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September 2021

The Voice of Your Community

Let's Celebrate Norwood!

**The 18th Annual Norwood Day celebration will be held
Saturday, Sept. 18!**



BY BELLA CAGGIANO

The year 2020 is almost a blur. Most activities were restricted to home and people desperately missed events and traditions they look forward to all year long. The long wait is over Norwood residents, Norwood Day is back in 2021!

This annual celebration brings businesses, organizations, and residents together to share information, goods, and services, but just as importantly, celebrate this wonderful town. The event will be held Saturday, Sept. 18, 10:30 a.m.-2:30 p.m., with vehicle traffic closed from the intersection of Washington and Nahatan Sts., through the split at Washington and Walpole Sts., and all streets surrounding the Town Common.

NORWOOD DAY
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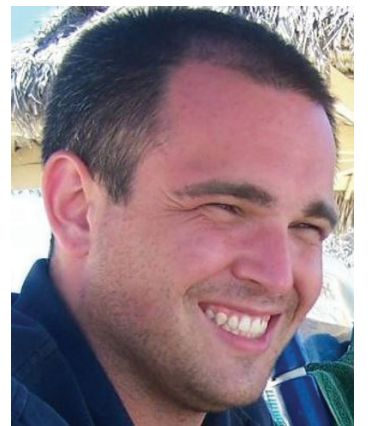
Making A Difference in Someone's Life!

Honoring Ricky

BY DONNA LANE

The letter begins, "Dear Friend, We would like to introduce ourselves. We are the parents of Ricky Giacoppo – Bernadette and Rich Giacoppo. We lost our son Ricky on May 11, 2019, to a fatal overdose. ... We adored our son and never gave up hope he would beat this insidious disease that he suffered from for over twenty years." Ricky suffered from Attention Deficit Hyperactivity Disorder (ADHD) and Substance Use Disorder.

More than two years have passed and the grief of these parents is still palpable; but, rather than languish in their grief, it has spurred them to action—to help others that are suffering with Substance Use Disorder, a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication, homelessness, or mental illness.



One of the things the Giacoppo family wants to address is the stigma associated with Substance Use Disorder.

"It is a medical disease that is generally accompanied with a mental health issue," Rick stated. "We need to dispel the notion that it's a decision. It isn't."

The standard classification of mental disorders used by mental health professionals in the United

RICKY

continued on page 3

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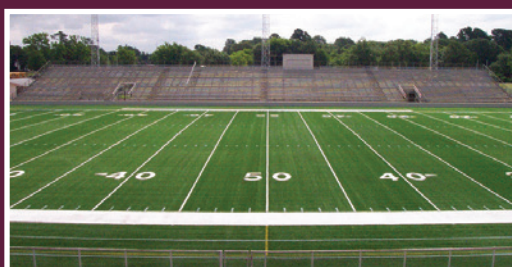
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NORWOOD DAY

continued from page 1

It's a great scene to take in as downtown Norwood and the Town Common are transformed into a community festival. The streets are filled with thousands of people enjoying live entertainment, games, sporting events, kiddie rides, crafters, food bites from local restaurants, sidewalk sales, and visiting tables of businesses and non-profit groups, and town department displays.

The 18th Annual Norwood Day actually launches the evening before, Friday, September 17, with a fireworks display at the Coakley Middle School. Beginning at 6:30 p.m., the school field is bustling with games the entire family will enjoy! As darkness approaches, the Norwood skies will light up with fireworks (again generously donated by David Spiegel) as a fitting prequel to the next day's celebration.

On Saturday, September 18,

at 9:30 a.m., a parade kicks off the spectacular main event, beginning at the Morrill Memorial Library with the Norwood High School (NHS) marching bands and fall sports teams proudly strutting their school colors and entertaining spectators. The parade concludes at the town gazebo where the NHS Spirit Club will identify the King and Queen of the Court and the

Ann Lydon Volunteer of the Year Award will be presented (the winner is a secret). The prestigious Award recognizes and honors a Norwood resident who has gone above and beyond to help the local community.

Immediately after the parade, the spectacular street carnival begins with booths of local retail merchants, community organizations, crafters, food vendors,

sporting events, and much, much more. A stage at the Washington/Walpole Sts. intersection outside Conrad's will stand as a periphery anchor with local bands and dance groups performing throughout the day while the town gazebo lawn will serve as the second anchor with food and pony and amusement rides.

The entire communal party will run from 10:30 a.m. to 2:30 p.m., and for a great bargain of only \$3 for a Norwood Day button (\$5 the day of the event), entrance and participation is free to almost all events. Buttons can be purchased from any committee member or at the Civic Center, on Nahatan St., or from volunteers the day of the event. Most residents will recognize a familiar face on this year's Norwood Day button; Norwood's former Assistant Town Manager, and town event champion, Bernie Cooper, who unfortunately passed away in January, 2021.

Norwood Day buttons will provide access to most of the

Event Calendar

Friday, September 17

Coakley Middle School

6:30-8 p.m. p.m.

Family games

and entertainment

8 p.m.

Spectacular Fireworks Display

Saturday, September 18

Downtown Norwood

10:30 a.m.

Norwood Day Parade begins at Morrill Memorial Library and runs through downtown to gazebo

10:30 a.m.-2:30 p.m.

Norwood Day Celebrations in downtown Norwood

games, rides, and a lot of food, including, pony rides, rock climbing wall, amusement rides, Big Daddy's Racing, and so much more!

According to Norwood Recreation Director Travis Farley,

NORWOOD DAY

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RICKY

continued from page 1

States is called DSM 5 Substance Use Disorder. (DSM is an acronym for the Diagnostic Statistical Manual for Mental Disorders.) The DSM 5 recognizes substance-related disorders resulting from the use of 10 separate classes of drugs: alcohol, caffeine, cannabis, hallucinogens, inhalants, opioids, sedatives, hypnotics, and stimulants.



On Wednesday August 4, 2021 Ricky, Inc. delivered 40 backpacks to the VA Hospital in Jamaica Plain. Most of the backpacks were for the drop-in clinic and others were to be issued to the residential clients in recovery treatment. Picture above are Mary and Evan from Volunteer Services and Rich Giacoppo

The Giacoppo family has been doing street outreach both in Massachusetts and Maine for the past two years. The Giacoppo's sons, Christopher and Nicholas, and Nicholas' wife Virginia, handle community outreach in Portland, Maine. Their parents handle outreach in Massachusetts, primarily in the Boston area.

"Despite all we tried, we couldn't help Ricky," Bernadette said. "But if we could help someone else ... that's what keeps us going."

"There are a lot of homeless people in Portland that need help," Bernadette said. "And there's a terrible humanitarian crisis going on in Boston. There are hypodermic needles everywhere on Mass Avenue. Many of these people are homeless, and they are getting robbed or sexu-

ally assaulted."

To date, the Giacoppo family has distributed more than 1,000 backpacks to men and women in recovery homes, detox programs, Department of Public Health programs that serve people with substance use disorder, veterans, and street outreach in the Mass Ave. Boston area via the 501(c)(3) non-profit that they established: Ricky, Inc..

Why backpacks?

"Because people who are homeless don't have a lot of

things," Rich said. "They cherish the backpacks and can carry all of their personal possessions in them."

Each backpack that is distributed contains the Dear Friend letter reminding the recipient that they are valued human beings and not throw-aways. Each also contains an extensive resource manual that includes detox treatment services, recovery homes, stabilization programs, hotlines, medicated assisted treatment locations, explanation of the Good Samaritan Law, and much more! Backpacks distributed to veterans also include veteran-specific information in them.

