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Vol. 11 No. 4

Free to Every Home and Business Every Month

November 2020

The Voice of Your Community

Every Day Should be Small Business Saturday

BY DONNA LANE

Holiday shopping, already? It always sneaks up on me! You couldn't entice me to shop on Black Friday, nor do I choose to order gifts via the internet on Cyber Monday. But, I would definitely venture out on Small Business Saturday, the Saturday after Thanksgiving, to do a bit of shopping.

According to Wikipedia, Small Business Saturday was conceived and promoted by American Express in 2010 to encourage holiday shoppers to patronize small, local, independent businesses. It has become a tradition, and one consumers heartily embrace. It's even more important now with the pandemic.

Before you "click to check out" on Amazon, consider the plight of local businesses that were already struggling to compete with Amazon ahead of the lockdown. Consider that they pay local taxes which benefits our community.



Does Amazon help our local economy? The answer is a resounding NO! In fact, aside from tax avoidance (they make billions of dollars but paid no federal income tax for two years in a row), Amazon has a dubious track record on many issues including workers' rights and the environment. So, do you really need to make that purchase on Amazon or can you use your

money in a way that benefits the community? Shopping locally and early will help secure jobs, too.

If you have not been shopping in downtown Norwood recently, you might want to give it a try. Despite a few empty storefronts, there

SMALL BUSINESS
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Luminary Night Shines for its 19th Season

BY BELLA CAGGIANO

In a year when most events and celebrations have had to be cancelled, it is heartwarming to see that the Circle of Hope's Luminary Night will continue for its 19th year. This endearing Norwood event will be held on Saturday, December 5, 4-6 p.m., on Norwood's Town Common. The evening will have a few changes, but most importantly, the ceremony will still be available to commemorate a remembrance for a loved one.

For everyone's safety, luminaries will not be available for purchase the night of the event. Residents can buy a luminary prior to the event for \$5 by sending a payment to:



LUMINARY
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SMALL BUSINESS

continued from page 1

are a number of vital businesses just waiting to give you the personal service that is missing at the mall and on-line. In fact, there are more than 100 shops within a 16-block radius that would welcome your business.

A gift certificate to Norwood Sport Center would be most welcome for the candlepin bowling enthusiast on your list. Better yet, why not gather up the family and plan an outing? Growing up, it was one of my favorite family activities! (Call 781-769-0606 for hours.)

These businesses are only a few of the offerings in downtown Norwood. There are also many choices for health and beauty services including hair stylists like Anthony's Salon on Day Street open Wednesday through Saturday, as well as nail salons, skin care and massage therapy, such as Move Well Physical Therapy.

But holiday shopping is not what sustains a business, and

many Norwood businesses are available for your everyday needs such as prescriptions and other pharmacy items offered by the Norwood Pharmacy on Broadway who says that they accept all Medicare-D plans and Masshealth and offer lower prices than CVS or Walgreens, and more specialized services such as the state-of-the art A&E Driving School which is licensed by the Registry of Motor Vehicles and offers driver training for all ages.

If food isn't what you are looking for, how about a promise for future tickets to a production at the Norwood Theater when it finally opens. That would be something wonderful to look forward to! For gift giving, Charles River Running supplies an abundance of footwear and apparel, Chelala Jewelry & Gifts supplies, owned and operated by Norwood residents, offers beautiful gifts starting at \$20, and Brenner's Children's Shop can outfit the little ones for the holidays.

Norwood offers an abundance of restaurants, from



breakfast, coffee and sandwich shops to American, pizza and pub offerings, as well as Middle Eastern, Mediterranean, Japanese, Chinese, Thai and Italian cuisine. Perhaps a gift certificate for a culinary "date" is the answer for that person who has everything. Or maybe you want to treat yourself and have a hankering for frozen yogurt or a yummy Acai bowl. In that case you might want to try the Orange Leaf on Vanderbilt Avenue. Call ahead to place your order or opt for delivery via doordash, UberEats or Grubhub.

If food isn't what you are looking for, how about a promise for future tickets to a production at the Norwood Theater when it finally opens. That would be something wonderful to look forward to! Have a favorite picture of a friend or family? How about putting it in a frame at Custom Art & Framing? Or how about



opening a savings account or CD for a child or grandchild at Norwood Bank? It may be practical, but they will thank you some day!

Small business owners pride themselves on their personal service. We don't get that at the malls. And we certainly don't get



it shopping on line. But, one day of sales is not going to sustain any business. Small Business Saturday is a great idea, but if we want to help our downtown and local businesses grow and thrive, we need to patronize them regularly. So, shop locally and often, not just on Small Business Saturday. It's a win for them and for us when we do!!

Whether you are looking for someplace to eat, shop, or get pampered, there are many goods and services available to you in Norwood. For a list of local businesses, visit the Friends of Norwood Center Facebook page at <https://www.norwood-center.org/>

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LUMINARY

continued from page 1

COH, P.O. Box 421, Norwood, MA 02062. You can also include a brief message of life, hope, and/or a name to honor a friend, family member, or pet.

All residents are invited to the Town Gazebo to honor these lost Norwood neighbors and to support Norwood's compassionate community, from 4 p.m. to 7 p.m. It is a magnificent sight to stroll through the Town Common with its radiating walkways and read the touching engraving of an individual name, message, prayer or date as a symbol of Life, Hope, the Season or in Remembrance of others. Anyone attending is asked to wear a mask and practice social distancing.

Last year, over 2,250 luminaries 'lit up' the Town Common generating an incredible glow of encouragement for the community. The fundraiser generated over \$10,000 for the Circle of Hope foundation.

"When it's done, it is absolutely beautiful," Circle of Hope member Lee Kennedy said. "It's

very moving to see these candles and know that every one represents a person, prayer or event."

The Circle of Hope foundation was established in 1998 in memory of Norwood resident Michelle Kennedy, who suffered from leukemia. Norwood residents united during her battle, many who did not even know her personally. The Circle of Hope established in her memory preserves that community spirit by donating fundraising proceeds to Norwood families who need assistance due to a catastrophic medical illness. To date, the COH has provided over \$885,000 Norwood residents.

"The people of Norwood who support us are the actual Circle of Hope," Kennedy said. "We do the fundraising and the people who support us allow us to do what we do."

Even residents not directly involved in the evening make a special trip to Norwood's Town Common to view this spectacular site and take a moment to remember someone close to them. This is an evening of communal celebration that truly delivers the spirit of the holidays.

Norwood Womens's Club

The Norwood Woman's Club will not be meeting in 2020, hopefully we can resume meetings in the spring. We will not be collecting dues.

If you would like to make a donation to help support our many charities (Veteran's Services, Morrill Library, Norwood High Scholarship, Concerts on the Common, 4th of July Parade, etc.), please send a check made out to the Norwood Woman's Club to the treasurer, Mary Ann Naumann, 31 Fulton St., Norwood, MA 02062

All Night Parking Ban Takes Effect This Month

Overnight parking regulations in Norwood will take effect this month. Between November 15 and April 1, there a parking ban on street parking between the hours of midnight and 6 a.m.

Parking on the street or in any municipal lot is a violation of the parking regulations and is subject to a \$20 fine.

RECENT NORWOOD TRANSACTIONS

44 Lane Dr	\$360,000
50 5Th St	\$425,000
8 Wood Dr	\$457,500
124 Azalea Dr	\$449,900
63 Garfield Ave	\$476,500
8 Geraldine Dr	\$470,000
31 5Th St	\$515,000
4 Franklin St	\$520,000
16 Saunders Rd	\$502,000
24 Laurel Road	\$535,000
126 Pellana Road	\$514,000
35 Adams St	\$515,000
173 Hill St	\$505,000
30 Rock St	\$510,000
79 Bird Rd	\$592,000
44 Audubon Rd	\$550,000
23 Cameron Road	\$570,000
7 Talbot Ave.	\$580,000
50 Gay St	\$600,000
32 Hillcrest Rd	\$569,900
24 Inverness Rd	\$625,000
277 Winter St	\$579,900
5 Joy St	\$580,000
32 Nottingham Drive	\$607,000
67 Meadow St	\$605,000
16 Worcester Drive	\$668,000
74 Bond Street	\$713,000
17 Overlook Drive	\$772,500
56 Albemarle Rd	\$755,000
32 Alden Dr	\$770,000
20 Hoyle St U:2	\$329,900
211 Central St U:A215	\$352,000
785 Washington Street U:305	\$360,000
375 Neponset St U:A	\$405,000
909 Washington St U:6	\$447,500
70 Endicott St U:702	\$465,000
70 Endicott St U:606	\$475,000

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Lots to Do in Norwood!

By KARA NICOLE

As the restrictions on Covid in Massachusetts are slowly lifting, the citizens of Norwood continue to pursue interests and hobbies while still adhering to state health guidelines. With many regular activity sitting on the back-burner, one has to be creative to maintain distance and fun.

