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Inside Pages



Meet Clayton Cheever, New Director for Morrill Memorial Library

By Donna Lane

On February 8, Clayton Cheever took over the role of Director for Norwood's Morrill Memorial Library. Cheever took what might be considered a circuitous route to this position. After graduating from Vassar College as a geography major, he worked as Assistant Director for the U.S. Public Interest Research Group (PIRG) in Austin, Texas for a short time. He then moved to Denver, Colorado, where he grew up, and worked for fair housing, directed the Denver Community Reinvestment Association, worked for



several lawyers while contemplating law school, served on some nonprofit boards, and joined a start-up medical research company.

During that time he married his best friend, Jackie DeLisi, a teacher, to whom he's been married for 25 years.

"When we learned we were to become parents, we evaluated our lives and decided we wanted Jackie to pursue a doctoral degree in education," Cheever said.

The couple moved to Watertown and have live in MA ever since.

In the bio he wrote to introduce himself, Cheever shared

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Local Business Friday Goes Virtual

Local Business Friday is re-launching, virtually. The program was postponed due to the pandemic, however, the decision was recently made to move Local Business Friday virtual, rather than waiting months to re-launch the initiative.

Local Business Friday began in February, 2020 in an effort to promote local town businesses. Norwood's Budget and Management Analyst Joe Collins is the series' brainchild with the goal to promote Norwood businesses through the town's social media channels. Collins, working along

with Norwood Community Media's (NCM) Station Manager Meghan Corbett, created a way

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LIBRARY

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how his love and appreciation for public libraries began.

"I came to appreciate the incredible history of public libraries in this country, and the power of public libraries in general after being inspired by a profile of a radical librarian in a magazine I happened to pick up," Cheever explained. "That 'radical' librarian was Sanford (Sandy) Berman, a library cataloger who was challenging the Library of Congress to call people what they want to be called - rather than using names scientifically or arbitrarily assigned to them,"

He challenged other practices and ideas as well.

"What I remember most about the article is that it helped me appreciate not just the idea of community, but what it really means to listen and engage with everybody across our communities in an honest kind of way," Cheever said. "That's what excited me about it"

As he learned and experienced more through the years, he realized the tie-ins with other things he had been doing in his

life that he hadn't even thought were library related ... like managing the intellectual property for a private company ... or when he was volunteering in the used book store that he'd grown up going to because his parents were part of a food cooperative that was run out of the basement of the book store. But at this point, Cheever still didn't really know what went into working in or for a library. He took himself to the local library, the Watertown Free Public Library, and had a conversation with the assistant director. That day, he learned that to pursue a library career he would need to have a library science degree.

He took a job at the Harvard School of Public Health in Longwood and shortly thereafter enrolled at Simmons College (now Simmons University), the only accredited graduate school for library and information science in MA. During this time he would also work occasional shifts at the Watertown Free Public Library (WFPL). After taking a Reference class, he could start helping out in the Reference Department; after taking a Teen class he could help out in that department. He was gaining practical experience in various parts of the public library, helping patrons and meeting people in the community.

During that time, WFPL was building a large expansion, the effects of which left a lasting impression on Cheever.

"From the excitement in the community, to the passionate

people who were involved in all the work, to the people in the community who were supporting it as well as taking advantage of it, that's what cemented my love for public libraries," Cheever said. "That, and there are so many fascinating avenues you can go down as a public librarian."

After graduating from Simmons, Cheever became the head of Information Technology and Technical Services at WFPL and held that position for several years before moving on to work for the Boston Public Library as a teen librarian in Hyde Park and Mattapan, then joined the management team and worked out of the main library in Copley Square.

"I thoroughly enjoyed my time there and could have easily stayed if not for the opportunity to become the assistant director of the Thomas Crane Public Library in Quincy," Cheever said. "I was there seven and a half years and never had a moment of boredom."

This man may have been inspired by Sandy Berman, but by now it had become very clear that he was smitten with all that libraries were and could be.

"I've been in love with being a public librarian for a very long time now," Cheever confessed.

Did he come with any grand plans for Norwood? Absolutely not! Cheever believes that would be presumptuous of him.

"I came to learn and to listen to how things are done," Cheever said. "I am most interested in learning what Norwood needs. We're in the beginning stages of a strategic planning process. I need to understand our role in the community and how we can best meet the unique needs of the Norwood community, working off our greatest strengths; so, I need to understand what those strengths and needs are to guide us forward."

Asked if there was anything new in library science that he planned to implement at Norwood Library, Cheever shared his future thoughts on the Town's beloved resource.

"If we can use great new tools to work off of our greatest strengths, we will," Cheever explained. "But if we fall back on tried and true solutions, that's fine too. What's most important is not what new tools or trends we're following, it's how I build up those strengths to address Norwood's needs."

Asked how the pandemic had affected him personally and if it had changed or solidified his thinking in any way, Cheever opined that not everyone has experienced the pandemic equally and we have all had incredible challenges. He believes that what's most important is our ties to each other and how good we are at recognizing and taking care of our own needs and each other. Once again, his interest in social connection shines through.

"How do we support each other so we can support ourselves?" Cheever asked. "That's something I believed in before as part of my belief in the strength of public libraries. It's been so much more amplified as we watch this horror show of people who are at the extremes of this nasty virus. We can try to help each other or we cannot - at our own peril."

Cheever cannot cite a specific book or author as a favorite.

"I have so many favorite books and authors it would be like picking a favorite child; I just couldn't do it," Cheever chortled. "I'm much more interested in figuring out what excites other people and helping them find things they might like. I'm a very promiscuous reader and have found things to love about so many different styles and artists."

In addition to reading, Cheever loves watching movies, walks in the woods, the beach, good food (he's Vegan), cooking with friends, and especially listening to music. He said he can't wait until the pandemic is over so we can have outdoor music festivals again and believes that there's something universal about music that can transcend language and culture.

"I like the exchange of ideas and engaging in ideas in a lot of different ways," Cheever concluded. "For me, public libraries aren't just about books. There's so many ways we can celebrate creative content."

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VIRTUAL

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to make it easy for businesses to participate.

Before the pandemic, interviews with business owners were recorded by NCM through the town's public access channel, which also produced and recorded the interviews, before sharing them online and broadcasting them on television as part of NCM's "Living Local" Series.

All of Norwood's businesses, large and small, commercial and industrial, are welcome and encouraged to participate. Local Business Friday highlights Norwood businesses from retail stores to banks, restaurants, and everything in between. Since its inception, less than a handful of business owners have participated in the program as it launched just before the pandemic hit.

