

A Little Pantry With A Big Purpose

By MICHELE TARANTO

When food costs rise and household budgets get tighter, asking for help can sometimes feel almost as difficult as needing it. One Norwood resident is working to change that by offering neighbors a simple, judgment-free place to turn when there is not enough food on the table.

Doris Dickson opened a small food pantry at her home on 280 Railroad Ave. in early November 2025, with a goal of filling some of the gaps she had seen firsthand while volunteering with the Norwood Ecumenical Food Pantry. Her idea was straightforward: provide food to anyone who needs it, without requiring proof of income, residency, hunger, or hardship.

Dickson said several factors inspired her to start the pantry, including the interruption of



SNAP benefits during the government shutdown, changes affecting benefits for some residents, the special dietary needs of people who may struggle to

find appropriate foods, and her awareness of the limitations

FOOD PANTRY
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Lorie Martiska, right, Open Sky executive vice president and chief advancement officer, with Teresa Pitaro, the 2026 Valley Friendship Tour top fundraiser. Pitaro, of Norwood, has been the top fundraiser for five years in a row, and she raised nearly \$7,000 for this year's Valley Friendship Tour fundraiser. Photos Courtesy of Open Sky Community Services

Pitaro walks for her brother

For the past several years, Teresa Pitaro has traveled to a historic mill in Whitinsville to walk a mile on behalf of her brother.

The lifelong Norwood resident has been an ardent

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FOOD PANTRY

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faced by larger, more traditional food pantries.

Her experience gave her a solid foundation for taking on the project. Dickson previously volunteered with the Norwood Ecumenical Food Pantry, in-

cluding serving as a delivery volunteer manager, donating to the organization, and attending board meetings. She also holds certificates in nonprofit management and grant writing.

Since opening, the pantry has served a wide range of people, including working families struggling with high housing costs, seniors, people with disabilities,

unemployed residents, immigrants, individuals experiencing homelessness, and people with special dietary needs. While the pantry is based in Norwood, Dickson has also assisted people from surrounding communities.

For Dickson, the mission is about more than simply handing someone a bag of groceries. It is about making sure that when a neighbor needs help, there is a place where they can ask for it without having to prove that their need is great enough.

There is just one requirement: there are no requirements.

What inspired you to start the food pantry?

SNAP benefits being halted during shut down

Knowing the limitations of the Norwood ecumenical Food Pantry

Special food needs of residents

Offering an option that is judgement free without proof of anything

When did you open the pantry?

Early November, 2025

Did you have any experience with food pantries before starting this?

Volunteer for Norwood Ecumenical Food Pantry (delivery volunteer manager) and donor. I attended board meetings.

Hold certificate in non-profit management and another in grant writing.

Who typically uses the pantry?

Seniors, families, individuals? Families with children who mostly work but with rents so high don't have food money too.

Seniors who have special food



needs or lost/reduced SNAP benefits due to exemption changes.

Individuals – particularly disabled or unemployed.

Large percentage of immigrants who have/had work authorization.

Homeless too.

How does someone use the pantry?

Call me, Facebook message, senior center has phone number. Knock on my door.

Take some food out of the mini pantry in front yard.

Fill out form and put in the mailbox.

Do people need to meet any requirements?

None. Judgement free. No proof of "hunger," or "need," or residence."

Serving Norwood and surrounding towns, including Walpole, Medfield, Westwood, and Taunton.

What types of food do you provide?

Fresh fruit and vegetables. Fresh/frozen protein, dairy (milk, cheese, eggs, yogurt), shelf staples protein (chicken, ham, tuna, cheese, peanuts, peanut butter).

Shelf staples, fruit and vegetables, including low sugar/salt.

Lower sugar cereals (i.e. Cheerios, Rick Krispies, Corn Chex).

Snacks, crackers

Clothes and dish detergents, etc.

Personal care items

Paper goods (as donated)

Where do donations come from?

Cash, in-kind donations from individuals (Venmo @ doris-dickson), Amazon and Walmart wish lists.

What items are most frequently in need of?

Those with special eating needs – fresh food only.

Families – meals, cereals, snacks, cleaning

Homeless – proteins they can grab and go bags, can eat on

FOOD PANTRY

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FOOD PANTRY

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the run, fresh fruit, snack bars, individual milds and juices, mini mouth wash and body cleaners.

How many individuals or families are you currently helping?



Varies on request and can't always count who takes food from outdoor mini pantry, so 20-150 individuals on a special day.

How do your clients receive their groceries?

I speak to each client and ask them what they want or need. I follow-up to verify they wanted everything in their order so they don't end up with items that go

in the trash.

Sometimes customers ask if I have specific items and if I do, then I pack them up. If I don't have them but have the resources, I often run out and get the items they have requested.

I have 3 options for clients: Grab and Go Bags delivered

Is there a particular experience with a customer you would like to share?

My heart always breaks with Type 1 Diabetics like myself who try to eat low carb and low processed foods but have trouble getting them with their limited resources.

My heart smiles when I receive a photo of a child eating a

yogurt or fruit pouch with a big smile on their face.

What do you see in the future of the Mini Food Pantry?

My plan is to grow the programs and move to a brick-and-mortar location. The Board of Directors was chosen, the name was chosen, new programs planned, etc, but some family medical issues have forced me to

put these plans on hold for now.

What is the best way for someone to help?

Venmo @ doris-dickson.

Send checks to 280 Railroad Ave., Norwood.

Wishlists: Amazon: Doris J. Dickson Mini-Food Pantry @ 280 Railroad Ave.



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Picture This: Art All Around Norwood!

About three years ago with the help of a grant from the Norwood Cultural Council, marypaz used the funds to give the community an opportunity to walk between exhibits on the Town Common, Custom Framing on Central Street, and Tax Solutions on Washington Street, and named it Norwood Art Walk. She coordinated with the artists at the Space Center so that once the “walk” uptown was over, they would open their studios to continue the day long art event. Unfortunately, it rained relentlessly that day and night, so with Dave Dupree’s blessing the artists participating uptown were invited to set up in the hallways at the Space Center and the “Walk” could be held in much dryer conditions.

Over the next two years, the name “Norwood Art Walk” was used to advertise various art events. She worked with Susana Murphy, owner of Tax Solutions, to install art exhibits in her business, and sought other opportunities for artists to display their work, like coordinat-

ing with Julie Vecchio to host a “Gallery Hop” between Tax Solutions and her gallery at Custom Art Framing. It was obvious from the start that occasional exhibits and art events were not enough to highlight the talented artists in and around Norwood, and that there were not enough locations for displays. What was needed to create a vibrant arts community would take more than an occasional event. More locations needed to be found to create opportunities for artists to



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display their work which meant seeking new partners in the business community, and more effort needed to be made to involve the viewing public.

