

# Norwood

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Free to Every Home and Business Every Month

February 2021

*The Voice of Your Community*

## Nomination Papers Now Available for Annual Town Election

By BELLA CAGGIANO

Make a difference. That is the opportunity available for Norwood residents who seek to represent their neighbors and run in the 2021 Annual Town Election, which will be held on Monday, April 5. While the voting booths are still tucked away for a few months, interested parties must commit in February to run. In order to compete for these municipal positions, candidates must pull nomination papers from the Town Clerk's office in Town Hall and obtain at least 50 registered Norwood voters to sign the form in their support (the Town Clerk recommends obtaining additional signatures as some supporters may not be registered voters).

New Town Meeting Members must obtain at least 10 signatures in their district. Current Town Meeting Members should have received a letter of intent mailed to their homes in January. To appear on

the ballot, a Letter of Intent must be delivered to the Town Clerk's office, in Town Hall by Tuesday, February 16, 2021.

Due to COVID-19 safety procedures, prospective candidates are recommended to call Norwood Town Hall (781-762-1240) for all inquiries regarding the election procedures.

Completed nomination papers are due by 5:00 PM, Tuesday, Feb-

ruary 16, 2021.

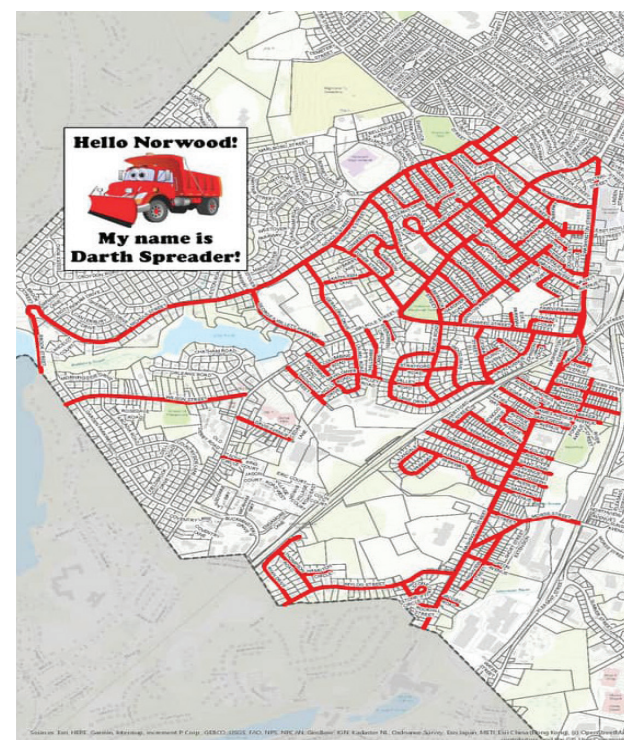
There are plenty of positions to choose from that are up for the April vote.

### Selectmen

1 3-year term available for current position:

William J. Plasko, Chairperson

**ELECTION**  
*continued on page 3*



## Sometimes Salty Language is OK!

By MICHELE TARANTO

They name storms, cars, even \_\_\_\_\_, so why not salt trucks? That's what Recreation Director Travis Farley

considered when he proposed naming Norwood's five salt trucks that travel

**SALTY**  
*continued on page 2*

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by February 11<sup>th</sup> (for 2/13<sup>th</sup>) and by March 11<sup>th</sup> (for 3/13<sup>th</sup>)



SALTY

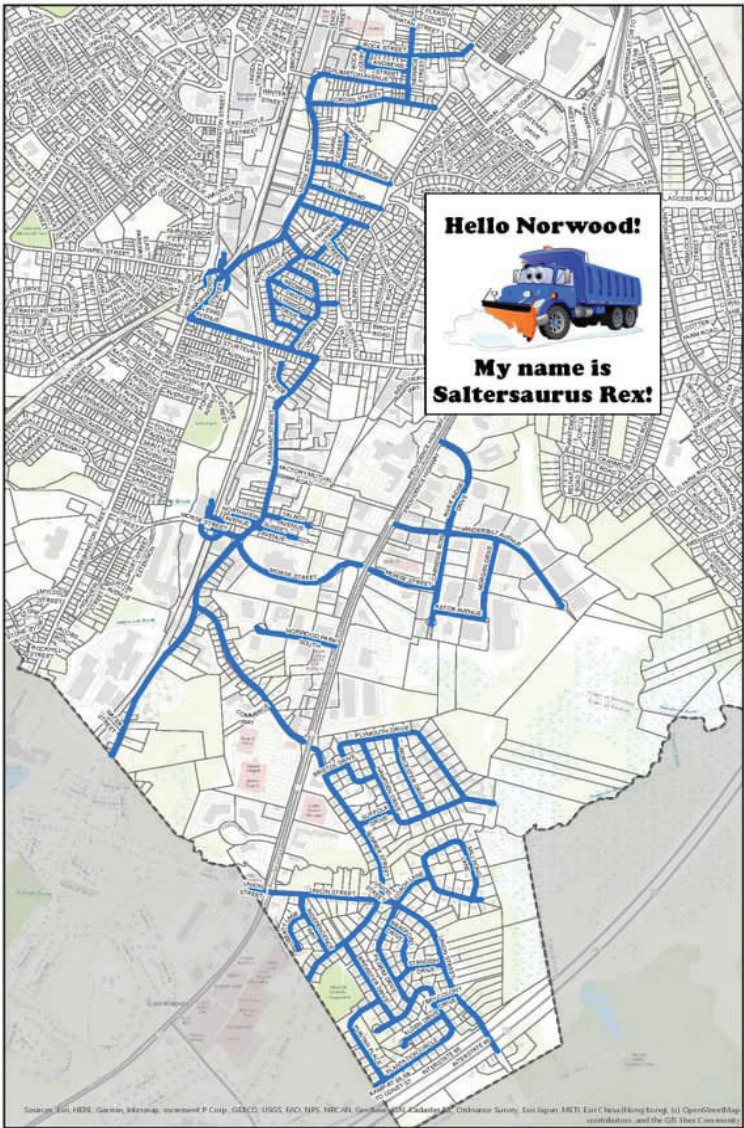
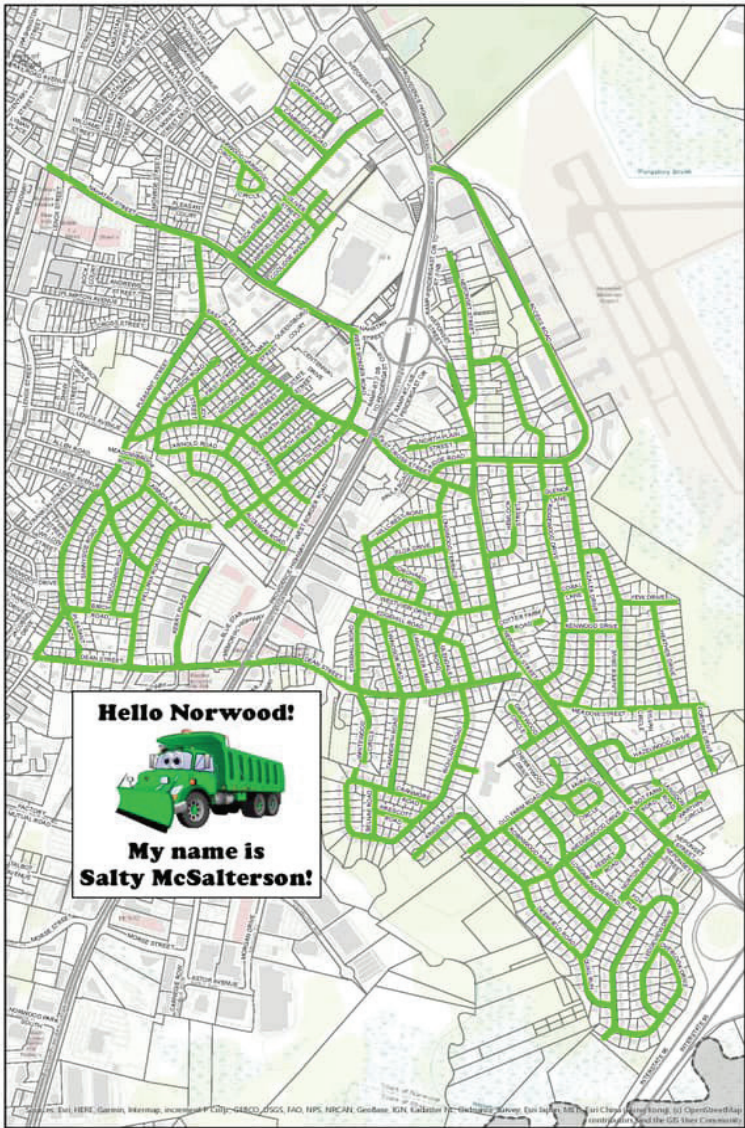
continued from page 1

around town keeping the roads safe for travel.

In the beginning of January, the Norwood Recreation Department made an Instagram posting soliciting possible names for the vehicles. Posts were then made on Twitter and Facebook and Norwood Rec received approximately 100 comments with a variety of creative names.

It took less than two weeks for Farley to receive more than enough options to stage naming rights. The winners are: Darth Spreader, George, Salty McSalterson, Saltersaurus Rex, and Mustang Salty!

The trucks are still the traditional yellow, not the colors on the maps, but their names are engraved on their doors. Next time Mother Nature invokes the hazards of winter in Norwood, and you hear the roar coming down the street, take a look out the window and wave to your neighborhood's personalized vehicle!



