

'Friends' Retire but Never Leave!

By DONNA LANE

The Senior Center would not be the vibrant facility it is today without the efforts of a group of volunteers called The Friends of the Council on Aging (COA), a 501 (c) 3 organization. Led by William (Bill) McCoy for 21 years, the Friends donated close to \$600,000 during his tenure as president, including two senior buses, funds to help



addition, a bocce court and many other items needed for the Center. Three of the original board members retired from the Friends' Board in December of 2021, but not from their commitment to the Center.

How did this group of dedicated volunteers come to be and how did they raise so much money?

In 2001, Bill McCoy was approached by Jean Bafrey and asked to form a 'Friends' group to support the senior center.

"To this day, I'm not sure why she asked me, and I didn't know if I could, but I told her I would try," McCoy said.

He successfully recruited Jim Schmidt who served as vice president for 18 years; Schmidt's wife Barbara, who accepted the position of corresponding secretary; Anne Benson who served as treasurer for 21 years; Evelyn Kuphel, who served as recording secretary; and Millie Farrell who rounded out the group as its press secretary. McCoy

served as president until December of 2021.

Early on, Friends held yard sales, a Christmas bazaar, and Friday night dances, which are still being held to this day. They also agreed that they would always pay their fair share and coined the phrase 'You stay you pay; you don't you won't.' They have always paid for admission to the center's events, despite the fact that they were also working the events.

FRIENDS
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Norwood: Know Who Your Friends Are!

By MICHELE TARANTO

Who would have thought the Friends of Norwood Center (FNC) is more than 10 years old! The late Jean Babel, John Hall,

town and strive to continue the mission of its founding associates.

John Carbone, President, Norwood resident

Peter McFarland, Treasurer, Norwood resident

Maria Loffredo, Secretary, Proprietor, Vico

Charlotte Walsh, Past President, Proprietor, Charles River Running

Joseph Collins, Town of Norwood

Abbie Atkins, Norwood resident

Travis Farley, Director of Recreation, Town of Norwood

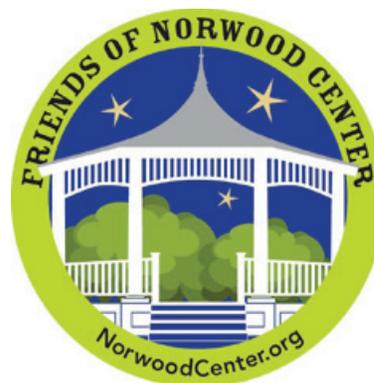
Marci Pastorio, Proprietor, Juice Bar

Quontay Turner, Proprietor, Emerald City Plant Shop

Michele Taranto, Realtor

The mission of the group had grown and evolved over the years to meet the challenge of

FNC
continued on page 3



Joseph Moriarty (King McNamara Moriarty, LLP), and Carrie Shea (Norwood Bank), were instrumental in its founding, formation and growth throughout the years, but many more have volunteered their time to ensure Norwood Center progress as a vibrant business center.

The FNC is currently running with ten members, some owners of local businesses, a town municipality member, and many local citizens who love this

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FRIENDS

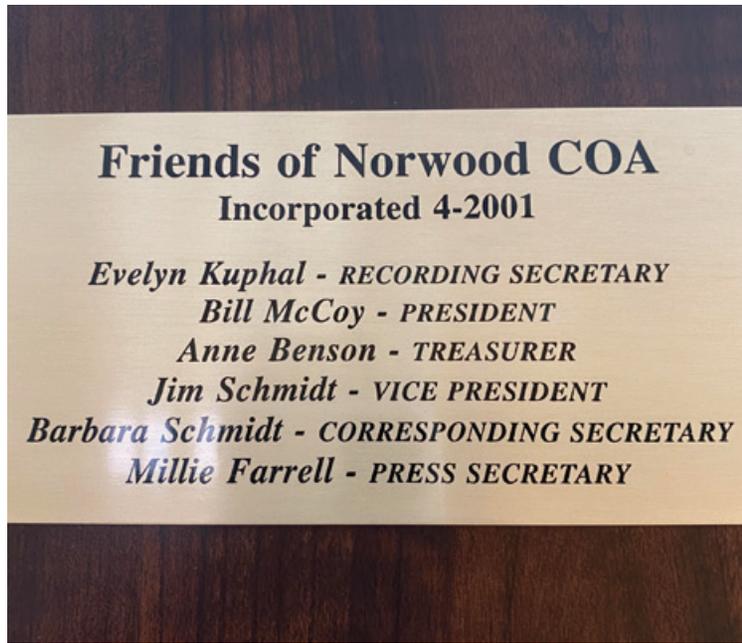
continued from page 1

McCoy recalled that the first dance was very crowded in the small facility. Then Assistant Fire Chief John Howard approached him and said they needed to find another facility to hold the dances or they would be shut down because the crowd exceeded fire code regulations.

“We moved the dance to the American Legion and boy, was it a lot of work!” McCoy said. “We had to bring everything up the fire escape to the second floor. The band had to bring up all its instruments, and anything else we needed had to be brought up those stairs. It was a lot of work, but everybody really loved it.”

McCoy believes that, in the beginning, few people believed in the Friends. They went to Town Meeting to request money for the Senior Center and were turned down. Twice!

“Both times they said there wasn’t enough money in the budget to help support the Senior Center because it had been a bad year,” McCoy recalled. “We offered them \$7,000 the second year, but the answer was still no.



It wasn’t enough”

On their third try, the persistence of the Friends paid off handsomely.

“They knew we weren’t going away,” McCoy said with a chuckle. “We offered the Town \$250,000 to show our resolve in improving the facility and one of the selectmen took our request to the state.”

The state agreed to pick up \$1.1 million toward the addition; the Town agreed to provide \$1.1 million, and the Friends gave the

\$250,000 they had committed. The addition to the center was started in 2005 and finished in April of 2007.

One of the many people McCoy credits for the success of the Friends is Jim Schmidt.

“Jimmy is one of the greatest ambassadors this town ever had,” McCoy said. “People don’t know all of the things he’s done behind the scenes.”

Schmidt celebrated his 99th birthday in April and is still helping out at the center. McCoy

said that Schmidt videotaped all of the activities at the center, including the daily progress of construction during the addition.

“Jimmy hasn’t missed one thing in that hall,” McCoy said. “He videotaped every dance, exercise class, bingo game, and activity that was ever held.

And the women ... they are the ones who gave their all. The ones who made it all work.”

During his tenure on the board, McCoy said that 70 percent of the board’s members were always women. At every event, they set up the tables, provided refreshments, and made everything run smoothly.

“We couldn’t have done half of what we did without them,” McCoy said.

Asked about some of the largest money-making events, McCoy mentioned a golf tournament that then-selectman Jerry Kelleher organized raising \$12,000 for the Friends; a roast of then-Town Manager John Carroll, which netted another \$12,000; and the former Westbury Farms Restaurant which would host a yearly chicken dinner for 115 people, donating all of the proceeds to the Friends each year asking

nothing in return. He also mentioned Norwood Bank, Dedham Savings Bank, and Ernie Boch, all of whom generously donated to the Friends over the years.

His fondest memory is of a phone call he received from a young girl years ago.

“Mr. McCoy? Would you do me a favor?” McCoy recounted. “Would you go to your front door and open it up and look down? I left a little jar there with pennies, nickels, dimes, and quarters for the senior center so when my mom and dad get old they will have a nice place to go to.”

As he recounts the story, there is a crack in his voice.

“To this day, I don’t know who that little girl was, but I will never forget her,” McCoy said.

He is extremely proud of the contributions the Friends have been able to make to the Center but acknowledges that it is the result of many people’s generosity that made them successful.

“One of the greatest things at the center are the plaques on the wall,” McCoy said.

Each of these plaques repre-

FRIENDS

continued on page 4

FNC

continued from page 1

changing times, however, the goal remains unchanged: connecting local

businesses, town leadership, and residents to energize the downtown experience for everyone. Its goal is to empower the people, places, culture, and experiences unique to Norwood to support a vibrant community and a thriving local economy. We believe when we choose to live locally, we make the heart of our town a welcoming destination for everyone.

The FNC focuses its time to promote local businesses, their activities, and promotions through social media and enhances its reach to all residents through with Norwood Community Media (NCM).

During the pandemic, an unprecedented experience for patrons and businesses, FNC was instrumental in partnering with proprietors on behalf of the town to educate and act as a resource for gran opportunities, application deadlines, and hands-on assistance.

Many may remember 'Norwood Feeds the Frontlines,' during the COVID-19 shutdown. It was FNC who ran the successful undertaking, in partnership with Matt Brown, to raise funds

to pay Norwood restaurants to prepare and deliver meals to Norwood Frontline workers at the hospital, fire department, and local nursing facilities.