On a beautiful and crisp fall day, it is not unlikely to see a family enjoying a bike ride through the town. Great places for the little ones to practice would be right in school parking lots on the weekends. There are not many cars to worry about, and plenty of open space to ride freely.

Once bike riding is over, there are playgrounds to entertained at each school. Since Norwood school's adopted a hybrid program where students go in for class half days in person and half online, keeping some semblance of normalcy with a trip to the playground could lead to good fun.

If staying in is more your speed, the Morrill Memorial Library has plenty of books to enjoy. But not just paper materials, they offer books on tape, an abundance of CD and DVD choices, and instructional materials. There's nothing better than cozying up with a good story on a rainy fall day. They are even offering curbside pickup so you can take a trip to a new world without having to step foot in the building! Maybe learn a new language, start a hobby, learn to craft; Norwood's library provides an array of options...and it's all FREE!

Learning a new skill is also possible in Norwood during

Covid. Glassblowing classes are being offered at the Luke Adams glass blowing studio. Discover how to make decorative pieces that you can enjoy in your own home.

If glass blowing isn't for you, there is always an option to hire a tutor or look up tutorials on YouTube. Learn a new language or how to cook. Find out how to sew or paint. You can study anything you can imagine with a click of a button.

Even working out is back in session. Try something new this season like kickboxing, dance, or a group workout class. It can all be achieved in Norwood!

With the beautiful tennis courts and fields at the high school, there is plenty of space to stay distanced while also getting your heart rate up. The Norwood Country Club also has perfectly spaced sections at their driving range. Hitting some golf-balls is fun for ages young and old.

This year, the sidewalks in town have seen more pedestrians enjoying the outdoors. Lunch or dinner not a possibility? Grab a friend and spend the hour catching up and getting those steps in!

When all of the activities are said and done, residents in Norwood are lucky to have a smorgasbord of food options to choose from: Mexican, Thai, Italian, America, etc. Norwood has an option for any kind of taste buds. For those 21+, take a roommate, friend, or partner and bar hop to all of the beautiful outdoor dining spaces Norwood has to offer. Heaters have been going up all around town to maintain comfort and safety.

Although this Fall may look a bit different to those in Norwood and around the world, there are still plenty of activities to keep everyone occupied. Whatever your personal interest, Norwood is the epicenter for fun if you use your imagination!

Mustangs Rule!

The spirit of the Norwood Mustangs emerges on Hill St.!



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Winter Accessories Needed!

WBN's 5th Annual Mitten/Scarf Drive begins November 1.

BY BELLA CAGGIANO

The response to this worthwhile event the past four years has been amazing! The Women's Business Network of Norwood (WBN) is asking Norwood residents again this year to search through those piles and tubs of mittens, gloves, and scarfs to donate and help their neighbors keep warm this winter.



The financial implications of COVID-19 will have an even bigger impact on individuals and families looking to make ends meet this year. Not only to simply pay mortgages, rents, and stock their pantries, but also providing warm accessories ahead of the winter months and provide gifts for the holiday season.

The WBN Annual Mitten/Scarf Drive will be held Nov. 1 through Nov. 30. Many thanks to the gracious owners of the following establishments who will host the donation boxes: Linda's Loot, the antique chop at the corner of Cedar and Washington St., S. Norwood; Murph's Place, 58 Broadway, Norwood; the Vanderbilt Club, 45 Vanderbilt Ave., Norwood; As Good As It Gets Café, 1210 Prov.-Hwy. (behind Petco), Norwood; Brookside

Café, 1260 Washington St., S. Norwood; Clean Remodel LLC, 50 River St., Dedham.

The first week in December, all items will be donated to the Norwood Food Pantry and the Home for Little Wanderers Thrift Shop, in Roslindale.

Since its inaugural year, this event yielded a tremendous a response and the generosity of Norwood residents was impressive. Many of the donated items were even handmade and many were purchased new. The local networking group is so proud of the Norwood community as donations grow every year as quantities rise every year. Last year, over 20 bags filled with winter accessories was given to both worthy organizations. According to the Norwood Food Pantry Donations


Coordinator, these donations are greatly appreciated and helped many Norwood families keep warm during the winter months.

WBN consists of local businesswomen who have diverse backgrounds, skill sets and who represent a particular business category. Their members either own or work in a business in or surrounding Norwood. There is only one seat per business category in the networking group.

WBN is a networking group so referrals are important. They are loyal to their members and refer them whenever possible. Their bi-monthly forums also serve to collaborate and share ideas, connect, build relationships, and develop a passage for all to draw inspiration. Through the years, WBN has earned a reputation not only as a referral and resource network, but also for contributing to the local community

For more information on WBN, email wbnofnorwood@gmail.com, or call 781-799-7068. You can also visit their Facebook page at www.facebook.com/wbnnorwood/, or visit their website at www.womensbusinessnetworkofnorwood.org.

Look for the decorated boxes in the locations listed above! All gently used, new, or handmade mittens, gloves, scarfs, and hats are graciously accepted.

COVID-19 made it difficult for some people to get rid of their unwanted items or move to their new home. Let College Hunks Hauling Junk & Moving help with contactless curbside pickup of the items you don't want to move.

#CollegeHUNKS predicts the coming months will be busy with people #moving out of congested areas to suburbs. Will you be part of The #GreatAmericanMove? #movingtheworld #everymovematters #movetheworld.

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Norwood FD Bids Farewell and Good Wishes

BY BELLA CAGGIANO

On Sept. 30, two Norwood firefighters bid farewell to the Nahatan St. firehouse and began a new journey. Captain Mark Boyland and firefighter Steve Lydon, both retired with a combined 78 years of experience, hung up



Axes presented as retirement gifts by members of NFD, Group 3

their gear for the last time.

Boyland joined the squad on July 29, 1979 and retired after 41 years. He earned a reputation early in his career as a young firefighter who took his job very seriously. In Sept., 1988, he was promoted to Lieutenant and assigned to the first due engine. As his leadership skills grew, he was again promoted to the rank of Captain on July 22, 1993, and served as the Group 3 shift commander for the majority of his remaining 27 years of service.

Boyland shared his vast experience by mentoring and teaching new firefighters and his group was well known for its prepared-

ness and extensive knowledge. His group was described as a 'well-oiled machine' at fires and other incidents which is credited to Boyland's professionalism and dedication to the job and the crew. It was common during his shift for others to encounter a spotless building, clean apparatus and training all complete before noon!

Lydon retired with over 37 years of service of tirelessly serving the residents of Norwood. He was hired on June 20, 1983, and was assigned on many groups throughout this career but the majority of his later years were spent on Group 3. As is common,

Lydon rotated through the apparatus for almost four decades, but earned a reputation as an exceptional ladderman and was most often driving the ladder truck or rode shotgun in the front seat.

Many firefighters enhance their positions working in the trades, however, many new hires recognize the amount of medical calls and have often attended college or paramedic school prior to joining the station. This trend has led to a sharp decrease in the critical knowledge of building construction, plumbing, and electrical backgrounds of firefighters. As a licensed contractor and owner of a construction



company, Lydon's role and expertise at the station was a large asset and invaluable benefit to the department. Firefighters that worked under Lydon had a tremendous advantage as he schooled and coached his team on roof safety and how to properly overhaul a building to chase fire extension. Lydon's knowledge of building construction and utilities and his commanding presence at fire or incident scenes will be sorely missed.

The Town of Norwood was fortunate to have such dedicated and experienced firefighters who tirelessly risked their lives every day for the safety of its residents. Captain Boyland and Firefighter Lydon, for the residents of Norwood, we are filled with gratitude and heartfelt thanks, and wish you a safe, happy, healthy, and well deserved retirement!

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Norwood Evening Garden Club Awards \$1,000 Scholarship

Sheela Venkatesh (left), president of the Norwood Evening Garden Club, presents Grace Gable of Wrentham the garden club's annual scholarship for 2020. Each year, the Norwood Evening Garden Club awards a scholarship to a graduating senior of the Norfolk County Agricultural High School who has good scholastic achievement, outstanding citizenship, and who is pursuing a degree in horticulture, agriculture, floriculture, conservation, environmental science or horticulture in its widest aspect.



Gable will attend Clemson University in South Carolina to study Agronomy – soil science for sustainable agriculture – specifically to learn how to use the least amount of resources to grow crops both to save money and the environment.

Gable was President of the National Honor Society and President of the Landscape Club, Treasurer of the Norfolk Chapter of the Future Farmers Association, and the Aggie's hayride

coordinator. She competed at the Massachusetts state convention of the Future Farmers of America as well as the national convention and she received an internship to Harvard's Arnold Arboretum.

