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May 2021

The Voice of Your Community

Impact Norwood's #WeAreTheNorm Campaign Focuses on the Positive

BY LIZ HUGHES

The town's youth-led Impact Norwood has launched a social norms campaign aimed at correcting misconceptions about youth and substance abuse. The campaign, #WeAreTheNorm, launched April 1, is to educate community members about the true behaviors of youth in town.

Impact Norwood's Program Director Aubrey Ciol said one of the things the coalition does is collect data and look at it to see where they are seeing a problem as far as youth substance use and what's putting them at risk. The social norms campaign is one of their strategies for combating that problem where instead of focusing on the risky behavior youth are engaging in, they flip it.

"We talk about what the actual norm is," Ciol said. "The

actual norm is that the majority of youth in Norwood are not engaging in substance use. By focusing on that we're letting youth know 'hey your peers aren't doing this as much as you think they are.' Especially with the way youth are portrayed in media, TV shows, movies with big party scenes. That's not the majority of youths. And it's not only in Norwood but across the state. We want to do something positive to focus on the positive in the community instead of focus on the negative."

The #WeAreTheNorm campaign will use public service announcements, billboards, and more to educate the public on the healthy and positive decisions Norwood Youth are making. For example, according to the most recent MetroWest Adolescent Health Survey, 85% of

youth in town do not consume alcohol.

The Impact Norwood Substance Prevention Coalition was formed in 2014 with Chief William Brooks and Health Department Director Sigalle Reiss to help reduce risk in the community. In 2017, they applied for the Drug Free Communities Grant aimed at youth substance prevention. The coalition was awarded that grant for \$1.25 million later that year. The money went toward hiring a full-time director and a part-time coordinator.

The youth arm of the coalition was developed in 2018.

"We call them our youth ambassadors because this work is about them and they need to be involved," Ciol said.

#WEARETHENORM
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Let's Get Outdoors!

BY DONNA LANE

Despite the April nor'easter and recent snowfall, spring really has sprung! With the nicer weather, many folks are looking

and conservation trails, for young and old alike, Norwood has it all. The Norwood Recreation and Public Works Departments (DPW) oversee nine parks in town – Father Mac's, Ellis, Hawes,



for fun things to do outdoors. You don't need to go very far to find areas that both adults and children can enjoy.

From playgrounds for tots, to Little League and Babe Ruth baseball fields, to tennis courts,

Lower Balch, Bond Street, Wilson Street, Murphy, Doherty and Winslow Street. Here's what each one offers.

PARKS & REC
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Stamp Out Hunger Drive Reimagined This Year

BY BELLA CAGGIANO

Due to safety precautions from COVID-19, the Letter Carriers' Annual Stamp Out Hunger Drive has been redirected again this year. For the past 27 years, letter carriers have been picking up donations on their normal routes to donate to local food pantries. As the pandemic has effected many Americans financially and putting food on their tables has become even more difficult, a different approach was created for the 2021 Drive.

Instead of leaving food by their mailbox on the second Saturday in May (May 8), the National Association of Letter Carriers (NALC) has developed

a new plan to assist in stocking food banks and church shelves; a unified effort that in the past has totaled 70 million-plus pounds of food, the country's largest single-day food collection. The intentional timing of this drive is key as winter holiday donations have typically dwindled and school meal programs are not available in the summer.

Norwood residents are encouraged to directly donate in honor of the Stamp Out Hunger Drive the week of May 3, to the Norwood Ecumenical Food Pantry, located at the Grace Episcopal Church, 150 Chapel St., 9 a.m.-12 noon, Wednesday, Thursday, or Friday, or in donation boxes placed

in local grocery stores.

The Norwood Food Pantry supports over 350 Norwood and Westwood families. New clients may sign up for their services on Saturday mornings, 9-11:40 a.m., and will be asked to produce documentation for their need of food. Due to COVID-19 health guidelines, the pantry has implemented Grab-N-Go bags until further notice.

For more information or to volunteer, call 781-291-3663, or visit www.norwoodpantry.org. The Norwood Food Pantry is run 100% by volunteers and are always in need for more support throughout the week or Saturdays.



Please donate what you can to a food bank in your community.

1. Go to nalc.org/food
2. Select your state
3. Choose a food bank in your area
4. Make a contribution

It's that easy. All collections stay in the local community.

#NALC #stampouthunger #donordrive #lettercarriers #heroesdelivering

#WEARETHENORM

continued from page 1

The youth ambassadors are students in grades six through 12 who want to help raise awareness

and knowledge around health and substance. The program helps them build leadership skills while making real change in their community.

The youth module of the coalition has designed the graphics in a video PSA released last month, and the script was written by the coalition's middle school youth ambassadors. In it they read statistics and talk about what they are actually doing.

"Some do resin art and are starting their own Esty business," Ciol said. "Some just hang out and watch Netflix and talk to family and friends."

Planning for the #WeAreTheNorm campaign took place over the past year and involved just under 20 youth ambassadors in grades six through 12.

A Youth Quote Wall can be found online at www.impact-norwood.org/youth-quote-wall. Youth throughout town are en-

couraged to submit quotes for the page. The group also plans to host events as part of the campaign at some point.

All youth in town are encouraged to get involved.

"We are asking any youth in Norwood to let us know what they do in their spare time," Ciol said. "What do they do for fun hobbies when not in school?"

Adults can also get involved with volunteering with impact Norwood, especially when the coalition can start hosting events again, which Ciol hopes will be in the next year.

Most of all, Ciol wants residents to keep an open mind.

"When you see youth, try to stop yourself from thinking 'what are they up to, they're probably up to no good,'" Ciol said. "They're just kids. Don't be so quick to judge them, they're good people."

Norwood 150 Steering Committee Announces Potential Funding Opportunity

The Norwood 150 Steering Committee is meeting monthly to plan a year-long series of events to celebrate Norwood's 150th birthday. They are currently accepting requests for possible grants or funding assistance.

If your organization or community group is planning a related celebration and would like to submit a proposal, submit your proposal in writing (be as specific as possible, including contact information, funding amount requested, and a description of your event and how it fits with the Norwood 150 celebration) to the Norwood 150th Steering Committee at the following email address: chris@norwoodma150.gov. Proposals may also be submitted electronically on their website, <https://norwoodma150.gov/grant-application>. Proposals will be accepted until June 17th, 2021. The Steering Committee will review proposals as they are submitted and those selected will be contacted.

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Publisher
Chuck Tashjian

Send Editorial to:
editor@norwoodtownnews.com

Advertising Director
Kathy Benoit

Advertising Sales Manager
Jen Schofield
508-570-6544
jenschofield@localtownpages.com

Multi Media Sales Consultant
Jeremy Wardwell
413-204-5296
jeremywardwell@localtownpages.com

Creative Design & Layout
Michelle McSherry
Kim Vasseur

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PARKS & REC

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Hawes Park is the largest of the nine parks. Located at 1305 Washington St., in South Norwood, the area abuts the Coakley Middle School. It has conservation trails, picnic areas, a playground, a pool with a nifty new pool house, a spray park, tennis courts, three rectangular fields for soccer, lacrosse and football, two Babe Ruth baseball fields, and a fishing pond.

Father McAleer's, better known as Father Macs, is located at 295 Vernon St. This huge expanse of land has two soccer fields, a Little League baseball field, a playground, and a pool which is its star summer attraction.

Ellis Park sits at the corner of Codman and Cameron Road. It offers a baseball field, softball field, a small soccer field, and a playground.

The Lower Balch at 1168 Washington St., in South Norwood has a nature classroom area, a basketball court and a softball/baseball field. This month, the Town is hoping to build an outdoor floor hockey/street hockey/futsal court.

The Bond Street tot lot playground is located near Norwood Hospital. Two years ago, the Town poured a 4,000 square foot rubber playground surface to make the area more ADA-friendly for those with mobility issues. The Americans with Disabilities Act of 1990 (ADA) is a civil rights law that prohibits

PARKS AND ATHLETIC FIELDS

RESERVING AN ATHLETIC FIELD

To reserve a field, please visit us at the Civic Center and fill out a Field Request Form. Any questions, please contact Howard Weinstein at 781-762-0466 or email hweinstein@norwoodma.gov.

VISITOR GUIDELINES

In order to keep our children and parks safe, we ask that everyone visiting a Norwood park or field follow these guidelines:



TRASH: Pick up trash and dispose of properly. Trash attracts bees and wild animals. Trash is picked up regularly. If barrels are full, please remove your trash from the site. Some school sites do not have barrels due to the number of allergies to bees.