A notebook or calendar is tucked into the summer backpacks along with a hygiene packet: toothbrush and toothpaste, shaving essentials, soap, shampoo products, deodorant, band-aids, as well as two pairs of socks, a water bottle, antiseptic wipes, foot powder, sunblock, rain poncho, sunglasses, and other sundry items, male or female appropriate. A bit more is

RICKY

continued on page 4



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63 Cypress St	\$440,000	15 Manchester Rd	\$610,000	64 Yarmouth Rd	\$750,000
36 Alandale Pkwy.	\$486,000	31 Downing St	\$610,000	462 Nahatan St U:A2	\$225,000
84 Sunnyside Road.	\$472,000	47 Pine Street.	\$711,000	219 Rock St U:G2	\$240,000
506 Walpole St.	\$459,000	15 Heather Dr.	\$650,000	41 DAVIS AVENUE U:1	\$250,000
54 Walnut Ave	\$499,900	114 Chapel Street	\$605,000	215 Rock St U:J5.	\$285,000
9 Elkway	\$535,000	45 Berwick Pl	\$700,000	226 Rock St U:D1	\$289,000
280 Ridgewood Dr.	\$580,000	65 Norton Dr	\$710,000	315 Neponset Street U:52.	\$290,000
304 Walpole Street	\$565,000	7 Sherwood Dr.	\$710,000	767 Washington St U:103	\$435,000
61 Gay St.	\$610,000	36 Marlboro St.	\$665,000	9 Upton Avenue U:2	\$489,999
111 Sumner St	\$530,000	44 Independence Way.	\$713,500	70 Endicott Street U:103.	\$528,000
18 Quincy Avenue	\$510,000	47 Deerfield Rd	\$690,000	70 Endicott St U:1505	\$530,000
121 Lane Dr	\$650,000	35 Arnold Rd.	\$675,000	9 Upton Avenue U:1	\$589,900
191 Winslow Ave	\$560,000	49 Churchill Dr	\$740,000	70 Endicott St U:1606	\$620,000
44 Cedar Street	\$612,000	11 Lasalle Road	\$699,900	253 Nahatan U:10	\$679,900



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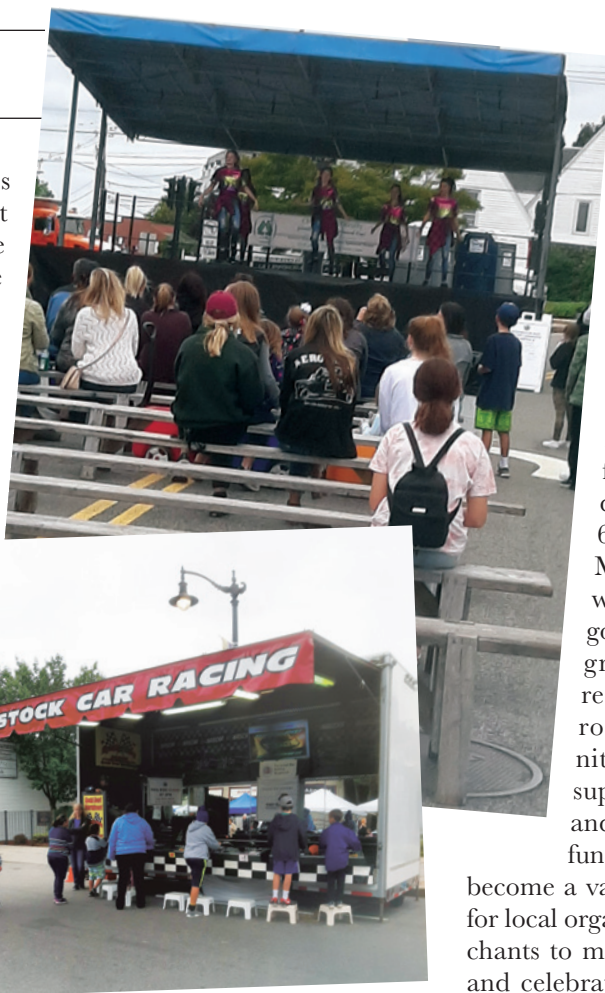
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NORWOOD DAY*continued from page 2*

Norwood Day still remains completely self sufficient and comes at no cost to the Town. All expenditures are satisfied by corporation donations, sponsorships, and Norwood Day buttons. To help keep costs down, however, and in full demonstration of a town that pulls together, Norwood High School sports teams do their part to contribute to the day's success assisting vendors with set up and break downs.

Local business sponsors contribute greatly financially to make these combined events a success and also deserve recognition and future patronage from Norwood residents.

Norwood Day



volunteer to experience the event. For more information to lend a hand, call the Civic Center at 781-762-0466.

Norwood Day attracts approximately 13,000-15,000 visitors from in around Norwood, and the fireworks on Friday night drawing 6,000-8,000 people. Many are from Norwood, but word has gotten out about the grand festival and residents from surrounding communities cannot resist supporting Norwood and joining in on the fun! Norwood Day has

become a valuable opportunity for local organizations and merchants to meet their neighbors and celebrate the spirit of the town's communal and philanthropic ideas and values. Buy a button and join in the fun and celebrations!

would also not be possible without the countless volunteers who donate their time throughout the day giving directions, selling buttons and ensuring a smooth schedule for all.

Help is still needed and is welcome for any time frame; even an hour will allow another

RICKY*continued from page 3*

included in the winter backpack: warm hats, gloves, scarves, foot and hand warmers, and lap blankets. Each backpack also includes a book. The Giacoppo's said that Ricky was an avid reader.

"When he was on the street he would often make his way to the Boston Public Library and read until he was asked to leave at closing time," Bernadette shared. "He could talk with anyone about anything."

It obviously takes money to purchase the backpacks and everything that goes into them.

"Every penny we get goes into these backpacks," Rich said. "Nobody in the Ricky, Inc. organization is paid for their time or services."

To help raise funds for this endeavor, the Giacoppo's will host their Second Annual Virtual Auction and comedy show fundraiser this month, Monday, Sept. 13 to Sunday, Sept. 19. Registration is free and begins Monday, September 6. There are a lot of wonderful auction items, including golf certificates, swan boat rides at the Boston Common, sightseeing tours, hotel stays including a Maine hotel getaway package, sports memorabilia, and much more!! Each person who registers

will also be treated to a free comedy show with comedian Jimmy Tingle via Zoom link on September 19.

To access the virtual auction page and register to bid on the auction items, visit www.secure.qgiv.com/event/rickyauktion. For more information about Ricky, Inc., or to donate to this most worthy cause, go to <https://rickyinc.org>, check out their Facebook page at <https://facebook.com/Rickyincorporated>, or call 781-727-6628.

The Giacoppo family is proud of what they have accomplished to date, but they want to do more. As the Ricky non-profit grows and brings in more funds, they would like to sponsor a person who is leaving a recovery home and has a financial need. Each person leaving recovery is expected to get a job within a month and most don't have the funds to keep them afloat until they do so. The Giacoppo's want to be able to offer to pay their first month's rent, give the person a food card for a month and provide an appropriate outfit for an interview.

Let's all get behind this non-profit so many more backpacks can be distributed and those leaving recovery homes can benefit from the love and generosity of the Giacoppo family as they continue to work to honor the memory of their beloved son Ricky.

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Eagle Scout Project Soars

By DONNA LANE

William Doyle, a Norwood resident and BC High School Senior, has been in the scout program since 1st grade when he became a Cub Scout. He moved

natural world. Young Doyle approached Joe Greeley of the Norwood Trails Committee to discuss some ideas for his project and settled on building an 8x12 bird observation platform on the trail behind Fa-

ther Mac’s playground. He then brought the idea to the Norwood Conservation Commission for approval. After a site visit by the Commission, his project was approved. The major task each potential Eagle Scout must perform is to identify, plan, work, and manage their project. That means

young Doyle had to check with Dig Safe to make sure he could proceed safely, come up with the design, create a budget, obtain the funding, figure out how to get the materials and tools for the project to the site, and most importantly, he needed to find volunteer labor to build the platform. His Scout Troop 44 and Norwood Troop 49 rallied to help. An added requirement was that the project had to be completed before the Scout’s 18th birthday – Doyle made it with two days to spare!

Each step of the project was documented and when the project was finished, the Conservation Commission visited once again to do an inspection to sign off on it. Doyle learned some very valuable lessons from his massive project. In addition to the valuable experience of creating, launching, and coordinating his vision, he discovered the power of community collaboration.

“I learned that the Norwood Community and the Scout program are always willing to lend a hand when asked,” Doyle said. “I was really surprised and pleased

by how supportive everyone was; it made my project go very smoothly. I’m really grateful to be part of this community.”

Doyle also expressed his gratitude to everyone who contributed to the project: Joe Greeley of the Norwood Trails Committee, Holly Jones of the Norwood Conservation Commission, his fellow Scouts in Troop 44 and Troop 49, his Scout Master Jean Augusta and other leaders in the

Troop, and his family. The Norwood community and everyone who loves to watch birds thanks you, William Doyle, for building a platform where we can rest and enjoy the comings and goings of our feathered friends. We also congratulate you on your accomplishment of attaining Eagle Scout status. The Court of Honor ceremony to elevate Doyle to Eagle Scout will be held in the near future.



up to become a Boy Scout in 4th grade and has just completed the requirement to reach the rank of Eagle Scout.

According to his mother, Mary Doyle, William has always loved nature and attended nature camps as a child, so when it was time to decide on an Eagle Scout project, it was instinctive for him to do something related to the

ther Mac’s playground. He then brought the idea to the Norwood Conservation Commission for approval. After a site visit by the Commission, his project was approved.