"We had four or five already scheduled for March and April last year and we just kept pushing them back a month and pushing them back again before we had to indefinitely postpone the initiative," Collins said.

A couple of months ago, Collins reached out to Corbett to brainstorm how they could bring Local Business Friday back online without doing in-person interviews. That's when they came up with the idea to have businesses submit a two to three minute video talking about what they are doing to keep people safe, and how they are running their businesses during the pandemic. This is hopefully another tool for business owners to promote their products and endorse their COVID procedures while they continue to struggle due to restrictions brought on by the pandemic.

Charlotte Walsh, Friends of Norwood Center president and owner of Charles River Running said local business owners should take advantage of the opportunity Local Business Friday affords them.

"I think anytime a small business has the opportunity to cheer for themselves on any platform it's an opportunity that should not be turned down," Walsh said. "It's been such a difficult year but we are lucky to own businesses in such an amazing community.

Norwood really loves their town. They love their center and they love all the businesses that are around Norwood."

Collins hopes businesses will take advantage of this new format for getting the word out there through Local Business Friday and he wants businesses to know it's easy and very informal.

"It's a great way to showcase your business on the town's social media platforms as well as NCM and a great way to communicate with town officials and learn about some other programs we have available," Collins said.

To be part of Local Business Fridays, business owners or branch managers need to complete an application providing basic information about their business, as well as why they would like to participate. The application is sent to Collins who coordinates with Corbett to get something scheduled. The application can be found on the town's website at http://www.norwoodma.gov/news_detail_T13_R555.php.



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Don't Talk While Driving; Don't Text While Driving

BY MICHELE TARANTO

February 23 marked one year since the two Massachusetts Hands-Free laws were enacted. With April marked as Distracted Driving Awareness Month, and warmer weather approaching, this is a fitting time to remind all drivers to keep their hands on the wheel and their eyes on the road.

Norwood resident Tom Brannelly, who lost his daughter Katie in 2013 to a distracted driver, joined Emily Stein OShea, head of the Safe Roads Alliance (SFA), who lost her father during a texting/navigation incident, and two

other families for the seven year journey advocating this new law.

According to SFA, nearly 30,000 citations and warnings were given out in Massachusetts between February 23, 2020 and December 31, 2020. The legislation requires motorists to use hands-free features on their cell phones while driving, which includes using any mobile electronic devices to write, send, or read, including text messages, emails, instant messages, or accessing the internet (www.saferoadsalliance.org/hands_free_law). Drivers can use GPS devices affixed to their vehicle which can

be used with only a tap or swipe of a finger. First offences will be fined \$100, second offences will pay \$250 and be required to take a safety course, and \$500 for subsequent offenses. Junior operators, those under the age of 18, are not allowed to use their phones at all, not for texting or talking. The penalties for junior operators are a 180 day license suspension for a first offense, and second or subsequent offenses within three years is a one-year suspension and \$500 reinstatement fee.

The SFA and Brannelly would like to encourage drivers to put their phones on silent and out of reach in the car to avoid any temptation.

We cannot be attentive and defensive drivers if we are distracted by our phones," Stein said. "Hang up and drive for your own safety, for your fellow drivers, and for all the people walking and bicycling on the roads. And hang up for your kids in the backseat who one day will be drivers themselves. They are watching you closely and if you text or talk while driving, then it's more likely for your kids to be distracted when they start driving."

According to a Virginia Tech Transportation Institute study, sending or receiving a text takes a driver's eyes off the road for an average of 4.6 seconds, the equivalent of driving blindfolded at 55-mph for the length of an entire football field.

Katie Brannelly, 24, was a victim of distracted driving while she was crossing a street in Norwood Center with her boyfriend Dom and her friend Kerri by a 25 year-old Suffolk Law student who had either received or sent eight text messages before the crash, including one minute before the tragedy.

"Why?", Brannelly asked. "What was so important that required eight texts from Boston to Norwood—that's a text every three or four minutes. The woman was not convicted." He believes it is a gross injustice.

Katie sustained a traumatic brain injury and after several weeks in intensive care was transferred to a rehabilitation center in a minimal awareness coma. Katie ultimately lost her young life due to complications from the injuries she sustained.

Simple Steps We Can Take For Safer Driving

Do your part to put an end to distracted driving. Below is EndDD's checklist of simple steps you can take to avoid being a distracted driver and to protect yourself, your friends, family and others from preventable crashes.

1. Drive without reading or sending texts, snapchatting, using the internet, Facebook or social media of any kind.
2. Call/text before I start driving to let parents, friends and others know when I'll arrive.
3. Wait to text or call others until they have stopped driving.
4. Pull over to a safe location to check texts, social media, or listen to voice mail.
5. Deputize my passenger when I am driving to text or make calls for me.
6. When alone, turn my cell phone off before starting to drive.
7. Stop texting, or end phone conversations with others once I learn they are driving.
8. Pull over to a safe location or wait until I am finished driving to eat or apply make-up.
9. Pull over to a safe location or wait until I am finished driving to adjust music, scroll through I-Pods, I -phones or similar devices.
10. When being driven by a distracted driver ask the driver to drive safer.
11. As a passenger, share the responsibility for arriving safely with my driver and offer help so my driver does not drive distracted.

EndDD site <http://www.enddd.org/end-distracted-driving/> was established by Joel Feldman, whose 21-year-old daughter was also killed by a distracted driver.

"For 15 months, my wife Valerie, our children Marty and Jaaneen, and her boyfriend Dom (who has since made a full recovery) visited Katie every day, spending, 10 to 12 hours a day talking to her, encouraging her, looking for any little sign of progress." Brannelly said. "She became our whole life."

With the onset of COVID-19, SFA and Brannelly were limited with their ability to share their personal experiences and dangers of distracted driving, but just last month, Brannelly spoke at Xaverian Brothers High School.

"I feel that if I can get through to just one student, than I may have saved a life, and that family would not go through the pain that never goes away," Brannelly said.

Brannelly has visited his Katie's gravesite every day for the past eight years. He made a promise to his daughter that he would help make a change in the state driving laws and he is fulfilling that promise.

We have to change the culture of the phone in the car while driving," Brannelly said. "With more policing and tickets given out for violations, the roads will be safer for us all. I still see drivers who are oblivious to their surroundings and dismissive of the current law- heads down-texting away- emailing- navigation, etc. The fear of every parent is the 'knock' on the door or that phone call- that your child is in the hospital or worse. Put the phone away. It's the law."