The Friends of Norwood Center also spearheads the Annual Small Business Saturday, the national movement led by American Express held each year the Saturday after Thanksgiving to promote and celebrate shopping local.

The FNC picked up the ball for several years running the Norwood Farmer's Market to ensure its presence on the Town Common. Residents will be happy to hear, works are in play by a small group of committed residents to restart again in early summer.

Residents may have noticed new Shop, Dine, and Live banners throughout Norwood streets. The FNC worked with the town government to invest in these promotional materials.

The Friends of Norwood Center is a certified 501(c)(3) organization and is funded completely through charitable donations in sponsorships, an annual appeal, and fundraisers. The proceeds are designed and earmarked to bring people into Norwood Center and raise the necessary operating funds for the organization. FNC also employs a part-time liaison eight hours per week to coordinate ef-

forts with the volunteer board.

"It is the hope of the invigorated board to grow FNC's fundraising efforts to position FNC to conduct creative and fun outdoor activities and events in Norwood Center to bring more people into the Center to support local business and see and experience the unique opportunities Norwood Center has

to offer," FNC liaison Maryellen Horgan-Currier said. "We welcome participation from the Norwood community at large from residents and businesses who have ideas and time to help FNC promote and engage with Norwood Center to continue its growth as a thriving and vibrant local business district. Please email norwoodcenter@gmail.com

com with interest or questions."

The Friends of Norwood Center welcomes new members, proprietors, employees of local organizations, and Norwood residents to join their cause ensure Norwood Center as a thriving and welcoming destination for shopping and entertainment.



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278 Prospect St	\$515,000	62 Earle Street	\$995,000
5 Myrtle St.....	\$615,000	103 Plantation Cir.....	\$1,050,000
58 Garden Pkwy	\$630,000	441 Neponset St. U:B.....	\$775,000
45 Access Rd.....	\$575,000	15-17 Hartford St.....	\$550,000
131 Arnold Rd	\$670,000	192 Walpole st.....	\$650,000
118 Westover Pkwy	\$710,000	20-22 Highview St	\$765,000
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Happy 150th Norwood!

BY BELLA CAGGIANO

Throughout the year Norwood residents will be celebrating the Town's 150th Anniversary. The anticipation of this 12-month celebration has been building for well over a year and 2022 is the time for all to embrace and commemorate thanks to the many volunteers who have devoted so much of their time for all to enjoy.

Norwood Local Town Pages will publish a monthly series throughout the year to inform residents of the various events taking place throughout town. There is a wide variety of experiences for every age group and interests for all to enjoy!

The celebration kicked off on First Night (Dec. 31), on the Norwood Town Common.

Sunday, May 1
Morse Open House Day, 1285 Washington St.
1-5 p.m.

Morse was one of Norwood's first Assessors and Selectmen and a direct descendant of Ezra Morse, who built a sawmill in 1678 and used the lumber to build the first house in what would become Norwood shortly thereafter. George Henry Morse built his house a few years before Norwood was founded. The Norwood Historical Commission will provide light refreshments and beverages along with the his-

tory of the Morse family and the Morse House.

Tuesday, May 17
Norwood Historical Society Book Group
F. Holland Day House, 93 Day St.
7-8:30 p.m.

The group will be discussing 'Influenza and Inequality,' by P. Fanning. For more information, email info@norwoodhistorical-society.org.

Sunday, May 22
Parkway Concert Orchestra Concert
Location TBD
All Day

This program is sponsored by the Norwood 150 Commit-



tee and is supported in part by a grant from the Norwood Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. More information to follow at <https://norwoodma150.gov/event-calendar>.

Sunday, May 22
Veterans Celebration
Location TBD

12-4 p.m.

Join in to celebrate the veterans of the Town.

Saturday, May 28
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3-4 p.m.

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FRIENDS

continued from page 2

sents a \$100 donation given by or in memory of someone to the Friends. These plaques are a reminder of the many people who have made it possible for the Center to support our senior population, providing a wonderful facility to host the many activities and services it performs.

Throughout the interview, McCoy talked in superlatives. He praised COA Director Kerri McCarthy numerous times for her work running the Senior Center.

"When Kerri McCarthy came to the Center, she made the sun shine and the smiles come back," he gushed. ... "When she came, it turned into one of the best senior

centers around. She has a fantastic knowledge of what people need and want. She kept the senior center open during the entire pandemic. She is a fantastic leader."

His respect and admiration for McCarthy and her work for the COA is obvious.

In her monthly letter to seniors, McCarthy praised the outgoing board members.

"These retirees put their heart and soul into the center and everyone has benefitted from their desire to help the older adults of Norwood," McCarthy said. "They may be stepping down from the Friends organization, but they will continue to be at the center supporting all of its programs and events."

McCoy says he will continue to call Bingo at the Center and run errands whenever needed. He also sings country songs at local nursing homes and would be happy to entertain the seniors whenever asked. Retired treasurer, Anne Benson, still volunteers four hours a week at the Center's information desk; retired recording secretary, Evelyn Kuphal, will continue to run knitting classes at the Center, and Jim Schmidt will continue to videotape events for posterity.

Our thanks to the retired Friends for all they have done and continue to do for the senior community and we hope the new Friends leadership will continue their legacy of selfless commitment to enrich the lives of Norwood's senior community.

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Wonderful Women of Norwood: Anna R. Ellis

BY: NORWOOD HISTORICAL SOCIETY BOARD MEMBERS LAURIE KEARNEY, LINDA RAU, & KAREN DENAPOLI

The Norwood Historical Society would like to present Anna R. Ellis as a Wonderful Woman of Norwood.

Anna Rachel Ellis was born in Norwood to John and Harriet Ellis on July 5, 1877. She attended Norwood schools and when she graduated in 1895, she was asked by then Postmaster William Wallace to fill a part time summer clerk position at the Norwood Post office located in the Wheelock Block, in the business center of Norwood. Anna agreed, and even though she had taken courses that would have allowed her further studies, she stayed with the post office in Norwood for the next forty-nine years.

The post office in Norwood was established in 1846 when Norwood was still South Dedham, by Captain Moses Guild and was in Jabez Boyden's general store. It consisted of a three-foot high cylindrical alphabetized letter rack where you just turned to find your mail under the appropriate letter. This postal rack can still be viewed at the Norwood Historical Society headquarters, The Fred Holland Day House, 93 Day St. When Norwood was incorporated in 1872, Willard Gay became Norwood's first postmaster.

Anna served as a clerk in all positions of the post office under five postmasters. She was hired by Willard Wallace who served from 1886 to 1903. Frank Fales was postmaster from 1903 until 1916 and it was under Mr. Fales that Norwood became the first post office in Massachu-

setts to offer the United States Postal Savings System. Anna became the first postal savings clerk.

The United States Postal Savings System was formed after



gressman Richard Wigglesworth notified Norwood that a recommendation had been made to the House Appropriations Committee that a new post office be built in Norwood. An amount of \$130,000.00 was appropriated for this endeavor. This set off a contentious town discussion on the location for the new building. It was finally decided in October of 1931 that the site of the old Everett School, where Anna Ellis attended school, was the best place for the new building. Guild Street was opened and extended, and architect William Upham designed the neo-federal building that stands today.

During the building postmaster Thomas Mullvehill was taken ill and Anna Ellis was appointed acting postmaster in 1933 and was charged with the transfer, administration, and opening of the new building. She served in this position until late in 1934. When Mr. Mullvehill died in December of

intense lobbying by farmers, workers, and immigrants that had distrust for the banks at that time. It offered a savings plan that at the time was more secure than banks and returned a 2% interest to those who used it. It also provided protection for these savings during the Great Depression as it was insured and backed by the government and not banks. Anna administered this operation until 1919, when, under postmaster Joseph McManus, she was appointed as assistant postmaster.

Anna served as Assistant Postmaster under Joseph McManus (1916-1924), under postmaster Albion Parker (1924-1933), and then under Thomas Mullvehill (1933-1936). Along with her duties of assistant postmaster she oversaw the postal carriers and the postal savings system.

In 1931, during Thomas Mullvehill's tenure as postmaster, Con-

1936, she was again appointed acting postmaster until being appointed postmaster in August of 1937.

Anna Ellis served as Postmaster/Postmistress until she retired in 1944, during which time she was responsible for the expansion of the carriers in town to eleven, the adding of postal machines, and the institution of parcel post for packages. Anna R Ellis died the following year in December

1945 at the age of 68. She left a sister Rachel Ellis, and an incredible forty-nine years of service to the town of Norwood.

Sources:

- Norwood Historical Society Archives
- United States Postal Savings System history
- Norwood a History by Patricia Fanning

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Employment spotlight

and per diem. The variety of schedules provides nurses more flexibility for work-life balance or to continue their education. We understand that our nurses have their own responsibilities and obligations outside of work, and providing adaptable schedules makes finding that balance easier.