The major task each potential Eagle Scout must perform is to identify, plan, work, and manage their project. That means

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Thus began a fifteen-year quest for the perfect balance of craftsmanship, quality, and affordability. Mario's Roofing has grown beyond Stoughton to over a dozen local offices servicing Eastern Massachusetts and Rhode Island. Mario's has also garnered several awards, including the Diamond Approval Award from Customer TrackRecord, the CertainTeed Tenured Member and Governor's Awards, and the Triple Crown Champion Award.



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"With roofing, we have a video for the customer to demonstrate every step in the process," Goulston says. "The key to a good roof is the preparation of the roof and the underlayment beneath the shingles. For the homeowner, it's the way it looks. For us, it's the way it performs."

Business spotlight

Goulston stresses continuing education for his teams, regularly inviting experts to teach his staff about the latest developments in techniques and materials. "Our guys are quality experts. Delivering the best to our customers requires we know what the best is. Then to make optimal use of it, we've got to know how and when to apply it. That's where my team comes in. We invest in experts so we can make the right recommendation for a client's situation." They'll even offer help with financing.

That commitment to cutting-edge materials is at the forefront with their siding. While Mario's offers basic vinyl siding, they also showcase a full selection of the newest and most versatile options, such as Everlast, a triple-composite formula that combines inorganic minerals, polymer reins, and acrylic colorant to create the most durable siding on the



market.

"September and October are the best times to work on your house," Goulston says. "Massachusetts winters can be hard on a home. Your roof needs reliable drainage to protect against ice dams. You need the gutters clear and ready to do the hard work. The siding needs to insulate against the snow and wind. Every part of a well-maintained exterior works together for the entire house's protection."

Take windows, for example, which directly impact heating and insulation. Older windows may vent heat in winter or trap too much warmth in the summer. Replacing old windows with energy-efficient ones is an easy way to enhance a home's beauty and efficiency.

Mario's offers a variety of windows, including custom design. Goulston says, "With windows, the installation is the most important part. All our window installers are highly-trained, and our policy is that the person who measures the windows is the person who installs them."

Window installation involves work on both the inside and outside, and Mario's will move the furniture and the curtains rather than expecting the homeowner to do it, then set it back in place.

Goulston says, "It's part of doing the job one hundred percent. Our workmanship separates us from everybody else, but over the years, it's also become a huge part of our reputation that we care."

Early on, Mario's adopted the tag line, "We won't soak you to keep you warm and dry." They've held to that commitment with quality materials, expert craftsmanship, and competitive pricing.

Mario's website showcases a photo gallery of their best work, as well as before and after pictures with a slider bar so homeowners can visualize their own home's transformation.

Jobs range from new front doors to re-roofed apartment complexes, or even a single basement window. Goulston says, "A small touch like that is important—not only because it looks good, but for increased security and insulation. Our customers see those details every day, and when it's all working right, they feel proud of their home."

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Robert Kraft and the New England Patriots Foundation Donate \$10,000 to Norwood Food Pantry Through Volunteer Bruce Connolly

Twenty-six nonprofits were recognized during an awards luncheon at Gillette Stadium on Wednesday, August 11.

Every year since 1998, the Kraft family and the New England Patriots have been celebrating those who give their time to help others. The program was originally known as the Community Quarterback Awards and were presented to those who exemplify leadership, dedication and a commitment to improving their communities through volunteerism.

In 2011, the awards were renamed in honor of the late Myra Kraft who committed her life to volunteering. As part of the New England Patriots Foundation's ongoing Celebrate Volunteerism initiative, the Kraft family hosts a special luncheon each year to show their appreciation for local volunteers.

On Wednesday, Aug. 11, 26 volunteers were recognized for their contributions at an awards ceremony at Gillette Stadium. Twenty-five organizations received grants of \$10,000 in honor of their outstanding volunteers and one grand prize winner received a surprise \$25,000 donation.

On hand to congratulate the award winners were Patriots Chairman and CEO Robert Kraft, New England Patriots Foundation President Joshua Kraft and Patriots and Pro Football Hall of Famer and Patriots Executive Director of Community Affairs Andre Tippett.

"This marks the tenth year that this program has been named in memory of my sweetheart, Myra," said Robert Kraft. "The

past 18 months have been unlike anything we've experienced in our lifetime. During these challenging times, these 26 honorees stepped up to serve more children and families than ever before. We admire their selfless dedication and we know that Myra is smiling down on all of them."

Bruce Connolly of Norwood, was recognized for his volunteer efforts and a \$10,000 donation was presented to the Norwood Food Pantry.

Bruce was one of the food pantry's first volunteers when they started serving six local families. Now – 32 years later – Bruce remains active with the nonprofit, helping to serve more than 350 families in need.

Known as the Energizer Bunny, Bruce has worn every hat for the organization, volunteering up to 7 days a week to serve families in need. As the supply and rotation manager, he makes sure that donations are being sorted, rotated and distributed.

"I'm honored to be the recipient of the Myra Kraft Community MVP Award," Connolly said. "I accept it on behalf of the Ecumenical Community Food Pantry of Norwood, and of the many past and present volunteers, who through their houses of worship, or individually, have given of their time and energy, to assist the people of Norwood who are served by the food pantry."

"I wish to remember Ruth Taeger, recently deceased, who was the former long-time executive director of the food pantry, and a person who set the standards for all Norwood Food Pantry volunteers," Connolly continued. "In 2003, Ruth was

selected to receive the 'Community Quarterback Award,' which was in the forerunner of this present-day award, and in 2004, she met both Robert and Myra Kraft as she received this prestigious award."

Connolly also makes sure that leftover donations are distributed to other food sites and has been known to visit clients and volunteers who are sick. In addition to his efforts at the food pantry, Bruce volunteers as a lector, server and on various committees at his local church.

"We here at the Ecumenical Community Food Pantry of Norwood – also known as the Norwood Food Pantry – are very proud of Bruce for receiving this award," said the nonprofit in a statement. "He's been such a big part of our family here at the pantry and rely on his wisdom and kindness as we all continue to support our community. Congratulations to Bruce, a most deserving volunteer."

"Volunteering at the Norwood



Patriots Chairman and CEO Robert Kraft and Patriots and Pro Football Hall of Famer Andre Tippett congratulate Bruce Connolly from the Norwood Food Pantry. (photo: Eric J. Adler/New England Patriots)

Food Pantry provides me with a means of manifesting my faith," Connolly said. "And also, a means of strengthening the bond among the people of Norwood, which is the essence of community."

The 2021 Myra Kraft Community MVP winners range from 21 to 92 years old and represent every New England state. The selected nonprofits provide support for many causes, including education, domestic violence prevention, healthcare, homelessness,

mentoring and military support.

The Kraft family and the New England Patriots Foundation received more than 250 applications this year from nonprofit organizations looking to recognize their outstanding volunteers. Nominations open each spring and the awards are open to all nonprofit organizations in the New England region. For more information on the Myra Kraft Community MVP Awards, please visit www.patriots.com/community.

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“I wish I hadn’t waited ten years.”

This is a phrase Dr. Deven Mavani hears frequently in his practice at Neponset Valley Neuropsychology, LLC, when a patient first looks over their diagnostic report and finds their own quirks or difficulties outlined in black and white.

Dr. Mavani says, “Neponset Valley Neuropsychology provides clinical neuropsychological assessment to individuals who are sixteen or older.” While most people assume neuropsychology is for diagnosing children who need educational intervention, adults are an under-served population—many of whom would have been tested had they been growing up nowadays.

Untreated and undiagnosed, some individuals may lose their jobs or experience relationship difficulties, never understanding why. Dr. Mavani says, “A lot of people think, ‘That’s just the way I am,’ but often it turns out

that ‘just the way they are’ is a diagnosable set of conditions. Once a person has a name for it, they’re better equipped to seek treatment to build the life they want.”

Neponset Valley Neuropsychology tests patients for cognitive complaints related to ADHD, memory loss, depression/anxiety, head injury, and learning disabilities, among others.

“I started college as an engineering major because I love analysis,” says Dr. Mavani, “but I’ve always been curious about why people do the things they do. Clinical neuropsychology allows me to incorporate my analytic skills in the context of behavioral health to help people ‘complete the puzzle.’ Accurate assessment of an individual’s cognitive skills and deficits is invaluable for identifying the root cause of their symptoms, which then helps establish the right treatment.”

NEPONSET VALLEY NEUROPSYCHOLOGY
LLC.



Business spotlight

The patient walks away from testing with the knowledge of their own cognitive strengths and weaknesses, a personality profile, an analysis of factors that might contribute to their diagnosis, and strategies to mitigate any problem areas. With that report, they can return to their primary practitioners with an evidence-based, data-supported rationale for their diagnosis, along with treatment recommendations for their medical care team.

