



localtownpages 1 Norwood

Vol. 16 No. 10

Free to Every Home and Business Every Month

May 1, 2026

Student Helps Fellow Teens 'Escape The Vape'

One day in 2024, Aryanksh Parida walked into a bathroom at Norwood High School and noticed "a weird scent," it was coming from four boys vaping.

At first, he was confused about what to do next.

"What was I supposed to do right now," Parida recalled. "Who do I tell?"

Parida turned around, left the bathroom, and began thinking about what he saw. He knew that smoking e-cigarettes was against school policy and unhealthy for a variety of reasons.

Yet, "why was vaping so normalized," he wondered.

In 2024, Parida founded Escape the Vape, a student-led nonprofit dedicated to vaping prevention in middle and high schools. A high school guidance counselor helped Parida

connect with Impact Norwood, an organization promoting a drug-free and healthy community.

While Escape the Vape has no affiliation with Impact Norwood, the organization provided a great impact on launching their mission.

"They were instrumental in helping us get off the ground in our early days," Parada said. "We are grateful for their initial support, though Escape the Vape has since grown independently of them."

"Aryanksh came to our attention from a guidance counselor at Norwood High via an email," Impact Norwood Program Coordinator Robert Blood said. "Aryanksh had a 'passion project' regarding anti vaping. He was welcomed into Impact Norwood as a



Aryanksh Parida.
Photo by Maureen Sullivan

youth ambassador during his freshman year. We provided him with information about the health concerns regarding vaping. Aryanksh's Escape the Vape campaign is a project he started independently. He remains an active member of Impact Norwood."

Parida added that since com-

ESCAPE
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Replace Your Letters with Food

Annual Letter Carriers' Food Drive Set for Saturday, May 9

BY MICHELE TARANTO

People traveling through Norwood in early May may notice an unusual sight by residents' mailboxes; grocery bags. No, it's not the result of a major online shopping spree. Instead, it's part of a powerful national effort to fight hunger.

On Saturday, May 9, rain or shine, Norwood will once again take part in the 33rd Annual Letter Carriers' "Stamp Out



Hunger" Food Drive. Each year, on the second Saturday in May, residents are encouraged to leave clearly marked bags of non-perishable food by their mailbox. Local mail carriers then collect the donations along their regular delivery routes and deliver them to the Norwood Food Pantry.

FOOD DRIVE
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SEE PAGE 4 FOR DETAILS

Norwood Walkers Step up for Hunger

By MICHELE TARANTO

For the 17th year, a dedicated group from Norwood will lace up their sneakers and head into Boston for a cause that continues to impact communities across Massachusetts. Leading the effort is longtime Norwood Food Pantry volunteer and team captain Nick Campagna, who once again is organizing the pantry's team for Project Bread's 58th Annual Walk for Hunger, which will take place on Sunday, May 3.

"This is our 17th year having a Norwood Food Pantry team," Campagna said. "I originally organized the team as a way to give back to Project Bread for all the grants they provided to the Ecumenical Community Food Pantry of Norwood, especially in its early years."

The Walk for Hunger, one

of the state's most recognized charitable events, has evolved its route over time to comply with COVID restrictions and then expenses.

"Up until 2019, it was a 20-mile walk through five cities, Boston, Brookline, Newton, Watertown, and Cambridge," Campagna explained. "After COVID, it was shortened to three miles to help reduce costs. Now it's three one-mile laps around Boston Common."

Despite the shorter route, the commitment from Norwood participants remains strong. This year's team includes Campagna and his wife Barbara, Wayne and Cindy Zafft, Jeannette Chambers, Jennifer Tidd, and Tracy DeShiro. This generous group, however, is still welcoming additional walkers.

"We're always happy to

have more people join us," Campagna said. "Wayne Zafft and I have each done the walk more than 40 times, going back to the mid-1980s."

The 83-year-old retired geotechnical engineer first joined Project Bread's Walk for Hunger in 1985, and has continued that streak every year without fail. Since he began lacing up his sneakers for the challenge, Campagna has raised more than \$100,000 through his tireless efforts to help place food on families' tables who needed assistance. At press time, the Norwood team had raised \$5,369, over half of its \$10,000 goal.

"Growing up we never had a lot of money, but we always had food on the table," Campagna said. "My uncle wasn't so fortunate. He was homeless and spent time at the Pine Street Inn and the shelter for Veterans on Long Island. These examples remind me how fortunate I am. I look forward to supporting this year's Walk for Hunger as I am always inspired by the crowds of people united in their commitment to help those in need."

The impact of the walk extends directly back to the local community. Teams representing food pantries receive 60 percent of the funds they raise, with the remaining portion supporting emergency food programs statewide.

"Last year, our team raised over \$10,000, and we're hoping to top that this year," Campagna said.

Most of the Norwood team plans to participate together on Sunday morning, May 3,



gathering in Boston for the walk and a group photo. Tidd will complete her walk independently while away on a scouting trip.

Campagna emphasized how important community support has been to the pantry's success.

"We're fortunate that the people and businesses of Norwood have been incredibly generous over the years, through both food drives and monetary donations," Campagna said. "Our pantry continues to grow, but with that growth comes challenges. We're stretched for space, and we're also looking for a new

executive director to help coordinate our efforts with more than 100 volunteers."

For those unable to participate in the walk, donations can still make a meaningful difference. Contributions to the Norwood Food Pantry walking team can be made online at give.projectbread.org/norwoodfoodpantry. To donate food or send a direct donation, the Norwood Food Pantry is located at 150 Chapel St., in the basement of the Grace Episcopal Church. Their number is 718-291-3663, or email norwoodpantry@gmail.com. Food donations are accepted Monday through Friday, 9-11 a.m., in a donation bin outside the pantry. There are also donation boxes inside Norwood Shaw's and Stop & Shop. For more information, visit norwoodpantry.org.

As the Walk for Hunger approaches, Campagna remains focused on both honoring a long-standing tradition and continuing to meet the needs of the community.

"This walk is about more than just the miles," Campagna said. "It's about making sure our neighbors have access to the food and support they need."



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FOOD DRIVE

continued from page 1

The event is the largest one-day food drive in the country, offering an easy and impactful way for residents to support neighbors in need, right from their own homes.

The timing of the drive is intentional. By mid-spring, many food pantries begin to feel the strain after the influx of donations during the holiday season has diminished. This drive helps restock shelves at a critical time. In fact, many residents may have noticed that Project Bread held their 58th Annual Walk for Hunger on May 3, on the Boston Common.

The Norwood Food Pantry is currently requesting a variety of essential items, including canned soups, cereals, canned

fruits, hearty meal options like beef stew and chili, white or box rice mixes, pasta, macaroni and cheese, spaghetti sauce, and coffee or tea. Additional staples such as tuna, boxed pasta, instant mashed potatoes, peanut butter, canned beans, pasta, or vegetables, jams/jellies, crackers, cookies/snacks, pudding or gelatin, and canned chicken.

Beyond food, the pantry also welcomes items like pet food and basic hygiene products, including diapers, detergent, shampoo, deodorant, and toothpaste.

All donations must be new, unopened, and in good condition, as expired or opened items cannot be accepted due to health and safety regulations.

Norwood joins more than 10,000 communities nationwide participating in this effort. What began as a small pilot program

in 1991 quickly expanded into a national campaign. By its first nationwide drive in 1993, more than 11 million pounds of food were collected in a single day-a record at the time. Since then, nearly 1.9 billion pounds of food have been donated through this initiative.

Every contribution, big or small, makes a difference. Resi-

dents are encouraged to take a few moments to gather items from their pantry, place them in a bag, and leave them by their mailbox on the morning of May 9.

Supporting neighbors facing food insecurity can be as simple as sending a letter; only this time, it delivers nourishment and hope.

The Norwood Ecumenical Food Pantry is located behind Grace Episcopal Church at 150 Chapel Street. Direct donations are accepted Monday through Friday from 9 a.m. to 12 noon, as well as at donation bins inside Norwood Stop & Shop. For more information, visit www.facebook.com/StampOutHunger or www.norwoodpantry.org.

List of Uncashed Checks Issued by Town of Norwood

The Town of Norwood recently released an updated list of uncashed checks and is encouraging residents and businesses to review the information to determine if they may be owed funds. For more information or to review and possibly make a claim, visit norwoodma.gov, click on Uncashed Checks, or See News Archive.