"It is my pleasure to be able to award our scholarship to this deserving young woman," President Venkatesh said. "Agronomy is both a humanitarian career and a scientific one. Agronomists today are involved with many issues including producing food, manag-

ing the environmental impact of agriculture, and many other specialties. She has an impressive scholastic record and exemplifies the ideals and leadership qualities that the garden club holds in high esteem."

The Norwood Evening Garden Club has been providing education and public beautification in Norwood and Walpole since 1996. Open to novice and expert gardeners, the Club is a

member of The Garden Club Federation of Massachusetts, Inc., New England Region, and National Garden Clubs, Inc. and draws its members from the communities of Norwood, Walpole, Westwood, Dedham, Medfield, Randolph and Stoughton. For information about the Norwood Evening Garden Club, contact 781-769-3854 or visit www.NorwoodEveningGardenClub.com.



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TMJ is a condition characterized by pain in the jaw joint and surrounding tissues accompanied by a decrease in the range of motion of the joint itself. There may be clicking or popping and a noticeable swing of the lower joint. Currently more than 12% of American's suffer from TMJ symptoms.

There are many causes of TMJ. These include dental procedures, autoimmune disease, biting into a large sandwich or bagel, injuries to the jaw area and infection. Once the biomechanics of the joint has been altered, the function becomes effected and the pain ensues. Traditional treatments include pain medication, muscle relaxers and dental appliances. These are effective re-

sources for some, but not for all, especially long term.

Stephanie P. suffered from TMJ pain for over two years since the removal of her braces. Chewing certain foods would aggravate her jaw and intensify her pain. In the beginning, she felt she could handle problem on her own by giving up chewing gum, eating oversized sandwiches, chewy meats and certain fruits. However, she noticed that over time, just yawning and even singing, could cause an exacerbation. She was becoming disillusioned with the idea that she could fix this on her own and decided to call The Holistic Center at Bristol Square and made an appointment with Dr. Goldstein.

Upon exam, Dr. Goldstein noticed the swing shift in Stephanie's jaw as she both opened and closed her mouth, indicating a dysfunction in the biomechanics of her TMJ. After several weeks of treatment, the clicking and popping were gone and the swing in her jaw was stabilized. She no longer suffers from the TMJ pain and has noticed that the headaches she thought were unrelated had gone away as well.

If you are suffering from TMJ pain, do not hesitate to contact The Holistic Center at Bristol Square, located at 1426 Main Street, Walpole. Call (508) 660-2722 and make your appointment today. With the assistance from Dr. Goldstein, everyday tasks can be enjoyable again.



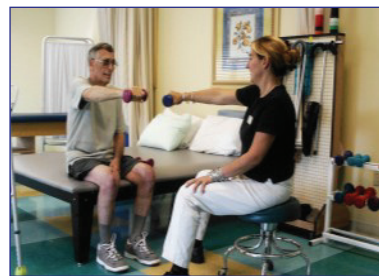
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Top 10 Health Concerns of Baby Boomers, Part 2

By DENNIS SULLIVAN & ASSOCIATES

As baby boomers navigate aging, caregiving and trying to stay healthy, common health concerns arise. Top Concerns 10-6 were covered last issue and can also be found on our blog: www.DSullivan.com/blog.

Research has shown that people who stay active, eat healthy and avoid tobacco can lower their risk of developing chronic health conditions. Baby boomers are more health-conscious than the generations that came before them. Nevertheless, they face significant health challenges. Here are the top five:

1. Type 2 Diabetes

According to the CDC, the population of adults with Diabetes has more than tripled in the last 20 years. Diabetes increases the risk of serious health problems,

including high blood pressure, vision loss, kidney disease, nerve damage, foot problems, amputation and cardiovascular disease. Lifestyle changes and proper medical care can manage diabetes and its associated risks.

2. Heart Disease

Heart disease is the leading cause of death for those over 60. After age 45, the risk of developing heart disease increases significantly. Some risk factors (age or family history) are not in your control, but lifestyle changes and medical intervention can help you lower your risk. Exercise, diet and tobacco-free living will help limit your heart disease risk.

3. Cancer

Cancer affects everyone at any time of life, but for most cancers, aging is the most important risk factor according to the CDC. Cancer screenings are crucial as we age, they are routinely used to detect cancers at early stages, possibly before you can feel symptoms. Cancer-related deaths are declining, and if you contract cancer, your chances of surviving are now higher than they were in the past.

4. Depression

Depression can happen at any age, but often begins in adulthood, according to the National Institute of Mental Health. Depression, particularly in adults can co-occur with other medical illness, including cancer,

heart disease, diabetes and Parkinson's. Depression often causes the other conditions to worsen. Dr. Rey-zan Shali of Scripps Coastal Medical Center Vista says, "It is important for both physicians and patients to recognize that depression is not a normal process of aging. Unfortunately, many patients feel uncomfortable with the subject of depression. Many feel that seeking help is a sign of weakness. It is very important for you to accept that you need help. Your primary care physician is a great start for help."

5. Eye Problems

Get your annual vision screening. Over 20.5 million Americans are affected by cataracts, this number grows every year. Advance-

ments in the safety and precision of cataract surgery result in faster surgeries, shorter and easier recoveries, and improved vision.

Many baby boomers feel the stress of being the sandwich generation, as well as the host of medical issues that come with aging. Don't struggle through this alone, reach out to your doctor for support and guidance. As you tackle the medical issues, make sure you also consider who can make medical decisions for you and speak with your friends and families about decision-making.

Dennis Sullivan & Associates has been assisting families in Massachusetts to protect their homes, families, health, legacy and life savings, for over 27 years to discover more, attend a free online discovery seminar and find more information at DSullivan.com.

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Rosetta's Italian Family Restaurant

<p>Marine Corps Birthday (TUESDAY, NOVEMBER 10) Marine Cake Cutting Ceremony 6PM (CASUAL DRESS, OPEN TO THE PUBLIC, CALL FOR RESERVATIONS)</p> 	<p>Veterans Day Special (WEDNESDAY, NOVEMBER 11) (BUY ONE ENTREE, GET SECOND ENTREE AT HALF PRICE (OF EQUAL OF LESSER VALUE, DINE IN ONLY, ONE PER PARTY/PER TABLE)</p> 
<p>Tuesday KIDS EAT FREE! (DINE IN ONLY, WITH THE PURCHASE OF AN ENTREE)</p> 	
<p>Wednesday \$12 PARMESAN NIGHT! ENJOY A PARMESAN DINNER [CHICKEN, VEAL, OR EGGPLANT, NO COMBO'S] (WITH PURCHASE OF A BEVERAGE, DINE IN ONLY)</p> 	
<p>Thursday \$6 CHEESE PIZZA NIGHT! (ONE PER PARTY/TABLE, DINE IN ONLY)</p> 	
<p>Friday \$9.99 FISH & CHIPS DINNER (DINE IN OR TAKE OUT [NO SUBSTITUTIONS PLEASE])</p> <p>Friday/Saturday/Sunday EARLY BIRD SPECIALS (4-5PM) BUY ONE ENTREE, GET SECOND ENTREE AT HALF PRICE (OF EQUAL OF LESSER VALUE, DINE IN ONLY, ONE PER PARTY/PER TABLE)</p> 	
<p>Pizza and Beer Special 8PM to Close (EVERY NIGHT) A PITCHER OF BEER AND A CHEESE PIZZA \$20 (CHOOSE FIVE DOMESTIC BEERS OR DOMESTIC PITCHER OF BEER, DINE IN ONLY)</p> 	

Rosetta's platters and party trays are available for all your parties.

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Social Security will Increase 1.3 Percent in 2021

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 1.3 percent in 2021, the Social Security Administration recently announced.

The 1.3 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January, 2021. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2020.

(Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$142,800 from \$137,700.

Information about Medicare changes for 2021, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2021 are announced.

Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. Most people who receive Security payments will be able to view their COLA notice online through their personal *my* Security account. People may create or access their *my* Security account online at www.socialsecurity.gov/myaccount.



Final 2021 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. For more information, visit www.socialsecurity.gov/cola.



Holiday Sharing Tree *Reimagined*

Local families need your help more than ever.

Donate a Gift Card Today!

For everyone's safety we are requesting Gift Cards in place of mitten tags and wrapped gifts. Any card amount would help a needy family buy toys, food and clothing. Gift Card suggestions include Target, Walmart and Amazon.

Please Note: Due to COVID-19, photos with Santa is canceled this year.

Please mail Gift Cards with the Activation Receipt by December 1, 2020 to:

**Norwood Bank
Sharing Tree**
11 Central Street
Norwood, MA 02062

You may also drop off to a bank employee.