Dr. Mavani sees this as giving individuals the tools to advocate for themselves. “People say, ‘What’s the use of a label?’ but I say, ‘What’s most useful is an accurate label.’”

The evaluation takes place over the course of three appointments. First is an hour-long intake with Dr. Mavani himself. Dr. Mavani and his team, including a psychology assistant and doctoral interns whom he has personally trained, will then select tests to isolate and mea-



sure the functioning of specific areas of the brain for the most accurate assessment of its function.

During the second appointment, the trained technician will administer these tests. The third appointment is a final clinical interview where Dr. Mavani, and the patient (and possibly their family) discuss the results and recommendations.

“That seems like it takes a long time,” says Dr. Mavani, “but it’s time saved if you make the phone call right now. The earlier we identify anything, the better.”

Testing may be covered by insurance. “Unlike most neuropsychologists, I accept almost every insurance available, including subsidized Mass Health and Medicare.” Dr. Mavani says, “The typically high out-of-pocket rates keep too many people from getting the testing they need. Therefore, we’ve included a wide variety of insurances in our practice model, and we’re very proud of that.”

The office atmosphere is bright and inviting, and because the testing may seem nerve-racking, the team has added personal touches to keep everyone comfortable, such as water bottles or even trays of candy.

Dr. Mavani says, “It’s so helpful to understand our cognitive functioning. After testing, people are better able to get the treatment that improves their functioning. In learning how their brain functions, they actually improve their own peace of mind. Whether someone is having concentration problems, memory loss, problems with mood or anxiety—they’re relieved to learn more about themselves and find hope for the future.”

Neuropsychological testing can give the client a road map toward the life they want to have. Don’t wait ten years to get your answers! Visit <https://www.nepvneuro.com/> today or call Neponset Valley Neuropsychology, LLC, at (781) 769-1646.

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UTI's (urinary tract infections) typically occur when bacteria enter the urinary tract through the urethra and begin to multiply in the bladder. Although the urinary system is designed to keep out such microscopic invaders, these defenses sometimes fail. When that happens, bacteria may take hold and grow into a full-blown infection in the urinary tract. The symptoms include increased pressure, pain, frequent urination and blood in the urine. They can be very debilitating. The most common bacteria involved in UTI's is E. Coli and is typically treated with antibiotics. When these infections become chronic, long term antibiotic use may ensue causing a disruption in the GI tract which can lead to other GI disorders. When this takes place, an unhealthy cycle begins.

Heather G presented to the office frustrated with the frequent episodes she has with Urinary Tract Infections. She was tired of the multiple episodes of antibiotics and dealing



Dr. Rochelle Bien & Dr. Michael Goldstein

with the GI symptoms she often experienced including multiple yeast infections as a result of the long term antibiotic use.

Heather was put on a regimen of supplements to support immune function and improve her bladder health. She was also prescribed a probiotic to help restore a balanced Microbiome (good bacteria) in her GI tract. After several weeks she felt less pressure in her bladder and noticed the frequency

of urination had diminished. A short time after that Heather stated that she hadn't felt this good in more than 2 years when all of this began.

If you are dealing with a similar situation call The Holistic Center at Bristol Square (508) 660-2722 located at 1426 Main Street in Walpole, MA and make an appointment with Dr. Rochelle Bien or Dr. Michael Goldstein today.

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Norwood Sports

Erin Sullivan, Making a Name for Herself on the Golf Course

By CHRISTOPHER TREMBLAY

Entering her senior year at Norwood High School, Erin Sullivan will be once again taking part on the golf team. With what once began as a fun thing to do, this athlete has become a major fixture for the Mustang squad all four of her years in high school.

"My grandfather and dad

season on the golf course.

It was a few years into her golf experience that the Norwood resident began taking the sport much more seriously, and by the age of 11 she was taking part in tournaments with girls her own age. Although she still considered herself in the learning stage, it wasn't long, two-years later at

the couch because of it," Sullivan said. "It was something unexpected and took a toll on my body. I found that it was really hard to recover in the early stages, but now I've got things under control, but golf is the only sport that I can

she was beyond nervous.

"I was mortified and so scared that day; there were so many boys who were so much bigger than I was," Sullivan recalled. "I later found out that they were all very nice and accepted me, but I'm

She remembers the team advancing into the State Tournament, but unfortunately, she did not have that great of a showing.

"I didn't have my best day in the tournament," Sullivan said. "I had played well through the



played golf and when Norwood Country Club started offering clinics on Saturdays, I jumped at the chance to try it out," Sullivan said. "I had so much fun that I couldn't wait for Saturdays to roll around each week. Just to get out on there and participate in the contests was fun."

When she first started participating in the Norwood clinics, Sullivan, along with her younger sister and three other girls, were the only females, but it didn't bother her because she loved the competition. Now some 10-plus years later she is getting set to take part in her final high school

the age of 13, when she was not only taking part in a lot of tournaments but found that she was actually pretty good. That year she finished as the second best golfer in her age group in Massachusetts. It was then that she decided to forgo basketball, but still continued to play town softball, to concentrate more on her golf skills. By her freshman year in high school, she found that she had to also drop softball.

"I was only allowed to play golf due to a heart condition; there were times that it was physically impossible for me to get off

do because of the condition."

Prior to trying out for the high school golf team, Sullivan decided to do some research on female golfers.

"I had looked into the Norwood yearbooks to find that only one other girl had ever played golf on the boys high school team and that was a long, long time ago," Sullivan said.

Sullivan was determined to earn herself a spot on the team. However, going into the tryouts

sure there were some who were wondering why I was there trying out for the boys team."

The then freshman really wanted to make the cut and be part of the Norwood golf team. She went out and played to the best of her ability and now just had to wait for Coach Chuck Allen to announce the results. When the Coach finally announced the team, Sullivan found that she had made the cut.

It was so nice to make the team and it was such a relief as I was a nervous wreck waiting for the results," Sullivan said.

That season, Sullivan found herself starting in every match, usually in either the fifth or sixth spot.

"Erin is a great all-around athlete and is a good kid as well as a good golfer," Coach Allen said. "That freshman year, it was unbelievable how well she fit in with the rest of the team. She shot in the mid 40's then and has since improved; she's the real deal on the golf course."

According to the senior golfer, her freshman year was by far her best campaign on the golf course.

first seven holes and then there was a turn of events in my play. It was so devastating that for some reason I couldn't recover and came in dead last for the tournament. It was very embarrassing, but it absolutely motivated me going forward."

Unfortunately, Norwood has not been back to the State Tournament since Sullivan's freshman year, but the senior and her teammates are looking to change that around this upcoming fall. Sullivan herself, who now shoots in the high 30's to low 40's, is hoping to improve her game over her past two seasons while helping the Mustangs get back to the State Tournament where she hopes to do much better than last place.

Although still early in the process, Sullivan is hoping to attend college somewhere in the south where it is warm, and she can play golf year-round.

"She has played in a lot of tournaments this past summer to get herself ready for the upcoming season," Coach Allen said. "And she can definitely play golf in college if she wants to; she's that talented."

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Norwood Sports

Jenn and Ryan Vazza, Their Inaugural PMC Ride

By CHRISTOPHER TREMBLAY

Since 1980, the first weekend of August has been dedicated for the Pan Mass Challenge (PMC), a multi-mile bike ride over two

After missing out on what would have been their first year involved with the PMC, Norwood's Jenn and Ryan Vazza were forced to sit out the ride due to the Covid-19 pandemic

easier. The two decided for their first year that they would do the 111-mile ride from Sturbridge to Bourne on day one of the ride. Not being big cyclists, they had a lot of training to do to get ready



definitely a challenge to start."

The two rode their first PMC as part of Team Shine On, and although the team was comprised of a lot of experienced riders, they were very patient with their new teammates and stuck with them throughout the ride and the entire team finished together.

Although they were getting some strange looks as they pedaled their mountain bikes along the route, the Vazza's found the people encouraging as they cheered each mile they rode giving them the motivation to continue.

"The people were great with their support and wanted to know what our story was," Vazza said. "It was really special."

Many first-time riders are usually hooked once they actually set out on the route to take part in the ride. The Vazza's are no different and are already looking to take part in the 2-day ride from Wellesley to Provincetown next August.

"We absolutely enjoyed it," Jenn said. "I was able to honor my mom, we raised a lot of money through our generous family and friends. And although it was hot about mid-day (90-degrees) and there were stretches of the ride that didn't provide shade, we came home with our own souvenir – bike tan lines; I can't wait to do it again."