Independence and Autonomy

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throughout their learning process. VNA Care's nurse specialists provide their expertise to help their colleagues learn new skills such as wound care and IVs. Nurses are also supported by their clinical service manager and collaborate with other members of the team (such as rehab therapists, social workers, etc.) to provide the best possible patient care.

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2022 Town Election Results

BY BELLA CAGGIANO

Norwood held its Annual Town Election on Monday, April 4, 2022. Below are the unofficial results to fill committee and board seats. These results reflect 100% of Norwood's nine town districts.

For a list of elected Town Meeting Members, visit www.norwoodma.gov/townclerk, click on Voting and Elections, and Election Results.

SELECTMEN

Robert G. Donnelly	280
Amanda Grow	233
Allen D. Howard	183
Unresolved Write Ins	1
Blanks	175

MODERATOR

Gerri S. Slater	299
Unresolved Write Ins	2
Blanks	135

BOARD OF HEALTH

Carolyn Riccardi	331
Unresolved Write Ins	1
Blanks	104

SCHOOL COMMITTEE

Joan E. Giblin	230
Kathleen J. Sibbing-Dunn	215
Michael S. Condon	151
Tylor Joseph Tourville	49
Mark J. Whouley	70
Unresolved Write Ins	0
Blanks	157

FINANCE COMMISSION (3 YEARS)

Anne Marie Haley	282
Alan D. Slater	273
Unresolved Write Ins	2
Blanks	315

FINANCE COMMISSION (2 YEARS)

Myev A. Bodenjofer	273
Unresolved Write Ins	1
Blanks	162

MORRILL MEMORIAL LIBRARY TRUSTEE

Sheri A. McLeish	283
Donna R. Montgomery	278
Unresolved Write Ins	2
Blanks	309

TOWN PLANNING BOARD (5 YEARS)

Brian R. Hackey	281
Unresolved Write Ins	2
Blanks	153

CONSTABLE

James A. Perry	291
Unresolved Write Ins	1
Blanks	144

QUESTION #1 -

COAKLEY MIDDLE SCHOOL	
Yes	284
No	101
Blanks	51

Library Education Scholarship

The family of Viola Sastavickas has made donations to the Morrill Memorial Library since 2007 in order to create a scholarship in the amount of \$500 per year. In 2020, it was agreed that the scholarship be permanently increased to \$1,000 per year. This scholarship is to be awarded annually to a current or former library employee or library volunteer for one of the following purposes: undergraduate or graduate school, a formal course of study, or an enrichment opportunity (continuing education).

This scholarship has been awarded fifteen times since 2007: (Elizabeth Porter, 2007; Lauren Bailey, 2008; Carolyn Bradley, 2009; Jillian Goss, 2010; Samantha Sherburne, 2011; Odhran O'Carroll, 2012; Laura Hogan, 2013; Hallie Miller, 2014; Maureen Riordan, 2015; Chloe Belanger, 2016; Jyotika Tandan, 2017; Dina Delic, 2018; Elizabeth Ling, 2019, Tara Bilotta, 2020, and Khushi Shah 2021) The scholarship will once again be

awarded in 2022 thanks to continued generosity by the Sastavickas Family.

Viola Sastavickas was a lifelong resident of Norwood and used the library frequently. According to her daughter Kathy the scholarship is "a fitting tribute to our beautiful mother and to the library and staff who treated her with great respect and affection."

A brief application form is

available on the library's website, at <http://www.norwood-library.org/?s=sastavickas>. For more information, contact Clayton Cheever at (781) 769-0200, ext. 8. Applications are due by May 09, 2022, and they must be submitted electronically to the director: ccheever@minlib.net. The scholarship will be awarded by June 31, 2022.

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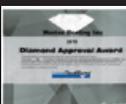


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Free Babysitting Course

Babysitting is a big responsibility. Training will give a tremendous amount of knowledge and confidence for those entering this form of work. The Women's Community Committee (WCC) is sponsoring a FREE babysitting course for 6th, 7th, and 8th grade Norwood students offering valuable information before they take on this important job.

The one-week course will be held Monday, May 9 through Friday, May 13, 2:45 p.m. to 4:00 p.m., at the Coakley Middle School.

To register, forms are available at the Coakley Middle School, the Morrill Memorial Library, and the WCC Thrift Shop, 1091 Washington St., South Norwood. Thrift Shop retail hours

are Wednesdays 6-8:00 p.m., Thursdays 9:30 a.m.-3 p.m., and Saturdays 9:30 a.m.-12:30 p.m.

According to WCC Educational Committee Chairperson Helen Wyche, presenters at the annual babysitting course will include the Norwood Police Department's safety officer, a fire fighter, a registered nurse, a professional babysitter, a nursery

school teacher, and a librarian.

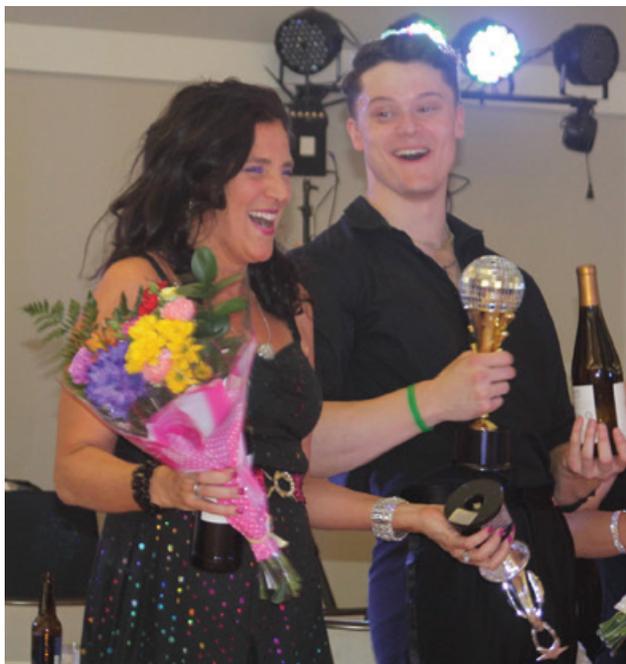
Certificates from the WCC (an all-volunteer, non-profit com-

munity service organization) and from the Massachusetts Extension 4H will be given to students who complete the course.

And the Winner Is!

Congratulations to the 2022 Dancing with the Starts Champion & Judges Choice winner Tracy Curran!

And, a big thank you to all the dancing stars and volunteers for the return of this beloved fundraiser for the Norwood Circle of Hope.



Norwood Actress Starring in Disenchanted!

Fairy tales always start with 'Once upon a time,' and end with 'they lived happily ever after.' But is that really true? The Walpole Footlighters production of Disenchanted!, with books, music, and lyrics by Dennis Giacino, starts with the assumption that those 'happily ever afters' aren't so happy.

A parade of pulchritudinous princesses from the original stories and the "House of Mouse" movie adaptations fill the audience in on what really happened after the story ended. Snow White, Cinderella, Sleeping Beauty, Belle, Rapunzel, and many more each have a tale of woe to deliver in song and dance.

Norwood actress Kellyn Martin makes her Footlighters debut in the role of Sleeping Beauty, one of the three hostesses of the show. Martin joined the produc-



tion after hearing about it from another cast member she'd worked with at another theater.

"This show takes the generally accepted notions about princesses and sheds light on their absurdity, in a very comedic way," Martin said. "Whether you love princesses or find them ridiculous, this show is for you! The show and the music are funny to begin with, but this cast brings them to life in a way that will have the audience laughing nonstop!"

Performances of Disenchanted! are at the Walpole Footlighters Playhouse at 2 Scout Road in East Walpole. Evening performances will be on May 6, 7, 13, 14, 20 and 21 at 8:00 PM. There will also be matinee performances on May 15 and 22 at 2:00 PM. Patrons will be required to wear medical grade masks at all times while in the theater. Concessions will not be sold. Tickets are \$27 and all seats are reserved. Patrons are urged not to attend if they are not feeling well on the day of their performance, and tickets will be exchanged or refunded with no questions asked. Discounts are available for groups of 10 or more. To purchase tickets, call the Box Office at 508-668-8446 or purchase online at www.footlighters.com. Please note, this show contains mature language and content.

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TICKETS: 508-668-8446 or www.footlighters.com

Footlighters Playhouse • 2 Scout Road • East Walpole

Achieve Better Health: #URPOSSIBLE

“I used to get picked on for being extremely thin when I was younger,” recalls Christopher Pawl, “so I got into body building and completely changed my physicality.”

Pawl started something called FitproChris in 2018, based out of his home in Foxboro.