Uncashed checks can result from a variety of situations, including outdated mailing addresses, misplaced payments, or checks that were never received. Town officials are urging anyone who believes they may be on the list to take a few moments to review the posted information.

If your name or your business appears, you may be eligible to claim the funds by following the instructions provided through the town's official link. The process is designed to be straightforward and ensures that rightful recipients can recover money that belongs to them.

Residents are encouraged to act promptly and share the information with family members, neighbors, and local businesses to help ensure no funds go unclaimed.



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| 26 Albemarle Rd..... | \$1,326,650 | 213 Pleasant Street U:213 | \$635,000 |
| 52 Audubon Road | \$687,000 | 301 Neponset St U:29 | \$315,000 |
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ENTER TO WIN TICKETS TO SOUTHWICK'S ZOO! Find the Hidden Animals in This Month's Editorial Pages! There are 10 animals scattered throughout this issue's articles. Scan the QR code below and submit the list of animals you have found for your chance to win a Grand Prize of a Family 4-pack of general admission tickets to Southwick's Zoo during the 2026 season. Multiple runner-up 2-pack general admission tickets will be awarded. Submit by June 12, 2026 to be included.



Norwood's Memorial Day Schedule

The Town of Norwood will be hosting activities dedicated to celebrating Memorial Day on Saturday, May 23 and Monday, May 25. All Norwood residents are invited to the events to help remember those who died in active military service.

The Norwood Department of Veteran Services coordinates the Memorial Day weekend ceremonies, beginning with placing the American flags on the graves of Norwood Veterans on Saturday, May 23, at Highland Cemetery. Volunteers are welcome to assist in the effort and can receive more



Image: Norwood Town Hall Facebook

information from Director of Veteran Services office at 781-762-1240.

The ceremonies on Memorial

Day, May 25, will begin with a memorial service at Saint Catherine of Siena Church. The American flag on the Town Common will then be placed at half-staff. Ceremonies will be held at the Old Parish Cemetery, followed by the Memorial Day parade which will end at Highland Cemetery for a commemorative ceremony.

Saturday, May 23

Decorate the graves of Norwoods Veterans with American flags at 8 a.m., at Highland Cemetery

Monday, May 25

Memorial service at 8 a.m., at St. Catherine of Siena Church

Flag raising at 9:30 a.m., at Norwood Town Common. Flags placed at half mast

Parade groups muster at 9:30 a.m., at Old Parish Cemetery (the rear of 480 Washington Street)

Parade steps off at 10 a.m., at the corner of Washington and Howard Streets to Highland Cemetery

Ceremonies and observances at 11 a.m., Highland Cemetery following the parade

ESCAPE

continued from page 1

munity prevention efforts began, including Escape the Vape, teen vaping rates in Norwood have dropped from 45.7 percent to 19.1 percent.

These efforts include online education materials, as well as opportunities to meet with youth leaders and join support groups. Escape the Vape also has videos on TikTok and Instagram to help those who vape 'have a second thought' about the habit.

"We want to tell them they're not alone, and they can get the support they need," Parida said.

Escape the Vape gets its message across despite having no budget. According to Parida, the program's educational materials, fliers and presentation resources are digital and provided to chapter ambassadors at no cost. Since everything is online, there are no printing or shipping costs. The videos appearing on TikTok are created in-house, again, at no expense.

The organization's mission

has gone beyond Norwood. According to Parida, Escape the Vape now has a presence in more than 300 schools across Massachusetts, along with chapters at high schools nationwide; there are also chapters at Florida State and Stanford universities and overseas. He added that more than 100,000 people have been reached through presentations and social media.

Escape the Vape's TikTok videos have drawn 630 followers and 48,500 likes; its Instagram account has more than

2,000 followers.

Now a junior, Parida said the organization is in the process of obtaining a 501c3 status, meaning financial donations would be tax deductible. He plans to help continue to grow chapters while exploring a career in health care and/or biostats.

"It's good being able to give back to the community," Parida said.

For information about Escape the Vape, visit <https://linseys0.wixsite.com/escape-the-vape>.

localtownpages

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

Publisher

Jennifer Schofield

Send Editorial to:

editor@norwoodtownnews.com

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Creative Design & Layout

Bess Couture
Kim Vasseur
Wendy Watkins

Office Address

9 Industrial Road, Suite 107
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SOUR GRAPES by Tim Jones

Panel 1: Dog: "I'LL HAVE THE DAILY SPECIAL, PLEASE." Cashier: "WE DON'T HAVE ANY SPECIALS TODAY, AESOP."

Panel 2: Dog: "YOU'LL HAVE TO PICK FROM THE MAIN MENU UP ON THE WALL BEHIND ME. THE CAFE DOESN'T OFFER SPECIALS ANYMORE, SO WHAT DO YOU WANT?" Cashier: "TIK TAP TIK TAP"

Panel 3: Dog: "OH, NOTHING SPECIAL." Cashier: "TIK TAP TIK TAP"

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A Little Off The Top

Prom song: Dreams, dances & dunces

BY STUART GREEN

There's a glorious time in every high school student's life that marks the end of a phase, the finish line of all that hard work, the culmination of years and years of precise planning and dedication. A moment where the past, present, and future all combine into one beautiful, age-old moment of tradition.

This is, of course, the prom. Oh, graduation? That's nice too. I guess. Sure, why not. But graduation is more like the last dance after the last dance of the prom. By the time Pomp & Victim of Circumstances has played, the band has gone home.

But the prom means something different for each prom-goer, as they're known for one night of their lives - OK, maybe

two if you count the junior prom. And luckily, we at the Welcome to the Big Dance & Matzah Ball Research Lab have followed a pair of potential promenaders as they prep for what is sure to be something or other.

Jill, whose real name is Jill, begins to plan for the big night a little early - on her second day of kindergarten. Her mother wants her to wait a little while - maybe push it off until she reaches first grade. But Jill is worried her nails won't dry in time.

Jack, who is affectionately known as Hey You're Late For School Again, knows he has plenty of time before the big night - sometimes spelled as the BIG NIGHT, to emphasize both the event's importance and oversized capital letters. Jack thinks about it maybe the night before.

Oh, why rush it - the day of the prom will be plenty of time to plan.

Jill (rhymes with 'Jill') begins her quest for just the ideal dress - called a gown, for the night. She visits eight high-end dress shops, considers 15 styles, tries on 34 possibilities, and finally narrows it down to two or three... dozen.

Jack (doesn't believe in

rhymes) has his socks knocked off by a well-known sock-knocker when he is informed that he must go out and get a tux. "No way," he says. "I don't need to do that. I'm just not gonna do it. I hate those things. Um... what's a tux?"

Jill (still Jill) gets the head-to-toe treatment - hair-do, double-ear piercing, lip extender, wrist tightener, ankle bracelet, high-heel lengthener.

Jack (forgot his name again) is

looking for his left sneaker.

But it all works out in the end. Jill shows up in a gold-sequined, satin, semi-laced over-the-strap ball gown.

And, not to be outdone, Jack has forgotten the date and doesn't show. But luckily, he gets box seats at Fenway and the Sox win it in extra innings.

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

Norwood Fire Brings Home Wood Cup

On April 12, the Norwood Fire Hockey Team brought the Wood Cup back home with a hard-fought win over the Westwood Fire Hockey Team at the Skating Club of Boston, in Norwood.

This event, however, wasn't just about hockey, it was about brotherhood, community, and

giving back. Many fans came out, attended, cheered, and helped raise money for the PFFM Pan Mass Challenge Team, supporting an incredible cause.

It was a great game played by both teams, and a big salute to Westwood for their competition and sportsmanship.

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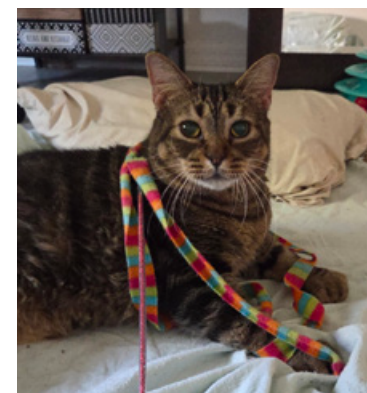
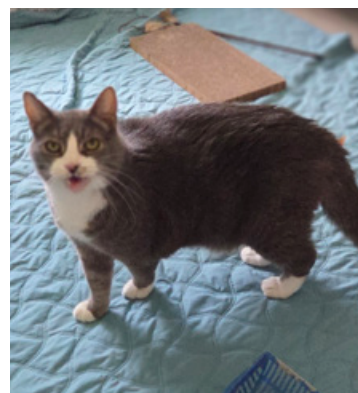
Foster homes provide something shelters often cannot: individualized care and a true home setting. In foster, animals learn routines, build trust with people, and begin to show their personalities. This not only improves their quality of life, but also helps match them with the right adoptive families when they are ready.

