

Norwood

localtownpages

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Free to Every Home and Business Every Month

January 1, 2026

Looking back at 2025

JANUARY

And the Winner is!

By MICHELE TARANTO

The public and guest judges have spoken! Congratulations to the winners of the Friends of Norwood Center and Norwood Rotary Club's 1st Annual Norwood Window Competition, 'The Magic of Winter'! The contest kicked off on Small Business Saturday, November 30, and ran through Sunday, December 15. Residents were encouraged to view each beautifully-decorated storefront with a map of participating locations and then cast their vote for the People's Choice Award!

The clear winner for the People's Choice Award was Chelala Jewelers!

The panel of four judges, Norwood Town Manager Tony Mazzucco, Norwood Selectman Amanda Grow, acting Nor-

wood Recreation Director Sam White, and Norwood Police Officer Baguma and his canine companion, Mustang Sally, also voted for their choices in the categories of Most Original, Most Local, and Most Whimsical.

Most Original: Modern Eyes

Most Local: Custom Art Framing

Most Whimsical: The Cove

There were 11 businesses in total who competed in the contest, and each one deserves recognition and appreciation to help Norwood celebrate the holiday season. Each business committed to developing a welcoming and eye-catching storefront display reflective of their industry and personalities. The windows were spectacular to view day or night and while already a charming town, their embellishments made shopping, window browsing, and even walking a more pleasur-

able event!

Charles River Running

Emerald City Plant Shop

The Lark Center

Moon Lily Boutique

Tax Solutions

Mazeri Hair Salon

FEBRUARY

Happy 100th Birthday WCC!

By MICHELE TARANTO

A century. That is an impressive operational milestone for any organization, but that is exactly how long the Women's Community Committee of Norwood (WCC) has been supporting its residents. Their discreet yet invaluable presence is felt all around town. Some may notice their sponsorship

LOOKING BACK

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Patrolling the Streets to the Stage

By MICHELE TARANTO

After decades away from the stage, a familiar Norwood face stepped back into the spotlight last month, this time as "Orlando," one of the many ethereal figures drifting through *GHOST: The Musical*. The production was held for two weekends at the Norwood Theatre, and for Norwood Police Officer Geoffrey Baguma, marked a meaningful full-circle moment whose last acting gig was as a student in the Norwood High School (NHS) drama program.

"It felt amazing getting back on stage," Baguma said, reflecting on the experience. "Being able to share the stage with incredible talent and to be directed by incredible talent was



a dream. The icing on the cake was having it all take place at the Norwood Theatre."

Cast as part of the ensemble, Baguma stepped into several

MUSICAL

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LOOKING BACK

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through flyers or programs, but their backing is often behind the scenes. See, these women did not join the WCC for the accolades; they joined for the sole reason of aiding their town and enhancing its residents' experience and quality of life.

This is just a sampling of the tremendous effort and support the WCC provides to Norwood on a yearly basis:

- Annually fund seven scholarships and two awards to graduating Norwood seniors
- Makes two yearly monetary donations to each school in town
- Contribute to the 4th of July and holiday parades
- Donate to the summer and winter concerts
- Pay for library passes to eight different zoos and museums
- Participate in the Halloween Hunt
- Sends gift cards to the Senior Center at Thanksgiving and

- Christmas
 - Donated to the Salvation Army and school bins
 - Helps those in need through its social service program
 - Fulfills special requests at schools for competitions
- Continually work with Norwood Fire and Police in various programs
- Supports the Circle of Hope
- Work with Meals on Wheels
- Contribute to the beautification of Norwood (flowers, trees, benches)
- Provide free yearly babysitting course

In their tenure, they have had a hand in many areas throughout town.

- Funded dental care to school students
- Provided a handicap accessible picnic bench at the Community Garden apple orchard.
- Donated benches for seating and a bookcase to the Morrill Memorial Library
- Provided audio books to nursing homes
- Refurbished a room in Norwood hospital
- Funded the brick walkway and bench in front of the post office

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

Monday and Wednesday mornings, 9-11 a.m., or during regular retail hours. The shop has been operating since 1927, only two years after the organization was founded. It is also proudly one of Norwood's oldest establishments in continuous operation.

MARCH
Sam White Leads Recreation Department

By MICHELE TARANTO

You may or may not have seen Sam White at a Norwood recreation event. He was always there, but quietly leading from the background, watching, and on the ready to grab a chair when needed, jump in to lend a hand, or simply welcome a guest or participant. He continues that enthusiastic spirit today, but just in a different role; Norwood Recreation Department Superintendent.

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

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

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

Probably the best part about Norwood's new recreation superintendent is his love for sports, fun, and community. Any resident who has participated or attended a Norwood-sponsored

event has likely met Sam. He would be the guy with a big smile on his face and working hard to ensure everything runs smoothly and a good time is had by all.

"Our department is powered by an incredible team of four full-time staff members, including myself, Marie Kidd (program coordinator), Howard Weinstein (recreation administrator), and Allison Penza (assistant recreation administrator)," White said.

APRIL
Run Norwood Run!

By MICHELE TARANTO

The 129th Boston Marathon starting gun will go off on Monday, April 21. The men's and women's wheelchairs will start at 9:06 a.m. and 9:09 a.m., respectively, handcycles and duos at 9:30 a.m., and professional men and women at 9:37 a.m. and 9:47 a.m., the para-athletics division at 9:50 a.m., then waves 1-4 through 11:15 a.m.

A total of 18 Norwood residents will be lacing up and heading to Hopkinton on Patriot's Day to take part in this local, national, and international renowned tradition. They have spent months testing and strengthening their muscles and endurance, battled New England weather, all to reach their goal of 26.2 miles and cross that finish line in Copley Square.

B	
Name	Age
Thomas Ahearn	61
Ryan Bower	39
Jillian Cartwright	28
Ashling Devaney	26
Michael Duggan	38
Connor Flynn	27
Amanda Jaccino	31
Kirsten Kalkhurst Burbo	57

Allison Kelleher	24
Jack Kelley	23
Sean Kineavy	28
John McGourty	65
Roberta Myers	59
Du Park	34
Jaclyn Poulos	45
Valerie Quinlan	27
Sean Rooney	45
Erik Vik	32

MAY
From Homework to Hardware

5th graders turn passion for tech into real world success

By JENNIFER RUSSO

When many fifth-grade boys are busy mastering levels and obtaining virtual items in video games, two very business-minded kids took it upon themselves to go on a real-life quest instead. Michael Glushchenko and Finn Hughes are students at St. Catherine's School in Norwood, and have been great friends for some time, both sharing a love for technology and an ambition for business ideas. After building a couple of gaming computers completely from scratch and selling them to Hometown Arcade, they can now say they are business partners too.

"Michael has always been very entrepreneurial," Glushchenko's mother Rodie said. "He and Finn tried to start a snow shoveling business a few years ago, at 8-9 years old, and he also sold tomato plant seedlings one summer. We really support his curiosity and endeavors!"

