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Vol. 11 No. 3

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October 2020

The Voice of Your Community

Sirens Active with Summer Heat



BY DONNA LANE

The Norwood Fire Department (NFD) has been very busy during the months of July, August, and September. With two weeks to go this month, there have been 29 fires that our NFD firefighters have ex-

tinguished. Thirteen of those fires were mulch fires.

“The extremely dry summer season with not a lot of precipitation made conditions conducive to mulch fires this year,” Norwood Fire Chief George T. Morrice said.

The other fires involved buildings, vehicles, and a dumpster.

From the end of July to the end

SIRENS
continued on page 2

Norwood Scholarship Foundation

Dollars for SCHOLARS®
A Program of Scholarship America®

Dollars for Scholars is Seeking Donations

BY KARA NICOLE

Due to the current state of our world, most fundraising has come to a standstill, but organizations are still in need of donations now more so than ever.

The Norwood Scholarship Foundation Dollars for Scholars (NSF Dollars for Scholars) is a publicly supported non-profit organization dedicated to the encouragement, advancement, and support of the students of the Town of Norwood.

As a local chapter of Scholarship America®, a nationwide nonprofit

foundation that supports academic success in our community, the NSF Dollars for Scholars support hometown students by offering assistance to meet the ever-increasing costs of college and graduate school through scholarship awards funded entirely through contributions from Norwood residents.

Since its inception in 1985, NSF Dollars for Scholars has awarded over \$1,300,000 in aid money to over 1,100 students from the Town of Norwood.

SCHOLARS
continued on page 3

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SIRENS

continued from page 1

of August, there were three house fires and a flames erupted at the Certain Teed Plant on August 29th. According to the department's Facebook page, the process of making roof shingles is very dangerous and can often start fires. Because of this, the Norwood Fire Department and CertainTeed have formed a close relationship over the years. Once

a year, at minimum, they conduct a familiarization tour and pre-incident planning of the site with site supervisors.

An interesting fact about the plant is they are one of the few factories left that still employ a fire brigade. A majority of these fires can be handled by the CertainTeed Fire Brigade who are both workers at the plant and trained in fire suppression.

"Firefighters have come to know that there are not many

false alarms that come from their location at 1077 Pleasant Street," Morrice said. "If an alarm or a phone call is received, there is a fire and it is bigger than the fire brigade can handle. It is for this reason that a full first alarm assignment of two Norwood Engines and Ladder, both ambulances, and a mutual aid Walpole Engine is dispatched on the receipt of a call."

Thankfully, this fire was put out within two hours and there were no injuries.

Asked if the fires seemed to be increasing this year, Chief Morrice looked at the data from the same period of July through September for 2017 through 2020. In 2017 there were 30 fires, in 2018 there were 23 fires, in 2019 there were 21 fires and, as of September 16, 2020 there have been 29 fires. Data was not readily available as to the types of fires for the previous years, but it would appear that the trend is up and that

the dry summer season and lack of rain has contributed to this year's increase.

The good news is that the new Engine 5 is being put to good use. Chief Morrice spoke very highly of the new engine. He said a committee of firefighters and officers designed it.

"A lot of hard work, time, and effort went into its design," Morrice explained. "They came up with a fantastic piece of equipment that's going to serve the firefighters and the people of Norwood for years to come."

This is very high praise from the low-key Chief.

What makes the engine so special?

"It is more functional ... for example the supply hose bed on Engine 5 is much lower than in other engines which makes it easier to access," Morrice said. "It is a very intelligently laid out truck."

Chief Morrice wants residents to know that even though Norwood Hospital is closed that the Emergency Medical Services (EMS) is operating normally. He emphasized that the transport times are longer due to the hospital's closure. Patients are being transported to Beth Israel Deaconess Hospital in Needham, Brigham and Women's Faulkner Hospital in Boston, and the Good Samaritan Medical Center in Brockton.

When a fire is called, the scope is often unknown. Each time a firefighter suits up and jumps on an engine he puts himself in danger – in the winter when water often freezes and in the blazing heat of summer that adds to the heat of a fire. They put their lives on the line to save property and people. We are incredibly lucky to have a strong, dedicated department led by an experienced Chief. We thank them for their knowledge, dedication and bravery.

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Joe Shea is OUR Norfolk County Commissioner



JOE SHEA
COMMISSIONER

The last few months have been challenging to say the least, but as we have in the past **we come together** now to support one another and our communities. This spirit, the backbone of our region, makes me proud to continue my efforts as one of your Norfolk County Commissioners.

I have dedicated my life to public service and providing **trusted leadership** at every step of the way as an elected official. Together, we have put practices in place to ensure that Norfolk County continues as a **cost-effective, inclusive and transparent** regional entity, including efforts to:

- Initiate a plan to **modernize the County's financial and capital planning practices.**
- Make significant **investments at the Norfolk County Agricultural High School.**
- **Prioritize capital improvement** and preservation efforts in our county courthouses.
- Lead a grant initiative to create more regional, public health, nursing services between the towns of Avon, Holbrook and Randolph; **a model for future regional efforts.**

Helping people, promoting good government and serving the County for the last five years has been my passion. **It's clear that we must continue to respond, adapt, and ensure that the County is governed with modern-day practices.** I am running for re-election, and I'm honored to ask for your support to continue this work.



Please Vote to Re-Elect Joe Shea on or before November 3rd.

SCHOLARS

continued from page 1

Every year, students apply to receive aid for their post-secondary cultural, vocational, or professional education. The scholarship committee assesses applications and awards scholarships based on the individual's qualifications.

Once the students are chosen, they receive an invitation to a banquet in their honor. This banquet is where it is revealed what scholarship the student will be awarded. It is a night to celebrate and recognize the accomplishments and hard work of the scholars.

To be prepared for this banquet, the scholarship committee usually hosts different fundraisers every year; including hosting a Medium, planning a "Football Tailgate party," etc. These events raise funds to supplement the cost of the scholarships. However, due to current public gathering restrictions, they cannot currently host an event. In lieu of these constraints, NSF Dollars for Scholars committee members are asking alumni beneficiaries and the Norwood community for their help.

"We are calling past recipient's and Norwood residents alike to pay it forward by making direct donations this year" committee member Laurie Shea said.

These contributions, as well as income from invested funds, will be used for the awarding of scholarships to residents of the Town of Norwood. All contributions are tax deductible.

NSF Dollars for Scholars is unique in its fundraising efforts in that all officers and members of the Board of Directors are volunteers. They have no salaries, no rent or payments for utilities. All donations are awarded directly to Norwood students.

As the committee endures the limitations this year and continue with their purpose of encouraging students to seek continuing education, the NSF Dollars for Scholars will remain the entity to which individuals, organizations and businesses can make contributions, bequests and endowments.

All checks can be made out to the Norwood Scholarship Foundation Dollars for Scholars (NSF DRS), and can be mailed to PO Box 112, Norwood, MA 02062.

Massachusetts COVID-19 Statistics by Town Now Available

By BELLA CAGGIANO

The state of Massachusetts has compiled information through their Mass.gov website as a resource for residents to learn local statistics and data pertaining to COVID-19 cases, quarantine, and monitoring.

In addition to Massachusetts measurements of total cases infected, it also includes a state-by-state list of confirmed cases since January 1, 2020. It also breaks down its information by of lab testing and hospital facility. These reports are generated every Wednesday, by 4 p.m.

Local Totals as of September 16, 2020

| | Count | Change in % Postivity |
|-----------------|-------|-----------------------|
| Norwood | 661 | no change |
| Canton | 347 | lower |
| Dedham | 495 | higher |
| Walpole | 276 | no change |
| Westwood | 161 | lower |

To refer to these numbers going forward, visit www.mass.gov/info-details/covid-19-cases-quarantine-and-monitoring.

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| 4 Lenox St | \$410,000 |
| 6 Maple St | \$422,000 |
| 705 Pleasant St | \$438,000 |
| 31 Earle St | \$493,000 |
| 116 Westview Dr | \$507,000 |
| 14 Spruce Rd | \$505,000 |
| 107 Pellana Rd | \$560,000 |
| 74 Alandale Pkwy | \$512,000 |
| 50 Monroe St East | \$540,000 |
| 32 Willow St | \$500,000 |
| 16 Croydon Rd | \$505,000 |
| 98 Countryside Ln | \$500,000 |
| 303 Dean St | \$565,000 |
| 12 Ash Rd | \$569,000 |
| 48 Florence Ave | \$622,000 |
| 30 Howard St | \$605,000 |
| 132 Roosevelt Ave | \$600,000 |
| 17 Spruce Rd | \$630,000 |
| 46 Neponset St | \$615,000 |
| 99 Bruce Rd | \$650,000 |
| 407 Washington St | \$670,000 |
| 6 Kent Rd | \$659,000 |
| 12 Victoria Cir | \$691,000 |
| 15 Plantation Cir | \$679,900 |
| 38 Anne Rd | \$769,000 |
| 140 Railroad Ave U:B211 | \$284,000 |
| 13-15 Elliot St U:2 | \$325,000 |
| 211 Central St U:315A | \$352,500 |
| 717B Pleasant St. U:B | \$450,000 |
| 407 Washington St | \$670,000 |
| 196 Walpole St | \$665,000 |

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Welcome Back Seniors!