Questions? Call 781-762-1800 or visit www.norwoodbank.com



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1 Week Class - February 15th 9:00am-3:30pm

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Special Town Meeting to Vote on Preserving the Morse House

Town meeting members will be voting on George Henry Morse House application for a professional feasibility study and master plan, Nov. 12.

The town of Norwood has owned the historic home of George Henry Morse at 1285 Washington St., in South Norwood for 45 years. Over time, with the many efforts of volunteers and donors, the Morse House began its journey of rehabilitation for use by the community. Now, through the wisdom of Norwood town voters who approved the Community Preservation surtax of 1% on their property taxes a few years ago, the Norwood Historical Commission filed an application requesting \$50,000 of those funds to conduct a thorough professional property assessment and master plan for this historic home and property. The goal of the Norwood Historical Commission is to protect this home long-term for future generations.

The Morse House is truly a lens through which residents can appreciate Norwood's very distant past - but it's more than that. It serves as a tangible portal that bears witness to generations of the Morse family who served local history in a myriad of ways. George Henry Morse held many civic positions, including the town's first Assessor, first Selectman voted in the town's first publicly held election, and first Fire Chief. The ancestors of George Henry Morse also bear witness to centuries of highly motivated, civic-minded, forward-thinking, and industrious actions that shaped what Norwood would

eventually become. It is a remarkable history that connects all the residents of Norwood regardless of how long one has lived in the town.

The Morse House property on Morse Hill is situated in an area that is referenced, described, and documented to in a variety of historic written sources as being the vicinity of Norwood's earliest settlers of the Morse family, especially Ezra Morse. The house itself is an excellent architectural example of an Italianate style home circa 1860s. George Henry Morse represents the 9th generation of Samuel Morse (signer of the Dedham Compact) whose influential family members wasted no time in establishing strongholds in their new world when they arrived in the Massachusetts Bay area in 1635. George Henry Morse was a leader just as his ancestors before him. He built the house several years before Norwood became incorporated and raised two daughters there. Preserving the history of our community through the restoration and rehabilitation of the George Henry Morse House will provide valuable cultural, social, and educational benefits for all residents to enjoy and appreciate.

We encourage interested residents to please watch the recorded Community Preservation Committee's public hearing dated Sept. 23, 2020 on Norwoodcommunitymedia.org, under the View Community Announcements Government Channel section. The Morse House PowerPoint is the 4th presentation in the latter part of the hearing.



Norwood Historical Commission Member & its Representative Member on the Community Preservation Committee



Pennington Crossing

WALPOLE

Model Homes Now Open! Located within walking distance of Walpole's town center and MBTA, Pennington Crossing is a brand-new 55+ Active Adult community featuring 7 spacious layouts in elevator-accessed buildings. Relax on your private balcony, enjoy cooking in a kitchen designed for beauty and function, entertain friends in your expansive living room, retreat to your Owner's Suite. Wherever your day takes you, find the complement to it all at Pennington Crossing.

767 East Street | Walpole, MA 02081 | (508) 658-9371

Open Daily 10am - 5pm | Virtual Appointments Also Available

*©2020 Pulte Homes Illustrations and dimensions are approximate. Features, options, amenities, floor plans, design, materials are subject to change without prior notice. Community Association fees and additional fees may be required. At least one resident must be 55 or better, see community documents for any additional conditions that may apply.



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34th Annual Turkey Trot Goes Virtual

BY BELLA CAGGIANO

The Norwood running community does not take a break around Thanksgiving. And running is a great opportunity to remain “socially distant” during the COVID-19 pandemic. The Norwood Turkey Trot is typically held the Sunday before Thanksgiving, however, this year, the event be held with a few changes to adhere to Massachusetts health guidelines.

Another slight adjustment; the runners pick the course and when they will hit the streets. The 34th Norwood Turkey Trot will be held virtually in 2020, from Sunday, Nov. 15 through Sunday, Nov. 22nd. A four mile race route, however, is available on the registration website. The fee is \$20, plus a \$2.50 sign-up fee and registration ends Friday, Nov. 20, 7 p.m. A free long-sleeve shirt will be given to the first 100

registrants, \$10, once they are gone. To register, visit <https://runsignup.com/Race/MA/Norwood/TheNorwoodTurkeyTrot>.

For more information or to register for the Norwood Turkey Trot, email wingedfootrunning1@gmail.com.



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Call Jen Schofield (508) 570-6544

For those celebrating Festivus on December 23rd, the traditional “Airing of Grievances” may create some issues at home.

As top-rated divorce and family mediators, the airing of grievances is our specialty. Contact one of our trustworthy, approachable, and darn good-looking mediators or collaborative attorneys and air those grievances with our help, whether remotely or in-person.

Want to save some money? Use the Festivus discount phrase “I got a lot of problems with you people!” and save **\$100.00** on your initial consultation, a **50% discount**. You must have your meeting before **December 1st**, and our schedules fill up believe it or not, so don’t delay! Consider it our holiday gift, as we didn’t know what else to get you, and frankly, you’re hard to shop for.

Happy Festivus 2020

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Pet Corner



Quote for November

"I believe in integrity. Dogs have it. Humans are sometimes lacking it"

Cesar Milan

Meet the newest outdoor feral cat colony rescue!

5 kittens and their mom were being fed in a local yard. BSAC was contacted to assist. We trapped all kittens with mom with the dedicated efforts of the homeowners. All kittens were altered, vaccinated, tested for feline leukemia, dewormed, flea treated, and micro-



Pumpkin the girl

chipped. They are in foster care being socialized. Mom appears to prefer to NOT be a part of our human life and will return to the yard she calls "home" and be fed and sheltered. We believe that cats born and raised outdoors, with dedicated caretakers providing food and shelter, after being altered and vaccinated, should return to their home to live. Efforts to socialize and welcome cats like this are always pursued but we respect the wishes of these creatures. Keeping them indoors where they hide, stress and live afraid of humans is not the best option for them IF a safe yard with dedicated Caregivers exists.

To adopt one of these kittens or any cat we may have in our care, please complete a non-commitment application on line at www.baystateanimals.org

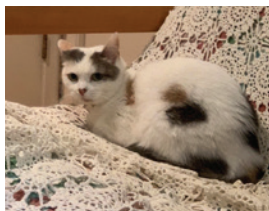
Approval of applicants who;

- are allowed to have cats,
- are properly prepared to dedicate time, money and love,
- are willing and able to maintain a safe long term life for a cat, will be seriously considered.

FOUND

Meet Shaw:

She has temporarily been named Shaw, after being rescued near Shaw's in Norwood. She was found mid-October and moved to foster to await being claimed. Currently she is scared and is being allowed the opportunity to relax, get a vet check, and settle in. If you have knowledge of her owner or if she looks familiar to you, please reach out to us at info@baystateanimals.org.



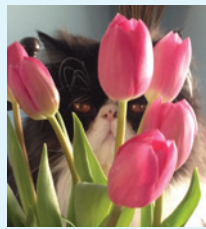
On-going community Food Bank



BSAC is still collecting CAT food anytime at 47 Windsor Rd. See designated bin out front.

Thank you in advance.

Meet a local celebrity




Her name is Jazzy and her story is one we need to share. It's about buying a purebred cat and the risks involved.

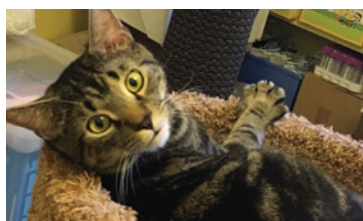
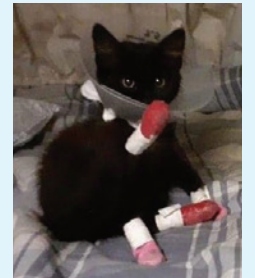
Follow this FB link! <https://cdn.fbsbx.com>

Here is a "Happy Tail" during the horrific wild fires out west. This was shared with us by our west coast director. Thank you!

Meet Cinder

This newly adopted little kitten was found 4 days after a man, and his wife, their 2 dogs and 3 cats all escaped their burning farm. They couldn't find the kitten. When they returned to the rubble that was once their home, they saw a trailer that was untouched and the kitten was meowing inside.

Lucky little guy!! 



Dear Tabby:

My name is Vandy. I wanted to reach out to ask if you volunteer with Bay State Animal Cooperative to rescue stray kitties?

Here's why I ask. Recently I found myself homeless living outdoors in a new area and pregnant. I had 7 kittens and did my best to feed and shelter them.

Luckily after several weeks when my kittens could eat on their own, Bay State Animal Cooperative had heard about us and started to provide food. After BSAC learned that I was in fact physically moved to this location by humans it was clear no one was missing me.

BSAC volunteers watched us and prepped a rescue strategy and over several weeks, myself and my kittens were all safely placed in foster care.

After exams, deworming, flea/tick treatments, vaccines, blood tests and spay/neuter, I was adopted into a loving new home. I even have my own dog now!