For animals with medical conditions, foster families become essential partners in their care. Whether it's administering medication, attending veterinary appointments, or monitoring recovery, these fosters give animals a second chance that might not otherwise be possible. In some cases, foster families choose to continue caring for these pets long-term, offering them comfort, stability, and love for the rest of their lives.

The need for foster homes is constant. Some animals may only need a place to stay for a few days or weeks, while others benefit from longer placements. Sometimes it means a safe place for a mother cat to

deliver her kittens, or, care for her family until they are old enough to adopt. The flexibility of fostering means there is an

a message. The organization is completely volunteer based, so if you don't receive a quick reply, please try again.



Pete (left) & Mason. Both are diabetic and on insulin and diabetic food.

ACO Late Night Call

On April 18, around 11:20 p.m. Norwood Animal Control Officer (ACO) Hernandez responded to a breaking and entering on Endicott St.

The suspect? A flighted fugitive who took over the bedroom!

The individual was later released on bail (back outside where it belongs) with a warning for trespassing.

Reminder:

As the weather gets warmer, doors and windows left open can invite unexpected guests—some with wings and zero respect for personal space.

Opening Your Home, Saving a Life: The Power of Fostering

Behind every adoption story is often a quieter, equally important chapter - foster care. For many animals, foster homes are not just a temporary stop along the way; they can be for a lifeline, and/or a place to heal, grow, and, feel safe.

At the **Bay State Animal Cooperative**, fostering plays a critical role in the rescue and care of their cats. While some pets enter foster homes for a short stay as they wait for their forever families, others require long-term, and sometimes even lifelong foster care due to ongo-

opportunity for many people to get involved, regardless of their schedule or experience level.

Fostering is not just about helping animals, it's about becoming part of their journey. It can be incredibly rewarding to watch a shy or sick animal transform with care and compassion. And while saying goodbye can be bittersweet, knowing you helped change a life makes it worthwhile.

Bay State Animal Cooperative is always looking for compassionate individuals and families willing to open their homes, whether for a short-term stay or a longer commitment. Every foster home makes room for another animal in need, and, brings us one step closer to a community where every pet has a safe place to land.

For more information on fostering with the Bay State Animal Cooperative, visit their website at baystateanimals.org, click on 'Contact Us,' and send

Every Donation Makes a Difference

The Bay State Animal Cooperative is always in need of food and essential supplies to support the cats in their care. Donations of items such as quality cat food, litter, and bedding help ensure each animal lives in a safe and comfortable environment. Monetary contributions are equally important, as they directly fund necessary medical treatments, from routine care to more complex procedures for cats with ongoing health needs. Guided by a compassionate mission, Bay State is committed to providing every feline with a secure, nurturing home for as long as possible—no matter their age or medical condition.

To learn more about the Bay State Animal Cooperative, volunteer, or donate, visit baystateanimals.org or Facebook at [Facebook.com/baystateanimals](https://www.facebook.com/baystateanimals).



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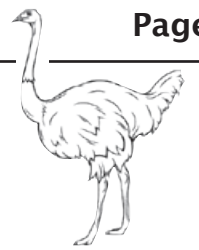
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A Message From the Norwood Police Department on Public Safety Override

As we approach the upcoming Public Safety Override, I want to begin sharing information

with the community to help answer some of the most common questions.

The number one question we are hearing is: Why do we need to add more police officers and firefighters?

The short answer is simple; call volume has increased significantly over the years, while staffing levels have not kept pace.

The attached slides, which were previously presented to the Town, clearly show the steady rise in calls for service for both the Police and Fire Departments.

Public safety demand continues to grow, and it's important that our staffing reflects that reality so we can continue to provide the level of service our community expects and deserves.

Myself and Fire Chief Tim Bailey will be meeting with our seniors at the Senior Center in May and look forward to continuing the conversation in other forums in the near future.

We hope to see you there.

Chief Padden

POLICE - CALL VOLUME & CALLS FOR SERVICE

21,166 increase in calls from 2012 to 2025

Call volume has more than doubled!

| | |
|-------|--------|
| 2012: | 17,999 |
| 2013: | 18,984 |
| 2014: | 17,450 |
| 2015: | 17,936 |
| 2016: | 21,937 |
| 2017: | 24,859 |
| 2018: | 27,482 |
| 2019: | 27,346 |
| 2020: | 27,704 |
| 2021: | 27,958 |
| 2022: | 34,479 |
| 2023: | 41,997 |
| 2024: | 39,455 |
| 2025: | 39,165 |

CITATIONS

| | |
|-------|------|
| 2020: | 1598 |
| 2021: | 1803 |
| 2022: | 5454 |
| 2023: | 4991 |
| 2024: | 4257 |
| 2025: | 4742 |

Pandemic Years

FIRE - CALLS & RUNS

CALL VOLUME

Our call volume has increased dramatically (1877 runs or almost 35%) since 2020 which coincided with the pandemic and the hospital flood. Our call volume since 2010 is listed chronologically to the right →

| | |
|-------|------|
| 2010: | 5414 |
| 2011: | 5419 |
| 2012: | 5199 |
| 2013: | 5463 |
| 2014: | 5349 |
| 2015: | 5781 |
| 2016: | 5547 |
| 2017: | 5616 |
| 2018: | 5730 |
| 2019: | 5513 |
| 2020: | 5393 |
| 2021: | 6152 |
| 2022: | 6678 |
| 2023: | 6764 |
| 2024: | 7154 |
| 2025: | 7270 |

EMS RUNS

Our ambulance has been impacted with the EMS runs since the closure of the hospital listed below:

| | |
|-------|-----------------------|
| 2020: | 3404 |
| 2021: | dataset is incomplete |
| 2022: | 3777 |
| 2023: | 5194 |
| 2024: | 5533 |
| 2025: | 5597 |

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MassBay Student Team Named Global Nominee for NASA Space Apps Challenge

MassBay Community College computer science students Jonathan Joseph of Norwood, Richard Juuko of Framingham, Cesar Pimentel of Santo Domingo, Dominican Republic, Pranshu Shah of Bellingham, and Ky Trieu of Hanoi, Vietnam, were named a Global Nominee for the NASA Space Apps Challenge, an international hackathon.

According to the NASA Space Apps Challenge website, the hackathon provides participants with the opportunity to engage directly with NASA data and space agency partner data. Teams use these data to address challenges created by NASA experts with topics including storytelling, software development, astro-

physics, space exploration and agriculture.

The MassBay team, known as the MassBay Hackaneers, selected the advanced challenge titled "A World Away: Hunting for Exoplanets with AI." For their project, the team built and trained a machine-learning model using existing NASA datasets to analyze astronomical data and predict potential exoplanets. The model achieved approximately 80% prediction accuracy. The team then implemented the trained model into a website interface, allowing users to interact with the system and test predictions.

The MassBay Hackaneers, who are all part members of the MassBay Computer Science Club, had little prior experience working with artificial intelligence, making the competition a challenging environment filled with rapid learning and experimentation. The team completed the

full project in approximately 48 hours. This marks the first time MassBay has participated in and placed in the challenge.

"We are extremely proud of the Hackaneers for their achievements in this international challenge," said MassBay President, David Podell. "We have always said that the 'sky is the limit' for MassBay students' futures, and this team's achievements prove it. These four students showed remarkable resiliency and true dedication, and they competed at the highest level with peers from across the country and around the world. Their success demonstrates what MassBay students are capable of when given the opportunity to innovate."

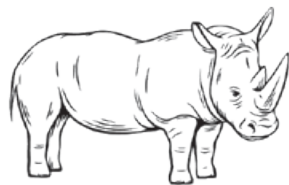
The NASA Space Apps Challenge is one of the largest global hackathons. The MassBay Hackaneers competed in the local Cambridge event, which included students from several universities, including Harvard University and the Massachusetts Institute of Technology. The team won the local Cambridge competition, advancing to the international judging stage. Following the hackathon, the team was invited to present their project and be recognized at an event hosted by the Humansphere Foundation at Harvard University.



