

# localtownpages 1 Norwood

Vol. 16 No. 7

Free to Every Home and Business Every Month

February 1, 2026

## Annie's Closet: Honoring a Legacy Through Compassion and Community

By MICHELE TARANTO

What began as a deeply personal tribute has grown into a vital community resource for Norwood residents in need. Annie's Closet, a nonprofit organization dedicated to providing free, gently used clothing, was founded in memory of Norwood native, Andrea "Annie," Dixon-Lavery, the late sister of co-founder Ali Dixon Baranowski. Andrea, a nurse at Norwood Hospital, was known for her compassion, dedication to service, and love of fashion, and Maryrose Noble. When she passed away at a young age, leaving behind two small children, her family sought a meaningful way to honor her legacy.

Founded two and a half years ago, Annie's Closet operates with a clear mission: to provide low-income families and individuals with free, lightly used clothing in a dignified and respectful environment. By addressing this basic need, the organization aims to restore confidence and self-worth, helping neighbors move toward a brighter future.

The group's early vision was to establish clothing closets in every school, but space limitations led to a partnership with the Town of Norwood, which offered space at the Civic Center. The location, however, required appointments, creating challenges for families and volunteers to coordinate mutually



convenient schedules. A turning point came when Dave, Ali's husband and a volunteer at the Norwood Food Pantry, helped secure space in the basement of Grace Episcopal Church. The location has proven to be an ideal fit, allowing Annie's Closet to operate alongside the food

**ANNIE'S CLOSET**  
*continued on page 2*



## Swinging in Winter

By MICHELE TARANTO

While winter temperatures may quiet the Common, Norwood's music scene remains vibrant. The Norwood Concerts on the Common Committee is bringing live entertainment indoors with its 2026 Winter Concert Series, a free, family-friendly tradition that celebrates both music and community. All concerts will take place Sundays from 2 to 4 p.m. at the Paul M. Alberta Performing Arts Center at Norwood High School.

This year's lineup features some of the region's most popular big

bands and orchestras:

- Jan. 25: She Bop Swing Orchestra
- Feb. 1: Roy Scott Big Band
- Feb. 8: Dan Gabel and His Orchestra
- Feb. 15: Bare Bones Big Band

The Winter Concert Series is made possible through the generous support of local businesses, organizations, and community members.

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*continued on page 3*

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### ANNIE'S CLOSET

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pantry and serve clients more effectively.

Today, Annie's Closet primarily serves food pantry clients and families connected to Coakley Middle School. More recently, Ali has been working closely with Coakley staff to establish an in-school closet stocked with clothing and personal care items students may need. Requests for assistance have also begun coming in from other Norwood schools.

Each Saturday, the organization serves approximately 100 to 150 clients, benefiting an estimated 200 to 300 individuals each year. Donations, ranging from everyday clothing to seasonal necessities, are carefully sorted by size and gender and displayed on racks to create a welcoming, shop-like experience.

The impact of these donations is immediate and tangible. Ali recalls a recent winter Saturday when a man arrived wearing flip-flops in freezing weather.

"We were able to send him home with a fairly new pair of boots," Dixon Baranowski said. "He was thrilled."

Providing new clothing to children has been equally meaningful, often making a visible difference in their confidence and comfort.

Annie's Closet accepts all types of lightly used clothing, as well as shoes, coats, bags, and accessories, provided items are clean and in good condition—no holes, stains, rips, or worn soles. Winter is an especially challenging season, with ongoing needs for boots, shoes, sneakers, hats, mittens, and gloves in all sizes. The organization has been fortunate to receive generous support from community partners, including The First Congregational Church in Norwood, the Lions Club, Olivia's Garden, which donated 50 new children's winter jackets, longtime donor Irene Imgeni, who consistently steps up when supplies run low, and recently from Women in Business with donations from their annual winter accessories drive.

Donations can be dropped off



at Grace Episcopal Church on Saturdays when Annie's Closet is open. Donors are asked to check the organization's website in advance and to park across the street to avoid interfering with food pantry operations. For those unable to drop items off, donation pickups can be requested by completing the contact form at [www.anniesclosetnorwood.org](http://www.anniesclosetnorwood.org).

Beyond clothing donations, community members can support the organization financially through the website's Donate tab or by purchasing items from its Amazon Wishlist. While Annie's Closet is currently well-supported



by dedicated middle and high school student volunteers, local businesses are encouraged to get involved by donating items or gift cards, particularly during the

winter months.

As Annie's Closet continues to grow, its founders emphasize that spreading the word is just as important as donating.

"Sharing our mission with friends, neighbors, and local businesses helps us reach more people who need help and more people who want to help," Noble said.

Before donating, organizers ask residents to remember one simple guideline: give items you would feel comfortable wearing yourself. Through this shared respect and generosity, Annie's Closet continues to honor Andrea's legacy—one warm coat, sturdy pair of shoes, and dignified moment at a time.

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

**Publisher**  
Jennifer Schofield

**Send Editorial to:**  
[editor@norwoodtownnews.com](mailto:editor@norwoodtownnews.com)

**Advertising Director**  
Jennifer Schofield  
508-570-6544  
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**Creative Design & Layout**  
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MUSIC

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Bank of Canton, Dedham Savings, Norwood Record, Norwood Women's Club, Norwood Firefighters Local 1631, One Bistro/Hobbs Brook Real Estate LLC, Rockland Trust, and Dianne Shalby/ROJO Company, Inc.

Silver Baton sponsors are: Ai3 Architects, Norwood Women's Community Committee, and OneLocal Bank.

Bronze Baton sponsors include: Castle Island Brewing, Central Motors, Inc. of Norwood, Dempsey Insurance, Myer Dana and Sons, and Norwood Space Center, David Dupree.

Additional support is provided by Friends of the Winter Concert Series: Central Dental, Committee to Elect Bob Donnelly, David Hern Jr., Norwood Democratic Town Committee, Norwood Engineering, Norwood Republican Town Committee, Norwood Rotary Club, Poirier Sales and Ser-

vice, Roche Bros. Supermarket, and Jeanne Vautour.

Concertgoers will also have the opportunity to participate in raffles, with prizes donated by Boston Beef, Brookside Cafe, Castle Island Brewing, Domino's Pizza, Smokehouse BBQ, and The Feisty Greek. Proceeds help support the continuation of the concert series.

For those who cannot enjoy them live, Norwood Community Media is recording the concerts to ensure the performances can be enjoyed beyond the concert hall.

Norwood's cultural scene is enriched by the dedication of the Concerts on the Common Committee, chaired by Bob Donnelly and supported by members Paul Eysie, Lisa O'Leary, David

Tuttle, Olga Abdallah, Kevin Broderick, Kelly Farewell, Lee Leach, Dorothy Prevoir, Michael Rosen, Joe Dellicarpini, Tony Mazzucco, Patricia Schick, and Jeanne Vautour, whose efforts help bring live music to the community year-round.

# Can Emergency Responders Find Your Home?

By MICHELE TARANTO

A simple evening drive to enjoy Christmas lights unexpectedly highlighted an important issue for homeowners. While a brightly decorated house is easy to find during the holidays, the situation changes dramatically in an emergency, especially at night, when clear house numbers, not decorations, guide first responders.