By BELLA CAGGIANO

The Norwood Senior's exceptional reputation is well known within Norwood and the surrounding towns. When the pandemic hit, and municipal and communal locations were forced

to close their doors, it was a severe detriment to those who relied on those services, not only financially, but for health and social benefits.

While the Norwood Senior center was closed during this time

for visitors, the staff was still hard at work assisting the senior population. With the ease of indoor restrictions, the Center is now open for limited programming and is a welcome respite to its clientele its current limited recreational options.

According to Executive Director Kerri McCarthy, the Center has begun to introduce programs into its scheduling, but with many policies in place to ensure the safety of all those who enter the building. Outdoor tables were also put into place for residents to congregate during the warm weather.

"For the first few months people definitely wanted to stay home," McCarthy said. "By May, they were ready to come back out again. If people are not comfortable coming in, however, we are continuing virtual stuff. Overall, people feel safe coming here."

Here are just a few of the services the Norwood Senior Center is reinstating this fall: blood pressure clinics, SHINE appointments, and a few exercise programs. The Grab and Go Lunch is being served (indoors and outdoors) on Tuesdays and Thursdays, (orders must be in by 11 a.m.). Lunches are being served at the Center, Mondays, Tuesdays, Thursdays, and Fridays. The bus is available for transport 8 a.m.-4 p.m., with a limited number of riders at one time. Exercise programs have begun with limited capacity, with restricted distancing within a 14 foot square. The fitness and computer labs are also open by appointment. Last month, the handcrafters also started meeting again to share their love of knitting.

Although the Center was closed for programming during the spring and summer, McCarthy and her staff remained hard at work servicing the 'at risk' Norwood community every day. They delivered lunches and masks, assisted with unemployment processes and food stamp applications, personally delivered 126 pansies on people's doorsteps, and the bus continued on the streets of Norwood bring passengers to appointments.

"People were calling, and we thought, what can we do," McCarthy said. "We were doing shopping a couple times per time day. That's what we are here for."



Norwood businesses also joined in to assist the Center to service local neighbors. For instance, Ernie Boch had a team of volunteers give out 100, \$100 gift cards, for homebound seniors and Dempsey Insurance donated 60-70 steamed lobsters, wrapped and ready to go.

The Norwood Senior Center is located at 275 Prospect St., and is open 8 a.m.-4 p.m. for limited programming. Visitors are encouraged to call the Center before arriving for services or programs at 781-762-1201.

COVID-19 Procedures for the Norwood Senior Center

As we continue to open our doors, it is with great caution and guidance.

- Mask should be worn while indoors, we have plenty if you need one
- Social Distance while walking around the center
- All socializing needs to be done outdoors at this time
- The Café will remain closed, we will provide coffee outdoors when weather allows
- No card games in doors at this time
- No Bingo, line dance or dances allowed at this time :(
- Pre-register for all classes and outdoor programs
- Exercise classes will resume very slowly (see schedule) Max participants 12
- There will be 14 foot spaces marked for individuals to ex-

ercise

- The fitness room will be available for one person at a time— please sign up
- The computers will be available for use— 2 people at a time
- Stylus key chains will be provided to use for the My Senior Center Kiosk
- Please call and make an appointment with Trish, walk-ins are not allowed
- Bathrooms will be cleaned and sanitized daily
- Extra hand sanitizers have been placed around the center for your use
- If you do not feel well, please stay home and take care of yourself
- At any time, the center could close again so please keep in touch

I know this seems cold and uninviting but believe me it is for your safety. We have worked closely with the Department of Public Health to go over what we can and cannot do. I believe if we practice all the suggested guidelines (wear a mask, social distance, wash your hands and stay home when sick) it will be safe to open our doors. We will do this very slowly and hope that we will be able to move forward at some point. In the meantime, we can enjoy seeing each other outdoors. I hope you like the new outdoor seating area and use it as often as you can.

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Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an entire house. And they can take



almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay



is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving

commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in Holliston as well as Resellables,


a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes, the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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Norwood Native Rucks Throughout Norwood

BY BELLA CAGGIANO

As with many events this year, the 2020 Tough Ruck was postponed and held virtually at the participants convenience from Friday, Sept. 11 through Sunday, Sept. 13. That rescheduling, however, did not discourage Norwood native Kim Lydon from contributing to the cause. On Sept. 12, Lydon, daughter of Norwood firefighter Stephen and his wife Julie Lydon, enlisted in the fundraising event as she plunged through Town to complete the 26.2 mile journey.

"I did not pre plan a route," Lydon said. "I decided to just go where I felt in the moment. I signed up for the heavy weight class, meaning my pack had to weigh at least 35 lbs."

Her personalized course started at her home in Canton, then she headed to Norwood. She traveled by foot to her parents home, then to visit deceased family members in Highland Cemetery, her grandmother's home, through Stoughton, and returned to Canton.



Lydon raised over \$1,500 (with support of the Norwood Fire Department), and her team of four drew in approximately \$3,000 for the organization.

The Tough Ruck is typically held the Sunday before the Boston Marathon and members follow the Marathon route with their rucks on. According to military.com, a ruck can be described 'as simple as walking around with a backpack on a hike or as difficult as moving fast with all your military gear, loaded for bear, over rugged terrain, infiltrating to your objective.'

The Rough Ruck is a group of military personnel or civilians to ruck in memory of fallen service members, police, firefighters, and EMTs to raise funds to help support military families in time of need. The event is held in partnership with the Boston Athletic Association and National Park Service.



While Lydon performed the route solo, there are those who contributed to her success both financially and personally, encouraging her throughout the day.

"First off I need to thank everyone who donated to my ruck," Lydon said. "I reached the top fundraising goal and that money is going to families of fallen military. So thank you, thank you, thank you."

Extra thank you to those that where there for me throughout the race: John Reardon, Mom and Dad, Anne LeVitre Brawley, Andy Haase, and Gammmy."

Raising money for charities is noble in itself, but when people put themselves out there physi-



cally, that effort is both admirable and noteworthy. But as they cross that finish line, the ache of their efforts and sacrifice was well worth the pain.

"This ruck was in honor or all fallen military, police and fire," Lydon said. "The last 5 miles where rough but babe was there with me for the last 7 and knowing what he had been through

during deployment kept me from complaining about it and just continuing to put one foot in front of the other. Also thinking of the reason why I signed up, for those who are not here to be able to do this, that it didn't matter what I was feeling, I could keep going. So glad I signed up for this and together we were able to raise money for these families."

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Nirvana Tea House & Cafe – Inviting the World to Tea

Trekking in the Himalayas — over 5,000 miles away from his birthplace in Ireland — Ed Williamson was offered something that reminded him of home: a cup of tea.

“My mother was always putting a pot of tea on“ he says. “Tea was a door to open conversation”.

“There we were,” Williamson says, “sitting on a dirt floor of the home of 3 yak farmers, and

they’re making us tea. Honestly, holding that cup, I teared up.”

The welcoming nature of these strangers is what inspired Williamson, months later, to open the tea house. Nirvana is a gathering place where tea can serve as a doorway to create community. The result is an experience like nothing else in Millis, or anywhere in the surrounding area. A rustic, peaceful space

Business spotlight

where everyone is welcome. Williamson’s experience in Bhutan comes through in the colors, design, and feel of the space. From Bhutanese fabrics, to photos and paintings from Bhutan; even the rugs hail from the office of the king of Bhutan. Tying it together is a mural depicting the rolling hills of a tea field.

Choosing teas was the first step. “Part of our mission is people understanding the story of where these teas come from,” says manager Kelly Harris. The start-up team tasted nearly 100 teas, narrowing it down to the 41 now offered. “We were very conscious of the farms we selected,” says Harris. “We wanted to know about the people growing it. We chose them all for a reason. We have teas from 8 countries— a broad range.” One source in China boasts a 2,700-year-old tea bush; another



estate in India is elephant-friendly certified. Much of the tea is hand-picked by small-scale farmers actively engaged in developing their local communities.

tofu scramble, and 3 varieties of avocado toast. “Everything tastes really good!” Williamson says. “[The managers] have done tremendous work. We cook almost everything right here.”