MassBay Community College computer science student (left to right) Jonathan Joseph, Cesar Pimentel, Ky Trieu, Richard Juuko, and Pranshu Shah, attending the Humansphere Foundation event at Harvard University, Cambridge, MA, November 2025 (Photo/ MassBay Community College)

According to the NASA Space Apps Challenge, the 2025 event welcomed a re-

cord 114,094 participants and 18,860 teams across 551 local events in 167 countries.



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'Soccer's Big Event' is coming to 'Boston Stadium'

Two million people will be looking for things to do in surrounding towns

By THERESA KNAPP

Editor's note: Due to copyright issues, the more commonly known name for the football/soccer matches cannot be used by publications outside of the official association. We are calling it "Soccer's Big Event."

The most popular sport in the world is football (or "soccer" in the U.S.) and this year several matches of the global soccer tournament – or "Soccer's Big Event" – will be played in June and July in Massachusetts.

Boston is one of 16 cities across North America that will host matches. Specific dates for the Boston area will be announced closer to the event, but will be between June 13 and July 9.

At a recent Tourism Summit and Legislative Breakfast hosted by the MetroWest Boston Visitors Bureau, state and local officials explained how Massachusetts is preparing for the event.

The main speaker at the conference was Greta Teller of "Bostonfwc26," the group that is overseeing local legis-

tics for the world organization. She said there are many ways MetroWest communities can provide experiences for the millions of visitors who are expected to flood the area.

"Two million people are coming, and there are only 740,000 tickets," Teller said. "And many of those people are coming without tickets and will need things to do."

There are opportunities for communities all around Eastern Massachusetts, and beyond, to join in the festivities and revelry, Teller said, adding fans just want to be in Massachusetts to support their team, which is an opportunity for local fan festivals, fan marches, fan zones, pep rallies, watch parties, and more.

The event, Teller said, will provide a significant boost to hotels, restaurants and other local businesses; and the Bostonfwc is encouraging towns to organize fan festivals and cultural celebrations in the area, and to promote those events through the organization's website and the MWVB (for free).

At the summit, it was noted

that MetroWest has the largest population of Brazilians outside of Brazil, Brockton has the largest Cape Verde population outside of Cape Verde, and Worcester is home to a large Ghana population – all of which can be a consideration when organizing activities around Soccer's Big Event.

MetroWest Visitors Bureau Executive Director Stacey David said local towns and organizations should think about experiences visitors might enjoy and market them accordingly – anything related to arts, culture, living history, outdoor activities (trail systems) – will be a big draw.

"Think about what you have in your town, and let the MetroWest Visitors Bureau help promote it," said David.

However, the very first action anyone should take, she said, is to change all website references from "Gillette Stadium" to "Boston Stadium," which is what visitors will be searching for when planning their trip.

When creating watch parties and other events, organizers should consult the organization's public viewing regulations, including broadcast licenses, branding,

For more information, visit www.fifa.com or <https://bostonfwc26.com>

etc., which can be found at <https://bit.ly/FIFApub-licViewing>.

The MetroWest Boston Visitors Bureau is available to provide assistance to local organizations. The organization promotes travel and tourism throughout the 19 towns of the MetroWest region, which

include Ashland, Bellingham, Framingham, Franklin, Holliston, Hopedale, Hopkinton, Hudson, Marlborough, Medway, Milford, Millis, Natick, Northborough, Sherborn, Southborough, Sudbury, Wayland, and Westborough, according to www.metrowest-visitors.org.



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LIVING HEALTHY

In Focus: Myopia

BY GRAHAM R. STETSON, OD, MS

Blurred vision can turn everyday moments, like reading a street sign or recognizing a face across the room, into a challenge. In our series on common vision problems (aka refractive errors), we're taking a look at myopia: what it is, how it shapes daily life, and the treatments that can help protect vision for years to come.

A Growing Problem

Myopia, or nearsightedness, occurs when the eye grows too long from front to back. This causes light to focus in front of the retina instead of directly on it, making distant objects appear blurry while near vision remains clear. It starts in childhood and worsens as you, and your eyes, grow.

Myopia was once considered an inconvenience (needing

glasses to see things far away) but is now recognized as a significant health concern. As **myopia increases**, so does the risk of developing serious eye conditions later in life. Higher levels of myopia are associated with an increased **likelihood of retinal detachment, glaucoma, certain types of macular degeneration, and even earlier cataract development.**

The situation is compounded by the dramatic increase in the rate and severity of myopia in recent years. This is driven by lifestyle changes, especially a decline in time spent outdoors, combined with increased screen time.

A Few Solutions

Fortunately, advances in eye care have shifted the focus from simply correcting myopia to actively managing it. Traditional glasses and contact lenses still play a role in providing clear vision,



but newer approaches aim to slow the progression of myopia.

Myopia control options include **specialized soft contact lenses** worn during the day that are designed to reduce eye growth, as well as **orthokeratology (Ortho-K)** lenses that gently reshape the eye while you sleep (allowing for clear

daytime vision without the need for glasses or contact lenses).

Specially designed **spectacle lenses for myopia control** are also now available, providing another option shown to help slow progression and reduce the long-term risks associated with higher levels of myopia.

Lifestyle changes are just as important, if not more so. **Increased time outdoors** has been consistently shown to reduce both the prevalence and magnitude of myopia. Encouraging children to spend at least 90 minutes or more outside each day, along with **limiting screen time** and near work outside school, can have a meaningful impact on long-term eye health.

As with many eye conditions, early action matters. Regular comprehensive eye exams can detect it sooner and open the door to timely treatment. Addressing it promptly not only sharpens vision now but can also help people safeguard their future eye health.

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LIVING HEALTHY

Seasonal Allergies

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There are, however, resources to combat those allergies other than medication. Eighty percent of your immune health is located in your gut, so supporting your digestive health is essential to sustaining a healthy immune system. When your immune system is compromised, symptoms



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

such as allergies emerge.

Tom G suffered for 10 years with seasonal allergies, complaining of congestion, runny nose, sneezing and cough until his colleague at work suggested he visit The Holistic Center at Bristol Square. We identified his specific allergies and started Tom on a program which was geared toward rebuilding his im-

mune system. Removing stressors to the immune system such as processed foods, preservatives, and cleaning products, as well as creating a healthy eating plan, boosted his nervous system function and added supportive supplements. Within several weeks Tom noticed a significant difference. He was less congested, his nose stopped running and the

cough was greatly reduced. Tom is not worried the SPRING HAS SPRUNG as he is feeling so much better and is planning on enjoying all the outdoor activities he had to miss out on for so many years.

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This hands-on training focused on one of the most critical lifesaving skills, how to recognize and control severe bleeding in an emergency. Participants learned how to properly apply tourni-

quets, pack wounds, and use pressure techniques that can make the difference between life and death in the first few minutes of an incident.

With school staff often being the first on scene in a medical emergency, providing them with these skills strengthens the entire community's ability to respond when seconds matter.

We commend the Norwood school nurses for their engage-

ment, professionalism, and commitment to student and staff safety. Their willingness to train and prepare ensures that Norwood schools are safer environments for everyone.

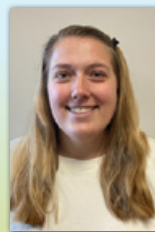
Norwood Fire Department remains committed to bringing programs like Stop the Bleed to our community—because preparedness saves lives.

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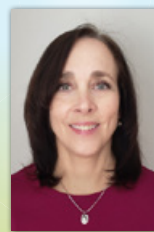
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NORWOOD SPORTS

Norwood Softball Needs to Win the Close Games

By CHRISTOPHER TREMBLAY

Last spring, the Norwood Softball team was able to finish the regular season above .500 with a 10-8 record earning themselves a 20 seed going into the Division State Softball Tournament. Unfortunately, the Mustangs went down in defeat to Stoughton in the first round and before they even got into a rhythm their season was over.

“As a coach, you are always looking to win your league and earn a tournament berth,” Norwood Coach Caitlin Nottebart said. “We don’t want to get into the tournament and lose in the first round again, so we’ve got to be ready to play. In order to capture the League Championship, we’re going to have to win the close games and beat the teams that we are supposed to beat.”

Norwood will technically only have one non-league game against Medfield,

which is also in the Tri-Valley League with Norwood but in a different division. The rest of the Mustangs schedule (15 games) will revolve around league foes in the large division of the TVL.