The solution? Norwood Art Connection, Inc. was formed, a 501(c)3 tax exempt nonprofit dedicated to enhancing the accessibility and visibility of art within the community by fostering strong relationships among artists, local businesses, and the public. Besides hosting exhibits in gallery spaces, the goal is to

locate nontraditional exhibit opportunities providing artists with greater chances to display and sell their artwork. Displays set up in businesses will benefit them from increased foot traffic and visibility. Through these efforts, the community can encounter art in familiar and inviting spaces, enriching the local cultural landscape.

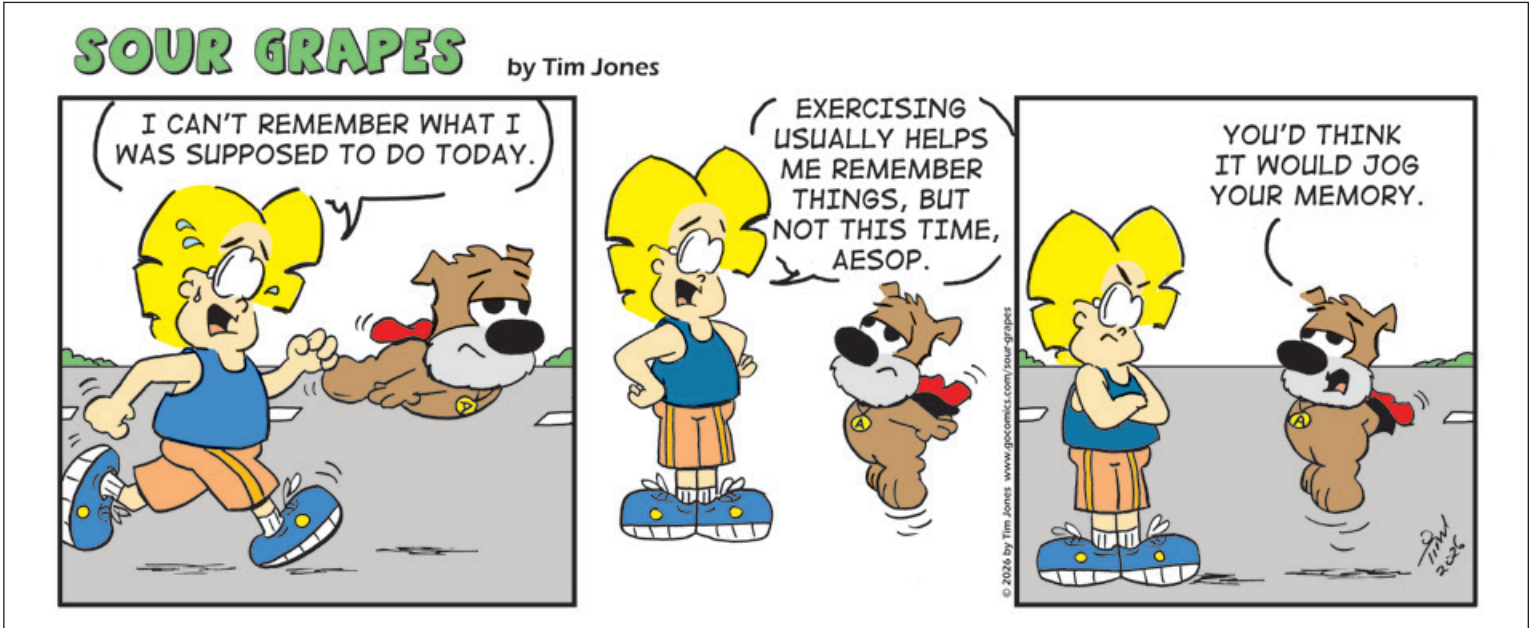
The Town will benefit from these partnerships. There have been several studies done that show the positive economic

impact that Art has on a community. Art and economic development connect when creative industries, cultural organizations, and individual artists drive local job growth, tourism, and community revitalization. Nor-

wood has the artists, the businesses, and a burgeoning interest in cultural expansion to make this a reality.

“We invite artists and busi-

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PITARO

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supporter of Open Sky Community Services, a Worcester-based nonprofit agency that provides help for children, adults and families with mental health challenges, intellectual and developmental disabilities, substance use disorders, brain injury, homelessness and other challenges.

Her involvement with Open Sky began in 2018, when her family was seeking a program for her brother, Peter, who has developmental disabilities.

“We were going through a lot. My father had Parkinson’s, and we were looking for a residential program for Peter,” she said.

The Pitaros found Open Sky, which has been around for more than 50 years. “It’s a longstanding agency that provides day habitation services and a residential program. Peter is now housed in a residential program in Wrentham.

“It’s amazing to watch his progress,” said Teresa Pitaro.



Worcester-based nonprofit Open Sky Community Services brought together more than 250 participants for its 41st annual Valley Friendship Tour fundraiser. The community event, for all ages and abilities, was held on June 6 in Whitinsville to support Open Sky’s programs throughout Central Massachusetts. Photo Courtesy of Open Sky Community Services

“He says he has two families – the family where he was born and raised, and the Open Sky family.”

“I applaud Open Sky. They’re wonderful and caring,” she added. “They’ve been a tremendous help to

our family.”

As a way to give back, Pitaro began taking part in Open Sky’s annual Valley Friendship Tour, a run, bike and walk fundraiser at Alternatives’ Whittin Mill. This year, the event raised

\$110,000, with Pitaro the top fundraiser – a position she has held for the past five years. She raised nearly \$7,000 in this year’s event; over the past six years, she has raised a total of \$35,675.

The key to her fundraising success? In a word, family.

“I have a big network of family and friends,” said Pitaro. “My mom’s a big supporter, too.”

On the day of the event, several members of her family, including her mother, son and daughter, joined Pitaro in walking what is known as “The Golden Mile.”

“Teresa’s longstanding support of Open Sky and the Valley Friendship Tour has made a real impact on our operations and is representative of the community spirit that the Tour was born from over four decades ago,” said Ken Bates, president and CEO of Open Sky Community Services. “The funds she has raised over the years have been felt throughout the organization, fueling our work to empower the individuals we serve to lead fulfilling lives.

Champions like Teresa truly make this work possible.”

Pitaro’s involvement with Open Sky does not stop with this event. She is also a member of the agency’s Advancement Committee.

Outside of Open Sky, Pitaro has a full-time job as senior director of procurement for the Mass. College of Pharmacy and Health Services. She is a graduate of Babson College in Wellesley.

About Open Sky

Open Sky Community Services has more than 1,300 employees and nearly 150 programs throughout the region, supporting more than 8,000 individuals annually. Funds come from a variety of private and public sources, including the cities of Leominster, Worcester and Fitchburg, MassHealth and the federal Department of Housing and Urban Development.

For more information, visit www.openskycs.org.

