

# Norwood

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July 2022

## Cue the Parade!!

BY BELLA CAGGIANO

The Norwood 4th of July committee miraculously planned a parade in six weeks last year. In 2020, due to Covid-19, the parade was unfortunately cancelled. This year, the 4th is back on, and it returns bigger and better than ever!

The celebration will begin on Monday, July 4, with the traditional kick-off of the Children's Bicycle, Tricycle, Doll Carriage, and Historical Character Parade at 1 p.m., in downtown Norwood. The fee is \$1 per child and participants will receive a festive t-shirt and participation ribbon. Winners will be based on best decoration on themselves or their vehicles and will be invited to ride in the Grand Parade!

There will be a Public Reading at 2 p.m., at the historic Old Parish Cemetery (rear of 480 Washington St.) of orator and abolitionist Frederick Douglass' famous 4th of July address 'What to the Slave is the 4th of July?' This event is free and open to the public.



**4TH OF JULY**  
*continued on page 2*

## Is Norwood Prepared?

BY DONNA LANE

Between 1982 and May of 2022, gunmen have killed or injured hundreds of people in churches, supermarkets, malls, nightclubs, at a Walmart, a McDonald's, a Post Office, at a con-

III stated in a recent message to parents of children in the Norwood school system, after the Uvalde, TX school shooting, "I wish I could guarantee you that nothing bad would ever happen in a Norwood school, but I do



cert on the Las Vegas strip, and in numerous colleges, high schools, and elementary schools.

To date, residents of Norwood have escaped the tragedy of a mass shooting, but as Norwood Police Chief William G. Brooks

want you to know that the safety of your children is our highest priority and something we think about every day."

In a follow-up interview, the

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*continued on page 3*

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and by Aug. 11<sup>th</sup> (for 8/13)



4TH OF JULY

continued from page 1

A Carillon Concert will be held at 2:30 p.m., from Town Hall, with performances from Norwood's own Lee Leach and Margaret Angelini from Wellesley College. Tours of the magnificent 50-bell Memorial Carillon will be held during the parade.

The vibe on the Town Common shifts gears towards athletics at 5 p.m., as runners line up for the Norwood Firecracker 5k Road Race. Information and applications can be found at

Norwood Town Hall, the Civic Center, Morrill Memorial Library, or online at Racewire.com. With spectators lining the streets for the race and the parade, their cheers and encouragement marks this a 5K event like no other!

The main event will begin at 5:30 p.m., at the Coakley Middle School. The parade route will run through Washington St. through South Norwood, through downtown, and end at the Shaw's Plaza. The Grand Marshal is the Norwood 150th Anniversary Steering Committee and this year's theme is 'Honor

our Past and Welcome our Future'.

To warm up the crowds for the main event, Norwood and surrounding municipalities lead the way at 5:30 p.m., with an impressive lineup of fire and emergency vehicles, antique and classic cars, and WWII, Korean War and other military equipment. This is always a favorite segment of the day and famous for announcing their approach with incredible sirens!

The excitement builds throughout the afternoon, and finally, at 5:45 p.m., Norwood's infamous parade begins! The lineup is filled with national and international marching bands, entertaining acts, floats, community groups and local politicians.

There are 16 performing groups scheduled with the Colonial Boys leading the way, and veteran parade spectators will be thrilled to see the return of the Colonial Pipers and the Cycling Murrays! The

and draws thousands of enthusiastic spectators to Norwood, would not be possible: Assistant Town Manager Michael Rosen, Maria Henry, Mary Cantarow, Martha Colamaria, Jim Henry, and Lou Harris. And of course, a heartfelt thank you to Bernie Cooper who had given up so much of his time and heart for so many years with his efforts to bring pleasure to Norwood residents and surrounding communities for so many years.

The 4th of July committee is still looking for volunteers the day of the event. For more information, email Norwood Assistant Town Manager Michael Rosen at mrosen@norwoodma.gov. This is a great opportunity to share in what makes this event, and Norwood, the place where everyone wants to live!

parade headliner will be the Saints Brigade Drum and Bugle Corp. from New York with 75 - 80 marchers and band members. The Norwood 4th of July Committee has been hard at work to again bring on the best entertainment for all of Norwood to enjoy!

Gratitude and thanks should be given to Norwood's 4th of July committee. Without them, this grand event, which adds so much pleasure to the local community



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*continued from page 1*

Chief credited the work of Deputy Chief Christopher Padden, the Norwood School Department, and the Norwood Facilities Department with coming up with a plan that would prevent unauthorized persons from entering our schools but allow all police officers entry – unlike what happened at Uvalde. He said that master keys hang in all Norwood Police Department radio cars and every officer is issued an access pass card that will admit them through any electronic door at any Norwood school. And the School Department has a policy of locking all doors to all buildings and admitting only those visitors they know.

In addition to master keys and access cards, all Norwood police cars carry battering rams and other equipment that would allow them to gain entry into most facilities in an emergency.

On April 20, 1999 at Columbine High School in Littleton, CO, two teens went on a shooting spree killing 12 students and one teacher and injuring many others. The federal government doesn't track school shootings, but The Washington Post tracked how many children have been exposed to gun violence during school hours since the Columbine massacre. (They actually pieced together the numbers from news articles, open-source databases, law enforcement reports and calls to schools and police departments.) Their research says that more than 311,000 students have experienced gun violence at school since Columbine.

Also, they report that there were more school shootings in 2021 – 42 of them – than in any

year since Columbine. And, so far this year, there have been at least 24 acts of gun violence on K-12 campuses during the school day. Beyond the dead and wounded, children who witness the violence or remain behind locked doors to hide from it can be profoundly traumatized.

“Since the Columbine tragedy, our police officers have been training each year to enter the schools to confront an active shooter,” Chief Brooks said. “We practice inside Norwood schools at times when the kids are not present and we often use firearms just like our duty weapons – but retrofitted to fire simulated ammunition. [Officers practice] how to make their way down a hallway, how to turn a corner – there’s a right way and a wrong way – how to go through doorways, how to work as a team, how to work alone, how to communicate with someone on a regular basis. We also carry all the tools and equipment needed to deal with an active shooter event. Officers are equipped with helmets and ballistic vests that are rated to be effective against rifle fire, and each patrol car carries a hand-held ballistic shield. Officer training is typically done over the course of the summer.”

The Department’s school resource officers work closely with school staff when a student needs extra attention or when comments are heard, either verbally or online, that are concerning. Threat assessments are conducted jointly with school officials on a regular basis.

“The vast majority of threat assessments end up being a misunderstanding,” Chief Brooks said. “But he cautions that if a student reads something online or overhears something that doesn’t sound right and they think they

should possibly call the police, they probably should. Or, at the very least, tell a parent or a responsible adult who can contact the police.

Chief Brooks has been a police officer for 45 years. During that time, mass shootings have increased throughout the course of his career, particularly in the last 20 years. He also serves on the

Board of Directors of the Association of Chiefs of Police and he co-chairs the firearms committee, so this is problem he works on not only for Norwood, but other communities as well.

Asked what he thinks causes this behavior, the Chief paused for a moment.

“The cause is still unknown,”

Chief Brooks said. “There is a misconception that someone has to be mentally ill to do these things. But most mass shooters do not have a pre-diagnosed mental illness so it’s very difficult to identify these people ahead of time.

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*continued on page 5*

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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!

For more information on Norwood's 150th celebrations, visit [www.norwoodma150.gov](http://www.norwoodma150.gov).

**July 12**  
**Neighborhood History Walking Tour: Swedeville**  
6-7:30 p.m.

In celebration of the town's 150th anniversary the Norwood Historical Society has organized a series of Neighborhood History Walking Tours this summer. Join the society for a walk as they share

the history of different areas and communities that make up

For more information visit [www.norwoodhistoricalsociety.org](http://www.norwoodhistoricalsociety.org)

Location: Meet at the Parking Lot of the Medical Building 95 Chapel Street, Norwood (Corner of Chapel Street/Winslow Avenue) 1285 Washington Street, Norwood

**July 13**  
**Norwood Summerfest Presents Roundhouse**  
7 p.m.

At the July 13 Summerfest show, the Norwood-based Roundhouse Band plays on the Town Gazebo. Roundhouse is Norwood's best blues and rock band and features three Norwood High School graduates. This show is sponsored by the Norwood 150th Committee and is dedicated to the celebration of Norwood's 150th anniversary.

Location: Norwood Town Common

**July 19**  
**Neighborhood History Walking Tour: Germantown**

6-7:30 p.m.

In celebration of the town's 150th anniversary the Norwood Historical Society has organized a series of Neighborhood History Walking Tours this summer. Join the society for a walk as they share the history of different areas and communities that make up Norwood. All walking tours are held on Tuesday evenings, 6:00 – 7:30. For more information visit [www.norwoodhistoricalsociety.org](http://www.norwoodhistoricalsociety.org).

Location: Meet at Ball Field Along Street Norwood

**July 26**  
**Neighborhood History Walking Tour: Christian Hill**  
6-7:30 p.m.

In celebration of the town's 150th anniversary the Norwood Historical Society has organized a series of Neighborhood History Walking Tours this summer. Join the society for a walk as they share the history of different areas and communities that make up Norwood. All walking tours are held on Tuesday evenings, 6:00 – 7:30. For more information visit [www.norwoodhistoricalsociety.org](http://www.norwoodhistoricalsociety.org).

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On May 30, Chief Brooks and members of the department were on hand for a ceremony where the Free Masons of Norwood gifted the Department a memorial wreath. This wreath was placed next to the Norwood Police and Fire monument that was gifted by the Free Masons prior. Chief Brooks honored the names of the retired members of the Department who have passed away since last Memorial Day.

**PREPARED**

*continued from page 3*

If we were somehow able to cure all mental illness in the United States, it's still not likely that we would eliminate mass shootings. There are more firearms in this country than there are people, and it's very difficult to claw that back, especially in the U.S. with 330 million people."

So, if they're not mentally ill, what's the reason?

"I think most of the reasons for these shootings are some kind of perceived grievance," Chief Brooks opined. "The perpetrator feels like they've been treated improperly – like a kid being bullied at school – they identify a group responsible for that and they get even."

Because many of the mass shootings are by young men, the

Chief was asked what advice he would give to parents.

"Don't let your kids have secrets," Chief Brooks advised. "Have the password to their phones ... ask what's going on ... know who their friends are ... listen to the cues ... and, it may sound corny, but have dinner as a family and talk to each other."

If there is currently no answer to this problem, what can we do?

"We have to be ready," the Chief said. "Prevention is the best policy and we spend a lot of time and effort making sure that we are not missing any danger signs. We also work with concerned businesses in the community. Non-school shootings tend to occur on soft targets; that is, places the shooter believes he will receive little resistance. We do training for companies in town to help employees know how they

should behave if something like this happens and we also talk with management and look at all the locks and access points and make recommendations accordingly."

The Department of Justice has named a team to go in and investigate the Uvalde, TX mass shooting from a response standpoint. Chief Brooks is confident that when the report is finalized, police departments around the country will have to make changes to their procedures.

"I don't anticipate that we will have to make many adjustments, but we may have to make some as well," Chief Brooks said.

Meanwhile, officers were at every school for drop-off and dismissal every day through the end of the school year; not sitting in a police car watching passively, but engaging with the children on a personal level.