What impressive planning taken on by these ambitious young men. Inspired by online videos of people building com-

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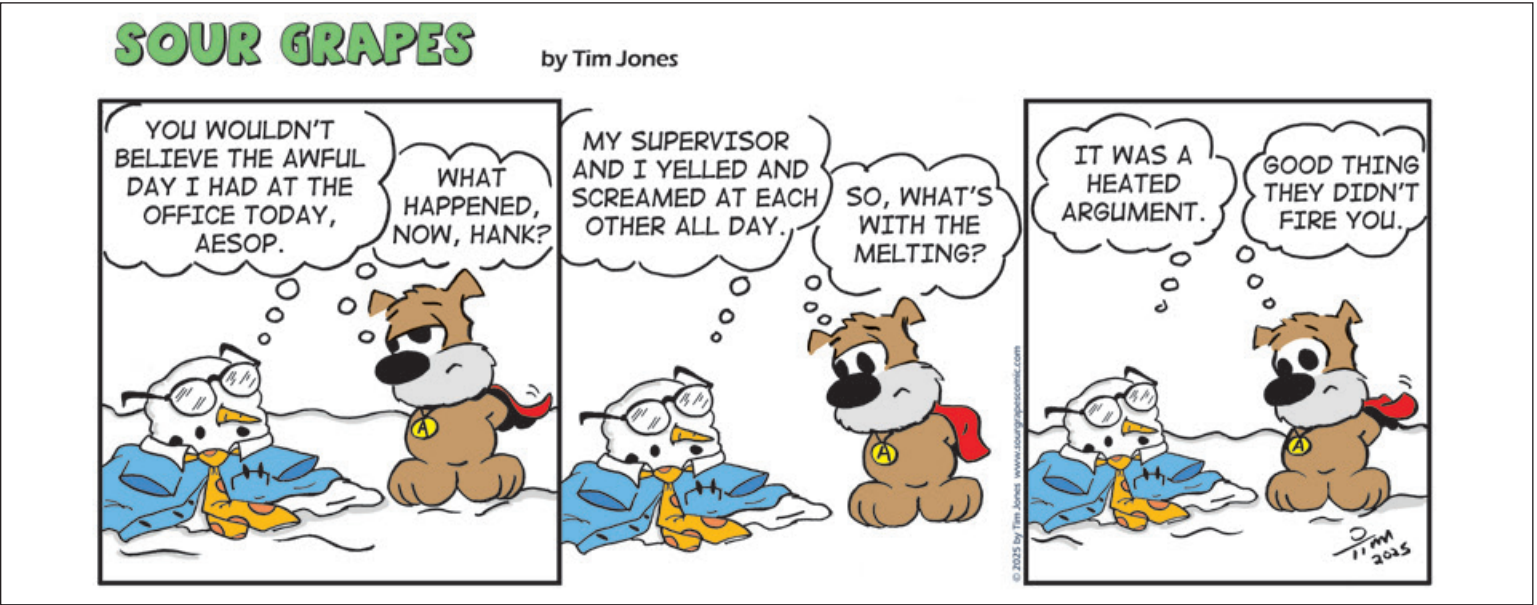
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MUSICAL

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small roles, including the named ghost “Orlando.” The show’s leads and the entire company, he said, “were nothing short of extraordinary.” The production team, which included Regina O’Connor, Jennifer Christina, Amy Judd, Caitlin Dyke Kelly, and Michael J. Texeira, brought the story to life with energy, professionalism, and heartfelt dedication.

Baguma’s return to theater began with a simple memory: performing at NHS many years ago. That class was taught by longtime drama teacher John Quinn, who, remarkably, still leads the program today. Re-connecting with Quinn and inviting him to see the show added another sentimental layer to the experience.

“This was my first time acting since being part of the NHS drama program,” Baguma said. “It was great to reach back out to Mr. Quinn and show him what he helped start in me back in high school.”

Music has always been a thread through Baguma’s life, though usually from behind

the, producing curtain rather than performing. But stepping back into a small, close-knit cast rekindled something he had forgotten he missed.

“It takes a lot of commitment,” Baguma said. “I’m more than excited to try out for another production. Hopefully you’ll see me back on stage again soon.”

Throughout rehearsals and performances, Baguma’s family remained one of his biggest supporters. His children attended the show and gained a new appreciation for the immense work involved, from the band and special effects, to the performers and the unseen hands backstage.

He also expressed deep gratitude to Susan Lewis, owner of the Norwood Theatre, as well as the seasoned cast, crew, and the community that filled the seats each night. Light-hearted backstage chatter even included joking about adding “Sally,” a character never in the script but fun to imagine. And for those not familiar with Baguma’s day job, he is Norwood’s comfort dog Sally’s handler and the dynamic duo are very familiar to Norwood residents throughout

town.

“Being able to get back on stage in my hometown was an honor,” Baguma said. “It reaffirmed my passion and support for the arts. I gained an even greater respect for all the important pieces that come together to make the beautiful whole.”

And he left the experience with one message he hopes others take to heart: *Remember to have the courage to have fun!*

Building on his growing performing momentum, Baguma is preparing to unveil *Cold Brew and Cream*, a new podcast headed for local TV and YouTube. It’s one more

creative venture fueled by his love of community, curiosity, and storytelling.

As for the stage? He’s already looking ahead. After all, once the spotlight calls you back, it’s hard not to answer.



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Votes are in for the Holiday Business Window Decorating Contest

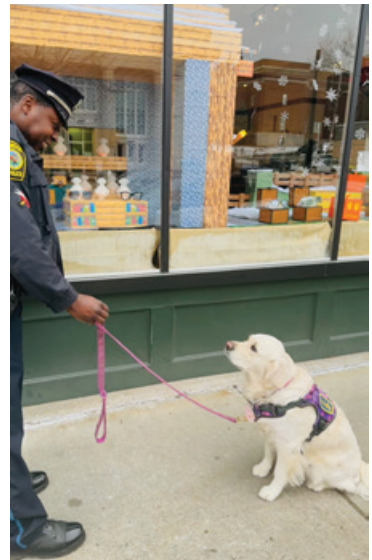
By MICHELE TARANTO

The spirit of the season was on full display as local businesses participated in the 2nd Annual Friends of Norwood Center's "Light Up the Town" Holiday Decorating Contest," transforming storefronts into dazzling displays of lights, color, and creativity. From twinkling windows to imaginative seasonal

scenes, the contest brought added warmth and cheer to the community throughout the holidays.

This year's "Light Up the Town" decorating contest was evaluated by a panel of three local celebrity judges who toured Norwood sidewalks and carefully reviewed each display for creativity, use of lighting, originality, and overall holiday spirit. The judges were impressed and proud by the high level of effort and imagination shown by participating businesses. After thoughtful deliberation, their scores helped determine the top three winners, recognizing displays that best captured the festive theme while creating a welcoming and vibrant atmosphere for the community to enjoy.

The three judges for the 2026 event were: Sam White (Recreation Department Superintendent), Joe Greeley (Norwood Trails Advisory Committee Chairman), and Officer Geoffrey Baguma and Mustang Sally (Norwood Police Department).



Clockwise from bottom left: Charles River Running; Tax Solutions; Mazeri Salon; Chelala Jewelers; Got Styles Salon. Far left: Officer Baguma & Mustang Sally Judging

The clear Judges Winner this year is Modern Eyes! Their use of combining Minecraft with optometry, and a snowy scene with a moving object (train) was clearly the top choice.

It was, however, a tight race this year. Chelala Jewelers came in second place for their warm use of decorations and hues, and Charles River Running took third place with its whimsy and incor-

porating Norwood colors and pride into their display.

Norwood residents were also invited to join the event with a separate voting cycle:

Gold: Chelala Jewelers

Silver: Mazeri Salon

Bronze: Got Styles Salon

The Business Decorating Contest served as a reminder of the importance of community

and supporting local businesses, especially during the holiday season. By shopping locally, residents help strengthen neighborhood connections, support local families, and keep the heart of the town vibrant. The festive displays encouraged people to stroll through downtown, discover small businesses, and celebrate the unique character that local shops bring to the community—proving that when the community comes together, everyone shines a little brighter.

As this year's "Light Up the Town" celebration comes to a close, organizers are already looking ahead to next year and encourage even more businesses and community members to take part. The success of the contest depends on creativity, enthusiasm, and community involvement, and every display and vote helps make the event brighter and more meaningful.

With the community's participation, next year's celebration can shine even stronger and continue to bring our community together in support of local businesses.

For this year, a very special thank you to the participating businesses, the judges, and of course, the Norwood community!

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LOOKING BACK

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puters, the boys needed to do some research to understand what materials they needed, create a budget, find and purchase the parts, and locate a potential buyer.