Nirvana recently added masala chai to its array of iced teas, and offers numerous tea lattes. They now have a loyalty program to reward customers and they offer gift cards. All of their teas are available to purchase in 30g and 60g bags. “It was important for us to offer smaller quantities so that everyone has the opportunity to explore a vast array of what the world has to offer. Our tea servers can guide customers through the journey, beginning with the flavors they know, to discovering new and exciting varieties” said Harris.

The fully plant-based menu includes a hearty, flavorful variety of sweet and savory bowls, salads and wraps, and Mediterranean platters. For a sweet treat, Nirvana offers apricot brandy tea-soaked dried fruits, cinnamon chai and lemon matcha tea cakes, and blueberry ginger scones. On the weekends, visitors can enjoy an expanding brunch menu, currently including Nirvana’s signature banana malpua pancakes,

“Most importantly,” says Williamson, “tea is what opens the door.”

Nirvana is located at 969 Main Street, Millis. Reach them at (508)376-2333 and at Nirvana-teahousecafe.com. Open 11am-9pm Tuesday-Friday, Saturday 8am-9pm, and Sunday 8am-8pm. Weekend brunch menu available 8am-2pm.



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Living Healthy

Why Choose Move Well Physical Therapy?

Did you know October is National Physical Therapy month? Since many people are not aware of what Physical Therapy is all about the answer is probably no! Because of this, the American Physical Therapy Association (APTA) has launched a yearly campaign with the aim of increasing awareness on what Physical Therapists (PT) can offer. Let me tell you, we can do A LOT - and *Move Well Physical Therapy* is on board with raising awareness about the MANY BENEFITS of PT!



PT's are the movement experts when it comes to aches and pains. Extensive education and clinical rotations develop our assessment skills to help diagnose and establish individualized treatment plans for our patients. Typically, this includes a combination of hands on care and personalized programs that empower people to actively participate in their own treatment.

PT's can treat a variety of conditions, ranging from aches, sprains, post surgical rehab, head-

aches, dizziness and balance, the list goes on! Our treatments aim at restoring and maintaining mobility and function to optimize health, well-being, and independence.

Trust us when we say *Move Well Physical Therapy* is not your typical therapy venue. With no overlapping appointments, and private rooms, we can focus on you and your needs for the entirety of your appointment - which is now more important than ever, as we

all live through this pandemic!

Still unsure about PT? That's okay! *Move Well Physical Therapy* offers free screenings, so take advantage of that this month to gain clarity if PT is right for you. And did you know you do not need to see a physician to come to PT? So, call our office and schedule either your free consult or an evaluation today! We look forward to hearing from you! (781) 269-5850

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Top 10 Health Concerns of Baby Boomers, Part 1

By DENNIS SULLIVAN & ASSOCIATES

Baby boomers are now in their 50s, 60s and 70s, as they age, baby boomers are dealing with the challenges of aging, and staying healthy. Here are the top concerns of baby boomers, 10-6, the top five will follow next issue:

#10. Living Longer

People are living longer than prior generations. With longevity comes increased risk of illness and long term care, and a fear of whether your life savings will last your lifetime. At Dennis Sullivan

& Associates we hear these concerns every day and help families protect their home and life savings enabling people to receive care they need to live long, happy lives and preserve their life savings.

#9. Bones, Joints & Mobility

Over 25% of boomer women have osteoporosis, and many more have bone and joint issues. As we age, the cartilage that cushions bones and joints break down, resulting in pain, swelling and stiffness called osteoarthritis.

This is a top cause of disability in boomers. Prevention is key for osteoporosis, and daily exercise is crucial to maintaining joint flexibility.

#8. Caregiver Strain

Baby boomers are in a unique position as many are caring not only for their own families, but also for aging relatives. This puts considerable stress on caregivers and can affect the mental and physical health of the caregivers and those they care for. It is paramount that caregivers take time to see to their physical and emotional well-being. If you would like to receive our caregiver strain index, call our office, it may help you and your family develop a plan to provide care and preserve resources in advance of a crisis.

#7. Navigating Insurance

Medicare plans offer many options, and as we're in open enrollment season, boomers are being overwhelmed by the choices available to them. From Medicare supplements to long term care insurance, many do not even realize long term care is not covered by Medicare! Planning ahead is essential for navigating the complex insurance system and making sure you've got the coverage and protection you need.

#6. Dementia and Alzheimer's Disease

Age is the best-known risk factor for dementia. A 2011 study by the World Alzheimer's Organization found that over 50% of those 80+ worldwide have some form of dementia. Over 5 mil-

lion Americans were living with Alzheimer's disease in 2013, by 2050 the CDC projects the number will be 14 million. When there is a dementia diagnosis, there is an increased need for long term care. Dementia robs a person of the ability to make their own decisions, so it is crucial that boomers have appointed health care decision makers via a Health Care Proxy/Living Will, authorize the release of information via a HIPAA release, and discuss the MOLST with your doctor. These documents are essential for everyone over the age of 18!

Dennis Sullivan & Associates has been assisting families in Massachusetts to protect their homes, families, health, legacy and life savings, for over 26 years to discover more, attend a free online discovery seminar and find more information at DSullivan.com.

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Leaf and Brush Curbside Pick-Up

Leaf and brush pick up is provided every week on your regularly scheduled trash day from April through November. Residents can also drop off yard waste at the Winter Street Composting Facility on Saturdays, 8:00 am - 1:30 pm.

NOTE: Resident Sticker Required (see Winter Street Composting Facility Regulations section for more information)

Please be aware that factors beyond our control, for example, weather, equipment breakdowns, emergencies, and the sheer volume of bags during peak leaf season, may cause delays in the pick-up schedule.

Please remember:

- Paper leaf bags only - no plastic bags, barrels or other containers

- 50 lbs. maximum weight
- No dirt, sand, sod, rocks or brush
- No rubbish or building materials
- Please keep the bags dry
- Only leaf bags manufactured specifically for leaf collection purposes will be picked up. The bags are readily available at most hardware stores, home centers, garden shops, supermarkets and at many other outlets. The Public Works Department no longer sells leaf bags.
- Brush shall be limited to 4 tied bundles, 4 feet in length and manageable enough for one person to load onto the trucks. Do not use metal wire to tie the bundles. (Metal wire destroys the grinding machine.)

Lock Up Your Vehicles

A message from Norwood Police

Neighboring communities are experiencing a rise in stolen vehicles and B&E's to vehicles. Typically these are happening late in the evening or early morning but we advise that you always lock your vehicle regardless of the hour. Don't assume that because you live in a quiet neighborhood off the beaten path that you are not susceptible. Do not leave valuables in plain view and never leave the key inside the vehicle itself.



Fuel Assistance for Seniors

A Message from Trish Monahan, Norwood Senior Center Outreach Coordinator

Hello again!

We're just about done with the heat outside our homes, now it's time to think about heating inside our homes. Residents who received fuel assistance last year should have received a renewal application by now. As of the time this is being written, Self Help has not worked out how they will get the applications distributed in their area. Stay tuned, I should have an update on that fairly soon.

Because of physical distancing restrictions, we'll be processing applications a little bit differently this year. Instead of calling me to make an appointment, I'll ask people to call me and we can review the list of documents to be sure everything necessary has been gathered and is included. Once we've determined all necessary documents are included, I'll ask that the papers and application are dropped off at the senior center in place of doing a face to face meeting. I'll make the copies,

send those and your application along and return your original documents to you. (Please be sure your application is signed!!)

As a review, here are the documents needed. Please remember, not all of these are going to apply to every person. If they do apply to you, please be sure to include them in what is dropped to the senior center. Applications and documents will be submitted as is so please ensure all information is included.

- Photo Identification
- Social Security cards

for all members of the household

- Income verification (Social Security letter; 4 weeks of most recent paystubs if working) Interest income, dividend income, annuities, etc. for all members of household over the age of 18
- Rent or Housing costs
- Mortgage (principal, interest) statement or bill showing costs Property tax bill

- Homeowners Insurance—front page of policy showing cost of policy Lease or rental agreement
- Property owner's name, address and phone number (landlord if renting) Heating company bill
- Electric bill

Thank you for bearing with us as we find new ways to provide services! We're making adjustments to ensure everyone is helped as safely as possible.

Norwood Police Photo Chosen for International Website

When people visit the International Association of Chiefs of Police website, the first picture they will see is a photo of a few of Norwood's men and women in blue. This website is visited regularly by approximately 31,000 police chiefs from around the world!

