

Norwood

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Free to Every Home and Business Every Month

October 1, 2026



Norwood Mural Celebrates Stories of the Community

By MICHELE TARANTO

A new splash of color in Norwood is telling a story that has been generations in the making.

On Aug. 29 during Norwood

Day, the Norwood Cultural Council unveiled Family Tree, a public mural created by local artist Tara Bilotta. It is located adjacent to the parking lot behind Norwood Town Hall. Built around the theme “Many

Stories, One Norwood,” the artwork celebrates the people, history, industries, accomplishments, and natural features that

MURAL

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Running for Austin, Giving Back to Norwood

Austin Reardon, a Norwood resident, Saint Catherine of Siena School Class of 2015 graduate, Norwood High School Class of 2019 graduate, and rising senior in the University of Maine’s School of Engineering, died in the summer of 2023 in a highway accident while in North Carolina for a summer internship.

Austin loved hockey and played from a young age throughout his school years, including at the University of Maine. He also enjoyed working on cars, spending time with family and friends, and, most of all, living life to the fullest.

The Austin Reardon 5K (AR5K) was established in his memory to honor the love, friendship, and joy he brought to everyone who knew him, while also giving back to the community he loved so much.

The 3rd Annual AR5K will take place on Sunday, October 11,

at 10 a.m. at the Knights of Columbus, 572 Nichols Street, Norwood. The event features a 5K (3.1-mile) walk or run and is open to participants of all ages and abilities. Cost is \$40 (plus \$4.90 registration fee). To sign up, visit <https://runsignup.com/Race/MA/Norwood/AR5KRoadRace>.

All registered participants will receive a pair of the popular AR5K socks, a fan favorite each year. In addition, the event will donate 450 pairs of socks to the Pine Street Inn in his memory.

The morning will include food, music, and raffles. Every registered participant will also receive a complimentary raffle ticket to place in the raffle basket of their choice. The organizers aim to have 30 raffle baskets each year—Austin’s hockey jersey number—

AUSTIN

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Special Guide

LOOK INSIDE!

MURAL

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have helped shape the town, while also looking toward its future.

Learn more about the mural and the Norwood Cultural Council through an interview with Norwood Cultural President Jonathan Cardoni.

What was the inspiration behind creating this mural, and how did the idea first come about?

The Norwood Cultural Council had an opportunity to create a special project using a portion of funds from the Mass Cultural Council.

We decided on creating a piece of public art and that it would take the form of a mural. We chose the theme Many Stories, One Norwood. If nothing else art should tell a story.

Why was this location chosen for the mural?

Another prominent location was chosen but we were unable to get a commitment from the property owner.

John Carroll of Carroll Advertising had already offered to donate the cost of printing

the final mural. We found out he owned a great location and when asked if we could use the space he immediately agreed.

Who is the artist, and how was the artist selected?

Local artist Tara Bilotta was selected from among seven artists who submitted ideas through a public call for artists.

Tara's idea matched our theme and her style and execution is perfect for conveying our story.

What does the mural depict, and is there a particular story or meaning behind the design?

The mural called "Family Tree" represents aspects of the Town's past, present and future. It celebrates the diversity and ingenuity of our citizens.

Were there specific Norwood people, places, history, or community themes that influenced the artwork?

There are a great many items hidden and not so hidden within the image that represent industries, people, nature, accomplishments, and sacrifice that are important to our town.

6. How long did the project take from the original idea to the

August 29 unveiling?

The project began in the fall of 2025 as the Council discussed how to create our special public art project.

Who was involved in making the mural possible?

The members of the Norwood Cultural Council of course and the artists who submitted ideas. Community Development Director Sarah Dixon and Economic Development Director Joe Collins were involved from the beginning.

Town Managers, The Board of Selectmen, and the Planning Board helped.

John Carroll of Carroll Advertising donated the cost of printing the vinyl and helped secure a discount for the installation. He also allowed us to use his building for the final location.

Dedham Savings made a generous donation towards the project.

The Women's Community Committee donated funding to allow us to print posters, greeting cards and fine art prints featuring the mural. These are available from the Council at our booth at the Norwood Farmers Market Tuesdays, 2-6 p.m., through Oct. 20.

We also received donations from One Local bank and many individuals.

What was the reaction from the community at the unveiling?

There were very positive reactions everywhere we have shown images of the mural and at the unveiling itself.

What do you hope people feel or think about when they see the mural?

We hope that people realize what a wonderful Town we have with many wonderful people and that there is much more that connects us than divides us.

Do you see public art as a way to make Norwood Center and other areas of town more vibrant and inviting?

Public art has proven to create a strong community identity and to be a draw for people outside of town to visit us.

Is this mural part of a larger effort to bring more public art to Norwood?

Part of the town's recently adopted Comprehensive Plan includes adding public art. The Norwood Cultural Council hopes to facilitate many more pieces.



What role do you think arts and culture play in building a stronger sense of community in Norwood?

Art has always brought communities together and it creates a sense of pride for the residents.

What are some Cultural Council programs or projects residents may not know about?

Last year we supplied grants to 47 organizations and individuals providing art, culture, science, heritage, and other programs through the schools, the library and other town organizations. Programs include art instruction, history presentations, music, dance, and cultural events. We hope to expand that in coming years.

What other events, programs, or projects does the Council have planned for the coming year?

We have just begun the deliberation about our next special projects and are just now receiving applications for our grant program. We look forward to announcing these programs over the next weeks and months.

How can local artists, musicians, writers, performers, or other creative residents become involved with the Cultural Council?

Norwood Cultural Council

meets the first Monday of each month between September and June. The public is always welcome.

There is a larger program we hope to start soon that will engage many people throughout town and will create many volunteer opportunities. We can be contacted through our page on the Towns website or at culturalcouncil@norwoodma.gov

When/how/why was the council created?

All communities in Massachusetts have a Local Cultural Council tied to the state's Mass Cultural Council. These programs began in the 1980s as part of the Lottery Arts Funding program.

Current Norwood Members
Jonathan Cardoni, Chair
Kristin Bassett, Co-Chair
Marta Pagán-Ortiz, Secretary
Tara Busa, Council Member
Megan Govin, Council Member
Greg Johnson, Council Member
Jack Colomaria, Council Member

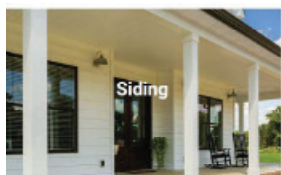
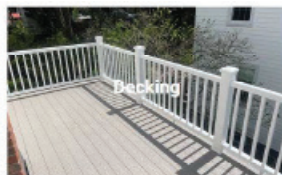
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FINANCING AVAILABLE



AUSTIN

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with each basket valued at \$200 or more.

While the AR5K is designed to be a fun event for the entire community, one of the organizers' greatest sources of pride is the scholarship program established in Austin's name for graduating Norwood High School seniors.

In both 2024 and 2025 road races, the event raised enough money to award \$25,000 in scholarships to each graduating class. Each year, one student

- Barnett
\$1,000 Scholarship: Theresa Begg
- \$1,000 Scholarship: Reagan Pritchard
- \$1,000 Scholarship: Kaitlin Malley
- \$1,000 Scholarship: Brody Pacheco
- \$1,000 Scholarship: Bridget Kidd

The Norwood resident, non NHS Class of 2026 recipient is:

- \$1,000 Scholarship: Sofia Duran, Fontbonne Class of 2026
- All Norwood residents that

the event.