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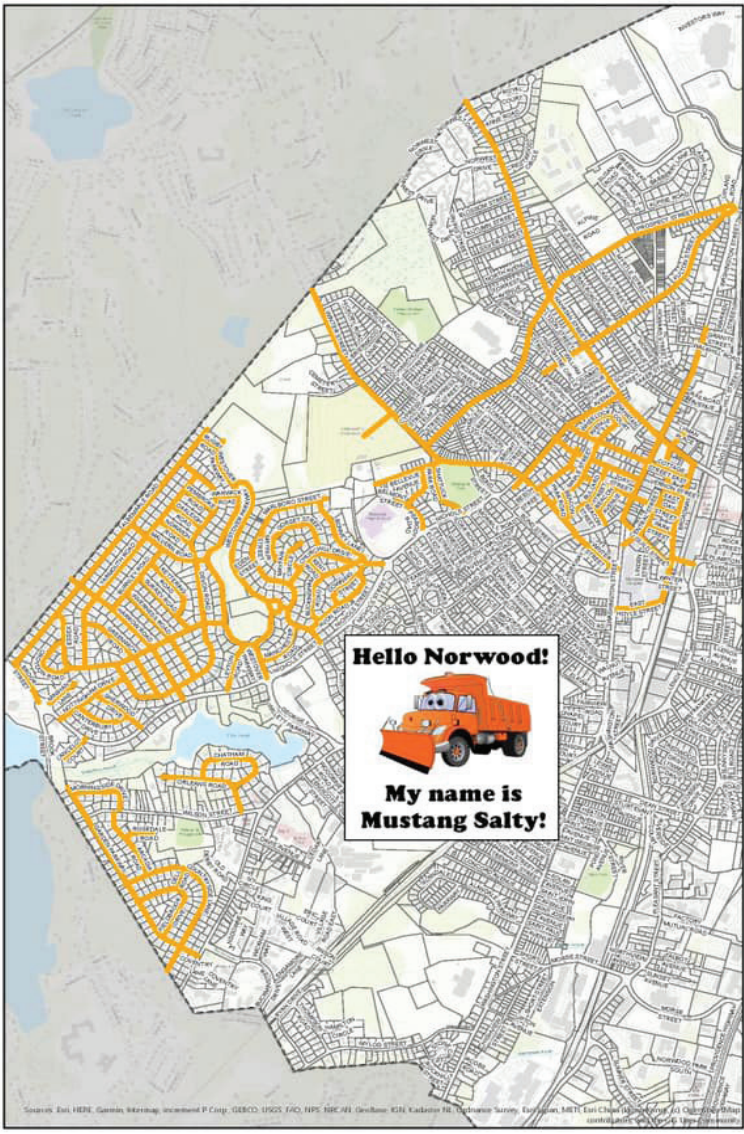
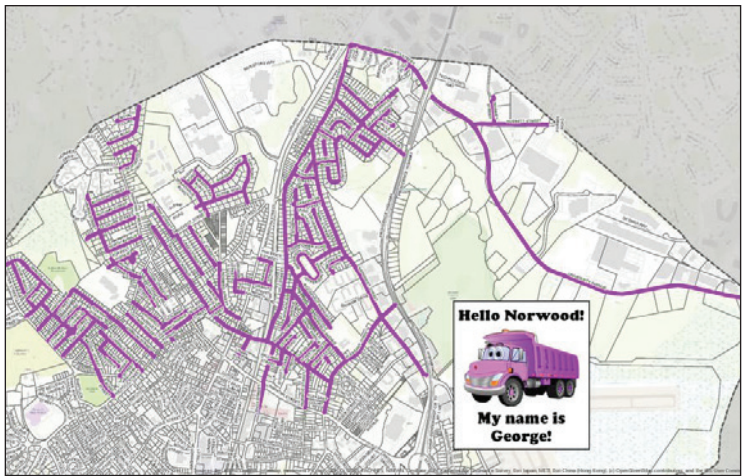
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ELECTION

continued from page 1

- Moderator**  
1 1-year term available for current position:  
David Hern Jr.
- Board of Health**  
1 3-year term available for current position:  
Kathleen F. Bishop, Chairperson
- School Committee**  
1 3-year term available for current position:  
David Raymond Catania
- Finance Commission**  
2 3-year terms available for current positions:  
Robert G. Donnelly  
Kellie Noumi
- Planning Board**  
1 5-year term available for current position:  
Alfred P. Porro, Jr.
- Morrill Memorial Library Trustee**  
2 3-year terms available for current positions:  
George A. Michalec  
Sarah E. Begg, Chairperson
- Morrill Memorial Library Trustee**  
1 – 1 year tem available to fill a vacancy
- Norwood Housing Authority**  
1 5-year terms available for current positions:  
Patricia Griffin Starr  
  
You must be a registered voter to run or participate in Norwood elections.  
  
The last day to register to vote in the town election is Tuesday, March 16, 2021.

Lots to Do in February!

By BELLA CAGGIANO

While there are still so many limitations on group activities due to COVID-19 restrictions, the Norwood Recreation Department has successfully readjusted their programming to offer some relief and escape to both kids and their parents. Here are a few programs for the month of February, but monitor their Facebook page and website ([www.norwoodma.gov/departments/recreation](http://www.norwoodma.gov/departments/recreation)) regularly to keep updated on last minute changes and additions.

To register, visit [norwoodma.myrec.com](http://norwoodma.myrec.com). For questions, email [cgrande@norwoodma.gov](mailto:cgrande@norwoodma.gov).

**Floor Hockey Skills & Drills**  
Civic Center Gymnasium  
3:45-4:45 p.m.  
5-6 p.m.  
Mondays: kindergarten & 1st grade  
Wednesdays: 2nd and 3rd grade  
Thursdays: 4th & 5th grade

**Pre-School Prep**  
9 a.m.-12 p.m.  
Ages 2.5-3  
Monday-Thursday  
Through Feb. 25

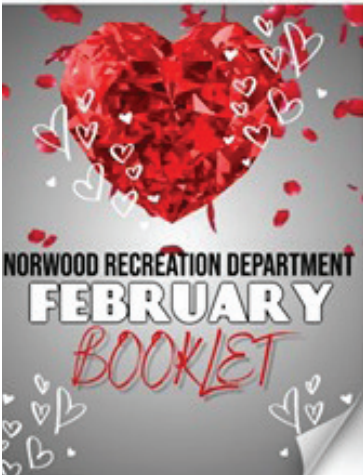
**Move N’ Groove**  
1-3:30 p.m.  
Ages 3-6  
Monday-Thursday  
Through Feb. 25

**Kids Night Out**  
6-8 p.m.  
Grades 1-5  
Feb. 5  
Feb. 12  
Feb. 26  
  
Parents, take a break while the kids have dinner, and enjoy games, sports, and more!

**Child Monitoring Program**  
7 a.m.-3:15 p.m.  
Monday-Friday  
Through June 15th  
“POD” grouping, space for remote learning, activities for down time.  
  
Registration for as little as 1 day per week, through 5 days per week.

- Super Saturdays**  
8:30-10 a.m. (Ages 3.5-4.5)  
10-11:30 a.m. (Grades K-2)  
Through Feb. 13
- School Vacation Drop-Ins**  
9-11:30 a.m. (Grades K-1)  
12:30-3 p.m. (Grades 2-5)  
Feb. 15-Feb. 19  
Activities include games, sports, and crafts.
- February Staycation**  
Times TBD (at press time)  
Grades 3 and up  
Feb. 16-Feb. 19  
Tuesday: ultimate dodgeball  
Wednesday: paint night  
Thursday: no sew fleece throw making  
Friday: movie night
- Home Alone Safety Course**  
4:30-6 p.m.  
Ages 9-11  
Feb. 9

In this virtual course, kids will learn the basics of being home alone for short periods of time. Discussions will revolve around how to answer the telephone and door, internet safety, accident prevention, fire safety protection, and how to call 911. The course will also cover simple first aid techniques, such as how to relieve choking, and talk about how to use your time wisely.



RECENT NORWOOD TRANSACTIONS

114 Rock St	\$410,000
531 Nahatan St	\$475,000
45 Rock St	\$500,000
232 Prospect Street	\$503,000
89 Winfield	\$532,000
624 Nahatan Street	\$560,000
16 Mckinley Rd	\$510,000
88 Neponset St	\$544,000
36 1St St	\$580,000
74 Crestwood Cir	\$565,000
43 Neponset St	\$604,000
80 Old Farm Rd	\$660,000
11 Cross Street	\$680,000
175 Mylod St	\$775,000
301 Neponset St U:30	\$255,000
767 Washington St U:401	\$340,000
78 Pleasant U:H	\$365,000
1 Lenox St U:215	\$450,000
70 Endicott Street U:1204	\$480,000
872 Washington Street U:872	\$535,000
70 Endicott Street U:1202	\$556,545
221 Pleasant St U:221	\$562,500
253 Nahatan Street U:3	\$599,000
253 Nahatan Street U:6	\$619,000
253 Nahatan Street U:8	\$657,000



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# Police Beat/Fire Patrol

## A Message from the Norwood Police Department

With 2020 behind us (thank goodness) we thought it might be a good time to talk about 2020 crime statistics, including a comparison with our numbers for 2019. Chief Brooks thanks Officer Grasso for pulling together the data. We've seen some interesting trends.

Largely due to COVID, and consistent with crime trends nationwide, we've seen significant drops in break-ins. Housebreaks have been trending downward the past few years anyway, but across the country many communities have also seen drops in residential B&E's, presumably because people are home and criminals seldom break into an occupied home. By the same token, many communities have seen increases in commercial breaks, presumably because more businesses are closed and the buildings empty. We have not seen that here. Then again, many buildings here are alarmed and alarms are very effective at preventing break-ins.

But don't think that criminals have mended their ways; we've seen upticks in some theft categories. For instance, shopliftings are up, and we've also seen a significant rise in fraud cases. Many of these fraud cases have been criminals exploiting the COVID-related unemployment system. So the rise in thefts and the drop in breaks has given us a fairly stable year in crimes against property (+6%).