"So, a little bit of background here," Norwood Police Chief William

G. Brooks explained. "This photo was taken by our own Officer Andrew Jurwich, who also manages a lot of our social media. Which explains why he has not listed a photo credit, for it is him. The photo was taken prior to our 2019 entrance exam as a recruiting photo and was displayed on the billboard on Nahatan by Lenox. Our thanks to IACP for choosing it for their website."



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Living Healthy

Monthly Pains Relieved Without Medications

Menstrual irregularity or cramping plagues many women on a regular basis often interfering with their daily activities and can be debilitating for days on end. Many sufferers turn to over-the-counter medications (which are insufficient in most cases) or prescription medications, such as birth control pills, and both resources, often unsuccessful, can bring other negative ramifications.

For many years, Debbie B. suffered with painful periods, accompanied by severe headaches, and used drugstore medications to respond to her distress. She thought after having children

these issues would subside, but to no avail. She visited her primary care doctor who suggested she see her gynecologist to rule out pathological issues, but no physical abnormalities were detected. She was advised to go on the birth control pill, but had tried that route in the past with no success. She hit another dead end.

A colleague suggested she make an appointment with Dr. Bien at The Holistic Center at Bristol Square. Upon an exam, Dr. Bien determined that Debbie had a severe Candida issue that had gone undiagnosed for years which was contributing to her symptoms. After following a sug-

gested change in diet, a supplement regiment and weekly visits to Dr. Bien, her menstrual issues disappeared.

Debbie is beyond happy that she no longer has to live with the monthly pain and discomfort. To ensure her discomfort does not return she visits The Holistic Center at Bristol Square for maintenance appointments. If you are suffering from menstrual issues, do not hesitate to schedule an appointment with Dr. Bien at The Holistic Center at Bristol Square, 1426 Main Street, Walpole, (508) 660-2722.



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Beware of Medicare Scammer Phone Calls

Scammers are calling people, claiming to be from Medicare, saying they are calling about the new cards. Medicare has finished sending the new cards. Medicare has all the information they need about their recipients, they will not be calling asking for anything from anyone. If these scammers call you, hang up on them!!

Thank you Trish Monahan!
Norwood Senior Center

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Massachusetts Department of Housing & Community Development COVID-19 Emergency Rental and Mortgage Assistance (ERMA)

The Town of Norwood in partnership with the South Middlesex Opportunity Council (SMOC) is pleased to announce a new grant program, the Emergency Rental and Mortgage Assistance Program (ERMA). The new grant program has been established from Federal funding made available from the Coronavirus Aid, Relief, and Economic Security Act (CARES Act). The grant program will provide financial assistance to income qualified individuals that have suffered financial hardship from the economic crisis caused by the pandemic. Grant funds can be used to help pay for rent, mortgage and utility payments. In order to qualify for this funding, a household must meet the following criteria at the time of application:

- Currently rent or own a house as a primary residence in Massachusetts;
- Have income that is between 50-80% of the Area Median Income (AMI);

and

- Have a housing emergency due to a financial hardship related to or exacerbated by the COVID-19 crisis (as verified through documentation or a written self-certification consistent with this Administrative Plan).

Up to \$4,000 is available per household over a 12-month period which can be utilized to assist with rental and mortgage arrears for payments due no earlier than April 1, 2020, and rental and mortgage stipends for payments due after the date of application. Individuals living in subsidized housing units where tenant rent is calculated and adjusted based on income are not eligible for rent stipends but are eligible for assistance with arrears when able to demonstrate sufficient justification for non-payment of past due rent.

For those seeking general/financial assistance, complete the online RAFT/ERMA Pre-Application at <https://www.waitlistcheck.com/MA2977-1916> or call the Housing Consumer Education Center hotline at 508-872-0765 for more information. RAFT/ERMA online pre-applications are prioritized in the order that they are received. All clients are contacted by a SMOC staff once the online pre-application is received. For homeless families seeking shelter, call HCEC Intake Specialist, Amandalee Deleon Campos at 508-872-4853 x 2171. For all other questions/concerns, email the HCEC Department at HCEC@smoc.org. For more information locally, contact Paul Halkiotis, Director of Community Planning and Economic Development, at phalkiotis@norwoodma.gov or (781) 915-4749.

Priscilla Zhang Receives Scholarship from Norwood Women's Club

The 2020 Norwood woman's Club scholarship of \$1200 was awarded to Norwood High School graduate Priscilla Zhang by Club president Phyllis Spiro.

The Norwood Woman's Club is a non-profit organization that sponsors and supports matters to benefit the town of Norwood. New members are always welcome, for more information, call Trina at 781-762-8173.

Congratulations Priscilla!



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The calendar was prepared a few weeks before the October 1 publish date. In consideration with the Coronavirus (COVID-19) and state and federal guidelines regarding public gatherings, some of these events may have been postponed or cancelled. It is recommended to call to confirm the event status before attending.

Calendar of Events

Oct. 1

Virtual Craft Connection

Morrill Memorial Library, Virtual
6:30-8 p.m.

Join the new weekly Virtual Craft Connection! Get together to video chat while crafting to show off your latest projects and stay in touch. The Connection uses the Zoom platform, and the link to join is included below. Sometimes people are prompted to provide a meeting ID, visit <http://www.norwoodlibrary.org/morrillcalendar/> for more information. There's also a phone number you can use to dial in to join in the discussion over the phone, if you're unable to join us on a computer. Please email Liz at lreed@minlib.net with any questions. To join; 929-205-6099 US, Meeting ID: 893

8239 8201, Password: 224050.

South Norfolk Mental Illness Support Group

The Grange, 28 Rockwood Rd. (Rte. 115), Norfolk

7 p.m.

The South Norfolk Mental Illness Family and Friends Support Group is composed of such families who find mutual support and join together to advocate for their loved ones. All families in the South Norfolk Area who are dealing with mental illness and their loved ones are welcome. For further information call Ray at 508-668-2941. Note: this is the monthly group that typically meets in Norwood Hospital.

Oct. 5

St. Catherine of Siena School Golf Tournament

Brookmeadow Country Club,

100 Everendon Rd., Canton

The 28th Annual SCS Hawks Classic is open for registration. For more information, visit www.scsnorwood.org, or their Facebook page at <https://www.facebook.com/scsnorwood/>.

Oct. 8

The Jason Fairbanks Scandal: a Massachusetts Murder Mystery

Morrill Memorial Library; Virtual

6:30 p.m.

Join Allison Neff, former program director of the Fairbanks House in Dedham, as she tells the intriguing story over Zoom of a murder that rocked the nation in 1801. When beautiful young Elizabeth Fales met with a violent death in Dedham, her boyfriend, Jason Fairbanks, was tried, convicted, and hanged for

her murder. But was he, in fact, guilty? Was this a case of star-crossed lovers or a brutal murder by a scorned suitor? And was Jason even physically capable of committing the crime? A dramatic court case led to a prison break and a nationwide bounty hunt, ending with one of the most widely attended executions in the country. The question of what actually happened echoes to this day.

Registration is required. To sign up and receive an email reminder, please fill out the form below. An email with the Zoom link will be sent to you the day before the presentation and again shortly before it begins. To register, visit <http://www.norwoodlibrary.org/morrillcalendar/>, or call the library at 781-769-0200.

Oct. 10

Thrift Shop Sale

First Baptist Church, 71 Bond St. (Walpole St. entrance)

10 a.m.- noon

Visit the Blessing Boutique Thrift Shop! The event will include many nice fall clothes for men, women and children. There are also purses, shoes, books, glassware, dishes, household items, and so much more. All are welcome to come in and browse.

Oct. 13

Women's Business Networking Meeting

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, call 781-799-7068, or email wbnofnorwood@gmail.com.



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Oct. 15

Virtual Craft Connection

Morrill Memorial Library, Virtual

6:30-8 p.m.

Join the new weekly Virtual Craft Connection! Get together to video chat while crafting to show off your latest projects and stay in touch. The Connection uses the Zoom platform, and the link to join is included below. Sometimes people are prompted to provide a meeting ID, visit <http://www.norwoodlibrary.org/morrillcalendar/> for more information. There's also a phone number you can use to dial in to join in the discussion over the phone, if you're unable to join us on a computer. Please email Liz at lreed@minlib.net with any questions. To join; 929-205-6099 US, Meeting ID: 893 8239 8201, Password: 224050.

Oct. 21

Turn the Page Book Group

Morrill Memorial Library, Virtual

6:30-8 p.m.