The AR5K could not take place without the generous support of its sponsors, the Norwood community, and all of the participants who come out each year to honor Austin's memory and support its mission.

Registration is available through the AR5K website

(<https://www.ar5kroadrace.com/scholarships>), and Race Roster/RunSignup (<https://runsignup.com/Race/MA/Norwood/AR5KRoadRace>). Those who cannot attend but would still like to support the event can make a donation online or contribute in-kind gifts, such as gift cards or raffle items.

For registration, donations,

sponsorship information, or other questions, please visit the race website or email AR5K-roadrace@gmail.com.

We hope to see you there as we come together to remember Austin, celebrate his life, support the community he loved, and continue his legacy of giving back.



received a \$20,000 scholarship, while five additional students received \$1,000 scholarships. In addition, we offer one \$1000 scholarship to a Norwood student that attends a non-Norwood high school.

The Norwood High Class of 2026 Austin Reardon 5K scholarship recipients are:

- \$20,000 Scholarship: Riley

are part of their respected Class of 2027 are encouraged to review the scholarship application at <https://www.ar5kroadrace.com/scholarships>. One of the requirements is to participate in the event by running, walking or volunteering. Volunteer opportunities are available both the week before and week after

House to house for heroes

Save the date for Saturday, October 17, as the Norfolk County Sheriff's Office brings House to House for Heroes to Norwood!

This event will bring volunteers together to go house to house to meet local veterans and their families, and hand out informational packets



regarding the local, state, and federal VA benefits these veterans have earned.

Volunteers will be needed! If you're interested in lending a hand and supporting local veterans, join in. For more information, contact the Norwood Veteran's Office at 781-762-1240.



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A Tradition of Treasures

By MICHELE TARANTO

For more than three decades, Norwood’s The Craft Affair has been a beloved fall tradition, bringing together talented artisans, eager shoppers, and the Norwood High School community. Now entering its 32nd year, the popular event continues to draw approximately 1,000 shoppers and an impressive lineup of vendors from throughout New England.

Save the date! On Saturday, Oct. 17, from 9 a.m. to 2:30 p.m., approximately 80-90 vendors will fill the Norwood High School gymnasium with thousands of unique handmade items. If Mother Nature cooperates, the event will even spread some vendors outdoors. Shoppers can browse an extensive selection of sewn, crocheted and knitted pieces, jewelry, pet items, holiday décor, wreaths, stained glass, jams and jellies, mirrors, paintings, scarves, soaps, wooden toys, quilts, ornaments, ceramics and much more.



“We are especially excited about the new vendors joining us this year,” co-coordinator Harriet Stefanou-Bletzer said.

The popular raffle corner will offer chances to win handmade treasures and gift certificates, while a bake sale and hand-painted pumpkins from the NHS Friendship Club will add to the festive fall atmosphere.

Coordinating an event of this size is no small undertaking. This year, Jen Bautista, Christine Carey, and Stefanou-Bletzer are leading the effort, which requires months of preparation and plenty of helping hands.

“We manage the event as a collaborative team with the support of our local high school students on the day of the event,” Stefanou-Bletzer said.



“Executing an event of this scale requires a full year of planning and preparation, and we could not achieve it without their help.”

But The Craft Affair is about much more than fall and holiday shopping. It is also one of Norwood High School’s largest fundraisers, with recent events generating approximately \$15,000 to \$18,000 annually.

“We are grateful for the amazing support of our community, volunteers, and vendors,” Carey said. “We raise enough money to give back to a wide range of school programs and student activities.”

Much of the event’s success can also be credited to the community spirit behind it. Norwood students, athletic teams, and clubs pitch in throughout the weekend, from setting up the gymnasium the night before, to arriving as early as 6 a.m. to assist vendors. Students also help with raffles and other activities throughout the day.

“Vendors always comment on how kind and helpful our NHS students are,” The Craft Affair former coordinator Michele Hsu said. “Many are amazed to see teenagers smiling and working hard before sunrise! Their

energy and dedication are truly what make this event special.”

Admission is \$7 for adults and \$5 for seniors. Children under 10 are admitted free. Tickets are available at the door.

Whether searching for the perfect hostess gift, getting an early start on holiday shopping, picking up Mustang merchandise, or simply looking for a one-of-a-kind handmade treasure, The Craft Affair offers something for nearly everyone, while supporting Norwood students, school programs, and the community that has kept the tradition going for more than three decades.

For more information about The Craft Affair and participating vendors, visit the event’s Facebook page or email norwoodcraftaffair@gmail.com.

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SOUR GRAPES by Tim Jones

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OK. HOW IS IT REMOTELY POSSIBLE THAT *YOU* HAVE ALL THIS EXPERIENCE?

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A three-panel comic strip. In the first panel, a dog character wearing a blue cap and apron stands behind a counter labeled 'CAFE CASHIER'. Two human characters, a boy and a girl, are standing in front of him. The boy says, 'CONSTANCE, AESOP'S GONNA BE OUR NEW CAFE FRY COOK AND HE HAS PLENTY OF EXPERIENCE.' In the second panel, the boy and girl are talking to each other. The girl says, 'OK. HOW IS IT REMOTELY POSSIBLE THAT YOU HAVE ALL THIS EXPERIENCE?' In the third panel, the dog character is back behind the counter, looking at the boy and girl. He says, 'I'VE GOT FREQUENT FRYER MILES.' The comic is signed 'Tim Jones 2026' in the bottom right corner.

A little off the top

Primeval roots: AI just can't believe it!

By STUART GREEN

“OK, everyone, settle down. Take your place anywhere in the cave. For those who have not quite made it to the duolimb stage, just slither onto land. You'll get the idea of walking in a couple of generations.

“Today, as part of our series on Evolving from Archaic Misconceptions, Preconceptions, and Immaculate Conceptions, we'll be studying the topic that's sweeping the world all around - both stalagmite and stalactite, not to mention very tight, which describes an uncle

of mine that I won't get into now. Yes, we'll be talking about Absurd Irrationalities - or AI for short.

“Now, this piques many questions, especially from those who know how to use language. Homo sapiens, and his cousin, Fred, are making inquiries such as: What is AI? How will it impact me? Will it take over the world? Where are my pants?

“Let's talk about a few of the most recent developments. There's this new, crazy thing called 'fire,' a word evolving from the Neanderthal root meaning 'Stay away from me

baby.' Now, our species can use this wild new invention for many helpful purposes - for instance, it's one of only two ways known to create smoke. The other is from something called Big Tobacco, but we won't get into that today.

“However, many believe that fire can actually hurt our precivilization. There's a new theory that fire can team up with trees, with trees coming out on the short end of the stick, so to speak. But it's only a fleeting theory and probably will be disproved after the next lightning strike.

“Moving on to our next

AI-nvention, as we like to call it, is this wild thing called a 'wheel.' This all started when our get-in-shape squad created something called 'round.' They say it's very similar to our old standard 'square,' but seems to work better on trails.

“Please, please, everyone, calm down. The wheel will not, I repeat, not move in tomorrow. It's still being thoughtfully studied in the labs. The latest story of how the wheel can actually roll down a hill is still pure conjecture at this point.

“And one final technological marvel we'll marvel at is this handy new device shaped like a giant tree branch. The

scientific community - a community made up of a futuristic knowledge base called science - is calling it the 'club.' It has many purposes, such as pounding at walls, banging into the ground, and scratching your back.