As for crimes against persons, nationally offenses like sex assault and robbery are down, while homicides and non-fatal shootings in major cities are through the roof. Fortunately, we don't have many shootings (the New Year's Day shooting at Windsor Gardens notwithstanding). Consistent with that, our crimes against the person are down (assault and battery -29%, robberies down from 8 in 2019 to 5 in 2020).

As everyone knows, we also track drug overdoses. In 2019 we had 20 overdoses with 2 of those fatal, and in 2020 we had 28 also with 2 fatal. The rise in



drug overdoses is consistent with increases seen nationwide by the CDC.

We thought you might find this data interesting. We're happy to answer any questions you might have on our Facebook page, NorwoodPolice.

### A Warning to Thieves: Stay out of Norwood!

For anyone who's interested, our latest "hot spot" is The Home Depot, which has recently started attracting people who want those tools and building supplies but don't want to pay for them. Some seem to just walk out with merchandise, some conceal it and head for the door, some take from several stores in a few day's span, and a few steal off the shelves and try to do returns. But here's the good news: WE CATCH NEARLY ALL OF THEM.

That's right, looking at our stats, over the past six weeks or so (as of Jan. 12), we've responded to The Home Depot 14 times for theft reports and have charged

... wait for it ... 14 people - with theft, receiving stolen property, etc. In a few cases, the property we've caught them with has been stolen elsewhere, and in a few, stolen from other home improvement stores. We've recovered thousands in stolen good during these arrests.

To be honest, in a few of those 14 cases we haven't caught anyone (yet - still under investigation) and in a few more we've arrested more than one subject. But hey, 14 for 14 isn't bad!

We want to be clear here; the folks at the Norwood Home Depot, particularly their Loss Prevention employees, have been fantastic to deal with. This isn't their fault and they've worked hard with us to resolve this issue. We've seen these kinds of crime trends before, and this one won't be permanent, but for now we're dealing with this spree. So to those trying to decide where to go thieving, stay out of Norwood! We're on a roll here.

So if you're shopping at The Home Depot and you see a couple of Norwood police officers strolling the aisles, they're not trying to find that perfect paint color. They're doing what you're used to seeing us do; using focused foot patrol to deter crime and solve a problem. Feel free to stop them and say hello.

### 2020 A Good Year in Fire Safety

For the first time in recorded history, no children have died in house fires throughout the Commonwealth in 2020.

This milestone has partially been attributed to modern fire prevention laws and the Student Awareness of Fire Education (SAFE) program.

In Norwood, the SAFE program is run by Firefighter (FF) Paul Ronco who visits every grade at every school in town throughout the year. FF Paul teaches age appropriate basics of fire safety, including kitchen safety, the importance of smoke detectors, and evacuation plans.

We hope this is a new standard and Massachusetts never sees the loss of a child to fire again. This year's SAFE program has been limited by COVID but Firefighter Paul is looking forward to getting back into the schools and hopes all the students continue to remind their parents to test their smoke detectors and practice their evacuation plan.

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**Rosetta's Family Style Take Out Platters**

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- GARDEN SALAD
- GREEK SALAD
- BEET & GOAT CHEESE SALAD
- CAESAR SALAD

**Choose a Family Style Platter (\$50)**

<ul style="list-style-type: none"> <li>• CHICKEN PARMESAN</li> <li>• EGGPLANT PARMESAN</li> <li>• CHICKEN-EGGPLANT PARMESAN</li> <li>• CHICKEN SORRENTINA</li> <li>• PASTA BOLOGNESE</li> <li>• PASTA &amp; MEATBALLS</li> <li>• PASTA PRIMAVERA</li> <li>• CHICKEN-SAUSAGE CACCIATORE</li> </ul>	<ul style="list-style-type: none"> <li>• BAKED COD</li> <li>• PASTA FETTUCINI ALFREDO</li> <li>• CHICKEN BROCCOLI ALFREDO</li> <li>• CHICKEN MARSALA</li> <li>• CHICKEN BROCCOLETTI</li> <li>• CHICKEN PICCATA</li> <li>• SLIDERS (12) AND FRIES</li> <li>• CHICKEN FINGERS &amp; FRIES</li> </ul>
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**- OR -**

**Choose a Family Deluxe Platter (\$65)**

<ul style="list-style-type: none"> <li>• STEAK TIPS</li> <li>• TURKEY TIPS</li> <li>• MIXED GRILL</li> <li>• PAPPARDELLE BOLOGNESE</li> <li>• VEAL PARMESAN</li> <li>• VEAL-EGGPLANT PARMESAN</li> </ul>	<ul style="list-style-type: none"> <li>• VEAL SALTIMBOCCA</li> <li>• VEAL MARSALA</li> <li>• VEAL SORRENTINA</li> <li>• SHRIMP BROCCOLETTI</li> <li>• SHRIMP BROCCOLI ALFREDO</li> <li>• SHRIMP SCAMPI</li> </ul>
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All Family Style Take Out Platters are served with our toasted ciabatta bread, pasta (penne, linguini, or fettuccini); or with your choice of two sides: broccoli, vegetable du jour, parmesan risotto, red bliss parmesan mashed potatoes, fries or cole slaw. No substitutions please.



# Spring Will Be Here Before You Know It ...

DONNA LANE

Believe it or not, winter can be the best time of year to assess your landscape. In the undressed winter season, it's easier to see features that may be hidden when everything is green and lush. The "bones" of your property — its architectural features, interesting and imposing trees, rock outcroppings and the like — are totally exposed.

Take advantage of a bright, sunny day and take a walk through your yard. Make a list of what is already there. Include buildings and other structures (trellises, gates, fences, garden sculptures, iron accessories) trees and hardscape (driveways, walls, stairs, walkways). Note which features you like as well as those that you consider liabilities and want to change.

Also note areas that have distinctive features such as steep slopes, berms, peaks, and particularly wet or dry areas. Look for potential hazards, such as a crumbling staircase, hanging tree limbs or tripping hazards. Note nuisance items too — like marauding deer, street noise, an unattractive view, or a neighbor's tree that drops its leaves in your yard.

Spend some time becoming familiar with the patterns of sun and shade at different times of the day. (This should be done in other seasons as well.) Note how

dense the shade is in particular areas. If there is snow on the ground, make note of the areas where the snow melts quickly and where it lingers.

As with sun and shade patterns, analyze typical wind speeds and direction at different times of the year. Wind settles and pools in low-lying areas, just as it does with water. This can create frost pockets where the yard dips. The data will be invaluable in helping to you decide where best to place trees and plants to block wind or funnel it.

Once you have made your notes outside, take a look at your yard from the inside — especially the windows with the most important views such as from the kitchen sink, the family room or the bedrooms. Note how the

view can be enhanced or improved from each area. Is there anything blocking the view? Would you rather be looking at something else? Do you have enough privacy?

Over the course of two to three weeks, keep notes on the wildlife that visits your property. Are there gangs of squirrels frolicking about? What type of birds does your landscape attract? Do you see deer tracks in the snow? Where do they lead?

Finally, take photos from inside and out so you will have a visual record. No matter how good your memory is, it's seldom perfect. Your photos and lists will help you to decide what you want to change come spring, time and money permitting.

## Love to Write?

*Norwood Local Town Pages* is looking for freelance writers for their monthly publication.

Topics include human interest, happenings around town, news, politics, and more.

Some writing experience helpful.

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Norwood Public Health Department  
Weekly COVID-19 Data Report  
January 21, 2021

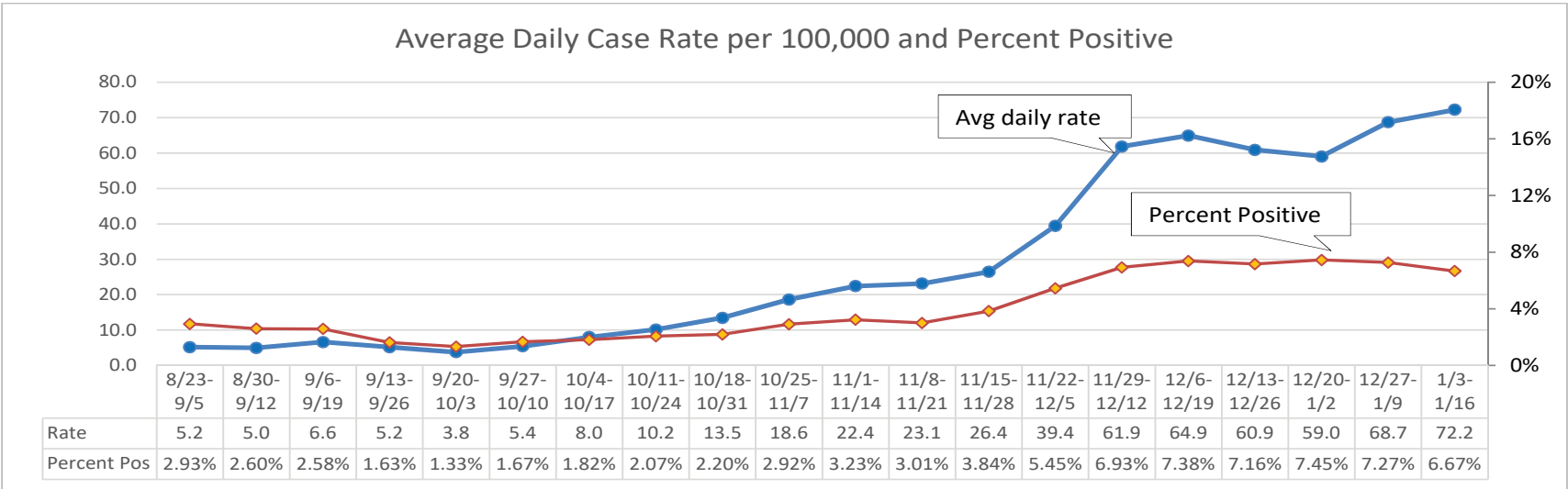
Norwood case & testing data:

- Total Confirmed Case count: 2,003
- Case count in the last 14 days: 306
- Average Daily Incidence Rate per 100,000 (Last 14 days)^: 72.2
- Total tests: 44,523
- Total Test in last two weeks: 5,251
- Two week Testing Rate per 100,000 (Last 14 days)^: 17,354.4
- Total positive tests performed last 14 days: 350
- Percent Positive last 14 days: 6.67%


^Current two-week period (1/3/21-1/16/21) as of 1/20/2021  
\*Number of new cases occurring over the current two-week period (1/3/21-1/16/21) compared to the previous two-week period (12/27/20-1/9/21)

Vaccine Data:


150 Doses administered as of 1/21/2021




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FORENSICS



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# Happy Retirement Superintendent Collins!