PARKING: Park in designated areas. If parking on the street is necessary, park in a manner that will allow emergency vehicles to access the fields and neighboring homes. Parking in crosswalks and in front of fire hydrants is illegal and unsafe. Be considerate of the neighbors, leaving enough room for access to driveways and do not park on their lawns.



DOG ORDINANCE: In order to keep our parks clean and enjoyable for all, please remember if you are a dog owner, please keep your dog on a leash and clean up after your pet. Please check park specific postings.

Please report any unsafe field conditions immediately to a league supervisor.

FIELD LOCATIONS & AMENITIES

Father Mac's	Ellis	Coakley Middle	Callahan	Cleveland	Savage Center	Balch
295 Vernon Street	Corner Codman/Cameron Rd.	1315 Washington Street	90 Garfield Ave.	33 George Willett Pkwy	275 Prospect St.	1168 Washington
Pool, Soccer Field, Little League Baseball, Playground	Baseball Field, Playground, Softball, Soccer	Softball Field, Rectangular Field, Babe Ruth Baseball, Tennis Courts, Walking Path, Exercise Stations	Rectangle Field, Tot Lot, Basketball Court	Little League Baseball/softball, Playground, Basketball Court	Basketball Courts	Tot Lot, Playground, Basketball Courts, Baseball, Softball
Oldham Field	Bond Street	Wilson Street	Murphy Field	Doherty	Prescott	Hawes Area
165 Prospect Street	Bond Street	Wilson Street	Pleasant St. & Allard Road	Brewster Drive	66 Richland Road	1305 Washington
Little League Baseball, Rectangular Field, Playground	Tot Lot	Babe Ruth Baseball, Playground	Little League Baseball Field, Playground, Basketball Court 23	Little League Field, Playground	Baseball/Softball, Playground, Basketball Court	Pool/Spray Park, Playground, Tennis Courts, Fishing Pond

discrimination based on disability. It affords similar protections against discrimination to Americans with disabilities as the Civil Rights Act of 1964, which made discrimination based on race, religion, sex, national origin, and other characteristics illegal, and later sexual orientation. In addition, unlike the Civil Rights Act, the ADA also requires covered employers to provide reasonable accommodations to employees with disabilities, and imposes accessibility requirements on public accommodations.

Wilson Street Park houses the Babe Ruth baseball field and a playground.

A baseball field and playground are available at Winslow



St., off of Winslow Ave.

Doherty Park off of Brewster Drive has a Little League baseball field and a playground.

And Murphy Field, also known as Pleasant Street Park, which sits at Pleasant St. and Allard Rd., has a Little League baseball field and a playground.

The Recreation Department and the Department of Public Works share the responsibility for keeping the fields in pristine condition for residents. The DPW performs all of the landscaping and field maintenance and cares for the ballfields – cutting, liming, and fertilizing. The Recreation

Department handles all of the maintenance for the playgrounds.

Travis Farley, Superintendent of the Recreation Department, said his department will highlight each of the parks weekly on Norwood Community Media.

“These outdoor play spaces located around the town are available for Norwood residents to use at their leisure,” Farley said. “With the nice weather coming up, we hope people will begin using them.”

The guidelines for using a

PARKS & REC
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RECENT NORWOOD TRANSACTIONS

4 Morse Ave	\$450,000
36 Plimpton Ave	\$290,000
157 Neponset St	\$471,000
643 Walpole St	\$475,000
602 Nahatan St	\$517,500
413 Prospect St	\$610,000
165 Walnut Ave	\$580,000
259 Vernon St.	\$652,100
65 Lincoln St	\$710,000
38 Chatham Rd	\$739,800
92 Croydon Rd	\$810,000
65 Albemarle Rd	\$830,000
301 Neponset St U:15	\$235,000
259 Rock St U:A4	\$216,000
226 Rock Street U:D2	\$233,000
20-22 Cedar St U:2	\$370,000
909 Washington St U:3	\$505,000
99B Day St U:2	\$500,000
876 Washington Street U:876	\$540,000
253 Nahatan U:4	\$617,150
253 Nahatan U:5	\$619,900
253 Nahatan Street U:7	\$629,900
253 Nahatan U:17	\$629,900
54 Savin Ave	\$500,000
5-7 Douglas Cir	\$522,500
63 Adams St	\$640,000
205-207 Winslow Ave	\$750,000



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Walk for Hunger Seeking Donations

BY BELLA CAGGIANO

Due to COVID-19, the 53rd Annual Walk for Hunger, a one-day annual fundraiser to alleviate hunger in Massachusetts, has been altered for a second year. This year, the event will be a virtual walk instead of a group, one-day event that was supposed to take place Sunday, May 2.

Norwood's team is committed to participate in the event and are currently receiving monetary donations and advocate on behalf of low-income neighbors. A gift will help many residents impacted by the virus struggling to put food on their tables.

Every year, Project Bread conducts the Walk for Hunger in order to assist the one in 11 households and one in nine children in Massachusetts who aren't always sure where their next meal is coming from.

Due to the Coronavirus, food pantries have experienced a surge in activity with very low inventory. Widespread unemployment for months to come is



likely to increase demands.

To make monetary donations to the food pantry, send a check to:

Ecumenical Community Food Pantry of Norwood, Inc. 150 Chapel Street Norwood, MA 02062

To make a donation towards the Walk For Hunger, visit www.norwoodfoodpantry.org, look for 'Search to Donate,' on Norwood's Virtual Walker page.

The Ecumenical Community Food Pantry of Norwood services Norwood and Westwood residents and is located at 150 Chapel St., in the Grace Episcopal Church. It is open regular hours for shopping, 8-11:40 a.m. In order to comply with

CDC social distancing safety guidelines, that have altered their procedures with a "Grab n' Go" system in their parking lot. Volunteers will receive orders for refrigerated and frozen food items, and provide clients with their "Grab n' Go" box of basic canned and boxed items. For those not able to visit the Pantry, they can call 781-291-3663 to request a temporary home delivery.

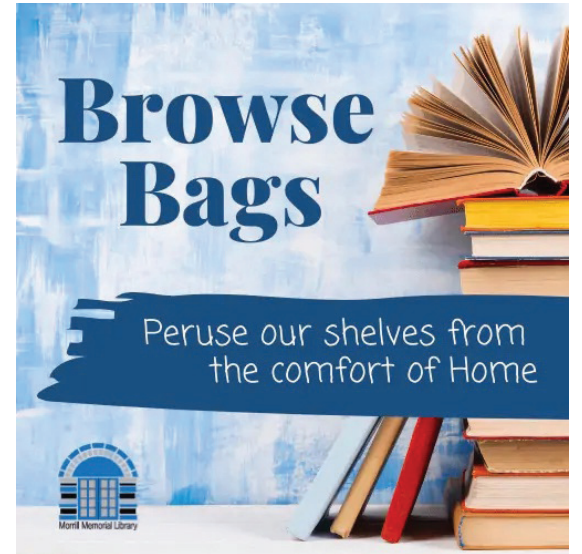
It is recommended that clients visit the Food Pantry Facebook Page (<https://www.facebook.com/NorwoodFoodPantry/>) to obtain updated information before they visit on Saturday.

Reading Rut? Problem Solved!

There are so many books lining the shelves at the Morrill Memorial Library, but sometimes it can be difficult to find just the right story to delve into an enjoyable afternoon of reading. Or maybe the library's restricted morning browsing hours are not convenient right now. Ready to stretch into different genres?

The librarians at the Morrill Memorial Library have you covered! Their newest service, Browse Bags, might be just the answer! Simply fill out a form and the staff will make selections to your reading preferences. Chances are, their suggestions may be options you have even thought to seek out!

The books will be packed specifically to your tastes available to pick up curbside. What could be



better than a personalized service tailored just for you!

Visit www.norwoodlibrary.org, click on Books & More, and choose Browse Bag. The rest is up to you...and your educated librarian!