Like any business venture, it required some upfront capital funds, and the boys invested money they had saved from events like birthdays and holidays to purchase the parts they needed.

When they were done building the computer, they posted it on Facebook Marketplace and were thrilled to see that there was a huge amount of interest. The owner of Hometown Arcade, Matt Snow, bought it and was very impressed.

“We needed a pretty powerful gaming computer for one of the arcade games and found the listing,” Snow said. “The price was almost too good to be true given the specs of the machine (and unfortunately, you need to be worried about the large number of scammers out there). However, after talking with one of the boy’s dads, we worked out a deal and they brought the PC by our arcade in Norwood later that day. The machine exceeded our expectations and has been great for us. We ended up needing another PC for our location in NJ and the boys put a second one together for us. They really know what they’re doing from a tech standpoint and are pretty savvy entrepreneurs as well! We are super happy and lucky to have found them, and we will definitely be buying more machines from them in the future. Just great kids all around.”

Editor’s Note: Just after deadline, Snow put in a third order for another computer!

JUNE

Freedom Rings on the Common

BY BELLA CAGGIANO

The original mission of the Juneteenth holiday is to commemorate and educate the freedom of slaves in America. It is also a time to celebrate diverse cultures that were brought to or reside in the United States and rejoice in their music, food, and traditions. And in true Norwood fashion, this collective event has grown over three years, thanks to local residents

and businesses, and initial organizer, Norwood Police Officer Geoffrey Baguma, and his committee, Jua Robinson, Recreation Director Sam White, Morrill Memorial Library Director Clayton Cheever, and Leshia Karasik.

“It’s an excellent opportunity for the town to come together and learn together while celebrating the federal holiday of Juneteenth,” Officer Baguma said.

The Norwood Town Common will again be filled with eating, dancing, and singing, for the 4th Annual Juneteenth celebration on Saturday, June 14, 12:30-3:30 p.m. Bring comfortable shoes, chairs, and an appetite for the fun-filled afternoon for all ages. With many news acts this year, the afternoon will include many musical and tasteful options, such as Further Notice, Caleb McCoy, DJ Beez (Derrick Beasley), talented Norwood High School and Coakley Middle students, and much more! There will also be a variety of fare to try from Rincon Caribeno, Between the Bunz, Oasis Caribbean Cuisine, Crazy Tacos, Simple Sweets, and a Lewis’ beer garden!

Juneteenth, short for June 19, the day of the liberation, commemorates the date when federal troops marched into Galveston, TX, in 1865, two and a half years after the signing of the Emancipation Proclamation to ensure the freedom of slaves. On June 17, 2021, it officially became a national holiday honoring the end of slavery in the United States.

“Every year that we put together Norwood Juneteenth, the goal is to always educate and celebrate,” Officer Baguma said. “This is and will always be a great opportunity to learn together. By learning together, we can understand each other better. With a greater understanding of each other, we can then celebrate our new found connection.

JULY

Marching into Independence

BY BELLA CAGGIANO

The Norwood 4th of July Committee has done it again, planning one of the most magnificent Independence Day celebrations in the region! This year’s theme, “Norwood Celebrates Education,” is especially meaningful with the upcoming opening of the new Coakley Middle School.

In the words of civil rights leader Frederick Douglass, “Education is the key to unlock the golden door of freedom”—a fitting tribute to this year’s festivities.

Since its founding in 1872, the Town of Norwood has proudly hosted its spectacular 4th of July celebration. Known for its patriotism and community pride, Norwood continues to be the destination for joyful, all-ages events that celebrate America’s freedom.

Event Schedule – Friday, July 4, 2025:

1:00 p.m. – Children’s Parade
Downtown Norwood comes alive with the beloved Children’s Bicycle, Tricycle, Doll Carriage, and Historical Character Parade, led by The Colonial Boys.

Fee: \$1 per child

Over 300 participants will receive a festive t-shirt and ribbon

Winners (best decorations) will be invited to ride in the Grand Parade!

2:00 p.m. – Frederick Douglass Reading
At the Old Parish Cemetery (rear of 480 Washington St.), volunteers will deliver a moving public reading of “What to the Slave is the Fourth of July?” by abolitionist Frederick Douglass.

Free and open to the public.

2:30 p.m. – Carillon Concert & Tower Tours
Enjoy a stirring concert from the 50-bell Memorial Carillon at Norwood Town Hall, performed by Lee Leach and Margaret Angelini of Wellesley College.

Tours of the bell tower will be available during the concert.

5:00 p.m. – Norwood Firecracker 5K Road Race
Lace up for Norwood’s Firecracker 5K, a fast, flat course cheered on by thousands.

Applications available at Town Hall, the Civic Center, the Morrill Memorial Library, and Racewire.com

Runners compare the crowd energy to the Boston Marathon!

5:30 p.m. – Fire Truck Procession & Military Reenactment
The excitement builds as the Eastern MA Fire Truck Procession, Antique & Classic Cars, and Historic Military Reenactment roll through South Norwood to Shaw’s Plaza.

Don’t miss the WWII, Korean War, and military vehicle displays—famous for their roaring sirens!

5:45 p.m. – The Grand Parade

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Celebrating Norwood’s Spirit

The Norwood 4th of July Committee worked tirelessly to make this day unforgettable. This event wouldn’t be possible without the dedication of: Maria Henry (Chair), Mary Cantarow, Martha Colamaria, Lou Harris, Lee Leach, the Norwood Amateur Radio Club, and staff liaisons Michael Rosen and Kevin Broderick.

AUGUST

Mustang Sally Makes the Pages!

BY MICHELE TARANTO

Almost anyone who lives in Norwood has at least heard of Mustang Sally, but the town cannot keep her all to themselves. With her new book on the shelves, the literary world can now learn what one four-legged friend has

LOOKING BACK

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done to help her residents.

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

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

"She's more than just a school mascot," Jeneid explained. "She brings a personal touch to the school day. Seeing her in the hallways or getting a moment with her helps students reset and feel more grounded. Everyone has their own story about her."

The book highlights Sally's daily routines, interactions with students, and her calming pres-

ence, all told through a colorful, illustrated lens. Jeneid both wrote and illustrated the entire project, showcasing his range of creative talents.

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

SEPTEMBER The Best Part of Fall? Norwood Day Returns Sept. 7

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, hosts 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.

The official celebration starts with rides and amusements, a performance stage at Washington and Walpole streets outside Conrad's, and vendors filling both Washington Street and the Common. Castle Island Brewing will again host a beer garden adjacent the Common, opening at 11:30 a.m. Attendees with a Norwood Day button can enjoy free samples, while full pours will be available for purchase with valid ID.

OCTOBER A Tradition of Treasures: Norwood's Craft Affair Enters its 31st Year

By MICHELE TARANTO

For three decades, Norwood's The Craft Affair has been a beloved fall tradition. Now entering its 31st year, this event continues to draw crowds of shoppers and an impressive lineup of vendors from across New England, proof of Norwood's flair for hosting spectacular community gatherings.

On Saturday, Oct. 18, from 9 a.m. to 2:30 p.m. at Norwood High School (NHS), the 31st Annual 'The Craft Affair' will host more than 90 vendors that will fill the gymnasium with unique, handmade items. Shoppers can

browse an incredible array of goods, including sewn, crocheted, and knitted pieces, jewelry, pet items, holiday décor, wreaths, stained glass, jams and jellies, mirrors, paintings, scarves, soaps, wooden toys, quilts, ornaments, ceramics, and so much more. The popular raffle corner will feature chances to win handmade treasures and gift certificates, while the bake sale, complimentary kids' craft corner, and hand-painted pumpkins from the NHS Friendship Club enhance the festive atmosphere.

But The Craft Affair is more than just a shopping destination; locally, it's one of Norwood High School's biggest fundraisers. Profits have grown steadily over the years, with recent events generating \$15,000–\$18,000 annually.