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 Katelyn Ann Flynne  
 Subodh Dhakal  
 Ally Theresa Steeves  
 Erin Danielle Reen  
 George Robert Tolman  
 Tea Olyve Caravello

Lynn Abirustom  
 Julia Teresa Abruzzese

Beyonca Louissette Yetunde Ademulegun  
 Blessing Isoken Aimuwu  
 Amarachi Deborah Ajiri  
 Matthew Bryan Martins Alves  
 Jeremy Ambers  
 Isabella Patricia Anderson  
 Gabriel Duarte Andrade  
 Yandel Aviles  
 Ziad Wissam Awde  
 John Peter Ayoub  
 Karl Matthew Rances Badiola  
 Junior Armando Baez

Reese McKenna Barnett  
 Tyler Joseph Barrett  
 Steven Mathew Barron  
 Ethan Kerr Barrows  
 Madelyn Rose Barry  
 Kenisha Yvette Barton  
 Chloe Fadi Bechara  
 Olivia Giordano Bedard  
 Elizabeth Anne Begg  
 Kylie Elizabeth Bennett  
 Sara Grace Bernal  
 Izabelle Marie Blanchette  
 Shanti Vaishnavi Bocchiaro

Jacob Paul Bodenhofer  
 Isa Aguiar Botelho  
 Christopher Paul Boudreau  
 Natalie Elizabeth Bray  
 Donnovan James Cahill  
 Ryan Jacob Cain  
 Brisnol Cajuste  
 Caroline Antoinette Campbell  
 Davidson Cange  
 Elizabeth Rose Cardini  
 Nyno Charles Carney  
 Shawn Raymond Casavant  
 Marissa Katherine Cataldo

Elizabeth Vy Chau  
 Christina Renee Christian  
 James Richard Clayton  
 Bryan Gregory Connelly  
 Caitlyn Bridgette Connolly  
 Olivia Faith Connor  
 Jenna Rose Costa  
 Yaquelin Sucely Cruz y Cruz  
 Grace Una Curran  
 John Thomas Curran  
 Omar Da'darah  
 Sofia Elizabeth D'Annunzio  
 Gizielly Sales DaSilva



One of Norwood's favorite traditions took place on June 2, the annual "Senior Walk" or "Clap Out", in which Norwood High School's graduating seniors went to their elementary schools in their caps and gowns to walk through the school to cheering by future NHS Mustangs! The elementary students made signs and showed the seniors their support! It also gave the graduating seniors the opportunity to visit their former teachers and walk through the school one last time!  
 Congratulations to Norwood seniors and way to go to elementary schools for your show of support!



Isabel Alexis De Jesus  
Shane Patrick Delamere  
Timothy Allan DeLaria  
Jonathan Michael Demarais  
Anthony Ariel Demera Morales  
Daniel Patrick DiBlasi  
Joseph Saul DiMarzo  
Natalia Marie Donnelly  
Jonathan Liam Doyle  
Erin Julia Dunn  
Cassandra Jordan Eddy  
Alannah Mary Evans  
Margaret Elaine Federico  
Ryan Elio Ferzli  
Ryan Matthew Fitzsimmons  
Joseph Brendan Flaherty  
Sean Michael Flaherty  
Joseph Daniel Flynn  
Ryan Elliott Flynn  
Hope Marie Ford  
Nicholas Demetrios Forozis  
Branden Isaiah Francis  
Shelby Verlinda Francis  
Celia Jacqueline Frawley  
Talia Anna Fruci  
Brenda Lucia Galan Ramos  
Samantha Grace Gale  
Caroline Murphy Galvin  
Kevin Rafael Garcia  
Christos Georgouloupoulos  
Neo Elizeo Getgano  
Rikesh Ghimire  
Maren Jeanette Giambanco  
Christopher Matthew Giovanni  
Ashley Mendes Goncalves  
Emily AnnMarie Gordon  
Vivienne Constance Gough  
Delaney Teresa Gover  
Jesenia Carmen Grasso

Sairys Alyssa Greene  
Jose Adolfo Gregorio Perez  
Timothy Robert Grenham  
Isaiah Thomas Grupee  
Kayla Marie Hancock  
Kimberly Nicholle Hanoian  
Briana Celeste Harnett  
Davion Ezequiel Harnett  
Brendon Lee Harper  
Asher William Hatch  
Michael Andrew Hawco  
Sarah Catherine Hawks  
Julia Lauren Stella Healy  
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Danny Miguel Hernandez Pacheco  
Juan Manuel Velasquez Hernandez  
Elizabeth Rae Hinkson  
Kayla D'ana Horton  
Calian Jon Howell  
Xavier Kareem Hunt  
Mikhaila Marie Hurley  
Hannah Elizabeth Islam  
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Bryce Ashton Kanser  
Anthony T. Karak  
Coleman Francis Keady  
Julia Rose Kelleher  
Patrick Daniel Kelly  
Marikate Duffy Kenny  
Myles Charles Kidd  
Hannah O'Neill Kiessling  
Tanya Kolli  
Michael John Koutrouba  
Myungjae Lee  
Kyle Patrick Leger  
Kyle Robert Leonard  
Leo Thomas Leonard  
Noemi Linarez Pierre

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l'Nasia Takara Lofton  
Gauri Loomba  
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Ilianna Iris Lopez  
Santiago Erney Lopez Morales  
Blake William Luciano  
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Brenden James McCann  
Kallie Lynne McCann  
Sean Patrick McCarthy  
Abdur-Rahman Bin Bilaal McCloud  
Sydney Carol McCue  
Kylie Irina McDonagh  
Ja'Quis Anthony McIvery  
Katie Ann McLeish  
Korbyn Andrew McWhirk  
Jennifer Melhem  
Katherine Malone Mellen  
Gabrielle Angelina Mercado  
Ayxia Marie Merced  
Yasin Jayden Merritt  
Bryan David Metayer  
Ioanna Rafaella Minasidis  
Jonathan Jesus Montilla  
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Jahsias Elijah Perryman-Rivers  
Ethan Cornelius Gapongli Picpican  
James Anthony Pinciario  
Sean Dooley Quinn  
Shannon Abigail Quinn  
Benjamin Frederick Randall  
Michael David Randall  
Jayden Joseph Raymond  
Caeli Mary Reed  
Samantha Nicole Reen  
Igor Alves Boechat Reis  
Vinny Reyes Mejia  
Camille Elena Ritchie  
Nelson Luis Rivas-Santos  
Amelia Ann Roberts  
Jessica Rodrigues  
Jillian Rose Rogala  
Samantha Ruth Rogala  
Nathaniel Rosa  
Douglas Alexander Ross  
Line Boutros Saab  
Genesis Salinas Parajon  
Joseph Juan Samulonis  
Mya Marie Santos  
Kay Savage

Joshua Alexandre Scaffidi  
Sireena Rose Schenck  
Samantha Marie Schulze  
Rohan Sedhay  
Francesco John Serratore  
Christopher Fenway Sharkey  
Brendan Joseph Sheehan  
Colin William Sheehan  
Sadie Katherine Sheehan  
Maliha Moizuddin Siddiqui  
Ann Meredith Sisk  
Justin Joseph Skehill  
Joseph Francis Steeves  
Estelle Regina Stupler  
Erin Elizabeth Sullivan  
Jack Ivan Sullo  
Pawan Tamang  
Dori Scaccia Theos  
Daniel Kerry Thompson  
Angelina Alyse Toledo  
Zachary Andres Torres  
Eliza Colby Van Hoesen  
Carlos Israel Velasquez  
Cecilia Rose Venditti  
Nicole Lynn Vinson  
Connor John Walsh  
Olivia Jeanne Walsh  
Abigail Edith Warner  
Hussein Ali Watfa  
Sanaai Curtisse Watson  
Sarah Rose Welch  
Elias Thomas West  
Jeffrey William Wilds  
Jake Bradford Wilkinson  
Lorenzo Jordan Woodley  
Shayla Marie Wynne  
Eder Luis Yanes Turcios  
Angel Lorenzo Yanes Umanzor



## John and Abigail Adams Scholarship Recipients



32 Senior students have qualified to receive John and Abigail Adams Scholarships. These scholarships are based on academic achievement on their MCAS Exams. They have qualified to receive this 4 year scholarship based on acceptance to a participating Massachusetts public institution of higher education, including the 4 undergraduate campuses of the University of Massachusetts, all 9 state universities and all 15 community colleges. Congratulations!

Beyonca Ademulegun  
Karl Matthew Badiola  
Ethan Barrows  
Madelyn Barry  
Elizabeth Begg  
Sara Bernal  
Jacob Bodenhofer  
John Curran  
Omar Da'darah  
Shane Delamere  
Daniel DiBlasi  
Samantha Gale  
Christopher Giovanni  
Marissa Gjika  
Shannon Gover  
Delaney Gover  
Mikhaila Hurley

Anthony Karak  
Coleman Keady  
Tanya Kolli  
Myungjae Lee  
Victoria Marquis  
Gurucharan Naikar  
Shishir Pai  
Samantha Rogala  
Jillian Rogala  
Douglas Ross  
John Ruggiero  
Mya Santos  
Kay Savage  
Abigail Warner  
Sarah Welch

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- CHICKEN-EGGPLANT PARMESAN
- CHICKEN SORRENTINA
- PASTA BOLOGNESE
- PASTA & MEATBALLS
- PASTA PRIMAVERA
- CHICKEN-SAUSAGE CACCIATORE

- BAKED COD
- PASTA FETTUCINI ALFREDO
- CHICKEN BROCCOLI ALFREDO
- CHICKEN MARSALA
- CHICKEN BROCCOLETTI
- CHICKEN PICCATA
- SLIDERS (12) AND FRIES
- CHICKEN FINGERS & FRIES

- OR -

Choose a Family Deluxe Platter (\$65)

- STEAK TIPS
- TURKEY TIPS
- MIXED GRILL
- PAPPARDELLE BOLOGNESE
- VEAL PARMESAN
- VEAL-EGGPLANT PARMESAN

- VEAL SALTIMBOCCA
- VEAL MARSALA
- VEAL SORRENTINA
- SHRIMP BROCCOLETTI
- SHRIMP BROCCOLI ALFREDO
- SHRIMP SCAMPI

All Family Style Take Out Platters are served with our toasted ciabatta bread, pasta (penne, linguini, or fettuccini); or with your choice of two sides: broccoli, vegetable du jour, parmesan risotto, red bliss parmesan mashed potatoes, fries or cole slaw. No substitutions please.



# Four Points by Sheraton Norwood is North American Hotel of the Year

What makes a hotel perfect? If it's located on Waikiki Beach, or Fifth Avenue overlooking Central Park, then the answer may be the old real estate adage of "location, location, location." But not every traveler seeks to book a hotel located at the most breathtaking spot on earth, or in the center of the action in a cultural hotspot.

The reality for just about every traveler is that the perfect hotel will be located right where they need it to be. And throughout the stay, the property and its staff will exceed the guest's every expectation.

One such hotel is located right here in Norwood. The Four Points By Sheraton Norwood Hotel and Conference Center on Route 1 has just been named by Marriott Select Brands as its North American Hotel of the Year.

The award was announced as part of the annual Marriott Select Brands Awards (MSB

Awards), which recognizes and celebrates the "best of the best" across Marriott's family of global hospitality brands.

The Marriott Select Brands Awards program shines a spotlight on the outstanding achievements of hotel teams and individuals at MSB hotels across the globe. The awards honor top performers annually for their dedication to excellence. Evaluation criteria include guest satisfaction, facility maintenance and upkeep, room cleanliness, food and beverage quality, staff service across the property and unsolicited appreciation from Marriott's top tier guests.

In announcing this year's North American Hotel of the Year, Chris Canizaro, Four Points Global Brand Leader, pointed out that the Norwood hotel, along with its One Bistro restaurant and Tiffany Ballroom "is committed to providing a memorable customer service experience at every interaction



with guests."