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Turkey Dinner sliced turkey breast, our homemade stuffing, cranberry sauce, and brown gravy **\$105**

Baked Stuffed Chicken boneless chicken loaded with our homemade stuffing, and brown gravy **\$105**

Lobster Mac and Cheese a three cheese blend, penne pasta, and lobster meat, topped with a buttery ritz cracker crumb crust and truffle oil **\$140** (also available with buffalo chicken, shrimp, or steak tips)

Seafood Pasta fresh scallops, jumbo shrimp, and lobster meat tossed in our homemade fussili pasta (with your choice of red marinara sauce or a white white scampi sauce) **\$140**

Please place your take out order by 5PM, Friday, May 7
Orders may be picked up on Saturday or Sunday, May 8 & 9

Tuesday: Kids Night
Kids eat free from our Bambini Menu (dine in only, with the purchase of an entree)



Wednesday: Parm Night \$12
Eggplant Parm, Chicken Parm, or Veal Parm are \$12 each (dine in only, with purchase of a beverage, no combos)



Thursday: Fish & Chips \$9.99
(dine in or take out; fried cod, fries, cole slaw, and tartar sauce) [no substitutions please]



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The Official Results Are In!

BY BELLA CAGGIANO

The official votes have been tallied from the April 5, 2021 Annual Town Election!

The Town of Norwood took many precautions to ensure the safety of its residents during the voting process as volunteers processed voters through plexiglass and hand sanitizer was on hand entering and leaving the building.

SELECTMEN: (One) 3-Year Seat

William J. Plasko..... 1432 votes

TOWN MODERATOR: (One) 1-Year Seat

David Hern, Jr. 1432 votes

MEMBER OF BOARD OF HEALTH: (One) 3-Year Seat

Kathleen Bishop 1432 votes

MEMBER OF SCHOOL COMMITTEE (One) 3-Year Seat

David Michael Hiltz, Jr. 676 votes

Benjamin Alton Moser 600 votes

MEMBER OF FINANCE COMMISSION (TWO) 3-Year Seats

Robert G. Donnelly 998 votes

Kellie Noumi 832 votes

TRUSTEES OF MORRILL MEMORIAL LIBRARY (Two) 3-Year Seats

Sarah E. Begg 982 votes

George A. Michalec 847 votes

TRUSTEE OF MORRILL MEMORIAL LIBRARY (One) 1-Year Seat

(To fill a vacancy)

Sheri A. McLeish..... 523 votes

Shannon Joyce Greenwell 376 votes

MaryPaz 111 votes

Patricia A. Tibaudo 125 votes

MEMBER TOWN PLANNING BOARD (One) 5-Year Seat

Deborah A. Holmwood 682 votes

Alfred P. Porro, Jr. 650 votes

HOUSING AUTHORITY (One) 5-Year Seat

Patricia Griffin Starr..... 1060 votes

For Town Meeting Members election results visit www.norwoodma.gov/departments/town_clerk_and_accountant/voting_and_elections/election_results.

PARKS & REC

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Norwood park or field are simple:

Pick up your trash and dispose of it properly. Trash attracts bees and wild animals. If the trash barrels are full, bring your trash home with you.

Park only in designated areas. If parking on the street is necessary, park so emergency vehicles have access to the fields and to the neighboring homes. Do not park in crosswalks or in front of fire hydrants!

And be courteous to the neighbors – make sure not to

block their driveways or park on their lawns.

If you own a dog, check a park's specific postings for any restrictions.

If you are a Norwood resident interested in reserving any of these areas for a birthday party or other function, youth or sporting event for your organization, visit the Recreation Department at the Civic Center, at 165 Nahatan St., and fill out a request form. If you have any questions, contact Howard Weinstein, at 781-762-0466 or email hweinstein@norwoodma.gov.

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We're Not In Bedrock and You're Not with The Flintstones

BY DENNIS SULLIVAN & ASSOCIATES,
COUNSELORS AT LAW

You may recall the popular television show of the 1960's "The Flintstones" who lived in the town of Bedrock. It happened to be the first-ever prime-time cartoon show. Here, Fred's biggest concerns were staying on the good side of his wife Wilma and avoiding getting tackled by his pet dinosaur Dino when he came through the door. Today, however, life in this COVID-19 World isn't as simple.

The word "Bedrock" also means strength. Being strong is something we all want to achieve. One way of getting there is to view your life in three facets such as depicted on a pyramid. The pyramid, as we view it, represents our **health, finances, and legacy**. Beneath this pyramid is the **bedrock of our core values**: the fundamental beliefs we hold dear. These guiding principles dictate our behavior and help us

know the difference between right and wrong. Ideally, we share our core values with our loved ones. However, during this past year, core values have sometimes taken a back seat to the topsy-turvy COVID-19 landscape. Principles and beliefs, while still important, can get lost in the mere challenge of navigating through COVID-19 restrictions, sickness, and turmoil. Likewise, career, finances, relationships, and yes, our mental and physical well-being in general have been jumbled. Worry and fear have become the norm for many. **Are you one of the many who have suffered through sleepless nights?**

Nevertheless, beneath all of this, you still have your bedrock of core values. This is where we can help in making sure you stay on a straight path in your health, financial and legacy pyramid, despite all you have been through.

As we enter the second year of Covid-19, we're here to help you



explore and share your core values with loved ones. We offer **unique discovery counseling opportunities** with proven health, life, disability, estate, and asset protection planning processes to help guide you successfully through the COVID-19 landscape and other challenges you and your family may face. This is achieved through our new proprietary,

peace of mind, **Legacy Planning System**. It protects you for life, and most importantly passes on your core values and legacy for generations that follow. As you document your core values, you will **uncover what's most important to pass on** to those who follow in your footsteps for generations to come. Your legacy can be a fantastic legacy to pass

along! It is prudent, today more than ever, to protect your health, home, spouse, family, life savings, and legacy. In these continued times of COVID-19, you owe it to yourself and those year hold dear. Don't let this Bedrock opportunity pass you by!

Book a FREE online discovery session today. You'll discover why 90% of all trust and estate plans fail as well as what you can do to protect your health, home, spouse, family, legacy, and life savings. **Call 800-964-4295 NOW** or visit www.DSullivan.com to register for a Free Discovery Session! You will even qualify to **receive up to \$2,475 in valuable benefits** to update your trust and estate plans for the new Covid-19 world and build your own value-based legacy to guide future generations.

Dennis Sullivan & Associates is a team of caring, compassionate, experienced professionals who Protect Families for Generations.

Viola Sastavickas Scholarship Available

BY BELLA CAGGIANO

The Sastavickas Scholarship Committee is accepting applications for the 2021 \$1,000 scholarship. The annual scholarship was initiated by the family of Viola Sastavickas in 2007 in memory of their mother, Viola Sastavickas, a life-long Norwood resident and frequent visitor to the Morrill Memorial Library.

"[The scholarship] is a fitting tribute to our beautiful mother and to the library and staff who treated her with great respect and affection," Sastavickas' daughter Kathy said.

The scholarship will be awarded to a current or former employee or volunteer of the library. It can be used for undergraduate or graduate school, a

formal course of study, or enrichment opportunity (continuing education).

Applicants need to fill out an application, a brief essay describing educational goals and how the funds will be used, and one letter of recommendation. A recommendation will be made by a three-person selection committee comprising of the library board of trustee chairperson, library director, and the library staff association's president. That recommendation will be approved by the Board of Trustees. Decisions will be based on the quality of the request, financial need, and the individual's contribution to the library.

An application for the Viola Sastavickas Scholarship is available at the Morrill Memorial Library, 33 Walpole St. (Rte. 1A), and on the library's website at www.norwoodlibrary.org, (search: Sastavickas Scholarship). For more information, call, 781-769-0200. Applications are due by Monday, May 10. A final decision will be made by June 30, and funds distributed by August, 2021.



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Shelter in Place Initiated on April 10 in Norwood

BY BELLA CAGGIANO

On Friday, April 10, at approximately 9:32 p.m., Norwood residents in the immediate area of Juniper Dr., Access Rd., Heather Dr., etc. were asked to stay indoors and shelter in place by the Norwood Police Department (NPD).

NPD received a 911 call from a resident that a male family member had made concerning statements, retrieved a firearm, and was loading it. Due to the urgency of the situation, numer-

With sadness, the Norwood Health Department, Impact Norwood, and Minds Matter want to take a moment to acknowledge the suicide that occurred over the weekend. First and foremost, our heartfelt condolences go out to the family, friends, and others affected by this loss.

It is important that the community know the warning signs, how to get help, where to receive help, and local efforts aimed at preventing suicide.

These are what warning signs can look like:

- Talking about wanting to die
- Talking about feeling guilt or shame
- Talking about feeling as though they are a burden to others,
- Feeling hopeless and/or sad
- Feeling overly anxious
- Feeling agitated
- Feeling emotional or physical pain
- Withdrawing from friends and family
- Taking dangerous risks
- Extreme mood swings
- Sleeping more or less than normal
- Using drugs or alcohol more often

If these apply to you or someone you know, get help as soon as possible. For more information about the warning signs, and resources, visit <https://suicidepreventionlifeline.org/>.