As the Vazza's start planning to take part in next year's PMC, the first they want to do is go out and buy themselves some new road bikes and maybe some stronger suntan lotion.

days where riders have collected donations to help out the Dana Farber Cancer Institute, the world leader in adult and pediatric cancer research and treatment. The PMC, which was started by Billy Starr, had a mere 36 riders and 10 volunteers its inaugural year and raised \$10,200 for cancer research.

Nowadays, the ride has 6,800 riders and another 3,000 in volunteers coming from 43 states and 12 countries to take part in the yearly ride, all with one common goal – find a cure for cancer. Since 1980, the PMC has raised a phenomenal 767 million dollars for Dana Farber through its riders.

that was ravishing the country. With the 2020 ride cancelled, the Vazza's still left their donation page up (they collected \$3880 in donations) while putting their hopes into this year's event. The verdict to hold the challenge was a little touch and go, but eventually things settled down and riders were able to hop on their bikes once again for the good of cancer research.

Jenn explained her husband worked for Globas Medical and the surgeons he worked with kept encouraging him to take part in the ride. While he was contemplating joining the event, Jenn's mother, Barbara Sieber, passed away in 2019 to ovarian cancer, making the decision that much

for their first PMC ride.

"March of last year we bought a Peloton to ease into the race and then we bought mountain bikes in preparation of the ride," Jenn Vazza said. "The surgeons Ryan worked with were into a much more intense training, so they mapped out some routes for us to ride to prepare."

During one of their training days, the couple actually did the first 40-miles of the Sturbridge route to see what they were up against that first Saturday of August. When the time came for the ride, they packed their bikes up and headed to Sturbridge, where along the chosen route they got some strange looks and

comments from fellow riders and volunteers.

"We didn't have regular bikes, we were using our mountain bikes and we were told, by many, that we were crazy for doing the route on those bikes," Jenn said.

Despite doing the 111 miles on unconventional bikes for riding distances on the streets, the Vazza's were able to complete the ride, while surpassing their goal of \$18,000.

"We were as sore as you would expect from sitting on a bike for 111 miles, but I didn't feel that we were at a major disadvantage riding our mountain bikes," Vazza said. "The Sturbridge hills were no joke and



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Call for Hours

Calendar of Events

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

Sept. 2

South Norfolk Mental Illness Family and Friends Support Group

The Grange, 28 Rockwood Road (Route 115) in Norfolk
7-9 p.m.

Mental illness is a label for a variety of diseases of the brain. Often it strikes in late adolescence, devastating the afflicted person and the family. The South Norfolk Mental Illness Family and Friends Support Group is composed of such families who find mutual support and join together to advocate for their loved ones. All families in the South Norfolk Area who are dealing with mental illness and their loved ones are welcome. This meeting used to be held at Norwood Hospital. For further information, call Ray at 508-668-2941. Observing the Covid-19 precaution of wearing a mask while indoors during the meeting is appreciated.

Sept. 8

First Day of School

All students, grades 1-12 begin school today.

Sept. 10

Kids Night Out

Norwood Civic Center
6-8:30 p.m.

Parents take the night off while kids join Playcamp for a night of fun! Pizza and juice provided. For grades 1-5. Cost is \$20 per child. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

Sept. 11

Blessing boutique Thrift Shop

First Baptist Church, 71 Bond St.

10 a.m.-12 noon

Stop in for some great fall clothes for the entire family. Brand names, too! There will also be various household items, books, purses, and lots more. Stop in for a look around!

Sept. 14

Women's Business Networking Meeting (Zoom)

Norwood Town Common
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/>.

Author Talk: Sam Farmer on "A Long Walk Down a Winding Road" (Virtual)

Morrill Memorial Library
7 p.m.

This book was written from the unique perspective of someone living on the autism spectrum. The book is intended for those who want to carve out better lives for themselves. Interwoven with real stories of personal triumphs, it offers clear advice and simple steps for overcoming adversity and improving quality of life. The stories and wisdom shared will inspire and empower

everyone to pursue greater happiness and success. Registration for this program is required. Sign up by visiting <http://www.norwoodlibrary.org/morrillcalendar/>, or call or visit the Reference Desk at 781-769-0200 x2.

Sept. 17

Norwood Day Fireworks

6:30 p.m.

Coakley Middle School

Fireworks presented by David Spiegel.

Sept. 18

Norwood Day!

Town Common & Downtown Norwood

10:30 a.m.-2:30 p.m.

Live entertainment, kiddie rides, rock climbing, games, prizes, crafters, food, sidewalk sales, business groups, town departments, and more will be out on Norwood Day! Buttons are \$3 in advance, \$5 the day of the event. Buttons are available at the Civic Center or from any committee member.

40 Days for Life: Pro-Life Prayer Launch

St. Catherine of Siena Church
6 p.m.

Holy Mass will be celebrated by Fr. Michael McNamara at 6 p.m. At 7 p.m., North American Campaign Director for 40 DAYS FOR LIFE, Steve Karlen, will be the guest speaker. Coffee will follow in the school cafeteria. There is NO charge for this event. All are welcome.

Sept. 21

Crafts, Kids & Seniors

Council of Aging, 275 Prospect St.

11:30 a.m.

Kids enjoy crafts and snacks with senior volunteers. For ages 1.5-4 years old. Cost is \$5. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

CPR Class

Norwood Civic Center

6 p.m.

Learn life-saving skills of CPR and the Heimlich Maneuver to treat adults, children, or infants suffering from sudden cardiac arrest, heart attack, stroke, choking, and other serious injuries or illnesses. For ages 12 and up. Cost is \$55 for residents, \$65 for non-residents. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

Let's Paint Club

Norwood Civic Center

6 p.m.

Participants will follow along with the teacher and create an 11" x 14" painting to keep. All supplies provided. For kids and adults. Cost is \$25 for kids, \$30 for adults. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

Author Talk: Kelvin Chin on "Forgiveness and Love, and Other Confusing Life Issues" [In-Person and Virtual]

Morrill Memorial Library

7 p.m.

In this one-hour talk by author Kelvin Chin, he will tackle some of the thorny and at times confusing issues that we all confront in life and that can create barriers to our living enjoyably. He will discuss topics like forgiveness and love, selfishness, cruelty, free will, destiny, and sex. Kelvin will address the conflicting ways we often look at these topics and how we might think about them differently, so we can remove that conflict, with the ultimate objective of living life with greater contentment. More enjoyment. Less stress and strife. After the talk, Kelvin will do a book signing of his new 2021 book — *Marcus Aurelius Updated: 21st Century Meditations On Living Life* — a collection of 67 essays and guidebook for living life more enjoyably. Registering for this event will register you to attend in-person. To receive Zoom details to attend virtually, please register through the event marked "Virtual" instead at <http://www.norwoodlibrary.org/morrillcalendar/>, or call or visit the Reference Desk at 781-769-0200 x2.

Sept. 24

Dino Party

Norwood Civic Center
10 a.m.

Special appearances by the Dino's and friends! Crafts, snacks, and surprises included! For Ages 1.5-4 years old. Cost is \$15. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

Kids Night Out

Norwood Civic Center

6-8:30 p.m.

Parents take the night off while kids join Playcamp for a night of fun! Pizza and juice provided. For grades 1-5. Cost is \$20 per child. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

Sept. 25

Fall Household Hazardous Waste & Recycling Day

Winter Street Recycling Facility, 370 Winter St.

8-11 a.m.

For Norwood residents only. If you have any questions, please call the Health Department at 781-384-9197.

Blessing Boutique Thrift shop

First Baptist church, 71 Bond St.

10 a.m.-12 noon

The Shop is the place to be on a September Saturday morning! You'll find very nice clothes, giftware, kitchen items, books, lamps, artwork, you name it! Come in and see for yourself!!

Sept. 27

American Red Cross Blood Drive

Knights of Columbus Hall, 572 Nichols St.

9 a.m.-2 p.m.

Sept. 28

Women's Business Networking Meeting (Zoom)

Norwood Town Common
8 a.m.

The Women's Business Net-

Nature Calls

Got Milkweed?

Part 1 of a 2 Part Series

By AMY BUSKEY

Got Milkweed? Chances are you don't-but if you appreciate nature and want to lend a helping hand to monarch butterflies, Fall is the best time to add these plants to your landscape. Milkweed naturally reseeds in the fall, so adding established plants during this time to your yard mimics nature.

So just what is milkweed and why should you plant it? Milkweed is the host plant for monarch butterflies, meaning they lay

been largely eradicated over the past few decades in both agricultural areas as well as suburban and urban landscapes through construction and poor land management. Without milkweed, monarchs cannot complete their life cycle and their numbers will continue to decline. In fact, the eastern monarch population has declined more than 80% over the past two decades.