My kittens have been eating on their own ever since the humans rescued them. I was happy to know they were safe but welcomed being able to have some time by myself.

Tabby, I just figured you were involved as a vet tech and loyal supporter of BSAC and I wanted to express my sincere appreciation.

*Feeling loved,
Vandy*

Dearest Vandy,

I am so happy you reached out to me. Yes, I help with trapping and supervise and give the humans my feline insight.

When we first met you and your kittens, they were nursing so we figured we would need to get you first. You were a bugger though. You taught your kittens to hide very well also. Great job Vandy!

The humans were able to grab 4 of your kitties and they were eating real cat food like troopers so we sent them off to foster care.

You taught them to be cautious of humans and that they were. However, you must have also taught them that once humans prove themselves that they could trust them and begin to live life without fear.

You were defiant and rested right next to our traps. But after many nights of building your trust we were able to trap you. Surprise, you were soooooo sweet.

The last three of your kittens proved to be a challenge and we worried every night we were unable to trap or even see them. It's always risky leaving kittens without their mom but in this case we felt comfortable knowing we had pre-

PHOTO of VANDY

pared a safe place inside a shed for them and fed them all the time. Long story short, BSAC rescued all of your kittens and each has been socialized and will go to their new homes after they are altered. Yeah-hhh!

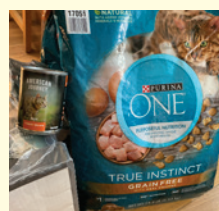
Interesting part of this story, we were feeding a skunk and her baby too. We trapped and released both on separate occasions. So to determine if we had gotten ALL your kittens, we started leaving marshmallows and nuts. The marshmallows and nuts disappeared. I informed them that fellow cats would not eat either of those foods. Additionally, the volunteers asked me if I knew if young kittens would be able to access food in a high and tiny space. My answer; YES. Skunks however, were athletically limited. Trapping was officially complete.

Vandy, I'm so happy your family was rescued and you all found great humans. We learn more and more every time we trap, even after trapping thousands of cats over 20+ years.

I'm happy to volunteer with BSAC. Thank you for writing in,

Hugs to you and all your "kits"

*Sincerely
Tabby-CVT*



Bay State Animal Cooperative needs the following food for our long term cats. You can order through Chewy.com and ship it directly to BSAC, 47 Windsor Rd., Norwood, Ma 02062

Pre-sale through 11/15- 2021 Rescue Cat Calendar. Pre-sale starts November 1st.

Send check for \$15 to BSAC-Calendar, 47 Windsor Rd., Norwood, MA 02062.



The calendar was prepared a few weeks before the November 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

Nov. 3

Election Day

7 a.m.-8 p.m.

For a list of voting locations, visit http://www.norwoodma.gov/departments/town_clerk_and_accountant/voting_and_elections/departments/town_clerk_and_accountant/voting.php.

Nov. 4

Take and Make : Crafts for Kids At Your Own Pace

Morrill Memorial Library-Virtual

All Day

Sign up to get your weekly craft kit for kids! You can follow print instructions to create this craft at your own pace or wait for the library's video instructions to be released on Wednesdays. This is NOT a live program. Videos will be available on the library's YouTube channel every Wednesday. Supplies are limited and will only be given out to families who reserve a kit each week. Register and access the YouTube channel at www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

ZOOM Into Fall Fitness II with Eileen

Morrill Memorial Library-Virtual

12:15 p.m.

Zoom Into Fall Fitness II is especially beneficial for those with arthritis. Eileen will focus on fingers, hips, and knees as you walk, tap, and stretch to energizing music. Balance training is just as important as cardiovascular, resistance, and flexibility training, as poor balance increases your risk of injury from falling. Regis-

tration is required for each class. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 5

Family Story Time

Morrill Memorial Library-Virtual

4 p.m.

Join Miss Kate for an afternoon story time! The group will read stories, sing songs and try a few unique activities. This program is geared to ages 0-5 but all ages are welcome to join in! To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Craft Connection

Morrill Memorial Library-Virtual

7 p.m.

Crafters get together to video chat while crafting so they can show off their latest projects and stay in touch. The group will be held in a Zoom platform. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

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. In case of inclement weather, the meeting will align with the Norfolk schools.

If they close, the meeting will be cancelled. Note: this is the monthly group that typically meets in Norwood Hospital.

Nov. 6

New Parents Group

William James College; Virtual Workshop

10:30 a.m.

This 6-week support group is for first-time mothers with babies ages birth to 6 months. The group is facilitated (online) by a professional facilitator who helps guide discussions of developmental issues, expectations of oneself as a new mom, changing relationship with family members, child care options, and much more. The series will also provide an opportunity to ask questions, share experiences, make new friends, and receive support. The Freedman Center, in collaboration with Youth and Family Psychotherapy Service at William James College, offers new babies/new moms groups free of charge. Group sizes are limited, registration is required.

Nov. 9

ZOOM Into Fall Fitness II with Eileen

Morrill Memorial Library-Virtual

12:15 p.m.

Zoom Into Fall Fitness II is especially beneficial for those with arthritis. Eileen will focus on fingers, hips, and knees as you walk, tap, and stretch to energizing music. Balance training is just as important as cardiovascular, resistance, and flexibility training, as poor balance increases your risk of injury from falling. Registration is required for each class. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 10

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.

Norwood Toastmasters

Zoom Meeting

6:45 p.m.

The Norwood Toastmasters is dedicated to improving public speaking and leadership skills. They are currently meeting online via ZOOM. For log in, contact 3926@toastmastersclubs.org. For more information, visit

<https://norwoodtoastmasters.toastmastersclubs.org/>.

Top Ten Tips for Getting Organized!

Morrill Memorial Library-Virtual

7 p.m.

Top Ten Tips for Getting Organized! Do you crave organization but don't know where or how to start? Organizing doesn't have to be complicated! Join Marilyn Cruickshank, owner of Creative Simplicity Organization and Productivity (csimplicity.com) as she shares her top ten tips for getting organized, providing ideas and inspiration to help you get started on your organizing journey. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 11

Veteran's Day

The Norwood Veteran's Day parade is unfortunately cancelled due to health restrictions

from COVID-19, but an online ceremony is available through Norwood's community stations. For programming channels, visit www.norwoodcommunitymedia.org.

Take and Make : Crafts for Kids At Your Own Pace

Morrill Memorial Library-Virtual

All Day

Sign up to get your weekly craft kit for kids! You can follow print instructions to create this craft at your own pace or wait for the library's video instructions to be released on Wednesdays. This is NOT a live program. Videos will be available on the library's YouTube channel every Wednesday. Supplies are limited and will only be given out to families who reserve a kit each week. Register and access the YouTube channel at www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 12

Special Town Meeting

Norwood High School

Nov. 13

New Parents Group

William James College; Virtual Workshop

10:30 a.m.

This 6-week support group is for first-time mothers with babies ages birth to 6 months. The group is facilitated (online) by a professional facilitator who helps guide discussions of developmental issues, expectations of oneself as a new mom, changing relationship with family members, child care options, and much more. The series will also provide an opportunity to ask questions, share experiences, make new friends, and receive support. The Freedman Center, in collaboration with Youth and Family Psychotherapy Service at William James College, offers new babies/new moms groups free of charge. Group sizes are limited, registration is required.

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Nov. 14

Thrift Shop Sale

First Baptist Church, 71 Bond St.

10 a.m.-noon

Warm clothes in excellent condition are waiting for you and all of your family at the Blessing Boutique. There is also very nice tableware holiday celebrations. Get a head start on finding some great gifts for everyone on your list!

The ABC's of Racism: Starting and Sustaining Anti-Racist Conversation with Kids

Morrill Memorial Library-Virtual

9 a.m.

The Morrill Memorial Library and Progress Norwood is offering a powerful workshop from Wee the People. Wee The People is a Boston-based social justice project for kids, parents, and educators exploring activism, equity, and resistance through interactive workshops. Mama, why is that lady brown? Why did the police kill Mr. Phil? Why can't Peter Pan be Black? Kids notice a lot about the world – including racial difference and racial inequity. They sense that these things matter, and they have questions many of the adults in their lives are not prepared to answer. This interactive workshop will explore the barriers that prevent adults from talking about race and racism with kids, examine the social science of race awareness in children, and identify strategies to start and sustain antiracist conversations and action with children at home and in learning settings. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 16

ZOOM Into Fall Fitness II with Eileen

Morrill Memorial Library-Virtual

12:15 p.m.

Zoom Into Fall Fitness II is especially beneficial for those with arthritis. Eileen will focus on fingers, hips, and knees as you walk, tap, and stretch to energizing music. Balance training is just as important as cardiovascular, resistance, and flexibility training, as poor balance increases your risk of injury from falling. Registration is required for each class. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Traditional Dishes for Celebrating Diwali

Morrill Memorial Library-Virtual

6:30 p.m.