Firefighters, paramedics, and police officers rely on clear, visible addresses to reach residents quickly during emergencies. Yet too often, house numbers are hidden by shrubs, poorly lit, or missing altogether - turning a routine response into a frustrating search when time is critical.

Emergency officials stress a simple message: don't play hide-and-seek with the people who are trying to help you.

Making sure your house number is easy to spot can save precious minutes in an emergency. Numbers should be clearly visible from the street, both during the day and at night.

- Make sure the numbers are visible from the street, day or night
- Use reflective numbers for hard to see areas

- Place numbers near a light source if possible (or add a light source)
- Numbers should contrast with the color of the home and be at least 3" high
- Keep trees, shrubs, flowers, parked vehicles or decorations free from blocking the numbers

For residents in rural areas, address visibility is especially important. Emergency vehicles may be traveling longer distances on unfamiliar roads. Clearly marking your address on a mailbox or on a post at the entrance to your driveway can make all the difference.

Safety experts also recommend posting your address by every telephone in your home. In stressful situations, even longtime residents can momentarily forget their own address. Having it written down ensures clear communication with a 9-1-1 dispatcher.

Finally, make sure all family members, especially children and seniors, know how to call 9-1-1 and what information to provide.

A visible house number may seem like a small detail, but in an emergency, it can help first responders find you faster, do their jobs more effectively, and ultimately save lives.



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# A Little off the Top

## How'd we get here from there?

BY STUART GREEN

From the dawn of time, or a little later on weekends, man has been trying to get from Point A to Point B. If they had time off, they'd make it to Point C. Point D was just a dream.

The question, not that anyone asked, was just how to get there.

At a very young age, man, and his counterpart woman, took a good look down to the ground and discovered he had feet. That gave him an idea - and it gave his neighbor, Ugh Nike, a better one.

Leg transport worked pretty well in the whole Point A to B scheme of things. Of course, there weren't a whole lot of places that man could go. A destination vacation was over to the pile of rocks in the cliff on the other side of the cave.

But then something incredible happened, or at least incredible in those times. A man,

historians think it was Fred, or his half-cousin Willard, noticed an animal that could travel much faster than the average man. That gave him the idea to ride the animal to get to his destination quicker - although the first time he tried to ride a lion didn't go so well.

Eventually, the horse was harnessed.

And then man came up with a revolutionary idea: the wheel. This, he figured, would change everything, or at least give him something to talk about at the next Wooden Club Club.

So he went ahead with his invention, and put wheels on his horse. That didn't go over so well - especially for the horse which wondered why he had evolved into a creature used mainly for transporting a two-legged animal to a very special pile of rocks on Monday holidays.

But the horse and the wheel

served man quite well until more modern times when man realized he just had to get to JC Penny's even faster before the two-for-one sale on corduroy socks was over. With this as inspiration, he decided to invent an engine, which had the unintended consequence of putting thousands of horses out of work and onto farms. As cars sped past, parents explained to children that the horses were the engines of ancient times, a point which was lost on the children, the parents, and the horses, so forget I even mentioned it.

The engine worked a little too good as everyone thought they needed a car, so all this somehow led to the internet and online shopping, stranding cars in their garages and leading man again to stay home where it all began.

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

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# Larin Automotive: A Trusted Local Shop for Auto Repairs and Quality Used Cars

By JENNIFER RUSSO

At Larin Automotive in Norwood, the focus is not just on fixing cars. It's helping people feel confident about the decisions they are making for their vehicle, their budget, and their daily life.

The shop provides full-service repair and maintenance for both domestic and foreign vehicles, from everyday needs to more complex diagnostic work. But what many customers remember most is the experience: clear explanations, honest recommendations, and a calm, no pressure approach that makes even stressful repairs feel manageable.

That sense of clarity starts at the front desk. Service advisors Alyssa and Wetherly (Lee) are often the first people custom-

ers speak with, helping translate technical problems into plain language and working with each driver to map out the best next step, whether that means prioritizing safety items first, planning repairs over time, or simply understanding what is going on before committing to anything.

Founded in 2012 by owner Victor Larin, the business grew out of a desire to do things differently. After working in a dealership environment, Larin saw how confusing communication and rushed interactions could leave people feeling uncertain. He set out to build a shop where respect and transparency mattered just as much as technical skill, and those values remain central today.

"To me, honest service is not just a slogan. It is everything we



do. People trust us with their cars and their families. When someone brings us a vehicle or is looking to buy one, I want them to feel like they have been treated fairly, that everything has been explained clearly, and that they have options that make sense for them," shares Victor.

In addition to repair services, Larin Automotive also sells carefully selected used vehicles, often clean, lower-mileage cars in the 2007 to 2015 range, with many priced under \$20,000. Many are sourced from southern states, where vehicles typically see far less road salt and harsh winter wear. The result is a cleaner, better-preserved vehicle than many buyers are used to seeing in New England.

Each vehicle is inspected before being listed, reflecting the same standards the shop applies in the service bays. For custom-



Alyssa and Lee helping customers feel heard, informed, and taken care of from the first hello.

ers, it means buying from a team that works on cars every day and stands behind what they sell.

Local customers may also recognize Sales Manager Bob Genatossio, formerly of Washington Motorcars, who has helped drivers in the Norwood area for more than 30 years.

While the shop has built a reputation through consistent service, its connection to the community also manifests in quieter ways. Larin Automotive worked with the Norwood Veterans' Services Office to help a local veteran with a failed transmission rebuild so he could get back on the road and return to work. The shop also supports Ricky Inc. charity fund-

raisers, a local Norwood organization that helps people affected by homelessness, mental illness, and substance use disorder.

Ahead of Valentine's Day, they are offering punny hand-drawn Valentine's Day cards, available at the shop free with a donation of any amount to No Kid Hungry. It is a simple way to grab a last-minute card while supporting a worthy cause.

In an industry where trust can be hard to find, Larin Automotive has earned its reputation through consistency, straightforward communication, and treating customers like neighbors, not transactions.

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# Dig in at the Norwood Community Garden

By MICHELE TARANTO

The Norwood Community Garden is more than just a place to grow vegetables, it's a thriving hub where neighbors come together to nurture the land, support one another, and give back to the community. Located on Mylod St., in South Norwood near Coakley Middle School, the garden provides families with the opportunity to grow organic, earth-friendly produce for themselves and for the Norwood Food Pantry.

Founded on the belief that food should be healthy, accessible, and grown with care for the environment, the garden welcomes participants of all experience levels. Gardeners focus primarily on edible crops, using flowers as companion plants to deter pests and support pollinators. Sustainability is central to every aspect of the garden, from using recycled and natural materials for trellises and decorations to avoiding plastics whenever possible and following organic gardening principles.

True to its name, the Community Garden emphasizes

connection and cooperation. Members share knowledge, labor, challenges, and harvests, as well as building lasting relationships along the way. Stewardship of the soil is a top priority, and gardeners express gratitude for the Town of Norwood, visionary Susan Clare, volunteers, local businesses, and the natural resources that make the garden possible.