He went on to say that the award selection committee saw clearly that the property's "associates are passionate and proud of the work they do and find a way to go above and beyond to ensure customers are happy."

This success and recognition did not happen by accident. The leadership team at Four Points Norwood, led by General Man-

ager Shoumala Ghosh, takes a hands-on approach, leading by example, and working collaboratively and inclusively to ensure success on behalf of all guests. Under Ghosh's leadership, strategic planning is an ongoing process designed to ensure the hotel and staff are engaged, attentive, and always operating at their highest level.

All associates strive to provide a "home away from home"

experience for their guests and can execute on this because they spend time building relationships with guests. From the restaurant staff having a local regular's drink waiting when they seem them approach, to the front desk team greeting familiar faces by name, to the house-keeping team preparing a room the preferred way when they see the arrivals list, to the banquet staff adding their personal touch for returning clients, to the sales staff nurturing and strengthening client relationships, putting and keeping the guest first is just second nature at Four Points Norwood.

"It was abundantly clear to the judges that everyone in the hotel works together as a team to achieve common, shared goals, and to do whatever is needed to take care of all guests," said Ghosh when asked about the hotel's latest accolade. "That's because while not every trip is for pleasure, every trip should be pleasurable."

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# Pet Corner

## Bay State Animal Cooperative

### Foster Home Needed



These two precious felines, Pumpkin and Peanut are seeking forever homes. These two long time house mates lost their human and need to learn to love and care for another human. They look forward to this next chapter of their lives. Must be adopted together. For more information on fostering or adopting this beautiful animals, email [info@baystateanimals.org](mailto:info@baystateanimals.org).

### Pet Yard Sale in August!

The Bay State Animal Cooperative will be hosting a yard sale full of pet supplies! More



info, dates, times, location, will be posted on the Pet Page in the August edition!

### Kittens Coming for Adoption!

We have kittens rescued from the wild outdoor world. They will be ready for adoption at the end of July. Applications can be sub-



mitted now for pre-approval. For more information on adopting and an application, visit [baystateanimals.org/#adoption](http://baystateanimals.org/#adoption). Please know that priority will be given to applications less than an hour from our corporate address as we reserve the right to visit our adopted pets at any time. Additionally, we support adopting close to home where you can get follow up support for the animal you adopt. If you reside a long distance from us, we encourage you to seek your local resources and opt not to apply through Bay State Animal Cooperative but if you still choose to apply understand we may not be able to accept your application.

### Dog/Car Wash Coming in September!

Save the Date!

The BSAC will be hosting their Annual Dog/Car Wash Sunday, September 11! More details will be coming in the August and September editions. Volunteers needed to assist with dog and car washing, and assisting other services that day. If you would be interested, please



email [jethus@baystateanimals.org](mailto:jethus@baystateanimals.org). If you are part of a youth or adult organization that can assist, we would welcome the help! Will qualify for school volunteer hours!

### Seeking Volunteer & Adoptions Coordinators

The BSAC is seeking a Volunteer and Adoption Coordinators.

These people coordinate current volunteers and inquiries and assist in processing adoption applications. These roles are a valuable step in our mission as volunteers are the vital cog that runs the organization. If you would like to be a part of the BSAC, please email [info@baystateanimals.org](mailto:info@baystateanimals.org).

### Chewy Wish List

The BSAC is a non-profit, all volunteer organization and donations are greatly appreciated. If you would like to help, please consider shopping their Wish List through Chewy.com. All items can be shipped directly to volunteers. To donate food or cat litter, visit [baystateanimals.org](http://baystateanimals.org), click on Chewy Partner Page, the Shop our Wish List.

For more information on fostering or adopting, email [info@baystateanimals.org](mailto:info@baystateanimals.org).

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# Wonderful Women of Norwood: Gertrude Tanneyhill Cuthbert

CONTRIBUTED BY NORWOOD  
HISTORICAL SOCIETY MEMBERS  
KAREN DENAPOLI, LAURIE  
KEARNEY, LINDA RAU

The Norwood Historical Society is proud to present another member of the amazing Tanneyhill family as a Wonderful Woman of Norwood.

Gertrude Tanneyhill was born in Boston on April 4, 1918 to Ad-

elaide (Grandison) and Alfred Tanneyhill. She was the youngest of four children and the only sister of Ann Tanneyhill (see our February article on her). Gertrude was educated in Norwood and graduated from Norwood High School in 1935. Gertrude's maternal grandfather believed in being a very politically-minded minority. The families' ties with

the Black communities in Boston and Cambridge were kept alive by her mother, who grew up in Cambridge. The children would ride the trains to the William Trotter meetings, dance lessons, and other activities. Her perspective on race was formed by her early experiences as a minority living in a white neighborhood yet being reminded of her race at social events. She was known to not discriminate, only care about people.

She applied to a nursing program at Simmons College, but she would not be allowed to do her hospital training there. She would have to go to Freedman's Hospital in Washington DC or Homer G. Phillips in St. Louis. These were both Black hospitals. She switched her academic plans to Social Work. While a student at Simmons, Gertrude was initiated into Gamma Chapter of Alpha Kappa Alpha Sorority, Incorporated. (The Sorority was founded at Howard University in 1911.) In 1939, she graduated from Simmons College with a degree in Social Work and began work at the State of New York Training School for girls. After a year, she began pursuing a Master's Degree at the University of Pittsburgh. This is where



she met Charles Cuthbert, who was working at the juvenile court there. Her future husband remembers her "as very young and very brash. She was not afraid of new ventures, not afraid to make friends or give an opinion." Charles and Gertrude married in 1964, after being friends for 25 years. Charles was 61 years old and a parole supervisor for the state in Pittsburgh.

She earned her Master's Degree in social work at the University of Pittsburgh in 1940 and worked with the Urban League for 20 years. She pushed to employ Black women in the defense industry by first screening candidates and then training them

for the jobs. Gertrude moved to the Brooklyn Urban League and combined the New York City and the Brooklyn branches into the Greater New York Metropolitan Urban League.

In 1953, she returned to Norwood and reconnected with her older brother before he died. She worked on an assembly line for Laminated Plastics for one year. During the years 1956-1965, she served as a Trustee of the Morrill Memorial Library.

In 1954, she accepted a position as parole agent for the Massachusetts Division of Youth Services. When she resigned in 1963, she was supervisor of girls' parole. Her reputation was that of a no-nonsense but compassionate person. In 1972 she was appointed to the Massachusetts State Parole Board.

In 1964, she joined ABCD (Action for Boston Community Development, an anti-poverty agency), planning services for juvenile delinquents and began work on what eventually became the Roxbury Multi-Service Center where she became the first director in 1965. As director she was spoken of with respect and awe. A colleague remembers Gertrude as "secure in her ability to find a niche for contributions and then do it". Mrs. Melnea Cass, a member of ABCD and the Multi-Service Center Board, called "her steel will aggressive and persevering. Her strength is the high respect she has earned from all people".

The Cuthberts retired to Mashpee where they lived next door to Gertrude's sister Anna and her brother William.

She passed on March 18, 1995.

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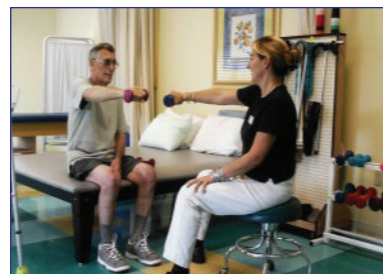
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# Living Healthy

## Back pain in pregnancy got you down? Think Chiropractic!

For many pregnant women, aches and pains in the lower back and hips are part of the experience. In fact 50% of women will experience back pain at some point before they deliver. There are so many hormonal and physical changes during your pregnancy which can have an impact on your posture and comfort. As your baby becomes heavier, your center of gravity shifts and your posture adjusts accordingly leading to misalignments in the spine which causes changes in nerve function and symptoms appear.

Chiropractic is not only beneficial to you but to your baby as well. Misalignments in the pelvis can restrict the amount of space that is available for your baby to grow. This is known as intrauterine constraint. This can make it hard for your baby to move into the best position for delivery increasing the chance for a breech or posterior position. This can complicate your delivery.

Lisa L. entered our practice at 36 weeks pregnant with back



Dr. Rochelle Bien & Dr. Michael Goldstein

pain and sciatica which she had endured for several weeks. At the urging of her friend she decided to give chiropractic a chance. She was pleasantly surprised that after several adjustments her pain was significantly reduced. She continued with care right up to her delivery to insure that her pelvis was aligned to reduce any complications that may arise during delivery. Post Natal care was

encouraged to insure that her pelvis was aligned after delivery. Lisa followed through with care and is enjoying her baby pain free.

If you are experiencing similar symptoms please don't hesitate to call The Holistic Center at Bristol Square located at 1426 Main Street in Walpole. Call 508-660-2722 and make your appointment today.

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# Structural Wellness Chiropractic

Dr. Elizabeth Sczerzenie (Sirz-nee) has been practicing Advanced Biostructural Correction (ABC) as a doctor of chiropractic since 2018. The office is conveniently located in downtown Norwood, 45 Walpole Street, Suite 2—next to the Norwood Public Library. Her patients usually call her Dr. E. She said with a smile, “It makes it easier for everyone.” She continued, “I provide compassion, integrity, and effective structural care. Treating a patient as a whole person is central to our approach. We intentionally schedule my day so that I have plenty of time with each patient not only to provide quality and personal care but also to answer any questions or concerns they may have.”

When a new patient walks into Structural Wellness Chiropractic Dr. E asks herself this question: Looking at the patient’s body as a mechanism that should support them through their daily activities, how can I help this person gain stability? Dr. E explained in brief the principles behind ABC, the distinctive healing modality her practice is based upon. “The

body loses leverage and slumps forward so muscles and joints twist and tighten in compensation. If we can get the bones back where they need to be, the muscles and joints will release the compensations, body tension will decrease, and patients will experience major symptom relief.”

She noted, “I have a ‘posture wall’ that I use as a backdrop for posture pictures to help us measure a patient’s progress. Having this simple visual tool helps me as a clinician to see if the patient is making progress. The person should be (and almost always is) standing more upright with their shoulders relaxed after treatment. This practice provides before and after pictures so we can document progress in an objective measure—it’s inexpensive and straight forward. As time passes, we forget how much pain we were in, so this helps us factually measure progress in posture improvement.