Starting in the circle for Norwood will be last year’s number three pitcher in Sarah Randall, who had great success for the Mustangs last year as a sophomore. According to Nottebart, the junior is one who continually battles and is a very smart pitcher who can hit her spots. In addition to being a student of the game, Randall has added another pitch to her arsenal this year, now throwing three different pitches.

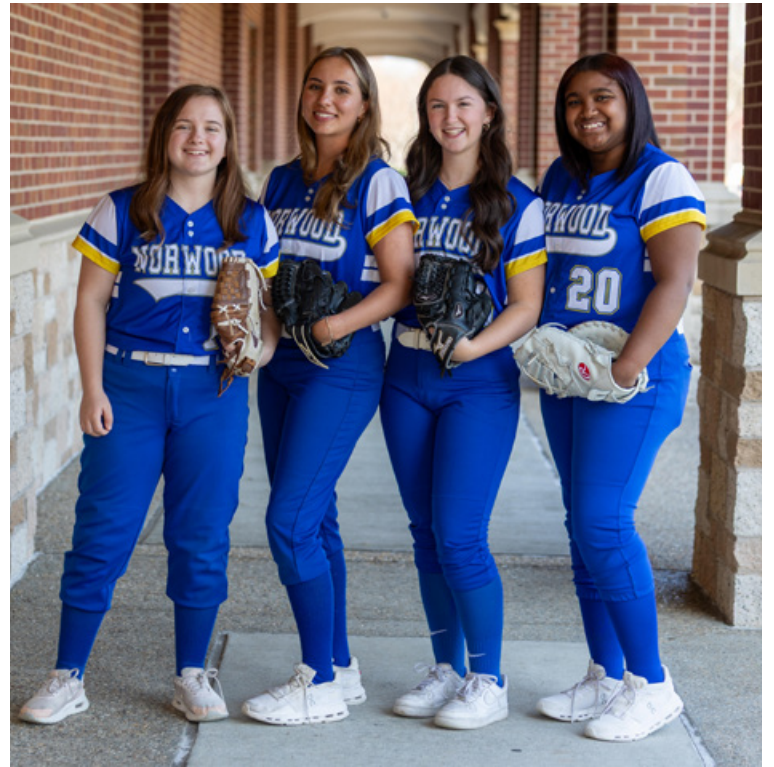
Although the team’s ace was the one who opened the season for Norwood with a win, she hasn’t fully been herself just yet.

“Sarah suffered an injury during the volleyball season and she

is still recovering,” the softball coach said. “She did pitch the first game, but with the second being a back-to-back game I didn’t want to push her, although she told me that she was good to go.”

Another junior athlete to grace the Mustang roster is Lilly Cordani, the team’s mainstay catcher. While playing behind the plate is her main position, she does know the pithing side as well and was Norwood’s game two starter. Despite losing, Nottebart said it wasn’t the fault of Cordani, (who will be looking to take some pitching lessons to improve her hurling skill, the team behind her committed too many errors and that didn’t help.

Cordani’s sister (Pauline – last year’s number one pitcher for Norwood) will be able to give her some pointers when in the circle. While Cordani will do anything to help the team, her moving from behind the plate



into the circle creates an entire domino effect with the starting lineup. With Cordani moving into the pitching position, senior captain and centerfielder CiCi Indeck will take over the catching duties and shortstop Maureen Larkee will move into the centerfield position.

“Lilly is probably the most athletic kid on our team,” Nottebart said. “She’s not afraid to make the throw if someone is trying to steal on her and she is very knowledgeable about calling the game.”

Larkee, who is only a sophomore, is an all-around athlete that led the team last year as a freshman with 5 homeruns. Last spring, she started at the hot corner but has been moved over to the shortstop position this year and will patrol the outfield, her natural and most comfortable position when Cordani pitches. At the plate, she is a line-drive hitter who smokes the ball all over the field.

Joining Larkee on the offensive front will be Randall, a power hitter who clubbed 45 homeruns last spring, and Cordani, who will look to get things started as the team’s leadoff hitter.

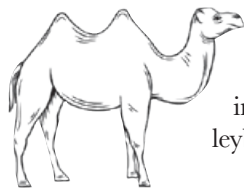
Senior captain Ava Amato, a four-year starter at second base, has been crushing the ball during scrimmages but unfortu-

nately, she was unavailable during the team’s first two games due to previously scheduled college visits. Indeck is another four-year varsity player but only found her way to the starting lineup last year. The Mustangs third captain, CeCe Becker, is yet another four-year athlete and has been improving on her game each and every year.

Sophomore right fielder Olivia Clark has been impressive thus far during the early part of the season.

“I am really excited to see what she can do for us this year,” Nottebart said. Unfortunately, she currently has a concussion and is not able to play. She has a great work ethic and knows exactly where to get the ball in cutoffs. She is a smart player with great instincts in the field.”

At the time of this writing, Norwood found themselves at 1-1, looking to compete for the TVL Title, their first goal. Nottebart knows that Hopkinton and Norton are always solid and Medfield, Westwood, and themselves will be in the running to hoist the league trophy at the conclusion of the regular season. Following their first goal, Norwood is hoping to get back into the tournament and having a much better outcome this year than last year.



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NORWOOD SPORTS

Harlem Wizards Return to Norwood

By CHRISTOPHER TREMBLAY

The world-famous Harlem Wizards returned to Norwood on April 12 for a repeat embarrassing performance at the expense of numerous Norwood teachers. The team visited in November of 2024 for an afternoon of great fun and help raise money for Norwood's school programs. The event, which will showcase teachers as coaches, players, referees, ushers, and ticket takers was all for the benefit of the Coakley Middle School PTO. All monies will be used to help enrichment programs, field trip assistance, school programs, and activities as well as school-wide events. Some 50 Norwood teachers and staff have volunteered their time for the fundraiser.

"It is really important for families to feel that connection with their kid's teachers," Norwood Net Ninja team captain and facilitator of the event Eileen Siegal said. "It's a warmth and personal connection. They got to meet the teachers as soon as they walked through the high school doors. It's a fundraiser, but something that I fully support and believe in; it brings a lot of fun to the families."

Kristen McDonnell, Norwood High School girls' basketball coach and Allison Doliner, former Norwood field hockey coach were the referees of the contest. Jeffery Baguma attempted to coach the Net Ninjas, while Assistant Coach Mustang Sally stood quietly by his side.

Playing for the Net Nin-

jas: Siegel, Joe McDonough, Connor O'Sullivan, Madison Meany, Danielle Conway, Mike Gearty, Sarah Rubino and Moly Holm. Other players were Mike Downss, Maura Brown, Cait Joyce, Meg Bissanti, Liz Healey, Mike Sullivan, Nate Weber, Jay Ferreira, Paul Nimblett, and Connor Moroney. Rounding out the Norwood team was Kate Lyons, Deana Thomas, Sarah Griffin, Fred Ferreira, Mereneis Camacho, and Colleen Reynolds. Nurse Eve Pallang supported the team as their trainer.

The energy at a Wizards basketball game is always electric; the laughter is infectious, the dunks are rim-tattling, high flying, and awe-inspiring. The players bring artistry to the game of basketball with their ball handling, tricks and mesmerizing teamwork. What really took the game to the next level was the participation of the Norwood faculty.

"The entire afternoon was basically a show made up of three periods," Siegel said. "During the first period, it's basically a show, the second period is more competitive, and the third period was all out with the teachers trying really hard. But it was all in good fun and a wonderful atmosphere."

Prior to the game, the kids were allowed to warm-up with the Wizards as long as they were wearing one of their jerseys, and throughout the game audience members had the opportunity to take part in contests and acts of silliness. The final culmination came at the end of the game



where all the students were allowed to step onto the court and celebrate the Wizards victory with them.

"We were so excited to host the Wizards again this year," CMS event committee member Katie Neal-Rizzo said. "They were superb showmen who delivered fantastic all-age entertainment for a great cause."

Founded in 1962, the Wizards have played over 15,000 games throughout the country and have raised over \$25 million dollars for school and charitable

causes. In addition to the United States, the Wizards have also played in 25 foreign countries on six continents.

Some of today's Wizards on the roster include Eric "Broadway" Jones and Dwayne "Swoop" Simpson, former Globetrotters; "King Arthur" Lewis, an All-American at Bowie State University; Arnold "A-Train" Bernard, a highly acclaimed trickster and 7-year Globetrotter veteran and James "The Roadrunner" Tyndal, a diminutive speedster.