Turn the Page Book Group will be reading the second book in the Arthur Truluv series, "Night of Miracles" by Elizabeth Berg. Copies of the book are available at the library Circulation desk and can be picked up on weekday mornings when the library is open for browsing, or if you'd like to pick up a copy using Curbside Pickup, call 781-

769-0200 x224. The discussion will be held virtually via Zoom. If you're not able to join by using a computer, there will be a phone number provided so you can call in to join the book discussion. To receive discussion questions or register, visit <http://www.norwoodlibrary.org/morrillcalendar/> or call 781-769-0200. For more information, email Patty Bailey at pbailey@minlib.net.

Oct. 22

Sustainability series #1: Ian Cooke from the Neponset River Watershed Assoc.

Morrill Memorial Library: Virtual

7 p.m.

The Fall 2020 Sustainability series will be held once a month over Zoom from October through December. The first program, on Thursday, October 22, will be a discussion with Ian Cooke, Executive Director of the Neponset River Watershed Assoc. More info to follow. Registration is required. To register, visit <http://www.norwoodlibrary.org/morrillcalendar/>, or call the library at 781-769-0200.

Oct. 24

Thrift Shop Sale

First Baptist Church, 71 Bond St. (Walpole St. entrance)

10 a.m.- noon

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include many nice fall clothes for men, women and children. There are also purses, shoes, books, glassware, dishes, household items, and so much more. All are welcome to come in and browse.

Oct. 27

Women's Business Networking Meeting

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, call 781-799-7068, or email wbnofnorwood@gmail.com.

Titles on Tap Book Group

Napper Tandy's, 46 Day St.

7:30-9 p.m.

The October title was yet to be announced at press time. For more information, visit <http://www.norwoodlibrary.org/morrillcalendar/>. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. The group goes for stories that are shaken,

not stirred, and for readers who don't mind taking their love of lit outside the library walls. Titles on Tap meets once a month in the left-hand bar of Napper Tandy's to eat, drink, be merry, and discuss the latest reading selection.

Nov. 1

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Norwood Sports

Norwood Football to be Played in Phase II

By CHRISTOPHER TREMBLAY

When the Covid 19 outbreak began in March, high school students were not only learning from home but also saw their spring sports season cancelled altogether. Although the pandemic is still around, athletes were able to take to the fields this summer in a limited capacity. High schools didn't know what was to become of their fall season once they returned to school if they were allowed to return to school.

On August 28, the MIAA Covid 19 Task Force announced their plans for the fall 2020 high school sports season. The task force and individual sports committees from around the Commonwealth put forth a plan that would allow sports to take place in a fashion that adheres to the safety precautions and modifications recommended by the Energy and Environmental Affairs (EEA). The fall season would begin on September 18th. Unfortunately, three sports (football, cheer, and volleyball) would not be eligible to play in September and would be part of Fall Sports Phase II, which wouldn't begin until February 22 and run for approximately eight weeks through April 26. With that said, no real guidelines as to how this two-month season will be divided up into tryouts, practices and games and is yet to be decided.

"I've never had a Fall without football," Norwood Football Coach Manny Lopes said. "In the past, we knew there were 21 practices before the season, I knew what we had. Right now, playing in Phase II, I really don't know anything and how things will work out come February."

While Lopes and his coaching staff don't know what is going to happen once Phase II kicks in, he has had his athletes doing their normal routines as thought the season was going to begin in September.

"We've always pushed the kids to be ready," the Mustang Coach said. "I love athletes who play multiple sports and get to see different coaching styles. With football being moved, a lot of my athletes also play basketball so they'll be working on getting ready for that sport first this year."

The football team began lifting this summer with all the social distancing procedures in place, but while they were getting ready, they had no idea if they were going to play football in the fall. And although they will be playing football, it will be a different time of the year. Prior to Covid 19, Norwood had 30-40 kids in the weight room at least three times a week preparing for the upcoming season. Now that the pandemic has subsided a bit and the athletes



can get back to working out (with all the precautions), Lopes needs to get his athletes back into a routine, but knows that is not going to be easy with winter sports coming before football this year.

"It's tough for these kids; they've been busting their humps for the beginning of the season," the Coach said. "Unfortunately, I have a lot leaving to get ready for basketball season as that will be first and you can't blame them as we don't play football for another 6 months."

Despite the inability of the athletes preparing for football right now, Lopes is looking toward having a successful campaign on the football field even though it won't be until the winter.

"Playing football in winter compared to the fall shouldn't be an issue, Lopes said. "Snow will not be a big deal as we can plow the turf, but if we have snow storms all week leading up to a game, that's an entirely different

story and may be difficult. Again, playing in the winter shouldn't be a big impact, unless we get three feet of snow. Cold weather is cold weather, it's not ideal but we will play through it."

With football on the back burner for so many winter sport athletes, Lopes and his staff just need to keep in front of the kids. He has no issues with them getting ready for their winter sports but wants them to continue to prepare for the football season as well. He doesn't want athletes to totally disappear in September and then show back up in February; he wants them to be ready to play.

Originally, the MIAA voted to lift Rule 40, which doesn't allow coaches to be with their players until the season begins, but the Athletic Directors of the Tri Valley League shot that down.

It may be a competitive disadvantage, but the entire TVL is doing it and everyone will be playing in February instead of September. Most likely with the shortened season, the TVL teams will not have any outside-league games, they will just play teams

within the league. At this point, that is just a guess as nothing has been set in stone.

Coming into the season, Lopes was excited about the group of athletes he had returning to the football field. His juniors were all a year older, he had a quarterback entering his senior season who already had started for the past year and a half, his offensive line was something he was excited to see play together, and he had numerous underclassmen that saw action last fall that he was hoping to take the next step this year.

"I'm still very excited about what the season brings, no matter when it is," the Norwood Coach said. "I told the team that if they continue to be ready then we'll be fine, but if they don't then it will be a long season."

While the MIAA hammers out the way things will go about once the season gets underway, Lopes and the rest of the football coaches will just have to take a wait and see approach and hopefully have answers to when their upcoming season will actually begin and to what capacity.



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Norwood Sports

Area ADs Favor Modifications to Allow Sports to Continue

BY KEN HAMWEY
Staff Sports Writer

The area's high school athletic directors were busy lining up their sports menus after the Mass. Interscholastic Athletic Association (MIAA), the Department of Elementary and Secondary Education, and the Mass. Executive Office of Energy and Environmental Affairs (EEA) issued their fall guidelines, risk categories and levels of play.

The coronavirus pandemic forced the cancellation of all interscholastic sports last spring but approval to move forward with athletics for the fall came on Aug. 18, enabling ADs, superintendents and their school committees to proceed with caution. Sports for the fall that are in a lower and moderate risk category can compete with modifications, but football, competitive cheerleading and unified basketball are classified as high risk. Those teams can play in a "fall 2 season" that would run from Feb. 22 to April 25.

Several area ADs revealed their plans to proceed for a fall season that will feature plenty of changes and modifications.

At Millis, there'll be boys and girls varsity and jayvee soccer, boys/girls varsity cross-country and varsity and jayvee golf.

"We're elated to be taking the next step towards normalcy," said Chuck Grant, the Mohawks AD. "Everyone needs sports back into their routine. The kids are ready to compete within the guidelines. Many things had to come together for these opportunities to become reality and we appreciate all the effort that went into gaining their approval."

For Millis, the fall 2 season will include football and volleyball. "Things will need to continue to improve for both to become reality," Grant said. "If we have a basketball season, that will be a good omen for volleyball. It just made sense to buy more time for an inside event to be given a chance for circumstances to improve before bringing other 'cohorts' into each others' buildings at a time when we're trying to

bring our own students back into the building."

Grant said that "since football is being played in other states, that will provide us with much needed guidance and evidence of the likelihood that football will be approved for competition in Massachusetts. The numbers are improving every day so the continuation of that trend in concert with encouraging national news would bode well for football's chances."

At Franklin High, the athletic offerings for each of the four seasons include: fall — boys and girls soccer, boys and girls cross-country, field hockey and golf; winter — boys and girls basketball, boys and girls hockey, wrestling, gymnastics, boys and girls indoor track, cheerleading and boys and girls swimming; fall 2 — football, cheerleading, unified basketball and volleyball; spring — baseball, softball, boys and girls lacrosse, boys and girls tennis, and boys and girls unified track.

Here's how the Panthers' AD, Tom Angelo, viewed the modifications:

"Clearly, the rules of the game will be very different from what we're used to. Although these new rules are not very popular, they are in place so our student-athletes can again participate in interscholastic athletics. That said, everything is now different due to the pandemic. Why would athletics be excluded? Our teams will simply have to learn the new rules, make the necessary adjustments, play to the best of their ability, and represent our community with the same Franklin pride as they have done in the past."