Norwood Light Electric and Broadband congratulates Superintendent James F. Collins Jr. on his retirement last month. Superintendent Collins' service to the Town of Norwood ends after 48 years of dedicated and illustrious service.

Jim has been with the Light Department since starting as a Northeastern University Co-op in 1973 and has been an integral part of the success and evolution of the department over these years. He has spearheaded many projects that have advanced the Department, including the

creation of Norwood Light Broadband, the expansion of the distribution system with the construction of the Ellis Avenue Substation, and most recently, the opening of the new facility at Access Rd. In speaking with Jim, his best stories always involve the people he has worked with over the years and relationships built with other employees. He has been an example and mentor to many here and his everyday presence will be missed by all. On behalf of all the NLEB staff we wish Jim a safe, happy and healthy retirement.



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# Living Healthy

## Influenza Vaccine Requirement for School Attendance: Kindergarten through Grade 12

Updated December 22, 2020

Beginning with the 2020-2021 school year, influenza vaccine will be required for all students. Influenza vaccine is always important to receive to reduce the risk of getting sick with influenza, reduce the severity of disease if one does get sick (including the risk of hospitalization) due to influenza, as well as preventing the spread of influenza to others.

During the COVID-19 pandemic, influenza vaccine will be especially critical to reduce the overall impact of respiratory illness on the population, protect vulnerable populations from severe illness, and decrease the overall burden on the healthcare system.

### Which students need to receive influenza vaccine?

Students in Kindergarten – Grade 12 will be required to receive influenza vaccine for the current influenza season for school attendance unless they have a medical or religious exemption.

### When do students need to receive influenza vaccine?

Students must receive influenza vaccine for the current season (i.e., school year 2020-2021) by February 28, 2021. New

students entering school before March 31, 2021 must have received a dose of vaccine for the current flu season for entry.

### Are there any exemptions to receiving influenza vaccine?

Medical and religious exemptions are allowable in the state of Massachusetts. Medical exemptions must be renewed annually and include a statement from a physician stating that the vaccine is medically contraindicated for the student.

### What type of influenza vaccine can students receive?

Any age-appropriate licensed influenza vaccine for the current season fulfills the requirement. This includes injectable and nasal spray vaccine types.

### Should students without a documented dose of seasonal influenza vaccine be excluded from school on January 1st?

Enforcement of school immunization requirements is determined at the local level. We encourage school communities to work with families and healthcare providers to satisfy the requirements for students who are not compliant on January 1st. For the 2020-2021 school year only, influenza vaccine must be received by February 28, 2021.

Post-secondary institutions are encouraged to work with families and healthcare providers to satisfy the vaccination requirements for students who are not compliant by March 1, 2021.

### What about students who enroll after December 31?

Students who enroll before March 31 must have a documented dose of influenza vaccine for the current influenza season (along with all other required vaccinations) when they start school.

### What about students who enroll later in the spring?

Students enrolling after March 31 are not required to have a dose of influenza vaccine for the current school year.

### Will my school have to report on influenza vaccine in the Kindergarten and Grade 7 school immunization surveys?

Yes—the surveys will be open as usual during the fall to input information on other vaccines. By January 2021, a new section of the survey may be completed to report influenza vaccination rates for students enrolled in Kindergarten and Grade 7. We anticipate both parts of the survey, the traditional school immunization survey and the influenza component, will be due by the end of

January 2021.

### Will my school have to report the number of students who received influenza vaccine in the Grade 11 school immunization survey?

Yes—the Grade 11 survey will open in early 2021 and will include the influenza question with the survey. More information on the timeline for the Grade 11 survey will be available in the future.

### Will my school have to report the number of students who received influenza vaccine for students in all grades?

While the influenza vaccine requirement exists for every grade, you will be asked to complete school immunization surveys for Kindergarten, Grade 7, and Grade 11.

### Will influenza vaccine be required every year or just for the 2020-2021 school year?

Influenza vaccine is now a required vaccine for school attendance and will be required as of December 31 for all students in Kindergarten through Grade 12 each school year. For school year 2020-2021 only, seasonal influenza vaccine must be received by February 28, 2021.

### Do younger students require 2 doses according to ACIP guidelines?

Children younger than 9 may

need two doses of influenza vaccine depending on the number of influenza vaccines they have received in the past. Children should be vaccinated according to ACIP recommendations but only one dose of influenza vaccine is required for school attendance.

If my school will be providing instruction remotely, will students still need to meet immunization requirements?

The school immunization requirements, including the requirement for seasonal influenza vaccine, apply to all Massachusetts students enrolled in Kindergarten through Grade 12, regardless of whether the district is providing instruction in-person, or using a hybrid or remote learning model.

Do the flu immunization requirements apply to students that are home schooled?

Immunization requirements, including the flu immunization requirement, do not apply to home schooled students unless the student will ever need to access the school building for sports, after school activities or any other reason.

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# Living Healthy

## Navigating the Storm in Turbulent Times

The term “cytokine storm” emerged in the news in the context of those people who developed a severe case of COVID-19 and required to be hospitalized. Cytokines are released by cells when they are stressed. After the stressor resolves cytokine levels are supposed to return to normal. For example, catching a cold that lasts a few days can be compared to a cloudy, drizzly day that comes and goes without causing any damage. These cold symptoms are created by a mild elevation of cytokines and other inflammatory chemicals which return to normal when the cold resolves. In contrast the COVID-19 cytokine storm is like a hurricane or a tornado that rips through a town and creates long term damage leaving death and destruction behind. This is what makes COVID-19 so dangerous.

It has been discovered that sustained chronic low levels of stress such as refined sugars, flour and oils, obesity, sedentary life style, smoking, sun avoidance, mental/emotional stress and chronic pain cause the cells to release cytokines. When the body is exposed to the COVID-19 virus it goes into overload with a cytokine storm because it is under attack and already is experiencing high levels of cytokines prior to being exposed to the virus.



Dr. Rochelle Bien & Dr. Michael Goldstein

### So How Do We Prevent the Cytokine Storm?

- REDUCE refined sugars, flours, and oils. Eat more organic fruit, vegetables, meat poultry and fish
- Exercise for a minimum of 20 minutes per day. Get outside for 30 minutes per day and put your face towards the sun to get vitamin D naturally.
- Good Quality sleep is imperative for the body to restore and heal itself.

- Utilize good quality supplements such as Vitamin D, Vitamin C, Zinc and Quercetin daily.

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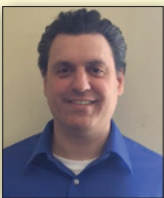
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# Norwood Women's Club Presented Donation in January to Norwood Food Pantry

Pictured left to right   Phillys Spiro, President of the Norwood Woman's Club, Deb Divine from the Food Pantry, and Pat Cavanaugh VP of the Norwood Woman's Club.





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# Due to Covid-19, Almost Everyone Needs a New or Improved Health, Life, Disability, & Estate Plan!

BY DENNIS SULLIVAN & ASSOCIATES, COUNSELORS AT LAW

Even before March of 2020, when the coronavirus hit our country with a vengeance, approximately 86% of estate, health and disability plans didn't work when they were most needed because they were already out of date!

The pandemic dealt our citizens a 1-2 punch: 1.) Many people who thought they "didn't need" an estate plan desperately need a plan that works now.

2.) People who thought they had a good estate plan are now just realizing they MUST update that plan due to the pandemic and recent and pending changes in state and federal taxes and laws.

## Who Will Make Your Healthcare and Financial Decisions if Something Happens to You?

With the pandemic still raging, absolutely nothing is guaranteed. Unless you have a solid health, life and estate plan in place, all of this is at risk.

The time to take action to protect yourself, your loved ones and your estate is NOW.

The estate and elder law firm of Dennis Sullivan and Associates specializes in helping people and families just like yours. We have the team and the expertise to protect you, your family and your loved ones.

If you or a family member is stricken with Covid-19, who would care for your children? Who will make decisions for your grandchildren and parents? Who will make sure the rent, the mortgage and all the other bills are paid?

You need a trusted, caring, compassionate, and experienced team of professionals to help you design and establish your plan.

The founder of the Dennis Sullivan & Associates was educated at some of the finest universities in America, including master's degrees from the Boston University School of Law as well as from MIT, and he has more than 30 years of service.

All team members including our attorneys and CPAs, make it easy and enjoyable to put to-

gether your up-to-date estate plan! In compliance with Massachusetts Covid-19 orders and leveraging current technology included with our services, you can review and complete your estate and elder law plan with your attorney virtually—from the safety and comfort of your own home!

As a result, you will be both well informed and in control of your planning process as you benefit from our unique personalized counselling process. No family should be unprepared, especially now with all the medical and, legal, and tax changes!

Dennis Sullivan & Associates is dedicated to protecting everything you have worked so hard to achieve, including your good health, home, spouse, family, legacy and lifesavings!