Join Sandhya Jain for a virtual cooking class to celebrate the biggest Hindu festival in India: Diwali. Learn to make a quick and easy version of Butter Paneer (Indian cheese in tomato cream curry). She will also show how to prepare her version of Gujiya, a sweet treat traditionally served to usher in Diwali festivities. Recipes will be emailed to participants in advance so they may cook along with Sandhya if they wish. She is also happy to answer any questions during the demonstration. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 18

ZOOM Into Fall Fitness II with Eileen

Morrill Memorial Library-Virtual

12:15 p.m.

Zoom Into Fall Fitness II is especially beneficial for those with arthritis. Eileen will focus on fingers, hips, and knees as you walk, tap, and stretch to energizing music. Balance training is just as important as cardiovascular, resistance, and flexibility training, as poor balance increases your risk of injury from falling. Registration is required for each class. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

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tration is required for each class. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Turn the Page Book Group: "A Well Behaved Woman"

Morrill Memorial Library-Virtual

6:30 p.m.

This book group will be held through Zoom. If you're not able to join by using a computer, there will be a phone number provided to call in to join the book discussion. To sign up, www.norwoodlibrary.org/morrillcalendar/. For questions, contact Patty Bailey at pbailey@minlib.net.

Nov. 19

Craft Connection

Morrill Memorial Library-Virtual

7 p.m.

Crafters get together to video chat while crafting so they can show off their latest projects and stay in touch. The group will be held in a Zoom platform. To sign up, www.norwoodlibrary.org/morrillcalendar/. For more information, visit www.norwoodlibrary.org or call 781-769-0200.

Nov. 20

New Parents Group

William James College; Virtual Workshop

10:30 a.m.

This 6-week support group is for first-time mothers with babies ages birth to 6 months. The group is facilitated (online) by a professional facilitator who helps guide discussions of developmental issues, expectations of oneself as a new mom, changing relationship with family members, child care options, and much more. The series will also provide an opportunity to ask questions, share experiences, make new friends, and receive support. The Freedman Center, in collaboration with Youth and Family Psychotherapy Service at William James College, offers new babies/new moms groups free of charge. Group sizes are limited, registration is required.

Nov. 21

American Red Cross Blood Drive

Knights of Columbus Hall, 572 Nichols St.

9 a.m.-2 p.m.

Nov. 24

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 provid-

ing 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.

Norwood Toastmasters

Zoom Meeting

6:45 p.m.

The Norwood Toastmasters is dedicated to improving public speaking and leadership skills. They are currently meeting online via ZOOM. For log in, contact 3926@toastmastersclubs.org. For more information, visit

<https://norwoodtoastmaster.toastmastersclubs.org/>.

Nov. 28

Small Business Saturday

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Thrift Shop Sale

First Baptist Church, 71 Bond St.

10 a.m.-noon

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Norwood Sports

Cross Country Ready to Run

BY CHRISTOPHER TREMBLAY

With the 2020 spring high school sports seasons cancelled, no one knew what to expect when schools came back this fall. The Massachusetts Interscholastic Athletic Association (MIAA) Task Force has since approved modifications to allow play for the 2020 fall season. The Task Force, along with individual sports committees, put forth plans that will allow for sports to take place in a fashion that adheres to the safety precautions and modifications that have been recommended by the Energy and Environmental Affairs (EEA). The MIAA fall season officially began on September 18, 2020.



Although football, cheer, and volleyball were removed from the 2020 fall season to mid-February, cross country was one of many sports that will continue to be played this fall. Playing in the Tri-Valley League, which was split up geographically to shorten bus rides, Norwood will square off against Millis, Medfield, Westwood, Dover-Sherborn, and Ashland during the Covid-19 season. Races will go out in waves of five runners per team with times being used to determine winners. Runners will also be required to wear masks if they are within six feet of another athlete.

Norwood boy's cross-country coach Matt Curran believes despite all the modifications to the sport, his team is looking strong.

“Coming into the season we are looking pretty good and only lost one senior runner, Kevin Sisk, from last year’s team,” the Mustang Coach said. “We are returning a deep group of runners with no one real superstar. Any number of four or five guys could cross the line first for us on any day. We have 10 runners within 30 seconds of one another.”

Whoever happens to be the top runner of the day we have its fellow Norwood teammates right behind them filling in the gaps. Curran likes his runners to form a real pack mentality with eight or nine guys in close proximity.

“Last year, we seemed to surprise some teams with our cluster running,” Curran said. “We

can easily displace their 6th and 7th runners causing all kinds of problems. Our 6, 7, 8, 9, and 10 runners are probably better than most team’s 3, 4, and 5’s.”

Seniors running for Norwood this fall will be Jake McCarthy, a first year cross country runner who has participated in both indoor and outdoor track; Preston Coyle, who according to the coach, has logged a lot of miles during the off-season and looks strong and ready; and additional upperclassmen Aiden Flaherty, Jake Ryan, and Andrew Perry. Another first-time cross-country runner will be junior Jack Doyle, who has run indoor and outdoor track the past two-season and with the movement of football

this year has decided to go out for the cross-country team.

Although Sisk, the team’s number two runner last fall, vacated the team from graduation, the Mustangs have their number one and three runners returning in the form of Dylan Hamway (1) and Dylan O’Brien (3). Hamway was also named to the TVL All-Star team last season. During their time off, the Mustang runners were prepping for this season to happen. The term was slated to open on Saturday October 10 against Millis, and at press time it looked as though either of the Dylan’s or Coyle, all veterans, should be Norwood’s first runner across the finish line against the Mohawks.

While things look to be lining up for the Mustang runners in this unusual season, it’s not going to be easy as Dover-Sherborn is still a very strong team and Medfield is always a tough squad. Curran is optimistic, however, about his team’s chances at finishing atop the TVL.

“Having no outdoor track this past spring, the guys all decided to take advantage of their free time and get ready in case things lifted and there was a fall season,” Curran said. “The guys have really put in a lot of work to get ready despite not knowing if there would even be a season this fall.”



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Norwood Sports

Norwood Field Hockey Sees a Few Changes This Season

By CHRISTOPHER TREMBLAY

Last fall, the Norwood field hockey team put together a successful regular season going 12-5-1; unfortunately, they were eliminated in the preliminary round of the Division 1 South Tournament with a 2-1 loss to Attleboro. Coach Alison Doliner would like to get her squad back to playing at the top of their game once again this season, but with the loss of a bona-fide star and the distractions of Covid-19, she is not sure how things will go this fall.

Norwood lost Allie McDonough, the Tri-Valley League's MVP that last two seasons. McDonough was the Mustangs top goal scorer since her sophomore campaign. Last year as senior, she netted 10 goals and 14 assists for 24 points. Although a natural athlete at the sport and one that will be tough to replace, the Norwood Coach is positive that Maggie Curran (12 goals-5 assists for 17 points) and Molly Mannering (6 goals-4 assists for 10 points), her second and third scorers respectively, will step it up to make up for McDonough's loss.

Not only will the loss of the league's MVP hinder the Mustangs game, it will be played differently than it has in the past. Due to the Covid-19 pandemic, the MIAA has decided that field hockey will be played 7 vs. 7 instead of the typical 11 vs 11, widening the distance between players on the field this fall.

"Having us play 7 v 7 is going to open up the whole field and brings a totally different style of play to the game," Doliner said. "The girls have been accustomed to the 11 v 11 and now they are going to have to be quicker in more space. As a coach, I'll be continuously subbing girls on the fly to get fresh legs into the game."

In addition to the number of athletes on the field, this fall the MIAA also adopted 4 15-minute quarters compared to the 2 30-minute halves they had been playing. Along with the change, coaches will no longer have time-

outs. The season was slated to get underway on October 17th, thus giving Norwood not only a chance to get accustomed to the rule changes, but also an opportunity to see where different athletes may fit into different positions in a wide-open game. Doliner believes she will not be going with the traditional forward and defensive game but will have things spread out over four lines to cover the field.

On the field, Norwood will be led by quad captains Curran, Mannering, Caroline Davey, and Brianna LeBlanc. While Curran and Mannering will be providing the offensive firepower for the Mustangs, Davey will be anchoring the defense and LeBlanc will bounce back and forth between midfield and forward.

"Caroline has been playing defense for us since her freshman year and starting since she was a sophomore," Doliner said. "She has great endurance and speed; we are lucky to have her back on defense in a year that will be unlike one we've ever had to encounter before. Brianna has worked hard on her skills and although she only scored 1 goal and 2 assists last year, her intangibles on the field don't show up on the stat sheet. She is a key contributor to our success."