Also, Devon "Livewire" Curry, FIBA's former #1 ranked USA 3-on-3 player; Lamarvin "Showtime" Jackson, a world-class dunker; Jordan "Ice" Southerland, who finished second on TNT's Dunk-King; Leon "Space Jam" Sewell and Brandon "The Werm" Lacue, both featured-on TNT's "The Dunk King" reality competition series. "Lacue has also won four Sprite slam dunk contests and Rashaan "The Rocket" Barner, one of the greatest dunkers in Wizard history.

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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.

Friends of the Library Booksale **Morrill Memorial Library** **9 a.m.-4:45 p.m.**

May 3

Friends of the Library Booksale **Morrill Memorial Library** **1-4:45 p.m.**

1/2 price day! No registration required.

May 7

Patriotic Rosary **Catherine of Siena Church** **1 p.m.**

Come pray the beautiful Patriotic Rosary for the country. You will pray for every soul as each of the 50 states will be named. You will also pray for the military, past and present, living and dead, police and firefighters, and government officials. Come and sing all the favorite patriotic songs to honor God and country and give thanks for the American way of life. For more information, contact Rita Russo, at 781-762-4391.

Reverse Coloring for Adults: **Relax and Create** **Morrill Memorial Library** **6:30 p.m.**

Morrill Memorial Library brings a relaxing evening of adult coloring, but with a twist. Unwind and tap into your creativity with Reverse Coloring,

a fun and relaxing art activity designed for adults! Unlike traditional coloring books, reverse coloring starts with the colors already on the page — your job is to draw the lines. Let the watercolor-style backgrounds inspire your imagination as you add shapes, patterns, or outlines to bring each page to life. Whether you're an experienced artist or just looking for a mindful way to relax, this stress-free program is for you. All materials will be provided. No art skills needed — just bring your imagination! For ages 18+.

May 8

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+.

May 9

Plant Sale **Norwood Senior Center** **9 a.m.-1 p.m.**

The Norwood Evening Garden Club is hosting their Annual Plant Sale! They will be offering a variety of plants, including perennials, annuals, hanging baskets, patio pots, vegetables, and herbs. Mastercard, VISA and Venmo accepted.

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

Check out the fabulous clothes and shoes they have for whole family, household items, jewelry, books, and a whole lot more. You can't go wrong with their fabulous prices!

Norwood Early Childhood Education Fair 2026 **Balch Elementary School** **10 a.m.-noon**

The Morrill Memorial Library is hosting this FREE event will take place on the front lawn of Balch Elementary School. Norwood CFCE received a

grant from the Norwood Cultural Council to cover the cost of a performance by the children's band "Rockabye Beats" during the event. This concert will begin at 10:30 a.m. This event is recommended for families with children ages 0 to 6. Rain or shine! If it rains, the event will be held in the Balch School Gymnasium (please use Door 7, located on the cafeteria side of the school).

If you have any questions, please contact the CFCE Program Coordinator, Liz Hogrell (ehogrell@minlib.net).

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.

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.

May 10

Look at Me Grab and Go **Morrill Memorial Library** **1-5 p.m.**

Celebrate self-expression and creativity with this month's Grab & Go Kit! Families will receive a copy of Look at Me! by Rachel Fuller, a bright and engaging story that encourages children to explore who they are and share what makes them unique. Along with the book, each kit includes simple, hands-on activities that invite children to create, play, and express themselves. This kit supports early literacy while building confidence and a sense of identity in young learners. One kit per family. For more information, contact CFCE Program Coordinator Liz Hogrell (ehogrell@minlib.net).

May 11

Monday Movie Matinee **1 p.m.**

The Monday Movie Matinee is 'Hamnet (125 mins) - PG 13. Agnes Shakespeare — the wife of the world's most famous writer — struggles to come to terms with the loss of her only son, Hamnet. (Source: Swank). Cast: Jessie Buckley, Paul Mescal, Zac Wisheart, James Lintern, Joe Alwyn.

May 12

Women in Business Networking Meeting **Norwood Civic Center** **8 a.m.**

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the

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

Norwood Woman's Club Luncheon **Conrad's, Walpole** **12 noon**

The Annual Luncheon will be a buffet with chicken, fish, and steak tips. The cost is \$30. Send a check made out to Norwood Woman's Club, to Pat Cavanaugh, 42 Windsor Rd., Norwood, by May 7.

MBTA Reduced Fare Sign Up Event **Morrill Memorial Library** **12-2 p.m.**

Members of the MBTA's Travel Training team, part of the Mobility Center, will be on-site to help individuals apply for reduced fares on subway, bus, commuter rail, ferry, and/or The RIDE available to anyone age 65+, anyone with a documented disability, and anyone who receives a benefit from MassHealth or the Department of Transitional Assistance. Interested individuals should bring photo ID with them to complete the application.

The staff can also assist with Transportation Access Pass. The required documentation is one of the following:

Disability placard from the Registry of Motor Vehicles

Current non-MBTA reduced fare card with an expiration date

Signed letter from an MBTA Travel Trainer on MBTA letterhead

Medicare, One Care, or Tufts Health Unify Card

Veteran benefits summary letter on VA letterhead specifying a disability rating of 70% or higher

Department of Mental Health (DMH) signed verification letter

Massachusetts Rehabilitation Commission (MRC) signed verification letter

This is a drop in event. No registration required.

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

Inspired by the Boston Public Library and the National Public Housing Museum's 36 Questions for Civic Love program,

Registration is required for Morrill Memorial Library events unless otherwise noted: visit www.norwoodlibrary.org/morrillcalendar/, or call the reference desk at 781-769-0200, x2.

CALENDAR

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this conversation-based 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.
**Norwood Toastmasters Club
 Norwood Civic Center
 6:45 p.m.**

The Norwood Toastmasters Club helps develop communication and leadership skills for their 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, norwoodtoastmasters.toastmastersclubs.org/.

May 13

Outdoor Water Playdate with Hale Poirier Village Center, 82 Roosevelt Ave.

Join Norwood CFCE and friends from Hale Education for a splash-filled morning of outdoor fun and learning! This collaborative program is perfect for young children and their caregivers. Hale Education will bring one of their canoes for children to explore up close, along with paddles and a chance to practice putting on a life jacket. Kids will even have the opportunity to safely sit in the canoe and imagine their own water adventures! There will also be a read-aloud of *Over and Under the Pond*, plus plenty of bubble play with bubble machines and wands for everyone to enjoy. Norwood CFCE will have water tables set up for hands-on play, so come dressed to get wet! Registration appreciated, but not required.
**Norwood Junior Woman's Club Meeting
 Conrads, Norwood
 7:30 p.m.**

The Norwood Junior Woman's Club is a women's social group that serves the Norwood community by fundraising in order to give back locally to various programs, events, and families in need. They are an easy-going, fun group and joining doesn't

require a big commitment. Monthly meetings are held on the second Wednesday of each month. For more information, email norwoodjwc@gmail.com or visit their website at norwoodjuniorwc.wixsite.com/norwoodjwc. All welcome; bring a friend and see what they are all about!

May 14

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

The March Sensory-Friendly Monthly Movie series is 20th Century Fox Book of Life, rated PG.

**Author & former CIA officer
 Christina Hillsberg on “Agents of Change”
 Morrill Memorial Library
 7 p.m.**

Morrill Memorial Library is hosting former CIA officer Christina Hillsberg, author of *Agents of Change: The Women Who Transformed the CIA*, for an author talk and book signing. In this talk, former CIA officer Christina Hillsberg takes audiences inside one of the world's most secretive institutions to reveal the hidden history of the women who helped shape modern intelligence. Blending history, firsthand accounts, and her own experience as an intelligence officer, Hillsberg dismantles popular spy myths and traces how generations of women navigated secrecy, sexism, and risk in service of their country. The result is a deeply human portrait of women who challenged expectations and left a lasting mark on the intelligence community. Copies of Christina's books will be available for sale and signing at the end of the event.

May 15

**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+.

May 16

**Wings & Wheels
 Norwood Airport**

**9-10 a.m.
 10-11 a.m.**

Wings & Wheels is Back! Join the staff at the Norwood Recreation Department at Norwood Memorial Airport for an exciting, up-close experience with planes, helicopters, large trucks, and MORE! Two sessions available. Register for only 1 session. Gates close at 10:15 a.m. Open to all ages. FREE! Registration required. To register, visit norwoodma.myrec.com/.