“Seeing those changes is the whole reason I became a fitness professional. I loved how I felt about myself and I wanted help other people feel the same way about themselves.”

FitproChris provides in-person and online training tailored to the needs of each client. Pawl says he has 20-25 active clients in the area that he sees once a week for at least 30 minutes.

The first 30-minute meeting is complimentary and focuses on exploring the client’s physical readiness including injuries and health issues. “Then, I can design a program to get the results they want,” says Pawl.

“My programs are scientifically based and we don’t use big, bulky exercise equipment,” Pawl explains. He doesn’t only focus on physical training; he helps people with nutrition, too. “Some foods are beneficial for weight loss, some are good for muscle growth, others keep a person active by providing much

more energy,” according to Pawl. Each client’s nutrition plan is “customized for their goals because everyone has different needs.”

As for the exercises, they include “squat, curl and press... dumbbell chops... reverse lunge and twist... and more,” he smiles. Depending on the wishes of the client, these can be performed at Pawl’s home, the client’s home, outdoors (weather permitting), or online.

Some people are attracted to FitproChris to accomplish specific goals. A soon-to-be bride wanted to lose weight in time for her wedding. Athletes come to him to prepare for an upcoming sports season. And seniors come “just to feel better.”

“Chris is knowledgeable in the field of fitness,” writes client Kerry Burke. “He is alert to proper form and safety and varied in what routine is used for each session.”

Another client, Ashley Hall, writes: “What I like most about Chris is that he looks at me as a whole, unlike other trainers who would just give me exercises and count the sets and reps. He is helping me improve not just my weight but also some of my health issues such as high blood pressure.”

“There’s a reason why I call my business FitproChris,” he explains. “I am a fitness professional. I try to help people feel better about themselves.”

Pawl has been a Certified Personal Trainer with the National Academy of Sports Medicine for 17 years. He is also certified as a fitness/nutrition specialist, behavior change specialist, and certified in senior fitness, youth fitness, and prenatal fitness. He graduated from Salem State University with a Bachelor of Science degree in Exercise Science. He has been a fitness professional for 19 years.

He worked at the Arlington Boys and Girls Club for many years and had a variety of jobs working with children from preschool to high school. “I love working with children.”

One of the core philosophies of his business is that people can achieve anything they want. And out of that, grew the branded hashtag: #URPOSSIBLE!



His wife, Nicole, helped with that. “The reason I am possible is my wife who always has my back and is an amazing person. She brings out the best

Business spotlight

Christopher Pawl is ready to guide you on your path to better health. His business, FitproChris, can help you in-person and online.

in me.” Chris and Nicole celebrated their third wedding anniversary last month.

“I’m hoping to build the business and increase my following on Instagram. People need to believe in their own possibilities,” he says. He recalls a well-known quote: “If you believe you can... you can. If you believe you can’t... you can’t.” He adds an emphatic, “you can!”

To find out more about Chris Pawl and his business, visit www.fitprochris.com or call (781) 771-9954. His email address is fitproChris23@gmail.com

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now has its own Facebook page!

Like Norwood Town News on Facebook to keep up to date with articles, events, giveaways and contest announcements for Norwood!



Last month, the new playground at the Little Mustangs Preschool Academy was officially named "Carole's Corral" in honor of deceased, longtime Norwood Public Schools (NPS) employee, Carole Poirier. Carole wore many hats during her career with the Norwood Public Schools and was well known as a champion for our youngest students in the community. When the Preschool moved from the Willett to its current location at the LMPA, Carole was determined to make sure the students had a proper playground in their new location, securing the first set of donations for the structure. Today's dedication was attended by members of the NPS teaching and administrative staff, members of Carole's family, and of course, a group of preschool students who very much enjoyed playing in Carole's Corral!



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Norwood's Memorial Day Schedule

The Town of Norwood will be hosting activities dedicated to celebrating Memorial Day on Saturday, May 28 and Sunday, May 30. All Norwood residents are invited to the events to help remember those who died in active military service.

The Norwood Department of Veteran Services coordinates the Memorial Day weekend ceremonies, beginning with placing the American flags on the graves of Norwood Veterans on May 28. Volunteers are welcome to assist in the effort and can receive more information from Director of Veteran Services Ted Mulvehill's office at 781-762-1240.

The ceremonies on Memorial Day, May 30, will begin with

a service at Saint Catherine of Siena Church. The American flag on the Town Common will then be placed at half-staff.

Ceremonies will be held at the Old Parish Cemetery, followed by the Memorial Day parade which will end at Highland Cemetery for a commemorative ceremony.



Saturday, May 28

8:00 a.m. Decorate the graves of Norwood's Veterans with American flags - Highland Cemetery

Monday, May 30

8:00 a.m. Memorial Service at St. Catherine of Siena Church

9:00 a.m. Flag raising at Town Common

9:30 a.m. Ceremonies at Old Parish Cemetery (the rear of 480 Washington Street)

10:00 a.m. Parade steps off - corner of Washington and Howard Streets

Ceremonies at Highland Cemetery follow the parade

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MAY 2022 HAPPENINGS

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May 8 - Mother's Day
NOON TO 8 P.M.
(RESERVATIONS REQUIRED)

May 21 - Hyde Park Night
8 P.M. TO MIDNIGHT

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Local Social Security Offices Resume In-Person Services

Online Services and Telephone Remain Most Convenient Ways to Contact Agency

A Statement from Kilolo Kijakazi, Acting Commissioner

"I am pleased to announce that local Social Security offices will restore in-person services, including for people without an appointment, on April 7, 2022.

To avoid waiting in line, I strongly encourage people, who can, to use our online ser-

vices at www.socialsecurity.gov, call us, and schedule appointments in advance rather than walking in without an appointment. Phone appointments can save you a trip to a busy office. I thank the public for your patience as we work to increase service.

Customers who walk in

without appointments may encounter delays and longer waits at our offices. Be aware that our offices tend to be the busiest first thing in the morning, early in the week, and during the early part of the month, so people may want to plan to visit at other times.

Given that many of the people we serve have health vulnerabilities, and consistent with our union agreements, we are continuing to require

certain safety measures including masking, physical distancing, and self-health checks for COVID-19 symptoms. We will provide masks to the public and employees if they need them.

Thoughtful planning and preparation have shaped our process to restore in-person services. Social Security employees are dedicated to serving the public, and we are ready to welcome the public back to our offices. Our local managers understand and can address the needs of their communities. We have also implemented office-to-office support as well as brought recently retired employees back to assist the public. We thank the many interested stakeholders including the Department of Health and Human Services' Administration for Community Living and national advocate organizations for your help.

Throughout the pandemic, millions of people have used our secure and convenient online services and received help by phone. People who have access to the internet should first try our online services before calling us or visiting an office.

As we transition to a new modern phone system, some people may experience a busy

signal or be unintentionally disconnected from their call. We sincerely regret this disruption and recommend people call when our National 800 Number may be less busy, such as before 10 a.m. or after 4 p.m. local time or later in the week. Like our offices, our waits are generally shorter later in the month.

To learn more, please visit www.socialsecurity.gov/coronavirus/gethelp/ and www.socialsecurity.gov/onlineservices/.

Additional Information

Most Social Security services are available to the public online at www.socialsecurity.gov and with a my Social Security account, or by telephone. And most Social Security services do not require the public to take time to visit an office. People may create their my Social Security account, a personalized online service, at www.socialsecurity.gov/myaccount.

People who set up their my Social Security account have access to additional personalized services. They can request a replacement Social Security card online if they meet certain requirements. 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 their earnings information as well as estimates of their future benefits. The portal also includes a retirement calculator and links to information about other online services, such as applications for retirement, disability, and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, 18007721213. People who are deaf or hard of hearing may call Social Security's TTY number, 18003250778.

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Gastroesophageal Reflux Disease (GERD) is a common disorder that affects the lower esophageal sphincter, which is the ring of muscles that lies between the esophagus and the stomach. The most common symptoms of GERD are heartburn or acid indigestion. These occur when the lower esophageal sphincter is weak, and even though it opens to allow food to pass into the stomach it doesn't close properly so food and acidic juices reflux or return back up into the esophagus.

The most common symptoms associated with GERD are dyspepsia(indigestion), gas and bloating, sore throat from acid reflux, chronic dry cough, hoarse voice, breathing issues, and vomiting; all occurring principally after eating.

Dorothy M visited The Holistic Center at Bristol Square complaining of chronic indigestion, gas, bloating after meals, and headaches. She was diagnosed with GERD by her primary care doc-



Dr. Rochelle Bien & Dr. Michael Goldstein

tor but did not want to go on the suggested prescription Omeprazole. She had heard through a friend that symptoms of GERD could be managed holistically and wanted to explore that route before going on medication.