NOVEMBER 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 primary 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 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 Nor-

wood 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. Claus, who will light up the Common to officially welcome the holiday season!

DECEMBER Luminary Night Shines for its 24th Season

By MICHELE TARANTO

It's officially the holiday season. The entertainment industry portrays this time as filled with leisurely baking and decorating cookies, shopping for just the right gifts, creative wrapping ideas, and parties overflowing with laughter. But in reality, it can feel like just a few short weeks of checklists and social obligations, mixed with a little mayhem.

In Norwood, however, an annual event offers an opportunity to slow down and experience a heartwarming moment filled with gratitude and remembrance.

The Circle of Hope Foundation (COH) will host its 24th annual Luminary Night on Saturday, Dec. 6, from 4 to 6 p.m., on the Norwood Town Common. Described by many as "magical," the evening glows with community spirit and heartfelt reflection.

"The candles will be lit beginning at 4 p.m., and the Foundation members welcome residents and friends to come out and see this beautiful sight," the Circle of Hope committee said in a press release.

Residents are invited to gather at the Town Gazebo to pay tribute to family members and friends or simply unite in support of Norwood's compassionate community. Luminaries are purchased in remembrance of a loved one, each bearing a brief message of life, hope, remembrance, or tribute to the season. The glowing bags line the sidewalks surrounding the Walter Dempsey Bandstand, creating a breathtaking and uplifting scene.

Last year, Norwood's town center shimmered with more than 2,000 luminaries and raised \$10,000 for local residents in need.



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Living Healthy

Tobacco and Vision: The Overlooked Link

By GRAHAM STETSON, OD, MS

Most people connect smoking with heart and lung disease, but tobacco also plays a role in eye comfort and long-term vision. The same chemicals, especially nicotine, that affect blood vessels and increase inflammation in the body also affect the vessels and the delicate tissues of the eyes. The symptoms are not always immediate, which is why they can be easy to overlook.

A common issue for smokers is dry, irritated eyes. Smoke irritates the surface of the eye and makes tears evaporate faster, leading to burning, stinging, redness, or a gritty feeling. Screen time, cold weather, and heated/air-conditioned room can make symptoms worse. Even second-hand smoke causes similar irritation, particularly for children and older adults.

MODERNEYES

Over time, tobacco use is also linked with a higher chance of certain eye conditions that can affect vision. Smoking increases the risk and severity of age-related macular degeneration (AMD), a condition that impacts central vision and can lead to significant vision loss as it advances. Nicotine and other chemicals in tobacco products accelerate the growth of cataracts, which cloud the eye's natural lens and leads to glare and blurry vision. Tobacco use is also an important risk factor in the severity of thyroid eye disease, which causes irritation, double vision, and vision loss.

Because tobacco affects circulation, it will also make some health-related eye problems more likely—especially for

people who already have risk factors such as diabetes, hypertension, and other systemic diseases. Smoking has also been connected to uveitis, inflammation inside the eye that can cause permanent damage if untreated.

The encouraging part is that quitting can help. After stopping tobacco, the body begins to recover in ways that support healthier blood flow and lower inflammation, and some risks can decrease over time. Annual comprehensive eye exams are extremely important to monitor the effects of tobacco use. See your eye doctor sooner if you notice vision loss, symptoms of dry eye, blurry or distorted vision, eye pain, flashes of light, or a sudden increase in floaters.

Quitting can be difficult for



many, but it is one of the best changes you can make for your health and quality of life. Fortunately, there are many great resources for people who would like to quit. Talk to your PCP or eye doctor for information, visit

SmokeFree.gov, call 800-QUIT-NOW, or check out the Quit Now mobile app.

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Michael R presented to our office complaining of chronic headaches and pain in his face. He had been suffering for over 5 years with no relief. Several courses of antibiotics and pain meds just wasn't relieving his symptoms. Michael had a CT scan which diagnosed him with Chronic Sinusitis. Medical options weren't working and so he sought out a holistic approach.

Upon exam it was determined that Michael had a severe fungal infection in his sinuses as well as pinched nerves (Chiropractic subluxations) in his neck which were contributing to his headaches. After undergoing Chiropractic adjustments, a change in diet to reduce inflammation in his sinuses and a course of homeopathy and supplements to remove the fungal infection and rebuild his immune system Michael significantly improved and no longer has these symptoms.

If you are suffering from similar symptoms and are looking to get relief **CALL THE HOLISTIC CENTER AT BRISTOL SQUARE** (508)660-2722 and make your appointment today.

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Norwood Sports

Norwood Looking to Advance Through the Tournament

By CHRISTOPHER TREMBLAY

Chris Fraioli took over the Norwood boys basketball program four years ago and has guided the Mustangs into the Division 2 State Tournament each season. Unfortunately, despite capturing their second Tri-Valley League Championship and winning 15 games during the regular season, Norwood was only able to go two rounds before falling to Doherty Memorial in the Round of 16. The Norwood Coach is hoping that his team can improve upon last year's post-season and move a little deeper into the tournament.

"We will be a little younger this year with experience but our goals remain as usual – to win at least 10 games and qualify for the State Tournament," the Mustang coach said. "If we can find a way

into league contention again, that would be great."

Fraioli considers himself an old school type of coach and doesn't like to call the upcoming season one that is rebuilding. Instead, he noted that his players are excited about the year, and with the expectations from everyone outside of Norwood placing low expectations on the Mustangs, they are looking to disprove them all.

From last year's overall 17-6 squad, Norwood lost only three athletes, but three very important pieces in TVL MVP center Alex Yuchumchuk, point guard Brian Dearborn and Patrick Connell, a talented shooter.

"In fourteen years of coaching, fourth at Norwood, this is the first year in which going into the season not knowing what we are going to

be," Fraioli said. "We have six returning players (two starters and our sixth and seventh man) and a transfer from Xaverian who should help us to be competitive this year."

Returning starters, three-year varsity players, and two-time senior captains Sam Larkee and Caden Sheehan will be looked upon to taking extended roles this winter. The coach is hoping that the duo can give the team more this year, while providing leadership to the younger players and highlighting their athletic ability. The coach noted that the two have been tremendous leaders and averaged 28-30 minutes a night on the court.

Last year, junior guards Michael Dever and Justin Cochran were the team's first two players off the bench and will be looked upon highly in making the transition to

either starter this year of continuing to come off the bench but with much more significant roles than they possessed last year as sophomores. Fraioli is relying on the two juniors to help the team score and play hard-nosed defense as well as all-around basketball every time they step onto the court.

Outside of the above-mentioned four athletes, it is going to be a wait and see situation for the Mustang coach when everyone shows up for tryouts. Junior center John Igori, senior forward/center Lucas Rodriguez, and sophomore guard/forward Roman Coras are three athletes that should be able to make the step up and contribute to the team in some way. Senior forward Joe Serratore will also be fighting for minutes.

Although Norwood does have

some talented athletes that could help get the Mustangs into the post-season, it will be a different type of season for the veteran coach.

"This will be my first year here that we don't have that one kid who can flat out score," the coach said. "But that is all right as it gives us more of a balanced look scoring wise. It will be a score by committee atmosphere this year, instead of one in which the opposition knew where the ball was going; this year, we'll be able to spread the ball around."

If things go as planned, Norwood should have no problem returning to the State Tournament, and with the large number of kids that have signed up to play basketball, the future is heading in the right direction.

Staying Active Without Slipping Up

By MICHELE TARANTO

As winter settles across New England, many outdoor runners and walkers face a familiar dilemma: bundle up and brave the cold, or retreat indoors until spring. While icy sidewalks, shorter days, and frigid temperatures can make winter exercise more challenging, it doesn't have to be unsafe. With the right preparation and mindset, athletes, seasoned or beginners, can continue to log miles while protecting themselves from seasonal hazards.