The garden is run entirely by volunteers who play an active role in its success. All gardeners are expected to attend seasonal work parties and join task teams that assist with fence and equipment maintenance, pathway upkeep, produce delivery to the food pantry, and administrative needs. Gardeners are also expected to follow the Community Garden Code of Conduct to ensure a respectful and productive environment for all.

The garden currently features 90 plots, each measuring 8 by 16 feet. The annual fee is \$35 per plot, along with a \$5 donation to the Norwood Food Pantry. This fee includes access to water, compost, and topsoil.

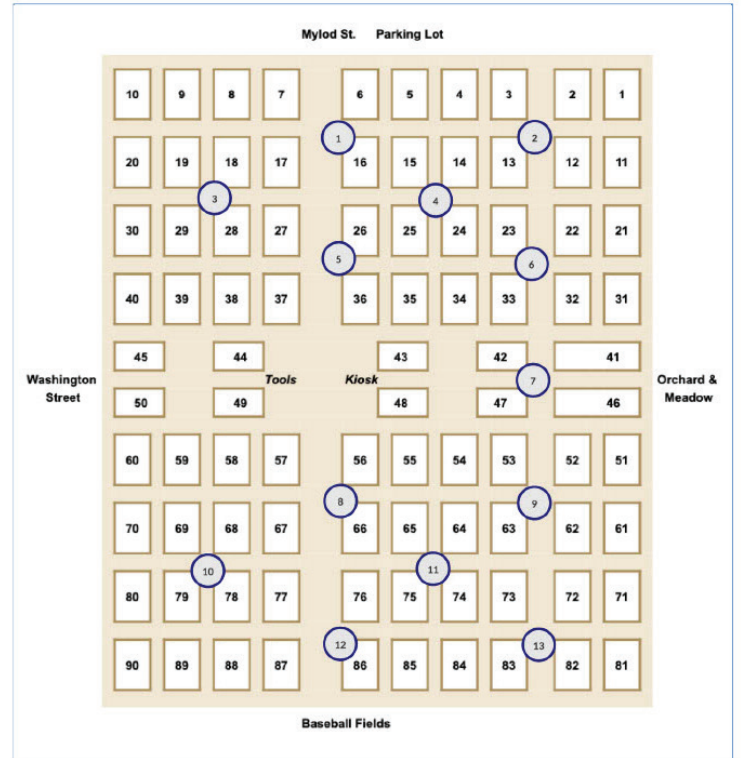
The Norwood Conservation Commission owns and manages the section of Endean Park where the garden is located, supporting the garden's mission while promoting natural resource protection throughout the community.

Residents interested in joining the Norwood Community Garden or learning more can email [norwoodmacommunitygarden@gmail.com](mailto:norwoodmacommunitygarden@gmail.com) for information and registration details.

The Norwood Community Garden was founded in the spring of 2012 by Norwood resident Susan Clare, with support and approval from the Town of Norwood, the Department of Public Works (DPW), and the Conservation Commission. With support from local banks and donated supplies from area businesses, the DPW and 32 gardening families broke ground, built fencing, installed watering stations, and planted the first seeds. Over the past 13 years, the garden has grown to 90 thriving plots.

The Norwood Community Garden currently do-

Community Garden Plot Map



Legend  
# Plot  
Water Valve

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nates produce to the Norwood Food Pantry and partners with other local groups, including the Norwood Trails Advisory Committee and Morrill Memorial Library's events and seed library.

Susan Clare had the vision and dedication for Norwood's continued efforts for sustainability through a community garden and was supported by many civic departments and organizations:

- The Town of Norwood
- Norwood Conservation Commission
- Norwood Department of Public Works
- Norwood Community Development Department
- Norwood Bank
- Dedham Savings Bank
- Blue Hills Bank
- PJ Hayes and Southridge Nursery

# Key Dates and Information for 2026 Annual Town Election

By MICHELE TARANTO

With the future of Norwood shaped by the voices of its residents, the upcoming **2026 Annual Town Election** offers an important opportunity to get involved in local government. Whether considering a run for office, serving as a Town Meeting Member, or casting a ballot on Election Day, participation at the local level plays a vital role in guiding the town's direction. The information below outlines key dates, deadlines, and resources to help residents take part in this important civic process.

The Annual Town Election will take place on Monday, April 6, 2026. Polls will be open from 7:00 a.m. to 8:00 p.m., and residents are encouraged to plan ahead to ensure their voice will be heard.

## Nomination Papers and Town Meeting Members

Nomination papers for candidates are now available for pickup at the Town Clerk's Office. Completed papers must be returned on or before **Tuesday, February 17, 2026, at 5:00 p.m.**

Incumbent Town Meeting Members have been mailed letters with a response form enclosed. Those forms must also be returned by **February 17, 2026, at 5:00 p.m.**

If you wish to be a candidate

on the Annual Town Election Ballot, you must pick up nomination papers in the Town Clerk's office. Nomination papers are now available.

New Town Meeting Members must obtain 10 signatures from registered voters in their town meeting district.

Current Town Meeting Members will have a Letter of Intent mailed to their homes the first week in January. To appear on the ballot, a signed Letter of Intent must be delivered to the Town Clerk's office.

Major Office candidates must obtain 50 signatures from registered voters within the Town of Norwood.

The Town Clerk recommends that additional signatures be obtained as some who sign may not be registered voters.

## Voter Registration Deadline

Residents wishing to vote in the Annual Town Election must be registered by Friday, March 27, 2026, at 5:00 p.m. This is the final day to register for this election.

Voter registration is available daily at the Town Clerk's Office, Monday through Friday, 8 a.m. to 4 p.m. Voters may also register online through the Massachusetts Secretary of State's website, at [www.mass.gov/topics/voting](http://www.mass.gov/topics/voting).

## Vote by Mail and Absentee Voting

Applications for Vote by Mail and Absentee Ballots are available on the Town of Norwood website under the Town Clerk's section, at [https://www.norwoodma.gov/departments/town\\_clerk/voting\\_and\\_elections/index.php](https://www.norwoodma.gov/departments/town_clerk/voting_and_elections/index.php). Applications must be received in order for a ballot to be mailed.

The deadline to apply for a Vote by Mail or Absentee Ballot to be mailed is Monday, March 30, 2026. No applications will be accepted after that date.

The deadline for in-person absentee voting is Friday, April 3, 2026, at 12:00 p.m.

## Town Clerk's Office-Contact Information

MaryLou Folan, Town Clerk  
Tricia Ralph, Assistant Town Clerk  
Marcy Rossi, Census and Elections Administrator  
Emily Manning, Principal Office Assistant

## Town Clerk's Office

Phone: 781-762-1240  
Email: [clerk@norwoodma.gov](mailto:clerk@norwoodma.gov)  
Office Hours: Monday-Friday, 8 a.m.-4 p.m.

Residents with questions about the election, voter registration, or town records are encouraged to

contact the Town Clerk's Office directly.

The Annual Town Election is held on the first Monday of April.

All candidates running for Major office must complete Campaign Finance Reports.