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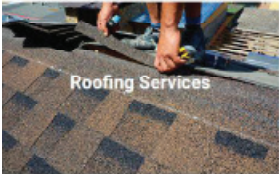


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New hope for Norwood Hospital

By MICHELE TARANTO

More than six years after a

town.

On June 28, 2020, the Town of Norwood experienced an

the phenomenon as back building, where individual thunderstorm cells continu-



devastating rainstorm forced Norwood Hospital to close, the community may finally have a path toward bringing a full-service hospital back to

extraordinary concentrated storm that dumped three to four inches of rain with flash flooding, lighting strikes, hail, torrential downpours, and destructive winds. The Norwood Historical Society describes

ously regenerate on their trailing flank. Floodwaters broke through into Norwood Hospital damaging critical mechani-

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ART

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ness owners to contact us to be part of this creative enterprise," marypaz said. "We are putting together a "virtual rolodex" of artists and their work, and we will serve as the liaison between interested businesses and artists. Folks can visit our website, <https://norwoodartconnection.org>, or email us at info@norwoodartconnection.org. Besides hanging art in traditional and nontraditional locations, in the future we want to host street festivals of artists, musicians, and performers, connecting artists,

businesses, and the community. Popular events, like Art in the Park, could be resumed, as well as holiday exhibits and sales."

There are eight board members on Norwood Art Connection and two advisors:

marypaz, Chair/President
Susana Murphy, Treasurer
Nick Grow, Clerk/Secretary
Tara Bilotta, Director
Ieshia Karasik, Director
Amy Schubert, Director
Michele Taranto, Director
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HOSPITAL

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cal and electrical systems, forcing the evacuation of patients and ultimately closing the hospital's main campus. What initially appeared to be a temporary loss turned into years without a local hospital. Plans were made to demolish the damaged facility and build a new hospital, but construction eventually stalled amid the financial collapse and bankruptcy of Steward

an important milestone last month. Governor Maura Healey joined state and local leaders met in front of the hospital on August 21, for a ceremonial signing of recently

yond Norwood. The facility historically served approximately 250,000 residents throughout the surrounding region. Local firefighters and paramedics have also had to transport patients farther from town for emergency care, keeping ambulances and crews committed outside the community for long periods.

According to finishthe-jobnorwood.com, in 2019, the last full year Norwood Hospital was in operation, it experienced 42,705 ER visits, held 130 hospital beds, and serviced 14 towns. There is still much work to be done before Norwood Hospital welcomes patients again. But after six years of uncertainty, the new legislation represents something the

community has been waiting a long time to see: a tangible path forward. State Rep. John Rogers, State Sen. Mike Rush and Congressman Stephen Lynch were among the lawmakers recognized for their efforts, along with Governor Healey, Norwood General Manager Tony Mazzucco, the Select

Board, the Norwood Hospital Task Force and the many residents and first responders who have continued advocating for the hospital's return. To stay updated on the status of the revitalization of Norwood Hospital visit finishthejobnorwood.com.



Health Care. Throughout those years, Norwood residents, town officials, first responders and state and federal lawmakers continued advocating for the return of emergency and acute care services. Concerned Norwood residents (and residents beyond) eventually banded together with 'Finish Norwood Hospital,' to keep the issue at the forefront and work toward finding a solution. That persistence reached

enacted legislation designed to move the hospital property toward a qualified nonprofit healthcare operator. Under the new law, Medical Properties Trust has until Nov. 1 to reach an agreement with a qualified nonprofit operator. If that does not happen, the Commonwealth has the authority to move forward with acquiring the property through eminent domain. The absence of the hospital has had an impact well be-

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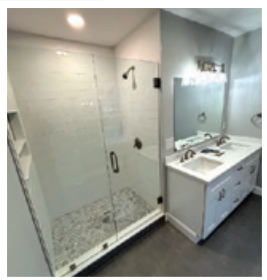
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A Little Off the Top

This party is a real sleeper

By STUART GREEN

According to the latest poll, a majority of Americans don't read the latest poll. In fact, they don't read that they don't read the latest poll.

Of course, this has nothing to do with the latest poll, so let's just forget I mentioned it.

But what with the crucial issues of our day constantly in the news - the wars, inflation, jobs, bare-knuckled steel-caged wrestling - people never had so many opportunities to watch videos on cats playing with balls of string.

And that is why the political landscape in this country is about to change for the better - or at least a spreadable substitute. Americans are tired of being tired, and even more tired of having to decide exactly what to avoid while scrolling.

For those who have absolutely nothing better to do, you may

want to pay attention to a new party that's sweeping the nation - or at least dusting the county. The I'm Pretty Sleepy Party is a political movement growing in inches and millimeters.

The new party, with its humble origins in Sleepy Hollow, is an off-shoot of the 19th century Know Nothing Party. While the Know Nothings wore its philosophy on its sleeve (after it came back from the cleaners), the Sleepers are taking it a step further. Not only don't they have an opinion on issues, but their platform calls for all party members to take mandatory naps during all news shows. (Technically, non-party members have been taking these naps for years, but this is the first time a party has prescribed sleeping pills for any holdouts.)

The Sleepers' motto is admittedly a work in progress. "A Mattress in Every Pot, A Pillow

in Every Garage," was rejected on grounds of plagiarism, provincialism, and Depressionism. The equally curious, "We Won't Take it Lying Down - oh, Wait a Minute, We Will," was voted down on purely posture reasons. "Don't Wake Me Up When It's Over" was deemed a bit anticlimactic.

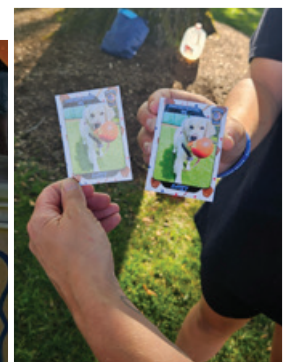
Finally, delegates decided on the brilliant slogan that embodies all that the party is trying to stand for - "Huh?" That, plus it'll really keep costs down when printed on a hat.

And that's where the party is today. But the group did just issue an urgent message to its followers, one which it insists must be followed precisely, exactly, and not at all: "C'mom, Mom, just give me five more minutes."

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

Norwood National Night Out 2026

Norwood residents came together for an evening of community, conversation, and fun during the town's Annual National Night Out celebration on August 4, at the Town Common. The event gave families an opportunity to meet members of the Norwood Police and Fire Departments, connect with local organizations, and enjoy activities for all ages.



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Good Neighbors Make Great Communities

By MICHELE TARANTO

You probably know the neighbor who always brings in someone else's trash barrels, keeps an eye on a house while the owners are away, shovels a little farther down the sidewalk after a snowstorm, or stops to check on an older resident living alone.

They may not think much of it, but those small gestures are part of what turns a neighborhood into a community.