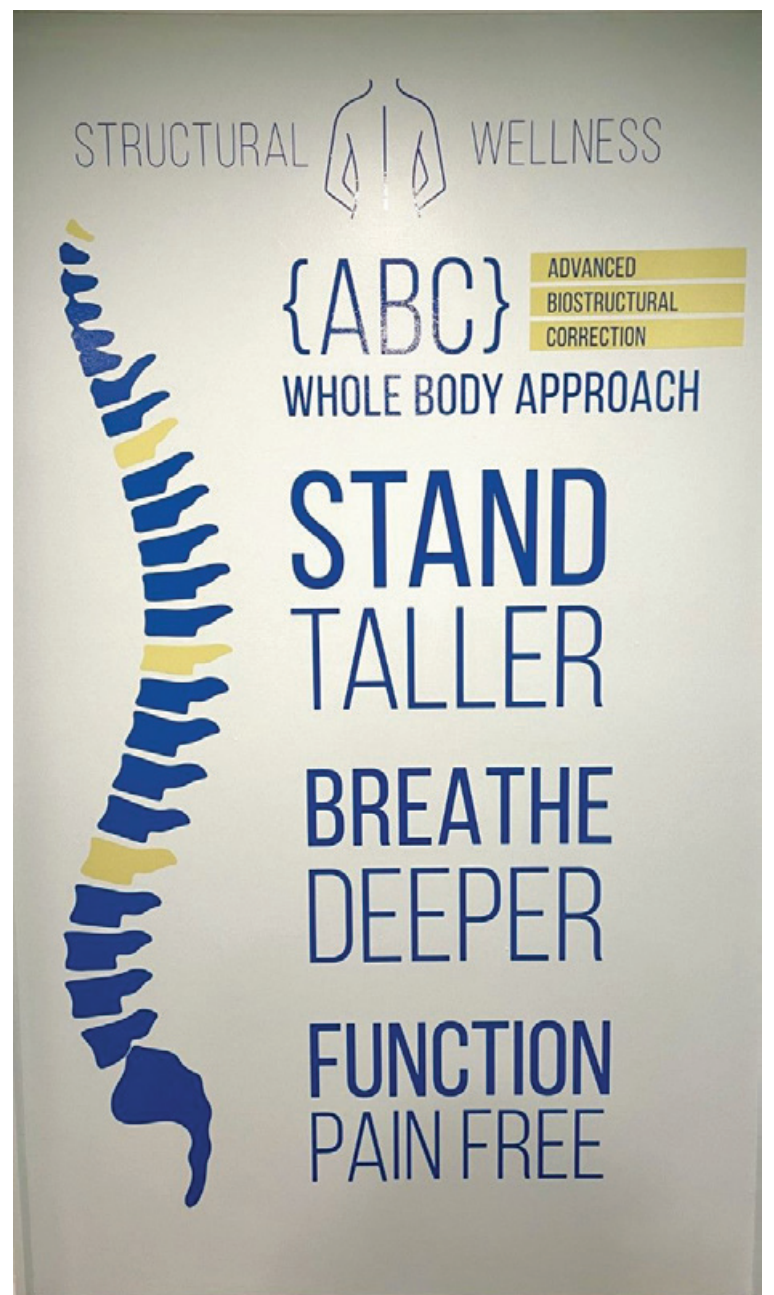
Dr. E is no stranger to back pain herself. She described her personal experience of benefiting from the ABC treatment she now shares with her patients. “I

## Business spotlight

had lower back pain as a teenager. My mom took me to her ABC chiropractor, which helped significantly. During college I dislocated my shoulder while playing soccer. The dislocation was so severe that I had to be put under general anesthesia to have it relocated. After physical therapy, my shoulder was better but not completely healed. It was not until I was able to get treated with ABC that my shoulder felt 100% back in place and was able to fully heal.

Patients come looking for pain relief from various walks of life. Dr. E noted that “I treat hairdressers, firefighters, preschool teachers, athletes, nurses, and many other active professionals. However, I most commonly treat people who spend a lot of time hunched over a computer screen, either for work or studies. Whether patients are active or sedentary, they all suffer from poor posture throughout their workday. Whether it’s sitting with slumped posture, bending over and lifting with poor ergonomics, or even exercising in unsafe ways, my goal when working with a patient is to not just get them feeling better and standing taller but to help improve their ergonomics so that they have a better chance of staying out of pain in the future.

Dr. E originally planned to go into neuroscience research. Her participation in Northeastern University’s co-op program provided opportunities for her to get experience in the research field. She said, “I noticed that my bosses spent a lot of quality time with their computers. I was fascinated by what I was studying but I realized that research was not for me. During college I also discovered that I really enjoy working with and caring for people. Becoming a chiropractor gave me the opportunity to combine my love of neurology, mechanics, and care for the human person. At chiropractic school, I had the opportunity to try many different techniques and modalities. I found that nothing worked as consistently and predictably to get patients standing taller, breathing deeper and out of pain as ABC.



Dr. E is an active member of Norfolk County Catholics (a local young adult group) and her faith is her guiding compass both in and out of the office. She stated, “I seek to help patients not just by providing excellent hands-on care but also by affirming the dignity of every patient who walks through my door by listening attentively and responding compas-

sionately.” To get in touch with Dr. E call 781- 349-6625 or go to her website [www.structuralwellnesschiro.com](http://www.structuralwellnesschiro.com) which has more detailed information about how ABC can help you stand taller, breathe deeper, and function pain free.

- Marjorie Turner Hollman

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# Tunes on the Town Common!

BY BELLA CAGGIANO

The town of Norwood is known for so many of its celebrations; the 4th of July event, Norwood Day, the Holiday Extravaganza, just to name a few. But often, small festivities are the moments that make ordinary nights into something special.

Throughout the summer, Norwood offers an array of musical entertainment that residents of all ages will enjoy and create an extraordinary evening.

The Summerfest Concerts are held every Wednesday evening from July 6 through August 24. These groups often provide sounds from numerous eras and have the audience on their feet dancing, or at least tapping their feet and bobbing their heads to familiar music.

Summerfest is held on the Norwood Town Gazebo, 7-9 p.m.



### Concerts on the Common

Concerts on the Common is marking its 28th season at the Walter J. Dempsey Memorial Bandstand on the town common. Every Sunday evening, 6-8 p.m., residents bring folding chairs and blankets and listen to period music, from marches, to swing, to jazz.

- July 10th - Westwood Swing Band
- July 17th - Sharon Community Band
- July 24th - Compaq Big Band
- July 31st - Roy Scott Big Band
- August 7th - Portrait in Jazz
- August 14th - Tom Nutile Big Band
- August 21st - Oberlaendler Hofbrau Band
- August 28th - Dan Gabel and the Abletones

### Summerfest Concerts

- July 6th - PanNubean Steel Band
- July 13th - Roundhouse
- July 20th - Beronica Robles Mariachi Band
- July 27th - Boston's Erin Og
- August 3rd - Acoustic Fire
- August 10th - Back Pages

- August 17th - Squeezebox Stompers
- August 24th - David Tessiers All Star Band

Rain dates, if needed, will be August 31st and September 7th.

Summerfest is presented by The

Norwood Arts Council, a non-profit organization of citizens dedicated to promoting the arts. It is through the efforts of these members, and the contributions from the Town of Norwood, local businesses, and private citizens, that Summerfest is possible. Thank you Norwood Arts Council and all those who do-

nate so the community can enjoy a fun, entertainment evening together!

Find more information about individual concerts, visit the concerts' Facebook page at [TownofNorwoodMA!](https://www.facebook.com/TownofNorwoodMA/)

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# Opening Day at the Farmer's Market

BY BELLA CAGGIANO

The Norwood Farmer's Market is now in full swing! It was a spectacular spring afternoon on the June 21 Opening Day with shoppers lining up for fresh produce and bread, buying fresh fish, picking up a book at the Morrill Memorial Library, purchasing a new plant, and visiting organization tables!

Throughout the summer, on Tuesdays, through October 18, 2-6 p.m., the Norwood Town Common will be hosting an outdoor market that will include fresh produce, bread, fish, pastries, artisans, music, non-profit and municipal vendors, and so much more!

Vendors will be scheduled and added in throughout the season. Right now, the committed food vendors are: Oakdale Farms, Jordan Brothers Seafood, LaBaquette North Bakery, and Hearth Artisan's Bread. Be sure to check out the market's new Facebook page each week to learn more! (The page was still in production at press time).

But wait, there's more! While the committee of the Norwood Market revived the event to encourage and provide fresh produce through local vendors, the event is also intended as a resource and hub for the community to gather, have fun, interact, and learn about other vendors, companies, services, Norwood municipalities, and non-profit organizations. These will include: Emerald City Plant Shop, Wild

Willy's Sports Cards, the Norwood Art Association, a pop-up library from the Morrill Memorial Library, Women's Business Network of Norwood, the Norwood Conservation Commission, the Norwood Art Association, Norwood Light Broadband, the Dirty Dog Wash (nail clipping), pottery sales, artisans, music many more to come!

Watch for weekly information through social media! Check it out to see what new and exciting vendors, services, or entertainment will be available the following Tuesday!

The Norwood Farmer's Market would not be available without the generosity of its sponsors.

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# “Lightyear”

By BOB GARVER

The streak is over.

For over a quarter of a century, Pixar has been turning out some of the most thoughtful, imaginative, entertaining movies on the planet. The studio’s annual output usually tops my year-end Best List, and I frequently hope that one of its movies will win an unprecedented-for-animation Best Picture Oscar. And even though I may not love every single one of their movies (“The Good Dinosaur” just barely scraped by), all have them have at least been good enough to warrant a recommendation from me. Until now. With “Lightyear,” I have to say for the first time ever that Pixar has let me down.

A title card tells us that this was the favorite movie of Andy from “Toy Story” back in the 90’s. It was why he wanted a Buzz Lightyear action figure so badly. I have a hard time believing that this was ever a child’s favorite movie, and a harder time believing that any child who did see it would want a Buzz toy. All the outer space stuff in this movie? Fine, suspension of disbelief and all that. But that even one kid was sold on Buzz based on this movie? Unswallowable.

The film opens with Space Ranger Buzz (here voiced by Chris Evans, lacking half the passion of “Toy Story” voice Tim Allen) and his partner Alisha (Uzo Aduba) botching a mission to transport a team of scientists to an inhabitable planet. The entire crew is stranded on an unpleasant world. A year passes and people make do the best they can. Buzz takes the repaired ship on a test flight to see if a new fuel source can help it reach the hyper-speed necessary to get to the original destination. The mission is a bust. Worse, four years have passed on the planet due to time dilation.

A dejected Buzz is consoled by a now-engaged Alisha and a robotic therapy cat named Sox (Peter Sohn). Buzz tries again and again to achieve hyper-speed, but the missions keep failing. He only gets to see Alisha once every four years, and every time he does, she’s onto a new chapter in her

life. She gives birth to a son, and he in turn grows up to have a daughter of his own. Until one day, Alisha isn’t there. This movie wants to recreate the magic of the opening montage from Pix-

Soules), and clumsy Mo (Taika Waititi). The problem is that Buzz hates working with rookies and needs to learn a lesson over and over about how they’re not worthless. It all leads up to a revelation about Zurg that allows him more development than just “Evil Space Emperor,” but is such a common twist these days that another movie in the top five at the weekend box office has basically the same twist.

So much about “Lightyear” falls flat, from the action to the setting to the unfunny jokes and characters. Okay, I liked Sox, and Andy should have wanted a toy of him instead of Buzz, but the human characters aren’t memorable. The best scene in the movie is a conversation about sandwiches, and not because the writing manages to make sandwiches exciting, more like this was the closest thing this movie has to a creative idea. Much like

Buzz isn’t used to the new kinds of sandwiches, I’m not used to Pixar movies that are this bad.

Grade: C-

“Lightyear” is rated PG for action/peril. Its running time is 100 minutes.

Contact Bob Garver at [rvg251@nyu.edu](mailto:rvg251@nyu.edu).



ar’s “Up,” but when it comes to bittersweet montages, that movie is untouchable, and Pixar should know better.

Buzz tries one more time with limited success, and returns to a planet under attack from the evil Emperor Zurg (James Brolin). His only hope to save the day now is to team up with a ragtag group of Junior Rangers, including Alisha’s granddaughter Izzy (Keke Palmer), elderly Darby (Dale

# Thank you Officer Baguma for organizing first Juneteenth Celebration!

NPD would like to recognize the tremendous work by School Resource Officer Baguma in organizing the town’s first Juneteenth celebration to commemorate the ending of slavery in America while bringing people together for entertainment and conversation. Strong work Officer Baguma.