Matt Baker, Holliston High's AD, listed all the sports that are slated for all four seasons. Fall 1 will include cross-country (boys and girls), field hockey, golf, and soccer (boys and girls). Winter's offerings are basketball (boys and girls), cheer, gymnastics, ice hockey (boys and girls), indoor track, swimming and diving, and wrestling. The fall 2 lineup features cheer, football, unified basketball and volleyball. The



Chuck Grant, Millis Athletic Director.

spring menu includes baseball, lacrosse (boys and girls), softball, tennis (boys and girls), track and ultimate frisbee.

Baker said that he supports the decision by the MIAA to move higher risk sports to fall 2. "We feel this will create a safer environment for these sports (cheer, football, unified basketball and volleyball)," he noted. "We'll revisit what's happening with COVID-19 throughout the school year. The Tri Valley League has taken the additional step of moving volleyball to fall 2. This was done in an effort to maintain safety for our students. Also, many schools do not have use of their gyms for athletics due to COVID-19 protocols using the gym for other purposes."

Baker endorses the alterations that will allow athletics to continue.

"We know these modifications are changing sports dramatically but at least this is creating a situation where we can offer student-athletes the opportunity to play sports during the pandemic," he emphasized. "This is better than not having fall sports at all. Our coaching staff is looking forward to being with their teams and to compete. These types of activities are so important for the social/emotional well-being of our student-athletes and everyone is trying to be creative in the solutions to make this happen."

King Philip Regional will have soccer, field hockey, cross-country and golf on the athletic menu this fall but volleyball, football, cheer-



Matt Baker, Holliston Athletic Director.

leading and unified basketball will be played in the fall 2 season.

"We've focused on the fall season and worked to get that squared away," said KP AD Gary Brown. "As for moving some of the higher risk sports to fall 2, it'll give kids the best opportunity for the best experience. As we get closer to the fall 2 season (starts Feb. 22), we'll be awaiting the decisions on those sports."

Brown is acutely aware that sports will not look like they did in the past with all the modifications the MIAA and the Department of Education have mandated but he's glad there'll be an opportunity for student-athletes to compete.

"The changes will allow students to compete safely and that's the goal," he said. "It's a different approach. It's all about providing opportunity. It'll be great to get moving again. Great to see

all students getting involved with whatever their extra-curricular activity is. For me, it'll be rewarding to see kids actively competing and representing KP or whatever school they play for."

Brown stressed that "the bottom line is the health and safety of everyone."

At Natick High, the fall season will feature boys and girls cross-country, field hockey, boys and girls soccer, golf and girls swimming and diving. The fall 2 season will include girls volleyball, football, cheerleading and unified basketball.

Natick's Athletic Director, Tim Collins, is pleased sports are returning after a dormant spring.

"I'm thrilled athletics will be played this fall," he said. "All of us at Natick High want the chance to compete, hopefully be healthy and face competitive challenges with teammates and coaches. Any opportunity to play in spite of whatever modifications are imposed is a blessing."

Collins said that "the players are ready, the coaches are ready, and the community needs it."

Because Framingham High will not be playing any sports this fall, the Redhawks fall teams will be in a Carey Division that includes Wellesley, Needham, Newton-North and Brookline.

ADS
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Norwood Sports

ADS

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State Guidelines

The EEA and DESE guidance classified sports into three categories — Lower Risk, Moderate Risk and Higher Risk. For the fall, Lower Risk sports include golf and cross country. Moderate Risk fall sports are volleyball, field hockey, and soccer. Higher Risk fall sports are football, competitive cheerleading and unified basketball.

Moderate Risk sports are listed as: "sports or activities that involve intermittent close proximity or limited, incidental physical contact between participants." Higher Risk sports are listed as: "sports or activities for which there is a requirement or a substantial likelihood of routine close and/or sustained proximity or deliberate physical contact between participants and a high probability that respiratory particles will be transmitted between participants."

The guidance lists four levels of play. Level 1 is individual or socially distanced activities; Level 2 is competitive practices; Level 3 is games; and Level 4 is tournaments.

Lower Risk sports get the green light to participate in all four levels. That enables golf and cross country to compete. Moderate and High Risk sports can participate only in Level 1, which translates to no practices, games or tournaments.

For soccer, field hockey, and volleyball to practice, the following requirements are a must: Training activities must be performed in groups of 10 or less. These same groups must be used for every training session or class. Boundaries must be marked so that those groups remain at least 14 feet apart. No more than 25 people can be on a playing surface at once. Groups can only compete against each other if they remain separate and no contact occurs.

For soccer, field hockey, and volleyball to compete in games, two criteria must be followed. First, deliberate close contact must be eliminated. Deliberate close contact includes but is not limited to collisions, body checking, tackling, blocking, and racing/riding in packs. Second, minimize intermittent contact. Game situations that result in intermittent, close physical or face-to-face contact must be modified or eliminated, including restarts, faceoffs, throw-ins, scrums for the ball/puck, or similar activities. These activities may be allowed if face masks are used during contact.

Facts & Figures

Here are some facts and dates that shed some light on how interscholastic sports will look going forward:

- The floating season (Fall 2) will run from Feb. 22 to April 25 and will include football, competitive cheerleading, unified basketball and any other sports that don't take place in an earlier season, for whatever reason.
- The fall season, which got underway with practices on Sept. 18, will end on Nov. 20. Winter sports get underway on Nov. 30 and conclude on Feb. 21, while spring sports will start on April 26 and continue until July 3.
- MIAA post-season tournaments have been canceled for the fall. Various leagues, however, can conduct their own playoffs but must abide by DESE/EEA guidelines.
- Student-athletes can compete in all four seasons.
- Massachusetts is the 15th state, along with the District of Columbia, to push high school football off the fall sports menu.

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**Norwood Public Health Department
Weekly COVID-19 Data Report
September 16, 2020**

MA Department of Public Health [Weekly COVID-19 Public Health Report](#)

Norwood data as reported by MA Department of Public Health:

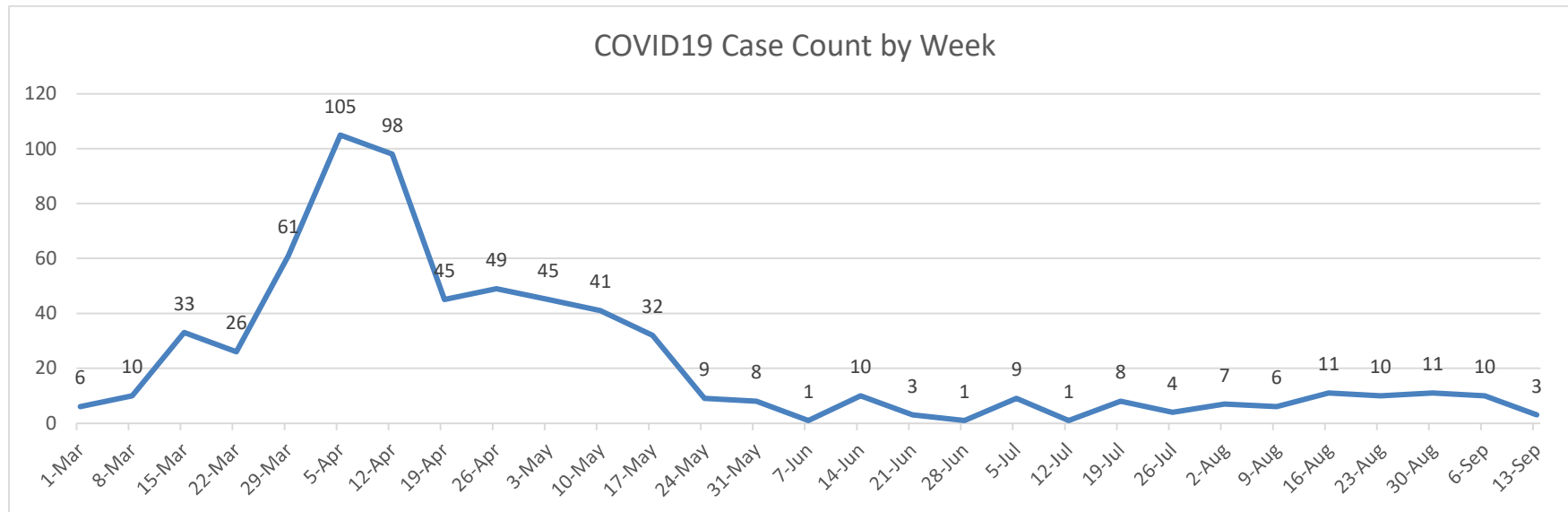
- Total Confirmed Case count: 661
- Case count in the last 14 days: 21
- Average Daily Incidence Rate per 100,000 (Last 14 days)[^]: **5.0**
- Percent change over the last 14 days: Lower*
- Total tests: 12,128
- Total tests last 14 days: 1,736
- Total positive tests performed last 14 days: 28 (*one individual might have multiple tests*)
- Percent Positive last 14 days: 1.61%
- Change in Percent Positivity: No Change*

[^]Current two-week period (8/30/2020-9/12/2020) as of 9/16/2020

*Number of new cases occurring over the current two-week period (8/30/2020-9/12/2020) compared to the previous two-week period (8/23/2020-9/5/2020).