“But mainly, it's to put in a convenient corner somewhere until your wife says, 'Are you ever gonna fix that hole in the cave with that new club I bought you?' Of all new tech, this, then, may be the only one that is truly dangerous.”

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

Morrill Memorial Library hosts 4th Annual Halloween Costume Swap

This fall, the Morrill Memorial Library is once again giving Norwood families a way to celebrate Halloween while saving money, reducing waste, and making sure every child in the community has access to a costume.

The library's 4th Annual Halloween Costume Swap runs through Saturday, October 31, and is open for both donations and shopping during the library's regular hours. There is no single swap day—community members may stop by anytime the library is open to donate gently used costumes, browse the available selection, or do both. No donation is required to take a costume.

The Costume Swap promotes two important community goals: sustainability and equity.

Reusing costumes keeps wearable items out of the waste stream and gives costumes that may otherwise sit unused in a closet the opportunity to be enjoyed by another child. At the same time, the Swap provides free costume options for children and families throughout Norwood, ensuring that the cost of a Halloween costume does not prevent a child from participating in the holiday.

How to Participate

The library welcomes gently used children's costumes from infant sizes through teen sizes, as well as family-friendly adult costumes. Costumes should be clean and in good



located next to the donation bin. Families are welcome to select costumes whether or not they have donated one.

Any costumes remaining at the conclusion of the Swap will be donated to local organizations.

The Morrill Memorial Library encourages Norwood residents to clean out their closets, pass along costumes their families have outgrown, and help share the spooky spirit of the season with everyone in town.

For more information, contact library staff in the Children's Room at 781-769-0200 x3 or norchild@minlib.net.

condition, with no rips, tears, stains, or other damage. Regular clothing cannot be accepted.

To donate: Place costumes in the large collection bin in the hallway outside the Children's Room at the Morrill Memorial Library.

To shop: Browse the available costumes on portable coat racks

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Senior Corner

Self Help Inc Home Energy Assistance Program

If you received fuel assistance last winter, you should have received a renewal application in either September or one is coming in October. Anyone needing help completing the application can call Kathleen at the Senior Center, at 781-762-1201, x3. New applications should be available in October.

Senior Center Trips

Lunch and Theatre Combo: The Corvettes Doo Wop Revue

Enjoy a nice afternoon out on the town! You will start with a lunch at Gemma Kitchen and Bar right by the town common! After lunch you will walk over to The Norwood Theatre where you will enjoy a show that will take you on a ride through the good old days of Rock and Roll! Wednesday, October 28th Lunch: 11:30 a.m. Show: 1 p.m. Cost: \$60 per person.

The Quabbin Reservoir Tour

Enjoy a trip to western Massachusetts where you will take a bus tour of The Quabbin Reservoir. Have a delicious lunch at the Salem Cross Inn and enjoy the garden. You will also visit a local apple orchard. Thursday, October 8, cost: \$139.

Turkey Train

Enjoy a train ride aboard the Winnepesaukee Railroad to enjoy the fall foliage. While onboard, you will be served a mouthwatering feast from Hart's Turkey Farm Restaurant. Tuesday, October 27, cost: \$149 per person

Country Jamboree!

Spend an afternoon at the Danversport Yacht Club enjoying a trip back in time. Revisit the glory days of country music by enjoying the music of Hank Williams, Johnny Cash, Willie Nelson, and more. Lunch is included. Thursday, November 12, cost: \$129 per person

Watch for this scam!

There is a phone scam currently targeting Norwood residents. The caller ID shows the name National Grid. The caller then tells you that you agreed to change your gas supplier to Direct Energy from National Grid. Direct Energy is an actual company but the scam is that they are getting you to answer the phone by spoofing the phone number to read National Grid and stating that you agreed to make a change when you didn't. If you receive an unexpected call about changing your energy supplier, don't provide information or agree to anything over the phone. Hang up and contact your current utility or supplier using a phone number you know is legitimate.

SHINE UPDATE

SHINE counselors, Carole and Jill continue to assist people with Medicare needs. Call the front desk at 781-762-1201 ext. 5, to make an appointment. Carole is available on Tuesdays,

Jill is available on Wednesdays, 10 a.m.-2 p.m.

Social Security Adds 14 Compassionate Allowance Conditions

Commissioner Frank J. Bisignano recently announced the addition of 14 conditions to Social Security's Compassionate Allowances list.

The Compassionate Allowances initiative is designed to cut through red tape and allows us to quickly identify claims where the applicant's medical condition or disease clearly meets our definition of disability. Given the severity of these conditions, claims are often approved based on medical confirmation of the diagnosis alone, helping individuals experiencing life-changing diagnoses receive the support they need as fast as possible.

The newly added Compassionate Allowances conditions are:

- Adenylosuccinate Lyase Deficiency – Neonatal Form and Type 1
- Aicardi Syndrome
- Baraitser-Winter Syndrome
- Beare-Stevenson Cutis Gyrata Syndrome
- Bohring-Opitz Syndrome
- CASK-Related Gene Disorders
- Hepatosplenic T-Cell Lymphoma
- Lafora Disease
- Malignant Migrating Partial Seizures of Infancy (MMPSE)
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PET CORNER

Beezer competes for speed

Beezer, an eight-year-old Australian Shepherd, has been invited to compete at the 2026 AKC Fast CAT Invitational, an honor reserved for the fastest dogs in the country of each breed. Beezer earned her invitation by achieving an average speed of 28.37 miles per hour across her three fastest qualify-

open to all breeds, including mixed-breed dogs.

“Being invited to compete is a tremendous honor for us, and I am so grateful that she has this opportunity,” Beezer’s owner and Norwood resident Tracey Kroll said. “There is no question that for her, Fast CAT is pure joy. She is so happy out there, and she gives it everything she



ing runs in 2025, faster than Olympic sprinter Usain Bolt’s record pace of 27.78 mph. She finished the year ranked 15th out of 567 Australian Shepherds nationally.

Fast CAT (Coursing Ability Test) is an AKC-sanctioned sport in which dogs run a timed 100-yard course individually. Dogs compete only against the clock, not against each other, making it a safe, inclusive event

has. For me, the best part is simply watching her run and seeing how much she loves it.”

The Fast CAT Invitational takes place in Branson from September 17th to 20th and will bring together the fastest dogs nationwide to celebrate their speed, agility, and natural athleticism.

Photo courtesy of owner Tracey Kroll.



Howl O’Ween Returns to Norwood for a Second Year

Get those costumes ready, including the four-legged ones! After a successful debut last fall, the Norwood Recreation Department’s Howl O’Ween Dog Parade is returning for a second year, bringing costumed canines, treats, and plenty of four-legged Halloween fun back to downtown Norwood.

The event gives local dogs a chance to show off their Halloween best while their owners enjoy an afternoon on the Town Common and throughout the downtown area.



A Big Thank You from Bay State Animal Cooperative & Charley’s Angels Pet Initiative!

Mother Nature may have had other plans for our Car & Dog Wash, but she certainly didn’t stop us!

Unfortunately, the car wash portion of our fundraiser had to be cancelled due to the weather, but thanks to the Dirty Dawg Wash, the dog wash and rabies clinic went on! Many pups enjoyed a good scrub, and both dogs and cats were able to receive important rabies vaccinations.