Dorothy was put on a therapeutic diet, which removed the stressors that were aggravating her situation. Digestive enzymes were added with

each meal to help rest the stomach so it could heal, and specific manual adjustments were performed to aide in closing the valve. After several weeks, Dorothy was already seeing significant results and noticed that her symptoms had decreased in frequency and intensity.

If you are experiencing the symptoms from GERD and are looking for a holistic approach and solution, call THE HOLISTIC CENTER AT BRISTOL SQUARE, (508) 660-2722, 1426 Main Street, Walpole, and make an appointment with Dr Michael Goldstein or Dr Rochelle Bien today.

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Norwood Sports

Softball Captains Hoping to Go Out on Top

By CHRISTOPHER TREMBLAY

Softball co-captains Grace Dileo and Caeli Reed have been playing softball as long as they can remember, and with this their final season on the Norwood diamond, the duo is hoping to help the Mustangs advance to the Division 2 State Softball Tournament.

“As a two-year captain I am hoping that I can lead the younger girls into the tournament and then advance further than we did last year,” (Norwood finished 9-7; earning a 15 seed and fell to Norton in the first round), Reed said. “Our goals are to win the Tri-Valley League Championship and then taking part in the state finals would be a great way to end our senior year.”

Dileo echoed her co-captains’ sentiments noting the team has the talent to do so.

“We have a lot of new talent this year and are looking to put the pieces together; I definitely think that we can take the TVL,” Dileo said. “We’ve got to be able to score the first run of the game instead of waiting to later in the game. If we can do that, we should be all right.”

Softball has been a part of the Norwood duo’s upbringing from a young age. Reed said that her entire family has been involved in Norwood sports and two of her cousins had played for Norwood Coach Carol Savino’s club team, the Drifters, a team she too has been part of since the sixth grade.

Dileo, on the other hand, began with t-ball, moved to the BNB Hornets club team out of



Wrentham, and eventually ended up with the Drifters two years before she entered high school.

“Joining club, I definitely received a lot of new skills that allowed me to succeed at first base while commanding the field,” Dileo said. “I found motivation with club as it was a higher level than rec and it allowed me to play with others that were not only on my level but dedicated to the sport.”

Growing up, the now Mustang first baseman tried a variety of positions like catcher and third base, but after developing rotator and tendonitis issues her

first year Drifters coach moved her to first where she has thrived. Unlike Dileo, Reed was thrust into the catcher position and has developed into a superior player behind the plate.

“I became a catcher early on when no one would catch Erin Sullivan, who eventually had to leave the sport because she threw really hard with a lot of speed,” Reed said. “I was comfortable catching my friend. Erin came up

with Grace and I and it’s too bad that she can’t be on the team with us this year.”

Having played for Coach Savino’s Drifters team, both Norwood captains felt rather comfortable when high school tryouts began four years earlier. Dileo recalls a lot of the high school drills were

times it was stressful as there was a lot of weight on my shoulders. It was tough to live up to that potential as a freshman.”

Defensively, the two captains are top notch players according to their coach and offensively can bring the power.

“Grace can stop anything that come her way over at first base, while Caeli is a great catcher that commands the game,” Savino said. “She is very athletic with a strong arm and throws a lot of runners out. At the plate both girls hit for power.”

In addition to helping the underclassmen on the team prepare to take over the program following this season, Reed and Dileo would like nothing more than getting back to the tournament and playing like they did when the team went to the Quarter Finals as freshman. That year, Norwood went 12-6, defeated Bridgewater, knocked off Hanover the number three seed before losing to Fairhaven to end their season.

“There is no I in team whether on the field playing or sitting on the bench,” Dileo said. “We are all part of a team, and we are there for one another because we love the game. We have a good group of girls who are always trying our best.”

Whether they get to surpass their tournament performance of that first varsity season with the Mustangs or not, the Norwood coach is proud of her team.

“The kids at Norwood are exceptionally grateful for what you can teach them,” Savino said. “Each and every one of them is willing to listen and learn and always thank me for helping them.”



similar to those she took part in as Drifter.

“It was a little easier having the experience but I wasn’t expecting to make the varsity team,” Dileo said. To be honest with you, I would have been ok on the freshman team and to make the JV team would have been a reward.”

So needless to say, the then freshman was totally shocked when Savino placed her on the varsity squad her first year.

As for Reed, she recalled all the older girls being very welcoming and already knowing a lot of them gave her the feeling that she’d be all right taking part in the tryouts.

“I was confident that I was going to make the team,” Reed said. “But to be the starting catcher as a freshman for the varsity team I didn’t expect. That put a lot of pressure on me and at

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Norwood Sports

A New Season for The Norwood Boys Volleyball Team

By CHRISTOPHER TREMBLAY

In the past, the Norwood boys' volleyball team has not seen a lot of athletes banging down its doors to play for Coach Paul Nimblett. However, this year is a little bit different. After the team earned themselves a spot in the South Division Tournament, the Norwood Coach has had more players take an interest in the sport. Although the Mustangs got into the tournament, they fell to Newton South in the first round.

but kids are looking to play now that all the mandates are out."

The underclassmen of the JV team are working to not only eventually become varsity players but are giving Norwood a chance to build for the future. According to the coach, he's glad to finally have a JV team again; one where the underclassmen will become a big part of the school's program.

While the JV begins to revamp the school's program with the underclassmen, senior Coleman

knows the system but was a big part of our offense when he was last on the court."

Senior Matt Alves has never played the sport but has always thought about giving it a try. Thus far he is picking up things right away due to his athleticism. Despite being a first-year player, Nimblett believes that he should have a great year and is excited to see what he can do as a middle hitter for the squad. Alves covers a lot of ground on the court giving the Coach the opportunity to play him all around.

With Keady back in the fold, Korbyn McWhirk, who sometimes worked as the team's setter last spring, will be primarily a hitter this year. Karl Badiola, another senior, is back and brings experience to the outside hitter position, but much like Alves can play other positions. Badiola will see action in both the front and back rows and has a great serve.

"He [Badiola] has a great float serve that has a lot of movement to it making it tough for the other team to pass," Nimblett said. "He had a lot of success with his serve for us last year."

Other key components to the Mustangs lineup are junior Khang Nguyen, a really good passer who can play the back row and possibly libero; junior Joe



"Last year, we only had 11 players," Nimblett said. "This year, we are up to 25, giving us enough for both a varsity and junior varsity team for the first time in a while. Over the past few years, it has been tough with Covid and the shortened season,

Keady is returning to the court as the team's setter after a year's absence due to wrestling being moved to the spring season last year.

"It's big to have him back," the Mustang Coach said. "Coleman is a leader who not only

Greene, who comes in with good skills and has fit right in while picking things up rather easily; and sophomore Jason Le, who after playing last year as a freshman now returns with a year of experience under his belt.

Junior Zach Smith played sparingly last year but is ready to move into a right-side hitter position giving him more of a role this season.

With the Tri Valley League already having a bunch of skilled teams, Dighton-Rehoboth has recently been added into the mix.

"Milford and Nipmuc are the top teams in the league and Norton and Bellingham will be tough," the Coach said. "With that said, I believe that we will defiantly be able to compete with

them. Once we get a few games in, experience will come – I can't wait to see what this group is able to accomplish."

With the new tournament acceptance policy, this year will be very important to teams to not only be competitive against the top tier teams but try to take a set or two whenever they can. The new rankings will rely on how well you do against these teams' power ratings to earn yourself a spot in the tournament.

Nimblett and his team know what they have to do if they want to get back to the tournament and take last year's performance a step further. The Mustang Coach firmly believes that his team can accomplish that feat as long as they play together as a team.

Help Local Veterans in a 5 Miler!

By MICHELE TARANTO

In 2022, so many of the event

people looked forward to are back! That includes the Run for A Vet 5 Miler! This incredibly beneficial event provides financial aid to local veterans through the Run for A Vet Fund.

The live race, yes, live race again, will take place on Saturday, May 14, 10 a.m., Norwood High School, 245 Nichols St. Same location, same great course, same great cause!

To register, visit <https://runsignup.com/Race/MA/Norwood/RunforaVet5Miler>. Cost is \$25. A free short sleeve tee shirt will be given to the first 100 registered runners! Register May 12, 7 p.m.

For more information, contact Race Director, Jim Henry, wingedfootrunning1@gmail.com, or 617-610-0084.

com, or 617-610-0084.

Spring is here, the weather is warmer, outdoor events are back!

What a great time to lace up the sneakers, join in some fun, and help support Norwood's local veterans!