During his tenure with the department, Baguma served as a school liaison officer at the Cleveland Elementary School, and now at the Coakley Middle School where he created the Diversity and Inclusion Club. He previously started a Halloween costume drive and volunteered during the pandemic as part of the Greater Boston Food Bank’s Project Milk, where he helped obtain milk for Norwood families in need

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# Norwood High School Names First Associate Principal, New Assistant Principals

Superintendent David Thomson and Principal Dr. Hugh Galligan are pleased to announce the appointments of associate and assistant principals for the 2022-2023 school year.

"It is my pleasure to introduce Matt Curran and JuanManuel Gonzales as the new assistant principals at Norwood High School beginning in the 2022-2023 school year," Dr. Galligan said. "I am excited for both of them to start in this next chapter at NHS as we aim to provide more full-time administrative support for students and staff. Their commitment to students, staff and families was evident throughout the search process, and I believe that commitment will greatly benefit the NHS community for years to come."

Cindy Derrane, current assistant principal at Norwood High School, has also been named the associate principal under the administrative restructuring plan.

"Cindy Derrane has dedicated her heart and soul to the students of Norwood High School for more than 30 years," Dr. Galligan said. "Her leadership, advocacy and compassion make her an obvious choice for the associate principal role and I look forward to her continued partnership in

supporting the students, staff and families of NHS."

## JuanManuel Gonzales

Gonzales is currently serving as the Interim Dean of Students for the Natick Public Schools. Prior to serving in this role, Gonzales spent many years as an educator in Texas.

His professional experience includes high school teaching in both a regular education setting and an alternative education program, and he has served as an administrator at both the middle and high school levels. He is bilingual in English and Spanish.

He received his bachelor's degree from the University of Texas at Brownsville and a master's degree in education from the University of Texas at Arlington.

Gonzales' administrative approach focuses on delivering a safe, respectful, inclusive, innovative, academically rich environment where teachers and students are able to learn and grow.

He is looking forward to joining the school community.

"During my interview process one theme consistently arose: community. I am looking forward to the opportunity to be a part of such a tight-knit community," Gonzales said.



**From left: JuanManuel Gonzales and Matt Curran who will serve as assistant principals at Norwood High School, and Cindy Derrane who will serve as the school's first associate principal. (Photos courtesy Norwood Public Schools)**

His personal interests include traveling, reading books, listening to a variety of music, watching the latest television shows and dabbling in the occasional trivia night.

## Matt Curran

Curran has served in the dual role of dean/teacher at Norwood High School for the past five years. He has worked in the Norwood Public Schools for 25 years as both a substitute teacher and a paraprofessional, and for many years as a classroom social studies teacher. Curran has also coached within the district's athletic program for many years, working mostly with the boys and girls track teams.

Curran has also supported the school and district through his membership and participation on the NHS Faculty Senate

as well as in his role as a Unit A Representative for the Norwood Teachers Association.

Curran holds a Bachelor of Arts from Bridgewater State University and master's degrees from both Endicott College and Simmons University.

Curran is a Norwood High School graduate, and he and his wife Shauna reside in Norwood with their four children.

## Cindy Derrane

Derrane's teaching career began in 1992 at Norwood High School where she taught Spanish at all grade levels. From 2004-2018 she served as the World Language Department chairperson for grades 6-12.

In 2018, Derrane was named the assistant principal. She was selected for her strengths in areas such as curriculum, instruction

and assessment, and due to the relationships she was able to build with students and staff.

Derrane holds a bachelor's degree from the University of Massachusetts Boston and a master's degree from Bridgewater State University.

"What I have enjoyed most in my time here in Norwood is working with the students and staff in this district," Derrane said. "I love building these relationships and working with them to find out how to best meet their individual needs in order to reach their potential and find success. Working for the best interests of staff and students and meeting the diverse needs of each student who walks through our doors is my top priority."

## Federal Law Enforcement Agencies Warn of Impersonation Scam Involving Credentials and Badges

### **It is illegal to reproduce Federal law enforcement credentials and badges**

New reports show that scammers are reviving an old tactic to gain trust. Scammers are emailing and texting pictures of real and doctored law enforcement credentials and badges to prove they are legitimate and scam people out of money. Scammers may change the picture or use a different name, agency, or badge number, but the basic scam is the same.

Federal law enforcement agencies are warning the public to be skeptical of email and text messages claiming to be someone from a government or law enforcement agency. No one in federal law enforcement will send photographs of credentials or

badges to demand any kind of payment, and neither will government employees.

Social Security Administration Office of the Inspector General (OIG), Department of Labor OIG, NASA OIG, the Pandemic Response Accountability Committee (PRAC), and the Federal Bureau of Investigation (FBI) joined forces to issue this scam alert.

### **How A Government Imposter Scam Works**

These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail. Scammers pretend to

be from an agency or organization you know to gain your trust. Scammers say there is a problem or a prize. Scammers pressure you to act immediately. Scammers tell you to pay in a specific way.

### **Tips To Protect Yourself**

1. Do not take immediate action. If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. Do not transfer your money! Do not buy that gift card! Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money

transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.

3. Be skeptical. If you think a real law enforcement officer is trying to reach you, call your local law enforcement using a non-emergency number to verify. Do not believe scammers who "transfer" your call to an official or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
4. Be cautious of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don't recognize. Do not provide your personal

information, even if the caller has some of your information.

5. Do not click on links or attachments. Block unwanted calls and text messages.

### **For More Information On Scams**

Visit the [ftc.gov/scam](https://www.ftc.gov/scam) to read about common scams.

### **If You Are A Victim**

Stop talking to the scammer. Notify financial institutions and safeguard accounts. Contact local law enforcement and file a police report. File a complaint with the FBI IC3 at [www.ic3.gov](https://www.ic3.gov) and with the Federal Trade Commission at [ReportFraud.FTC.gov](https://ReportFraud.FTC.gov).

Keep financial transaction information and the record of all communications with the scammer.



# Great Local Summer Hikes

BY MARJORIE TURNER HOLLMAN

For readers looking for the most challenging hikes, the state forests nearby in Franklin (off Grove Street), Foxborough, (F. Gilbert. Hills off Thurston Street), Upton (off Westboro Road), and Wrentham (off Taunton Street) all offer challenging hiking on multiple, often unmarked trails. Expect to find rugged trail surfaces, lots of rocks and roots, but very few if any real views.

If you are looking for Easy Walks, you can head over to Panther Way, next to the Franklin Police Station, (and behind Franklin High School). There you'll find a handicapped accessible sculpture park that takes visitors around a small dammed pond, the former site of Franklin's town pool. This area was closed for swimming in the 1970s, and restored around 2014 to its present outdoor use, featuring multiple sculptures. Another great Franklin outdoor option is Delcarte Conservation Area off Pleasant Street. Enjoy a loop trail around the large pond. The trail has some roots and is narrow. Beware of poison ivy! If you visit in the early morning you may be lucky enough to see a variety of wildlife.

The Southern New England Trunkline Trail (SNETT) presently has three local entrances with parking. Parking is available in Franklin on Grove Street. Bellingham offering parking on Lake Street and is relatively handicapped accessible (the slope from the street may be challenging for some). The SNETT headed back toward Franklin from Lake Street is packed stone dust up to the Pleasant Street tunnel (and tunnels are always fun!). The SNETT entrance at Center Street in Bellingham is handicapped accessible. Take care when crossing Center Street, which has a 45 MPH speed limit. No motorized vehicles permitted.

Another enjoyable half-mile walk in Bellingham will get you to the banks of the Charles River. Parking is at the High Street fields. The trail head is at the back of the field. The path has become rockier lately because of dirt bikes on the trails, but the sight of the Charles River, still a small stream at this spot, is worth the relatively small effort to avoid the rocks. Pay attention to the red arrows that lead to the water.

Multiple additional trails will lead you into swampy areas. Bring (and use!) bug spray.

My favorite local spot to get a view is at the Knuckup Hill property (also known as Sweatt Hill) in Wrentham. Parking is at the Wrentham Senior Center on Taunton Street, or next to the trail head near the Building Services Department offices. From there a fire road curves around the hill to the high point, next to the abandoned ski tow equipment. It is a bit of a climb! Look northeast to take in an impressive view of the area. You can see the buildings of downtown Boston, but you may need binoculars. An additional walk right next to Knuckup Hill is Trout pond, a pretty walk, especially in the fall.

Our family enjoys getting over to Medway, where Choate Park offers plentiful parking, an accessible playground for children and a handicapped friendly path around the pond. When facing the pond from the street, look to the left, where a wide, clear, mostly level trail offers sound footing. The path meanders through woodland, goes past the back of Medway High School and continues beyond Adams Street. The trail club in Medway is working to expand this path all the way to Holliston.

Besides the SNETT, area residents have access to two other great local rail trails. The Upper Charles Trail reaches from Milford, at the Hopkinton Town Line off Rt. 85, south to downtown Milford, then back north to Holliston. All trail surfaces are paved or packed stone dust and are great for walking, bicycling, and other non-motorized uses. The Blackstone Bikeway starts in Woonsocket and heads south alongside the Blackstone River from Woonsocket, RI to Central Falls. Another portion of the bikeway, not yet linked to Woonsocket, is in Blackstone off Canal Street. This trail also follows the river and reaches from Blackstone to Uxbridge. It is paved and completely handicapped accessible.

This is just a short list of possible outdoor trails you can enjoy locally. We live in a beautiful part of the country. Travel is a great way to open our minds, but don't overlook outdoor spaces right in your own back yard. Happy trails!



**The Free Mason's lodge of Norwood provided breakfast to the members of Norwood Police on June 12. A big shoutout to the Free Mason's for their kind genture!**

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# Norwood Sports

## Norwood Runner Tina Fontaine Pushes Through the Pain

By CHRISTOPHER TREMBLAY

Tina Fontaine's family moved to Norwood unfortunately during her sophomore year during the Covid-19 Pandemic, so it made it extremely difficult for her to connect with anyone in her new town and school. While living in Randolph, she had run cross country for the middle school and was on the freshman softball team; here in Norwood she was looking forward to trying out for the cross country and track teams.

"I always wanted to run," Fontaine said. "I was told that I was fast, but I never really got to find out in Randolph as there was no track team at the high school, so I was really excited about trying out for the team here in Norwood."

While track was something that she wanted to pursue, after her first practice she had different thoughts about the sport when she finally got to the first practice last winter.

"That first workout was excruciating, and my first thoughts were, what did I get myself into," Fontaine said. "Until that first meet, I didn't know what I was in for, however, it was a great experience, and I came in second in the 55 meters."

Running the 55 meters was a test event for her at first, and once she saw how she performed, Fontaine realized that there was room for improvement. Almost immediately she set her first goal – to beat the team's top runner, which she eventually did during the winter season.

Coming into her junior cam-

paign on the track, Fontaine was looking to decrease all her personal best times that she set last year. Having had success running, she decided to take on the 100 and 200 this year.

"With the knowledge of the sport now, I wanted to work on my technique and set a goal, which was a bit of a reach for the stars type of goal," Fontaine said. "I wanted to go undefeated during the year and I kept that in my mind all year long as I kept training."

When she started winning, she continued to work hard and keep her focus, because she said if she didn't it could be easy to slip. With that in mind, she made sure she was at every practice no matter what.

"Winning could have made it easy for me to say I don't need to go to practice, I've got this," Fontaine said. "As the wins kept coming, I had no excuses. I wanted to work 100% to be ready for the next race. I didn't get too cocky, but instead was just proud of myself and accomplishments."

Fontaine landed her goal as she went undefeated during the year in both the 100 and 200 in the Tri-Valley League (TVL) dual meets.

"She is a standout sprinter and I figured that she was going to have a good season," Norwood Girls Track Coach Alana Keady said. "She not only had a good season, but she was one of the top runners in the league."