We are so grateful to everyone who came out, brought their pets, made a donation, volunteered, or simply stopped by to support our organizations. Every donation helps us continue our work assisting animals and pet owners in our community.

A special thank you to the Dirty Dawg Wash. At 1 Wilson St., for welcoming us and helping turn a rainy-day change of plans into a successful event.



From all of us at Bay State Animal Cooperative and Charley’s Angels Pet Initiative, thank you for your generosity and continued support. We couldn’t do what we do without you!

For more information on both non-profit organizations, visit www.baystateanimals.org and charleysangelspetinitiative.org.

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Congratulations to Deputy Chief Chris Flanagan!

The Norwood Police Department recently announced that Deputy Chief Chris Flanagan graduated from Session 299 of the FBI National Academy on September 17, 2026, in Quantico, Virginia.

The FBI National Academy is a prestigious 10-week professional development program for law enforcement leaders from across the United States and around the world. The program provides advanced training in leadership, communication, criminal justice, physical fitness, and contemporary law enforcement challenges. Participants are selected through a competitive nomination process and have the opportunity to learn from FBI instructors, academic professionals, and fellow law enforcement leaders.

Throughout his time at the National Academy, Deputy Chief Flanagan gained valuable knowledge and developed numerous professional relationships with law enforcement leaders from across the country and around the world. These connections will strengthen collaboration, enhance information sharing, and help further the goals and mission of the Norwood Police Department.

Shaquille O’Neal, a proud supporter of law enforcement, took the time to attend the graduation ceremony and honor the members of Session 299. His



presence helped make this milestone even more memorable for the graduates and their families.

Congratulations Deputy Chief Flanagan on this outstanding accomplishment! Your training will bring knowledge, experience, and relationships back to NPD and the Norwood community.



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LIVING HEALTHY

Genes are not destiny

By GRAHAM R. STETSON, OD, MS

If genes increase the risk of eye disease, it's easy to imagine DNA as a prediction of what lies ahead. Fortunately, biology is rarely that rigid. For many eye conditions, genes can influence the possibilities, but they do not dictate the outcome.

Genes Aren't Everything

People with similar genetic susceptibility can have very different outcomes. One may develop disease early, another much later, and another not at all. That difference reflects the influence of other genes, aging, general health, and environment.

Nearsightedness offers a familiar example. Children with nearsighted parents are more likely to become nearsighted themselves, but heredity alone cannot explain the rapid worldwide rise in myopia. Sci-

ence has yet to identify a single "myopia gene." Childhood environments, including less time outdoors and prolonged near work, also appear to influence how the eye grows. A child may inherit greater susceptibility to myopia, while environment and visual habits influence whether and how strongly it is expressed.

For age-related macular degeneration, certain genetic variations can substantially alter risk, but smoking, diet, cardiovascular health, and other factors also matter. Genetics and lifestyle do not operate on separate tracks; they interact in ways that can increase or reduce overall risk.

Epigenetics adds another layer. These chemical markers can affect how actively genes are expressed without altering the underlying DNA. Age, systemic health, and environment may influence these biological

controls. Researchers are still determining how important such changes are in individual eye diseases, but they may help explain why people with similar inherited risks experience different outcomes.

Genes in Context

None of this means every eye condition is preventable. A person can do everything "right" and still develop disease, while another may remain unaffected despite obvious risks. Genes are not destiny, but neither is health entirely a matter of personal choice.

It's more accurate to picture a partnership between inheritance, biology, and experience. We cannot rewrite the DNA we received from our parents, but understanding genetic susceptibility may help us focus on what we can influence, recognize disease earlier, and choose monitoring or treatment more



intelligently.

Whether or not an eye condition runs in your family, regular comprehensive eye examinations remain one of the best ways to protect your sight. Far more than a prescription check, these exams evaluate the health of the entire eye and can reveal changes before they affect vi-

sion. Knowing your inherited risk is valuable; pairing that knowledge with regular, attentive care can turn information into action.

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LIVING HEALTHY

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

determined that chiropractic care was indicated. Hannah felt relief fairly quickly in her care and decided to continue regularly until her delivery. When she went into Labor she was less uncomfortable than

she thought she would be and she delivered her baby several hours after that. Hannah continues to come in for adjustments to make sure that her hips realign properly after delivery and to stay healthy overall.

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. Michael Goldstein today. We are located at 1426 Main

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NORWOOD SPORTS

Norwood Soccer Looks To Keep Moving Forward

By CHRISTOPHER TREMBLAY

The Norwood girls soccer team did not advance into the State Tournament last fall, but then first year coach Brandon Denneen felt that the team did make some strides to becoming a competitive team.

“The girls played much better than they have in the past, but there is still a long way to go,” Denneen said. “We were improving, and by the time that the second half of the season rolled around they were believing in themselves and playing better soccer.”

Although the Mustangs started to understand what they were up against come the second half of the season, they know that they still have a way to go. If Norwood can figure out their second half play from a year ago and use it to start the new season, they should be on the right path. Those returning players understand the concept and need to come out playing right away. Denneen is still looking to change the culture and mentality of this team from its past existence and firmly believes that they can move this into the future.

Senior captains Sydney Cochrane and Megan Molloy will be looked upon heavily to keep the team in beat with the new ways the team is going about

business. With Molloy sidelined for the beginning of the season, however, it will be up to Cochrane to steer the ship on the field. The senior is a strong backfield player for Norwood and as a three-year veteran of varsity play, she will be strongly counted on by the coaching staff.

Molloy, who hurt herself last year during basketball season is still rehabbing her knee and if she continues at her healing pace, she’s most likely to return ahead of schedule – which means the senior forward could retake the field in mid-October.

“She’s [Molloy] a great leader and without her it’s a big loss to the team,” the Coach said. “She is probably one of our best forwards and not having her for half the season is going to be tough. The younger girls are going to get the opportunity in her absence and will need to step up their game if we are to be successful. We will soon find out if they can shine as expected.”

Senior Lilly Cordani will patrol the midfield for Norwood this season and as one who continually battles hard when she is on the field, Denneen is thinking about moving her into an attacking midfielder this fall.

“She has defiantly shown improvement this pre-season,” Denneen said. “She is one that

will help us in the midfield, but I am looking to possibly move her up to help kick start the offense with more consistency. Defensively she is strong, but we have people that we can move around to be able to use her more offensively.”

Denneen is also hoping junior

the Coach said. “We need to get her into those games so that she can get the experience she needs as well as let her become confident in her game on this level.”

Senior Becca Wood, another basketball player that found her way onto the injury list and missed her entire soccer season,

that they continue to change the culture that they established last year at Norwood and in doing so will build for the future.

Denneen likes the fact that over the past two off seasons the girls have taken to heart his philosophy and having been taking part in both winter and spring



forward Gianna Riccardi, can step up into Molloy’s vacant spot until the senior is able to return to the field. Riccardi is a fast and aggressive individual who was slated as the team’s number two forward last fall and Ferguson is looking for her to pick up her game as believes she is fully capable of taking on the challenge to help the team succeed.

Senior keeper Raegan Curran’s game has improved and she will be looked upon to pick the team up in the big games and keep them relative. She is one that brings a positive energy to the field and her teammates. Norwood will also dress a freshman to back up Curran in the form of Layla David. The first-year high school player will primarily be the starter but she will occasionally see action on the varsity level.