While not yet on the endangered species list, they are a candidate that the U.S. Fish and Wildlife Service is considering for protection. The truth is,



their eggs on these plants and the caterpillars that follow eat only milkweed leaves. Milkweed has

there are many other butterfly species that are facing steeper declines than the monarch and

their situations are far more dire (<https://www.saveourmonarchs.org/blog/10-endangered-butterflies>). What makes the monarch unique is that it is the only known butterfly to make a two-way migration, like birds. Other butterflies can overwinter in their breeding grounds as larvae or pupae, but monarchs simply can't survive the winter of northern climates.

What makes the monarch even more fascinating is their annual fall migration to Mexico. These delicate beauties travel upwards of 3,000 miles, taking advantage of wind currents to fly to their overwintering grounds, high up on just a few mountains where they huddle together by the millions on oyamel fir trees. Also known as sacred trees, the canopy of these trees creates its own microclimate, protecting these migrating insects with even temperatures. This super migrating generation (the sub species known as *Danaus plexippus plexippus*) live 8-9 months, a phenomenon still not entirely understood by scientists. In the spring, these senior monarchs leave Mexico and head part of the way back north and start the whole life cycle again. It may

take four or five generations to complete their journey all the way back up to Canada.

These overwintering monarchs do not return to where they began their migration, but their descendants do, as their great-grandchildren. Beautiful and fascinating yes, but far more important to understand is the crucial role monarchs play in the ecosystem. As we all delight in watching them dance from plant to plant to sip the rich nectar they eat, they are at the same time transferring pollen. As important as bees, as they transfer pollen from one plant to the next, they are in fact assisting in those plants' reproduction.

And if you need yet more inspiration to establish milkweed in your landscape, consider just for a moment the monarchs' odds at making it from egg to butterfly-only 1 in 100 eggs makes it. Natural predators, such as spiders and fire ants, eat both monarch eggs and caterpillars, and wasps feed on adult butterflies. As milkweed is toxic and provides some level of protection for monarch butterflies, there are a couple species of birds that can stomach them, including black-backed orioles and black-headed gros-

beaks. But the big problem for monarchs is OE - *Ophryocystis elektroscirrha*, a nasty parasite that infects monarchs. When infected, monarchs scatter these spores onto milkweed, monarch larvae consume the spores, and these parasites then replicate inside the larvae and pupae. Many infected pupae will fail to emerge as healthy adults, and if they do emerge, many are weak and unable to fly.

OE continues to be a problem in many areas of the world for monarchs, but that's where citizen scientists come in – like me. There are a growing number of us rearing monarchs every year, which involves a lab-like approach to ensuring healthy butterfly releases. The entire process takes some planning. For me, it took a few seasons of planting and waiting for enough milkweed to start rearing monarchs. I started with just six swamp milkweed plants in summer 2019, had decent spread of the original six by summer 2020, and at the start of the 2021 growing season, had a virtual explosion of milkweed, more than enough

NATURE

continued on page 15

CALENDAR

continued from page 12

working (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/fundrais-

ers. 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, con-

tact-3926@toastmastersclubs.org. For more information, visit <https://norwoodtoastmasters.toastmastersclubs.org/>.

First Aid Class

Norwood Civic Center
6 p.m.

This course emphasizes the importance of accident prevention, the need for first aid training, and first aid skills to utilize in cases of emergency. For ages 12

and up. Cost is \$55 for residents, \$65 for non-residents. Sign up at the Civic Center or online at www.norwoodma.myrec.com/info/default.aspx.

Titles on Tap Book Group (Virtual)

Morrill Memorial Library
7:30 p.m.

At press time, the September title has yet to be announced, stay tuned!

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 meets once a month in the left-hand bar of Napper Tandy's to eat, drink, be merry, and discuss the latest reading selection. Visit our website and follow us @titlesontap to learn more.

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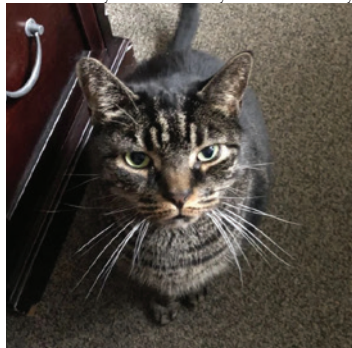
Pet Corner

Bay State Animal Cooperative

Meet our Pets Available for Adoption

Meet Stormy

Stormy is a very sweet boy



who will be turning 8 next month! He has been with the same owner since he was three months old. Stormy has very regular habits. He sleeps when his person is sleeping and wakes up with his person for a treat be-

fore he naps again. He is good with all ages but doesn't like to be held or picked up. Very independent and very clean! He will often come over and cuddle near his person and leave as he wishes. He is a beautiful cat with remarkable coloring. Stormy doesn't like dogs and is better one on one. He is also neutered and fully vaccinated. Looking for a forever home with someone who will give him the love he has always had.

Meet Marcia Mae

Marcia Mae aka Monkey is a sweet 8 year old, 7 pound tortie who gets an A+ for perfect eating and litterbox habits. She loves endless pats and scratches and



prefers lounging over zooming and jumping. Marcia Mae will hide for a day or so then will be your best friend if you lure her out with a catnip toy. She stays silent (even during car rides or circling her food bowl) aside from a healthy purr and a nightly brief burst of meows for no reason. She was originally rescued from a hoarding situation, then lost an eye but doesn't seem to know it and is very well adjusted.

Meet Charlotte

Charlotte is a super friendly medium haired tuxedo between eight and nine years old. She was surrendered to us because her owners new grandson came to live with them and is allergic to cats. She has the firm belief that people are there to cuddle with and pat her. Sitting on your lap and purring at you

suits her just fine. However, she also thinks that toys are lots of fun to chase and bat and play. When seeking food or attention, or displeased with a car ride, she becomes quite loquacious.

To learn more about adopting one of these wonderful cats or to



fill out an application, visit www.baystateanimals.org.

Agree not Free

Adopting a kitty or dog requires a commitment to them and AGREEING to this through the adoption process saves so many lives in the long run.

Free is never free. You may take a FREE kitten from an unsprayed friends cat without much thought regarding the true commitment and financial burden. Consider how much it will cost to

spay them or neuter them, vaccinate them, treat them for fleas and ticks, possibly microchip them for recovery if lost, test or treat for illnesses like feline leukemia, upper respiratory viruses or FIV. Are you ready for this FREE cat and if so great, but expect to spend up to \$300-\$500 to do the right thing as a new pet owner.

You could however, take that cute little kitten home and do nothing. That would truly be free until the cat sprays in your house, as an un-neutered male will do then you will regret doing nothing. When the cat becomes very sickly and needs emergent medical care you will again regret you did nothing. When the cat gets out of the house and goes missing, and may or may not return, the stress of missing the cat followed by potential pregnancy or injury will once again make you regret you did nothing.

So think "agree not free" and let professionals guide you to the right pet for you, educate you on what pet ownership entails and help you get started on the right foot.

From your friends at Bay State Animal Cooperative

Check us out on social media:

www.baystateanimals.org



www.facebook.com/BSAC09



www.instagram.com/baystateanimals16

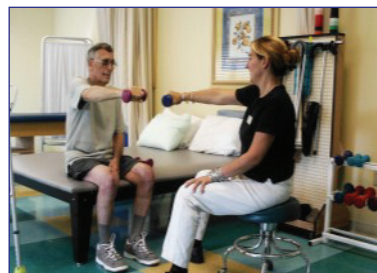


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Purina True Instinct Grain Free Dry Food

Chewy Gives Back E-Gift Card

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To mail a gift card or financial donation, please mail to:

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 Norwood, MA 02062

NATURE

continued from page 13

to get busy studying the proper way to raise, feed, and release healthy monarchs.

Be warned, it is an addictive hobby. Properly done, it requires time, patience and a workflow that maximizes the time you must commit to such a project. Space prevents me from delivering step-by-step instructions, but there is a fantastic resource found on the Facebook Page – The Beautiful Monarch (<https://www.facebook.com/groups/TheBeautifulMonarch/>). Join this group whether you plan to raise monarchs or not, as it is a great look into the growing number of citizen scientists and what we are doing for our beloved monarchs. At the top of the group page there is a ‘file’ section that contains documents on every aspect of rearing healthy monarchs. Egg bleaching, which is routinely done by those of us who understand the importance of eliminating OE, is a process of washing eggs and milkweed in a 19:1 water/bleach solution. Doing this eliminates all matter of pathogens. Think of it like a vaccine for monarch eggs. If I come across live caterpillars outside while collecting eggs, I jar them and keep them away from my indoor ‘lab’ specimens as to not chance spreading disease. Bleaching is an extra step, but a crucial one.