In addition to the captains, Norwood had a big group of seniors returning to the field this fall. Forward Mary Lee, who was the first one off the bench last year, leads that group. Other seniors, who according to Doliner are a super hard-working group that she is excited to see play, are Kate Rodgers, Grace Sullivan, Kaitlin Gillette, Kate Earle, Julianna O'Neil, and Annie Delaney.

Juniors Maddy Barry and Delaney Gover will patrol the defense side of the field, while Shannon Gover will be in the midfield and Talia Fruci, who has started since her freshman campaign, will be in net for Norwood. Sophomore's Meredith Cannon (defense) and Abby Lee (forward) will also give the team some much needed depth.



Despite the fact that the sport is going to only 7 players on each side during the game this fall, Doliner and her girls will be prepared.

"As a coach, I have always tried to practice 7 v 7 near the end of the year just in case it comes up in post-season play then we'll be ready and familiar with it," the Coach said. "Every year you come into a season with new things to worry about, so it's really no big deal this season. We just need to process it during practice and learn to play that way in games."

This fall it will all be about adaptability and that is what Doliner is hoping to drive home with her squad.

"I feel bad about some of the other sports that got cancelled or had to move their season," Doliner said. "But you've got to work with what you're given and that's what I'm trying to get through to the girls."

Norwood will play nine games on Saturdays and Sundays with back to back home and away games within their pod, which includes Dover-Sherborn, Medfield, Westwood, and Dedham. The Mustangs will face each team twice and Dedham for a third encounter. Although Norwood had a successful 2019 campaign, 2020 is not going to be an easy task;

Dover-Sherborn not only won the Division 2 South title, but also took home the State Championship with a 15-1-2 regular season record. Westwood also went 15-1-2 during the regular campaign before falling in the Semi-Finals of the Divisional Tournament and Dedham went 8-6-4.

"It's going to be tough, but we're happy to be playing," Doliner said. "It's been a long time since some of these girls have been on a field competing. We are lucky to have Marathon Physical Therapy running our

strength and conditioning program, so we are in good shape and ready to take on the season."

In an unprecedented season, Doliner and her team will take things one game and one quarter at a time hoping to see positive results on the field.

"We will face some good competition in our pod, but we will play good field hockey too," she said. "I am looking forward to some exciting games that will be great opportunities to test our team and see where we stand."

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Street List - Norwood Memorial Corners

1	Pleasant & E Cross St	U.S. Army	PFC	Ralph E. Shackley	1915	1943	*		
2	Pleasant & Cross St	U.S. Army	Sgt.	Edward F Hayes	1923	1945	*		
3	Pleasant & Gay St	U.S. Army	PVT	Thomas F. McDonough	1921	1944	*		
4	Gay & Joy St	U.S. Army	SPC	Keith D. Benson "DOC"			*****		
5	Pleasant & Pleasant Place	U.S. Army	PFC	Chester J. Mulacheski	1963	1990	*		
6	Pleasant & Dean St	U.S. Army Air Force	T/SGT	James T. O'Leary	1921	1945	*	USAF Corner	
7	Pleasant & Morse St	U.S. Army Air Force	Sgt.	John Petraitis	1923	1945	*	US Army Air Corps	
8	Mylod & Washington St	U.S. Army	PVT	Francis G. Bowles	1915	1944	*		
9	Upton & Washington St	U.S. Army	PFC	Anthony P. Stasis	1917	1944	*		
10	Rockhill & Mylod	U.S. Army Air Force	Aviation Cadet	Edward W. Larson	1915	1942	*		
11	Short & Washington St	U.S. Army	S/Sgt.	Coleman J. Coyne Jr.	1917	1944	*		
12	St. Paul Ave & Washington St	U.S. Army	Sgt.	Edward P. Utoroka	1916	1945	*		
13	Folan Ave & Washington St	U.S. Navy	Ensign	John W. Minkevitch	1921	1946	*		
14	Austin St & Washington St	U.S. Army	PFC	William H. Kaler, Jr.	1916	1944	*		
15	Atwood Ave & Washington St	U.S. Army	PVT	Thomas Elias	1913	1944	*		
16	St. James Ave & Washington St	U.S. Navy	MIDN	Peter J. Smith	1921	1942	*		
17	Cedar & Washington St	U.S. Marine Corps	CPL	Frederick T. Deeb	1923	1944	*		
18	Oolah Ave & Washington St.	U.S. Navy	SN 1/C	Algert J. Goba	1920	1943	*		
19	Sturtevant & Pond	U.S. Army Air Force	Staff SGT	Nahamie Bader	1919	1943	*	USAF CORNER	
20	Lewis Ave & Washington St	U.S. Navy	ARM2	William P Kazulis	1924	1943	*		
21	Walnut Ave & Washington St	U.S. Army Air Force	CPL	Joseph N. A. Grugnale	1923	1944	*		
22	Cedar & Chapel St	U.S. Army	PVT	Santino G. Ferrara	1926	1945	*		
23	Walpole St & Chapel St	U.S. Army	PFC	Merton E. Haynes	1921	1945	*		
24	Walpole St & Chapel St	U.S. Marine Corps	PFC	George Deeb	1924	1945	*		
25	Walpole & Wilson St	U.S. Marine Corps	SSGT	John R. Kilkus	1963	1990	****		
26	Ivy Circle & Walpole St	U.S. Marine Corps	LCPL	Alexander S. Arredondo	1984	2004	*****		
27	Walpole & Berwick St	Maritime Service	Engineer 3/C	John G. Winslow	1917	1942	*	u.s. merchant marines	
28	Walpole & Berwick St	Maritime Service	Ensign Engineer 3/C	Robert T. Winslow	1921	1943	*	u.s. merchant marines	
29	Nichols & Shattuck Park Rd	U.S. Army		Adam Scott Jr.			*	rock	all on one
30	Nichols & Shattuck Park Rd	U.S. Army		Lloyd Batten			**	rock	
31	Nichols & Shattuck Park Rd	U.S. Army		John A. Farren III			**	rock	
32	Nichols & Bond St	U.S. Marine Corps	CPL	Robert C. Rathbun	1917	1942	*		
33	Washington & East Hoyle St	U.S. Navy	SN	James J. Sansone	1950	1972	***		
34	Winter & Prospect St	U.S. Marine Corps	Lance CPL	Richard B. Murphy	1948	1968	***		
35	Prospect St & Irving St	U.S. Army	CPL	Joseph M. Lamb	1928	1951	**		
36	Prospect St & Ash Rd	U.S. Marine Corps	Major	Mark C. Welch			*****		
37	Forrest Ave	U.S. Army	Sgt.	Lawrence H. Mitchell	1946	1967	***		
38	Nahatan & North Ave	U.S. Army	Chief w/o	John F. Fitzgerald	1947	1968	***		
39	Nahatan & Prospect St	U.S. Army	PFC	M. Eugene McDonough	1919	1943	*		
40	Nahatan & Fulton St	U.S. Army	PFC	Francis J. Masce	1918	1945	*		
41	Nahatan & Fulton St	U.S. Army	CPL	Patrick K. Burke	1947	1968	***		
42	Nahatan & Summit Ave	U.S. Army	PFC	Michael J. Wallace	1922	1944	*		
43	Cottage & Maple St	U.S. Army	PVT	Charles F. Lydon	1919	1944	*		
44	Casey & Prospect St	U.S. Army	CPL	Patrick J. Costello	1913	1943	*		
45	Railroad Ave & Fulton St	U.S. Army	PFC	Edward R. Groh	1920	1945	*		
46	Railroad Ave & School St	U.S. Army	PVT	Horace G. Webber	1911	1944	*		
47	George St & Washington St	U.S. Army	2nd Lt.	John H. Moloney, Jr.	1918	1944	*		
48	George St & Granite St	U.S. Navy	QM3	Joseph F. Dennehy	1913	1944	*		
49	Railroad Ave & Central St	U.S. Army	PFC	Paul A. Coughlin	1916	1944	*		
50	Railroad Ave & Catalpa Rd	U.S. Army	Corporal	John E. Curran	1914	1944	*		
51	Nahatan St. Bridge	U.S. Army Air Corps		Colonel George T. Lee			**		
52	Nahatan St & Central St	U.S. Navy	ARM1	Harold F. Stewart	1923	1946	*		
53	Guild & Broadway	U.S. Marine Corps	Pl. Sgt.	Raymond F. O'Brien	1921	1945	*		
54	Lenox St & Plimpton Ave	U.S. Army	PFC	Merrill B. Conrad	1920	1944	*		
55	Lenox St & Plimpton Ave	U.S. Marine Corps	PFC	Norman D. Smith	1921	1944	*		
56	Lenox St & Allen Rd	U.S. Army	Lt.	Morris E. Gallant	1921	1945	*		
57	Pleasant St & Cambridge Rd.	U.S. Army	SP4	John F. Concannon	1940	1966	***		
58	Pleasant St. & Neponset St	U.S. Army		Donald H. Taylor			**		
59	Washington & Mylod			Morse Hill Veterans' Memorial					
60	Washington & Cottage St			Veterans of Foreign Wars Square					
61	Chapel St Park			Disabled American Veterans Memorial Park					

Legend:

- * - World War II
- ** - Korean War
- *** - Vietnam War
- **** - Desert Shield/Desert Storm
- ***** - Operation Iraqi Freedom, Operation Enduring Freedom, Global War on Terror

Nov. 11 is Veteran's Day

Honor Norwood's veterans virtually or on an individual stroll through town.