“Layla will practice with Raegan on a regular basis and we will get her into a couple of games to get her acclimated to the varsity game which is faster and has much stronger players,”

will be back and ready to pick up where she left off. Denneen is hoping that Wood is back to her old self and able to help this team succeed this fall.

Playing in a tough and always strong Tri-Valley League, Denneen knows that Norwood is going to find themselves on the wrong end of games more than not, but he is optimistic that the team will continue to make improvements and move their way up the ladder.

“If we continue to work hard, we will be able to grab a few more wins and possibly steal one or two here and there,” Denneen said. “We are pushing in the right direction and the girls all believe in one another. They are a family and when they step onto the field they support and lift one another up.”

Prior to the season getting underway, Denneen sat down with his team and told them that anything is possible, but he is not aiming for the tournament, just yet. The big take away from this season is that he is hoping

soccer as well as summer leagues to prepare for the high school season. They are putting in the work to make a change within the program and expect to improve while believing in themselves as well as the system.

“The tournament is always a possibility; it is not something that is completely off the table, but it is something that we need to get to first,” Denneen said. “In order to get to that point, we need to accomplish the small things first. Last year, it took us half a season to get going. This year, we need to do this in the first half of the season if we want to see a change.”

Norwood opened the season on September 8 against powerhouse Westwood and things did not get any easier as their next two games will be against Medfield and Hopkinton. Following the opening of the season, Denneen will know a lot about this year’s team and where they are capable of accomplishing.

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NORWOOD SPORTS

Norwood Cross Country Hits The Trails

By CHRISTOPHER TREMBLAY

As the opening of the high school cross country season gets closer, both the Norwood boys

and Westwood, all state contenders. “Being in our situation, all we can do is go out and run to the best of our ability,” Mustang

not going to win. Losing on a regular basis is not fun, but the Mustang runners still continue to take part in the sport because they enjoy it and realize that

type of meet as of the time of this writing. Last fall, the younger Shaw found himself near the top of the pack on a regular basis, and so far though the pre-season Gray is coming off a strong summer and looking to challenge for that top spot. “They are all working on making bigger strides this year,” the Mustang coach said. “They all want to improve and have been getting stronger and faster.”

On the other side of the coin is the girls who boast a trio of talented runners in the likes of junior Bridget Flynn, senior Kerin Gorman, and first-time cross country runner Emma Flanigan. Flanigan may be new to running through the woods, but she is a veteran indoor and outdoor runner for Norwood where she is a proficient mile and 2-mile runner in addition to also taking part in the 4x800 relay. Worcester believes that cross country running falls right into her mix and she has trained hard this summer to get ready, While Flanigan may be new to the sport, both Gorman and Flynn are veteran cross-country runners. The duo both qualified for the Meet of Champions last fall and the Mustang coach is expecting they do the same once again this year. At the Division 2 Sectionals, Flynn took fifth place

and then went on to grab 16th place at the Meet of Champions while Gorman was 44th in the Sectionals and 126 at the Meet of Champions. “Both girls should absolutely be able to qualify again this year,” Worcester said. “In fact, they should be able to do better as they have come into the season stronger than last year and both are coming off a spring season where they put up personal records.” The top seven teams of the season will advance into the Meet of Champions and then the top 10 individuals not on those seven teams will also be awarded a qualifying spot.

All three girls partake in track as well as cross country but the coach believes that the fall season brings a much more encouraging situation. “Cross country is its own sport and it’s much more favorable running through trails and past water,” Worcester said. “It’s much better than just running around an oval continually.” While Flynn should one again be the top dog on the girls’ side, Worcester is looking for Flanigan to hang near Gorman during each meet. If the newcomer can do just that she too should be able to find her way into the Meet of Champions. Photos courtesy of Coach Amy Worcester



and girls squads know that what they are up against is anything but easy. Last fall is not where the Mustangs wanted to be, and this year could be more of the same; an uphill struggle each and every step of the way. Having to run in the Tri-Valley large division brings no sympathy to the Mustangs as they know they have to square off against the likes of Hopkinton, Holliston,

Cross Country Coach Amy Worcester said. “We’re just looking to improve individually. We go out there and set and try to achieve personal goals; it’s basically all we can do.” Worcester went on to say that she is coaching a great group of kids who work extremely hard and come to practice with a positive attitude despite knowing that that are most likely

they can at least see improvement with their individual growth. Running for the boys team this fall will be seniors Bobby Gray and Noah Shaw as well as junior Seth Noel and sophomore Cameron Shaw. According to Worcester, it is tough to make a comment on how the boys team looks thus far as the team has yet to take part in any

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CALENDAR OF EVENTS

Oct. 3

Friends of the Library Book Sale
Morrill Memorial Library
9 a.m.-4:45 p.m.

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

A representative from HomeWorks Energy Inc (a MassSave program) will have a resource table in the library's 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! No Registration Required

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.

Oct. 4

Friends of the Library Book Sale *HALF PRICE DAY
Morrill Memorial Library
1-4:45 p.m.

Oct 6

Navigating Your Child's Anxiety: Understanding Anxiety
Morrill Memorial Library (Virtual)
12-1 p.m.

Learn practical strategies for responding to anxiety, building confidence and resilience, and supporting your child without reinforcing anxious behaviors.

Session #1: Understanding Anxiety: Learn a framework for understanding your child's anxiety and what may be driving anxious behaviors. Explore language and communication strategies that can help reduce

anxiety and support your child with greater confidence. For parents of all aged children,
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.

Oct. 7

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

The October movie in the Sensory-Friendly Wednesday Movie series is Disney's Haunted Mansion, rated PG. Recommended for attendees aged 18 and up.

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

Today's movie is In the Heights, rated PG 13. Synopsis: Usnavi is a bodega owner who longs to go back to his native Dominican Republic. In the meantime, he spends his time in a small neighborhood in Washington Heights pining after Vanessa, a beautiful lady working at the beauty salon and looking after Abuela Claudia, the elderly Cuban lady living next door who raised him, among many others. One day, Usnavi's childhood friend Nina comes back from college with a secret, and Abuela Claudia wins the lottery. Cast: Melissa Barrera, Stephanie Beatriz, Ariana Greenblatt, Lin-Manuel Miranda, Leslie Grace.

Oct. 8

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

The October movie in the Sensory-Friendly Thursday Movie series is Disney's Haunted Mansion, rated PG.

10 Steps to Researching the History of Your House
Morrill Memorial Library
7 p.m.

Learn how to uncover the past of any home—whether it's 20 years old or 200. House historian Marian Pierre-Louis will introduce where to find the deeds to your house, how to chain a deed, and locate other sources of information such as the US Federal Census records, maps, and tax records. And you'll learn how to find the stories that bring the history of your house alive. Come learn 10 steps to get you started on your house history research.

Oct. 9

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

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

Beyond Beginner Mah Jongg
Morrill Memorial Library
2 p.m.

The Morrill Memorial Library is launching a weekly Mahjong club designed for intermediate players and accessible to confident beginners. American Mahjong tile sets and game play accessories are provided, but players are expected to bring their own Game Cards. Recommended for ages 18+. This program is not for players who are brand new to the game, and there will not be an instructor

Oct. 10

Community Yard Sale
Norwood Neighborhoods
9 a.m. – 1 p.m.

Take part in Norwood's Town Yard Sale, organized by the Norwood Recreation Department. There will be an interactive map posted on the Recreation Department's Facebook page to guide shoppers to the yard sales. Must be

registered by Oct. 7. Rain date, Oct. 11. Register through the Norwood Recreation Department. FREE event.