At the time of penning this article, my Operation Monarch has released 25 healthy monarchs, with many more in process. While the process is a fascinating study for young and old alike, it can be downright dizzying. As caterpillars get large and are eating frantically, an easy way to describe the pace is that of trying to feed a household of teenage boys – hard to keep up with. Most of us simply don’t have the time to invest to such a project, and that’s okay. Keep it simple, and just plant milkweed. But not just any milkweed, go for the swamp milkweed. It has lovely pink flowers, minimal sap, and a make for a beautiful tall background plant to any landscape. Since most greenhouses do not sell milkweed, reach out to the gardeners in your neighborhood. They often know where to get pesticide-free milkweed plants, at no cost. If you are already a gardener looking to take your yard to the next level, strive to become a monarch waystation – a site that contains all the resources needed to support these amazing butterflies as they migrate through North America (<https://www.monarchwatch.org/waystations/>). Once established, you will have earned the title of conservationist – a worthy title, indeed.

Amy Buskey, formerly of Norwood, resides in coastal Rhode Island with her husband Rick and their beagle Doug

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The Top 10 Reasons “Why Giving Back Feels So Good.”

AUTHOR: HEATHER J. CULKEEN

Charitable Foundation: Project Perseverance

What does it mean to give back to society? Giving back or donating to causes close to your heart benefits both the charity and you. Contributing to your worthy causes has far more benefits than you may realize.

Many give their time, talents, and/or money to the support community causes, which they hold dear to their heart. Giving back has also been shown to improve quality of life. So, to answer the question, why is giving to charity so satisfying? Here are the top 10 reasons “why giving back feels so good.”

1. Bring meaning to your Life: By donating or giving back, you are creating opportunities to meet people who believe in the same causes as you do. The interaction with like-minded people can inspire you to create a real impact on these causes. It can also infuse your life

with a purpose or meaning in case you are stuck in a rut wondering why life is so stagnant. Giving back can reinvigorate your life.

- 2. Help others in need:** There will never be a perfect time to give back as we are not living in a perfect world. But there are always others who need help in tough situations. A simple compliment to anyone, even a stranger, can brighten their day at no cost. It may even change their life.
- 3. The Time is Now:** Regardless of the state of the economy or the pending rise in taxes and interest rates, it is not only kind to donate to those in need. Our financial difficulties hopefully last only a short time, but for those in need may could last a lifetime unless they get on the right path. For others more fortunate, just by providing a hand, donation, smile will go a long way to help those in need survive and thrive.

- 4. Strengthens personal values:** When asked why they want to give back, 96% of people who participated in the research said that they are feel obliged to help others. They said that it’s a moral duty which is rooted in their principles and personal values. Acting on these feelings is the responsibility of a human.
- 5. Teach generosity to children:** When children see you giving back, they will adopt the same attitude when they grow up. Many people stated that they learned how to give back from their parents and through personal experiences. You are benefiting humanity by teaching children to give, share, and donate.
- 6. Inspire friends and family:** If you educate your family and friends about your charitable donations after you’ve given back, they could be inspired to do the same. They may take your lead and donate whatever they can, especially to communal issues like promoting health, providing opportunities to rise above ob-

stacles, and allowing others to achieve their goals. Giving back ignites a fire within you.

- 7. Realize that small donations help:** You don’t always have to donate large amounts to make a difference. Even small amounts could result in week’s, months, and possible years of meals for starving children or the much-needed medical help for elders.
- 8. Improve Money Management:** You can also drive yourself to be a better personal family financial manager by allocating a specific amount to each donation each month. You can make donations, fund your family’s education, retirement, and other financial goals this way.
- 9. Give, when you can’t volunteer:** In cases where you think that you should volunteer but are too busy to spend time for a worthy cause, you can donate money. Money is just a workaround for a time as it helps the organizations to acquire more resources that can improve the cause.

10. Spreading the love: You can demonstrate that love exists by giving back to society. While spreading love, charity gives people hope for humanity. If you can’t afford to donate, consider how a tiny gesture could help you achieve your desired feelings while also making others feel good about themselves.

Project Perseverance is dedicated to organizing and funding rescue efforts as well as delivering contributions to local and early stage non-profit organizations. We support children, families, elders, and others experiencing challenges that make us stronger.

To donate to Project Perseverance to help support our mission to give back, please email us at ProjectPerseverance888@gmail.com with subject line: PP888. The QR Code and link will be emailed for you to donate. Please feel free to suggest a cause via email that you feel would benefit from our support as well. Thank You.

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A woman in blue scrubs and a stethoscope is looking at a tablet. The background is a solid blue color. Overlaid on the blue background is white text that reads: "Are you an organized problem-solver?". Below this, in smaller white text, it says: "explore open roles across MA: vna.org/careers". At the bottom left is the VNA Care logo, which consists of a stylized heart icon followed by the text "VNA Care".

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Fall Hazardous Waste Day: Saturday, Sept. 25

By BELLA CAGGIANO

As summer comes to a close and those warm-weather activities end, many residents turn back to their cleaning out their homes. The Town of Norwood offers two hazardous waste days in the spring and summer to assist with disposing of items not eligible for their regular trash removal. The Fall Hazardous Waste Day is scheduled for Saturday, Sept. 25, 8-11 a.m., at the Winter St. Disposal site, 370 Winter St.

While there are fees associated with many items, they are very reasonably priced and provide an economical and convenient resource for disposal:

- \$5 Per Carload**
- Drain cleaners
 - Oil & lead-based paints
 - Degreasers
 - Art & craft supplies
 - Rust removers
 - Solvents
 - Photo chemicals
 - Engine & radiator flushes
 - Gasoline
 - Household cleaners
 - Waste oil & antifreeze
 - Wood strippers
 - Radiator cleaners
 - Brake & transmission fluids
 - Pool chemicals
 - Driveway sealant
 - Pesticides & herbicides

Paint thinners
Batteries: auto, marine, nickel/cadmium, lithium, rechargeable and alkaline

- Other Items With Fees**
- TV/monitors: \$20
 - Refrigerator/freezer: \$20
 - Microwaves: \$10
 - Air conditioners/dehumidifiers: \$15
 - Document shredding: \$10 flat fee
 - Tires: off the rim, \$3; on the rim, \$5; truck tires, \$20

Not Accepted:
Latex paint, asbestos, bio-active materials, radioactive materials, explosives, ammunition, fire extinguishers, PCB-containing materials, C&D waste, medical waste.

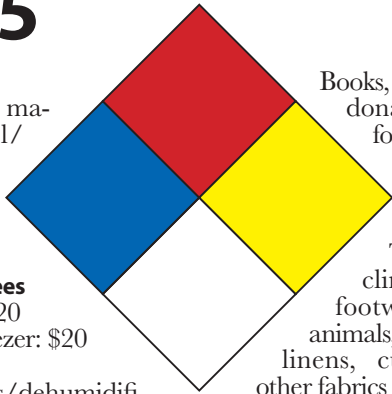
No Leaf or Brush Disposal on Household Hazardous Waste Day

Permanent Collections Available Every Saturday (8 a.m.-1:30 p.m.) and on Hazardous Waste Day

EPS or Styrofoam; only white foam, packing blocks, foam coolers, white foam boards, packing peanuts in bag.

Fluorescent bulbs and other Mercury items

Bulk items: scrap metal, mattresses, rigid plastic, and furniture



Books, CDs & DVDs: donations center for 'More Than Words' (mtwyouth.org)

Textile recycling: clothing, footwear, stuffed animals, wallets, belts, linens, curtains, and other fabrics

Food scraps: residential food scraps only

Single-stream recyclables

To obtain a Recycling Facility Permit, visit the DPW office, at the John J. Carroll Administration Building, 1 Lyman Pl, Monday-Friday, 8 a.m.-3 p.m. with proof of Norwood residency, a sticker will be issued for the vehicle shown on the RMV registration. The sticker must be affixed to the left corner of the windshield.

For more information on Hazardous Waste Day, curbside bulk item pick-ups, leaf & brush disposal, and other trash collections, visit www.norwoodma.gov/departments/public_works, on Twitter @norwood_DPW or call 781-762-1413, www.norwoodma.gov/departments/health, on Twitter @norwoodHD, or call 781-762-1240.

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Viola Sastavickas Scholarship Awarded to Khushi Shah

Joseph and Viola Sastavickas and their children used the library for many years. In the twilight years of Viola's life, they received service in their home from the

According to her daughter, Kathy Sastavickas, the scholarship is "a fitting tribute to our beautiful mother and to the library and staff which treated her with great

Board of Trustees, John Hall; the Chapter Chair of the AFSCME Library Unit, Kate Tighe; and Morrill Memorial Library Director, Clayton Cheever.