Board of Health  
3-year seat  
Constable  
3-year seat  
Finance Commission  
3-year seat

Moderator  
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Planning Board  
5-year seat  
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# Living Healthy

## When Glasses Aren't Enough: Low-Vision Rehab Can Help

BY GRAHAM STETSON, OD, MS

Imagine having an updated eyeglass prescription and still struggling to read mail, recognize faces across a room, drive at dusk, or feel steady on stairs. When it happens, many people assume that they just have to “live with it,” but there’s a lesser-known option that can be genuinely life-changing: low-vision rehabilitation.

Low vision involves significant vision loss that cannot be fully corrected with standard glasses, contact lenses, medication, or surgery. Although some functional vision remains, everyday tasks can become difficult or unsafe. The goal of low-vision rehab is not to cure the underlying eye condition, but to help people use the vision they have more effectively. Through specialized tools, training, and support, low-vision rehab focuses on restoring independence and confidence in daily life.

A common misconception is that low vision care is simply “getting a magnifier.” In fact, comprehensive low-vision services are highly individualized and may include:

- Functional vision evaluation focused on real-life goals such as reading, work tasks, mobility, hobbies
- Low-vision devices and training, like optical magnifiers, specialty glasses, electronic magnification, and adaptive techniques for reading and hobbies
- Home and daily-living strategies, such as lighting recommendations, glare reduction, contrast improvements, labeling systems, and safer ways to manage cooking and medications
- Access technology support, including built-in smartphone and computer features like screen magnification, voice control, and screen readers

- Orientation and mobility training to improve safe navigation at home and in the community
- Counseling, education, and support to help address the effects of low vision on confidence, routines, and family dynamics

The most effective programs do not simply provide devices. They teach practical strategies, help individuals problem-solve daily challenges and obstacles, and create plans that fit each person’s lifestyle.

In Massachusetts, these low-vision services are available through several well-established organizations. The New England College of Optometry offers comprehensive low-vision rehab through its clinical services. Mass Eye and Ear provides full-spectrum vision rehab care, including counseling. The Massachusetts Association for



the Blind and Visually Impaired (MABVI) partners with eyecare practices to provide technology training, counseling, occupational therapy, orientation and mobility services, and community resources.

Vision loss does not mean the end of independence, and it should not be something that’s simply accepted. If daily activi-

ties remain difficult despite treatment and updated glasses, speak up. Be specific about what’s challenging (reading bills, glare, balance, medication management, or driving confidence) and ask your eye doctor: “Could I be referred for low-vision rehabilitation?” The right support can make everyday life safer, easier, and more fulfilling.

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# Living Healthy

## Slip Sliding Away

As winter forges on, we are forced to deal with ice and snow and poor weather conditions. We have to be vigilant with our driving and certainly walking on icy streets. Slips and falls, and especially auto accidents, can create more damage than just a bump and a bruise. If you are experiencing the following symptoms for more than three days from an accident or fall, you should seek professional help: back pain, neck pain,

headaches, nausea, difficulty concentrating, focusing with reading, or difficulty sleeping.

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

A friend told him to seek the help of Dr Goldstein at The Holistic Center at Bristol Square. Dr. Goldstein performed a consultation and examination and explained how he could eliminate his discomfort and pain. Once under care with Dr Goldstein, Michael's symptoms started to resolve. His headaches became less frequent and were less intense until they went away altogether. His neck and lower back pain improved

with chiropractic adjustments and a home exercise program. Today, Michael has resumed all the activities he enjoyed prior to the accident.

If you have had a slip and fall, or have been in an auto accident and are experiencing symptoms call The Holis-

tic Center at Bristol Square, at (508) 660-2722 and book an appointment today. The Center is located at 1426 Main Street in Walpole.

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# Norwood Sports

## New Coaches Take Over Swim Program

By CHRISTOPHER TREMBLAY

Jen Rodgers and Kate Curtin built up the Norwood swim program to where it is today, and when the duo decided to step down earlier this year, Athletic Director Jon Longley didn't have to look far for their replacements. Paul Ferraro and Bella Inzodda, both assistants under Rodgers and Curtin, were appointed the new coaches.

Inzodda swam for the Mustangs for four seasons and was a captain her senior year, and although she could do a little of everything, she excelled in the 200 Freestyle and 100 Backstroke.

"Last year, Rodgers and Curtin were looking for help with the team and they reached out to me," Inzodda said. "I had been missing being on the pool deck, so it was a no brainer for me."

This year, Norwood will be welcoming Medfield to the pro-

gram as the two form a co-op team in the Tri-Valley League. Having the Warrior swimmers join the team has helped to increase the Mustangs numbers in the pool. Through the early part of the season, the two teams have really been working well together and Inzodda likes the fact that Norwood has picked up some experienced swimmers with the merger.

"Everyone has been getting along and coming together as a team," the coach said. "The highlight thus far has been the team bonding; our number one goal is to support one another. The size growth with Medfield is definitely going to help the team; we only had two boys on the team last year and now we have eight."

Smantha Lee is going to be one of the Mustangs top qualifiers this winter. Lee can be put into any event and have success where she will qualify for

the State Tournament, but she is best in the 200 Freestyle and 200 IM. As only a freshman, she is already showing that she is going to have a bright future swimming for Norwood.

Captains Era Begg, a senior who is an all-around swimmer, and juniors Sydney Cochrane and Maddie Sople, will be looked upon to help the two new coaches throughout the season. Although an all-around swimmer, Begg is best suited for the 100 Fly and 100 Breaststroke, while the juniors are both great 500 swimmers that should be able to finish first and second on numerous occasions this year. The duo has already completed the 1-2 task against Hopkinton and Sople dropped her personal best time by 10 seconds.

"We are going to be able to rely on both swimmers this year," Inzodda said. "Other girls on the team feel encouraged by them."

Inzodda noted that Norwood was lucky in the fact that they knew Medfield and its swimmers before joining forces by either seeing them in the TVL or on club teams.

"We are going to try to mix everyone together so that they all feel they are part of the team and at this point I believe we are on track," Inzodda said.

Two of the four Medfield



better having more boys swimming next to him; it has also allowed him to take part on a relay team, something that he was not able to do last year having only one other boy on the team.

Encarnation has blown the coaches away thus far as a sprinter and also in the relays.

"Kamil is amazing," Inzodda said. "When he's needed to pick up the pace and leave his opponents behind him, he has the ability to pull away and grab the win. He is also energetic with the other kids."

Having Medfield join up with Norwood in the pool, the new coach is looking for the team to rack up as many wins as they can this inaugural season of the co-op.

"It will be a huge improvement to get those wins," Inzodda said. "But I am also looking to get as many individual swimmers into the post-season as possible. In the past we've only been able to send a small amount due to our size."

So far, the coach has been encouraged by the way all the swimmers have not only been improving, but doing so in high fashion. Individually, she wants them all to meet their personal goals as well as qualifying for the tournament, and if she needs to give them a nudge to get there she will do so.

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# Senior Corner

## Winter Safety Tips

By MICHELE TARANTO

Winter in New England brings beautiful scenery, but also serious safety challenges, especially for older adults. Snow, ice, cold temperatures, and shorter daylight hours can increase the risk of falls, illness, and often isolation. With a few practical precautions, seniors can stay safe, warm, and confident throughout the season.