Dress for the Conditions, Not the Calendar

One of the most important rules of winter exercise is dressing appropriately. Experts recommend dressing as if it's 10 to 15 degrees warmer than the actual temperature, as the body quickly heats up once moving. Layering is key: start with a moisture-wicking base layer, add insulation such as fleece or wool, and finish with a wind- or water-resistant outer layer. Avoid cotton, which traps moisture and can lead to chills. Hats, gloves, and thermal socks

aren't optional—they help prevent frostbite and heat loss.

Watch Your Footing

Ice and snow-covered pavement are among the biggest risks for winter runners and walkers. Slowing your pace, shortening your stride, and staying alert can reduce the chance of falls. When sidewalks are untreated, try to avoid packed snow and opt for well-maintained paths and tracks for safer alternatives.

Visibility Matters

With fewer daylight hours,

winter miles are often clocked at dawn or dusk. Wearing reflective gear and bright colors makes runners more visible to drivers. A headlamp or clip-on light can also help runners and walkers see uneven terrain and be seen by others, especially during snowfall or fog.

Mind the Cold—and Your Body

Cold temperatures can mask warning signs of dehydration; athletes lose fluids through sweat and breath. Staying hydrated remains essential. It's also important to listen to your body: numbness, shivering, or confusion can be early signs of hypothermia. If conditions feel unsafe due to extreme cold, wind chill,

or storms, it's okay to skip the exercise or move it indoors.

Plan Ahead

Checking the weather forecast before heading out is a simple but critical step. Be aware of wind chill advisories and storm warnings, and consider letting someone know your route and expected return time, especially during severe weather.

Winter running in New England may require extra caution, but it also offers many rewards: quieter streets, crisp air, and a sense of accomplishment that comes from pushing through the season. With preparation, awareness, and respect for the elements, runners can stay safe and active all winter long.

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Norwood Sports

Captains To Lead Norwood on the Ice

By Christopher Tremblay

Senior captains Isla Wilson and Olivia Tucker will be looked upon by Head Coach Tim Coskren to take the reins and lead the Norwood girls hockey team into the season. Wilson will be taking charge of the offense and Tucker will patrol the blue line for the Mustangs as they look to take a relatively young team into the post-season.

“Both girls are on the smaller size, but they don’t let it affect their play and they get along

named a captain for the Mustangs this year and has always thought of herself as having leadership abilities and likes to help others like she was helped.

“I played for the JV team as an eighth grader, but when I was a freshman I found myself to be very nervous, especially being named a starter,” Tucker said. “I knew that I was capable but had a great defensive partner in Lindsey Rogers who helped me and now it’s my turn to return the favor to the younger girls



with everyone,” Coskren said. “Isla is a very dependable and trustworthy player that is respected by her peers and everyone wants to be on her line, while Olivia is a steady defender who sees the ice, and if there is an opening, she’ll take it and rush the puck up the ice.”

Both girls have been with Coskren and the team since their freshman years and they are exceptionally good at their respective crafts. As a forward, Wilson was in the top three on the team last year in scoring and should continue to set up her teammates while continuing to put the puck in the back of the net. Tucker not only knows her position, she is also the team leader on defense and the younger defenders are following her suit as she teaches them the position.

“As a first-time captain, I am hoping to make the environment feel welcoming for the other girls where their opinion matters,” Wilson said. I want to make them want to come to practice and get better as a family.”

Tucker is excited about being

coming in as their captain.” Growing up, the two girls had similar situations with their introduction to the sport of ice hockey having to watch their brothers play the sport. Wilson found herself at the rink a lot due to her brother playing hockey and eventually she began skating. She found herself playing center like her brother and wanted to be just like him.

Tucker also watched her younger brother play hockey and got bored sitting in the rink watching him so she decided to give the sport a try for herself. The first time that she stepped onto the ice she fell in love with the sport and knew it was for her. She too was a forward but slowly transitioned to defense where she now controls the back end of the ice.

“Originally, I didn’t know anything, and it really didn’t matter where they wanted me to play as long as I was on the ice,” Tucker said. “Now I love playing defense and being able to see the entire ice and what is happening.”

Individually, the girls’ goals are different for themselves.



Above: Isla Wilson; Left: Olivia Tucker. Photos submitted

While Tucker wants to stay positive and enjoy every last minute of her high school career giving it her all each time that she steps onto the ice, Wilson wants to be able to contribute on the scoring side to get the Mustangs into the State Tournament.

“We lost some seniors who could score, and I want to be able to help the team by stepping up into that role this year,” Wilson said.

Although still early in the season at the time of this writing, the two captains have liked what they have seen in the younger girls thus far. Both believe that Norwood can have a pretty good season and feel confident they can make it to the State Tournament one last time before they graduate.

Tucker noted that Norwood

has some experienced talent as well as the incoming freshman who have seemed to fit right in and have a good relationship with the rest of the team.

“Although we are somewhat young, we need to find ways to keep playing hard and get into the playoffs,” Wilson said. “This team has the ability to go further than the past [over the last three years Norwood has been eliminated twice in the first round and once in the second]. We need to set the standard of hard work while still having fun playing the game.”

Entering the season, the Mustangs are taking to the ice with five freshman as well as a sophomore goalie who did not see a lot of varsity action last winter.

“Some of the younger girls

have a year or two of experience under their belts on defense, but Olivia will be able to help them whomever that may be,” the Norwood Coach said. “Overall, this year will be a learning experience, more so than the last 10 years.”

After reaching the tournament once final time before they depart Norwood, both girls look forward to continuing their ice play. Tucker will take a few months off at the end of the season and then jump into summer hockey with her team, the New England Future Stars. When college begins, both girls are looking to play club hockey wherever they attend. Wilson was originally hoping to play on the college level but knew that Division 1 hockey would not be achieved while focusing on her education.

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Calendar of Events



Jan. 2

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

The Morrill Memorial Library is partnering with Norwood-based Lifeworks Inc to bring this series of art classes. Art instructor Stephanie Enloe will run the program specially designed for adults with different levels of cognitive abilities. Each week, she 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.

Jan. 3

Native Plants - Winter Sowing Basics
Morrill Memorial Library
10 a.m.

Join this hands-on workshop about winter seed sowing and the benefits of adding native plants to your yard. They are a favorite of the bees, butterflies, birds and other pollinators! Native seeds that have evolved in the New England climate often require cold stratification. Participants will plant two milk jugs with native seeds and learn how to winter sow seeds; no gardening experience is required. Supplies will be provided. About the pre-

sender: Kelsey Quinlan is a Norwood resident and gardener. She volunteers on the town Conservation Commission and Sustainability Committee. This program is open to all. Children under 12 need to be accompanied by an adult. 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. An example includes: Sirloin steak tips, sausage, ground sirloin burgers, center cut pork chops, whole or cut chicken, ground sirloin burgers, chicken wings, and much more! The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit a monthly meeting on the fourth Wednesday of each month, September through May (except November and December). The Meat Raffle is open to the public.

Jan. 5

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

Jan. 6

Learn about Streaming TV with Norwood Light & Broadband
Morrill Memorial Library
5:30 p.m.

Television is changing and there are now more ways than ever to enjoy your favorite shows, local channels, and live sports without the high cost of traditional cable. Join employees from Norwood Light & Broadband for an informative and hands-on session about Streaming TV. The local team will demonstrate how streaming works, share easy ways to find the channels you love, and show how you can customize what you watch, often for less money. They will answer your questions, walk through live demos, and help you feel comfortable exploring the new options available. Come see how simple streaming can be and how it might help you get more of what you do watch, and less of what you don't. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Learn about Streaming TV with Norwood Light & Broadband
Morrill Memorial Library
7 p.m.