Mr. Cheever enthusiastically endorsed this year's scholarship recipient:

"Khushi Shah is inspired to change the world and is eager to begin studying Mechanical Engineering at Northeastern University this coming fall. She has always had a curious spirit and is a natural problem solver. Higher education will sharpen her skills and help prepare her for a great future. She is also incredibly community oriented, and I am confident that she will flourish because she derives personal satisfaction from successfully impacting others. Khushi is both totally deserving of this award, and clearly situated to put it to great use in her studies." This scholarship will assist Khushi in her efforts to constantly excel in everything she does, as documented by her academic successes at Norwood High School. In addition to her demonstrated pas-

sion for STEM subjects, she has also excelled in her studies of History and Language. A truly well rounded student, in addition to volunteering at the library Khushi has also been a teaching assistant at the Shishu Bharati School of Languages and Culture of India,

a tutor at the Kumon in Norwood Center, and a Girl Scout. Khushi is pictured with Library Director, Clayton Cheever; John Hall, Past-Chair of the Board; and Kate Tighe, Head of Children's Services at the Morrill Memorial Library.



Photo by Liz Reed

Outreach Department of the library. When Mrs. Sastavickas passed away in 2006, her children made a generous donation to the library to endow a perpetual \$500 scholarship in memory of their mother. The scholarship was raised by request of the family to \$1,000 beginning this year.

respect and affection." This year numerous very qualified applications were submitted. The review committee selected Khushi Shah to receive the fifteenth annual Viola Sastavickas Scholarship. This committee was composed of the 2020-2021 Chairman of the Library

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Rosetta's offers a variety of party platters for take out. Our half platters feed approximately 4 to 6 adults, and full platters feed 8 to 12 adults. All our platters are made fresh to order and typically require a 24 hour advance notice. We have listed our most popular platters below, but we can also prepare every item on our menu, platter style.

STARTERS			
Garden Salad	\$25/\$45	Beet & Goat Cheese	\$30/\$55
Caesar Salad	\$30/\$55	Greek Salad	\$30/\$55
Crazy Wings	\$45/\$85	Boneless Wings	\$45/\$85
Sliders	\$35/\$65	Meatballs	\$45/\$85
Sausage, Peppers and Onions	\$45/\$85		
PLATTERS			
Chicken Broccoli Alfredo and Pasta	\$45/\$85	Pasta Primavera	\$45/\$85
Shrimp Broccoli Alfredo and Pasta	\$60/\$115	Pasta Primavera with Chicken	\$55/\$105
Chicken Broccoletti and Pasta	\$45/\$85	Pasta Primavera with Shrimp	\$60/\$115
Vegetable Broccoletti and Pasta	\$40/\$75	Chicken Fingers & Fries	\$40/\$75
Pasta and Meatballs	\$45/\$85	Mac & Cheese	\$40/\$75
Chicken & Sausage Cacciatore	\$45/\$85	Mac & Cheese (Chicken)	\$50/\$95
Eggplant Parmigiana and Pasta	\$40/\$75	Chicken Marsala (potato and vegetables)	\$45/\$85
Chicken Parmigiana and Pasta	\$45/\$85	Veal Marsala (potato and vegetables)	\$55/\$105
Combo: Chicken-Eggplant Parmigiana	\$55/\$105	Turkey Tips (potato and vegetable)	\$55/\$105
Combo: Veal-Eggplant Parmigiana	\$60/\$115	Steak Tips (potato and vegetable)	\$55/\$105
Veal Parmigiana and Pasta	\$55/\$105	Mixed Grill (potato and vegetable)	\$55/\$105
Chicken Piccata and Risotto	\$45/\$85	Glazed Salmon (potato and vegetable)	\$50/\$95
Veal Piccata and Risotto	\$55/\$105	Baked Cod (potato and vegetable)	\$50/\$95
Cod Piccata and Risotto	\$55/\$105		

price is subject to change

Platters are prepared with your choice of pasta (penne, linguini or fettuccine); or substitute broccoli, vegetable du jour, parmesan risotto, mashed potatoes, fries, or cole claw at no additional charge.

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Register O'Donnell Reports Continued Increases in Real Estate Activity in Norfolk County

Register of Deeds William P. O'Donnell reported that the increases seen in real estate activity in Norfolk County is continuing. The month of July in 2021 from a real estate perspective remained hot as there were increases in a number of real estate indicators over the same time period in 2020.

"The Norfolk County real

estate market continues to be steady," Register O'Donnell stated. "There were 16,623 documents recorded at the Norfolk County Registry of Deeds, which is a 1% increase over last year's July document volume. There were 2,061 deeds recorded out of this document volume, representing a 16% increase over July of last year. Average sale price,

again including both residential and commercial sales, increased 21% over 2020 to \$1,013,839.90.

Even though there was a considerable increase to the monies for mortgages, the number of mortgages recorded decreased over the previous year's numbers. There were 3,443 mortgages recorded during the month, which is an 17% decrease over 2020. Total amount of money borrowed for mortgages county wide was well over 2 billion, a 61% increase compared to July 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 improve-

ments 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. 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 July of 2021, there were 5 foreclosure deeds recorded as a result of foreclosure processes taking place in Norfolk County," Register O'Donnell stated. "Additionally, there were 5 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. In July of 2020, there were no Notices to Foreclosure Mortgages and 2 foreclosure Deeds. Though it is great to see that the Foreclosure deed numbers have decreased, it is troubling to see the Notices of Foreclosure have increased so much. We will continue to monitor these numbers."

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 increase this year at the Norfolk County Registry of Deeds in July. There was a 7% increase in homestead recordings in July 2021, compared to July 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.

Available real estate inventory continues to be a constant source of concern in Norfolk County. It's especially been a problem for first-time homebuyers attempting to crack the market. However, there is a silver lining in the

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Real Estate Corner

RE INCREASES

continued from page 20

July real estate statistics and that is based on the optimistic lending numbers that we've seen. These figures are very encouraging and tell us reduced interest rates and a robust eastern Massachusetts economy are having a positive effect on the Norfolk County re-

gion. The Registry of Deeds was operational every work day during the pandemic. The Registry of Deeds continues to be open for business, however, that is being evaluated as the COVID-19 developments unfold. The drop-off box located outside the main entrance of the Registry Building for the time being will continue to be available for use by those members of the public who may

not be comfortable in entering the Registry of Deeds Building. Land documents are being recorded electronically for many of our institutional users. We are also receiving documents in person, 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."

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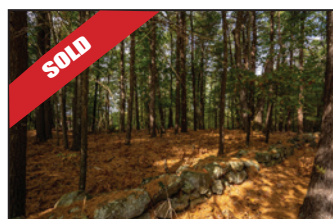
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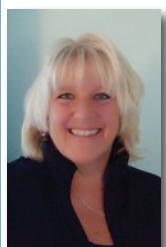
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Real Estate Corner

Register O'Donnell Testifies in Support of Mortgage Transparency

Norfolk County Register of Deeds William P. O'Donnell testified in support of legislation that would promote mortgage transparency for consumers before the Joint Committee on the Judiciary in a hearing held at the Massachusetts State House.

Register O'Donnell testified before the State Legislature's Joint Committee on the Judiciary in support of Senate Bill #1060 and House Bill #1576. This legislation is designed to increase mortgage transparency by requiring lending institutions to record mortgage assignments at the relevant Registry of Deeds office within 30 days of its execution.

"Passing this legislation into law guarantees that a homeowner would know when a third party has been assigned that homeowner's residential mortgage, since the mortgage assignment must be forwarded to the appropriate Registry of Deeds office for recording," Register O'Donnell said. "Additionally, consumers facing foreclosure or looking to record a mortgage discharge would benefit as the legislation provides a permanent source of reference to the

homeowner as to who is holding that homeowner's mortgage."

Register O'Donnell pointed out to the state legislators:

"Senate Bill 1060 and House Bill #1576 are designed to accomplish a goal of providing greater consumer transparency to homeowners when it comes to tracking their mortgage assignments," Register O'Donnell noted. "Another goal of this legislation is to allow Registries of Deeds across Massachusetts to unify their recording practices when it comes to mortgage assignments."

"I am hopeful the Joint Committee on the Judiciary will report the legislation favorably out of committee," Register O'Donnell concluded. "This legislation benefits homeowners across Massachusetts as it will eliminate uncertainty as to which lending institution is the mortgage holder of record. If this legislation becomes law, it would give the homeowner a transparent and easy way to track what entity holds their residential mortgage."

Please contact your local State Representative and State

Senator urging them to support House Bill #1060 and Senate Bill #1576. It would also be helpful if the members of the Joint Committee on the Judiciary are also contacted and told to report these bills out of committee favorably.

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](https://instagram.com/NorfolkDeeds).

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

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