### Prevent Slips and Falls

Icy sidewalks and driveways are one of winter's biggest hazards. Seniors should wear shoes or boots with non-slip soles, use handrails when available, and walk slowly on snowy surfaces. Keeping walkways shoveled and treated with sand or ice melt can reduce risks at home. Inside, removing loose rugs and clutter also helps prevent falls.

### Stay Warm and Avoid Hypothermia

Cold temperatures can be dangerous, especially for seniors who may not feel cold as quickly. Dressing in layers, wearing hats and gloves outdoors, and keeping indoor temperatures at safe levels are essential. If heating costs are a concern, local assistance programs may be available. And supplemental heating sources, such as space heaters or a fireplace, should be using at a minimum for safety precautions.

### Drive with Caution or Consider Alternatives

Winter driving conditions can be unpredictable and change quickly. Seniors should ensure their vehicles are properly serviced, with good tires and working lights. On snowy or icy days, it may be safer to arrange rides with family, friends, or community transportation services. Better yet, if possible, enjoy the coziness of the indoors and travel when roads are cleared and safe.

### Prepare for Storms and Power Outages

Emergency kits should include flashlights, batteries, bottled water, medications, and non-perishable food. Keeping a charged phone nearby and knowing how to reach emergency services is especially important during winter storms or power outages.

### Maintain Good Health

Cold and flu season peaks during winter months. Seniors should stay current with vaccinations, wash hands frequently, and seek medical care promptly if symptoms arise. Staying active indoors through stretching, walking, or exercise classes can also help maintain

strength and balance.

### Stay Connected

Winter weather can increase isolation, particularly for seniors who live alone. Regular phone calls, visits, and wellness checks from family, friends, neighbors, or local senior centers can make a meaningful difference in both safety and mental well-being.

### Check on Neighbors

Community awareness plays a vital role in winter safety. Taking time to check on elderly neighbors, especially during storms or extreme cold, helps ensure everyone stays safe and supported.

With preparation, awareness, and community care, seniors can enjoy the winter season while minimizing risks. A little planning today can prevent accidents tomorrow and help older residents stay healthy, independent, and connected all winter long.

The Norwood Senior Center provides solutions to many of the issues raised, such as information on heating assistance, transportation, classes, social interaction, health clinics, and more. The Center is a valuable resource for the Norwood senior population during the winter but also throughout the year. For more information, call 781-762-1201 or visit at 27 Prospect St.

### Future Norwood Senior Center Trips

Andy Cooney Irish Celebration, Danvers MA with George Casey, The Guinness Irish Band, and the Emerald Fire Irish Dancer

Tuesday, March 10: \$142.00

Cruise to Bermuda

Enjoy an 8-day cruise aboard the beautiful Norwegian Break-away! May 24-May 31

Call the Norwood Senior Center for pricing and availability

### Free Confidential Mental Health Support

When life feels overwhelming, talking with an unbiased professional can help. The William James INTERFACE Referral Service offers a free, confidential outpatient mental health and wellness helpline for Norwood residents and other participating communities. Call 888-244-6843, Monday through Friday, 9 a.m. to 5 p.m., to speak with a referral counselor who can connect you with a provider.

### Norwood Senior Center Supports Healthy, Active Living

Taking care of our health

means nurturing both body and mind at every stage of life. Gentle movement, like walking, stretching, or an exercise dance class, helps keep you strong, flexible, and energized. Just as important is staying mentally engaged through puzzles, reading, crafts, or learning something new.

The Norwood Senior Center is a wonderful place to support your well-being, offering a wide variety of programs, classes, and social opportunities designed to keep you active, connected, and inspired. Whether you're looking to move more, meet new friends, or explore new interests, there's something for everyone. Stop by, join in, and discover how small, enjoyable changes can make a big difference in your daily life. For a peek at their monthly newsletter, visit [https://www.norwoodma.gov/departments/council\\_on\\_aging/newsletter\\_calendar.php](https://www.norwoodma.gov/departments/council_on_aging/newsletter_calendar.php), stop by at 275 Prospect St., or call 781-762-1201.

### Blood Pressure Clinics

Blood pressure clinics are being held the second and fourth Wednesday each month at the Senior Center.



## LITERACY VOLUNTEERS NEEDED

Attend an in-person Orientation

Wednesday, February 25, 2026  
6:30 p.m. - 8 p.m.

In-person ESOL tutor training begins in late spring, call for details or to learn about other orientation dates.

If you have the time and desire to help adult learners improve their literacy skills, we have an opportunity for you. All you need is a high school diploma and sensitivity to the struggles of adult students. Join us for the orientation session to learn more about this opportunity.

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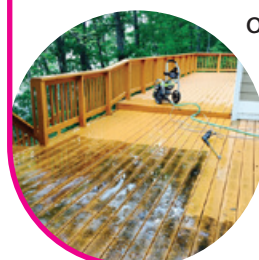
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## Calendar of Events

**Feb. 1**

**Winter Concert Series  
Norwood High School  
2 p.m.**

One of Norwood's favorites, The Roy Scott Big Band, comes to town to provide some great entertainment! Free admission.

**Feb. 3**

**Anti-Racism Book Club  
Morrill Memorial Library  
7 p.m.**

Led by representatives from the First Congregational Church (FCC), Morrill Memorial Library this is the second session of the FCC's anti-racist book club this month, discussing *The Right Kind of White*, a memoir by Garrett Bucks. Bucks is the founder of the Barnraisers Project, which has trained nearly one thousand participants to organize majority-white communities for racial and social justice. Tonight's discussion will be led by Beth Hestad on behalf of the FCC, and will provide an introduction to the book and its subject matter. Attendees do not need to have read any of the book to join this session, although at least starting the book is encouraged. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 4**

**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 Norwood Light & Broadband for an informative and hands-on session about Streaming TV. The Norwood Light/Broadband 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 questions, walk through live demos, and help people feel comfortable exploring the new options available. There will be giveaways for all attendees! 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/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Learn about Streaming TV with  
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They will answer questions, walk through live demos, and help people feel comfortable exploring the new options available. There will be giveaways for all attendees! 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/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 6**

**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/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 7**

**No Health Without Mental Health  
Morrill Memorial Library  
10:30 a.m.**

Mental health is an essential component of overall well-being, yet millions of people in the United States continue to struggle with untreated or undertreated mental illnesses. This presentation will cover the current state of mental health and mental healthcare gap in the United States; discuss major types of mental illnesses; discuss the importance of addressing mental illnesses in time and describe different treatment modalities. The 30-minute presentation will be followed by 30 minutes of discussion and Q&A. This program is free and open to all aged 16+. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://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 Meat Raffle is open to the public.

**Feb. 8**

**Winter Concert Series  
Norwood High School  
2 p.m.**

Dan Gabel and his Orchestra return to Norwood to perform those favorite hits! Free admission.

**Feb. 9**

**American Red Cross Blood Drive  
Knights of Columbus Hall, 572  
Nichols St.  
1-6 p.m.**

All are welcome.