## Covid-19 is Not Going Away Anytime Soon!

People all over the world of all ages are susceptible to Covid-19, but we in the U. S. are especially susceptible because we have the most cases and the highest number of deaths in the world.

While it is exciting news that vaccines are being rolled out, the roll-out is going much slower than expected and a large percentage of our population have said they will not take the vaccine.

Therefore, we are all still at risk. **THE TIME TO TAKE ACTION AND PROTECT YOUR FAMILY IS NOW!**

Don't let your family be a statistic because you failed to take action and are stuck with no plan or an outdated estate plan. Research statistics adjusted for Covid-19 show that 90% plus of health, life and estate plans are out of date.

## Once You are 18 Years Old, a HUGE Change Happens!

Most families are shocked to learn that once a child or grandchild turns 18, no one automatically has the ability to make health or financial decisions for them—not even a parent, grandparent or spouse! (See our blog at [Dsullivan.com](http://Dsullivan.com) for more information.)

## Almost half of Americans 55+ don't have a Will and You Cannot Trust Wills You Get On-Line!

Americans age 55 + are at the

greatest risk for serious complications and death from Covid-19. The mistake of using cheap or free on-line legal forms can cost your family thousands to hundreds of thousands of dollars and much more in terms of aggravation due to complete loss of control and sleepless nights. (See our blog at [Dsullivan.com](http://Dsullivan.com) for more information.)

## Estate and life planning is always essential but in the midst of a pandemic, it is Mandatory!

We hope you now understand that you and your family will tremendously benefit from having much more than just a will. Wouldn't you and your family prefer the peace of mind understanding how your family is protected now and for generations to follow?

The reason you need much more than just a will is because a will is only effective when you die. You need to be protected while you are alive, not only from Covid-19, but as you need to be protected in the event of disability.

Disability is six times more likely than death in any given year, but 2021 is a more precarious year than most.

The documents an estate and elder law firm will create for you and your family members will provide each person you care about with peace of mind. Yes, there is a light shining at the end of the long, arduous Covid-19 tunnel. Let's all be safe and well protected together on our journeys. You and your loved ones will be able to control your estate, your finances, your investments and, most importantly, your health care decisions without the expense or interference of the courts, medical, or the legal system.

Those benefits alone could save you thousands to hundreds of thousands of dollars AND save you a huge amount of time, heartache, sleepless nights, and aggravation as well!

Dennis Sullivan & Associates is a caring, compassionate team of professionals who have been protecting families for generations by providing a unique estate planning and asset protection service for families in Massachu-

setts and surrounding states for more than 27 years. We currently provide virtual (on-line) discovery sessions, as well as personal counseling, and limited in-person consultations so you can get the high-quality life and estate plan you deserve at a reasonable investment for the lifetime protection for your family for generations.

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# Norwood Sports

## Ice Time Shortened for Norwood Girls Hockey

By CHRISTOPHER TREMBLAY

Last winter, the Norwood girls ice hockey team qualified for a spot in the Division 2 Tournament where they took part in a double overtime win over Wakefield before they fell to Canton in the next round. This winter, the Mustangs will not have the opportunity to play in the tournament, and not because of their record, but because the MIAA decided to put together a shortened season with no post-season play due Covid-19.

Norwood will play 10 games on Wednesdays and Saturdays as a home and away series each week against Medfield, Dove-Sherborn, Dedham, Westwood, and Medway-Ashland. The season was slated to begin on January 6 at Medfield.

As the Mustangs settled in to prepare for the season, the squad knew that they had lost some talented individuals from last year's team, including leading scorer Allie McDonough, defensive standout Erin Wagner, and goalie Jenn Mazzola.

"We may have lost five seniors, but we gained seven freshmen," Mustang Assistant Coach Mike Maloof said. "Some of the freshmen are pretty good, but I'm a little nervous about the transition for the top-notch individual talent



that we lost. I'm hoping the newcomers can step up; they won't be able to fill in the vacancies, at least not right away."

Center Kate Rogers and left-winger Maeve Glavin will most likely play on the same line while also captaining this year's squad. Rogers began to play consistent minutes last year and can put the puck in the back of the net if needed. Glavin has been a consistent force basically since her freshman campaign. Last season

as a junior, she posted 17 points for the Mustangs (7 goals and 10 assists).

"I'd love to see more scoring from both of these girls," Maloof said. "But they're more into the team effort than the individualism."

Possibilities of joining the duo on the top line include junior Ceali Reed and sophomore Morgan Roach. Reed had played for the Mustangs her freshman season before leaving last year to play for the Walpole Express, but decided to return to Norwood for her junior year. Roach was a contributor as a freshman and has a knack for scoring.

"It's good to have Ceali back, but it's going to be a learning curve for her getting back into high school hockey, as well as moving from defense to forward," the Assistant Coach said. "Morgan has great hands and could help us in the scoring department; she knows where to be and I'm hoping that she takes that next step forward."

Junior Marissa Cataldo was the Mustangs second leading scorer behind McDonough last year notching 24 points (10 goals and 14 assists). She will center the second line for Norwood.

"Marissa has great talent and can put the puck in the net,"

Maloof said. "So, I am expecting that she takes the next step and continues to do what she has for us in the past with more regularity."

On the defensive side of the puck, senior Vivian Sharkey is the team's most consistent defender. Not only is she the team's smoothest skater, she can hold down the defense. Junior Ally Parkinson, who was a forward for the Mustangs her freshman year, moved to defense last winter where she found her groove. Although she may be a little undersized when she steps onto the ice, she plays big and aggressive and will not back down to anyone; she leaves everything on the ice.

Losing Mazzola between the pipes was huge but sophomore Lilly Newman is ready to step into the role for the Mustangs this year. As a freshman last year, Newman started a few games here and there and found her way into 14 periods of action where she allowed only 15 goals.

"Last year's performance was strong for a freshman," Maloof said. "She showed a lot of promise, is ready to take control of the position, and has looked really good in the scrimmages this year. She is also a girl who loves the sport."

According to the Assistant Coach, Newman's first varsity game came against Milton, where she allowed only one goal and got the win.

Although there will be no tournament appearances this year, the girls are looking forward to getting on the ice and competing.

"They're just glad to be having a season," Maloof said. "There was a little bit of nervousness at first when they didn't know if they were going to have a season or not, but 10 games are better than nothing. The seniors are a little disappointed that there will be no tournament as they wanted to show that they could compete outside of our league."

Despite the fact that there will be no post-season play this year, Maloof is rather confident in his team's ability to play strong hockey in their 10 league contests.

"It's a different season, but I've told the girls just to come to practice and the games as though it was a normal season," Maloof concluded. "There may not be any post-season, but that doesn't mean we are not going to take the season serious. I want them to put in the work and win as many games as possible. If they do that, then we will be successful."

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# Norwood Sports

## Norwood Swim Captains Steer Abbreviated Season

By CHRISTOPHER TREMBLAY

This year, swimming season is going to be unlike anything that the Norwood Mustangs have ever had to face. With Covid-19 still roaming the country, swim meets this winter are going to be 100 percent virtual. While the Mustangs will be swimming at Blue Hills in Canton, their opponents will be swimming in their designated pools elsewhere at the same time. Norwood will have five meets this year against Westwood (which they were scheduled to open up against on January 8), Dover-Sherborn, Medfield, Norton, and Dedham.

"Each team will swim at their home pool with officials present then the times for each event will be compared and winners announced," Co-Coach Jen Rodger said. "It will be just like a regular meet just without the other team being in the pool next to you. The big question is, how do we motivate the kids or know how fast they need to swim to be competitive since their will be no side-by-side competitors?"

In addition to not swimming against your opponents in the same pool, there will be no post season for any of the swim teams. That in turn leaves yet another quandary to the Norwood Coaches to keep their team focused at the task without the motivation of a prize at the end.

"We are now challenged to set goals for our swimmers in terms of school records and personal times in their specific events," Co-Coach Kate Curtin said. "We are going to set the kids up with expectations in terms of trying to beat the qualifying times for their events as though there was still a tournament. We will also try to familiarize them with their opponents each meet going through film and what we have from last year."

The Mustang coaches believe despite the lack of swimmers in the pool from the opposing teams, Norwood will still be competitive



and will have their teammates to swim against; so, in hindsight they'll have some sort of gage of how fast they need to swim.

Social distancing will also have to take place at the pool amongst the Norwood swimmers and divers. Athletes will have to keep their distance from other teammates and if not participating in an event must always keep their masks on. In addition to the COVID-19 mandates this year, the Tri-Valley League changed the co-ed standards to separate boys and girls meets.

Guiding the Mustangs into the pool during this abbreviated season will be tri-captains Megan Sople, Hailey Burrows and Victor Greene. All three athletes have participated in the Sectionals as well as the States during their high school careers and the Norwood Coaches are relying on their leadership.

"Covid has made it challenging for us as Coaches we don't get to see the athletes in school," Rodger stated. "With that said, our captains are our in between us and the team; they

are definitely an extension of the coaching staff especially for communication."

Sople is a freestyler who brings versatility to the team. According to the Coaches, they can basically put the senior anywhere in the pool and expect results. Although she can do anything, Sople primarily swims in the 50, 100, 200, and 500 freestyle events. She can also play a role for the Mustangs in the relays if needed. Her personal best times are 27.83 in the 50; 2:12.4 in the 200; and 5:59.44 in the 500.

Much like Sople, Barrows can be depended on each time she gets into the water. Her coaches are looking for her once again to surpass her personal best times as well as qualifying times had there been a tournament.

"We expect a lot out of Hailey," Curtin said. "In freestyle events, her times have definitely helped her to qualify as an individual, but they have also helped the team. As of recent, she has also been proficient in the backstroke."



Pictured left to right: Hailey Barrows, Victor Greene and Megan Sople

Barrows personal best times are 28.14 in the 50 freestyle; and 1:10.30 in the backstroke.