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DRIVING

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Norwood PD on Guard for Distracted Drivers

Officer George was out conducting crosswalk and distracted driving enforcement last month. With the warm weather right around the corner, you may notice an increased police presence near crosswalks. Please exercise caution while driving in areas with heavy pedestrian traffic.



Norwood Schools COVID Cases

Updated 3/22/21

School	Total Cases (students & staff)	Active Cases
Elementary schools	75	1
Middle School	48	1
High School	79	3
Remote Learning Program	14	0

The Norwood Schools report all cases to DESE, the data above may differ from the DESE case report due to differences in what cases are counted.

This chart reports all cases regardless of exposure in the school. It reflects all school aged cases that attend Norwood Public Schools since the school year began.

All-Night Parking Ban Lifted April 1

The Norwood all-night parking ban was in effect November 15, 2020-April 1, 2021. At that time, it was unlawful for the driver of any vehicle, other than one acting in an emergency, to park a vehicle for a period of time longer than two (2) hours between the hours of 12 midnight and 6 a.m., of any day on any street, or in or upon any Town-owned off-street parking facility without authorization from the Board of Selectmen or their designee.

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Mr. Morgan came to one of our free discovery seminars a while back. If you asked him at the time, he probably could not give you a specific answer as to why he showed up, other than, "I knew I had to do something and when I saw your information about the education and counseling process,

I just felt like I had to be there."

It was fortunate that Mr. Morgan made this decision. We had noticed him sitting in the back. He was easy to spot in his red striped tie but more importantly because he never took his eyes off of us as we spoke. Talking with him afterwards, we could see why he was hanging on our every word regarding protecting your estate and assets.

His wife had recently become ill, and medical bills had begun to deplete their life savings. It had been their dream to live a com-

fortable lifestyle in retirement and eventually leave a financial legacy for their children and grandchildren, but now all this was in serious jeopardy. It was very possible, he said, that Mrs. Morgan might have to enter a nursing home, which would further rob them of hard-earned retirement savings earmarked for their loved ones.

Mr. Morgan's situation was very personal to our team. It struck at the very heart of our core values of Faith, Family and Finances. It is why we have done our very best to protect families in our community and region for generations! Does this sound like something that hits home for you as well?

Upon learning of Mr. and Mrs. Morgan's plight at our discovery session, we immediately set up an appointment with Mr. Morgan to dig deeper into the situation. In preparation for our meeting, we did a thorough and complete review of legal, financial and tax matters, including present finances, future goals and, most importantly, the major obstacles (medical and otherwise) that could potentially rob this couple of their hard-earned money and retirement savings. Accordingly, we determined what they wished to do to make their children and grandchildren more comfortable. The end result was that Mr. and Mrs. Morgan were able to stay on track through a solid retirement, estate and asset protection plan we put in place for them.

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shop and personal counseling session? What might his and his wife's financial future have looked like? Do not let a healthcare catastrophe or another major event put an end to what you have been working towards for your golden years.

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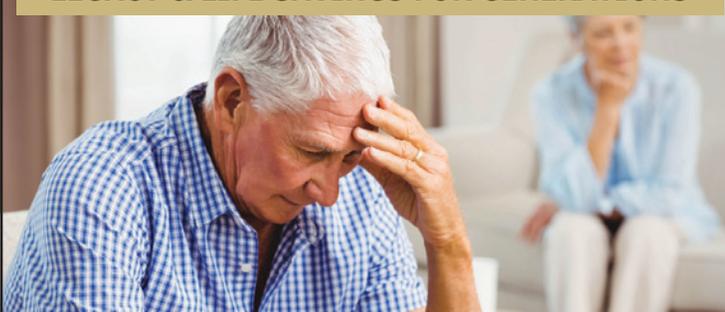
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TUESDAY: VACATION PARADISE

WEDNESDAY: PIRATES ON THE HORIZON

THURSDAY: CRAZY CRUSTACEANS

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Contact: kcapezio@norwood.k12.ma.us
or call
781-551-3480 ext 2 for Details!

Free Lunch and Breakfast

Condolences to Retired Norwood Firefighter

On March 6, Norwood Firefighter John Bellanti was laid to rest after losing a hard fought battle with occupational cancer, less than two years after his retirement.

Local 1631 would like to thank everyone who reached out and showed support to his family and the department. Special thanks to the following:

Westwood Firefighters Local 1994

and

Walpole Firefighters IAFF Local 2464

For sending engine companies to cover our station so on duty personnel could attend the wake and funeral,

Canton MA Fire Department

For sending a ladder company to help fly the flag in front of our station and

Walpole Firefighters IAFF Local 2464

and

Foxborough Firefighters Local 2252

and

Wrentham Fire Department

For flying flags over the procession through their towns.

Norwood Police Department

and all the other departments that made the procession go smoothly along its route and all of John's friends who joined the procession on motorcycles, in 20 degree weather. Throughout the week

Professional Fire Fighters of Massachusetts (PFFM)

For their coordination



Food Pantry in Millis, Open to All

By JUDY O'GARA

Seva. The word means "selfless service," and for the spiritual Sikh community, it is an integral part of daily life – a practice of acting selflessly and helping others without any expectation of personal gain. One act of seva is langar, the act of preparing and serving a free community meal, and in that spirit, Sikh Dharma of Massachusetts recently opened a new pick-up food pantry, operating every Saturday from 12-2 p.m. in the drive-through parking lot of Woodside Montessori School at 350 Village Street in Millis.

"We'd been thinking about doing this for a long time, and in the spring, when Covid came, we decided to start," Dr. Manjit Kaur Khalsa, EdD, President of Guru Ram Das Ashram and Gurdwara, the New England regional center for Sikh Dharma and Kundalini Yoga, in Millis said. "We hope to serve the larger community, and we're hoping to expand this to go out into the community to feed people."

Members of this community, about 22 of whom live at the Ashram and 1,000 who come weekly (although the center is currently closed due to the pan-

dem), raised money to upgrade the Ashram's kitchen to a commercial grade space. They plan to use "Guru Nanak's Community Kitchen," named for the 15th century founder of the Sikh religion, to prepare meals for neighbors in need. The food pantry is a part of that.

"It's really needed right now, considering the state of everything going on," Edwin Meglio, food pantry coordinator said.