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Call for Hours

Norwood Cultural Council Elects New Officers

The Norwood Cultural Council elected a new slate of officers at its February meeting and welcomes Ieshia Karasik as Chairperson, Arati Paranjpe as Secretary, Kate Sibbing-Dunn, who previously served as Co-Chair, as Treasurer, and Amy

Pfingston as Grants Coordinator. "I am humbled by my fellow Council members' support," new Chair Ieshia Karasik said. "I look forward to working with all the Board members to expand our outreach and increase Council-driven events for the Norwood

community. Upcoming events include a grant writing workshop, pop-up art exhibits, and participation in local events.

We will be posting our annual survey in June with results to be announced in August. Since the feedback we receive from Nor-

wood citizens determines the priorities for our upcoming grant cycle in October, we encourage everyone to take the time to think about what educational and cultural activities and events they would like available to the community and complete the survey."

The mission of the Norwood Cultural Council (NCC) is to promote excellence, access, and education in the arts, humanities, and interpretive sciences, in order to improve the quality of life for residents of Norwood. Comprised of committed volunteer residents, the NCC meets monthly with the purpose of supporting events and programs via grants from the Town of Norwood and the Massachusetts Cultural Council.

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**Elder Scammers
Beware!
Norwood Elders
are Educated!**

Last month, Sergeant Fundora, who serves as the Norwood Police Elder Affairs Officer, visited the residents of Nahatan Village and gave a presentation on Elder Scams. It was a very interactive discussion with participants being provided information to prevent being victims of fraudulent schemes.

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Pet Corner

Bay State Animal Cooperative

AVAILABLE FOR ADOPTION

Meet S'mores

S'mores is a gorgeous long haired spayed female, just shy of 5 years young, and approximately

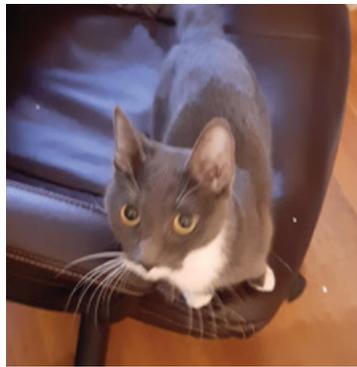


14 lbs. She was adopted as a kitten and had lived her entire life with her one human. She's been being evaluated in foster, since she chose her new human upon arrival and did not appear to want to share her new friend (or territory) with others. She has, however, really started to come out of her shell. She's starting to seek affection from other household members, enjoys being petted and loves chasing her whip toys and throwing her toy mice around. She enjoys her playtime

and can often be heard playing with her turbo scratcher when left alone. The ideal home for S'mores would be one with no small children and an owner(s) who is willing to give her some time to show her true affectionate and playful personality. She was a bit of a bully upon arrival, so an experienced owner may be best. She also has an affinity for men, as her previous owner was male. However, now that she realizes that two (or more) is not necessarily a crowd, we think she'll make the adjustment to a new home fairly quickly. She has not yet been evaluated for interaction with other animals, but is being fostered in a home with both cats and dogs, so that's a possibility if her new home will include furry siblings. S'mores says it's time to get a place of her own and meet some new people!

Meet Posy

Posy, less than a year old, was found in a backyard by herself. She was brought into a basement of a caring individual, who then sought the owner without success. He reached out to us and many other groups. Only Bay State Animal Cooperative replied. We



offered advice on things he could do to verify there was no owner looking for her: posting signs, reaching out to animal control, utilizing social media, but no owner came forward. We then moved forward by offering and finally providing medical attention. It was a group effort, as so many of our rescues are. There was the coordinator, the pick-up volunteer, an overnight stay from a board member, another volunteer to the vet at 7 a.m., and then a foster parent to care for Posy until she finds her fur-ever home. BSAC utilized one of their wonderful partners, the Medfield Animal Shelter Spay/Neuter Program where she was altered, vaccinated, dewormed, flea treated, tested for feline dis-

eases, and micro-chipped. The last stage for Posy, a home where she will be safe and loved.

It's what we do!

Attention Dog Owners

It seems the Norwood community has lots to say about bad dog owners though little to say about bad humans who litter etc. all over the Town. The BSAC highly encourages responsible dog ownership.

Dog owners, pick up after your dog, and IF no garbage is present bring the poop home with you. PLEASEEEEE it hurts all dog owners when you leave poop behind, even in a poop bag. NOT COOL! Here's an idea:



no garbage? You can attach the poop bag to your rear windshield wiper. Brilliant!

Cats Can and Do Love the Indoors!

BSAC always supports responsible pet ownership, be it cats or dogs. We encourage people to keep their beloved feline indoors and seek enrichment to keep



them happy. Offer a catio option if you want an outdoor aspect of their life. There are so many options out there. Trust us, they will love it!

Check us out on social media:

www.baystateanimals.org



www.facebook.com/BSAC09



www.instagram.com/baystateanimals16



www.twitter.com/BayStateAnimals

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Hours: Monday - Thursday: 7 a.m. - 3:30 p.m., Friday: 7 a.m. - 3 p.m.
Saturday: 9 a.m. - 2 p.m. **CLOSED** Sunday

Calendar of Events

May 2

Take + Make Spring Craft Morrill Memorial Library All Day Take-Home Craft Kit

Families can pick up prepared materials to create a fun, easy craft! Crafts are geared to toddlers and preschoolers. Register for the number of kits you need. To register, visit norwoodlibrary.org/morrillcalendar/.

May 3

All Together Now Story Time Morrill Memorial Library 10:30 a.m. Story time for families

Join in for stories, songs, movement, and more! Families with kids of all ages are welcome. Space is limited so sign up today to reserve your spot! To register, visit norwoodlibrary.org/morrillcalendar/.

Critical Disinformation Studies Discussion Series Morrill Memorial Library (Virtual) 7 p.m.

Facilitated by Adult Services Librarian Heath Umbreit (they/them), this series will prepare members to critically engage information through a systemic lens and work toward recognizing the ways in which disinformation functions to uphold white supremacist structures. The series will examine information systems through the intersectional frameworks of critical race theories, feminism, gender and sexuality, and decolonization. The overarching goal of the course is to critically examine popular narratives about disinformation, define and explore the concept of epistemic supremacy, and interrogate the ways in which information and disinformation intersect with systemic power differentials in our society. The series, "Critical Disinformation Studies," will meet virtually on eight Tuesdays from March 22 to May 17 at 7:00pm. Participants should please plan to attend every meeting, as each session builds on the last. Likewise, please plan to read or review all assigned texts for the week before a given session. Registration is required at norwoodlibrary.org/morrillcalendar/.

Cupcake Basics Civic Center 5:30 p.m.

Kids will learn the basics of decorating cupcakes. All supplies included and participants will take home their decorated cupcakes. For ages 10-16 years old. Cost is \$15. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

May 4

Wiggle Worms Story Time Morrill Memorial Library 10:30 a.m. Toddler and Baby Story Time

Our littlest readers can come to this active story time to hear some great stories, sing songs and move around.

Families will need to come the library before story time in order to receive a ticket for admittance to story time; 15 tickets will be given out on a first-come, first-serve basis. For questions, call 781-463-0146 or email us at norchild@minlib.net

May 5

TinkerTots Building Club Morrill Memorial Library 10:30 a.m.

This session will spread out with a few different types of blocks, and then you are free to build! For toddlers and preschoolers. To register, visit norwoodlibrary.org/morrillcalendar/.

Patriotic Rosary St. Catherine of Siena Church, 547 Washington St. 1 p.m.

Pray the Patriotic Rosary for the country on the National Day of Prayer. For more information, call 781-762-4391.

ArtPlay Morrill Memorial Library 3:30 p.m.

This new art-based library program offers cool stories and a process art project for toddlers and preschoolers! For ages 2 -5 years old. To register, visit norwoodlibrary.org/morrillcalendar/.

Dan Shaughnessy-Author Talk Norwood Theatre 7 p.m.

The Norwood Library will host Boston Globe Sports Columnist and author Dan Shaughnessy. Many know Dan for his decades of writing for the Boston Globe, appearances on local and national radio and television, as well as his several excellent books. Most recently, Dan published "Wish It Lasted Forever: Life with the Larry Bird Celtics." Some of his other popular titles have been "Francona: The Red Sox Years" and "Senior Year: A Father, A Son, and High School Baseball." A donation of \$10 per person, payable on your entrance into the theatre (cash, check or credit card accepted). No need to sign up before the event.

South Norfolk Mental Illness Family and Friends Support Group The Grange, 28 Rockwood Road (Route 115), 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. Observing the Covid-19 precaution of wearing a mask while indoors during the meeting is appreciated. For more information, call Ray at 508-668-2941.

May 6

Pirate Party Civic Center 10:30 a.m.

What's a pirates favorite letter? RRRR! Join the fun pirate themed party! Guests will have fun playing games, arts and crafts, and enjoying a pirate snack! Hopefully participants will find the treasures hidden around for a fun take home prize! For ages 1.5-5 years old. Fee: \$15.00/person. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

Kids Night Out (Star Wars Night) Civic Center 6-8:30 p.m.