Greene primarily likes to focus on the sprint events: 50 and 100 freestyle, breaststroke during his first few years, and has been an interictal part of the Mustangs 200 and 400 freestyle relays.

His best times include a 24.50 in the 50 free; 54.49 in the 100 free; and 1:11.54 in the breast stroke. Participating in the relays, Greene and his teammates have

done quite well in the post-season setting school records in each event. Swimming in the Sectionals 200-freestyle relay, he broke the school record with a time of 1:39.77, and taking part in the States in the 400-freestyle relay also set the school record with a time of 3:46.61.

Rodger and Curtin will be relying heavily on their captains to guide the Mustang team in this unprecedented season.



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# To The Editor:

Dear Women’s Business Network of Norwood,

On behalf of the Norwood Ecumenical community Food Pantry, thank you very much for your recent donation of mittens, hats, and scarves. Our clients were most grateful to receive these. The pantry continues to be very busy serving over 350 families. We thank you for thinking of us and wish you a very happy & healthy holiday season.

Sincerely,

Eileen Hickey

Community Secretary

Norwood Ecumenical Community Food Pantry

The distribution is going very, very well. I can't tell you how happy people are to get them. And, unlike the toys, the adults actually get to also pick out something for themselves, too!

Cindy Zafft, Donation Coordinator





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# Pet Corner

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- Mobile medical, adoption and education services,
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We are funded entirely by donations and operate completely by volunteers.

BSAC is a 501(c)3 charitable/non-profit organization. All donations are tax deductible.

**Luuluu**

Meet our dear Luuluu. She was adopted to a wonderful owner approximately 9 years ago. She and her brother, Booboo, both had to be surrendered back to us due to trying times for the owner.

Booboo was adopted to a dedicated new owner, a vet tech, who is meeting his “special” needs. However, Luuluu has been fearful and hides in her foster home. It is quite busy with other animals in her foster home and she seeks a quieter space.

When able to realize she is safe, she has shown humans her desire for attention and love.

10 year young Luuluu is seeking a quiet, loving home to call her own with a tender patient family. She will thrive and give her humans a great deal of love.

For more information on the Bay State Animal Cooperative or for an adoption application, visit [www.baystateanimals.org](http://www.baystateanimals.org).

In addition to tax deductible monetary donations, the Bay State Animal Cooperative accepts cat food, litter, and accessories to sustain our homeless pets while in foster care. If you would like to make a donation through our wish list with Chewy.com, please visit [www.baystateanimals.org](http://www.baystateanimals.org), and click on Chewy Partner Page on the left side of the website home page. All supplies can be delivered or dropped off directly to BSAC, 47 Windsor Rd., Norwood, MA 02062

**Thank you!**

Thank you to the Boch Foundation and Norwood Selectmen for the recent donation to help the Bay State cause! The funds will provide continued care for cats like our Tiger Lily for her recent dental and tooth extractions.



### Check us out on social media:

[www.baystateanimals.org](http://www.baystateanimals.org)

[www.facebook.com/BSAC09](https://www.facebook.com/BSAC09)

[www.instagram.com/baystateanimals16](https://www.instagram.com/baystateanimals16)

[www.twitter.com/BayStateAnimals](https://www.twitter.com/BayStateAnimals)

### Run Your Listings With Us!

Contact Jen at  
**508-570-6544**  
[jenschofield@localtownpages.com](mailto:jenschofield@localtownpages.com)



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**The calendar was prepared a few weeks before the February 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

The South Norfolk Mental Illness Family and Friends Support Group will NOT hold its February monthly meeting. The tighter procedures governing the uptick in reported COVID-19 cases make it very difficult to comply.

Mental illness is a label for a variety of diseases of the brain. Often it strikes in late adolescence, devastating the afflicted person and the family. 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.

For further information, call Ray at 508-668-2941.

### Feb. 1

**Norwood Town Meeting Zoom Training**  
7 p.m.

The town of Norwood has scheduled several Zoom training sessions for Town Meeting members. Town Meetings members only need to attend one training session are welcome to attend more. These 1.5 hour long virtual training sessions will help every Town Meeting member learn the Zoom Webinar format and voting protocols for Town Meeting. Click on link: [https://zoom.us/webinar/register/WN\\_0MueRVG2RkagugTtiZcd3A](https://zoom.us/webinar/register/WN_0MueRVG2RkagugTtiZcd3A).

### Feb. 4

**Norwood Town Meeting (Virtual)**  
Time TBD

**Zoom Family Story Time**  
Morrill Memorial Library  
4 p.m.

Join Miss Kate for an afternoon story time! 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! Register each week at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), and the library staff will email you the unique Zoom link on Thursdays.

### Virtual Craft Connection

Morrill Memorial Library-Zoom

7 p.m.

The Virtual Craft Connec-

tion now meets twice per month, the first and third Thursdays of the month. Get together to video chat while crafting and show off your latest projects and stay in touch. [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). For more information, email Liz at [lreed@minlib.net](mailto:lreed@minlib.net), or call 781-769-0200, X2.

### Feb. 5

**Kids Night Out**  
Norwood Civic Center  
6-8 p.m.

Parents can take a break, and the kids will have a fun-filled evening with dinner, sports, games, and more! For grades 1-5. \$15 for residents, \$20 for non-residents. Register at [norwoodma.myrec.com](http://norwoodma.myrec.com). For more information, email [cgrande@norwoodma.gov](mailto:cgrande@norwoodma.gov).

### Feb. 6

**Kids Super Saturdays**  
Norwood Civic Center

Keep the kids active and entertained on the weekends. Ages 3.5-4.5, 8:30-10 a.m.; Grades K-2, 10-11:30 a.m. Cost is \$15 per person. Register at [norwoodma.myrec.com](http://norwoodma.myrec.com). For more information, email [cgrande@norwoodma.gov](mailto:cgrande@norwoodma.gov).

### Feb. 8

Winter Take and Make Crafts  
Morrill Memorial Library  
All day

Each week on Mondays, families can pick up prepared materials to create a fun, easy craft! Crafts are geared to preschool aged children but are fun for slightly older kids too! Families must register for EACH INDIVIDUAL WEEK with the number of bags they need. Due to high demand, materials will be held for registered patrons until the following Monday. If registered patrons do not pick up their crafts within the week, the materials will be made available to people on the waiting list. Please be sure you receive a confirmation of your registration before you pick up your materials. For preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). Call the library at

781-769-0200 if you have questions.

**5 Alive : Sensory Kits for Toddlers**  
Morrill Memorial Library  
All Day

Families with young children can register to receive a fun kit with materials that promote sensory exploration and skill development. Each week's kit will come with all the materials you need for 3 or 4 different activities and a set of instructions. Families must register EVERY SINGLE WEEK for the number of kits they need. Please be sure you receive confirmation of your registration before you pick up your kit. Due to high demand, kits will be reserved for registered patrons between Monday and Saturday. After Saturday, any kits that have not been picked up will be made available to people on the waiting list. For toddlers and preschoolers. Register each week at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). Questions? Call the library at 781-769-0200.

**Alphabits (Virtual)**  
Morrill Memorial Library  
10 a.m.

Join Miss Nicole for this weekly program focused on learning the letters of the alphabet! Kids will listen to stories and do activities based on a new letter each week. Register for each week and pick up your Alphabits craft kit by Friday so you can follow along every Monday! Please remember to register each week and pick up your kit BEFORE the following Monday. For preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). Questions? Email the staff at [norchild@minlib.net](mailto:norchild@minlib.net) for call 781-769-0200.

### Feb. 9

**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](mailto:wbnofnorwood@gmail.com).

**Home Alone Safety Course**  
Norwood Civic Center  
4:30-6 p.m.

In this virtual course, kids will learn the basics of being home alone for short periods of time. Discussions will revolve around how to answer the telephone and door, internet safety, accident prevention, fire safety protection, and how to call 911. The course will also cover simple first aid techniques, such as how to relieve choking, and talk about how to use your time wisely. For ages 9-11. Register at [norwoodma.myrec.com](http://norwoodma.myrec.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/>.

### Feb. 11

**Zoom Family Story Time**  
Morrill Memorial Library  
4 p.m.

Join Miss Kate for an afternoon story time! 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! Register each week at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

**Robert Reich: The System, Who Rigged It, How We Fix It (Virtual)**  
Morrill Memorial Library  
7 p.m.

Millions of Americans have lost confidence in our political and economic system. With the characteristic clarity and passion that has made him a central civil voice, Robert B. Reich shows how wealth and power have interacted to install an elite

oligarchy, eviscerate the middle class and undermine democracy. Join us for an engaging conversation with Mr. Reich on his latest book, *The System: Who Rigged It, How We Fix It*. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

### Feb. 12

**Kids Night Out**  
Norwood Recreational Center  
6-8 p.m.

Parents can take a break, and the kids will have a fun-filled evening with dinner, sports, games, and more! For grades 1-5. \$15 for residents, \$20 for non-residents. Register at [norwoodma.myrec.com](http://norwoodma.myrec.com). For more information, email [cgrande@norwoodma.gov](mailto:cgrande@norwoodma.gov).

### Feb. 13

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

The Blessing Boutique is celebrating their 1-year Anniversary! As you enter, you can draw a coupon from a basket to use towards your purchases this day. You'll find great bargains on clothes for the family, purses, books, glassware, and all kinds of fun odds and ends for around the house.

**Kids Super Saturdays**  
Norwood Civic Center

Keep the kids active and entertained on the weekends. Ages 3.5-4.5, 8:30-10 a.m.; Grades K-2, 10-11:30 a.m. Cost is \$15 per person. Register at [norwoodma.myrec.com](http://norwoodma.myrec.com). For more information, email [cgrande@norwoodma.gov](mailto:cgrande@norwoodma.gov).