Meglio, who has come to the center for years for yoga and

PANTRY

continued on page 14

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 <p>Tuesday: Kids Night Kids eat free from our Bambini Menu (dine in only, with the purchase of an entree)</p>	 <p>Wednesday: Parm Night \$12 Eggplant Parm, Chicken Parm, or Veal Parm are \$12 each (dine in only, with purchase of a beverage, no combos)</p>	 <p>Thursday: Fish & Chips \$9.99 (dine in or take out; fried cod, fries, cole slaw, and tartar sauce) [no substitutions please]</p>
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Come Out and Vote!

Norwood Town Election will be held April 5 BY BELLA CAGGIANO

The Town of Norwood will be holding its Town Election on Monday, April 6. There are many residents who are throwing their hat in the ring for an endorsement to serve the town in many municipal areas. This is the time for Norwood residents to make a difference in their local government, whether they are pleased with their officials or ready for a change in leadership.

The list below are Norwood government officials running to fill vacant seats.

SELECTMEN: (One) 3-Year Seat William J. Plasko	TRUSTEE OF MORRILL MEMORIAL LIBRARY (One) 1-Year Seat (To fill a vacancy) Shannon Joyce Greenwell MaryPaz Sheri A. McLeish Patricia A. Tibaudo	Polling Locations District 1 Oldham School Prospect Street District 2 Oldham School Prospect Street District 3 Civic Center Nahatan Street District 4 Cleveland School Nichols Street District 5 Civic Center Nahatan Street District 6 Balch School Washington Street, South Norwood District 7 Balch School Washington Street, South Norwood District 8 Callahan School Garfield Ave District 9 Prescott School Richland Street
TOWN MODERATOR: (One) 1-Year Seat David Hern, Jr.	MEMBER TOWN PLANNING BOARD (One) 5-Year Seat Alfred P. Porro, Jr. Deborah A. Holmwood	
MEMBER OF BOARD OF HEALTH: (One) 3-Year Seats Kathleen Bishop	HOUSING AUTHORITY (One) 5-Year Seat Patricia Griffin Starr Town Meeting members will be listed on individual District ballots.	
MEMBER OF SCHOOL COMMITTEE (One) 3-Year Seat David Michael Hiltz, Jr. Benjamin Alton Moser	Poles will be open 7 a.m.-8 p.m.	
MEMBER OF FINANCE COMMISSION (TWO) 3-Year Seats Robert G. Donnelly Kellie Noumi		
TRUSTEES OF MORRILL MEMORIAL LIBRARY (Two) 3-Year Seats Sarah E. Begg George A. Michalec		

You must be a registered voter to participate in Norwood's election.

Officer Receives Commendation for Training

Congratulations to Norwood Police Officer Greg Shore who received a commendation from the Crisis Intervention Team Training and Technical Assistance Center for his work in the field. Below is an excerpt from the nomination letter written by Chief Brooks.



I would like to nominate Officer Gregory Shore for a commendation from the Crisis Intervention Team Training and Technical Assistance Center. As you know, he is our point person on mental health issues. In that role he not only follows up on calls concerning Norwood residents who have mental illness, he also stays in touch with them longer term than I had expected. I know he has organized off-duty officers to help a veteran move, has driven addicted people to detoxes and has bought diapers out of his own pocket for a woman raising her grandchild due to the

inability of her son and daughter-in-law to do so.

Officer Shore now presents at Crisis Intervention Team trainings and, as a certified Mental Health First Aid instructor, has instructed police officers, firefighters and dispatchers at 45 agencies across Massachusetts - over 2,000 first responders in all.

His dedication in this field is unmatched.



WIN BIG!

One entry per day/per person.
Contest open April 1 - 21, 2021

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Winner will be chosen at random and posted on facebook.com on April 22.

Living Healthy

I Thought Only Faucets Had Leaks

Leaky gut Syndrome is a condition that affects the integrity of the gut lining which normally serves as a barrier of the intestines. It can also be called "Intestinal Permeability", which occurs when the gut wall becomes damaged allowing compounds to enter the bloodstream that normally shouldn't. For example, partially digested proteins and fats may seep through the intestinal lining making their way into the bloodstream which causes an allergic response.

One of the biggest warning signs of a leaky gut is that you are experiencing multiple food sensitivities. Other symptoms include: bloating, thyroid conditions, fatigue, joint pain, headaches, skin issues and weight gain. If left un-

treated for a long time, leaky gut can lead to IBS, arthritis, eczema, psoriasis, depression, anxiety and muscle pain. This can lead to malabsorption of vital minerals and nutrients including magnesium, zinc, iron and vitamins D, B12 and others.

Leaky Gut can be caused by a diet high in sugar and low in fiber. Other causes include dairy, lectins found in wheat, rice spelt and soy, and glycoposphates which are found in our food from pesticides.

Dana B. came into our office complaining of gas, bloating after meals, fatigue and brain fog. She had been battling eczema for years and had joint pain. She never felt well which over time led to depression.

We put her on an anti-inflammatory diet as well as adding those foods that help to restore the natural biome of the gut. We added supplementation to remove the stressors in the gut as well as repair and rebuild the gut. Those changes along with the Neurological Integrative work has helped Dana to resolve her digestive issues.

If you are experiencing these symptoms and are ready to start on your journey to health, call the HOLISTIC CENTER AT BRISTOL SQUARE at 508-660-2722 and set up your appointment with Dr Rochelle Bien or Dr Michael Goldstein today.



Dr. Rochelle Bien & Dr. Michael Goldstein

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Norwood Sports

Aidan Flaherty Runs His Final Laps This Year for Norwood

By CHRISTOPHER TREMBLAY

As a child, Aidan Flaherty was a typical kid who loved running around, but as he got older, he found that he really loved running, so by the time he got to high school it was a no brainer that he would try out for the cross-country team during the fall of his freshman year. Now that his final season at Norwood is coming close to the end, the Norwood senior has found himself running cross country, indoor and outdoor, for all four seasons.

"I had felt that I was good at sprinting and wanted to get better at running distances, so in my freshman year, along with some friends, I joined the cross-country team," Flaherty said. "I found that I was not only good at it, but I felt a sense of accomplishment. By the end of my first year, I had improved my times a lot, so I de-

ecided to keep going and joined the track team."

Running all three seasons for the Mustangs, Flaherty figures he logs at least 20 miles a week running to condition his body so that he can run those longer distances. Running for the cross-country team, the senior has a best time of 18:50 for the 5K run, but unfortunately this past season he found that his times were inconsistent.

