as an important revenue stream for state and local governments and community preservation act projects, Registry operations and business must continue. Also, private sector real estate sales and the legal records to your home must be protected at all times. The Registry of Deeds remained open and operational every day throughout the COVID-19 Pandemic, in part because of its Disaster Recovery Office.

At the Norfolk County Commissioners June 25, 2025 meeting, County Director John J. Cronin stated the DR office in Walpole was operational. How can it be operational when it does not have a Certificate of Occupancy from the Town of Walpole? How can the public needs of the those who depend on the Registry of Deeds be served when the DR office in a former smoking lounge on the second floor of a dated building is not accessible to those with disabilities?

It is outrageous that these decisions get made by Norfolk County government. It is incompetence that in an era of cybersecurity scams and risks there is NO DR office with a certificate of occupancy because of unsound decisions made by elected

and appointed officials of your Norfolk County government.

Registry management visited the new site at the Norfolk County Agricultural High School in June of 2025. The former teachers' lounge located in an old building was inaccessible as the elevator was not working and appeared to lack signage and other access elements in accordance with the Americans with Disabilities Act. The doors to the room, as well as a bathroom, did not appear to meet basic accessibility standards. I brought the apparent deficiencies to the attention of the County Chief Information Officer, who commented that he would "get back" to me on the issues. As the County CIO did not get back to me on the accessibility issues, I brought the accessibility issues to the County Commissioners and County Director John J. Cronin by letter dated June 18, 2025. To date, the County Commissioners have not responded to me about these accessibility concerns. However, according to the Town of Walpole's Building Commissioner, the former teachers' lounge lacks a Certificate of Occupancy and the site must be AAB compliant (M.G.L.c.22s.13A the Architectural Access Board issues regulations ensuring public buildings and facilities are accessible to and functional for, and safe for use by persons with disabilities).

Thank you.

Sincerely yours,
William P. O'Donnell
Norfolk County Registry of Deeds

MAINTENANCE

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Real Estate Corner

Register O'Donnell Announces 2025 Holiday Food Drive

Many individuals and families in Norfolk County are finding it increasingly difficult to afford basic necessities, like food, especially during the holiday season when the pressure to provide for loved ones intensifies. In response, Norfolk County Register of Deeds William P. O'Donnell is encouraging residents to support the Annual Registry of Deeds Food Drive, which begins Wednesday, November 12th and continues through Thursday, December 18th.

"There is no doubt that

Norfolk County is a desirable place to live and work," Register O'Donnell said. "However, many people who live in the communities of this county are facing challenging circumstances. This year, we have seen a growing demand for food assistance, and it is essential that we come together as a community to support those in need. By participating in the Annual Registry of Deeds Food Drive, we can make a meaningful difference this holiday season."

According to the latest statis-

tics from Project Bread, 37% of households in Massachusetts are considered food insecure. Rising costs for housing and groceries are key contributors to this troubling trend.

"Community donations are the lifeblood of the food pantry," Deborah Devine, Executive Director of the Ecumenical Community Food Pantry of Norwood said. "Every can of soup or box of pasta donated provides lifesaving nutrition to our neighbors."

The Greater Boston Food Bank reports that child-level food insecurity, where parents must reduce or alter the food their children eat due to financial constraints, affected 43% of households with children in Massachusetts in 2024.

"As the holidays approach, the need for food assistance becomes even more urgent," Register O'Donnell added. "Higher household expenses, including heating fuel and food costs, are placing additional strain on families. These rising costs disproportionately affect some Norfolk County residents, leaving them worried about how they'll meet their food needs. Let's be mindful this Thanksgiving that others may need our help."

Donations of non-perishable food items can be dropped off at the Registry of Deeds, 649 High St., in Dedham, Monday through Friday, 8 a.m. to 4:30 p.m. A donation bin will be available in the lobby. Suggested items include canned goods,

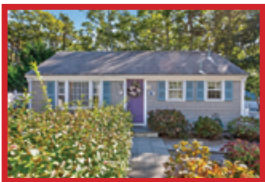
breakfast cereals, pasta, sauces, toiletries, and paper products.

"The generosity of people is just amazing," said Ann Toland, Co-Director of the Marge Crispin Center in Braintree. "Community donations are immensely important."

If you're unable to visit the Registry of Deeds in person, you can find a food pantry near you by visiting the Registry's website at www.norfolkdeeds.org.

"Working together, we can truly make a huge difference as the Thanksgiving and holiday season begins," Register O'Donnell concluded. "By supporting one another and being mindful of those in need, we can help ease the burden of food insecurity, because no one should go hungry, especially during this time of year. I encourage everyone to embrace the true spirit of Thanksgiving by showing compassion and generosity toward all."

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Gail LiDonni
BROKER/OWNER
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MAINTENANCE

continued from page 17

hoses, shut off outdoor water valves, and cover or store patio furniture. These quick tasks can prevent frozen pipes and extend the life of your outdoor items.

Test Safety Devices

As we turn up the heat and use fireplaces more often, make sure smoke and carbon monoxide detectors are working properly. Replace batteries and test units for peace of mind.

Be Storm-Ready

New England winters can bring surprises. Stock up on shovels, ice melt, and check that your snowblower is in working order. It's also smart to have flashlights, extra batteries, and blankets on hand in case of power outages.

Taking these steps in November helps ensure your home is ready for the challenges of a Norwood winter. With just a little planning, you can enjoy the season knowing your house is safe, warm, and well protected.

Happy Thanksgiving!

"Paul Keady handled the sale of my father's home with professionalism, integrity, and compassion. His deep knowledge of the business, local area, and even the neighborhood gave us great confidence from the start. Paul offered sound advice before the house went on the market and throughout the entire process, ensuring it was presented at its very best. Always responsive and attentive, he kept us informed every step of the way and coordinated everything smoothly from listing to closing."

- Elena L.



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Grateful ...

During this time of year especially, I want to take a moment to express my gratitude and thanks to all of my clients, colleagues, friends and family for making 2025 a wonderful year! Your referrals and recommendations have all been greatly appreciated. Wishing you a Happy Thanksgiving and a joyous Holiday Season ahead.
All my best, Your Local Realtor™

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