Help can also be found by calling the National Suicide Prevention Lifeline at 1-800-273-TALK, or by texting "HELLO" to the Crisis Text Line at 741741. If a person is in immediate crisis, do not hesitate to call 911.

The Norwood Health Department believes that mental health promotion and suicide prevention are extremely important aspects to the health and well-being of our residents. Through Impact Norwood and the Minds Matter coalition, we are working hard to reduce the stigma around mental health, have more open conversations about it, and work with partners around the community to ensure residents—from youth to seniors—have opportunities to focus on positive mental health, and where to get help.

Local resources include Riverside Community Care which not only provides outpatient counseling, but also provides people with 24/7 access to emergency mental health services by calling 800-529-5077. Other resources in Norwood include Norwood Behavioral Health, and a number of private practices. If you are having trouble finding a provider that works for you, the INTERFACE Mental Health Referral Hotline is available to all Norwood residents. The hotline will help get you connected to a provider that meets any specific needs you have. Call the hotline M-F between 9am-5pm at 888-244-6843.

There are a number of resources available to you, so if you or someone you know is thinking about suicide, you are NOT alone, and it's okay to not be okay!

Additional Resources:

- The Connect Program: www.TheConnectProgram.org
- Action Alliance for Suicide Prevention: www.actionallianceforsuicideprevention.org
- American Foundation for Suicide Prevention: www.afsp.org
- Suicide Prevention Resource Center: www.sprc.org

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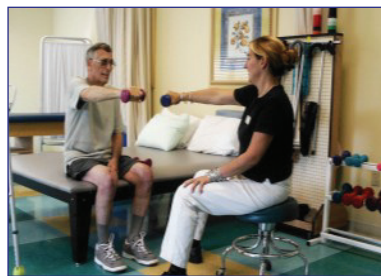


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ous radio cars responded and officers where led to believe the man had retreated in the thickly wooded area between Azalea Dr. and Norwood Airport. As a cautionary measure, Norwood Police Chief then authorized a call to neighbors and a social media post asking neighbors to shelter in place.

NPD and Norwood shift commander Sgt. Jay Payne jumped into action and additional resources and notified State Police and the Metropolitan Law Enforcement Council. Not soon after came the arrival of police canine dogs, air support, Metro SWAT, crisis negotiators, and a mobile command post was created.

Norwood Fire Department was also on scene to assist in any emergency medical needs and neighboring towns covered Norwood radio calls.

Air support helped to isolate

SHELTER IN PLACE
continued on page 9

Living Healthy

Neck Syndrome: A Casualty Of The Pandemic

Recently we have been seeing an increase in patients complaining of neck and upper back pain with radiation into the elbows and hands. More and more people have been sitting at their computers at their kitchen or dining room table rather than a proper desk and chair. All too often the table height is too high and the chair is too low. Typing or using a mouse causes the trapezius muscle to overwork causing neck and upper back pain. Over use over time causes break down in proper function and irritates the nerves and muscles leading to symp-

toms. Looking down at a lap top or smart phone may also contribute to these symptoms as putting your head in flexion can put up to 60 lbs of pressure in your spine and over time cause rounded shoulders and poor posture.

Derek G. presented in our office complaining of head, neck and arm pain. Since working from home due to the pandemic, the symptoms have gotten worse. He is now complaining of numbness and tingling into his hands and extreme fatigue in his arms, as well as tension headaches which he never had before. He was started on a traditional pro-

gram of chiropractic care as well as given exercises to strengthen and support his head and neck. We reviewed his work station and made recommendations to improve his sitting and smart phone habits as well. Derek is improving as expected and very happy not to have these symptoms on a daily basis.

If you are experiencing these symptoms and would like to get them resolved call The Holistic Center At Bristol Square (508) 660-2722 and make an appointment with Dr. Michael Goldstein or Dr. Rochelle Bien today.



Dr. Rochelle Bien & Dr. Michael Goldstein

SHELTER IN PLACE

continued from page 8

an area in the woods where the man was believed to be hidden and a perimeter was set. Numerous attempts were made to connect and negotiate by cell phone, loudspeaker, and Lt. Benedetti calling to him, but no responses were given. Because of the length of the standoff, air support needed to refuel at Norwood Airport twice.

Using ballistic protection, Metro SWAT and officers slowly entered the wooded area assuring the man they were there to help. Unfortunately, it appeared this is



when the man took his own life.

The investigation of his death will be overseen by Norfolk District Attorney in a joint investigation between his office and detectives and the Norwood Police Department.

At 1:45 a.m., the shelter in place was lifted and officers assured neighbors the incident was over. NPD following up the next day to answer any questions or concerns from those who live in the neighborhood.

“On behalf of the men and women of the Norwood Police Department, I want to thank our public safety partners, including the Massachusetts State Police, the Metropolitan Law Enforcement Council, the Norwood Fire Department, and the police de-

partments of Dedham, Walpole, and Westwood who came to our aid answering calls during the event,” Chief Brooks said in a formal statement. “Please keep the gentleman and his family in your thoughts and prayers.”

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Norwood Sports

Norwood Cheer

By CHRISTOPHER TREMBLAY

As with many social gatherings, high school athletics experienced turbulent cancellations due to Covid-19. Eventually, teams began to get back onto their respective fields to take part in an abbreviated season, but with no tournament play. While it was frustrating to the athletes, they were at least getting back to take part in the sports they loved.

Some sports, such as Cheer, were actually put on hold for a number of months. The Norwood Cheer squad would typically begin preparing for the upcoming season in August, but this year they were shelved and pushed to a Fall II season. They wouldn't see the field or gym until February, a full half of year later than normal. Senior Co-Captains Jillian Olbrys and Kendra DiTullio, both back spots for the team, found their final season to be not what they had expected or hoped for.

"It was really weird not having our season in the fall," Olbrys said. "Every year we've gone back to school in September and the first thing we do is start practicing and get ready for the season. That didn't happen this year; try-outs didn't even begin until February 22."

Not only was the season moved, but it came with stipulations, much like every other sport. Norwood would be allowed to Cheer at only three home games, nothing on the road. In a typical year, the squad would usually get to Cheer 10-12 varsity foot-

ball games. In addition to seeing their football games cut down, the team would also only be allowed to compete in one competition instead of five or six. The Tri-Valley League competition would be their one and only and it wouldn't take place until April 14.

"What really hurt was missing out on cheering on the team in our last Thanksgiving Day game," DiTullio said. "It was tough as that is something that we've always done and where we were on Thanksgiving morning."

Although the girls have lost



a good portion of their season, Coach Jill Buckman believes they are just happy to have somewhat of a season where they can cheer at all, especially the seniors.

"The adjustment in all sports has affected our senior year," Olbrys said. "The new rules, wearing of masks, and just being able to cheer at three games is sad, but at

least we have some home games."

In addition to wearing masks at all times, girls are to be at least 10 feet apart during their cheering routines and those in the stands are very limited as well.

"You can't see us smiling under our masks, we only get to cheer to two parents per girl and we have to yell because we are so far apart from one another," DiTullio said. "We are very thankful for some sort of season though."

Buckman added that during the half time shows the squad is only allowed to have two groups of 10 girls on the field to perform their stunts and have to stay away from one another instead of intermingling as they normally would. Having the girls stay in their own groups allows the identifying of those involved if there happened to be any sort of health issue.

The Norwood coach added that the TVL Competition meet is going to be different than any they've ever encountered.

"I may sound like a broken record, but again we are happy just to be having at least one competition," Buckman said. "In the past, we've had time to prepare throughout the year with each competition, but this year it will be our last 2 minutes and 30 seconds on the mat."

"I don't really think that there is more pressure on us having only one competition," Olbrys said. "We just know that it's the last time as seniors that we get to perform together so we really want to make it count."

As the Mustang Cheer team gets ready for their final performance of the season in mid-April, they continue to look back on what could have been.

"To be honest with you, I really didn't think that we were even going to have a cheer season," DiTullio said. "Not having anything last year and seeing what all the other sports were going through its just amazing that we are here and although a shortened season, it's a season. We have one last chance to see other teams and perform, it's exciting."

Buckman and her girls would like nothing more than to go out in this abbreviated season with the TVL Championship, but if that's not the case, they'll cherish the season they were able to have instead of sitting at home wondering what if.