Television is changing and there are now more ways than ever to enjoy your favorite shows, local channels, and live sports without the high cost of traditional cable. Join employees from Norwood Light & Broadband for an informative and hands-on session about Streaming TV. The local team will demonstrate how streaming works, share easy ways to find the channels you love, and show how you can customize what you watch, often for less money. They will answer your questions, walk through live demos, and help you feel comfortable exploring the new options available. Come see how

simple streaming can be and how it might help you get more of what you do watch, and less of what you don't. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 8

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

The January movie in the Sensory-Friendly Monthly Movie series is Disney's 'Lilo & Stitch,' rated PG. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 10

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

Start off the new year with terrific savings on warm clothes, hats, gloves, mittens, boots, scarves for your whole family. Also pick up some beautiful jewelry, a great book, puzzle, kitchen items and decor. We're the place!

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

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

How does the race work?

Up to 8 teams will compete, with a maximum of 4 people per team. Feel free to name your team! Families are welcome to come as a team; children aged 10+ will count as a team member. One puzzle per team. Puzzles will be 500 pieces and design will be the same. 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.

VFW Meat Raffle
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Jan. 11

HomeWorks Energy Pop-up Resource Table
Morrill Memorial Library
1-5 p.m.

The Town of Norwood has partnered with long-time Mass Save partner, HomeWorks Energy, to help Norwood community members save money on energy costs and help keep their homes safer, healthier, and more comfortable. Visit their pop-up table on the first floor of the Morrill Memorial Library! Have you ever wondered why participation in the Mass Save program is no cost? You already fund the program with an energy efficiency charge on your utility bill (take a look!) which is why you can access services like a no-cost Home Energy Assessment. Haven't had an assessment yet? Come down to the library to learn more and get started! No registration is required, drop-in.

Jan. 12

Monday Movie Matinee
Morrill Memorial Library
1 p.m.

Monday's movie is 'The Phoenician Scheme,' (101 mins) - PG13. Wealthy businessman Zsa-Zsa Korda appoints his only daughter, a nun, as sole heir to his estate. As Korda embarks on a new enterprise, they soon become the target of scheming tycoons, foreign terrorists and determined assassins. (Source: IMDB) Cast: Benicio Del Toro,

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CALENDAR

continued from page 12

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

Jan. 13

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 or learn about joining, call 781-799-7068, or email womeninbusinessma@gmail.com.

Cathy Ripley Greene
Morrill Memorial Library
6:30 p.m.

Join the Friends of the Library for their brief open meeting, followed by a night of mediumship with Cathy Ripley Greene! Cathy will spend time explaining how the process of mediumship works and then she will make connections with spirits for some people in the audience. This is a gallery demonstration and of course this means not everyone will make a connection, but it promises to be an enjoyable evening. Friends of the Library received Early-bird access to registering for this event when it was originally planned in Spring, 2025.

Norwood Toastmasters Club
Norwood Civic Center
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! Meetings are held on the second and fourth Tuesdays of the month. For more information, visit norwoodtoastmaster.toastmastersclubs.org/.

Jan. 14

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

The Norwood Junior Woman's Club is a women's social group that serves the Norwood families in need. They are an easy-going,

fun group and joining doesn't require a big commitment. For more information, email norwoodjwc@gmail.com or visit norwoodjuniorwc.wixsite.com/norwoodjwc. All welcome to any meeting; bring a friend and see what they are all about!

Jan. 16

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

The Morrill Memorial Library is partnering with Norwood-based Lifeworks Inc to bring this series of art classes. Art instructor Stephanie Enloe will run the program specially designed for adults with different levels of cognitive abilities. Each week, she 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.

Jan. 17

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. An example includes: Sirloin steak tips, sausage, ground sirloin burgers, center cut pork chops, whole or cut chicken, ground sirloin burgers, chicken wings, and much more! The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit a monthly meeting on the fourth Wednesday of each month, September through May (except November and December). The Meat Raffle is open to the public.

Jan. 18

FREE Family Skate for Norwood Residents
The Skating Club of Boston, 750 University Ave., Norwood
2-4 p.m.

The Women's Community Committee of Norwood (WCC) is sponsoring another fun, free event for Norwood residents! Skates included or bring your own.

Jan. 20

Art Keeps Us Human
Morrill Memorial Library
7 p.m.

Morrill Memorial Library welcomes local ArtMatters presenter Beth Knaus for "Art Keeps Us Human," a mini-history of Western civilization through art. Art teaches and communicates. Art has humor, adventure, and passion. Art matters! It is a uniquely human activity, and the sole reason we have an advanced civilization. We use visual images to communicate with one another as a species. Art transcends language, different cultures, time, and distance. It keeps us connected to each other as humans. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 21

Turn the Page Book Group: 'One Hundred Years of Lenni and Margot'
Morrill Memorial Library
10 a.m.

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of *The One Hundred Years of Lenni and Margot*, a charming novel written by Marianne Cronin. Determined to leave a mark on the world even though they are in the hospital and their days are dwindling, unlikely friends, seventeen-year-old Lenni and eighty-three-year-old Margot, devise a plan to create one hundred paintings showcasing the stories of the century they have lived. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Community Connections @ the Library
Morrill Memorial Library
12-2 p.m.

This is a monthly drop-in gathering hosted by Riverside Community Care. Each month highlights new ways to get connected. The January session topic was yet to be announced at press time. Community Connections @ the Library is designed to help residents learn about local resources, programs, and opportunities for personal growth and well-being. Meet with a community coach, enjoy friendly conversation, and discover ways to strengthen your connection to the people and supports around you. Drop in, bring your lunch or a coffee, and discover tools in your community that promote bal-

ance, resilience, and wellness. All are welcome, and all questions welcome, regardless of each month's highlighted topic.

Turn the Page Book Group: 'One Hundred Years of Lenni and Margot'
Morrill Memorial Library (Virtual)
6:30 p.m.

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of *The One Hundred Years of Lenni and Margot*, a charming novel written by Marianne Cronin. Determined to leave a mark on the world even though they are in the hospital and their days are dwindling, unlikely friends, seventeen-year-old Lenni and eighty-three-year-old Margot, devise a plan to create one hundred paintings showcasing the stories of the century they have lived. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 23

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

The Morrill Memorial Library is partnering with Norwood-based Lifeworks Inc to bring this series of art classes. Art instructor Stephanie Enloe will run the program specially designed for adults with different levels of cognitive abilities. Each week, she 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.

3 Body Qigong for Health & Healing

4 Sessions in January

Morrill Memorial Library is offering a series of Qigong classes on four Thursday evenings in January with David Sholemsen of 3 Body Healing Arts.

Dates: January 8, 15, 22, and 29 - Time: 6:30 p.m.

This form of Qigong helps to energize your body, mind and spirit. It has been known to reduce stress, depression, and negative emotions by improving the flow of energy in your body and quieting your mind. This 4-week series will include body tapping, meridian stretching, practicing/learning to feel energy, and music meditation/sound healing. Start the new year with a positive plan to improve your health and re-discover that peaceful place within.

The class will be standing and seated as well as on the ground so please bring a mat. Movements can be adapted to be done in the chair. Suitable for ages 18+. To register, visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

Jan. 24

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

The boutique has received wonderful donations for you to browse through - clothes, shoes, boots, books, jewelry, household items, and much more. Come in and see. The store also gratefully accepts donations.

Know Your Numbers: Free Blood Pressure and Blood Sugar Screening
Morrill Memorial Library
10 a.m.-12 noon

Morrill Memorial Library is pleased to partner with AFC Norwood to offer complimentary blood pressure and blood sugar screening for our community members. Stop by for a quick check. Participants will get results immediately, and registration is not required. This program is open to all aged 18+.

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. An example includes: Sirloin steak tips, sausage, ground sirloin burgers, center cut pork chops, whole or cut chicken, ground sirloin burgers, chicken wings, and much more! The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who

CALENDAR

continued from page 13

have served overseas in Iraq and Afghanistan are welcome to visit a monthly meeting on the fourth Wednesday of each month, September through May (except November and December). The Meat Raffle is open to the public.