This September, Massachusetts residents are being encouraged to celebrate the importance of those connections as part of the Third Annual Massachusetts Good Neighbor Day. Governor Maura Healey officially proclaimed the observance, which she expanded this year into an entire weekend, Sept. 25 through 27.

The goal of Good Neighbor Day is simple: to foster connected and caring communities where no one feels invisible or left out in the neighborhood they call home. More than 30 organizations participated

in the inaugural celebration, hosting events and highlighting the power of kindness, connection and community.

The Massachusetts celebration leads into National Good Neighbor Day on Sept. 28, giving residents one more reason to reach out to the people who live around them.

Here in Norwood, residents can mark the occasion by getting outside and meeting some neighbors.

The Morrill Memorial Library and Norwood Trails Committee will host a Good Neighbor Day Walk & Talk on Monday, Sept. 28 at 3 p.m. Participants will enjoy a friendly stroll along the Bernie Cooper Riverfront Park trail. The trail is fully accessible and ADA compliant, making the event an opportunity for residents of varying abilities to participate.

Of course, being a good neighbor doesn't require attending an event or making a grand gesture.

Introduce yourself to some-

one new on the street. Offer to pick up something at the store for an older neighbor. Bring in a package left on someone's doorstep. Share vegetables from the garden. Keep an eye out for a lost pet. Or simply wave and say hello when you pass someone outside.

Good neighbors can be especially important during difficult times. They are often the first to notice when something isn't right, lend a hand during a power outage, check on someone during extreme weather or rally around a family experiencing a hardship.

And sometimes being a good neighbor is even simpler: keep the music down, pick up after your dog, don't block someone else's driveway and return that ladder you borrowed!

In a busy world, it can be surprisingly easy to live just a few doors away from someone and barely know them. Good Neighbor Day is a reminder that building a stronger community doesn't always require a big initiative.

Sometimes it starts by simply saying hello. walking across the street and



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LIVING HEALTHY

Genetic Eye Tests: Are They Worth It?

By GRAHAM R. STETSON, OD, MS

Last month, we explored how we inherit more than eye color. Genes can influence our risk for eye disease, raising the question: If our DNA can reveal risks, should we all have genetic testing? The answer depends on what we hope the results will tell us.

When it Helps

Sometimes an examination, symptoms, or family pattern can suggest an inherited disorder, and genetic testing could provide important information. A laboratory evaluates DNA from a blood or saliva sample, looking at one gene or, more commonly, a panel of genes associated with an eye condition. An eye doctor or genetic counselor explains the results and recommends next steps.

Testing is most useful for con-

ditions such as retinitis pigmentosa, Stargardt disease, or some corneal dystrophies and optic nerve conditions. It is less useful for common conditions such as glaucoma, macular degeneration, and nearsightedness. Age, health, and environment play important roles, so genetic testing alone cannot provide a diagnosis or replace regular eye examinations.

Why Do It

Many inherited eye diseases can look similar even when caused by different gene variants. Identifying the responsible gene may confirm a diagnosis, explain how it was inherited, and help determine if relatives are at risk. Sometimes testing reveals that an eye problem is part of a broader condition, one that may affect hearing, the kidneys, or another part of the body. A genetic diagnosis may help

determine whether someone qualifies for a clinical trial or gene-specific treatment. For example, the first FDA-approved gene therapy for an inherited retinal disease is available for patients with disease-causing changes in both copies of the RPE65 gene. Most inherited eye disorders do not yet have approved gene therapies, but a growing number of treatments are in development.

What It Means

Results are not always definitive. A positive result identifies a genetic change believed to cause or contribute to disease. It cannot reliably predict when symptoms will appear or how severe they will become. A negative result does not necessarily rule out a genetic disorder. The responsible gene may not yet be known, or today's tests may not detect every genetic change.



Sometimes testing finds a “variant of uncertain significance.” Simply put, the test identified a DNA difference that has not yet been classified as harmful or harmless. The important question is whether the result could clarify a diagnosis or guide care. For people with inherited eye disease, a

string of DNA letters could help clinicians provide answers and open the door to new treatment options. *Sponsored articles are submitted by our advertisers. The advertiser is solely responsible for the content of this article.*

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LIVING HEALTHY

A hop, skip and a jump

Our feet which are made of 26 bones, 30 joints and more than 100 muscles, tendons and ligaments all of which work together to provide support, balance and mobility. They work together to help us walk, run, hop, skip or jump. As we age our feet can start to change which can affect our normal arches and biomechanics. These changes can then cause changes in function of our ankles, knees, hips and even our spine making our daily activities more painful and difficult.

Karen is a 45 year old office worker who mostly sits at her desk for her job. When not at work she is a fairly active person who likes to walk for exercise and plays pickleball several times per week. She started to notice hip pain increasing while on her daily 4 mile walk. As the pain became more constant, it started to



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

limit her activities as well as her sleep due to pain. Even sitting at work became a challenge.

When she presented herself to our office we evaluated her gait, and performed other tests to diagnose the cause of her problem. It was

determined that she had a moderate pronation problem with one of her feet as well as an alignment issue as the foot was externally rotated (turned out). We started to adjust her feet, knees, hips and spine as well as making custom designed orthotic inserts for

her shoes. As a result, she has resumed her walking routine pain free, returned to playing pickleball and sleeping soundly.

If you are suffering from a similar problem give our office a call at 508-660-2722 and make an appointment with Dr Molly Rappaport or Dr Mi-

chael Goldstein today. We are located at 1426 Main Street Suite #6, Walpole, MA.

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Congratulations, Ralphie! We're going to miss you!



Pet Food Donations Needed!

Charley's Angels Pet Initiative is asking the community to help keep local pets fed by donating dog and cat food.

For families facing financial challenges, the cost of pet food can add another strain to an already tight household budget. Donations help ensure that local pet owners have access to food for their four-legged family members when they need a little extra support.

Both dog and cat food donations are appreciated. Every bag, box, and can will make a difference and help keep pets healthy, fed, and where they belong, with the people who love them.

Help us fill some bowls and lend a paw to pets in need! Donations can be dropped

off at the Dirty Dawg Wash, 1 Wilson, St., Norwood, Tuesday-Saturday, 10 a.m.-4 p.m. For more information visit charleysangelspetinitiative.org, or email charleysangelspetinitiative.org.



Charley's Angels Pet Initiative is funded entirely by donations and operated completely by volunteers. We are a 501(c)3 charitable/non-profit organization dedicated to preventing rehoming by providing essential pet supplies and financial resources.

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SAVE THE DATE!

Sunday, Sept. 13

9 a.m. - 2 p.m.