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Norwood Sports

Norwood Lines Hold Key to Successful Season

By CHRISTOPHER TREMBLAY

Legendary Green Bay Packers Football Coach Vince Lombardi said, "Football is a game of inches and inches make the champion." The phrase 'life is a game of inches' refers to the reality that life can change dramatically based on things that are determined by the narrowest of margins. In terms of the football analogy, it also means that the people who are willing to fight for those extra couple of inches will usually come out ahead.

While many believe that football is won or lost on the scoreboard, it all begins with the offensive and defensive lines. If those lines don't perform to their ability, the game is most likely in jeopardy. The Norwood Mustangs are relying on their lines on both side of the ball to do their job, allowing the rest to fall into place.

"The lines are the heart and soul of our team," Norwood Football Coach Manny Lopes said. "These guys play with a physical attitude up front, and everything begins with the two lines."

Playing in the Fall II season, Norwood opened their schedule five months late, but with impressive results. The Mustangs defeated Medfield 20-7, where the offense ran for 277 yards, a testament to the offensive line opening holes. Defensively, Norwood held Medfield to 73 yards of total offense, 74 yards coming on one play.

Quarterbacks typically receive all the accolades for their play on the field, but Norwood has a talented group of linemen on both sides of the ball looking to bring the team success.

"Their play is literally everything to this team and we run the offensive behind them; as they go so does the team," Norwood QB Jason Denehy said. "Everyone in the backfield is confident playing behind them. I'm so confident in their ability that when I need to throw, I usually have all day, but our running game has been so good behind them I don't really need to throw all that much."

In front of Denehy, the offensive line has continued to do their



job giving him the time to throw if he so decides. Senior Justin Ring, the biggest player on the team at 6'5" and 300 lbs., is a force for the Mustangs at left tackle with senior Ryan Hsu next to him at left Guard. On the other side is right guard and senior captain Daniel Oloyde, who leads the backs through the hole, and sophomore right tackle Brady Earl. Offensive tackle is in Earl's blood as his father also played the position. As a sophomore, Coach Lopes is very excited to see how he develops over the next two years.

In the middle of the offensive line is center Sean Quinn, whom his Coach calls the perfect center.

"He makes every line call and tells the offensive line what they are doing," the Norwood Coach said. "He is a phenomenal athlete and a really likeable kid."

While it is the offense that usually does the majority of the scoring on the field, it is the defense that is continuously putting the offense in the best position to do just that. Leading the defensive side of the line is Oloyde, who Lopes believes is one of the best defensive linemen in the area and has been playing like a potential 'defensive player of the year' candidate.

"Olo is an unbelievable athlete and literally doesn't take a play off throughout the game; by the end he is totally gassed but gave everything he had," Lopes said. "Defensively, he can get to the quarterback better than anyone.

He's so good at getting through their line we don't really have to blitz all that much."

At defensive tackle, Norwood has seniors Hsu and Michael Gasparro patrolling the field looking for unsuspecting offensive opponents.

"Gasparro is a big boy that demands a double team on just about every play and in the opposing team doing so, frees up out linebackers," the Mustang Coach said. "Hsu, an All-World wrestler, does an unbelievable job with his hand fighting. He has definitely bought into what Defensive Line Coach Bartucca is teaching. He gets off the ball and his hands are already on the offensive player."

Using his wrestling skills to his advantage, Hsu has been able to get into the oppositions backfield and made a great number of plays for the Norwood defense.



Rounding out the defensive is junior Matt Alves, who like Gasparro, only plays on the defensive side of the ball. Alves plays defensive tackle for the Mustangs and according to his Coach, has a motor similar to Oloyde.

"He's very fast and can track down a player from the backside quickly," Lopes said. "He's a very athletic individual."

If Norwood is to go out and finish the season on a high note, the two lines need to continue to play to their best ability.

"The guys are older and more

mature, while the sophomore have stepped in to be key players," the Mustangs quarterback said. "They've done a lot of work in the weight room during the off season and I firmly believe that we can rival anyone in the state. These guys have been solid, and we can rely on their each and every play."

In what began as an unorthodox season under covid guidelines could turn out to be a very successful one for the Norwood football team.

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Calendar of Events

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

May 1

32nd Annual Fishing Derby & Rubber Ducky Race

Hawes Pond

The fishing derby will be held

3-5 p.m. Cost is \$3 per person (includes hot dog and soda). Registration begins at 2 p.m. Rubber Ducky Race at 4:30 p.m. Cost is \$5 per duck (ducks sold 1 week prior to event). Open to ages 15 years old and under. Bring your own fishing pole, bait, chair, etc. Prizes awarded. For more information, email cgrande@norwoodma.gov. Register at norwoodma.gov/departments/recreation. Held rain or shine.

Reels & Wheels Drive-In

Mercer Parking Lot B

6-9:30 p.m.

Movie title to be announced. Cost is \$20 per car. For online registration, visit norwoodma.gov/departments/recreation. For more information, email cgrande@norwoodma.gov.

May 3

Evanston's Living History

Morrill Memorial Library (virtual)

7 p.m.

Based on Dudnick's documentary, "Evanston's Living History," the Zoom presentation

focuses on the story of a community's struggle for justice; with roots extending to the town of Abbeville, South Carolina and the horrific lynching of one of its prominent citizens, Anthony Crawford. Follow the lives of Crawford's descendants and their allies as the fight for the passage of United States Senate Resolution 39, which apologized for the failure of the Senate to enact anti-lynching legislation. Learn about Evanston's greatest generation, and their courageous fight to free Evanston from the bondage of racial discrimination. The program will not include a showing of the documentary, but you can **watch it via Kanopy** ahead of time. (Never used Kanopy before? All you need is your library card! Registration is required. To register, visit www.norwoodlibrary.org or call the reference desk at 781-769-0200 x2.

May 6

Spring 2021 Sustainability Series

Morrill Memorial Library (Virtual)

7 p.m.

This event will be a program with the Norwood Trails Commission. Information was not available at press time, visit www.norwoodlibrary.org for more details.

May 7

American Red Cross Blood Drive

Knights of Columbus Hall, 572 Nichols St.

1-6 p.m.

Kids Night Out

Norwood Civic Center

6-8 p.m.

Parents take a break while the kids enjoy an evening of dinner, sports, games, and more! For grades 1-5. Cost is \$15 for residents, \$20 for non-residents. For online registration, visit norwoodma.gov/departments/recreation. For more information, email cgrande@norwoodma.gov.

May 8

Blessing Boutique Thrift Shop

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

10 a.m.-noon

Honor your mom and other special ladies in your life with our great selection of gifts for Mother's Day. Also offer beautiful clothes for the entire family to look your best!

Reels & Wheels Drive-In

Mercer Parking Lot B

6-9:30 p.m.

Movie title to be announced. Cost is \$20 per car. For online registration, visit norwoodma.gov/departments/recreation. For more information, email cgrande@norwoodma.gov.

May 11

Women's Business Networking Meeting (Zoom)

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

CALENDAR

continued on page 13

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* As part of the Norwood, MA community individuals and businesses qualify for membership in City of Boston Credit Union, for complete membership guidelines visit CityofBostonCU.com.

CALENDAR

continued from page 12

and community events/fund-raisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

May 14

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

Parents take a break while the kids enjoy an evening of dinner, sports, games, and more! For grades 1-5. Cost is \$15 for residents, \$20 for non-residents. For more information, email cgrande@norwoodma.gov.

May 15

School of Dance Annual Recital
Norwood High School

The Norwood School of Dance will be performing their 36th Annual Dance Recital.

May 16

Cars, Coffee & Conversation
Boch Exotics, 441 Prov.-High., (Rte 1)
10 a.m.-12 noon

All enthusiasts, fans, and drivers to join for an exciting morning filled with exotic cars, local coffee, and rich conversation. Coffee and breakfast food trucks will be on site during the event. Cash and/or credit cards will be accepted. Register at facebook.com/Boch-Exotics.

May 19

Virtual Turn the Page Book Group: "Below Stairs: The Classic Kitchen Maid's Memoir..."
Morrill Memorial Library
6:30 p.m.

Turn the Page Book Group will be reading "Below Stairs: The Classic Kitchen Maid's Memoir That Inspired Upstairs, Downstairs and Downton Abbey" by Margaret Powell. Copies of the book in regular print and large print will be available to pick up at the Circulation Desk. For questions, email Patty Bailey at pbailey@minlib.net or call 781-443-8864. Register at www.norwoodlibrary.org.