Average Daily Incidence Rate per 100,000 over last two weeks (State Daily Rate 4.60)

- Gray (<5 reported cases)
- Green (<4 cases per 100k)
- Yellow (4 - 8 cases per 100k)
- Red (>8 cases per 100k)



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Social Security Announces New Online Video Hearings

The Social Security Administration announced a new service for people awaiting a hearing decision. In addition to telephone hearings, Social Security will offer the opportunity for an online video hearing using the Microsoft Teams platform beginning this fall. This new free service will allow applicants and their representatives to participate in the hearing from anywhere they have access to a camera-enabled smartphone, tablet, or computer. This stable and secure online platform allows the Social Security judge to see and interact with applicants and their representatives just like an in-person hearing, while maintaining privacy of the claimant's information. Other hearing experts, such as medical or vocational experts, may participate as well.

"The COVID-19 pandemic has highlighted the importance of finding new ways to serve the public," Commissioner of Social Security Andrew Saul said. "For over a decade, the agency has used video hearings to get applicants their hearing decisions sooner. This advancement builds on that effort, making it easier and more convenient to attend a hearing remotely, particularly during the COVID-19 pandemic. To continue to ensure all participants' safety, we expect online video hearings and telephone hearings will be the only two hearing options for the foreseeable future."

Social Security has been conducting appeal hearings with Administrative Law Judges (ALJ) via telephone only since March, while offices remain closed to the public to protect the health and safety of the public and employees. The agency's ALJs have held more than 180,000 telephone hearings since March, allowing the agency to continue to deliver critical customer service.

For the new online video hearings, whether the device is a laptop, smartphone (iPhone or



Android), or tablet, people will experience a clear picture and audio of the ALJ and their representative during their hearing.

For updates on the implementation and expansion of this new

hearing service, and other Social Security information, please visit the agency's COVID-19 web page at www.socialsecurity.gov/coronavirus/.

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Personalized Book Recommendations for Kids

BY BELLA CAGGIANO

Wouldn't it be great if there was a resource that could recommend reading selections based on your kids' interests, likes, and preferences? The staff at the Morrill Memorial Library can do just that! With some input from your child or a parent or guardian, the librarians can offer ideas and suggestions, from board books to young adult novels.

An adult or child simply fills out the form on the library website to give them a reference of topics, types of books, favorite movies and TV shows, authors or book series, and they will create a personalized list just for them!

This program is aimed from babies and toddlers to teens, 14 and up. Below is a sampling of the questions on the website to get started. Once the form is filled out, an email will respond with their individual list.

For more information, visit www.norwoodlibrary.org, highlight the 'Kids' menu bar, and choose Personalized Book Recommendations for Kids!

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Beginner Readers (5-7)

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Babies and Toddlers (0-2)

What types of books are you looking for? *

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Picture Books

Easy Readers/Beginning Readers

Short Chapter Books (with illustrations)

Chapter Books (96 - 250 pages)

Longer Chapter Books (250 pages +)

What genres are you interested in? *

Realistic Fiction

Fantasy

Science Fiction

Mysteries/Thrillers

Horror/Spooky Stories

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Biographies

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Tell us if you'd like to avoid any topics or if your child is sensitive to an issue.

Anything else? Let us know any other info that might help us pick the perfect books for your child (grade, reading level, specific types of plots, etc) *

A Selfless Act....

Sometimes we see people doing the right thing, because it's the right thing to do. This very thing was never more apparent just yesterday, when Norwood resident Maryellen Lynch was driving on Union St. approaching Route One and saw a check book and some prescription pill bottles in the road. Her immediate reaction was to gather the property and try and identify the owner so she could return it to them..... A selfless act from an alert motorist.

After stopping her car to recover the items, she saw that there was more missing than checkbooks and prescription bottles. She discovered safe containing more personal items and cash. When she turned the property over to police, what was found in the safe was \$6,160.00 in cash, personal papers, check books and prescription medication. The owner of the property was notified immediately and the property was returned to them.

This is a story of a person doing the right thing, at a time when it would have been easy for some to do otherwise. The owner of the property is thankful for the gesture by Ms. Lynch, and the Norwood Police Department is grateful for the selfless act of a Norwood resident that led to the happy ending.

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COVID-19 Travel Order

The following information was taken as of Sept. 19, 2020. All Massachusetts residents should visit <https://www.mass.gov/info-details/covid-19-travel-order> before traveling or preparing for travel outside of Massachusetts to ensure guidelines were not changed.

All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

- Complete the Massachusetts Travel Form prior to arrival, unless you are visiting from a lower-risk state designated by the Department of Public Health.
- Quarantine for 14 days or produce a negative COVID-19 test result that has been administered up to 72-hours prior to your arrival in Massachusetts.

If your COVID-19 test result has not been received prior to arrival, visitors, and residents must quarantine until they receive a negative test result.

Failure to comply may result in a **\$500 fine per day**.

Please find more information below, including the list of lower-

risk states, exemptions, business guidance and other details.

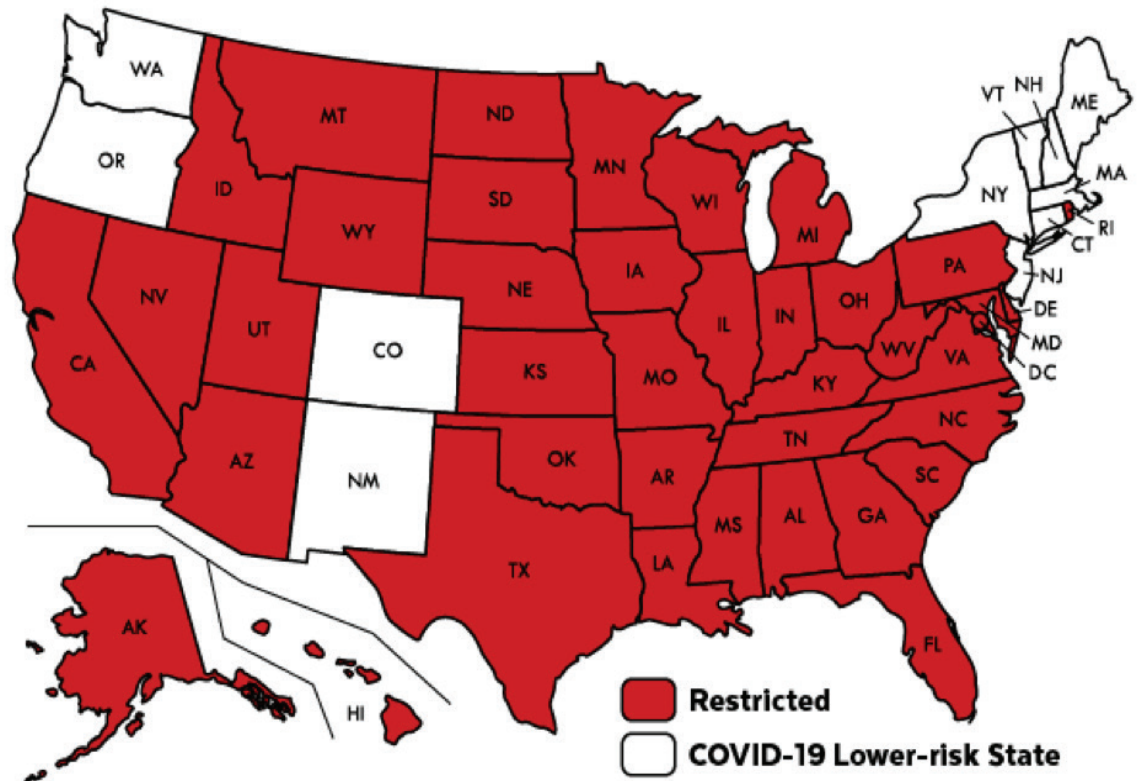
Lower-risk States

Travelers from COVID-19 lower-risk States are not required to fill out the Massachusetts Travel Form and do not need to quarantine. States are included on the list based on meeting two criteria: average daily cases per 100K below 6 AND positive test rate below 5%, both measured as a 7-day rolling average. Data is from covidexitstrategy.org as of September 16, 2020.