Jan. 26

Monday Movie Matinee
Morrill Memorial Library
1 p.m.

Monday's movie is 'Black Bag,' (93 mins) – Rated R.

A man's self-discovery journey intertwines with his duty to love and defend his homeland, leading him to three pivotal crossroads in life. (Source: Swank). Cast: Gustaf Skarsgård, Cate Blanchett, Régé-Jean Page, Marisa Abela, Naomie Harris To register, visit norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-

0200, x2.

Jan. 27

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 or about joining, call 781-799-7068, or email womeninbusinessma@gmail.com.

Norwood Toastmasters Club
Norwood Civic Center
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! Meetings are held on the second and fourth Tuesdays of the month. For more information, visit norwoodtoastmasters.toastmastersclubs.org/.

Titles on Tap Book Group – 'The Count of Monte Cristo'
Napper Tandy's
7:30 p.m.

Titles on Tap is a book club organized by the Morrill Memorial Library, and held at Napper Tandy's. The January title will be 'The Count of Monte Cristo,' by Alexandre Dumas. Copies of the book will be available to pick up at the library's Reference desk. The ebook and audiobook are instantly available through hoopla. 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.

Jan. 28

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

Jan. 29

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.

Jan. 30

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

The Morrill Memorial Library is partnering with Norwood-based Lifeworks Inc to bring this series of art classes. Art instructor Stephanie Enloe will run the program specially designed for adults with different levels of cognitive abilities. Each week, she will guide participants

Jan. 31

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. An example includes: Sirloin steak tips, sausage, ground sirloin burgers, center cut pork chops, whole or cut chicken, ground sirloin burgers, chicken wings, and much more! The drawings also include a 50/50 money raffle. The raffle is held every Saturday through May. The Norwood VFW is looking for new members. Veterans of the Gulf War, and personnel who have served overseas in Iraq and Afghanistan are welcome to visit a monthly meeting on the fourth Wednesday of each month, September through May (except November and December). The Meat Raffle is open to the public.

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

Winter Wins in Norwood!

By MICHELE TARANTO

Local residents have done it again. Donations from the 10th Annual Women in Business MA (WIB) Mitten Drive was another impressive success! In fact, over

Through that generosity, many local neighbors again had presents under the tree and items to stay warm this winter.

During the first week of December, all collected items will be distributed to the Norwood and Dedham communities through the Norwood Food Pantry, Nor-

tations, networking connections, and sharing wisdom. The chapter also considers it vitally important to give back to the community that supports their businesses throughout the year through civic service projects, such as the winter accessory drive. Throughout the year, Norwood residents



500 pieces of winter accessories were collected throughout Norwood and surrounding town businesses during November.

Eight donation bins, festively decorated by the May School in Norwood and the League School in Walpole, were placed in the following businesses and civic locations November 1 to November 30:

- 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

As in previous years, WIB elves made many trips throughout the month to empty overfilled boxes, often with newly purchased and handmade gloves, mittens, scarfs, and hats.



wood WCC Thrift Shop, First Congregational Church of Norwood, and the Allin Congregational Church of Dedham.

Each year, the fundraiser is held Nov. 1-30, but from the abundance of homemade items that were donated, it was clear many residents had busy hands throughout the year creating incredibly beautiful knitted pieces in preparation for the event.

WBN will celebrated its milestone 10th anniversary in March, 2025. The organization encompasses women who work or live in and around Norwood. As their tagline states, Connect, Refer, and Support, the members champion each other and their businesses through referrals, advice, consul-

met members volunteering at various community events and even dedicate their holiday party swap with gift card from independent, small local businesses.

Current WBN members include Michele Taranto, Realty One Group Suburban Lifestyle; Kandi Finch, All Chores Considered/Dirty Dawg Wash; Wendy Aimola, New York Life Insurance Co.; Ellen Connors; Shamrock Home Loans; Kim Burke, Home Helpers; Catherine Good, Law Office of Catherine Becker Good; Maria Levin, Maria Levin PC; Mencia Quinonez, Clean Remodel, LLC; Jillian Banks, Back in Balance Chiropractic; Cheryl Dukeman, South South Investment Services; Christina G. Stetson, Modern Eyes; Daniela Masters, Aging Well Advocates, Lesette Neergaard Colon, Ecoloop Solar Solutions

WIB is currently accepting members. Only one representative per industry. For more information on WIB, email womeninbusinessma@gmail.com, or call 781-799-7068. You can also visit their Facebook page at womeninbusinessma.

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Choose a Salad

- GARDEN SALAD
- GREEK SALAD
- BEET & GOAT CHEESE SALAD
- CAESAR SALAD

Choose a Family Style Platter (\$75)

- CHICKEN PARMESAN
- EGGPLANT PARMESAN
- CHICKEN-EGGPLANT PARMESAN
- CHICKEN SORRENTINA
- PASTA BOLOGNESE
- PASTA & MEATBALLS
- PASTA PRIMAVERA
- CHICKEN-SAUSAGE CACCIATORE

- BAKED COD
- PASTA FETTUCINI ALFREDO
- CHICKEN BROCCOLI ALFREDO
- CHICKEN MARSALA
- CHICKEN BROCCOLETTI
- CHICKEN PICCATA
- CHICKEN SALTIMBOCCA
- CHICKEN SCAMPI

Choose a Family Deluxe Platter (\$75)

- STEAK TIPS
- TURKEY TIPS
- MIXED GRILL
- PAPPARDELLE BOLOGNESE
- VEAL PARMESAN
- VEAL-EGGPLANT PARMESAN
- VEAL SALTIMBOCCA

- VEAL MARSALA
- VEAL SORRENTINA
- SHRIMP BROCCOLETTI
- SHRIMP BROCCOLI ALFREDO
- SHRIMP SCAMPI
- SALMON PICCATA
- COD PICCATA

All Family Style Take Out Platters are served with our toasted ciabatta bread, pasta (penne, linguini, or fettuccini); or with your choice of two sides: broccoli, vegetable du jour, parmesan risotto, red bliss parmesan mashed potatoes, fries or cole slaw. No substitutions please.

BSAC PET CORNER

Meet Buddy & Blackie!

Buddy and Blackie were housemates, were surrendered together and would be adopted together as the bond they have together is important, especially since their human dad passed away. They're both very, very sweet and friendly and are purr machines.

Buddy is super sweet and may be deaf or a deep sleeper as he has zero reactions to voices when asleep. But he LOVES sleeping with his step brother! He is a total cuddle bug and loves to lay in your arms or lap. After major dentistry Buddy should fatten up a little. He has early kidney disease and requires prescription food. Like all seniors he need a little extra as "we" age!



Blackie is a sweet old gentleman who wants to live out the rest of his life with a loving family!

He loves his life-long cat brother Buddy. Blackie is a little more reserved than Buddy and will wait patiently for his turn when he and his brother seek attention.

Can they spend their senior years with your family?

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

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

A Thank You From BSAC

As we reflect on the past year, the Bay State Animal Cooperative extends their sincere gratitude to the many volunteers and organizations that stood beside us and helped make our work possible. Your generosity, collaboration, and shared commitment to our mission strengthened our impact and expanded the reach of our programs within the community. Whether through partnerships, resources, time, monetary donations, expertise, or adoptive families, your support played a vital role in the furry lives we serve. We are deeply thankful for your continued belief in our cause and look forward to building on these meaningful relationships in the year ahead.

• Love of Life Clinic, Franklin

- Veterinary Emergency Group (VEG), Newton
- Holmes Family Veterinary Clinic, Walpole
- AshField Cheyne Veterinary Services, Norwood
- Charley's Angels Pet Initiative, Norwood
- Volunteers for the Car/Dog Wash

People are the key to our success as well. Special thanks to our past and present volunteers who sacrificed hundreds of hours, not for any glory, but for simple acts of kindness. This is only a sampling, as there have been so many people over the past 20+ years that have selflessly given their time in order for our organization to thrive and our cats have medical care, a safe step to adoption, and a furrever home.