Upon entering the TVL Meet, the junior runner was unsure of how she was going to perform

as she was having bad shin splint pain. She was afraid that something was going to happen, and it wasn't going to be good. Lucky for the Norwood sprinter, nothing bad came of the league meet; instead, she finished third in the 100 and fourth in the 200 qualifying for the MIAA Division 3 State Tournament.

Once at the State Meet, Fontaine posted her personal best time during the preliminaries with a time of 12.68 seconds. Not only was it Fontaine's best ever time, it was also her fastest time in the 100.

"I was shocked when I looked at my time and found that it was a personal record, especially since my shins were getting worse," Fontaine said. "While I was ex-



tremely excited, I was also nervous about the final, so I didn't want to ice them. I just rested and re-

couped for the finals."

In the State Finals, Fontaine ran a little slower than her preliminaries and finished with a time of 12.80 seconds, which was good enough for fifth place and a spot in the All-State Meet, or the Meet of the Champions as it is

now called. Although Fontaine had qualified to run the 100 at the Meet of Champions, she had to decline as her shin splints got worse and she had to get x-rays. While disappointed, she has vowed to return next year.

"It was extremely disappointing not being able to go [Meet of Champions] after all my hard work," Fontaine said. "But it was also very exciting knowing that I could have gone. My goal next year is that I will definitely be going."

## Firecracker 5k Kicks off the 4th Celebration!

By BELLA CAGGIANO

For runners, The Norwood Firecracker is not just the kick-off to the infamous 4th of July celebration, it is an athletic tradition that many look forward to all year long. Just before the Town streets are filled with floats, bands, and local organizations, runners take advantage of cheering spectators to push to the finish line in the 5k road race.

At 5 p.m., just prior to the infamous parade, their start signal goes off from the Town Common and runners of all ages, locally and from surrounding towns, join in on the 3.1 mile

course, with two water stops, that stretches through Washington St. lined with parade fans.



Prizes are awarded for the top three runners within gender and age categories and t-shirts are given to the first 125 registered runners.

For more information or to register, contact race coordinator Jim Henry at 617-610-0084, email wingedfootrunning1@gmail.com, or visit www.racewire.com. Entry fee is \$25 with pre-registration or \$30 the day of the race.

Unlike many other local races, Norwood streets are filled with thousands of parade spectators to cheer and encourage runners throughout the entire challenging course. Directly following the race, Norwood's infamous 4th of July Parade begins! What better way to celebrate America's independence?

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# Norwood Sports

## Norwood Boys Tennis Still Looking to Rebuild

By Christopher Tremblay

The Norwood boy's tennis has not been able to produce a tournament team in some years and when they found themselves on the verge of finally breaking through, Covid struck and sent the team whirling backwards yet again.

"The last couple of years have hit this team hard," Norwood Coach John Churchill said. "We missed out on a peak 2020 season, which most likely would have been the best team in the history of the program. That team, I think, would have been a solid playoff team (posting a season over .500), which is something this program has never produced. It just wasn't about losing the seniors who didn't have a chance of making the tournament, but even more painful, was the lack of development to the underclassmen who couldn't learn from them."

When the Mustangs took to the court last spring, they unfortunately returned with one remaining starter in Will Fehm, who eventually went 7-8 at the number one singles position in the Tri-Valley League (TVL) and was named to the All-Star team. Fehm was the glue of the team and Churchill tried once again to build a team around him.

Norwood was able to capture four wins last year and started developing some success with its other positions and even had their first-ever playoff match.

"We were given the opportunity to attend our first playoff match, so we opted in to give it a try," the Mustang Coach said. "We went up against a more experienced team in Bishop Feehan (the #5 seed who eventually went to the Semi Finals and lost to the State Champion Duxbury) and ended up losing."

The Mustangs were out-matched but Churchill was looking to give his team the experience of what it would be like to play in a tournament atmosphere. Fehm played his heart out in one of his best matches ever but fell in a heartbreaker to Bishop Feehan's top player.

Coming into this season, Norwood said goodbye to all three of its seniors from the 2021 cam-



Clockwise from above, junior Tyler Lovell and sophomore Patrick Ibrahim; freshman Partha Jammalamadaka; freshman Juneau Joe.

paign in addition to a couple of other athletes who didn't return due to other commitments leaving the Mustang Coach with a very minimal team. With the lack of athletes, Churchill found himself in one of the toughest predicaments they program has come across since 2014 when the program went through a complete reboot of the team.

"There was a variety of reasons they didn't come back, other sports, jobs or classwork," Churchill said. "I did have a sense that some new kids were thinking about coming out for the team, but I still needed to get the word out looking for anyone to commit to giving it a try. It wasn't until after the season started that our numbers got to really viable levels. I am thankful that things all came together giving us a total of nine players (7 are needed to field a team) on this year's roster."

While the majority of the Mustang team lacks experience, Churchill did have a couple of players arrive with significant tennis skills; most notably freshman Partha Jammalamadaka. Although only a freshman, Churchill believes that he is already one of the best players to be part of the Norwood program.

"Playing at the number one singles position he has the immense potential to grow even much stronger," Churchill said. "He is a resilient competitor as demonstrated by his clutch wins and has the tools to become a leading player in the TVL in the

future if he works for it. He is already on his way to competing with some of the best players in the TVL. He already has notable wins over Westwood's number one senior Ray Wong (2-6,6-2, 6-4), and Medfield's number one senior Drew Pezzullo (5-7, 7-6, 10-8 super-tiebreaker)."

At the time of this writing, Jammalamadaka was 6-6.

Playing second singles is another freshman Juneau Joe. Although he doesn't have the experience or power of Jammalamadaka, he is an energetic mover that is not intimidated when going up against some of the stronger hitters. According to Churchill, ideally, he would not be a second singles player this early, but he does have a lot of potential to be a winning tennis player, especially as he gains more experience.

In addition to the top two

singles players on the team, Norwood also will have two other freshmen gaining valuable experience on the courts this spring. Jack Weafer is playing third singles for the Mustangs while Gary Orobey is playing doubles. With no seniors on this year's squad, Churchill has a group of tennis players who are learning on the fly. Sophomore Aiden Ciavotone has seen time at third singles and in doubles, while junior Tyler Lovell, sophomore Patrick Ibrahim, and junior Anthony Connolly all have seen action at the double's positions.

"Not having the experience ourselves and having to go up against experienced opponents, it has been tough to compete in the deeper positions, but we are very focused in practice and looking to improve at doubles and develop those fundamental tennis skills," Churchill said.



Being a young team, Churchill has been extremely grateful to have Dipesh Mukerji as a volunteer assistant helping on the courts. Mukerji has brought many insights and significant energy to the team and draws on his experiences as a tennis player.

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# Calendar of Events

## July 3

### **Patriotic Rosary** St. Catherine of Siena Church 1 p.m.

Pray the beautiful Patriotic Rosary for our country. Pray for all the souls in each of our 50 states, police and firefighters, government officials, and military, past and present, living and dead. Come and sing all of our favorite patriotic songs as to honor God and country and give thanks for the American way of life.

## July 4

### **NORWOOD'S SPECTACULAR 4TH OF JULY CELEBRATION!** Children's Bicycle, Tricycle, Doll Carriage & Historical Character Parade Norwood Center/Town Common 1 p.m.

Children are invited to show off their creations in a pre-parade procession down Washington St., to the Town Common.

### **Historic Old Parish Cemetery Tours** 480 Washington St., 1-3 p.m.

Tours conducted by the Old Parish preservation volunteers.

### **Norwood Firecracker 5k Road Race** Town Common, 5 p.m.

Enjoy participating or supporting this 5K race that starts just before Norwood's legendary independence parade!

### **Fire Truck, Antique and Military Procession** Washington St., South Norwood through Norwood Center, 5:30 p.m.

Fire, emergency and military vehicles and antique cars make their way down the parade route just before the celebrations begin!

### **4th of July Parade** Washington St., South Norwood to the Town Common, 5:45 p.m.

Norwood's parade begins at the Coakley Middle School, in South Norwood, travels down Washington St., through Norwood Center and the Town Common and concludes at the Shaw's Plaza.

## July 5

### **Norwood Farmer's Market** Norwood Town Common, 2-6 p.m.

The Norwood Farmer's Market will be offering fresh food and produce from various vendors, including Jordan Brothers Seafood, Oakdale Farms, La-Baguette North Bakery, Hearth Artisans Bread, the Morrill Memorial Library pop-up library, the Dirty Dawg Wash for nail clipping, and many vendors and organizations!

### **Author Talk - The Fascinating Life & Legacy Of Mass. Dinosaur Pioneer Edward Hitchcock** Morrill Memorial Library (Virtual) 7 p.m.

Join a zoom presentation on "The Fascinating Life & Legacy Of Massachusetts Dinosaur Pioneer Edward Hitchcock" by Robert T. McMaster, author of All The Light Here Comes From Above: The Life and Legacy of Edward Hitchcock.

Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

## July 6

### **Summerfest Concert** Norwood Town Common 7 p.m.

The PanNubean Steel Band will be opening up the Summerfest series! For more information about individual concerts, visit the concerts' Facebook page at [TownofNorwoodMA!](http://TownofNorwoodMA!)

## July 8

### **Oldies Dance** Norwood Senior Center, 275 Prospect St., 7 p.m.

The Friends of the Norwood Council on Aging is sponsoring an oldies dance! Cost is \$10 per ticket.

## July 10

### **Concerts on the Common** Norwood Town Common, 7 p.m.

The Westwood Swing Band will be opening up the concerts on the Common series! For more information about individual concerts, visit the concerts' Facebook page at [TownofNorwoodMA!](http://TownofNorwoodMA!)

## July 11

### **Job Search Help - Career Transitions: Is Now The Right Time?** Morrill Memorial Library (Virtual) 2 p.m.

This talk will be presented by Leanne Rodd, Director of Talent for FlexProfessionals Boston and Certified Career Coach (BCC).

Career transitions can be challenging in the best of times. Add a layer of economic uncertainty, and they can feel overwhelming. If you find yourself considering a career transition--whether chosen or by circumstance--there are steps you can take to help you decide whether now is the right time, plan your path forward, set attainable goals, and keep your momentum. This webinar will help you develop a plan for

exploring options and moving forward using a design-thinking framework for both career exploration and exiting a role that no longer fits. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

## July 12

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

### **Flying High Dogs** Bond Street Tot Lot, 10 a.m.

Come see Mike Piazza and his highly trained crew of flying dogs! Mike is a multiple time world finalist and world record holder in the sport of K-9 frisbee and the current #1 Professional K-9 frisbee performer in the world! He and his K-9 team will perform a variety of frisbee and other entertaining tricks on the field next to the Bond Street Tot Lot. Bring some chairs so you can be comfy during this awesome show! Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

### **Norwood Farmer's Market** Norwood Town Common 2-6 p.m.

The Norwood Farmer's Market will be offering fresh food and produce from various vendors, including Jordan Brothers Seafood, Oakdale Farms, La-Baguette North Bakery, Hearth Artisans Bread, the Morrill Memorial Library pop-up library, and many vendors and organizations!

### **Books, Boots & Bridles -- The Story of the Horseback Librarians** Morrill Memorial Library (Virtual) 2 p.m.

Join in on Zoom for "Books, Boots & Bridles: The Story of the Horseback Librarians," presented by Jeffrey Urbin, Education Specialist at the Franklin D. Roosevelt Presidential Library and Museum. Learn the story of the Pack Horse Library initiative, a little known program of FDR's

Work Progress Administration (WPA). Its mission, carried out almost entirely by women, was to deliver and distribute reading materials to the far-off corners of Appalachia during the darkest hours of the Great Depression.