Parents, take the night off! Kids join Playcamp and Civic staff for a night of fun! We will play group games, watch movies, make crafts, and more! Children must be in grades 1-5 to participate. Fee: \$20/child per night. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

May 7

Old Parish Preservation Work Day Old Parish Preservation Cemetery 8:30-10:30 a.m.

Old Parish Cemetery on Washington St. was founded cir. 1741, and was the first South Dedham village burial ground. Volunteers and visitors welcome during the work hours. For more information, visit www.oldparishpreservationvolunteers.com.

Wings and Wheels Norwood Memorial Airport 9-11 a.m.

Guests will be able to see up close what a plane looks like as well as touching some Awesome trucks! Think Touch-A-Truck with a twist! For all ages. FREE but registration is required. To register, visit norwoodma.myrec.com, or in person at the Civic

Center, 165 Nahatan St.

Plant Sale Hawes Pool Park, 1269 Washington St., South Norwood 9 a.m.-1 p.m.

Choose from a wonderful assortment of perennials, annuals, hanging baskets, organic vegetables, and herbs. All locally grown. Hosted by the Norwood Evening Garden Club.

Mother/Daughter Princess Tea Civic Center 10:30 a.m.

Wear your most beautiful dresses or gowns to a royal tea party. Enjoy lunch, games, and projects. For ages 3-8 years old. Cost is \$20/child & adult; \$30/child & adult non residents. \$5 each additional guest. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

Meat Raffle Norwood V.F.W. Post 2452, 193 Dean St. 2-5 p.m.

The price for each drawing is only \$2. Ten drawings are conducted each Saturday.

A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all 10 drawings conducted on Saturday. The drawings also include 50/50 money raffles.

The Meat Raffle will continue every Saturday through May. The Meat Raffle is open to the public and everyone is welcome. The Norwood VFW is looking for new members.

May 9

Take + Make Spring Craft Morrill Memorial Library All Day Take-Home Craft Kit

Families can pick up prepared materials to create a fun, easy craft! Crafts are geared to toddlers and preschoolers. Register for the number of kits you need. To register, visit norwoodlibrary.org/morrillcalendar/.

Social Security: Know Your Options Morrill Memorial Library 7 p.m.

The Morrill Memorial Library is offering a 4-part, in-person financial literacy series in partnership with Walpole Public Library, and presented by local financial advisor Michael Graff. The presentation's topics will include: How to properly file for Social Security benefits, how to maximize the amount you are eligible for, how to avoid the most common mistakes people make when claiming their benefits, collecting Social Security

while you continue to work, taxation of Social Security benefits, and Social Security information for widows, widowers, and divorcees. To register, visit norwoodlibrary.org/morrillcalendar/.

May 10

Women's Business Networking Meeting Brickify, 15R Cottage St. 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, 3926@toastmastersclubs.org. For more information, visit norwoodtoastmaster.toastmastersclubs.org/.

Critical Disinformation Studies Discussion Series Morrill Memorial Library (Virtual) 7 p.m.

The series, "Critical Disinformation Studies," will meet virtually on eight Tuesdays from March 22 to May 17 at 7:00pm. Participants should please plan to attend every meeting, as each session builds on the last. Likewise, please plan to read or review all assigned texts for the week before a given session. Registration is required at norwoodlibrary.org/morrillcalendar/.

May 13

Smoothies Galore Civic Center 3:30 p.m.

Learn the basics of smoothing making using fresh ingredients. For all ages. Cost is \$10 per person. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

Kids Night Out (Superhero Night) Civic Center 6-8:30 p.m.

Parents, take the night off! Kids join Playcamp and Civic staff for a night of fun! We will play group games, watch movies, make crafts,

CALENDAR

continued from page 18

and more! Children must be in grades 1-5 to participate. Fee: \$20/child per night. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

May 14

Blessings Boutique Thrift Shop
First Baptist Church, 71 Bond St.
10 a.m.-12 p.m.

Beautiful clothes, purses, shoes, books, dinnerware, and much more available! Don't miss out on the very first jewelry sale!

Old Parish Preservation Work Day
Old Parish Preservation Cemetery
8:30-10:30 a.m.

Old Parish Cemetery on Washington St. was founded cir. 1741, and was the first South Dedham village burial ground. Volunteers and visitors welcome during the work hours. For more information, visit www.oldparishpreservationvolunteers.com.

Highland Cemetery Guided Tour
Highland Cemetery
2 p.m.

May 15

Norfolk Aggie AG Expo
Norfolk County Agricultural High School, 400 Main St., Walpole
11 a.m.-3 p.m.

Enjoy this family event which includes, touch-a-truck, tree climbing, a petting zoo, hay rides, dog demos, pony rides, games, face painting, raffles, concessions, vendors, and much more! Open to the public. Rain date, May 22.

May 16

Take + Make Spring Craft
Morrill Memorial Library
All Day
Take-Home Craft Kit

Families can pick up prepared materials to create a fun, easy craft! Crafts are geared to toddlers and preschoolers. Register for the number of kits you need. To register, visit norwoodlibrary.org/morrillcalendar/.

Critical Disinformation Studies Discussion Series
Morrill Memorial Library (Virtual)
7 p.m.

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Retirement Income Planning
Morrill Memorial Library
7 p.m.

In tonight's presentation, Michael will talk about the process

of understanding and calculating how much income you will need during your retirement years to support your desired retirement lifestyle. You will learn how to transition to retirement by creating passive income streams that are predictable, sufficient, and sustainable. There will be information on how to supplement income sources such as Social Security and pensions with your retirement savings and investments, developing strategies for a sustainable withdrawal rate. We will review goal setting to identify how to effectively fund your retirement 'bucket list' aspirations and create a plan to tap various accounts, taking into consideration inflation, taxes, health-care costs, and life expectancy. To register, visit norwoodlibrary.org/morrillcalendar/.

May 18

Turn the Page Morning-Where the Crawdads Sing
Morrill Memorial Library (Virtual)
10 a.m./6:30 p.m.

This discussion in both the morning and afternoon sessions will be based on 'Where the Crawdads Sing,' by Delia Owens. Copies of the book in regular, large print and audio are available at the circulation desk. Email Patty Bailey if you have any questions, pbailey@minlib.net, or call 781-443-8864. To register, visit norwoodlibrary.org/morrillcalendar/.

May 19

Crafts, Kids & Seniors
Norwood Senior Center
11:15 a.m.

This is an innovative cross-generational event where kids will craft with senior volunteers and enjoy some storytelling! For ages 1.5-4 years old. Cost is \$5 for residents; \$10 for non residents. To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

May 21

American Red Cross Blood Drive
Norwood High School
9 a.m.-2 p.m.

To schedule an appointment, visit www.redcrossblood.org.

Friends of the Library Spring Book Sale
Morrill Memorial Library
9 a.m.-4:45 p.m.

Pop Up and Play with Mass Audubon
Norwood Parks
10 a.m.

This fun hour will include exploring local outdoor spaces with a guided walk with the Mass Audubon. For all ages. FREE! To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

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Old Parish Preservation Work Day
Old Parish Preservation Cemetery
8:30-10:30 a.m.

Old Parish Cemetery on Washington St. was founded cir. 1741, and was the first South Dedham village burial ground. Volunteers and visitors welcome during the work hours. For more information, visit www.oldparishpreservationvolunteers.com.

May 22

Pop Up and Play with Mass Audubon
Norwood Parks
10 a.m.

This fun hour will include exploring local outdoor spaces with a guided walk with the Mass Audubon. For all ages. FREE! To register, visit norwoodma.myrec.com, or in person at the Civic Center, 165 Nahatan St.

Friends of the Library Spring Book Sale
Morrill Memorial Library
2-4:45 p.m.

May 23

Take + Make Spring Craft
Morrill Memorial Library
All Day
Take-Home Craft Kit

Families can pick up prepared materials to create a fun, easy craft! Crafts are geared to toddlers and preschoolers. Register for the number of kits you need. To register, visit norwoodlibrary.org/morrillcalendar/.

American Red Cross Blood Drive
Knights of Columbus, 572 Nichols St.
1-6 p.m.

To schedule an appointment, visit www.redcrossblood.org.

May 24

Women's Business Networking Meeting
Brickify, 15R Cottage St.
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, 3926@toastmastersclubs.org. For more information, visit norwoodtoastmaster.toastmastersclubs.org/.

Titles on Tap Book Group
Napper Tandy's (left hand side bar)
7:30 p.m.

April title to be announced at press time. Titles on Tap is a social book group for readers in their 20s and 30s and for the young at heart.

May 28

American Flag Arrangement
Highland Cemetery
8 a.m.