**Monday Movie Matinee  
Morrill Memorial Library  
1 p.m.**

Monday's movie is 'The Monk and the Gun,' (107 mins) - PG-13. With the isolated yet idyllic nation of Bhutan on the cusp of modernizing change, an aging lama feels uncertain about the future of his country. He then enlists Tashi, his young disciple, to retrieve two guns from an arms dealer. The innocent Tashi then embarks on a journey inspired by James Bond, where he encounters a cunning American gun collector named Ron. (Source: Swank) Cast: Tandin Wangchuk, Tandin Phubz, Kelsang Choejay, Harry Einhorn, Tandin Sonam. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Crafting at the Movies  
Morrill Memorial Library  
6:30 p.m.**

Love movies? Love crafting? Come to the Morrill Memorial Library to craft with community and watch a movie on the big screen! This month while Crafting at the Movies, watch "The Notebook" (2004, PG-13). Light refreshments will be provided. This event is BYOC (Bring Your Own Craft).

Know Before You Go:

Crafting at the Movies is intended for adults. Bring your own craft to work on while

watching the movie. Some lights will be left on - feel free to bring your own neck lamp for extra light for crafting. Seating will be a mix of tables with chairs and chairs in rows. Light conversation will be permitted - this is not a silent movie. Subtitles will be on. No craft? No problem! Coloring pages, colored pencils, and crayons will be provided. You can attend without crafting - but you might catch the creative bug!

To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 10**

**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](mailto:womeninbusinessma@gmail.com).

**Teen Anime Club  
Morrill Memorial Library  
1 p.m.**

Hang out on a half-day at the library with our Teen Anime Club! We will watch some anime, have some crafts available, and snacks will also be provided. For grades 7-12. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**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 [www.norwoodtoastmaster.toastmastersclubs.org/](http://www.norwoodtoastmaster.toastmastersclubs.org/).

**Feb. 12**

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

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**CALENDAR**

*continued from page 12*

The February movie in the Sensory-friendly Monthly Movie series is Universal Pictures Bad Guys 2, rated PG. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 13**

**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 [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 14**

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

In addition to clothes, jewelry, household items, books, etc. the boutique is selling 2 brand new wedding gowns in a medium size, tags still attached, \$100 each! Certainly, worth a look at this and all the other new inventory.

**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 Meat Raffle is open to the public.

**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 [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 15**

**Winter Concert Series  
Norwood High School  
2 p.m.**

The Bare Bones Big Band closes out the Winter Concert Series! Free admission.

**Feb. 17**

**Anti-Racism Book Club  
Morrill Memorial Library  
7 p.m.**

Led by representatives from the First Congregational Church (FCC), Morrill Memorial Library this is the second session of the FCC's anti-racist book club this month, discussing *The Right Kind of White*, a memoir by Garrett Bucks. Bucks is the founder of the Barnraisers Project, which has trained nearly one thousand participants to organize majority-white communities for racial and social justice. Tonight's discussion will be led by Rev. Michele Bagby Allan on behalf of the FCC and will provide a deep-dive into the book and its subject matter. Attendees joining this session are encouraged to have read most or all of the book. Michele is a Norwood resident and has been the pastor of the First Congregational Church in Norwood for the past 9 years, and has co-led Anti-Racism book groups through the church for the past year. She is passionate about finding ways to talk about race and racism in constructive and compassionate ways. Attendees do not need to have read

any of the book to join this session, although at least starting the book is encouraged. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 18**

**Turn the Page Book Group: 'James'  
Morrill Memorial Library  
10 a.m.**

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of *James*, a best-selling novel by Percival Everett.

A modern retelling of *The Adventures of Huckleberry Finn*, both harrowing and ferociously funny, told from the enslaved Jim's point of view. When the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi river toward the elusive and too often unreliable promise of the Free States and beyond. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of *James*, a best-selling novel

by Percival Everett.

A modern retelling of *The Adventures of Huckleberry Finn*, both harrowing and ferociously funny, told from the enslaved Jim's point of view. When the enslaved Jim overhears that he is about to be sold to a man in New Orleans, separated from his wife and daughter forever, he decides to hide on nearby Jackson Island until he can formulate a plan. Meanwhile, Huck Finn has faked his own death to escape his violent father, recently returned to town. As all readers of American literature know, thus begins the dangerous and transcendent journey by raft down the Mississippi river toward the elusive and too often unreliable promise of the Free States and beyond. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 20**

**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 [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the ref-

erence desk at 781-769-0200, x2.

**Feb. 21**

**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.

**Feb. 23**

**Monday Movie Matinee  
Morrill Memorial Library  
1 p.m.**

Monday's movie is 'Nightmare Alley,' (140mins) – R. Con artist Stan Carlisle finds an unexpected ally in Dr. Lilith Ritter, a psychiatrist, to amp up his scams. However, as Lilith allows Stan to see her for who she truly is, Stan begins to fear his new associate.

**CALENDAR**

*continued on page 14*



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**CALENDAR**

*continued from page 13*

Based on the novel by William Lindsay Gresham. (Source: Swank) Cast: Bradley Cooper, Cate Blanchett, Toni Collette, Willem Dafoe, Richard Jenkins. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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

Warm up, get cozy, and hang out with friends and neighbors! The Simoni Room will be full of 300 to 500-piece puzzles waiting to be completed. The library will provide light refreshments and warm drinks, and play lo-fi music to curate a relaxed vibe. Unlike the puzzle races, this event is not competitive! There will be 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 [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 24**

**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](mailto: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 [norwoodtoastmaster.toastmastersclubs.org/](http://norwoodtoastmaster.toastmastersclubs.org/).

**Community Conversations: 36 Questions for Civic Love  
Morrill Memorial Library - 7 p.m.**

Join in to celebrate civic love! Inspired by the Boston Public Library and the National Housing Museum's 36 Questions for Civic Love program, this Norwood-specific event is designed to connect strangers and strengthen relationships between neighbors, library patrons, and people in the community. For 90 minutes, attendees will be paired with one stranger and each will ask the other a series of 36 pre-created questions, ranging from "Who was your most memorable teacher in school?" to "Who is an unsung hero in your community?" These conversations are aimed at connecting with and getting to know your neighbors and community. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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

Titles on Tap is a book club organized by the Morrill Memorial Library, and held at Napper Tandy's. The February title was not available at press time. Please contact the library for details on the February book at 781-769-0200. 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.

**Feb. 25**

**Sensory-Friendly Lego Club for Adults  
Morrill Memorial Library  
10:30 a.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 [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 26**

**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 [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**'Recovery City': Documentary Screening and Q&A  
Morrill Memorial Library  
6:30 p.m.**

In partnership with Impact Norwood, Morrill Memorial Library will offer a screening of the award-winning 2024 documentary Recovery City, followed by a Q&A. Recovery City (2024) is an award-winning documentary offering a raw exploration of what it means to be in recovery as seen through the eyes of four women whose lives share a common thread: addiction. In the working-class city of Worcester, Massachusetts, Christine fights to regain custody of her young children while grappling with a traumatic past, and battling stigma from the very systems that are designed to help her. Bridget, who found recovery while in prison, now facilitates peer-led support meetings for women. On the frontlines, recovery coaches Janis and Rebecca navigate the city's toughest corners offering support and trying to save lives. In this portrait of resilience, grit, and camaraderie, the women use their lived experience to lift up those still struggling while refusing to give up hope. Learn more about the documentary at <https://www.twineasmedia.com/recoverycity>. Watch the documentary (run time 96 minutes) at this session and then participate in a Q&A with director and producer Lisa Olivieri and one or more of the women who are featured in the film. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 27**

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

The Morrill Memorial Library is partnering with Nor-

wood-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 [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

**Feb. 28**

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

Beautiful clothes for the family, jewelry, household items, books, and more. You can't go wrong at the Blessing Boutique!