This program will NOT be recorded. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

### **Block Party** Bond St. Tot Lot, 5:30 p.m.

The Norwood Recreation Department will be bringing the party to you! They are hosting a block party that will give the community a unique opportunity to come together, make connections, and most importantly, have fun! Free, but pre-registration required. To register, visit [www.norwoodma.gov/departments/recreation/index.php](http://www.norwoodma.gov/departments/recreation/index.php).

### **Norwood Neighborhood History Walking Tour-Swedeville** Meet at 95 Chapel St., medical building, 6 p.m.

With the year-long Norwood 150 celebrations, many are turning to our town's history. With that in mind, the Norwood Historical Society is offering a series of neighborhood history walking tours this summer. These 90-minute tours will explore the town's vibrant past, highlighting the experiences of immigrants, workers, and industrialists, pointing out the traces of history in our midst. Free event. No tickets or registration necessary.

### **Kids Summer Concert** Town Common, 6:30 p.m.

The Norwood Juniors Women's Club is sponsoring a Kids Summer Concert with DJ Chris Abbate! Free, no registration required. Rain date, August 9.

### **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](mailto:3926@toastmastersclubs.org). For more information, visit [norwoodtoastmaster.toastmastersclubs.org/](http://norwoodtoastmaster.toastmastersclubs.org/).

## July 13

### **Summerfest Concert** Norwood Town Common, 7 p.m.

Roundhouse will bring the Common to life with a free, live concert! For more information about individual concerts, visit the concerts' Facebook page at

[TownofNorwoodMA!](http://TownofNorwoodMA!)

### **My Summers with a Serial Killer: A Massachusetts True Crime Story** Morrill Memorial Library (Virtual) 7 p.m.

Join on Zoom for "My Summers with a Serial Killer: A Massachusetts True Crime Story," by Liza Rodman and Jennifer Jordan, authors of The Babysitter: My Summers with a Serial Killer.

Growing up on Cape Cod in the 1960s, Liza Rodman was a lonely little girl. During the summers, while her mother worked days in a local motel and danced most nights in the Provincetown bars, her babysitter--the kind, handsome handyman at the motel where her mother worked--took her and her sister on 3 adventures in his truck. He bought them popsicles and together, they visited his "secret garden" in the Truro woods. To Liza, he was one of the few kind, understanding, and safe adults in her life. But there was one thing she didn't know: Their babysitter was a serial killer. Though Tony Costa's gruesome case made screaming headlines in 1969 and beyond, Liza never made the connection between her friendly babysitter and the infamous killer of numerous women, including four in Massachusetts, until decades later. Haunted by nightmares and horrified by what she learned, Liza became obsessed with the case. Now, she and co-writer Jennifer Jordan reveal "a suspenseful portrayal of murderous madness in tandem with a child's growing loneliness, neglect, and despair, a narrative collision that will haunt" you long after you finish it. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

### **Norwood Family Flick!** Norwood High School, Front Lawn Dusk

Bring chairs, blankets and a picnic dinner or snacks and enjoy a great family movie night under the stars! Movie will be family friendly and start at dusk. Parking available at the high school. FREE!

## July 15

### **Friends of Norwood Council Monthly Dance** Norwood Senior Center, 275 Prospect St. 7-10 p.m.

Music will be provided by



## CALENDAR

continued from page 20

the DB Band and the cost is \$10 per person. Coffee, tea, & desserts will be served, AND there will be door prizes! For more information on this and future events, visit their Facebook page at Friends Of The Norwood Council On Aging.

## July 17

**Concerts on the Common  
Norwood Town Common, 7 p.m.**

The Sharon Community Band, a Norwood favorite, will be opening up the concerts on the Common series! For more information about individual concerts, visit the concerts' Facebook page at TownofNorwoodMA!

## July 18

**Job Search Help -- Tools To  
Sharpen Your Job Seeking  
Strategy  
Morrill Memorial Library (Virtual)  
2 p.m.**

Join on Zoom for "Tools To Sharpen Your Job Seeking Strategy," presented by Ray Mascola, business development advisor, coach, and owner of "Targeting Sales Growth." Learn how to build relationships that will help your career using both conventional and unusual methods. Discover effective communication techniques and explore calendar management and research tools. Learn why job seekers should always consider themselves in marketing and sales. Discover how to better market and sell yourself. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

## July 19

**Norwood Farmer's Market  
Norwood Town Common, 2-6 p.m.**

The Norwood Farmer's Market will be offering fresh food and produce from various vendors, including Jordan Brothers Seafood, Oakdale Farms, La-Baguette North Bakery, Hearth Artisans Bread, the Morrill Memorial Library pop-up library, pottery sales, and many vendors and organizations!

**Norwood Neighborhood History  
Walking Tour-Germantown  
Meet at 1315 Washington St., little  
league field, 6 p.m.**

With the year-long Norwood 150 celebrations, many are turning to our town's history. With that in mind, the Norwood Historical Society is offering a series of neighborhood history walking tours this summer. These

90-minute tours will explore the town's vibrant past, highlighting the experiences of immigrants, workers, and industrialists, pointing out the traces of history in our midst. Free event. No tickets or registration necessary.

**Kids Summer Concert  
Town Common, 6:30 p.m.**

The Norwood Juniors Women's Club is sponsoring a Kids Summer Concert with Stacy Lake! Free, no registration required. Rain date, August 16.

**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.

## July 20

**Turn the Page - Welcome to the  
Pine Away Motel and Cabins  
Morrill Memorial Library, 10 a.m.**

The book group will be discussing Welcome to the Pine Away Motel and Cabins, by Katarina Bivald. To register and find discussions, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/). For questions, contact Patty Bailey at [pbailey@minlib.net](mailto:pbailey@minlib.net) or 781-443-8864.

**The Life Cycle of a Star  
Morrill Memorial Library (Virtual)  
11 a.m.**

Join a virtual presentation, "The Life Cycle of a Star," presented by Caity Sullivan, a volunteer for the Solar System Ambassador program through NASA's Jet Propulsion Laboratory. Have you ever wondered how stars form? Or perhaps even how they die? After all, some of the most mysterious objects in the universe come from dying stars. Join us as we dive into the life cycles of stars--from their formation in massive nebulas to violent supernova explosions, black holes, and more. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

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**Pine Away Motel and Cabins  
Morrill Memorial Library (Virtual)  
6:30 p.m.**

To register and find discussions, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/). For questions, contact Patty Bailey at [pbailey@minlib.net](mailto:pbailey@minlib.net) or 781-443-8864.

**Author Talk - Little Matches: An  
Inspirational Story On Discovering  
Your Purpose In Life  
Morrill Memorial Library (Virtual)  
7 p.m.**

Join on Zoom for "Little Matches: An Inspirational Story On Discovering Your Purpose In Life," by Maryanne O'Hara, author of Little Matches: A Memoir of Finding Light in the Dark. Maryanne O'Hara recounts how she lost her beloved only child and set out to look for answers to life's hard questions. Using images and reflections that speak to universal themes, Maryanne shares her remarkable story of resilience, of finding light inside life's darkest hours, and offers suggestions for discovering one's purpose. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

**Summerfest Concert  
Norwood Town Common, 7 p.m.**

The Beronica Robles Mariachi Band is sure to be a festive concert! For more information about individual concerts, visit the concerts' Facebook page at TownofNorwoodMA!

## July 24

**Concerts on the Common  
Norwood Town Common, 7 p.m.**

Enjoy the sounds of the Compaq Big Band on the Common! For more information about individual concerts, visit the concerts' Facebook page at TownofNorwoodMA!

## July 25

**Job Search Help - Job  
Opportunities With DoD**
**Contractors  
Morrill Memorial Library (Virtual)  
2 p.m.**

Join on Zoom for "Job Opportunities With DoD Contractors," presented by Stephen Trudeau, the Corporate Recruiter for Oasis Systems, a Department of Defense (DoD) contractor located in Lexington. When local people think of working for a Department of Defense (DOD) contractor, they automatically think that the large companies of Raytheon, Lockheed Martin, or BAE are their only options. This presentation will provide details on employment opportunities working at Hanscom Air Force Base, working for smaller companies providing support to the DoD. These opportunities encompass not only engineering and technical support positions but also project management and business operations positions. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

## July 26

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

**Dinoman!  
Coakley Middle School, 10 a.m.**

Love dinosaurs? Come see DinoMan and his huge inflatable dinosaurs to learn more about these

prehistoric creatures! With magic, merry mayhem, and magnificent props, the audience is taken on a trip throughout the Mesozoic era. How do we know dinosaurs were here? What is a fossil? How are they made? This program is fun and informative for all ages. This event is hosted by the Morrill Memorial Library but is happening at the Coakley Middle School gym. Questions? Call the library at 781-769-0200 x3 or email the staff at [norchild@minlib.net](mailto:norchild@minlib.net). Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

**Norwood Farmer's Market  
Norwood Town Common, 2-6 p.m.**

The Norwood Farmer's Market will be offering fresh food and produce from various vendors, including Jordan Brothers Seafood, Oakdale Farms, La-Baguette North Bakery, Hearth Artisans Bread, the Morrill Memorial Library pop-up library, and many vendors and organizations!

**A Civil Rights Investigation --  
Mississippi Burning  
Morrill Memorial Library (Virtual)  
2 p.m.**

Join on Zoom for "A Civil Rights Investigation: Mississippi Burning," presented by Sheila Metha, Education Specialist at the LBJ Presidential Library. Investigate the disappearance of three civil rights workers during the Freedom Summer of 1964 using telephone conversations, oral histories, and documents as evidence to solve the case. Registration is required. To register, visit [norwoodlibrary.org/morrillcalendar/](http://norwoodlibrary.org/morrillcalendar/).

**Norwood Neighborhood History  
Walking Tour-Christian Hill  
Meet at 93 Day St., Day House, 6  
p.m.**

## CALENDAR

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**CALENDAR**

*continued from page 21*

With the year-long Norwood 150 celebrations, many are turning to our town's history. With that in mind, the Norwood Historical Society is offering a series of neighborhood history walking tours this summer. These 90-minute tours will explore the town's vibrant past, highlighting the experiences of immigrants, workers, and industrialists, pointing out the traces of history in our midst. Free event. No tickets or registration necessary.

**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 of bar), 7:30 p.m.**

Title not 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. 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.

**July 27**

**Summerfest Concert Norwood Town Common, 7 p.m.**

Boston's Erin Og will be performing in Norwood. For more information about individual concerts, visit the concerts' Facebook page at TownofNorwoodMA!

**Why is Lung Cancer Screening Important?**

**Morrill Memorial Library (Virtual), 7 p.m.**

Did you know that proper screening for high risk people has the potential to detect lung cancer at earlier stages when it has the best chance of being cured? On Wednesday, July 27 at 7:00 pm, join Hugh G. Auchincloss, M.D., M.P.H., Division of Thoracic Surgery at Mass General Brigham Newton-Wellesley, to learn

about this safe, easy to perform screening that is remarkably effective at reducing the mortality from lung cancer. Find out more from Dr. Auchincloss and his colleagues in oncology, radiology, and pulmonology who are committed to raising awareness for the early detection of lung cancer and saving lives. Registration is required. To register, visit norwoodlibrary.org/morrillcalendar/.

**July 28**

**Kids Summer Concert Town Common, 6:30 p.m.**

The Norwood Juniors Women's Club is sponsoring a Kids Summer Concert with Matt Heaton! Free, no registration required. Rain date, August 23.