"I was all over the place this year; there was one meet where I was flying and had a real good meet, but there were also others that weren't as good," Flaherty said. "Most of my other races were very inconsistent due to the unpredictability of Covid. Wearing masks is different as it hinders your breathing keeping the oxygen flowing to your brain properly."

Although he enjoys running cross-country Flaherty prefers track, especially outdoor track.

"The environment is a lot different," Flaherty said. "In cross-country you get there, run, and go home. "In track there's a lot going on, while you're not running your event. You're watching everyone and everything around you; cheering on your teammates."

In addition to getting to watch other events, Flaherty enjoys the spring better than the winter season because of the outdoor air.

"Indoors we run at the Reggie Lewis Center and it's rather stuffy, especially having to wear the masks," Flaherty said. "Outside the wind doesn't affect you as much so I am glad that our season got switched."

During his freshman, sophomore, and half of his junior year,

Flaherty found himself running the mile and 2-mile for the Mustangs before switching over to the 600. It was here that he felt that he could do a lot better, and with a little convincing of his Coach, he was moved to the event.

"Aidan, who has been running cross-country and track since his freshman year, will be a 12-season runner by the time his career comes to an end," Norwood boys cross-country and track coach Matt Curran said. "He began as a distance runner but dropped down to the 600, and last year emerged as a solid top three runner for us. This year, he looks to be our number one runner in the event."

As he has already stated, Flaherty is glad that the indoor season got moved to the outdoors, but originally his feelings were not the same.

"At first I was very disappointed that we were not having our indoor season right away and that it was going to be moved to Fall" Flaherty said. "But now that it is here, I am glad that it got moved. We just need to adapt to what is going on while keeping an open mind to the way things have to be done."

While there will be no tournament once again due to the Covid restrictions, Flaherty is looking at improving upon his times and the coaching is looking toward the senior to try out the shot-put.

"When he originally asked me to try the shot put, I thought, why me, I don't have the strength to do this," Flaherty said. "But I've come to learn that it's not about strength, it's all about technique."

Following high school, Curran believes that if he wants to, Flaherty could definitely take part in a division 3 college program and maybe even a Division 2 and be successful. But with everything that has been going on regarding Covid, the two haven't sat down to discuss anything as of yet.

Although he still has his final two seasons of track to compete in and his Coach has faith in his ability to run on the collegiate level, Flaherty believes that this will probably be the end of his running career. While he may be giving up competitive running, he will still continue to run on his own.

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Norwood Sports

Norwood Girls Volleyball Takes to the Court

By CHRISTOPHER TREMBLAY

With Covid-19 running rapid amongst the country for the past year, high school athletics have not only been put on hold for a period of time, but when they did get back to playing, they had to endure all sorts of changes. Norwood volleyball, which usually begins in September, was one of many indoor sports that was put on hold by the Massachusetts Interscholastic Athletic Association (MIAA). Now that the winter season is complete, the extra season is about to begin.

“I believe that having the season postponed is better,” Norwood Coach Paul Nimblett said. “Originally the girls were upset that they were not having a season, but they are better off. They were able to get protocols right by waiting. The girls have to wear masks at all times and sanitize their hands each time they come off the court. There is also no hand shaking and the ball gets wiped down after every set giving us a game that is much closer to normal.”

The moved season will be broken up into the large and small schools of the Tri Valley League and will consist of 12 games. Norwood will square off against the large schools while also adding Norton and Dedham to their schedule. Each week, teams will play a home and away game against the same team with no tournament play at the end of the season.

Norwood’s season was slated to open at Medfield, on Tuesday March 9, at press time, with their first home game two days later on the 11th. During the tryouts, which saw a greater number of athletes trying out than in the past, the Mustang Coach could see how excited the girls were to eventually be back on the court. The inflated number of tryouts were due to volleyball being played during the extra season. Athletes who usually played a different sport during the volleyball season were looking to do something different and tried out for the team.



Three-year athletes for the team, senior captains Lexi Curivan (setter) and Sydney Waitekus (middle hitter), will lead the Mustangs onto the court during the abbreviated season. Nimblett is glad to have two captains that have been with him and grown over the three years.

Other seniors who will be playing for Norwood will be back-up setter Chloe Mason, who can also play other positions, but Nimblett likes the option of running a 6-2 with two setters on the floor at the same time. In addition to Mason, seniors Kaitlyn Ford, the team’s libero who moved up at the end of last season; Sophia Eliodoulos and Diana Ekechukwu, both middle hitters; Kushi Shah, a defensive specialist, and Shaelyn Avery, a utility player who can play anywhere, will be on the courts for the Mustangs.

In addition to having a larger number of seniors on this year’s squad, the Mustangs also boast a very strong group of juniors as well who should definitely be

a huge help. Kimberly Hanoian, a libero who is transferring to hitter; Elizabeth Hankson, an outside hitter who played during the off-season and has upped her game; Katie Mellon, a middle hitter who will supply Norwood with outside and inside force, and Alexia Martinez, a setter, all will bring something to the court.

Although the Norwood Coach will not really know what he has until the season gets underway, he is very excited about his sophomores. Shannon Brady and Brianne Fitzgerald have impressed the Coach thus far during tryouts and practices.

While the large division of the TVL is primarily tough, much like his team, Nimblett doesn’t really know what he is up against until they actually take to the court and get to see what the opposition brings.

“I don’t know what we are up against at this point,” Nimblett said. “Hopkinton is always a tournament team and thus far I have been seeing good things in

practice and believe that we will be competitive. I’m anxious to see how things go, especially playing just around the corner, where it will hopefully be back to normal.”

Playing in a Covid year, the team will not be allowed to gather outside of practice as they’ve done in the past to build camaraderie; instead, they will have to

do it on the court. However, Nimblett sees no issues with his team.

“Playing in the TVL large will be tough, as it usually is, but the girls will bring energy to the court and build toward the future,” Nimblett said. “Just to see them out and happy and playing the game they love is great. And although there will be some fans (only 2 per girl), we are not sure how it will affect their play.”

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Call for Hours

Calendar of Events

The Community Calendar was prepared a few weeks before the April 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.

The South Norfolk Mental Illness Family and Friends Support Group will NOT hold its April monthly meeting. Pandemic-related restrictions are still in force.

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.

Apr. 1

American Red Cross Blood Drive
Knights of Columbus, 572 Nichols St.

10 a.m.-3 p.m.

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

Join Miss Dina 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/.

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/. For more information, email Liz at lreed@minlib.net, or call 781-769-0200, X2.