Blessings Boutique Thrift Shop
First Baptist Church, 71 Bond St.
10 a.m.-to 12 noon.

Get ready for fall with beautiful clothes for the whole family, home decor, even Halloween items! The boutique also has great jewelry, books, puzzles, shoes, and so much more.

Modern Gravestone Carver Andrew Carr
Old Parish Cemetery, Washington St., just north of Town Hall
2 p.m.

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.

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

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

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 all designs will be the same.

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.

5th Annual Pumpkin Float & Lantern Walk
Ponds at Endean
6 p.m. – 7:30 p.m.

Local families and groups are asked to carve a pumpkin to float for the event! Cub Scouts

Pac 49 will have a campfire to make s'mores, and then join the Norwood Trails Advisory Committee for a lantern walk. Food trucks will be on site. FREE event.

Oct. 11

Austin Reardon 5K (AR5K) Knights of Columbo
10 a.m.

The event features a 5K (3.1-mile) walk or run and is open to participants of all ages and abilities. Cost is \$40 (plus \$4.90 registration fee). To sign up, visit <https://runsignup.com/Race/MA/Norwood/AR5KRoadRace>. All registered participants will receive a pair of the popular AR5K socks. The morning will include food, music, and raffles. Every registered participant will also receive a complimentary raffle ticket to place in the raffle basket of their choice. The organizers aim to have 30 raffle baskets each year—Austin's hockey jersey number—with each basket valued at \$200 or more.

Oct 13

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

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization or learn about joining, call 781-799-7068, or email womeninbusinessma@gmail.com.

Navigating Your Child's Anxiety: Understanding Anxiety: Session 2
Morrill Memorial Library (Virtual)
12 noon

Learn practical strategies for responding to anxiety, building confidence and resilience, and supporting your child without reinforcing anxious behaviors. Accommodations & De-escalation: Explore how parents may

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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CALENDAR

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unintentionally accommodate their child's anxiety and how those accommodations can keep anxiety going. Learn practical de-escalation strategies for responding to anxious moments while supporting your child without reinforcing anxiety. For parents of all aged children

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

Lyn Dillies brings eye defying illusions. She's been astounding audiences for years and brings her magic to dazzle. A light lunch is provided. Members are asked to bring items for the Food Pantry. Adult wipes, canned meats 15 oz, chili, white albacore tuna in water, small containers of instant coffee, green tea, dog and cat food. Any Questions call Trina 781-762-8173.

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

It's the most favored of events by Norwood shoppers! The Town Common is spectacular this time of year, the fall harvests are still available, and every year is a different fall kids project! 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

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! For more information, norwoodtoastmasters.toastmastersclubs.org/.

Oct. 14

Norwood Junior Women's Club Open House
Conrad's
7:30 p.m.

This is the annual open house so come by, bring a friend, meet the group, enjoy a bite to eat and here what they are all about! The Norwood Junior Woman's Club is a women's social group that serves the Norwood com-

munity by fundraising in order to give back locally to various programs, events, and families in need. For more information, email Norwoodjwc@gmail.com or visit their website at <https://norwoodjuniorwc.wixsite.com/norwoodjwc>

Oct. 16

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

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

Pocketbook Bingo!
Workman's Hall, 991/2 Wilson St.
6:30 p.m.

Join in this fun fundraiser of bingo, prizes, and designer bags! Every round is a chance to win a fabulous bag from top designers. \$40 event admission, bingo participation free. All proceeds supporting Charley's Angels Pet Initiative. Must be 21 or over. Bring your own snack, cash bar. Scan QR code to purchase tickets.

Oct. 17

Old Parish Volunteer Work Day
Old Parish Cemetery, Washington St., just north of Town Hall
8:30-10:30 a.m.

The Old Parish Preservation Volunteers is an independent non-profit group offering their time and willingness to work at improving the historical asset known as the Old Parish Cemetery. To learn more about volunteers visit oldparishpreservationvolunteers.com

American Red Cross Blood Drive
First Congregational Church, 100 Winter St.
9 a.m.-2 p.m.

Hispanic Heritage Month Movie Series
Morrill Memorial Library
1 p.m.

Today's movie is Beatriz at Dinner, rated R. Synopsis: In this incisive black comedy, a Mexican immigrant who works as an alternative healer attends

a dinner party at the home of a wealthy client, where she gets into an argument with a real-estate tycoon over the morality of his business practices.

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.

Oct. 19

Reverse Coloring for Adults
Morrill Memorial Library
6:30 p.m.

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!

A Book Birthday with Horror Writer Robert Ottone
Morrill Memorial Library (Virtual)
7 p.m.

To all the horror genre readers out there, it is October after all and what better way to spend your evening than with horror author Robert Ottone! His book Amityville Awakens will have just come out on Oct 6th. Robert is joined by Lauren Bolger for a conversation about his new book, and his process.

Oct 20

Navigating Your Child's Anxiety: Understanding Anxiety: Session 3
Morrill Memorial Library
12 noon

Learn practical strategies for responding to anxiety, building confidence and resilience, and supporting your child without reinforcing anxious behaviors. For parents of all aged children: Implement Change: Bring the

tools from the first two sessions together to create a plan for making meaningful change. Learn how to put new strategies into practice and take gradual steps toward helping your child build confidence and resilience.

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

Come and soak in the cool and fun vibes of the Norwood Farmers Market for the last time in 2026! Also take the opportunity to say goodbye to your favorite vendors who you have visited the past 18 weeks. Prizes and giveaways today!

Oct. 21

Turn the Page Book Group- The North Woods
Morrill Memorial Library
10 a.m.
6:30 p.m. (Virtual)

Connect with Patty Bailey and fellow local readers for a friendly and informal conversation of The North Woods, a historical fiction novel written by Daniel Mason. When a pair of young lovers abscond from a Puritan colony, little do they know that their humble cabin in the woods will become the home of an extraordinary succession of human and nonhuman characters alike. An English soldier, destined for glory, abandons the battlefields of the New World to devote himself to apples. A pair of spinster twins navigate war and famine, envy and desire. A crime reporter unearths a mass grave--only to discover that the ancient trees refuse to give up their secrets. A lovelorn painter, a sinister conman, a stalking panther, a lusty beetle: As each inhabitant confronts the wonder and mystery around them, they begin to realize that the dark, raucous, beautiful past is very much alive.

Oct. 22

Literary Monsters by Shadow, Sound, and Spectacle
Morrill Memorial Library
6:30 p.m.

Literary Monsters is a multimedia production that reimagines the classic tales of Poe, Shelley, Irving, and Dickinson through a queer lens. Part rock concert, part intricate shadow puppetry, and part ghost story, this captivating show explores the timeless question: "What is a monster?," and weaves a new

story about identity, belonging, and the power of being different.

Oct. 23

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

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

Disco/Rock and Roll DJ Dance
Knights of Columbus, 572 Nichols St.
7 p.m.

For people who love to dance but do not have a dancing partner. Cost is \$10 cash per person, at the door. For more information, email norwooddanceparty@gmail.com

Oct. 24

Old Parish Volunteer Work Day
Old Parish Cemetery, Washington St., just north of Town Hall
8:30-10:30 a.m.