Car Wash and Dog Wash



Norwood Municipal Lot

10-11:30 a.m.: Rabies and Microchipping Clinic with Dr. Keyes

9 a.m. - 2 p.m.: Nail Trimming by Dirty Dawg Wash of Norwood



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NOR

NORWOOD SPORTS

Improvement on the Horizon

By CHRISTOPHER TREMBLAY

Last fall, the Norwood football team did not have the season they were hoping for. Their mediocre 3-8 season comprised of only a handful of seniors getting significant time. This year, Mustang Coach Manny Lopes is looking for his team to turn things around and get back into tournament play.

“Going 3-8 left a sour taste in the kids mouths so they are chomping at the bit to get back onto the field and make things right,” Lopes said. “This year, we have a senior class of athletes that have been together since their youth years and I am excited to see what they can do.”

As the season approaches, Lopes is hoping that the team can compete for the top spot in the Tri-Valley League. During the pre-season, according to MIAA rules, teams only have 15 days to get ready for the season, but within those 15 days they

have a mandatory 15 practices they must take part in.

One good thing that Lopes will not have to really worry about is that he has 75% of his offensive line returning to the field lead by guard Mike Murphy and tackle Owen Keats. According to the Norwood coach, Murphy has had a knee injury for some time, but he has worked especially hard to get onto the field and stay there this season.

“Last year, he didn’t play baseball as he was trying to focus only on football,” Lopes said. “He’s the strongest kid I have ever coached and he is busting his tail to be able to play his entire senior season.”

Keats is a three-sport athlete (lacrosse and wrestling) and alongside of Murphy, the two are looking to keep Norwood’s offense moving forward. The duo played next to each other for the majority of the season

and the coach is hoping that if Murphy stays healthy, they will be able to accomplish that.

“Mike and Owen are best friends off the field and they’ve built a special bond on the field that will help us to be successful,” Lopes said. “So needless to say, keeping them together would be ideal.”

Behind the offensive line, Norwood will be looking to Chase Chastinet and Kerleson Oliveira to handle the running of the ball. Both backs are not only fast, but big and strong opening blocks for the other. In the past, Norwood has gone more with a passing game, but this fall Lopes plans on going back to pounding the ball with Chastinet and Oliveira as the Mustangs will not have a quarterback who can break out and run. Fans will notice the upcoming season with a change in scenery on the offensive side of the ball.

At the time of this writing, the quarterback position is still up for grabs between three athletes: junior Joe Roffi, sophomore Joe Larkee, and senior Bobby Griffen. Roffi, who has matured since last season possesses a strong arm and has recently pulled ahead to claim the position for the Mustangs opening contest against Stoughton on Thursday, September 10th.

Larkee, the youngest of the trio, has yet to hit his growth spurt but according to Lopes is probably the best athlete of the bunch.

“He’s a gamer.” The coach said. “Last Thanksgiving, I gave him one throw to try and score a touchdown with his older brother Sam and he came through and did it.”

Griffen has been a three-year varsity player and will get an opportunity here and there before he graduates.

On the opposite side of the



ball, senior middle linebacker Matt Kiklis will control the defense. The senior is the team’s mic linebacker and will call all the plays.

“Matt starts every game and is the voice of our defense,” Lopes said. “He definitely gives us an attitude on that side of the ball and is primed to have a good year.”

As Norwood works on getting ready for the Stoughton opening game, the entire Mustang team is focused on improving upon last season’s performance and the seniors are all looking to contribute in a big way as the team makes a run to the playoffs.

Mustangs Hoping For Return To Championship

By Christopher Tremblay,

Three years removed from making it to back-to-back Division 2 State Championship games Norwood field hockey is hoping to be able to make another run at the big game. During the 2023 season, the Mustangs grabbed the number two seed in the tournament but eventually had their season come to an end with an overtime loss to Reading in the Division Championship contest. The following year, Norwood was awarded the number one seed, but unfortunately once again, was ousted in the championship game, this time falling to Somerset Berkley.

Last fall, Norwood under the guidance of Allison Penza who returned to take control of the team, the Mustangs once again made it into the Division 2 post season earning a 13 seed that was able to take out Oliver Ames in the first round only to fall to Canton in the next game. During that season, Norwood didn’t have a lot of veteran players, in fact, the squad only had two returning starters and another two or three girls who

were used sparingly.

As the preseason gets underway, Penza will have last year’s back-up keeper Abby Phifer donning the goalie uniform. Last fall, Phifer, although practicing with the varsity squad, primarily suited up for the junior varsity team due to the fact their goalie was injured.

“By playing with the JV team, at least she was getting game time action,” Penza said. “It’s a big jump going from JV to varsity but I feel with all the work she got with her club team and the clinics she took part in, she’ll be ready to step into the role this year.”

At the other end of the field, the Mustangs will be looking for their forwards to move the ball into the offensive zone and repeatedly find the back of the net. Leading the way will be seniors Mackenzie Conley and Ally Mannering who both saw significant playing time last fall. Conley was the team’s second leading scorer and Mannering

has been seeing time off the bench since her sophomore campaign. Junior Maureen Larkee, the team’s top scorer, will be placed in the center forward position.



“Having such an experienced front line that has speed and a scoring touch, I am very excited,” Penza said. “I am looking for them to capitalize a lot more on their scoring to give us an edge.”

The Norwood midfield will be patrolled by juniors Aly O’Neil (in the center) and Emma Penza (on the left). Penza has been with the team since her sophomore season when the team made it to the championship game so she knows what the team is expect-

ing to return to the big games. Both girls bring a very strong athleticism to the game and play well with one another.

On the opposite side of Penza will be senior Maddie Doucette,



another athlete who plays club field hockey in the off season. After playing the high middle last year, Penza is moving the senior to the right side allowing her to add to her game and stick skills while hopefully making it onto the score sheet.

Defensively, seniors Maddie Sople and Ashley Delaria will keep the ball away from the Norwood net. Both girls have been starters with speed and a high field hockey IQ and should be able to control the area for

the Mustangs. Penza noted that the duo saw significant time for the first time last fall and is expecting them having the experience to move forward this year.

Through the majority of last season Norwood found themselves vying for the league title, but when this season opens the Norwood coach is confident the girls will be readier than they were last fall and should be able to compete.

She is also eyeing a return to the tournament while improving upon last year’s performance.

“It was good to get a first-round win last year and move into the second round of play,” Penza said. “Now we have the experience and know what they are capable of and building upon that performance. One thing I can never question is their continuous effort.”

If the Mustangs can increase their scoring while staying strong defensively, the coach sees no reason why they cannot surpass last year’s performance.

CALENDAR OF EVENTS

Sept. 1: Carnival Day!

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

The Norwood Farmers Market hosts over 30 vendors each week selling local produce, homemade lasagna, cookies, and ethnic food, fresh seafood, and even lemonade hand made on site! But there is always more! Handmade soaps, wood carvings, oils, candles, jewelry, crochet items, with new vendors every week! Shoppers come by to also learn about local and state, and non-profit organizations. Today's special event is Carnival Day! Bring the kids!