**Seed Packing Party!
 Morrill Memorial Library
 10-11:30 a.m.**

The Morrill Memorial Library seed library is in need of restocking since it has been so popular. They need to stock the seed library with a wide variety of seeds to last through the planting season, so the staff figured they'd make it a social event! Participants will pack a variety of seeds, and have impromptu gardening conversations with fellow seed packers. Suitable for all ages.
**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.

**Artist-in-Residence: History of Percussion
 First Congregational Church, 100 Winter St.
 2-4 p.m.**

The Morrill Memorial Library, in partnership with First Congregational Church in Norwood, are bringing their 2026 Artist-in-Residence to the Norwood community. Join Jorge Santiago Arce for a unique exploration and celebration of Puerto Rican and Afro-Caribbean music

and culture this Spring in three separate events! Jorge presents music, dances, lore, stories, and history handed down for over two centuries. Participants will explore Puerto Rican *Plena* and *Bomba* history and rhythms, with live drumming, hands-on use of *Plena Panderos*, *Guiro*, *Seguidor*, *Banao* and *Quinto* instruments, *Bomba Cuá*, *Maraca*, *Buleador*, and *Primo* instruments, plus recorded music. Learn about the *Plena* and *Bomba* claves and rhythm variations like *Sicá*, *Yubá*, *Holande*, *Cuembé*, *Danué*, *Bambule*, and *Hoyo Mula*. And, have a great time! This event is recommended for adults and teens.

May 17

**Art Journaling for Beginners w/
 Lynda Bassett
 Morrill Memorial Library
 2 p.m.**

Dive into the world of art journaling, where there are no rules--just endless possibilities! Explore paints, pens, collage, and words, in a fun and relaxed environment. You'll leave with your very own personalized art journal pages and a treasure trove of ideas to keep your creativity flowing. No experience needed! All supplies will be provided, but feel free to bring any photos, stickers, mementos, or other things you'd like to use in your art journal. Attendees must be aged 18+.

May 18

**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.

May 19

**Microadventures in
 Massachusetts w/ Alison O'Leary
 Morrill Memorial Library
 7 p.m.**

Massachusetts is full of history, spectacular scenery, hiking trails, and other wonderful opportunities for adventure. The best part is, most of these places are hidden in plain sight: in museums, state parks, and shared spaces. Join Alison to get inspiration for your summer day trips and

adventures--all in one program. Learn about local waterfalls, museums, islands, abandoned towns, biking, wildlife spotting, and more! Copies of Alison's books will be available for sale and signing at the end of the program.

May 20

**Turn the Page Book Group: “West with Giraffes”
 Morrill Memorial Library
 10 a.m.**

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of *West with Giraffes*, a best-selling novel by Lydia Rutledge.

West with Giraffes is an historical fiction novel inspired by the true story of America's first giraffes, which survived a 1938 Hurricane to travel across the U.S. during the Great Depression. The story follows a 17-year-old orphan and a gruff zookeeper on a 12-day road trip from New York to the San Diego Zoo, offering a coming-of-age adventure that explores themes of loss, friendship, and the profound impact of nature.

**Community Connections @ the Library
 Morrill Memorial Library
 12 noon**

This is a monthly drop-in gathering hosted by Riverside Community Care on the third Wednesday of each month. Each month highlights new ways to get connected. *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 balance, resilience, and wellness. All are welcome, and all questions are welcome - regardless of each month's highlighted topic.

**Turn the Page Book Group: “West with Giraffes”
 Morrill Memorial Library (Virtual)
 6:30 p.m.**

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of *West with Giraffes*, a best-selling novel by Lydia Rutledge.

West with Giraffes is an historical fiction novel inspired by the true story of America's first giraffes, which survived a 1938

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Hurricane to travel across the U.S. during the Great Depression. The story follows a 17-year-old orphan and a gruff zookeeper on a 12-day road trip from New York to the San Diego Zoo, offering a coming-of-age adventure that explores themes of loss, friendship, and the profound impact of nature.

Artist-in-Residence: Bomba Dance Workshop
First Congregational Church, 100 Winter St.
6:30 p.m.

The Morrill Memorial Library, in partnership with First Congregational Church in Norwood, are hosting their second event in a 3-part series for their 2026 Artist-in-Residence. No experience is required for this class made for beginners! Arrive in clothing meant for movement and everything else will be provided. Bomba Dance and Music is a traditional form that arrived in Puerto Rico from Africa in the 16th Century. The Bomba dance workshop represents a fun and profound way of making connections while learning to dance. Long and wide skirts, which are a very important dance tool, are traditionally worn by Bomba dancers who identify as women or girls. Jorge can supplement skirts if needed for any participants who would like to wear one. This workshop is recommended for adults and teens.

Hands-On Planting Workshop w/ Blackstone Valley Veggie Gardens
Morrill Memorial Library
7 p.m.

During this hour-long workshop with expert gardeners from Blackstone Valley Veggie Gardens, attendees will plant seeds and propagate cuttings into a take-home planter. All supplies will be provided. For patrons 18 years or older. To register, please use the form below, or visit or call the Reference desk at 781-769-0200 x2.

May 21

Children's Museum of Easton Fun with S.T.E.A.M
Morrill Memorial Library
10 a.m.

Calling future scientists, technologists, engineers and mathematicians! Test theories and predictions through a compilation of science, technology, engineering, art and mathematics

experiments. Learn to become problem solvers, innovators, creators and collaborators while having fun! They're also adding the "R" for Reading! Incorporating literacy promotes critical thinking and creativity! This hour long in-person program include a free pass for each child to visit the Children's Museum Easton (a \$12 value) as well as an additional activity to do at home.

Entrepreneurship 101: Building Smarter Business with AI
Morrill Memorial Library
7 p.m.

Morrill Memorial Library, in partnership with Norwood Economic Development Department, has announced the second program in their Entrepreneurship series called Building Smarter Business with AI. Artificial intelligence is transforming how businesses operate, but much of the conversation around AI is confusing or overly technical. Join Sandra A. Casey, MIT-trained engineer and founder of Ugabot, as she explains how AI can be used for small and medium-sized businesses (SMBs). Sandra will explain what AI really is and how SMBs can start using it today to save time, reduce costs, and gain a competitive edge. Designed for entrepreneurs and small business owners at any stage of their AI journey, this session will break down the technology in simple terms and show how businesses are already using AI to improve productivity and streamline operations.

What You'll Learn

The difference between Artificial General Intelligence (AGI) and the Narrow AI businesses use today

How automation, AI assistants, AI workflows, and AI agents differ—and why the distinction matters

Common AI myths and what the technology can realistically do today

Real examples of how small businesses are automating repetitive work and saving time

Five practical AI tools entrepreneurs can start using immediately

This program is free and open to all aged 16+.

May 22

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+.

May 23

Blessings Boutique Thrift Shop
First Baptist Church
10 a.m.-noon

Be amazed with the quality, selection, and prices of the clothes, shoes, jewelry, books, puzzles, household items, etc. Stop in and see for yourself!
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.

May 26

Women in Business Networking Meeting
Norwood Civic Center
8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community

events/fundraisers. If you would like more information about the organization or learn 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 their 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, norwoodtoastmaster.toastmastersclubs.org/.

Titles on Tap Book Group
Napper Tandy's Pub, 46 Day St.
7:30 p.m.

The May title had yet to be announced at press time. Copies of the book will be available to pick up at the library's Reference desk. Please contact the library for details on the March book at 781-769-0200. The ebook and audiobook are instantly available through either Libby or 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.

May 27

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.
CFCE Spring Parent Book Club
Morrill Memorial Library (Virtual)
7:30 p.m.

After a successful Fall Caregiver Book Club, the library is excited to host a Spring Coordinated Family and Community Engagement (CFCE) Caregiver Book Club! Join in for a fun and meaningful virtual discussion of *Tiny Humans, Big Emotions* by Alyssa Blask Campbell and Lauren Stauble! Ever wondered

what's really going on behind those intense childhood emotions? Whether you're a parent, caregiver, educator, or just curious about emotional development, you will walk away with fresh ideas and a deeper understanding of the tiny humans in your life. Come connect, learn, and be part of a warm, engaging conversation. The first 25 people to register for this event can pick up a free copy of the book to keep!

May 28

Children's Museum of Easton Fun with S.T.E.A.M
Morrill Memorial Library
10 a.m.