The Old Parish Preservation Volunteers is an independent non-profit group offering their time and willingness to work at improving the historical asset known as the Old Parish Cemetery. To learn more about volunteers visit oldparishpreservationvolunteers.com

Blessings Boutique Thrift Shop
First Baptist Church, 71 Bond St.
10 a.m.-to 12 noon.

Get ready for the holidays with very nice baking dishes, many never used before. Also, brand new gift items still in original packaging. Beautiful clothes, jewelry, shoes, boots, books, etc. All at fabulous prices.

Trunk or Treat
Town Hall Parking Lot
10:30 a.m. – 12 noon

Anyone interested in hosting a trunk for the event, email mduffykidd@norwoodma.gov at the Norwood Recreation Department. Candy donations can be dropped off at the Civic Center. Entrance fee the day of the event is \$1 or a canned food for the Norwood Food Pantry.

CALENDAR

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2nd Annual Howl-O-Ween
Doggie Parade
Norwood Town Common
12:30 – 2:30 p.m.

Visit with your four-legged friend as they strut their costumes! Doggie treats provided!
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.

Oct. 25

Musical Sundays Series:
Sean Fullerton and the RIC
12
Morrill Memorial Library
3 p.m.

The Rickenbacker brand electric 12-String guitar, which quickly became the iconic guitar sound of the 1960's Folk Rock movement. Sean Fullerton is a Dover, MA based solo guitarist/vocalist with 31 years of professional experience, performing throughout New England, the Cape, and the islands.

Oct. 26

Monday Movie Matinee:
Irena's Vow
Morrill Memorial Library
1 p.m.

This period film is set dur-

ing the German occupation of Poland in the 1940s. Based on true accounts, the drama follows Irene Gut Opdyke, a nineteen-year-old hotel kitchen worker hired by Rugmer, a Nazi official. She was later promoted as a housekeeper to serve in Rugmer's home, where, unbeknownst to him, she also managed to shelter twelve Jews in the cellar. Cast: Sophie Nélisse, Dougray Scott, Andrzej Seweryn, Maciej Nawrocki, Sharon Azrieli.

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

The Simoni Room will be full of 300- to 500-piece puzzles waiting to be completed. The library will serve light refreshments and warm drinks, and play lo-fi music to curate a relaxed vibe. Unlike our puzzle races, this event is not competitive! There will be plenty of puzzles available, but feel free to bring any from home to share or trade as well.

Oct. 27

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

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meets 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 womenin-businessma@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
7:30 p.m.

Titles on Tap is organized by the Morrill Memorial Library but meets in the left-hand side bar of Napper Tandy's. The October title had yet to be announced at press time. 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.

Oct. 28

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

Just bring your imagination, the library will provide the Legos. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities.

Oct. 29

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

Just bring your imagination, the library will provide the

Annual Halloween Costume Swap

Get ready for Halloween while giving gently used costumes a second life! The Morrill Memorial Library is hosting its Annual Halloween Costume Swap through Saturday, October 31.

Have a costume your child has outgrown? Looking for a new-to-you costume for Halloween? Donate a costume, pick out a different one, or do both!

DONATE A COSTUME

We accept children's costumes from infant sizes through teen sizes.

Family-friendly adult costumes are also welcome.

Please donate costumes only—no regular clothing.

Costumes must be gently used and in good condition, with no rips, tears, stains, or other damage.

Place donations in the large collection bin in the hallway outside the Children's Room.

Once a costume is donated, the library cannot be responsible for its future use.

SHOP FOR A COSTUME

Browse the costumes on the portable coat racks next to the donation bin.

You may choose a costume even if you did not donate one!

There is no limit on who can participate—donate, shop, or do both.

The Costume Swap is available any time the library is open.

Any costumes remaining after the swap will be donated to local organizations.

Anyone can donate, anyone can shop. You don't need to bring a costume in order to take one. Questions? Call the Children's Room at 781-769-0200 x3 or email norchild@minlib.net. No Registration Required

Legos. The Club is free, inclusive, and open to anyone ages 18+. It is specially designed for adults with different levels of abilities.

Talking Craft w/ Local
Author Thomas Bulen Jacobs
Morrill Memorial Library
7 p.m.

Enjoy a conversation about the craft of writing with local author Thomas Bulen Jacobs, whose debut novella *Cyberscion* is a cyberpunk sci-fi heist. Jacobs delivers a heist narrative that's propulsive, erudite, occasionally steamy, and always captivating." There will be a Q&A and a chance to purchase copies of the book at the end of the evening.

Oct. 30

Trick or Treat with
Benchmark Senior Living
Benchmark Senior Living, 40
Clapboardtree St., Norwood
10 a.m.

Celebrate Halloween with Norwood CFCE and friends at Benchmark Senior Living! Families are invited to wear their favorite Halloween costumes and trick-or-treat throughout the building. This special inter-generational program gives children and older adults a chance to celebrate together, make connections, and enjoy the fun of Halloween. Do not visit the community unless registered with the library.

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

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

Oct. 31

Old Parish Volunteer Work
Day
Old Parish Cemetery,
Washington St., just north of
Town Hall
8:30-10:30 a.m.

The Old Parish Preservation Volunteers is an independent non-profit group offering their time and willingness to work at improving the historical asset known as the Old Parish Cemetery. To learn more about volunteers visit oldparishpreservationvolunteers.com

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

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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.

Halloween Hunt Scavenger Hunt!

Choose a team of up to five players (don't forget to give yourselves an appropriately spooky Team Name!). 2026 Halloween Hunt Cards will be available for the month of October through the Morrill Memorial Library website (www.norwoodlibrary.org).

There are two Hunt Cards from which to choose. Each team may complete either or both--if they dare!

Cryptkeeper (all clues are located on the Library's property)

Smoke & Mirrors (all clues are located outside the Library, but within the Town of Norwood)

Hunt Cards must be fully completed and returned to the library by Saturday, October 31 to be eligible to win a Grand Prize!

Every team that completes a Hunt Card will win a small prize by stopping at the Reference Desk (upon turning in your card, or until Friday, November 6 at the latest). Additionally, for every correct answer on a completed Hunt Card, will receive 1 entry into the prize drawing at the end of the month! There are several prizes, so multiple participants will win!

Questions? Call 781-769-0200 ext. 2. Good Luck and Happy Halloween!

REAL ESTATE CORNER

What is your Norwood home really worth in 2026?

By MICHELE TARANTO

If you have lived in Norwood for a number of years, you may be surprised by what your home is worth today. You may also be surprised to learn that the house down the street that looks a lot like yours could sell for a very different price.

Home values are not determined by square footage and bedroom count alone. In a community like Norwood, where housing styles, neighborhoods, lot sizes and ages vary considerably, there are many factors that can influence what a buyer is willing to pay.

So, what is your Norwood home really worth in 2026?

Location still matters, even within norwood

We often hear that real estate is all about “location, location, location,” but location does not just mean the town.

Two similar homes in different parts of Norwood may attract different buyers. Proximity to the Town Center, commuter rail, schools, parks and major routes can all play a role. The character of the street, traffic, surrounding homes and even the location of the property within a neighborhood can affect buyer interest.

This is one reason a town-wide average selling price does not necessarily tell you what your individual home is worth.

The Style of Your Home Matters

Norwood has a wonderful variety of housing, including Capes, Colonials, ranches, split-levels, multifamily homes, condominiums and older homes filled with character.