Sept. 2

**Sensory-Friendly
Wednesday Movie
Morrill Memorial Library
9:45 a.m.**

The September movie in the Sensory-Friendly Monthly Wednesday Movie series is Universal Pictures, 'The Super Mario Bros. Movie,' rated PG.

Sept. 4

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

Join the art instructor Stephanie Enloe in a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature.

Sept. 8

**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.

**Borrowing Basics: Lunch and
Learn with SEED
Morrill Memorial Library
11:30 a.m.**

Morrill Memorial Library and the Town of Norwood Economic Development Department are partnering with South Eastern Economic Development Corporation (SEED) for an event for new entrepreneurs and existing business owners. During this free, in-person session, participants will learn the fundamentals of financing a small business, what lenders look for in a loan application, and the funding programs available to start-up and existing businesses.

**Norwood Farmers Market:
Football Kickoff!
Norwood Town Common
2-6 p.m.**

The Norwood Farmers Market hosts over 30 vendors each week selling local produce, homemade lasagna, cookies, and ethnic food, fresh seafood, and even lemonade hand made on site! But there is always more! Handmade soaps, wood carvings, oils, candles, jewelry, crochet items, with new vendors every week! Shoppers come by to also learn about local and state, and non-profit organizations.

**Planning for Medicare
Morrill Memorial Library
7 p.m.**

Join this event to understand Medicare eligibility. Learn about health insurance options outside of employer-sponsored coverage. Many people need help understanding the coverage options available to them. This is especially true for people that plan to retire and are leaving employer sponsored coverage. For these individuals, retirement may be the first time they do not have a Human Resource representative coordinating, explaining, and negotiating a rate for their health plan premium. The presentation will explain: Medicare Parts A and B, Medicare enrollment timeline, Medigap Plans that supplement Medicare coverage, Medicare Advantage Plans, such as HMO and PPO's, Medicare Part D

prescription drug plans, and plans and programs available to early retirees, such as COBRA.
**Norwood Toastmasters Club
Norwood Civic Center
7 p.m.**

The Norwood Toastmasters Club helps develop communication and leadership skills for its members and the community at every ability level. Guests are welcome to visit and see for themselves! Meetings are held on the second and fourth Tuesdays of the month. For more information, visit <https://norwoodtoastmaster.toastmastersclubs.org/>.

Sept. 9

**Music with Sarah
Morrill Memorial Library
10 a.m.**

Get ready to sing, dance, and move to the beat in this lively Music with Sarah class! Designed for young children and their caregivers, this interactive program is full of songs, instruments, movement, and musical fun that will have everyone clapping and smiling along.

**Literacy Volunteers
Orientation
Morrill Memorial Library
6:30 p.m.**

Have you been looking for a meaningful opportunity to make a positive change in the world? Consider becoming a literacy volunteer! All you need to tutor adult students is sensitivity, a high school diploma, and to complete the library's tutor training program. To learn more, join the next orientation session:

**Norwood Junior Woman's
Club Meeting
Conrad's Restaurant,
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 by joining it doesn't require a big commitment. For more information, email Norwoodjwc@gmail.com or visit their website at <https://norwoodjuniorwc.wixsite.com/norwoodjwc> The

Club is sponsored by the General Federation of Woman's Clubs, one of the largest and oldest women's volunteer service organizations. All welcome to any meeting, bring a friend and see what they are all about!

Sept. 10

**American Red Cross Blood
Drive
VFW Norwood
193 Dean St.
9 a.m.-2 p.m.**

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

The September movie in the Sensory-friendly Monthly Thursday series is Universal Pictures' 'The Super Mario Bros. Movie,' rated PG. For ages 18+.

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

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

Sept. 11

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

Join the art instructor Stephanie Enloe in a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature.

**Knights of Columbus Disco
Dance
572 Nichols St.
7 p.m.**

Cost is \$10 per person. For more information, visit Face-

book: Norwood Dance Party.

Sept. 12

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

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

How does the race work? Up to 8 teams will compete, with a maximum of 4 people per team. Feel free to name your team!

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

One puzzle per team. Puzzles will be 500 pieces and each design will be unique.

Based on random luck of the draw, teams will get to choose their puzzles.

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.

Sept. 13

**Ploof Grab and Go
Morrill Memorial Library
1 p.m.**

Meet Ploof, a shy cloud who invites readers on an adventure with an interactive story that explores emotions, shapes, and play! The Grab & Go Bag will include a copy of the book Ploof, by Andy Chou Musser and Ben Clanton, along with fun activities inspired by the story. Registered patrons can pick up the Grab and Go during library hours during the week of September 13th-19th at the Children's Desk. Perfect for young readers and their families!

Sept. 14

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

The movie today is 'It Was Just an Accident,' (Persian) (103

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

continued from page 14

mins) - PG 13 An unassuming mechanic, Vahid, has a chance encounter with a man he suspects to be his former sadistic jailhouse captor, Eghbal. Panicked, Vahid kidnaps the man and rounds up a few of his fellow ex-prisoners to try and confirm the man's identity. As the bickering group drives around Tehran with the captive, they must confront how far to take matters with their presumed tormentor. (Source: Swank)
Cast: Vahid Mobasseri, Mariam Afshari, Ebrahim Azizi, Hadis Pakbatan.

Author Discussion: "Abandon Ship! The Sinking of the Laconia"
Morrill Memorial Library
7 p.m.

Morrill Memorial Library welcomes author and journalist Alison O'Leary for "Abandon Ship! The Sinking of the Laconia." Join Alison as she recounts the most unique story of WWII: The British ship Laconia was carrying nearly 3,000 people, 600 miles from land, in 1942 when a German submarine sent two torpedoes into her starboard side. Why did the Germans help to rescue survivors? The same German submarines that were sinking ships on America's coast in early 1942 were saving people shipwrecked off Africa just months later. Abandon Ship has many twists and turns, including the unexpected behavior of an American B-24 plane crew when the shipwreck survivors were clinging to lifeboats in the middle of the ocean. Once you hear this complete true story, you will never forget it!

Sept. 15

Norwood Farmers Market: Wellness Day!
Norwood Town Common
2-6 p.m.

The Norwood Farmers Market hosts over 30 vendors each week selling local produce, homemade lasagna, cookies, and ethnic food, fresh seafood, and even lemonade hand made on site! But there is always more! Handmade soaps, wood carvings, oils, candles, jewelry, crochet items, with new vendors every week! Shoppers come by to also learn about local and state, and non-profit organizations. It's all about healthy

choices today! There will be exercise and yoga demonstrations, and local companies for information and giveaways on dentistry, eye health, and pharmaceutical.

Great Reads MA Book Discussion: "Nothing More of This Land"
93 Day St. (Day House)
6:30 p.m.