### Feb. 15

**Winter Take and Make Crafts**  
Morrill Memorial Library  
All day

Each week on Mondays, families can pick up prepared materials to create a fun, easy craft! Crafts are geared to preschool

## CALENDAR

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## CALENDAR

continued from page 16

aged children but are fun for slightly older kids too! Families must register for EACH INDIVIDUAL WEEK with the number of bags they need. Due to high demand, materials will be held for registered patrons until the following Monday. If registered patrons do not pick up their crafts within the week, the materials will be made available to people on the waiting list. Please be sure you receive a confirmation of your registration before you pick up your materials. For preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). Call the library at 781-769-0200 if you have questions.

**5 Alive : Sensory Kits for Toddlers**

Morrill Memorial Library

All Day

Families with young children can register to receive a fun kit with materials that promote sensory exploration and skill development. Each week's kit will come with all the materials you need for 3 or 4 different activities and a set of instructions. Families must register EVERY SINGLE WEEK for the number of kits they need. Please be sure you receive confirmation of your registration before you pick up your kit. Due to high demand, kits will be reserved for registered patrons between Monday and Saturday. After Saturday, any kits that have not been picked up will be made available to people on the waiting list. For toddlers and preschoolers. Register each week at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). Questions? Call the library at 781-769-0200.

**Alphabits (Virtual)**

Morrill Memorial Library

10 a.m.

Join Miss Nicole for this weekly program focused on learning the letters of the alphabet! Kids will listen to stories and do activities based on a new letter each week. Register for each week and pick up your Alphabits craft kit by Friday so you can follow along every Monday! Please remember to register each week and pick up your kit BEFORE the following Monday. For preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

endar/ Questions? Email the staff at [norchild@minlib.net](mailto:norchild@minlib.net) for call 781-769-0200.

**Feb. 16****A Furious Sky: The Five-Hundred-Year History of America's Hurricanes (Virtual)**

Morrill Memorial Library

7 p.m.

From the moment European colonists laid violent claim to this land, hurricanes have had a profound and visceral impact on American history—yet, no one has attempted to write the definitive account of America's entanglement with these meteorological behemoths. Now, best-selling historian Eric Jay Dolin presents the five-hundred-year story of American hurricanes, from the nameless storms that threatened Columbus' New World voyages, to the devastation wrought by Hurricane Maria in Puerto Rico and the escalation of hurricane season as a result of global warming. To learn more about this book, and its author, please visit [www.ericjaydolin.com](http://www.ericjaydolin.com).

To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/), or call the Reference Desk at 781-769-0200 x2.

**Feb. 17****Virtual Turn the Page Book Group: "Sing, Unburied, Sing" (Virtual)**

Morrill Memorial Library

6:30 p.m.

To register or view discussions, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

**Feb. 18****Nomination Papers Due**

Nominations papers are due for municipal boards and town meeting members for April 6 Annual Town Election.

**Zoom Family Story Time**

Morrill Memorial Library

4 p.m.

Join Miss Kate for an afternoon story time! 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! Register each week at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

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**Virtual Craft Connection**

Morrill Memorial Library-Zoom

7 p.m.

The Virtual Craft Connection now meets twice per month, the first and third Thursdays of the month. Get together to video chat while crafting and show off your latest projects and stay in touch. [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). For more information, email Liz at [lreed@minlib.net](mailto:lreed@minlib.net), or call 781-769-0200, X2.

**Feb. 22****Alphabits (Virtual)**

Morrill Memorial Library

10 a.m.

Join Miss Nicole for this weekly program focused on learning the letters of the alphabet! Kids will listen to stories and do activities based on a new letter each week. Register for each week and pick up your Alphabits craft kit by Friday so you can follow along every Monday! Please remember to register each week and pick up your kit BEFORE the following Monday. For preschoolers. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/). Questions? Email the staff at [norchild@minlib.net](mailto:norchild@minlib.net) for call 781-769-0200.

**Feb. 23****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](mailto: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/>.

**Titles on Tap Book Group (Virtual)**

Morrill Memorial Library

7:30 p.m.

The February title has yet to be announced at press time; stay tuned at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

**Feb. 24****Library Lovers' Month Book Discussion: Love Lettering (Virtual)**

Morrill Memorial Library

7 p.m.

February is Library Lover's Month at the Morrill Memorial Library and they're celebrating by reading a romance title for this one-off book discussion! Love Lettering by Kate Clayborn features an Instagram-famous calligrapher and her bad habit of leaving hidden messages in the planners and invitations she pens for other people. Most of clients never notice until Reid Sutherland, a pattern obsessed Wall Street analyst, catches Meg's hidden message about his doomed marriage in his wedding invitations and confronts her about her dirty secret. Romance ensues! If

you have questions or need assistance with accessing this book through digital resources, email [norprograms@minlib.net](mailto:norprograms@minlib.net) or call the library at 781-769-0200, option 2. To register, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

**Feb. 25****Zoom Family Story Time**

Morrill Memorial Library

4 p.m.

Join Miss Kate for an afternoon story time! 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! Register each week at [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/).

**Feb. 26****Kids Night Out**

Norwood Recreational Center

6-8 p.m.

Parents can take a break, and the kids will have a fun-filled evening with dinner, sports, games, and more! For grades 1-5. \$15 for residents, \$20 for non-residents. Register at [norwoodma.myrec.com](http://norwoodma.myrec.com). For more information, email [cgrande@norwoodma.gov](mailto:cgrande@norwoodma.gov).

**Feb. 27****Blessings Boutique Thrift Shop**

First Baptist Church, 71 Bond St.

10 a.m.-noon

Absolutely great place to find good quality household items, clothes and accessories, books, and more, at exceptionally good prices. Come in and take a look, you'll be pleasantly surprised!



# Senior Footnotes

## Director's Corner

Happy New Year! 2021 has finally arrived and I am optimistic that it will be much better than the year that just ended. Thank you to all of you for the patience that you have shown during this difficult time. We are so very grateful for all the kind notes, letters and phone calls, it really keeps us going at a time when it would be so much easier to just sit and do nothing. Each one of

our members provide so much joy to the staff and volunteers at the center.

The town has provided the center with all the tools needed to keep us actively engaged and safe. The exercise classes and lunch are continuing during the winter months and we will add additional programming as soon as it is safe to do so. We are very fortunate that the Town of Norwood is so supportive and under-

stands how important the senior center is to all of you.

Please be safe this winter and remember to look out for one another. We are always here to serve you and always look forward to seeing you here at the center. Thank you again for your continued support, and all of your thoughtfulness that make this such a special place for the seniors, and the staff

Happy New Year, Kerri McCarthy, Norwood Senior Center Executive Director

## Winter Storm Closings

Due to the school system operating differently this year, the Norwood Senior Center will not be able to go by the Norwood Public School's closing announcements to get the word out if the Center will be closed. Updates can be found on the Norwood Senior Center Facebook page. Center voicemails will be updated as well as possible. The best thing to do is call us to see if the Center is open or if any of the classes/lunch have been cancelled. The Norwood Center phone number is 781-762-1201.

## SHINE UPDATE

SHINE counselors, Carole and Jill, continue to assist people with Medicare needs.

Appointments will be by telephone only at this time. Please call 781-762-1201 ext. 5, to make an appointment.

Carole is at the Norwood Senior Center on Tuesdays, 10 a.m. to 2 p.m.

Jill is at the Norwood Senior Center on Fridays, 10 a.m. to 1 p.m.

## COVID-19 Procedures for the Norwood Senior Center

As the Norwood Senior Center continues to open their doors, it is with great caution and guidance.

- Masks must 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 indoors 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 15
- There will be 14 foot spaces marked for individuals to exercise
- 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



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- Retaining Walls
- Water Features
- Landscape Design & Installation
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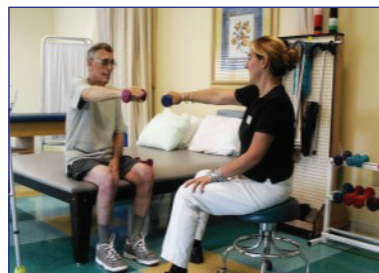
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**SENIORS**

continued on page 19



# Real Estate Corner

## Register O'Donnell Reports Solid Real Estate Performance Despite COVID-19

While the COVID-19 pandemic caused personal and economic upheaval in the lives of one and all, Register of Deeds William P. O'Donnell reports the Norfolk County real estate market remained viable and strong throughout the 2020 calendar year.

“By remaining open for the recording of land documents while the COVID-19 pandemic has been ongoing, the Norfolk County real estate market was able to remain viable in 2020, Register O'Donnell stated. “Coupled with low interest rates and motivated buyers and sellers, the 2020 Norfolk County real estate market produced solid results across the board, in particular strong lending numbers.

During 2020, a total of 18,413 residential and commercial real estate sales transactions were recorded, no statistical change from 2019 but a solid result nonetheless. Total real estate dollar sales, again both residential and commercial, increased 12% to \$10.3 billion. The average real estate sales transaction price, combining both residential and commercial sales, was \$903,423, an increase of 12% from the previous year. The increases seen in housing prices, particularly residential housing, was a direct result of buyers competing for a limited number of available housing stock.”

Register O'Donnell noted there was a total of 179,260 land documents recorded at the Registry during 2020, a 19% increase compared to the previous year.

“A primary cause of the land document recording increase in 2020 was a 54% increase in the number of mortgages, including mortgage refinances and home equity loans, recorded county-wide,” Register O'Donnell stated. “Specifically, a total of 45,669 mortgages were recorded during the year versus 29,740 recorded in 2019. Total mortgage financing increased 18% year over year coming in at \$20.7 billion. This huge increase in mortgage recordings can be attributed to historically low mortgage interest rates seen during 2020.”