"The Man Behind the Masks," The Ernie Higgins Story
Norwood Light Broadband Channels 19 & 619
8 p.m.

Yes, a Norwood resident can claim the creation of the hockey mask! This is the true story of the legendary goalie mask creator from Norwood. This is a film by Jerry Kelleher.

Apr. 2

Kid's Night Out
Civic Center
6-8 p.m.

Kids will enjoy dinner, games, sports, and more! For grades 1-5. Cost is \$15 for residents, \$20 for non-residents. Registration required.

"The Man Behind the Masks," The Ernie Higgins Story
Norwood Light Broadband Channels 19 & 619
8 p.m.

Yes, a Norwood resident can claim the creation of the hockey mask! This is the true story of the legendary goalie mask creator from Norwood. This is a film by Jerry Kelleher.

Apr. 3

Easter Bunny Drive Thru
Coakley Middle School
10 a.m.-1 p.m.

Each car will receive a Easter basket as well as a picture with the Easter Bunny all from the comfort of your car!

"The Man Behind the Masks," The Ernie Higgins Story
Norwood Light Broadband Channels 19 & 619
8 p.m.

Yes, a Norwood resident can claim the creation of the hockey mask! This is the true story of the legendary goalie mask creator from Norwood. This is a film by Jerry Kelleher.

Apr. 4

"The Man Behind the Masks," The Ernie Higgins Story
Norwood Light Broadband Channels 19 & 619
8 p.m.

Yes, a Norwood resident can claim the creation of the hockey mask! This is the true story of the legendary goalie mask creator from Norwood. This is a film by Jerry Kelleher.

Apr. 5

Norwood Annual Town Election
8 a.m.-7 p.m.

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/. Questions? Email the staff at norchild@minlib.net for call 781-769-0200.

5 Alive : Sensory Kits for Toddlers (Virtual)
Morrill Memorial Library
All Day

Families will receive a fun kit with materials that promote sensory exploration and skill development. Each kit will come with materials for 3 or 4 different activities and a set of instructions. 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. For more information, call 781-769-0200 or email the staff at norchild@minlib.net.

Apr. 6

The Secret Stealers: Researching a WWII Novel (Virtual)
Morrill Memorial Library
7 p.m.

The Morrill Memorial Library and other Boston area libraries are partnering with Haley Booksellers to offer a fascinating program with local author, Jane Healy. Author of the bestselling "Beantown Girls," Jane will debut her newest novel this Spring. "The Secret Stealers" is based on the true stories of the women of the Office of Strategic Services, the precursor to the CIA, during World War II. This historical novel follows an American woman spy who joins the French Resistance in Nazi-occupied France. In this virtual program, Jane Healy will walk through the inspiration and the research behind "The Secret Stealers," the history of the Occupation of Paris and The French Resistance, and the characters and their connection to real life events. Registration is required. To sign up, call the reference desk at 781-769-0200, x2, or visit norwoodlibrary.org.

Virtual Bingo
Norwood Recreation Department

For all ages. Free of charge, prizes given! For more information, email cgrande@norwoodma.gov.

Apr. 8

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

Join Miss Dina 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/.

Apr. 9

Virtual Bingo
Norwood Recreation Department

For all ages. Free of charge, prizes given! For more information, email cgrande@norwoodma.gov.

Apr. 10

Blessing Boutique Thrift Shop
First Baptist Church, 17 Bond St.
10 a.m.-12 noon

Take a look quite at fashionable spring clothes, and lots of books for children and adults. There is also household items, purses, tableware and so much more!

Apr. 12

5 Alive : Sensory Kits for Toddlers (Virtual)
Morrill Memorial Library
All Day

Families will receive a fun kit with materials that promote sensory exploration and skill development. Each kit will come with materials for 3 or 4 different activities and a set of instructions. 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. For more information, call 781-769-0200 or email the staff at norchild@minlib.net.

Draw It with Corinne Roberts: Basic Cartooning (Virtual)
Morrill Memorial Library
2 p.m.

Learn to use basic shape construction and line drawing techniques to create characters and scenery. No prior drawing experience needed. Supplies required are simple pencil, paper and eraser. This program is intended for children ages 6 and up, with parental involvement encouraged with younger children.

Apr. 13

Women's Business Networking
Zoom 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://norwoodtoastmaster.toastmastersclubs.org/>.

Virtual Bingo
Norwood Recreation Department

For all ages. Free of charge, prizes given! For more information, email cgrande@norwoodma.gov.

Apr. 15

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

CALENDAR

continued from page 12

touch. www.norwoodlibrary.org/morrillcalendar/. For more information, email lreed@minlib.net, or call 781-769-0200, X2.

Apr. 16

Virtual Bingo

Norwood Recreation Department

For all ages. Free of charge, prizes given! For more information, email cgrande@norwoodma.gov.

Apr. 19

5 Alive : Sensory Kits for Toddlers (Virtual)

Morrill Memorial Library
All Day

Families will receive a fun kit with materials that promote sensory exploration and skill development. Each kit will come with materials for 3 or 4 different activities and a set of instructions. 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. For more information, call 781-769-0200 or email the staff at norchild@minlib.net.

Apr. 20

Virtual Bingo

Norwood Recreation Department

For all ages. Free of charge, prizes given! For more information, email cgrande@norwoodma.gov.

Apr. 21

Turn the Page Book Group: "Searching for Sylvie Lee" (Virtual)

Morrill Memorial Library
6:30 p.m.

This month's Turn the Page discussion will be "Searching for Sylvie Lee" by Jean Kwok. To learn of available reading resources, register or view discussions, visit www.norwoodlibrary.org/morrillcalendar/.

Apr. 24

Blessing Boutique Thrift Shop

First Baptist Church, 17 Bond St.
10 a.m.-12 noon

Lots of beautiful spring clothes for men, women and children, plus a great selection of books, purses, glassware, household items and lots more!

Reels & Wheels Drive In

Mercer Parking Lot B
6 p.m.

Features film 'to be announced.' \$20 entry. Registration required. For more information, email cgrande@norwoodma.gov.

Apr. 27

Women's Business Networking

Zoom 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 wbnof-norwood@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/>.

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Titles on Tap Book Group (Virtual)

Morrill Memorial Library
7:30 p.m.

Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart. We go in for stories that are shaken, not stirred, and we don't mind taking our love of lit outside the library walls. Titles on Tap typically meets once a month in the left-hand bar of Napper Tandy's to eat, however, the meetings are currently virtual during COVID health restrictions. The March title had yet to be announced at press time; stay tuned at www.norwoodlibrary.org/morrillcalendar/.