Join Morrill Memorial Library, in partnership with the Norwood Historical Society and First Congregational Church of Norwood, about the 2026 Massachusetts Great Reads title, "Nothing More of This Land: Community, Power, and the Search for Indigenous Identity, by Joseph Lee. Before Martha's Vineyard became one of the most iconic vacation destinations in the country, it was home to the Wampanoag people. Today, as tourists flock to the idyllic beaches, the island has become increasingly unaffordable for tribal members, with nearly three-quarters now living off-island. Growing up Aquinnah Wampanoag, journalist Joseph Lee grappled with what this situation meant for his tribe, how the community can continue to grow, and more broadly, what it means to be Indigenous. Registered participants will receive a free copy of the book (while supplies last). Library staff will alert you when and where you can pick up your copy of the book.

Sept. 16

Turn the Page Book Group: "The First Ladies"
Morrill Memorial Library
10 a.m.

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of "The First Ladies," a historical fiction novel written by Marie Benedict and Victoria Christopher Murray. The novel follows Eleanor Roosevelt and Mary McLeod Bethune as they develop a close friendship and work together to promote racial equality, women's rights, and education during the 1930s and 1940s. Despite coming from very different backgrounds, they support one another and use their positions and influence to challenge racism and fight for social justice. Their partnership becomes an important part of the early struggle for civil rights in America. New members are always welcome!

Benchmark Intergenerational Storytime
40 Clapboardtree St.
10 a.m.

Join Norwood CFCE and Benchmark Senior Living on Clapboardtree St., for an Intergenerational Storytime for young children and their caregivers. Babies, toddlers, and preschoolers are invited to enjoy books, songs, and a special craft alongside Benchmark residents. The residents put so much time and care into planning this storytime and truly love having the children visit. Come share the joy of stories, music, and play while creating meaningful connections across generations! If you have any questions, email CFCE Program Coordinator Liz Hogrell (ehogrell@minlib.net).

Community Connections @ the Library
Morrill Memorial Library
12 noon

This is a monthly drop-in gathering hosted by Riverside Community Care. Each month highlights new ways to get connected, as well as focused help from a trusted local resource. 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.

Sept. 17

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

Morrill Memorial Library partners with the L.E.A.D. program affiliated with Norwood High School to host a Sensory-Friendly Lego Club for Adults. 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.

Hispanic Heritage Month Movie Series
Morrill Memorial Library
6:30 p.m.

"Problemista," (98 mins), rated R. Alejandro is an aspiring toy designer from El Salvador,

struggling to bring his unusual ideas to life in New York City. As time on his work visa runs out, a job assisting an erratic art-world outcast becomes his only hope to stay in the country and realize his dream. From writer/director Julio Torres comes a surreal adventure through the equally treacherous worlds of New York City and the U.S. Immigration system (Swank). Cast: Julio Torres, Tilda Swinton, The Rza, Catalina Saavedra, James Scully

Turn the Page Book Group: "The First Ladies"
Morrill Memorial Library (Virtual)
6:30 p.m.

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of "The First Ladies," a historical fiction novel written by Marie Benedict and Victoria Christopher Murray. The novel follows Eleanor Roosevelt and Mary McLeod Bethune as they develop a close friendship and work together to promote racial equality, women's rights, and education during the 1930s and 1940s. Despite coming from very different backgrounds, they support one another and use their positions and influence to challenge racism and fight for social justice. Their partnership becomes an important part of the early struggle for civil rights in America. New members are always welcome!

Sept. 18

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

Join the art instructor Stephanie Enloe in a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature.

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

Music will be provided by Tom Bruhl. Cost is \$12. Coffee, tea, water & desserts will be served. There will also be door prizes. Newcomers of all ages are welcome! To stay up to date on events from the Norwood Council on Aging, like their Facebook page at Friends Of The Norwood Council On Aging | Facebook.

Sept. 19

HomeWorks/MassSave Pop-up Resource Table
Morrill Memorial Library
10 a.m.-5 p.m.

A representative from HomeWorks Energy Inc (a MassSave program) will have a resource table in the library lobby. Stop by with any questions about how the MassSave program works and how you can get a free home energy audit, as well as qualify for big savings on insulation and other energy saving measures for your home!

Sept. 21

Poirier Village Center Open Play
82 Roosevelt Ave.
10 a.m.

Join Norwood CFCE for an open play session at the Poirier Village Center! Families with young children are invited to drop in and enjoy a welcoming space to play, explore, and connect. This is an unstructured play opportunity where families can choose activities at their own pace, with caregivers encouraged to engage and play alongside their children. Registration is appreciated. The Poirier Village Center is an appropriate play space for children ages 2-6. If you have any questions, contact CFCE Program Coordinator Liz Hogrell (ehogrell@minlib.net).

Sept. 22

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 Farmers Market: Bushels of Fun!
Norwood Town Common
2-6 p.m.

The Norwood Farmers Market hosts over 30 vendors each

CALENDAR

continued on page 16

CALENDAR

continued from page 15

week selling local produce, homemade lasagna, cookies, and ethnic food, fresh seafood, and even lemonade hand made on site! But there is always more! Handmade soaps, wood carvings, oils, candles, jewelry, crochet items, with new vendors every week! Shoppers come by to also learn about local and state, and non-profit organizations. Bring the kids by for a FREE apple today!

Helping You Age Well - Your Way
Morrill Memorial Library
6:30 p.m.

Morrill Memorial Library is excited to bring in a team of experts, from real estate to legal to lifestyle, dedicated to helping you plan, prepare, and thrive through every stage of aging.

Norwood Toastmasters Club
Norwood Civic Center
7 p.m.

The Norwood Toastmasters Club helps develop communication and leadership skills for its members and the community at every ability level. Guests are welcome to visit and

see for themselves! Meetings are held on the second and fourth Tuesdays of the month. For more information, visit <https://norwoodtoastmaster.toastmastersclubs.org/>.

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

Titles on Tap meets at Napper Tandy's in Norwood, in the left-hand-side bar. The September title TBD at press time. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. 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.

Sept. 23

Hispanic Heritage Month Movie Series
Morrill Memorial Library
6:30 p.m.

Celebrate Hispanic Heritage Month at the Morrill Memorial Library with a weekly movie screening highlighting stories, cultures, and perspectives from across the Spanish-speaking world and American- Hispanic experiences. Today's movie

is "The Motorcycle Diaries," (128 mins), rated R. Synopsis: Portrait of Ernesto 'Che' Guevara as a young man on a life-changing journey across South America in 1952. Cast: Gael García Bernal, Rodrigo de la Serna, Mia Maestro, Mercedes Moran, Jean-Pierre Noher.