Lauren F., Marcia L., Dave L., Diana S., Lori G., El S. Ashley F., Dr. S, Maria-Lisa, Lynn M., Lynn P, Cathy R, Robin M., Kathy & Anne D, Courtney, Ben W., Wendy W., Scott S., Jackie G., Lydia S., Jackie E., Betty G.

Sincerely,
BSAC Board Members

Fur-Tastic Turnout! Thank You for Supporting Pet Photos with Santa

The Pet Photos with Santa fundraising event for Charley's Angels Pet Initiative, held on Dec. 7, was a huge success, bringing

together community members, families, and four-legged friends for a festive afternoon in support of a great cause! The event was graciously hosted by Norwood's own Castle Island Brewing, whose welcoming space created the perfect holiday environment. Attendees enjoyed festive treats and holiday crafts from Polkadog Bakery, while Faced It delighted guests with custom pet portraits that made for meaningful keepsakes.

Thanks to the generosity of these partners and the community, the event raised critical support while spreading holiday cheer to pets and people alike. Happy Holidays!





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Real Estate Corner

A New Year: What Norwood Homeowners Can Expect in 2026

BY MICHELE TARANTO

As the calendar turns the page to a new year, many Norwood homeowners and buyers are beginning to think what 2026 will bring for the local housing market. While real estate across Massachusetts continues to shift, Norwood remains one of the most resilient and sought-after communities in the region, offering strong property values, stable demand, economic advantages, and that small-town feel that continues to attract buyers.

Early indicators suggest that the first quarter of 2026 will be shaped by two major trends: extended low inventory and continued buyer competition, especially for well-maintained single-family



homes. Despite elevated interest rates the past few years, many buyers who paused their search, especially over the holidays, are expected to re-enter the market this spring, creating renewed activity.

For homeowners considering a move in 2026, now is the ideal time to prepare. At press time, there were only eight single-family homes and five condominiums on the market.

“January is when serious buyers start watching what’s coming soon,” local Realtor Michele Taranto said. “Even small improvements, such as fresh paint, updated lighting, decluttering, can make a real difference in market readiness and top revenues.”

The Norwood rental inventory remains elevated with approximately 30 apartments, condominiums, and single-family homes currently available. Initial rental fees have proved very costly for renters,

however, Massachusetts Governor Maura Healey’s recent regulation of eliminating landlords’ transfer of broker fees to tenants has provided some relief, which may result in a more fluid rental market in 2026. If interest rates trend downward in the coming year, some renters may find it more advantageous to redirect those up-front moving costs toward purchasing a home instead.

Still, the heart of Norwood’s appeal remains the same: vibrant neighborhoods, diverse local businesses, a favorable economic blueprint, and a supportive community. As we step into the new year, Norwood’s real estate outlook remains bright, promising both opportunities and growth for buyers, sellers, renters, and residents alike.

Norfolk County Real Estate Activity Mixed in November

Norfolk County Register of Deeds William P. O’Donnell reported that Norfolk County recordings in November, 2025, showed mixed results compared to November, 2024, with fewer transactions but higher overall dollar volume of property sales and an increased number of mortgage recordings.

The Norfolk County Registry of Deeds recorded 8,221 documents in November, 2025, down 1% compared to November, 2024, and a 21% decrease from October, 2025.

“November marked the first month since March of this year that document recordings fell below the same month last year,” Register O’Donnell said. “This decline is largely due to fewer deed recordings compared to November, 2024. Whether this is a temporary seasonal shift or the beginning of a broader market

change is something only time will tell.”

REAL ESTATE
continued on page 18

How Can I Help You In 2026?

- Learn the value of your home in today’s market
- Increase the value of your home
- Norwood market statistics (or any town)
- Transition from a renter to a buyer
- How to obtain a mortgage
- Learn local marketing trends
- A referral for an out of town/state Realtor
- How to sell before buying
- Home improvements/vendor referrals
- Personalized realty plan specific to your needs

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Happy New Year!

As we welcome 2026, may your home be filled with peace, good health, happiness, and prosperity. Whether you’re dreaming of a new beginning or ready to make a move, now is the perfect time to explore the market. Let’s make 2026 the year your goals become reality!

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Happy New Year!

from Our Homes to Yours.

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Real Estate Corner

REAL ESTATE

continued from page 17

The average sale price for commercial and residential properties in November was \$1,415,648.74, a 46% increase from November, 2024, and up 38% from October, 2025. This figure was significantly influenced by a single high-value commercial property sale of approximately \$205 million, which skewed the average upward. The total dollar volume of sales reached \$840.9 million, up 32% year-over-year and 4% from October.

“The increase in average sale price and total dollar volume compared to last year was driven by one major commercial transaction,” Register O’Donnell said. “However, even without that sale, prices remain higher than last year. According to RealtyTrac, the median home price in Norfolk County for October, 2025, was \$739,200, up from \$671,700 in October, 2024.”

The total number of deeds recorded in November, including commercial and residential transfers, was 1,233, an 8% decrease from November, 2024, and down 23% from October, 2025.

“Total deed recordings were lower than last November, which may reflect affordability challenges and buyers being more cautious when faced with increased property prices,” Register O’Donnell noted. “While interest rates are slightly lower than a year ago, high property prices and limited inventory seem to be a driving influence in purchasing decisions.”

Mortgage recordings totaled 1,400 in November, up 2% compared to last year and down 23% from October. The total mortgage indebtedness recorded was \$999 million, down 5% from

November, 2024, and an 11% decrease from October.

“Mortgage recordings were slightly higher than last year, but the total dollar amount was lower,” Register O’Donnell stated. “This could indicate smaller loan sizes or fewer large refinances, as borrowers adjust to current market conditions.”

The Norfolk County Registry of Deeds continues to closely monitor the foreclosure market. In November, 2025, there were six foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in November, 2024, there were two recorded. Additionally, there were 18 notices to foreclose, the first step in the foreclosure process, less than the 26 recorded this month last year.

“We cannot begin to know all the causes that have contributed to these foreclosures and notices to foreclose, but what we do know is that a number of our neighbors have lost their homes, and even more are dangerously close to losing their homes,” Register O’Donnell said. “We all experience unforeseen events in our lives, and sometimes events beyond our control can have devastating emotional and financial effects, so I would urge anyone struggling to pay their mortgage or who knows someone who is struggling to contact one of the non-profit organizations listed at website, www.norfolkdeeds.org.”

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181, x376), and NeighborWorks Housing Solu-

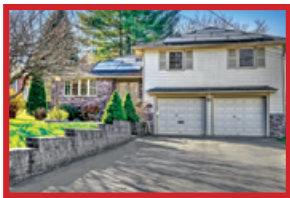
tions (508-587-0950), to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General’s Consumer Advocacy and Response Division (CARD) at 617-727-8400.

“November’s data shows a mix of trends, with lower total deed recordings but higher overall dollar volume of property sales and an increased number of mortgage recordings compared to last year,” Register O’Donnell concluded. “As we move into the final month of the year, we will continue to monitor whether these changes represent a short-term adjustment or a longer-term shift in the Norfolk County real estate market.”

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

The Norfolk County Registry of Deeds is located at 649 High St., 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.

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“Paul’s depth of experience and professionalism made my recent experience of selling my home a well managed endeavor. Due to my medical restriction I was unable to be there during preparing the house for sale. Paul gave great guidance to my daughters in navigating the various facets of the sale so that it all work out great. The house sale was unexpected in my scheme of things , but it could not have worked out better. I highly recommend Paul Keady for his leadership.”

- Dan G.



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NEW YEAR ~ NEW HOME?

*Either way,
Cheers to*

2026



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*For each petal on a shamrock that brings a wish your way
Good Luck, Good Health and Happiness for Today and Every day.*

Happy 2026 New Year!



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