Apr. 18

Norwood Historical Society (Virtual Meeting)

Zoom Meeting
7 p.m.

This will begin with a brief business meeting for members, followed by a talk open to the public. Learn more about the Morse family and house in Norwood, and ongoing efforts to preserve and maintain this vitally important piece of our local history. Toni Eosco will present about the Morse family and house. Patty Bailey will share her experiences preserving this iconic structure as a community asset for South Norwood. To join the conversation, register at: <http://ow.ly/Z53s50E1eqJ>.

Apr. 30

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PANTRY

continued from page 7

meditation, has used his experience in the national food industry to get the pantry up and running.

“We got together and learned the rules and regulations of distributing food to people,” Meglio said.

So far, they have received generous donations of non-perishable foods and toiletries from Trader Joes, among others.

“We want to make sure we’re being as careful as possible, as half the people

(who live) at the Ashram are 50 and over and at higher risk (for

Covid),” Meglio said. “Our team is extremely

careful to be vigilant that we do everything exactly according to the CDC and state guidelines.”

Anyone from Massachusetts is welcome

“We’re trying to help as many people as possible,” Meglio said.

Meglio has also reached out to the Franklin Senior Center to work on getting food delivered to local homebound seniors.

“Sometimes people who need the food don’t have the means to come and get it,” Meglio stated.

Since the Ashram is a vegetarian community, the foods distributed are vegetarian and as natural as possible, with most in

bpa-free packaging.

“We offer non-perishable foods that are cleaned and bagged up, stapled and sealed, along with personal hygiene items that are separate from the food,” Meglio said. “We’re not looking to influence anyone religiously or spiritually, and there’s no obligation to come to a service or anything like that.”

Down the road, Dr. Khalsa envisions a community garden being added to the mix.

“We have land we hope to farm, and we’ll educate people on how to grow their own vegetables,” Dr. Khalsa said.

In the future, Meglio plans to conduct food drives for the food relief program. Right now, Guru Nanak’s Community Kitchen is accepting monetary donations at its website, www.Nanakskitchen.org, and those interested in volunteering can contact Edwin at edwin@nanakskitchen.org.



Dr. Manjit Kaur Khalsa, EdD, President of Guru Ram Das Ashram and Gurdwara, stands in the recently updated kitchen at the Sikh Dharma center in Millis. “Guru Nanak’s Community Kitchen” will provide free meals and as its first step has opened a Saturday morning drive-through food pantry at Woodside Montessori.



Volunteers ready bags filled with meat-free, non-perishable food, along with bags of toiletries, for distribution. Rear: Dr. Khalsa, Front, from left: Siri Sevak and Edwin Meglio, Food Pantry Coordinator.



Volunteers place bags directly into recipients’ vehicles. Shown, Edwin Meglio and Japa Saraswati.



This chilly, sunny Saturday, volunteers stand ready to place bagged food directly into the trunks of those who need it. From left, Gurummeet Khalsa, Japa Saraswati, and Dharma Khalsa.



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Real Estate Corner

Norwood PD Mourns Retired Officer

Chief Brooks regrettably announced the passing of Sgt. Bob Doucette (ret.) who passed away March 14 at a Boston hospital. Doucette had retired just three and a half years ago following his dedication of 34 years of service with the Norwood Police Department.

His police career followed his proud service in the United States Coast Guard. Sgt. Doucette was active in the Circle of Hope and for many years in the NPD Honor Guard, marching in most town parades and attending services for deceased police officers.

Sgt. Doucette, fondly known as "Douce" to his friends and co-workers, was well liked and admired by all who knew him.

The Department observed a seven-day period of mourning with all officers wearing a horizontal mourning band on all shields.



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Real Estate Corner

Register O'Donnell Reports Increased Real Estate Numbers in Norfolk County

Typically, February is one of the winter months that does not have as great an amount of real estate activity as other months in the calendar year. However, despite the above and the continuing challenges brought on by the COVID-19 pandemic, Register of Deeds William P. O'Donnell reported increased numbers in many real estate categories during the month of February 2021, compared to February of 2020.

"The Norfolk County real estate market has continued to be busy," Register O'Donnell noted. "Historically, February is one of the winter months we do not see as much real estate activity. However, there were 15,549 documents recorded at the Norfolk County Registry of Deeds

which is a 44% increase over last year's February document volume. There were 1,250 deeds recorded out of this document volume, representing a 16% increase over February of last year. Average sale price, again including both residential and commercial sales, increased 13% over 2020 to \$860,812.32. The real estate numbers are robust especially considering that last year's February real estate numbers were prior to the onset of COVID-19 and the COVID-19 emergency declarations."

In addition to real estate sales, the Norfolk County lending market has been busy in February. There were 4,389 mortgages recorded during the month,

which is a 103% increase over 2020. Total amount of money borrowed for mortgages county wide was over 1.6 billion, a 19% increase compared to February 2020.

"While some of the mortgages are due to purchases and sales of real estate, there are a large number of individuals and families taking advantage of historically low interest rates by refinancing existing mortgages," Register O'Donnell stated. "Individuals have different motivations to refinance. Some refinance to reduce their monthly payments, others to take some years off their debt, while still others are using the money to pay for home improvements and other capital expenditures.

There has been a strong demand for housing, single family housing particular, coupled with a limited supply of available housing stock and historically low interest rates which could be motivating buyers to do what is necessary to secure housing. Lending activity was up. The growth in numbers seen in 2020 continues into 2021. However, there are expectations that for 2021, many of the numbers may not be as expansive as what took place in 2020. Yet February 2021 statistics exceeded February 2020 statistics."

The Norfolk County Registry of Deeds has been closely watching the foreclosure market. A moratorium on foreclosures in place during the pandemic in 2020 was lifted on October 17, 2020. This moratorium was in place due to the COVID-19 pandemic.

"During February of 2021, there was only 1 foreclosure deed recorded as a result of foreclosure processes taking place in Norfolk County," Register O'Donnell said. "Additionally, there were 6 Notices to Foreclosure Mortgages, the first step in the foreclosure process, recorded here in Norfolk County. A foreclosure recording is very impactful on those being foreclosed on. These numbers are extremely low especially when you consider in February of 2020, pre-COVID, there were 51 Notices to Foreclosure Mortgages and 18 foreclosure Deeds. The foreclosure numbers in the future bear watching given the

negative economic impacts of COVID-19.