Volunteers are invited to decorate the graves of Norwood's Veterans with American flags.

Old Parish Preservation Work Day
Old Parish Preservation Cemetery
8:30-10:30 a.m.

Old Parish Cemetery on Washington St. was founded cir. 1741, and was the first South Dedham village burial ground. Volunteers and visitors welcome during the work hours.

Blessings Boutique Thrift Shop
First Baptist Church, 71 Bond St.
10 a.m.-12 p.m.

Shopping is a great way to spend a Saturday morning! Come and browse for clothes for all the family, jewelry, kitchen items, tableware, books, curtains, tablecloths, and a whole lot more! Everything is clean and neat and

ready for you to take home and put to good use.

May 30

Memorial Day Ceremony
8 a.m.-10:30 a.m.

The day will begin with a memorial Service at St. Catherine of Siena Church at 8 a.m., followed by a flag raising at the Town Common. There will be a ceremony at the Old Parish Cemetery, and the Memorial Day Parade commences at 10 a.m. at the corner of Washington and Howard Sts., followed by a ceremony at Highland Cemetery.

Old Parish Cemetery Open for Visitation
1-3 p.m.

The Old Parish Cemetery will be open for visitor. For more information, visit www.oldparishpreservationvolunteers.com.

May 31

Pop Goes the Culture: The History of Asians in American Pop Culture
Morrill Memorial Library (Virtual)
7 p.m.

In the pre-talkie early years of Hollywood, two of the biggest silent movie stars, Sessue Hayakawa and Anna May Wong, were Asian. Portrayed as exotic and inscrutable, these stars graced the silver screen with great success. But suddenly and within a short period of time, all the major Hollywood movie studios began hiring white actors instead of actual Asians and gave them the "yellowface" treatment with taped-back eyes and makeup. Fast-forward to today, and Asians have attained an amazing level of stardom and success both on TV and the big screen. How, when, and why did all those cultural shifts come about? This virtual presentation covers more than a century of how Asians have been portrayed in Hollywood, on commercials, and on stage. To register, visit norwoodlibrary.org/morrillcalendar/.

Norwood 101 Returned in April!

By MICHELE TARANTO

It was so refreshing to see the Morrill Memorial Library bustling again. After taking a two-year hiatus due to COVID-19 health restrictions, Norwood 101 has returned!

On Monday evening, April 11, new and seasoned residents were welcomed to the library to meet town representatives, municipal departments, and local non-profit organizations. There were even opportunities for these

establishments to mingle with each other to share information and helpful contacts!

While attendance was slightly lower than previous years, Morrill Memorial Library Technical Services Assistant and event Chair Patty Bailey was thrilled to reintroduce the event to Norwood citizens.

“Because it was the first event of this sort, I was satisfied with the number of folks that came out and businesses that were kind enough to donate gift certificates for the raffles, and Norwood Bank has always been a loyal partner to us,” Bailey said.

In addition to meeting people representing the various organizations, attendees were greeted with swag bags with items and coupons from local businesses and were given the opportunity to join a raffle with library-related items and gift certificates.

All were welcome to join in the fun. Word went out on social media and print outlets to share the event for all residents of Norwood. For those who may have missed it, Norwood 101 is traditionally scheduled each April and Bailey is already looking forward to next year!

In the meantime, Bailey will be holding a presentation at the Massachusetts Library Association conference in May in



Hyannis to share her experience and coordination to other library personnel throughout the state. To the Morrill Memorial Library,

Bailey, and all library personnel – Norwood is lucky to be on the cutting edge of community and library events!

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Real Estate Corner

Register O'Donnell Encourages Use of the Registry's Social Media

Moving forward into what appears to be another busy year at the Norfolk Registry of Deeds, Register William P. O'Donnell today restated the importance he places on the Registry's use of social media platforms to communicate directly with the citizens of Norfolk County.

"Communication with our users," noted O'Donnell, "is a priority at this Registry of Deeds. Our doors may close at the end of the business day but that doesn't mean the Registry stops working. Our website www.norfolkdeeds.org allows users to look up and view scanned images of over 8 million land documents dating back to the Registry's beginnings in 1793. Users can also access our website to learn about our latest consumer protection programs and news relating to registry business. Our information is accessible not only from workstations and laptops, but also from smartphones and tablets."

Register O'Donnell further remarked that a declaration form of the popular Homestead Act can be downloaded, filled-in and printed. A Homestead declaration provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$500,000 or \$1,000,000 for two owners if both owners are over the age of 62.

The Registry also provides a free Consumer Notification Service. This program alerts a person anytime a land document has been recorded against their name

in Norfolk County. Additionally, there is valuable county real estate information that can be accessed, researched and tracked. Anyone interested in the number of residential and commercial properties sold or the average prices of property sold can find that information.

Besides the Registry website, the other forms of social media

Register O'Donnell concluded, "At the Registry of Deeds, we recognize the value of using social media platforms to forward important information to Norfolk County residents. If you have questions related to real property, I recommend you take a look at our social media offerings. As important as these social media offerings are, the Registry of Deeds has a Customer Service Center at 1-781-461-6101 where members of the public can seek assistance and speak directly with a member of our staff during business hours from 8:30 AM to 4:30 PM."

To learn more about these and other Registry of Deeds events and initiatives, like us at facebook.com/NorfolkDeeds or follow us on twitter: twitter.com/NorfolkDeeds and/or Instagram: instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High Street in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land record research information can be found on the Registry's website www.norfolkdeeds.org. 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.



utilized by the Registry of Deeds include Facebook - facebook.com/NorfolkDeeds and Twitter - twitter.com/NorfolkDeeds. "The Norfolk County Registry of Deeds," noted the Register, "has utilized Facebook and Twitter to provide information to the general public. By utilizing these platforms, Norfolk County residents can learn more about home ownership and other important consumer initiatives like protecting themselves against Deed Scam rip-offs."

The Registry has also filmed multiple public service announcements (PSA's) which are available on the Registry's website and YouTube. These PSA's have touched on a variety of relevant issues such as assistance for residents who have received a Notice to Foreclose Mortgage from a lender.

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Real Estate Corner

March Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that the March numbers relative to Norfolk County real estate activity decreased as compared to March, 2021, but showed an increase over February's numbers.

"Our data indicates that the Norfolk County real estate market in March slowed when compared to March, 2021, but has rebounded somewhat when compared to the February numbers", Register O'Donnell noted.

"There were 12,402 documents recorded at the Norfolk County Registry of Deeds in March, a 38% decrease from March, 2021, but an increase of 21% from last month.

The number of deeds for March, 2022, which reflect real estate sales and transfers, both commercial and residential, decreased by 8% from March, 2021, but increased by 58% from February. Sale prices continue to increase compared to last year but now appear to be leveling off. The

average sale price in March was \$1,122,863, a 23% increase compared to March, 2021, but down 8% from February. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 13%, and surprisingly are up 46% from February. The March number compared to February may be skewed somewhat by a small number of high priced commercial transactions. Four separate sales of commercial properties together totaling over \$200 million dollars were recorded in March. It remains to be seen if this trend continues into the second quarter.

Overall lending activity showed a decrease again for the month of March. A total of 2,399 mortgages were recorded during the month, a 56% decrease compared to a year ago but up 24% from last month. It appears that many consumers have already refinanced given the past low interest rate environment, although the mortgage activity is starting to pick up from earlier this year, perhaps due to a concern about rates increasing."

A continuing cause for concern in Norfolk County is the number of foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During March, there were five foreclosure deeds recorded as a result of mortgage foreclosures taking place in Nor-

folk County, one more than in March, 2021. However, there were 11 Notices to Foreclose, the first step in the foreclosure process, recorded in March, down from 16 recorded in March 2021, and down from 27 recorded last month.

"These numbers remind us that some of our neighbors are still facing financial challenges," Register O'Donnell said. "We will continue to monitor these numbers."

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 said.

Homestead recordings by owners of homes and condominiums decreased this month at the Norfolk Registry of Deeds. There was a 17% decrease in homestead recordings in March, 2022, com-

pared to March, 2021, but an increase of 39% from February.

"The comparison from last March is not too surprising where the sales of homes have started to level off, but all homeowners, not just new purchasers, should keep in mind that a recorded Declaration of 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 said. "We want 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. The recording fee is only \$36. Feel free to visit the Registry website at www.norfolkdeeds.org to get more information on homesteads and to make sure you have taken advantage of this protection."

"March real estate activity in Norfolk County continues to show a decline from last year but looks like it's beginning to pick up as we head into the second quarter," Register O'Donnell concluded. "We still see available real estate inventory as a source of concern in Norfolk County but clearly, the market is not as hot as last year. Whether this translates into more and better opportunities for buyers, particularly first time buyers, remains to be seen."

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