May 22

Blessing Boutique Thrift Shop
First Baptist Church, 71 Bond St. (use Walpole St. entrance)

10 a.m.-noon
So many things for you to choose from - great clothes and purses, household items, tableware, books, and lots more. Come have a look!

Reels & Wheels Drive-In
Mercer Parking Lot B
6-9:30 p.m.

Movie title to be announced. Cost is \$20 per car. For online registration, visit norwoodma.gov/departments/recreation. For more information, email cgrande@norwoodma.gov.

May 25

Women's Business Networking Meeting (Zoom)
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/fund-raisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

Titles on Tap Book Group
Morrill Memorial Library (Virtual)
7:30 p.m.

The May title has yet to be announced, visit www.norwoodlibrary.org. 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.

May 29

Reels & Wheels Drive-In
Mercer Parking Lot B
6-9:30 p.m.

Movie title to be announced. Cost is \$20 per car. For online registration, visit norwoodma.gov/departments/recreation. For more information, email cgrande@norwoodma.gov.

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Norwood Thrift Shop Reopening!

After 14 months of closure due to the COVID-19 pandemic, the Norwood Thrift Shop, located at 1091 Washington St., South Norwood, will be REOPENING on Saturdays, on May 1, 8, 15, 22, 29.
The Thrift Shop, operated by the Women's Community Committee (WCC), is a non-profit,

all volunteer organization. Donations of clean, saleable clothing and small household goods are accepted during retail hours and on Mondays and Wednesdays, 9:30 a.m.-11:00 a.m.
The stated goal of the WCC is to extend a helping hand. All proceeds from the Thrift Shop are used to support local charities and civic groups.

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Pet Corner

About the Bay State Animal Cooperative

Our Mission:

To practice a no-kill philosophy while providing humane resources and services aimed at reducing animal overpopulation and unnecessary suffering for companion, stray, relinquished and feral animals.

We work cooperatively with other humane organizations, local municipalities and the community to develop and implement programs including but not limited to:

- Low-cost spay/neuter assistance,
- Low-cost medical care,
- Trap-neuter-return (TNR),
- Community outreach programs and events,
- Rescue, shelter and adoption,
- Mobile medical, adoption and education services,
- Fundraising events, and
- A sanctuary.

- 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.

Sponsor Our Long Term Foster Cats....

These semi-feral cats live a comfortable life together, but they need your sponsorship. Please consider a monthly contribution to sponsor one of these cats so we can continue to keep them safe! We need special food, medication and veterinary care for these beautiful cats and your help is needed!

To sponsor, please pledge any denomination through the website or send a monthly check to:

(BSAC, Inc. -Sponsor, 42 Windsor Drive, Norwood, MA 02062) to support these long term fosters expenses.

Meet Pete

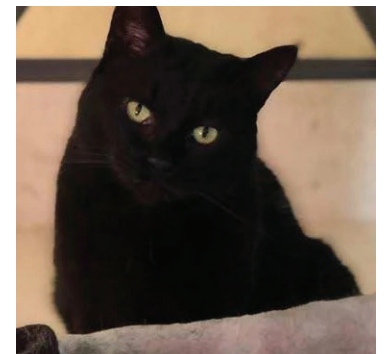


Where does his story begin? Pete was rescued from the great outdoors like so many other kittens. He and his siblings were on the older side of kittenhood and slightly harder to socialize. Ideally 8 - 12 weeks of age is an ideal guideline for easier socialization leading to adoption. Pete and his siblings were 3 to 4 months and needless to say, their socializing was a bit longer. However they were ready for new homes and he and his 2 siblings were

all adopted to the same fabulous family. Pete, however, did not transition well and cowered in the corners, slithered from place to place, (unlike how he acted at his fosters) and it was agreed by the new parents and BSAC that he should return to the only home he'd ever known - his foster. Pete loved being back in what is now his "long-term" foster where he demonstrates common behaviours of outdoor kitties. As such, he is considered "un-adoptable". He marks his territory, bullies the new foster cats, but has grown to love his humans and select roommates. Controlling his environment has curbed his need to express bad behaviours. That's just what we do!

How can you help Pete? Consider sponsoring him with a monthly donation in his name through our website or send a check to BSAC 47 Windsor Road, Norwood, MA 02062

Meet Swansea



Swansea is a long-term foster cat that has been in our care since the mid 2000's. Like most of our long-term foster cats, she was trapped after a tragedy hit her family. As a feral cat, she lived outside on a porch cared for by a wonderful man. He provided her with a shelter (heated) and food. She had not been spayed and had kittens in the shelter. One cold winter night, Swansea's 4 kittens became victims to a hungry raccoon. There was a fight as Swansea fended for her kittens.



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One was killed and sadly Swansea was severely injured. Her rear leg was torn from her body. Her caretaker contacted Bay State Animal Cooperative and we went into action. We worked several days to trap her and her 3 remaining kittens. Luckily the kittens were safe and later adopted. Swansea had to have emergency surgery and her rear limb was amputated. It was evident that going back to her previous existence was not in her best interest. As a true feral, Swansea was placed with existing ferals in a sanctuary where she adjusted fabulously. She is getting older, and has slowed down a bit but is happy. Swansea and all of our long-term fosters, are fed a grain-free canned and dry food diet. We expect more medical expenses as she grows older along with her friends and your help and sup-

port is appreciated.

Consider monthly recurring donations through our website <http://www.baystateanimals.org> or send monthly checks to 47 Windsor Rd., Norwood, MA. 02062 to help support Swansea and the other long term foster cats that are cared for daily by Bay State Animal Cooperative.

Meemee, Paul and JR

Snuggle time! It's important we all share the same bed.



Mamma Kitty



Sherbert



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Check us out on social media: www.baystateanimals.org



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www.twitter.com/BayStateAnimals



www.instagram.com/baystateanimals16

Looking for Volunteers for Dog/Car Wash in June!



The Bay State Animal Cooperative is looking for volunteers to help with our Annual Dog/Car Wash on Sunday, June 6. All ages welcome! Children must be accompanied by adults.

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Christmas in April in Norwood!

By BELLA CAGGIANO

Local residents might have been a little confused when they noticed 'A Christmas Carol' on the Norwood Theatre marquee in April. Even more so when they got a closer look at the fes-

tively decorated windows, flyers at the theater entrance, and then Norwood Light Broadband decorating the Town Gazebo and common.

Well, no one was imagining things! Berkshires Film LLC was

in town filming an independent film, and you guessed it, a holiday movie! The film is entitled 'A Playful Romance,' and centers around the cast appearing in a play which will actually be filmed in Norwood's own quaint Nor-

wood Theatre!

Local, non-union extras were actually recruited to play pedestrians, theater patrons, tavern customers, and more, so play close attention when the film is released!




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**Congratulations to our April Winner:
Sheila Donlon**

URI Graduate Student Awarded Prestigious Fellowship From National Science Foundation

URI graduate student Eman Khwaja examines an image of the lateral line system on the head of a fish as part of her doctoral research. (Photo by Nora Lewis)

As a homeschooled student from kindergarten through grade 12 in the Boston, Dallas and Atlanta areas, Eman Khwaja felt empowered to invest in her education outside of traditional classrooms. Programs and volunteer work at zoos, aquariums, nature centers and other outdoor venues were key elements of her education, and they helped the University of Rhode Island graduate student decide to pursue a career studying marine biology and animal behavior.

“My goal has been to become a marine biologist since I was 5 years old,” said Khwaja, who completed high school two years early and earned a bachelor’s degree in neuroscience at Agnes Scott College in Georgia. She now lives in **Norwood, MA.**

“I discovered I was really interested in behavior, which is why I studied neuroscience, and now I’m applying that knowledge to the behavior of fishes.”

Khwaja’s education and research just received a significant boost from a prestigious fellowship from the National Science Foundation that will fund three years of her graduate studies and provide a \$34,000 annual stipend.

“I really didn’t believe I had gotten it at first,” she said. “I experienced a lot of emotions when I got the word. For a week afterwards, I kept going back to my email to double check that I didn’t imagine it.”

Part of her emotional response was gratitude to her parents, she said, for homeschooling her and providing the skills that she needed to be awarded the fellowship.

“They helped me realize that being a Muslim woman of color was not a barrier to my goal of

becoming a marine biologist,” she said. “They also encouraged me to recognize the value of my education and empowered me to take ownership of my education, and for that I’m full of gratitude.”