The Norfolk County Registry of Deeds has also been working in close cooperation with Attorney General Maura Healey's office to ensure there are no abuses being perpetrated against homeowners while the COVID-19 state of emergency is ongoing."

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

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," Register O'Donnell stated.

Homestead recordings by owners of homes and condominiums continue to occur at the Norfolk County Registry of Deeds in February. There was a 17% increase in homestead recordings in February 2021, compared to February 2020.

"A Homestead provides limited protection against the forced sale of an individual's primary

REGISTER
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Real Estate Corner

REGISTER

continued from page 16

residence to satisfy unsecured debt up to \$500,000,” Register O’Donnell explained. “It is great to see folks protecting the biggest asset most of us have, our homes. I would urge anyone who has not availed themselves of this important consumer protection tool to consider doing so. Please visit the Registry website at www.norfolkdeeds.org to get more information on homestead protection.

Many small businesses and specific sectors of our economy, such as restaurant and hospitality, have been negatively impacted by the ongoing COVID-19 pandemic. One sector that has continued to thrive during the pandemic is the real estate market, particularly the residential market. There have been many

factors that have kept the Norfolk County real estate market viable. Motivated buyers and sellers, low interest rates, and the Norfolk County Registry of Deeds remaining open for the recording of land documents. While the Registry of Deeds building in Dedham remains closed to the general public, we at the Registry remain open operationally to serve our customers, the residents of Norfolk County and real estate professionals alike. By listening to public health officials, practicing social distancing, making sure all staff are wearing masks and taking any and all other steps necessary, the Registry of Deeds has remained open for business. Land documents are being recorded electronically for many of our institutional users. We are also receiving documents via regular mail, Federal Express, and from those placed in our drop-off box located just outside our main en-

trance at 649 High St., Dedham. As your Norfolk County Register of Deeds, I want to thank all of you for the cooperation, patience and understanding you have shown myself and the Registry staff while this pandemic has been ongoing. 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 at 781-461-6101, or email registerodonnell@norfolkdeeds.org.

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| 299 Railroad | 117 Walnut Ave | 99 Clear Pond Dr |
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Real Estate Corner

Good Deeds: Women of Norfolk County

The month of March we take the time to recognize the impact and importance women have in our society with Women's History Month. All of us should be well aware of the importance of women to society, to the shaping of the country we all live in and in our history. Norfolk County, which

dates back to 1793 when Governor John Hancock, one of the signers of the Declaration of Independence, signed legislation establishing the county, has been the home to many remarkable women. I would like to share with you some of the stories found as a result of researching records here at the

Norfolk County Registry of Deeds.

Abigail Adams the second First Lady of the United States was born right here in Norfolk County. She was born in Weymouth in 1744. She married John Adams in 1764. She was President Adam's confidant and took an active role in politics and what was happening in the country. She was an abolitionist and believed in women's rights to education and for women to have power and decision over their own lives. Abigail Adams's son, John Quincy Adams, would become the sixth President of the United States. She is buried with her husband in Quincy.

Deborah Sampson lived in the Norfolk County town of Sharon. Born in 1760, she attempted to enlist as a man in an Army Unit. Although discovered and sent home, Ms. Sampson later enlisted again and joined the 4th Massachusetts Regiment. She was wounded in battle fighting in the American Revolutionary War and received an honorable discharge.

A more modern warrior who I had the pleasure of meeting down at the Falmouth Road Race is American astronaut Sunita Williams. Sunita grew up and graduated high school in Needham in 1983. She went on to graduate from the United States Naval Academy. She has had a lengthy and successful career with NASA and formerly performed the most

spacewalks by a woman. Ms. Williams also completed the first marathon run in space. In 2017, the Needham School Committee voted to name the new elementary school the Sunita L. Williams Elementary School.

Speaking of Falmouth, Katherine Lee Bates was born there in 1857 but did you know she lived in Wellesley? Ms. Bates was a noted author whose inspiration for "America the Beautiful" was the beauty she saw atop Pike's Peak when hiking in Colorado. These words were later adapted to a hymn that was the runner up in selecting the National Anthem.

Helen Keller was an advocate for the disabled and a suffragette. At a young age she contracted an illness that left her blind and deaf. When you think of Helen Keller, you also think of her magnificent teacher and champion Anne Sullivan. Both of these great and strong women lived in the Norfolk County town of Wrentham. Helen Keller's autobiography, "The Story of My Life," and later the movie "The Miracle Worker," give great insight into overcoming struggles, compassion and the brilliance of these two women.

Norfolk County is full of women who everyday make our communities a great place to live. For instance, Doctor Helen P. Cleary who joined the United States Marines in 1942 and retired as a Lieutenant Colonel, became the first woman to be elected to the Town of Norfolk's Board of Selectman. This happened in 1965 and the journey of electing women to leadership positions continues today with the first woman Vice President of the United States Kamala Harris.

Norfolk County has been the home to other inspiring and impactful women. Harriet L. Hemenway from Canton co-founded the Massachusetts Audubon Society in 1896. Audie Cornish, a journalist and National Public Radio news anchor grew up in Randolph. Norfolk County can claim entertainers, from actress Mindy Kaling via Wellesley, who also produced the show "The Office," to noted Broadway and film star in the 1960's and 70's Lee Remick who was born and lived in Quincy. The strength and grace of Needham's Aly Raisman to be an Olympian Captain and to win numerous Olympic medals is inspirational enough. Yet Ms. Raisman's bravery and eloquence speaking out as a survivor to stop sexual abuse which led her to be a recipient of the Arthur Ashe Courage Award should be a shining example to all of us.

It is great to recognize and be mindful of the women in our society and all that they have accomplished. Let us take a moment to thank all women who have had impacts in our communities and in our lives. Our lives, our communities, our county and our country would not be what it is without all of you.

REGISTER WILLIAM P. O'DONNELL
NORFOLK COUNTY REGISTRY OF
DEEDS

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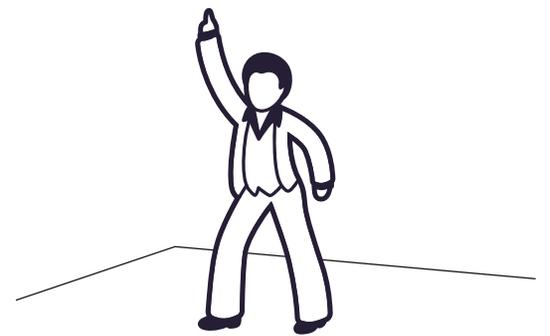
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