Calendar year 2020 saw Norfolk County property owners continue to avail themselves of the protections provided by the Homestead Act. A total of 12,487 Homesteads were recorded, no statistical change from 2019. Register O'Donnell reminded Norfolk County homeowners about the importance of having Homestead protection.

“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. “For more information about the Homestead, please consult the Registry's website [www.norfolkdeeds.org](http://www.norfolkdeeds.org).”

During 2020, the Norfolk County Registry of Deeds closely monitored the foreclosure market. From April 20, 2020 through October 17, 2020, a moratorium on foreclosure and evictions was in place throughout Massachusetts.

“The Norfolk County Registry of Deeds worked in close cooperation with Attorney General Maura Healey's office to ensure there were no abuses being perpetrated against homeowners while the COVID-19 state of emergency foreclosure moratorium was taking place,” Register O'Donnell stated. “With the moratorium on foreclosures concluded, we have begun to see a small number of foreclosure deeds and notice to fore-

**SOLID RE**  
*continued on page 20*

### SENIORS

*continued from page 18*

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.

### Winter Games

The Norwood Senior Center wants to hear how you are all doing during this pandemic.

During the month of February, mail them a note and your name will be entered into a gift card drawing.

Rules:

1. Must be a Norwood resident
2. Must receive your card before January 30th.
3. Winners will be pulled Monday-Friday
4. Winners notified by telephone
5. Stay well-we are almost there!

The Norwood Senior Center is located at 275 Prospect St., Norwood, MA 02062. Their phone number is 781-762-1201. The Center is open Monday through Friday, 8 a.m. through 4 p.m. For more information, visit [www.norwoodma.gov/departments/council\\_on\\_aging](http://www.norwoodma.gov/departments/council_on_aging).

Run Your Listings With Us!  
Contact Jen at 508-570-6544





## 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.



# Real Estate Corner

## SOLID RE

*continued from page 19*

close mortgages, the first step in the foreclosure process, cross our desks here at the Registry. We at the Registry of Deeds are very sensitive to the plight of those facing challenges paying their mortgage payments. Some of our neighbors are facing choices between paying for food and paying for housing. As we have throughout my tenure, the Norfolk County Registry of Deeds continues to partner with Quincy Community Action Programs, 617-479-8181 x376, and NeighborWorks Housing Solutions, 508-587-0950 to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the

Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400. If you or someone you know is having difficulty paying the monthly mortgage payment, please consider contacting one of these non-profit agencies for help and guidance.

2020 was certainly a year of challenges. The COVID-19 pandemic tested all of us in many unique and profound ways. While all of us have been impacted on a personal level, some were more economically impacted than others. Many small businesses and sectors of our economy, such as restaurant and hospitality, were devastated by the pandemic. Fortunately, the Norfolk County real estate market was able to remain viable. By listening to public health officials, practicing

social distancing, implementing split shifts during portions of the calendar year, utilizing our disaster recovery site, the Norfolk County Registry of Deeds was able to remain open for business to serve our customers, the residents of Norfolk County and real estate professionals alike. By continuing to record land documents here at the Registry, sellers and buyers of real estate were able to reap the benefits of real estate transactions. Deeds excise monies collected were forwarded to the state where they helped pay for critical programs at the state, county and local levels including health care, education and law enforcement. The COVID-19 pandemic continues. Some say the worst is yet to come. Please know the Registry of Deeds will do all it can to remain open for business while ensuring the safety

of our employees. While our office remains physically closed to the general public, the Registry of Deeds remains operational. The Registry staff continues to record documents electronically for our institutional users, and are accepting land documents via Federal Express and regular mail. There is also a drop-off box located just outside the main entrance to our building located at 649 High Street, Dedham, MA. As your Norfolk County Register of Deeds, I want to wish of you a happy and healthy 2021, how could it not be better, and thank each and every one of you for the cooperation, patience and understanding you have shown myself and my staff during this challenging year in all our lives. 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/or 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](http://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](mailto:registerodonnell@norfolkdeeds.org).

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## Spring Market is Here!



Thank you to my clients for a successful year and entrusting me with your business and your referrals.

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## Registry of Deeds Employees Are Every Day Heroes

The employees who work at the Norfolk County Registry of Deeds building were recognized as Every Day Heroes by D'Angelo Grilled Sandwiches. This recognition program by D'Angelo Grilled Sandwiches honors groups of individuals who stand out in their community during the COVID-19 pandemic.

"One thing 2020 has taught us is that there are heroes in many forms across all of our New England communities and we

want to do our part to celebrate the people in our towns who are making a difference," Deena McKinley, CMO of Papa Gino's and D'Angelo Grilled Sandwiches said. "We're very grateful for the opportunity to hear these stories and reward these amazing individuals with their favorite hometown food through the continuation of our cherished community donation programs."

The Registry of Deeds employees have kept the Norfolk County Registry of Deeds open

and operational every work day since Governor Baker declared a State of Emergency back on March 10, 2020. By remaining open for the recording of land documents while the COVID-19 pandemic has been ongoing, the Norfolk County real estate economy and market was able to remain viable. The Registry employees recorded a total of 179,260 land documents during 2020 with the coronavirus pandemic raging which was a 19% increase compared to 2019.

The busy activity despite COVID 19 led to increased revenue collections at the Registry of Deeds with over 68 million dollars being collected in calendar year 2020 due to the efforts of Registry employees. These monies get forwarded to the state where they help pay for critical programs at the state, county and local levels, including public safety, health care and education. These collected funds are also used for the Community Preservation Act (CPA) projects in our local communities.

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HEROES

*continued on page 21*



# Real Estate Corner

## From Norwood Light Electric & Broadband

The Norwood Light Department never calls customers demanding immediate payment over the phone to avoid disconnection.

Do not give out your credit card or bank account information over the phone to anyone threatening a service shut off.



If you get such a call, hang up. If you are concerned about your account status, call the Light Department at 781-948-1100.

### HEROES

*continued from page 20*

Register of Deeds Bill O'Donnell thanked all of the Registry employees for their efforts and collaboration in keeping the Registry of Deeds operational.

"The safety and health of all our Registry employees during this COVID-19 pandemic is our chief priority," Register O'Donnell said. "Each Registry employee is an 'Every Day Hero' for doing their jobs. I appreciate and want to thank D'Angelo's for giving the Norfolk Registry of Deeds employees this recognition."

Norfolk County Commissioner Richard Staiti was also on hand at the Norfolk Registry of Deeds when the D'Angelo sandwiches were delivered as part of the Every Day Heroes Program. Commissioner Staiti also recognized the Registry employees and thanked D'Angelo's for their generosity and thoughtfulness.

The Norfolk County Registry of Deeds is located at 649 High Street 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](http://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 [register-odonnell@norfolkdeeds.org](mailto:register-odonnell@norfolkdeeds.org).

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## You still have time to find the "one" for Valentine's Day!



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32 Packard Road	40 Florence Ave	28 Abbey Road
4 Lenox Street	116 Oak Street	33 Abbey Road
64 Oak Road	45 Maple Street	29 Richardson Rd
50 Monroe St	113 Webster St	1 Cannonball St
299 Railroad	30 Driftwood Dr	73 Spring Street
57 Westminster St	117 Walnut Ave	56 Augustus Ave
1521 Washington St	45 Lyons Drive	99 Clear Pond Dr
17 Second St	85 Springdale Ave	1025 Hancock St
102 Rosemary St	7 Pettes Pond	130 University Ave
32 Nottingham Dr	159 Cottage St	1 Lenox Street
14 Walters Road	45 Winter Street	145 High Street
21 Cushing Rd	55 Winter Street	35 Abbey Road

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# Real Estate Corner

## How to Record a Land Document

Register of Deeds William P. O'Donnell recently reiterated to Norfolk County residents that while the Registry building remains closed to the general public due to the COVID-19 pandemic,

the recording of land documents continues unabated.

"The Registry's process to record land documents is designed to make it as easy and seamless as possible," Register O'Donnell stated. "Whether the document in question is a deed, mortgage, homestead, mortgage discharge, or any other type of land document, Registry staff have been trained to record the documents in as expeditious and accurate a manner as possible."

As the depository of over 8 million land documents, there are steps that need to be followed when submitting a land document for recording. First, the document needs to be associated with one of the 28 Norfolk County communities. Also, the document must be an original; we will not record photo copies or documents submitted via fax. Please note in many cases, land documents require signatures be notarized before they are recorded.

It should also be noted that the Registry does not draft land documents.

The Registry of Deeds is in the business of recording land documents only. If an individual is unsure if a drafted land document, particularly a deed, is in proper order, it may be prudent to have a lawyer familiar with real estate law review the document for its accuracy. A simple mistake on a deed for example could lead to a major problem."

Another important point to note is that there are various fees set by the Commonwealth of Massachusetts associated with the recording of land documents at the Registry. Recording fees vary depending on the specific land document type. The Registry's website, [www.norfolkdeeds.org](http://www.norfolkdeeds.org), has a fee schedule that can be consulted for specific recording fee amounts. The Registry accepts checks made out to the Norfolk County Registry of Deeds. The Registry also accepts cash payment.

"Once you have a land document ready for recording and know the fee and type of payment, you can then choose how to actually get the document

delivered to the Norfolk County Registry of Deeds, Register O'Donnell stated. "Due to the COVID-19 pandemic, the Registry of Deeds building is currently closed to all members of the general public and real estate professionals alike. The options to get an original document and payment to the Registry of Deeds for recording are via regular mail, Federal Express, or placing the document and payment in a drop-off box located just outside the main entrance to our building located at 649 High St., Dedham.

Our recording staff is trained to record your land documents in an expeditious manner once they arrive here at the Registry. It should also be noted that institutional users such as lending institutions and law firms have the additional option to submit documents electronically via our two e-file vendors, Simplifile and ePN. Finally, if you have any questions about land documents in general, please call our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30AM-4:30PM."

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