The current list of COVID-19 lower-risk states includes:

- Colorado
- Connecticut
- Maine
- New Hampshire
- New Jersey
- New Mexico
- New York
- Oregon
- Vermont
- Washington

(Wyoming removed from Lower Risk-States, effective 12:01AM on September 19, 2020)



Lower-risk state list last updated: September 18, 2020

Massachusetts residents are urged to limit any out-of-State travel only to States designated as COVID-19 lower-risk States.

In determining whether you are required to complete the Massachusetts Travel Form and whether you may be required to comply with the 14-day quarantine requirement, you will be treated as “arriving from” a place

other than a COVID-19 lower-risk state if you were present in any State or jurisdiction not on the list of COVID-19 lower-risk states for more than a transitory period of time in the last 14 days.

Anyone arriving from an international destination must fill out the Massachusetts Travel

Form and must quarantine for 14 days or meet the 72-hour testing rule.

Massachusetts Travel Forms can be obtained at <https://www.mass.gov/info-details/covid-19-travel-order>.



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Real Estate Corner

Register O'Donnell Reports Strong Lending Numbers Driving Norfolk County Real Estate Market

Register of Deeds William P. O'Donnell reported despite the ongoing COVID-19 pandemic and high unemployment rate seen in Massachusetts, the Norfolk County real estate market more than held its own during the month of August, 2020.

"During August, a total of 1,865 real estate sales transactions, both residential and commercial, were recorded," Register O'Donnell noted. This represented a slight 2% increase year over year. However, the average sales price for a property, again both residential and commercial, actually fell 9% to \$877,906. Also, the total real estate sales volume in Norfolk County, both residential and commercial, also fell 9% to \$1.1 billion. The drop in average sales price and total sales volume can be explained by the \$270 million sale of the Windsor Gardens apartment complex located in Norwood and Walpole that took place in August 2019."

Norfolk County lending numbers continued to show significant strength in August. A total of 4,096 mortgages were recorded

countywide, a 36% increase from the previous year. In addition, the total dollar amount borrowed in Norfolk County also increased 24% to \$2 billion. "These numbers," noted the Register, "are a direct result of historically low interest rates and the continuing appeal of Norfolk County as a place to live and work. A recent announcement by Fed Chairman Jerome Powell indicates low interest rates may persist well into the next year no matter what happens with the economy."

Homestead recordings also showed some life in August. A total of 1,344 Homesteads were recorded, a 2% increase compared to August 2019. Register O'Donnell stated, "I am especially pleased to see Norfolk County homeowners taking advantage of the benefits afforded by the Homestead law. It is another layer of protection that can be utilized by a homeowner on their primary residence. Specifically, a Homestead prevents the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000."

During August, a total of 5 foreclosure deeds were recorded against Norfolk County property. However, due to the ongoing statewide moratorium against initiation of foreclosure or eviction activity, no Notice to Foreclose Mortgages, the first step in the foreclosure process, were recorded.

Register O'Donnell stated, "While the vast majority of foreclosure activity has been suspended while the COVID-19 pandemic is ongoing, we know many of our neighbors and friends are experiencing economic hardship due to the pandemic. One of the programs I am most proud of here at the Registry of Deeds is our ongoing partnership with Quincy Community Action Programs (QCAP), 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950. Each of these agencies are staffed by knowledgeable professionals who can help individuals and families who are facing challenges paying their monthly mortgage payment. Another program available

is the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. Like QCAP and NeighborWorks Housing Solutions, the CARD program can help those having difficulty paying their mortgage. Each of these programs are excellent examples of non-profit and government agencies helping those in need."

Concluding his remarks, Register O'Donnell stated, "I am pleased and frankly happily surprised by the relative strength of the Norfolk County real estate market while the COVID-19 pandemic has been ongoing. The importance of low interest rates can not be overstated as the primary reason for these solid sales and lending numbers. As long as interest rates remain low, we should be able to sustain these numbers in Norfolk County. Additionally, real estate observers are continuing to see the demand for housing far exceeding the available supply. Antidotally, we have been made aware of instances of housing selling for above the original asking price. While all of

us are hopeful a vaccine to eradicate COVID-19 will be available sooner than later, the after effects of the pandemic will be interesting to watch. Will remote work continue to be utilized by companies large and small? Will remote work result in individuals and families considering more rural areas to live? Going forward, will individuals and families be more inclined to live in single-family homes as opposed to condominiums? These are just a few of the many questions facing the Norfolk County real estate market over the next few months and years."

"I want to remind Norfolk County citizens and all our users that the Registry of Deeds building continues to remain closed to the general public and real estate professionals alike. This is being done out of an abundance of caution. Registry staff continues to be onsite doing the important work of recording land docu-

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Real Estate Corner

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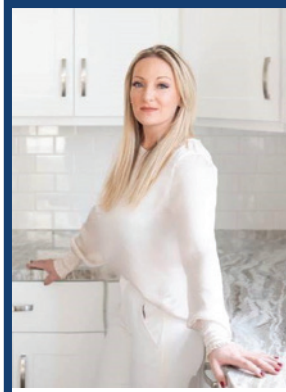
ments in a safe, accurate and secure manner. We are receiving documents via regular mail, Federal Express and a drop-off box located just outside the main entrance to our building located at 649 High Street, Dedham, MA. Many of our institutional users, banks, law firms, title companies, are utilizing electronic recording for their land document submissions. I urge any institutional user not using electronic recording to consider its usage.”

“Finally, I want to thank all Norfolk County residents for their patience and understanding while the pandemic has been ongoing. It has not been easy but working in a spirit of cooperation, the Norfolk County Registry of Deeds has been able to remain open. This has kept the Norfolk County real estate market viable benefiting individuals, families

and real estate professionals alike. I am hopeful the end of this pandemic will be sooner than later. In the meantime, be healthy, be safe.”

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter.com/NorfolkDeeds and/or Instagram.com/NorfolkDeeds.

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



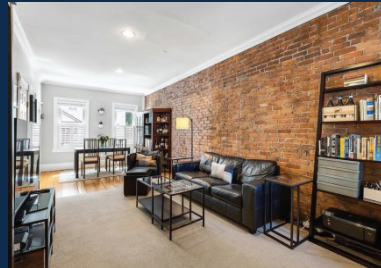
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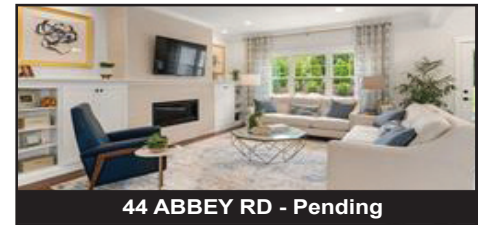
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Register O'Donnell Warns Homeowners About Deed Scam

Register of Deeds William P. O'Donnell recently reminded Norfolk County residents to disregard a direct mail solicitation offering them a certified copy of their property deed for an outrageous fee of anywhere from \$59.50-\$95.

"For the past several years, a California company has been preying on unsuspecting homeowners by sending a direct mail solicitation asking them to send a check for \$95 in order to receive a copy of their deed," Register O'Donnell stated. "If a consumer knew that they could print a non-certified copy of their deed for free from our website www.norfolkdeeds.org or obtain a certified copy of their deed for a charge of only \$1 per page plus an additional \$1 for postage, they would never agree to pay such an outrageous fee for service. The average price for a mailed homeowner's certified deed copy by the Registry (usually two pages) is \$3. These solicitations are labeled Recorded Deed Notice and request that the homeowner

forward a check in the amount of \$95 for a copy of their deed. The Registry has been contacted by multiple individuals who have received this solicitation. Please do not fall for this scam.

While the deed direct mail solicitation may be legal, it is by no means ethical. Clearly, this is a scam being perpetrated against hard working Norfolk County residents, many of whom are first-time homeowners or elderly. Consumers are interpreting these notices as a bill, since they are affixed with a due date. I once again urge in the strongest terms that Norfolk County citizens not let themselves fall victim to these types of misleading deed scam advertisements."

If you receive such a deed solicitation notice, please contact the Registry's Customer Service Center immediately at (781) 461-6101 or by email at registerodonnell@norfolkdeeds.org. Additionally, if you desire a certified copy of your own deed, also contact the Customer Service Center

and they will be glad to provide you with one for a nominal fee of usually \$2-\$3.

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