Buyer preferences change over time. Features such as a first-floor bedroom, one-level living, a home office or flexible living space may appeal to today's buyers in ways they did not years ago.

A smaller ranch with the right layout, for example, could generate considerable interest from

buyers looking for single-level living, while a larger Colonial may appeal to a completely different group of buyers.

Updates help, but they aren't everything

Homeowners often assume they need a brand-new kitchen and bathrooms before putting their house on the market. That is not always the case.

Buyers certainly notice updated kitchens and baths, but they also pay attention to the less glamorous items: the age of the roof, heating system, electrical service, windows, central air and hot water system.

A beautifully renovated kitchen is appealing, but buyers may hesitate if they know they will soon need to replace several major systems.

On the other hand, a home that is somewhat dated but has been exceptionally well maintained can still be very attractive.

Don't Underestimate Condition and Presentation

Sometimes relatively small improvements can make a noticeable difference in how buyers perceive a home.

Fresh paint, clean windows, good lighting, decluttering, attractive landscaping and simply making rooms feel spacious can change a buyer's first impression.

Most sellers do not need to completely remodel their homes before selling. Knowing which improvements are worth making, and which ones probably will not provide a return, is an important part of preparing a property for the market.

Online estimates have their limitations

It is tempting to type your address into a website and see an instant estimate of your home's value. These tools can be interesting, but they do not walk through your front door.

An online calculation may know the approximate square footage of your home, but it may not know that you

replaced the heating system, remodeled the kitchen, added central air, finished the basement or created a beautiful backyard.

It also cannot fully account for condition, layout, natural light, curb appeal or many of the little things buyers notice when they actually visit a property.

The House Down the Street Is Not Always a Comparable

One of the most common questions homeowners ask is, “The house down the street sold for \$800,000, so doesn't that mean mine is worth about the same?”

Maybe. Maybe not.

That house may have had an additional bathroom, a garage, a larger lot, a finished lower level or significant renovations. Your home may actually have features that make it more desirable.

This is where carefully choosing comparable sales becomes important. The best comparison is not necessarily the closest house. It is the property most similar to yours.

What Buyers Are Willing to Pay Is the Final Piece

Ultimately, a home's market value is not determined by what the homeowner paid for it, how much was spent improving it or what an online estimator says.

It comes down to what today's buyers are willing to pay in today's market.

Pricing a home correctly means looking at recent Norwood sales, current competition, condition, location, improvements and buyer demand. Even the time of year and the number of competing homes on the market can influence the outcome.

So, what is your home worth?

For many longtime Norwood homeowners, their house is much more than a financial asset. It may be where they raised their children, celebrated

REAL ESTATE

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REAL ESTATE CORNER

Low Inventory, Stable Market in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell recently released the real estate recording statistics for August, 2026, which indicate continued stability in the Norfolk County real estate market compared to August, 2025, particularly in overall document recordings and property values.

The Registry of Deeds recorded 10,209 documents in August, 2026, a 2% increase compared to the 10,035 documents recorded in August, 2025, but an 8% decrease from July, 2026.

"August's recording activity reflects a Norfolk County real estate market that continues to demonstrate resilience despite ongoing affordability challenges and a limited supply of properties available for sale," Register O'Donnell noted. "The increase in overall document recordings compared to one year ago indicates that buyers, sellers, lenders, and property owners remain active participants in the market. However, the statistics related to recorded deeds bears watching."

The total number of deeds recorded for August, 2026, representing both commercial and residential real estate sales and transfers, was 1,528, a 1% decrease from the 1,549 deeds recorded in August, 2025. Furthermore, compared to July,

2026, deeds recorded decreased 11%. Looking at just real estate sales, 848 properties were sold in August, 2026, a 4% decrease compared to the 881 properties sold in August, 2025, and a 15% decrease from July, 2026.

"While the number of property sales declined slightly compared to August of last year, Norfolk County continues to be one of the most desirable places to live and work in Massachusetts," Register O'Donnell stated. "However, affordability challenges and a limited supply of properties available for sale continue to affect the market. 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. But there have been less deeds being recorded when you examine these statistics"

The average sale price for both commercial and residential real estate in August, 2026 was \$1,177,803, a 15% increase compared to August, 2025, and essentially unchanged from July, 2026. The total value of commercial and residential sales recorded in August, 2026, was approximately \$999 million, a 10% increase from the \$906 million recorded in August, 2025.

"The data suggest that while some progress has been made in increasing property inventory, the supply of properties remains insufficient to meet buyer demand throughout Massachusetts," Register O'Donnell said. "While affordability challenges and interest rates continue to influence purchasing decisions, the limited number of properties available for sale remains one of the primary factors affecting both property values and sales activity in Norfolk County."

Lending activity was relatively stable compared to the same month last year. A total of 1,508 mortgages were recorded in August, 2026, a 2% decrease from the 1,534 mortgages recorded in August, 2025, but a 27% decrease from July, 2026. Total mortgage indebtedness was approximately \$1.55 billion, an 11% decrease compared to August, 2025.

"Mortgage activity remained relatively stable compared to one year ago," Register O'Donnell said. "The slight decrease in the number of mortgages recorded is consistent with the modest decline in property sales during the month. Despite ongoing affordability challenges and higher interest rates, buyers and businesses continue to obtain financing and invest in

real estate throughout Norfolk County, however this statistic on mortgage activity also bears watching."

The Registry continues to closely monitor foreclosure activity. In August, 2026, there were 6 foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, compared to 4 foreclosure deeds recorded in August, 2025. Notices to foreclose, which represent the first step in the foreclosure process, increased to 34 in August, 2026 from 26 in August, 2025.

"Although foreclosure activity remains relatively low by historical standards, the increase in both foreclosure deeds and notices to foreclose is something we continue to watch carefully," Register O'Donnell said. "Economic pressures, including household expenses, housing costs, and debt obligations, can create financial challenges for some homeowners. We encourage anyone experiencing difficulties meeting mortgage obligations to seek assistance as early as possible."

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

"August's real estate activity reflects a market that remains fundamentally strong," Register O'Donnell concluded. "While the pace of sales softened modestly compared to last year, increases in overall recording activity, total sales volume, and average sale prices demonstrate continued confidence in Norfolk County real estate. As one of the Commonwealth's most sought-after regions, Norfolk County continues to attract homeowners, businesses, and investors who recognize the value of living and investing in our communities."

To learn more about these and other Registry of Deeds events and initiatives like them on Facebook at facebook.com/NorfolkDeeds, follow on X at x.com/NorfolkDeeds, and Instagram at instagram.com/NorfolkDeeds.

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

REAL ESTATE

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holidays and accumulated decades of memories.

But understanding its current market value can be useful even if you have no immediate plans to sell.

Your home may be an important part of your retirement planning. You may be considering downsizing in the next few years, helping family members, making renovations or simply wondering how much equity

you have built.

And if you are thinking about selling, knowing the realistic value of your property is the first step toward deciding what comes next.

Norwood is not one real estate market made up of identical houses. Every neighborhood, street and home has its own story. Sometimes the best way to understand what your home is worth is to look beyond the numbers and understand exactly where your property fits into today's local market.



Happy Halloween!

"Paul was more than helpful. He is a true professional. The property was inherited and unoccupied. Paul not only sold the property but would be there on a regular basis to make sure everything was fine. He priced the house to sell and he worked thru the holidays to make sure it sold. I would recommend Paul because he is attentive and always there for his clients." - Ellis M

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