Khwaja’s research for her master’s degree focuses on the lateral line system of fishes, a sensory system that detects water flows that helps fishes find food, avoid predators and engage in schooling behavior. Working with Marine Biology Professor Jacqueline Webb, she is examining how some of the sensory organs on the head and bodies of the fishes – called superficial neuromasts – are organized in various groups of fishes.

“I’m trying to learn about the organization of superficial neuromasts to better understand how they evolved and how they function in fish behavior,” she said.

FELLOWSHIP
continued on page 18

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Social Security's Business Services Online Portal Key to Accurate Earnings Records for Workers

Accurate earnings records are vital to the Social Security Administration and to every worker in the United States. If Social Security cannot match the name and Social Security number (SSN) reported on a W-2, Wage and Tax Statement, to its records, the agency cannot credit the earnings to that worker's record. When earnings are missing, the worker may not qualify for Social Security benefits or the benefit amount may be wrong.

Historically, approximately 10 percent of the W-2s the agency

receives each year from employers initially have mismatched name/SSN combinations. There are a number of reasons why reported names and SSNs on W-2s may not match with Social Security's records, such as typographical errors, unreported name changes, and inaccurate or incomplete employer records. By using more than twenty automated matching routines the agency can identify commonly occurring errors that, when corrected, allow the accurate crediting of reported earnings to the

correct worker's earnings record.

Social Security works hard to educate employers—large and small, at the national and local level—about the importance of accurate wage records and the free tools available to them. The agency works closely with the payroll provider community through organizations such as the American Payroll Association and the National Association of Computerized Tax Processors. Agency employees speak at the Internal Revenue Service's Nationwide Tax Forums and participate in quarterly meetings with Reporting Agents (large third-party filers). Social Security's Employer Services Liaison Officers and Public Affairs Specialists educate small business employers throughout the nation through local engagements.

In all of the activities, the agency includes information about its online suite of services, Business Services Online (BSO), at www.ssa.gov/bsowelcome.htm. The tools included in BSO provide employers the opportunity to correct errors before, during, and after the development and submission of their wage reports. These tools include:

AccuWage: Downloadable software that tests the accuracy of wage reports before submission by identifying common formatting errors.

Social Security Number Verification Service: A free service to verify that all employees' names/

SSNs match the Social Security Administration's records before submission.

View Name and Social Security Number Errors: A service for electronic wage reporters to view the processing status and errors (including name and SSN mismatches) after their submission.

"It is extremely important that the Social Security Administration has accurate earnings records for workers throughout the country, and this begins with accurate wage reports from the nation's employers," said Andrew Saul, Commissioner of Social Security. "I encourage all employers, large and small, to use the free tools on our Business Services Online portal. The earnings record of every worker determines their future eligibility and the amount of Social Security benefits they will receive, so accuracy is vital."

Commissioner Saul also made the decision to discontinue mailing employers educational correspondence (EDCOR) notices to focus agency efforts on making it a better, easier, and more convenient experience for employers to report and correct wages electronically. EDCOR notices inform employers that name/SSN combinations on a submitted W-2 cannot be matched to Social Security's records and provides instructions on how to correct the mismatches using tools on BSO. The agency also will continue to seek out new opportunities to educate employers and provide modernized software

for electronic wage reporting that informs wage reporters of certain errors in real time as they upload their wage reports.

In addition to Social Security's work with employers, the agency encourages workers to view their personal earnings records, and submit corrections, online by creating a my Social Security account at www.ssa.gov/myaccount.

Through their my Social Security account, people can check personal information and conduct business with Social Security. If they already receive Social Security benefits, they can start or change direct deposit online, request a replacement SSA-1099, and if they need proof of their benefits, they can print or download a current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides earnings information as well as estimates of future benefits. Residents of most states may request a replacement Social Security card online if they meet certain requirements.

The portal also includes links to information about other online services, such as applications for retirement, disability and Medicare benefits.

To get more Social Security news, follow the Press Office on Twitter @SSAPress.

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FELLOWSHIP

continued from page 17

Khwaja is using several imaging techniques to study the pattern of the neuromasts on tetras, a family of fishes in the Amazon. She will also conduct behavioral studies of these fishes in her URI lab.

"Information like this helps us understand a lot about the behaviors we see in the wild, and it gives us more information about the environment where

they live, especially the Amazon, which is important to conservation," she said. "The lateral line system is also of interest to engineering companies, who may be able to learn from my research."

Upon completion of her master's degree, Khwaja anticipates pursuing a doctorate to apply what she learns at URI to marine conservation. She eventually plans to continue her research at a government agency or nonprofit conservation organization.

In addition to Khwaja, URI

alumna Cassandra Chartier was awarded the NSF graduate fellowship to study chemistry at Columbia University. Three other URI graduate students – Katherine Rocha, Samantha Schofield and Anna Schrecengost – received honorable mention.

Since 1952, the National Science Foundation has funded more than 50,000 graduate research fellowships out of more than 500,000 applicants. Forty-two fellows have gone on to become Nobel laureates.

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MDP for Men

Local CVS Stores Lead the Way with Revolutionary Product for Men

By JANE LEBAK



CVS is now featuring a new product for a problem no one wants to talk about: unpredictable light bladder leakage for men.

MDP (Male Drip Protection) is a revolutionary super-absorbent sleeve designed to be worn directly on the male anatomy. MDP's developer, Ian Heyman, says, "Twelve million men in America experience light incontinence for reasons including prostate problems, kidney issues, or even Crohn's disease. For too many men, this leakage gets in the way of an active life."

Ian developed MDP after he witnessed his father's embarrassment at the occasional wet spot. "There was nothing on the market to help my Dad, so I designed and patented an anatomically conforming solution for men."

Although the product was previously sold only through MDP-4men.com, high demand has brought it to local CVS shelves. "We're excited that CVS recognizes the innovation MDP brings to the men's incontinence market," says Ian. "These MetroWest locations will be the first stores in the country to offer MDP products."

MDP is light, flexible, and discreet. Its design permits it to flex with the anatomy while men are working, walking, lifting, or sitting. "When it comes to bladder leakage, some men don't tell anyone what they're dealing

with, not even their wives," Ian says. "Light incontinence is more than just a laundry problem. It's a quality-of-life problem, but one that is absolutely solvable."

Ian developed the product in consultation with doctors, prostate support groups, and several expert designers. Although there are plenty of guards and shields on the market, the challenge in designing a man's incontinence product was the variability of the male anatomy.

"A man's anatomy changes size and position many times throughout the day," says Ian. "Everything else for men func-



MDP™

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comprised of a silklike nonwoven fabric, the softest available for hygiene products. "The male anatomy is extremely sensitive," says Ian. "Our product needed to be ultra-soft where it comes in contact with the anatomy."

The second layer channels fluid away from the body. This keeps the user dry and prevents skin irritation.

The third layer is the absorbent core, trapping the fluid until the wearer is ready to dispose of the product. Enclosing it all is the fourth layer, a poly-barrier that is breathable for comfort but prevents any leakage from escaping.

The side panels have variable zones of elasticity that instantly adapt to changes in shape, size, and position. Finally, the two hook-and-loop straps ensure MDP is a self-adjusting product that the man doesn't have to think about.

Put all together, the MDP product is comfortable, breathable, and much more discreet than a bulky guard or ineffective shield. "This is the first product of its kind," says Ian. "It's invis-

ible to the wearer, and it's invisible to everyone else, too."

That very invisibility was a primary concern to all the test-users and early adopters. "There's an embarrassment factor that makes men not want to talk about this," says Ian. "But there should be no stigma in taking care of your body."

With its bold logo and black and gold packaging, MDP's sleek box stands apart in the aisle of bulky incontinence products. Ian says, "I've met men who try to make do with paper towels and a rubber band, but men deserve better. They deserve to take their wives out for dinner and trust they won't have to hurry home. They deserve to cut the grass, go golfing, or see their grandkids, all with the security of knowing they'll stay dry and comfortable."

Comfortable, secure, dry, and discreet...that's what MDP delivers. MDP is available on shelves now at CVS in Millis, Wrentham, Millbury, North Kingstown, and four other locations. For more information or to have MDP shipped discreetly to your door, visit <https://mdp4men.com> today.

tions as a shield that attaches to the clothes. A man's product needs to attach to his body to accommodate changes immediately as they occur."

MDP achieves exactly that, fitting like an absorbent sock right onto the male anatomy, then staying secure using two straps with variable zones of elasticity.