With the current health standards from the COVID-19 pandemic, unfortunately, the Norwood Veteran's Day parade has been cancelled. Ted Mulvehill, Director of Norwood Veterans Services, in conjunction with Norwood Community

Media (NCM), will be promoting and airing an online Veteran's service which can be viewed on Norwood's community TV stations (Verizon, 35, HD2135, Comcast 8, Norwood Light Broadband, 23, HD623.) For more information on



Norwood's local tv stations and its programming, visit www.norwoodcommunitymedia.org.

Local residents, however, have an opportunity to commend their Norwood veterans on Nov. 11 (and any day), by visiting the many memorial sites situated throughout Norwood neighborhoods (listed on page 18). In total, there are 48 plaques commemorating these brave soldiers as well as Morse Hill Veterans' Me-

memorial, Veterans of Foreign Wars Square, and Disabled American Veterans Memorial Park.

While coming together on this patriotic day provides a time for citizens and families to stop and show their gratitude and gratefulness of these dedicated veterans, these plaques scattered amidst Norwood streets and intersections, provide an avenue to honor their memories and their sacrifice to their country.

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Real Estate Corner

Register O'Donnell Sees Sales Numbers Increase in Norfolk County Real Estate Market

Despite the ongoing COVID-19 pandemic, Register of Deeds William P. O'Donnell reported Norfolk County experienced strong real estate sales and lending activity during the month of September 2020.

"The month of September saw Norfolk County real estate sales, both residential and commercial, increase 13% year over year," Register O'Donnell stated. "One thousand six hundred ninety real estate sales were recorded compared to 1,503 in September, 2019. The average real estate sales price, again both residential and commercial, increased 10% to \$865,235. Total sales volume for the month came in at \$952 million. The main drivers of these numbers were low interest rates, a limited amount of available real estate causing prices to increase, in many cases over the original listing price, and homebuyers looking for increased housing space to accommodate working remotely."

As has been the case for the past several months, Norfolk County once again saw strong growth in mortgage lending during September. Four thousand six hundred thirty nine mortgages were recorded during the month, a 64% increase compared to the

previous year. The total amount of money borrowed during September was \$1.8 billion.

"These strong mortgage numbers are the direct result of low interest rates," Register O'Donnell noted. "All indications are these attractive mortgage rates will continue for the foreseeable future."

Notice to Foreclose Mortgages, the first step in the foreclosure process, have been curtailed due to a moratorium placed on foreclosures and evictions while the COVID-19 pandemic state of emergency has been ongoing. The Registry of Deeds is watching closely to see if this moratorium will be lifted as scheduled by Governor Baker in mid-October.

"The Norfolk Registry of Deeds has been working in close cooperation with Attorney General Maura Healey's office monitoring protections afforded to homeowners affected by the COVID-19 state of emergency through Chapter 65 of the Acts of 2020, an Act Providing for a Moratorium on Evictions and Foreclosures during the COVID-19 Emergency as well as protections put in place by the Coronavirus Aid, Relief, and Economic Security Act, Pub L. 116-136, (the "CARES

Act")," Register O'Donnell said. "We are very sensitive to how this pandemic has caused upheaval in people's lives and in some cases caused issues with homeowners paying their monthly mortgage payment."

"I am pleased to report that during my tenure as Norfolk County Register of Deeds, my office has been proactive in partnering with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help those facing challenges paying their mortgage. These non-profit agencies are equipped to provide help and guidance to anyone struggling to pay their mortgage. In addition, the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD), 617-727-8400 is also available to provide assistance."

Homestead recordings increased 15% during the month of September.

"I want to remind Norfolk County residents that a Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000," Register O'Donnell said. "I urge all Norfolk County

homeowners to avail themselves of this important consumer protection tool."

The COVID-19 pandemic has caused many to experience significant changes in their lives. This is reflected in what we are seeing for recordings at the Registry of Deeds and what we are hearing from real estate professionals working with buyers and sellers in Norfolk County. Many working men and women are now working remotely. This has caused some to leave urban areas and buy in suburbs and rural communities like we have in Norfolk County. We are hearing that many young professionals are looking for more space in their homes needed for home offices due to work being done remotely. A limited supply of available housing stock has resulted in a heightened amount of competition between buyers resulting in higher real estate sales prices in Norfolk County. We are also hearing from real estate brokers that many houses are selling for above the original listing price. Robust sales and lending figures were seen in September. There is evidence that the Fall will see continuing strong performance in real estate activity."

What we have also seen over these past few weeks and months

is that COVID-19 does not discriminate. Anyone, even the most powerful man in the free world, can be affected. Until there is a viable vaccine in place, all of us need to continue practicing social distancing, wear a mask, and take all necessary steps to reduce the spread of the coronavirus. We need to keep in mind not only our own health but the health of our family, neighbors and friends. Together, we will get through this. Be healthy. Be safe."

To learn more about these and other Registry of Deeds events and initiatives, like them at facebook.com/NorfolkDeeds or follow on twitter.com/NorfolkDeeds and 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 via telephone at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

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Real Estate Corner

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Veronica is a graduate of Norwood High, raised her family in Norwood and still lives right here in Norwood!
Veronica has been a licensed Real Estate Sales Agent since 2015 and also has experience in the education field and has worked at Hale Reservation. Her goal is simple..To help you on your journey to finding your Happy Place!

If you are thinking of Buying, Selling or Renting, contact Veronica!



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Real Estate Corner

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Register O'Donnell Discusses Type of Land Plan Available at Norfolk Registry of Deeds

Register of Deeds William P. O'Donnell recently reminded homeowners that only a certain type of land plan is recorded here at the Norfolk County Registry of Deeds and it is not a plot plan.

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

There are times when homeowners require a plot plan when doing a capital improvement such as an addition to their home or installing a swimming pool. A plot plan, or site plan, contains retained and proposed buildings. Again, the Registry of Deeds does not record these types of plans here in Norfolk County.

Many times, a mortgage plot plan will be compiled as part of a real estate transaction or mortgage refinancing. Homeowners should check their records first if

they are in need of a mortgage plot plan. Also, in some cases, town building departments may have a copy of a property's plot plan and/or the property's as built plan. If not, the homeowner would have to contract with a surveyor if they are in need of the creation of a plot plan.

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

"On property deeds there is a section which lists the metes and bounds (description) of the property," Register O'Donnell explained. "Most deeds also contain a cross reference to land plan Book and Page numbers recorded here at the Registry. Land plans can be useful if there is a question amongst neighbors about a property line or just highlighting other dimension issues that relate to the property."

The Norfolk County Registry of Deeds has available for viewing documents and plans going back to the Registry's beginnings in 1793. Non-certified copies of our documents and

plans can be viewed and printed free of charge via our website www.norfolkdeeds.org. Copies of land plans that do not contain non-certified copy language are available for a fee of \$1 per plan (size 8 1/2 x 11 inches) plus an additional \$1 per plan for postage. Larger plans, 11 x 17 inches or 18 x 24 inches, cost \$2 per plan plus an additional \$1 per plan for postage. If you desire a copy of a plan from the Registry and you know the plan Book and Page number, send in a mail request to the Norfolk County Registry of Deeds, 649 High St., Dedham, MA 02026, along with a check made out to the Norfolk County Registry of Deeds for the appropriate amount. If you are not sure of your land plan Book and Page numbers or have further questions about land plans, you can call our Customer Service Center, Monday through Friday, between the hours of 8:30 a.m. and 4:30p.m. As always, the Norfolk County Registry of Deeds is more than able and willing to assist our customers, the citizens of Norfolk County."

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Happy Thanksgiving

As the Holiday season approaches, I'm proud and thankful to be a part of the Norwood community. We have all shown incredible resilience throughout the year dealing with these unprecedented times. Clearly I don't get enough opportunity to personally say "thank you." Yet at this special time, I want to personally express my deepest appreciation for placing your confidence in me, and supporting my business with your friendship and referrals.

Wishing you and yours a very Happy Thanksgiving. May the joy of the holidays extend to you and your family now and throughout the coming year. Stay healthy and stay safe.

*Your Local REALTOR®,
Anne*



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