Sept. 25

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

Join the art instructor Stephanie Enloe in a program specially designed for adults with different levels of cognitive abilities. Each week, Ms. Stephanie will guide participants to create one-of-a-kind art projects, often utilizing recycled/repurposed materials and items found in nature.

Sept. 27

Musical Sundays Concert Series: Musick of New England's Revolution
Morrill Memorial Library
3 p.m.

Kicking off the new season of Fall concerts with a nod to America's 250th anniversary is Richard Franklin Dono-

hue, performing, "What a Glorious Crash They Made: Musick of New England's Revolution." What A Glorious Crash They Made features a collection of "New Songs" and Hymns published in New England during the American Revolution.

Sept. 28

Monday Movie Matinee
Morrill Memorial Library
1 p.m.

"Minari," (120 min) - PG 13. A Korean-American family moves to an Arkansas farm in search of their own American Dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they find the undeniable resilience of family and what really makes a home. (Source: Swank). Cast: Steven Yeun, Yeri Han, Yuh-Jung Youn, Alan S. Kim, Noel Kate Cho.

Norwood Walk & Talk
Morrill Memorial Library
3 p.m.

Celebrate Good Neighbor Day with the Morrill Memorial Library and the Norwood Trails Committee for a friendly stroll on the Bernie Cooper River-front Park trail. The trail is fully accessible and ADA compliant.

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

Hang out on an autumn night with friends and neighbors! The Simoni Room will be full of 300- to 500-piece puzzles waiting to be completed. Light refreshments and drinks will be served with 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. For adults.

Author Talk: "Death on Mount Washington," by Randi Minetor
Morrill Memorial Library (Virtual)
7 p.m.

Join author Randi Minetor as she discusses the "Death on Mount Washington: Stories of Accidents and Foolhardiness on the Northeast's Highest Peak." On Mount Washington, it's lack of preparation, not the mountain, that kills. The weather is highly changeable with wind gusts of 140 mph and 35-degree temps. Then there are the avalanches and icefalls. Com-

bine this with inexperienced hikers in t-shirts and flip flops and things can get ugly fast. Death on Mount Washington describes the circumstances behind the tragic tales of those who have lost their lives on the mountain. No one--not even the most experienced mountaineer or pilot--is safe from the mountain's mercurial weather conditions. Learn from the mistakes of others in the comfort and safety of your armchair and remember to respect Mount Washington on your next ski trip.

Sept. 29

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

Great Reads MA: Watch Party - Virtual Q&A with Author Joseph Lee
Morrill Memorial Library
6 p.m.

Morrill Memorial Library, in partnership with the Norwood Historical Society and First Congregational Church of Norwood, will host a watch party of Mass Center for the Book's virtual Q&A with the 2026 Great Reads MA author Joseph Lee. As part of this year's Great Reads MA initiative, Mass Center for the Book will host a virtual Q&A with Joseph Lee, author of Nothing More of This Land: Community, Power, and the Search for Indigenous Identity.

Sept. 30

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

Morrill Memorial Library partners with the L.E.A.D. program affiliated with Norwood High School to host a Sensory-Friendly Lego Club for Adults. 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.

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.



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 REAL ESTATE CORNER

A Steady Summer for Norfolk County Real Estate

Norfolk County Register of Deeds William P. O'Donnell recently released the real estate recording statistics for July, 2026, which indicate continued strength in Norfolk County's real estate market compared to July, 2025, particularly in document recordings, property sales, and mortgage activity.

The Registry of Deeds recorded 11,065 documents in July of 2026, a 3% increase compared to the 10,696 documents recorded in July of 2025, but down 1% from June, 2026.

"July's recording activity reflected continued year-over-year growth in the Norfolk County real estate market," Register O'Donnell noted. "Increases in document recordings, property sales, and mortgage activity demonstrate that buyers, sellers, and lenders remained engaged despite ongoing affordability challenges."

The total number of deeds recorded for July, 2026, representing both commercial and residential real estate sales and transfers, was 1,709, a 2% increase from the 1,676 deeds recorded in July of 2025. Looking at just real estate sales, 998 properties were sold in July of 2026, a 6% increase compared to the 941 properties sold in July of 2025.

"The increase in property sales compared to last year is an encouraging sign, particularly given elevated mortgage rates and affordability challenges facing many homebuyers," Register O'Donnell stated. "According to Redfin, homes in Norfolk County are selling at a pace significantly faster than the national average. At the same time, efforts to increase housing inventory across Massachusetts have provided buyers with more options and some flexibility in their home search. Norfolk County continues to attract individuals and families who value the strong communities and quality schools found throughout the region, making the need for additional housing inventory increasingly important."

The average sale price for both commercial and residential real estate was \$1,177,644, a 13% decrease compared to July, 2025, but a 20% increase from June, 2026. The total value of commercial and residential sales recorded in July of 2026 was approximately \$1.18 billion, an 8% decrease from the \$1.27 billion recorded in July of 2025.

"While the average sale price declined compared to July of last year, real estate values remain elevated by historical standards," Register O'Donnell said. "According to Realtor.com, national housing trends suggest buyers are gaining additional negotiating power and sellers are adjusting expectations to current economic conditions."

Lending activity also increased in July. A total of 1,813 mortgages were recorded in July of 2026, a 7% increase from July, 2025 but a 2% decrease from June, 2026. Total mortgage indebtedness was approximately \$1.90 billion; a 12% increase compared to July, 2025.

"The growth in both mortgage activity and total mortgage lending indicates continued confidence in the Norfolk County real estate market," Register O'Donnell said. "While mortgage rates

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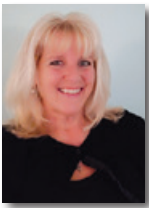
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 REAL ESTATE CORNER

REAL ESTATE

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remain higher than pre-pandemic levels and, I think most would agree, higher than borrowers would like to see, individuals and businesses continue to make investments in property throughout Norfolk County.”

The Registry continues to closely monitor foreclosure activity. In July of 2026. There were 6 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, compared to

2 foreclosure deeds recorded in July of 2025. Notices to foreclose, which represent the first step in the foreclosure process, decreased to 26 in July of 2026 from 32 in July of 2025.

“While notices to foreclose remain low this month, the increase in foreclosure deeds is something we are watching closely,” Register O’Donnell said. “Foreclosure activity has a real impact on families and communities and we want residents to know that resources are available if they are facing financial hardship.”

For the past several years,

Monthly Average Sale Price Commercial and Residential Property in Norfolk County March 2025 - July 2025 V.S. March 2026 - July 2026



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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.

“July’s real estate activity reflects a market that remains stable and active, Register O’Donnell concluded. “Increases in sales activity, mort-

gage recordings, and overall document volume demonstrate continued confidence in Norfolk County real estate. While affordability remains an important concern for many buyers, Norfolk County continues to be a desirable place to live, work, and invest.”

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.

The Norfolk County Registry of Deeds is located at

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



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