Calling future scientists, technologists, engineers and mathematicians! Test theories and predictions through a compilation of science, technology, engineering, art and mathematics experiments. Learn to become problem solvers, innovators, creators and collaborators while having fun! They're also adding the "R" for Reading! Incorporating literacy promotes critical thinking and creativity! This hour long in-person program includes a free pass for each child to visit the Children's Museum Easton (a \$12 value) as well as an additional activity to do at home.

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

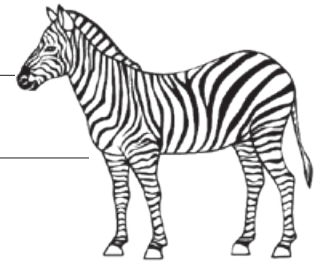
Join the L.E.A.D. students in this creative adventure. Just bring your imagination - the library will provide the Legos. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities.

May 29

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+.

REAL ESTATE CORNER



From Colonials to Capes: The Homes That Define Norwood's Neighborhoods

By MICHELE DEFazio TARANTO

Take a tour through Norwood and neighboring towns, and you'll quickly notice something special; no two streets feel exactly the same. The variety of home styles throughout Norwood reflects decades of growth, changing lifestyles, and the town's unique blend of history and accessibility.

From classic colonials to practical ranches, split levels, and charming capes, each style offers its own character and continues to attract buyers looking to put down roots in this well-connected, highly popular, suburban community.

Colonials are a popular choice in Norwood. Known for their timeless symmetry, these homes typically feature a centered front door, evenly spaced windows, and two full stories.

Inside, they often include formal living and dining rooms, a central staircase, and bedrooms upstairs. Many colonials in Norwood have been updated over the years with open kitchens and modern amenities while still maintaining their traditional charm.

Capes are a staple in Norwood neighborhoods and are often seen as a great entry point into homeownership. Typically, one to one-and-a-half stories, often with a first-floor bedroom or den, these homes feature steep roofs and, in many cases, dormer windows.

While they may start small, many Capes in town have been expanded over time, adding bedrooms and baths to the second floor, larger kitchens, or family rooms. Their flexibility and charm make them a long-term favorite for homeowners willing to grow with the house.

Ranch-style homes became popular in Norwood during the mid-20th century and remain in high demand today. These single-level homes offer simple layouts, easy maintenance, and simple accessibility without stairs.

They are especially attractive

to downsizers or those looking for convenience. Many ranch homes have been renovated into open-concept living spaces,



combining their practical design with modern updates.

Split-level and raised ranch homes are also very prevalent in Norwood. You could even drive down a street and it will be lined with these versatile styles. These homes were designed with functionality in mind.

They often include multiple living spaces, such as a main living level and a lower above-level family room, making them ideal for busy households. With

thoughtful updates, many of these homes now offer flexible layouts that suit today's lifestyles. While more commonly associ-

ated with Boston, multi-family homes, including two and three-family houses, can also be found throughout Norwood. These properties offer opportunities for both investors and owner-occupants and the perfect option for buyers to enter the real estate market, living in one unit while renting out another can help offset mortgage costs. These homes also contribute to Norwood's sense of community, often housing multiple generations or long-

term residents.

In the end, it's not just the style of the home that defines Norwood, it's the people, the neighborhoods, and the sense of community that turn these houses into lasting homes.

Each of these home styles offers something unique, helping to meet the needs of a wide range of buyers in today's market. From first-time buyers drawn to the charm and



potential of a cape, to growing families seeking the space and structure of a colonial, to those looking for the ease of single-level living in a ranch, the variety of housing styles provides options for every stage of life. This diversity not only adds character to neighborhoods, but also ensures that buyers can find a home that fits their lifestyle, preferences, and long-term goals.

Thinking of selling this April?

Spring is here - and so is one of the strongest seller seasons. Let's turn your property into the next success story. Whether upgrading, downsizing, or relocating, I'll guide you every step of the way with clarity, confidence, and results.

Call for a complimentary consultation!

Hellas Assad
Cell 781.856.9477 hellas.assad@nemoves.com

Spring

is a perfect time to list your Home with us!

Put our years of experience as trusted real estate advisors to work for you. Our approach and process will have you moving forward to realize what you deserve: experienced, supportive and results oriented realtors who will work for you to realize the best sale price, terms, and conditions and as stress free an experience as possible.



Call Today for Your Initial Consultation!

 **Steve Callahan**
Broker/Owner/Realtor®
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 **Veronica McElaney**
Realtor®
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Veronica@stevecallahanrealty.com

CALL TODAY FOR YOUR INITIAL CONSULTATION




Your
NORWOOD NEIGHBOR
Your REALTOR

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Land Plans Available at Norfolk County Registry of Deeds

Norfolk County Register of Deeds William P. O'Donnell recently reminded homeowners that only certain types of land plans are recorded at the Norfolk County Registry of Deeds, and that those plans are not plot plans.

"One of the questions we hear frequently from homeowners at the Registry of Deeds is, 'Can I get a copy of my plot plan?'" Register O'Donnell said. "Plot plans are not recorded at the Registry of Deeds. What is recorded are land plans, which generally show the overall

dimensions and boundaries of a property. On occasion, a recorded land plan may depict a structure on the lot, but more often than not, structures are not shown."

There are times when homeowners need a plot plan, particularly when undertaking a capital improvement such as building an addition or installing a swimming pool. A plot plan, also referred to as a site plan, typically shows existing and proposed structures, along with their locations and dimensions relative to the property lines.

These types of plans, however, are not recorded at the Norfolk County Registry of Deeds.

In some communities, local Building Departments may have plot plans on file that show the location of structures and various measurements, including distances between buildings and property boundaries.

"Plot plans are not always available to the general public," Register O'Donnell explained. "In some cases, access may be limited to the property owner or a licensed surveyor. It is also important to remember that a

plot plan may not be up to date or fully accurate if changes have been made to the property since the plan was filed. Homeowners should always consult with a licensed surveyor or other qualified professional before relying on any plot plan for legal or construction purposes."

In many instances, a mortgage plot plan is prepared as part of a real estate transaction or a mortgage refinancing. Homeowners in need of such a plan should first check their personal records from when they did their real estate closing. Additionally, some town building departments may have a copy of a property's plot plan or an asbuilt plan on file. If no such plan is available, the homeowner would need to hire a licensed surveyor to create one.

Land plans, which are recorded at the Norfolk County Registry of Deeds, provide the overall dimensions and boundaries of a property.

"Property deeds include a section that describes the land using metes and bounds," Register O'Donnell noted. "Most deeds also contain a reference to a recorded land plan by book and page number. These land plans can be helpful when there are questions between neighbors about property lines or when addressing other boundary-related issues."

"The Norfolk County Registry of Deeds has documents and plans available for viewing dating back to the Registry's establishment in 1793," Register

O'Donnell concluded. Noncertified copies of recorded documents and plans can be viewed and printed free of charge through our website at www.norfolkdeeds.org."

Copies of land plans that do not contain noncertified copy language are available for a fee of \$1 per plan for 8½ x 11-inch copies, plus an additional \$1 per plan for postage. Larger plans, including 11 x 17 inch or 18 x 24-inch sizes, cost \$2 per plan, plus an additional \$1 per plan for postage. Requests should be mailed to the Norfolk County Registry of Deeds, 649 High Street, Dedham, MA 02026, along with a check made payable to the Norfolk County Registry of Deeds for the appropriate amount.

If the land plan book and page number is unknown, or if there are additional questions regarding land plans, the Registry's Customer Service Center may be contacted in person or by phone at 7814616101, Monday through Friday, between 8:30 a.m. and 4:30 p.m.

"As always," the Norfolk County Registry of Deeds is ready and willing to assist our customers and the citizens of Norfolk County," Register O'Donnell said.

To learn more about these and other 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.

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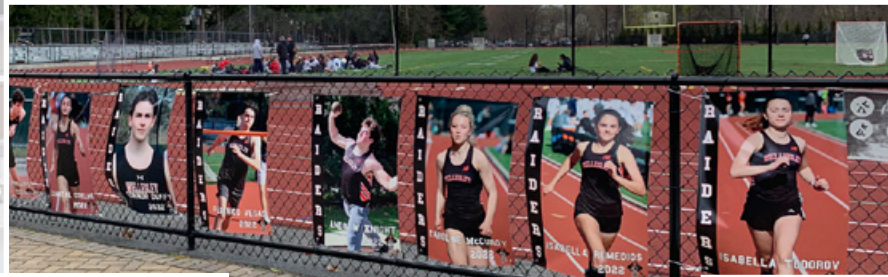


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