**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 Meat Raffle is open to the public.

**A Day in the Life of the Lagoda and a Whaling Voyage  
Morrill Memorial Library  
2 p.m.**

The Morrill Memorial Library is partnering with the New Bedford Whaling Museum to present 'A Day in the Life of the Lagoda and a Whaling Voyage'. Join New Bedford Whaling Museum docents, Nancy Gentile and Capt. Michael Taylor, for an afternoon of fascinating whaling history of New Bedford, Nantucket including arctic whaling, whaling wives, and 19th-20th century whaling. The presentation includes baleen, harpoon, lance and whale lamp demonstration. Perfect for history lovers, and maritime enthusiasts! To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/), or call the reference desk at 781-769-0200, x2.

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# Remembering Jimmy Maroney

James “Jimmy” Maroney, beloved Dispatch Supervisor, passed away in January. Jimmy devoted more than 32 years to serving the Town of Norwood with unwavering dedication, professionalism, and heart. A lifelong member of the community, Jimmy gave back to the town that shaped him, forging lasting relationships and making a meaningful impact on colleagues and residents alike.



After a brief hiatus, he returned to the department and spent the rest of his career there, eventually rising to Dispatch Supervisor – a role he held for most of his tenure until retiring in 2023. In addition to managing the department’s operations, Jimmy mentored countless new dispatchers and desk officers, sharing his experience, patience, and steady guidance.

When calling 9-1-1. Known for his empathy, professionalism, and calm demeanor in emergencies, he earned the trust and respect of the community he served. Many residents specifically requested him by name, a testament to the confidence and care he consistently offered. Beyond his work, Jimmy’s warm humor and camaraderie made him a cherished presence among his colleagues – a spirit that will be deeply missed.

Jimmy began his career with the Norwood Police Department as a Dispatcher in 1984.

# Norwood Firefighter Honored

On January 13, NHL Bruins and the Massachusetts State Lottery honored Norwood Firefighter Paul Ronco as Community All-Star.

On top of his firefighter service, Ronco teaches fire safety



deserved retirement!

The Boston Bruins and MA State Lottery honor exceptional members of the community through the Community All-Star program. During every home game of the 2025-26 season, a local hero will receive the recognition of Community All-Star for their dedication and service. Selected winners will receive four (4) Loge tickets to a Bruins home game, plus a shout-out during the game and on the Bruins’ official Facebook and X channels.

Nominees can be military members, first responders, or those who have recently carried out a heroic act. To find out more information or to submit a nomination, visit bit.ly/3MufpcU. Each entry must include a valid reason as to why the individual is qualified for this honor and a high-resolution image of the nominee to be shared on the Bruins’ social media channels.

in Norwood schools and has recently taken charge of the Professional Fire Fighters of MA Pan Mass Challenge Team. Paul raised over \$200,000 for firefighter cancer research and is planning to retire this winter.

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# BSAC PET CORNER



## Tito's and Yankee Spirits Donate \$2,500

Bay State Animal Cooperative extends heartfelt thanks to Tito's

Handmade Vodka and Yankee Spirits for their generous \$2,500 donation, which we were grateful to receive in support of our rescue efforts. Through the Tito's

fundraising campaign and the partnership with Yankee Spirits, this contribution will directly help us continue providing care, medical treatment, and safe homes for the cats and kittens who need us most. We are truly appreciative of their kindness and community support, which makes a meaningful difference in the lives of the animals we rescue.

## Helping Our Foster Cats, One Chewy Card at a Time

Bay State Animal Cooperative is seeking Chewy gift cards to help cover the monthly expenses of long-term food, litter, and medications for our foster cats with ongoing medical needs. These essential supplies allow us to continue providing comfort, care, and stability for cats who need us most while they wait for their forever homes. These essen-

## A Rough Christmas for Pete — Community Donations Can Make a Difference

It wasn't a Merry Christmas for BSAC's long-term foster kitty Pete, who required urgent veterinary care totaling \$3,000 on the holiday. Bay State Animal Cooperative will always do whatever it takes to ensure the health and safety of its cats, but this unexpected expense placed a significant strain on the organization's funds. Supporters are encouraged to help replenish the account with a tax-deductible donation at [baystateanimals.org](http://baystateanimals.org).

## Bay State Animal Cooperative Gears Up for Biggest Fundraiser of the Year

The thermometer may still be showing low New England numbers, but the Bay State Animal

cluding those in long-term foster homes. Each year, the event plays a critical role in helping the organization continue its mission of rescue, rehabilitation, and re-homing.

To make this year's fundraiser the best yet, Bay State Animal Cooperative is seeking a Car/Dog Wash Coordinator to help lead the effort. The role involves recruiting and organizing volunteers, coordinating event logistics, and overseeing the day to ensure everything runs smoothly. It's a rewarding opportunity for someone who enjoys event planning, community involvement, and making a direct impact on animal welfare.

Volunteers of all ages and experience levels are also needed and welcome. Anyone interested in helping or learning more is encouraged to reach out to [info@baystateanimals.org](mailto:info@baystateanimals.org). With strong community support, this fun-



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tial supplies allow us to continue providing comfort, care, and stability for cats who will forever remain in foster care and in loving homes with our dedicated volunteers. To shop the BSAC Chewy Wish List, visit [https://www.chewy.com/g/bay-state-animal-cooperative\\_b66402498](https://www.chewy.com/g/bay-state-animal-cooperative_b66402498), or search for Chewy Wish List Bay State Animal Cooperative.

Cooperative is already preparing for its most anticipated and impactful fundraiser of the year, the Annual June Car and Dog Wash. This event is a community favorite that combines fun, teamwork, and lifesaving support for cats in need.

This lively event brings together volunteers, animal lovers, and local residents for a day of suds, smiles, and fundraising, with all proceeds going directly toward medical care, food, litter, and supplies for rescued cats, in-

filled fundraiser promises to make a big difference — one wash at a time. Reach out to [info@baystateanimals.org](mailto:info@baystateanimals.org) for more information.

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# Real Estate Corner

## February Homeowner Tips: Smart Moves to Make Before Spring

BY MICHELE TARANTO

February may be one of the shortest months of the year, but for homeowners it offers a valuable opportunity to get ahead before the busy spring season arrives. Whether you plan to sell this year or simply want to protect your investment, a little attention now can save time, money, and stress later.

### Tackle Small Repairs Indoors

Winter is the perfect time to address those minor projects that often get overlooked. Fix squeaky

doors, patch nail holes, tighten loose handles, and replace worn caulking around tubs and sinks. These small details may seem minor, but they add up to a well-maintained home and can make a strong impression if you decide to list in the coming months.