Although MDP features four functional layers, it's as thin as a pantyliner, and also feels like silk. "Once a man learns to secure it, MDP stays in place for as long as he needs it."

This made-in-the USA product features an innermost layer

Norwood Fire Awarded Over \$7,000

Norwood Fire Chief George Morrice recently announced the Norwood Fire Department was awarded over \$7,000 to support its Student Awareness of Fire Education (S.A.F.E.) and Senior SAFE Programs by the Massachusetts Department of Fire Services.

The Norwood Fire Department will use the money to fund the department's fire prevention and education program in the schools and within the senior community. The S.A.F.E. program was awarded \$5,281 in state funding, while the Senior S.A.F.E. program received \$2,680.



Real Estate Corner

Good Deeds: Covid-19 and the Registry



It has been over a year since the Coronavirus entered our vocabulary and our lives. What was said of the 1918 influenza pandemic can be said of COVID-19, "Nothing else-no infection, no war, no famine- has ever killed so many in as short a period." The most important recognition of this COVID-19 pandemic is that it has taken the lives of our fellow Americans and individuals across the globe. The loss of life from COVID-19 has had such a devastating impact on the individual that lost

the battle against this deadly disease and the grieving family and friends left behind. There has been both a physical as well as mental toll from COVID-19 on individuals that survived the battle against this debilitating disease. Our thoughts and prayers are with those who have lost their lives due to the Coronavirus and those that have been impacted by Coronavirus.

The employees who work at

GOOD DEEDS
continued on page 22

Continued Increases in Real Estate Activity in Norfolk County

Register of Deeds William P. O'Donnell recently reported that the increases seen in real estate activity in Norfolk County is continuing. The month of March in 2021 saw increases in a number of real estate indicators over the same time period in 2020.

"The Norfolk County real estate market continues to be vibrant," Register O'Donnell stated. "There were 19,892 documents recorded at the Norfolk County Registry of Deeds which is a 58% increase over last year's March document volume. There were 1,672 deeds recorded out of this document volume, representing a 24% increase over March of last year. Average sale price, again including both residential and commercial sales, increased 27% over 2020 to \$914,601.61. Last year's March real estate numbers were at the beginning of the onset of COVID-19 and the COVID-19 emergency declarations so it is pleasing to see that the real estate market has rebounded from that unforeseen emergency."

In addition to real estate sales, the Norfolk County lending market has been very busy in March. There were 5,423 mortgages recorded during the month which is a 69% increase over 2020. Total amount of money borrowed for mortgages county wide was over 2.2 billion, a 28% increase compared to March 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 said. "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.

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. The Norfolk County Registry of Deeds has been closely watching the foreclosure market.

"During March of 2021, there were 4 foreclosure deeds recorded as a result of foreclosure processes taking place in Norfolk County," Register O'Donnell said. "Additionally, there were 16 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 March of 2020 just as COVID was coming into play there were 51 Notices to Foreclosure Mortgages and 10 foreclosure Deeds. This month's foreclosure numbers are higher than the previous few months. It is something to watch as the year progresses.

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 suggested.

Homestead recordings by owners of homes and condominiums continue to increase this year at the Norfolk County Registry of Deeds in March. There was a 23% increase in

RE ACTIVITY
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RE ACTIVITY

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homestead recordings in March 2021 compared to March 2020.

“A Homestead provides limited protection against the forced sale of an individual’s primary 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 entrance 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 Regis-

try of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

SHOULD YOU CONSIDER A MOVE THIS YEAR?

QUIZ

Answer these questions to see if you should jump into the market!

<p>ARE YOU FINANCIALLY SECURE?</p> <p><input type="radio"/> A Yes <input type="radio"/> B No <input type="radio"/> C Somewhat</p> <p><small>If you have steady income and you're able to secure a down payment, now is a good time to enter the market, since low interest rates will make your monthly mortgage payment more affordable. Otherwise, keep saving and revisit your search later this year!</small></p>	<p>DOES YOUR JOB ALLOW FOR EXTENDED REMOTE WORK?</p> <p><input type="radio"/> A Yes <input type="radio"/> B Sometimes <input type="radio"/> C Never</p> <p><small>Employers with a flexible work-from-home policy don't necessarily need to live in the same place (they work). This can lead to housing opportunities in neighborhoods you hadn't previously considered.</small></p>
<p>HOW OFTEN DO YOU FIND YOURSELF NEEDING MORE SPACE?</p> <p><input type="radio"/> A Always <input type="radio"/> B Sometimes <input type="radio"/> C Rarely</p> <p><small>Most families could benefit from an extra room or two. Consider upgrading this year while market conditions are solid. If you'd rather renovate your current home, call me for a referral to a trusted contractor!</small></p>	<p>ARE YOU HAPPY WITH YOUR CURRENT LOCATION?</p> <p><input type="radio"/> A Yes <input type="radio"/> B No</p> <p><small>This is the perfect time to find a great deal in your dream location. Give me a call - I'm part of a vast network of reliable real estate agents across North America who can help you.</small></p>

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Real Estate Corner

GOOD DEEDS

continued from page 20

the Norfolk County Registry of Deeds were recently recognized as “Every Day Heroes” by D’Angelo Grilled Sandwiches. This recognition program honors groups of individuals who stand out in their community during the COVID-19 pan-

demic. Thank you D’Angelos for saluting the effort and service that I see demonstrated every work day by the employees of the Registry of Deeds. The Norfolk Registry of Deeds employees have kept the Registry open and operational every work day since Governor Baker declared a State of Emergency back on March 10, 2020.

Why is this so noteworthy? By keeping the Norfolk County Registry of Deeds 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. These dedicated employees had a hand in making sure if you were a seller your house got sold or if you were a buyer you have your new home to live in. Think of all the individuals impacted by what goes on at the Registry of Deeds- the banks that lend the money, the real estate brokers, builders, contractors, plumbers, painters, home inspectors, appraisers and so many more whose livelihood depends on what takes place at the Registry of Deeds.

The Coronavirus pandemic that has swept the globe has brought medical concerns, financial pressures and a host of negative impacts in the daily lives of all of us. As someone tasked with running the Registry of Deeds I greatly appreciate what the Registry employees have done and continue to do during this trying period of time. Each Norfolk Registry of Deeds employee is an “Every Day Hero” for doing their job and doing it well.

Governor Baker in his Executive order issued on March 23, 2020 defined COVID-19 essential services. There is a reason

Registry of Deeds personnel were listed in the Governor’s order. No the services provided do not rise to the impactful jobs done by all our first responders- our police, our fire fighters, our EMTs, our nurses, doctors and medical personnel. A big thank you to all of these workers and all they have done during this COVID-19 pandemic.

But did you know that with the Coronavirus pandemic raging, the Norfolk Registry of Deeds employees recorded a total of 179,2660 land documents during 2020. This is a 19 percent increase compared to the previous year. Through the first three months of 2021 there have been 50,935 documents recorded. There has been busy real estate activity despite COVID-19 that has led to increased revenue collections at the Norfolk Registry of Deeds. Over \$68 million dollars was 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, education and social services. These collected funds are also used for the Community Preservation Act (CPA) projects in our local communities. All this is why Registry of Deeds workers were deemed essential workers during COVID-19 under Governor Baker’s order.

The safety and health of all our Registry employees has been our chief priority. Social

distancing in the work place, changing up work stations, wearing masks, utilizing the Registry Disaster Recovery office and like all of you just being cognizant of the realities of Coronavirus has worked at the Norfolk Registry of Deeds. Not every Registry of Deeds in the Commonwealth of Massachusetts, there are 21 of them, can say they were NOT shut down during the Coronavirus pandemic. Knock on wood the Norfolk Registry of Deeds is one of those Registries that has not been shut down during the Coronavirus pandemic.

The modernization initiatives implemented at the Norfolk Registry of Deeds assisted in making sure operations during the Coronavirus continued. There is an internet land record research library at the Norfolk Registry of Deeds that goes all the way back to its founding in 1793. Registry’s records are brought into homes and businesses via the Registry website at www.norfolkdeeds.org. Electronic recording is available to record documents. You can contact the Registry Customer Service Department at 1-781-461-6101 with any questions. But it takes people to make sure modernization initiatives and technology work. The Norfolk Registry of Deeds employees are those people.

My wish to the Registry employees and all of you is that you and your loved ones keep well and healthy. Be well. Be safe.



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- D. Caggiano



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