### Plan for Spring Maintenance

Use February to schedule ahead. Roof inspections, exterior painting, landscaping, and driveway repairs book up quickly once warmer weather arrives. Getting on contractors' calendars now

can help you avoid delays and higher costs in the spring rush.

### Declutter and Organize

With more time spent indoors, February is an ideal month to declutter closets, basements, and storage areas. A more organized home feels larger and functions better. If selling is in your future, this step also makes packing and staging much easier.

### Review Your Home's Value

Even if you're not planning to move, it's smart to stay informed about your home's market value.

Local market conditions can shift quickly, and understanding recent sales in your neighborhood can help with long-term planning, refinancing decisions, or future upgrades.

### Focus on Energy Efficiency

Cold weather highlights areas where heat may be escaping. Consider adding weather stripping, sealing drafts, or upgrading insulation where needed. These improvements can reduce utility costs now and appeal to buyers later.

### Start the Conversation Early

If selling in the spring or summer is a possibility, February is a great time to talk with a real estate professional. Early planning allows for thoughtful preparation, realistic pricing, and a smoother experience overall.

February is about preparation. The steps homeowners take now often lead to stronger results when warmer weather — and more activity — arrives.

## Norfolk County Real Estate Activity Rises in December

Norfolk County Register of Deeds William P. O'Donnell reported that real estate activity in Norfolk County remained strong in December, 2025, with increases in both deed and mortgage recordings compared to last year.

The Norfolk County Registry of Deeds recorded a total of 10,178 documents in December, 2025, a 16% increase from December, 2024, and a 24% increase from November, 2025.

"The increase in overall document recordings compared to last December is a strong indicator of continued engagement in the real estate market," Register O'Donnell said. "This level of activity reflects confidence among buyers, sellers, and lenders as we close out the year."

The total number of deeds recorded in December, which includes both commercial and residential real estate sales and transfers, was 1,545, up 13% from December, 2024, and 25% higher than November, 2025. Looking at just real estate sales, 745 properties were sold, an 11% increase compared to last year.

"The year-over-year growth in property transactions highlights that the market remains active," Register O'Donnell noted. "Buyers and sellers continue to move forward with

transactions despite broader economic conditions. This steady level of activity demonstrates confidence in Norfolk County's real estate landscape."

The average sale price of commercial and residential properties in December, 2025, was \$1,437,216, an 18% decrease from December, 2024, but a 2% increase from November, 2025. The total dollar volume of commercial and residential sales in December was

\$1.07 billion, down 10% compared to last year, but up 27% from November.

"This reduction in overall real estate prices compared to last year may offer some relief to those looking to purchase property in Norfolk County," Register O'Donnell said. "Lower average sale prices could create new opportunities for first-time homebuyers and current homeowners looking to move who were previously priced out of


the market. However, purchase prices remain high relative to past years"

**REAL ESTATE**  
continued on page 18

### Imbedded in the Norwood community ... I know this town. I love this town!



25-year resident

President of the Women's Business Network of Norwood  
Norwood Farmers Market Manager  
President of the Friends of Norwood Center  
Board Member of the Bay State Animal Cooperative  
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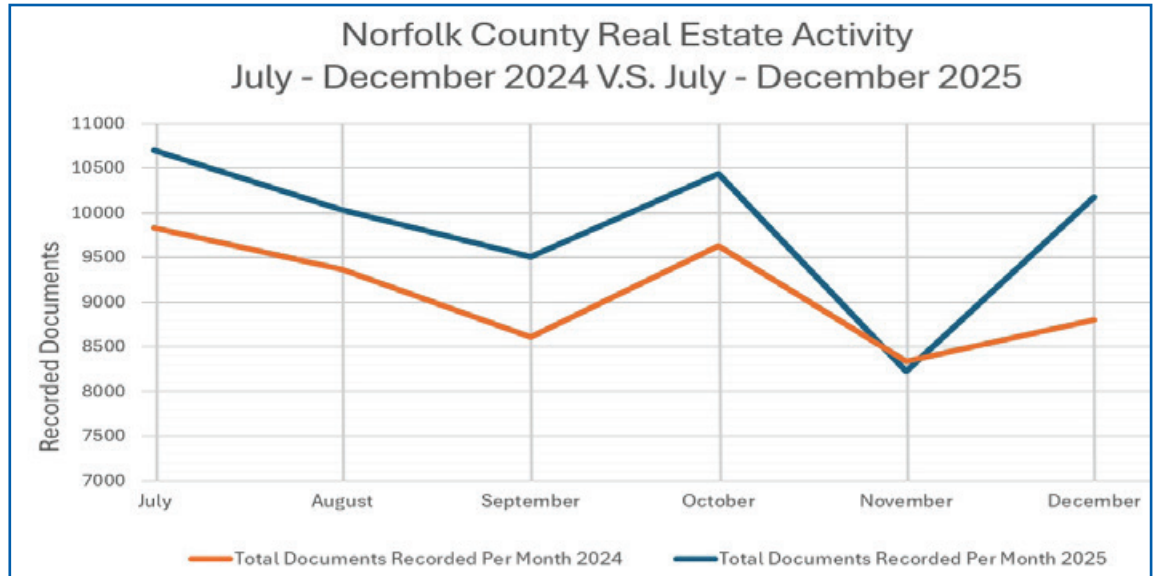

# Real Estate Corner

## REAL ESTATE

*continued from page 17*

The foreclosure market in Norfolk County saw positive developments during December, 2025. There were 4 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, down from 6 recorded in December, 2024. Notices to foreclose also declined significantly, with 11 notices recorded in December compared to 33 during the same time period last year, a 67% decrease.

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



## Looking to Buy or Sell?



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For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General’s Consumer Advocacy and Response Division (CARD) at 617-727-8400.

“The positive trends we have seen in December underscore the resilience and continued desirability of Norfolk County as a place to live, work, and invest,” Register O’Donnell concluded. “Despite fluctuations in the broader economy, the local real estate market has shown strength across key indicators, including property sales, mortgage activity, and pricing adjustments that may improve affordability. This momentum reflects confidence

in our communities as we move into the new year.”

To learn more about these and other Registry of Deeds events and initiatives, “like” them on Facebook at facebook.com/norfolkdeeds, or follow on Twitter and Instagram at @norfolkdeeds.

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



“Paul Keady sold us our house in 2002, that’s when we first met him. When we were ready to put our now “home” on the market in 2025, I knew immediately that we wanted Paul to sell our home. Paul treats the buyers and sellers with the utmost respect, no matter which side he is representing. Paul doesn’t just sell your house, he guides you through the entire process. Paul’s 40 plus years experience in the real estate business really pays off, because Paul prepares you for everything that is going to happen, and what you need to do to get the best result. If you forgot to do something he asked you to do, he has already taken care of it. Selling a home is difficult and emotional. The best part of having Paul handle your house, is that everything will be done properly and there will be no surprises at the closing. If you have a question, or there is an issue, Paul has an answer, and always finds a solution. My wife and I can’t highly recommend Paul Keady enough! Paul makes the challenging sales process easy, and we can’t thank him enough for all he did to get us over the finish line.”

*Bill and Anne C*

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