**July 31**

**Concerts on the Common Norwood Town Common, 7 p.m.**

The Roy Scott Big Band, a Norwood favorite, will close out July with their big sounds! For more information about individual concerts, visit the concerts' Facebook page at TownofNorwoodMA!



**A touching tribute as Chief Brooks and the NPD Honor Guard march up Winter Street to Highland Cemetery as part of the Memorial Day parade.**

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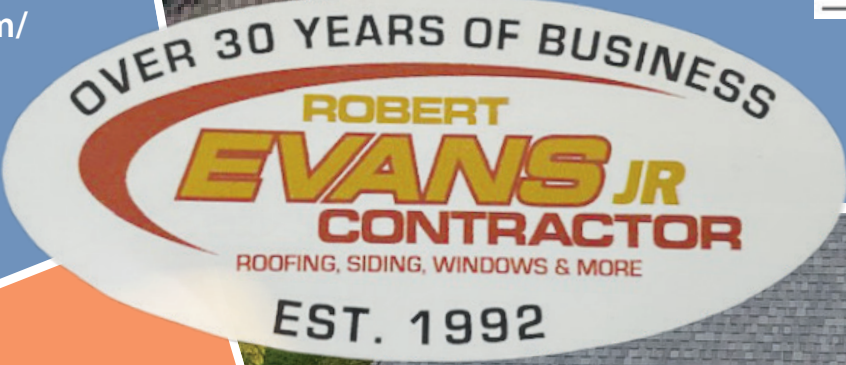
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# Reserve your Booth for Norwood Day!



explosive neighborhood festival, guaranteed spaces and applications were due on June 27. For those looking to host a table, applications are now being accepted.

The cost for a spot is \$45 for non-profit organizations and student groups with payment postmarked before July 29, and \$55 after July 29. Norwood businesses and individuals, it is \$70 before July 29, and \$80 after July 29. For non-Norwood businesses and individuals, the cost is \$135 before July, and \$160 after July 29. There is also a \$10 optional electricity fee. Checks should be payable to NORWOOD DAY COMMITTEE. Checks and applications can be dropped off at the Norwood Recreation Department during normal business hours, or mailed to: Norwood

Day, c/o Norwood Recreation Department, 165 Nahatan St., Norwood, MA 02062. Any food, beverage or item consumed by mouth must attain a Board of Health permit. A copy of the permit must be submitted to the Norwood Recreation Department by September 1 or vendors could lose their booth reservation. Contact the Norwood Board of Health at 781-762-1240.

Money raised from table rentals are used to help defray costs of the event.

To access a booth reservation application, visit [norwoodma.gov/departments/recreation](http://norwoodma.gov/departments/recreation), and for more information, contact the Norwood Recreation Department at 781-762-0466.

BY MICHELE TARANTO

Yes, summer has officially started but the Norwood Recreation Department is already working hard in preparation of the 19th Annual Norwood Day on Saturday, September 10, 2022, 10:30 a.m.-3 p.m.! This annual celebration brings businesses, organizations, and residents together to share information, goods, and services, but just as importantly, celebrate the wonderful town of Norwood!

For those unfamiliar with this spectacular Town-wide event, on this day downtown Norwood and the Town Common are transformed into an exciting 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.

For companies and organizations that are returning to this

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# Real Estate Corner

## Good Deeds: History Comes Alive At The Norfolk Registry

BY WILLIAM P. O'DONNELL

NORFOLK REGISTER OF DEEDS

As the dog days of Summer approach, it means some significant dates in History are also upon us. One of these dates is June 20th, which is the day back in 1793 some 229 years ago, that Norfolk County was established. Legislation that was signed by the first Governor of Massachusetts, John Hancock, established Norfolk County. Yes, that is the same John Hancock who was made famous by the manner in which he signed the Declaration of Independence.

Communities South of Boston sought for many years to separate from Suffolk County. After years of unsuccessful petitions and continued negotiations, a grouping of towns led to the creation of a new Norfolk County by the General Court of Massachusetts.

The new Norfolk County went to the South, following the old boundary between Massachusetts Bay and Plymouth Colonies. In the North, it encompassed Roxbury, Dorchester, Hyde Park, Jamaica Plain and Roslindale, all sections of Boston today, as well as Brookline.

Norfolk County extended to the Rhode Island boarder. Norfolk County consisted of twenty-one towns in 1793 with a population of 23,828.

All the land records of the Norfolk County towns, including those communities that would later become a part of Boston, are recorded at the Norfolk Registry of Deeds. All these records, back to 1793, are available for viewing and research whether by computer via the internet or by the old fashion way of going through the books at the Norfolk Registry of Deeds in Dedham. The hand written records recorded at the Norfolk Registry of Deeds between 1793 and 1900 have all been transcribed to make the history and information in these land record readable.

What is the History that has come alive in these documents? The best example involves another significant date in History, the 4th of July. The second President of the United States,

John Adams, predicted way back then, that this country would celebrate its Independence Day with "pomp and circumstance." Ironically, President John Adams died on July 4, 1829. There are land records at the Norfolk Registry of Deeds, of not just President John Adams, but three other Presidents of the United States; 6th President, John Quincy Adams, 35th President, John F. Kennedy and 41st President, George H.W. Bush. These four Presidents of the United States were all born in Norfolk County. I would venture to say, there are not too many Counties in America that could claim 4 Presidents of the United States. This is why Norfolk County is known as the "County of Presidents."

Additional towns have been incorporated into Norfolk County since 1793. One of these communities, Norwood, is celebrating its 150th Anniversary. Norwood was incorporated as a town in 1872. A June 22, 2022

event at the Norwood Town Hall will celebrate as part of Norwood's 150th Birthday Celebration the stories and people behind the recorded documents found at the Norfolk Registry of Deeds. You can learn about the "housewright" who was the force behind the selection of the name of Norwood, Tyler Thayer. There is a land record signed by an Air Ace, who flew over 258 combat missions over enemy territory – Colonel George T. Lee. Learn about a member of the First African American family to settle in Norwood, who later became a long serving member of the Norwood School Committee and Blue Hill School Committee – Henry Diggs. The land records at the Norfolk Registry tie in to a Governor from Norwood, a professional baseball player, an entertainer, and other people and places that make Norwood such a special and vibrant community. Some folks find the information in the old land records interesting.



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# Real Estate Corner

## May Real Estate Activity in Norfolk County

Norfolk County Register of Deeds William P. O'Donnell reported that the May, 2022 numbers relative to Norfolk County recordings indicate a continuing decrease in overall real estate activity compared to the May, 2021 numbers but show a significant increase in average sale prices.

"Our data indicates that the Norfolk County real estate numbers in May signal a continued slowdown in the market compared to 2021 but show a slight uptick from last month," Register O'Donnell noted. "There were 11,556 documents recorded at the Norfolk County Registry of Deeds in May, a 29% decrease from May, 2021 but an increase of 3% from April, 2022.

The number of deeds for May, 2022, which reflect real estate sales and transfers, both commercial and residential, show a slight decrease of 3% from May, 2021 but an increase of 25% from April, 2022. Sale prices continue to surge as compared to last year but may be starting to level off. The average sale price in May was \$1,264,350, a 26% increase compared to May, 2021 but down 18% from last month. Total dollar volume of commercial and residential sales also showed gains from one year ago, increasing 22% and up 3% from last month."

Overall lending activity show a continued trend downward for the month of May. A total of 2,283 mortgages were recorded during the month, a significant decrease of 40% compared to a year ago.

"It appears that the interest rate increases by the Federal Reserve Board and the fact that

many consumers have already refinanced are impacting mortgage activity," Register O'Donnell said.

A continuing cause for concern in Norfolk County is the number of pending foreclosures. The Norfolk County Registry of Deeds has been closely watching the foreclosure market. During May, there were five foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, one more than in May, 2021 and one less than in April. However, there were 21 Notices to Foreclose, the first step in the foreclosure process, recorded in May, up significantly from 14 recorded in May, 2021.

"The dramatic increase in the number of these notices is alarming," Register O'Donnell said. "It indicates that more of our neighbors are facing financial challenges going forward. 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 advised.

Homestead recordings by owners of homes and condominiums decreased again this month at the Norfolk Registry of Deeds. There was an 8% decrease in homestead recordings in May, 2022 compared to May, 2021 but increased 16% from last month.

"The comparison from last May 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](http://www.norfolkdeeds.org) to get more information on homesteads and to make sure you have taken advantage of this protection.

May real estate activity in Norfolk County continues to show a decline from last year. We still see the increase in sale prices from last year as indicating a continuing lack of available real estate inventory but looking at the numbers from last month, it appears the market may be starting

**REAL ESTATE**  
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# Real Estate Corner

## Registry of Deeds Customer Service Center

### Learn the many services provided by the Norfolk Registry of Deeds

Norfolk County Register of Deeds William P. O'Donnell is reminding consumers if they have a Registry related question, the answer is just a phone call away by dialing the Customer Service Center at (781) 461-6101. The department is open Monday through Friday from 8:30 a.m. to 4:30 p.m.

"The Customer Service Center is a one-stop shop for Norfolk County homeowners and institutional users who have land related

document questions," Register O'Donnell said. "These questions can vary, such as confirming the current ownership of a particular property, or verifying if a discharge of a property's mortgage has been filed after the loan has been paid off. We are glad to help with any inquiry, whether you come through our doors or call us by phone.

The department can also inform customers about the various

cost for filing and receiving land documents. Upon a customer's request -whether it's by visiting us here at the Registry or by a direct mail request - we can provide copies of documents to you for a fee of \$1 per page, plus an additional \$1 per document to cover the cost of postage."

The Registry only accepts cash or check payments. In addition, the Customer Service Center staff is happy to answer questions about the Homestead Act, a law which provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000

"For many, trying to ascertain information about land documents can be a very frustrating and intimidating experience," Register O'Donnell said. "Please know our trained customer ser-

vice staff is well-versed in all areas of land document research. By utilizing our state-of-the-art land document research system, which is also available via [www.norfolkdeeds.org](http://www.norfolkdeeds.org), people can get answers to their property questions."

Notary services are also offered by the Customer Service Center.

"Several staff members are notary publics," Register O'Donnell noted. "We are more than glad to notarize any land document provided the person requesting the service appears before us and presents satisfactory proof of identification by showing either their driver's license or passport.

Providing first-class customer service is a core objective of the Registry's mission to serve the public. We strive to ensure our customers have a positive experience when interacting with us. The bot-

tom line is: We are glad to be of service to you."

To learn more about these and other Registry of Deeds events and initiatives like them on [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow on [twitter.com/NorfolkDeeds](https://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](http://www.norfolkdeeds.org). Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101, or email at [registerodonnell@norfolkdeeds.org](mailto:registerodonnell@norfolkdeeds.org).

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### REAL ESTATE

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to cool down a bit."

The Registry of Deeds continues to be open to the public for business. Registry personnel are processing in-person recordings as well as electronically filed recordings. The drop-off box located at the main entrance of the Registry building will continue to be available for use by those members of the public who may not be comfortable entering the

Registry of Deeds building. The volume of documents recorded electronically for many of our institutional users continues to increase. We are also receiving documents in person, via regular mail, Federal Express, UPS and from the outside drop-off box at 649 High St., Dedham, MA."

To learn more about these and other Registry of Deeds events and initiatives, like them at [facebook.com/NorfolkDeeds](https://facebook.com/NorfolkDeeds) or follow on [twitter.com/NorfolkDeeds](https://twitter.com/NorfolkDeeds) and [Instagram.com/NorfolkDeeds](https://instagram.com/NorfolkDeeds).

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↑ 3%

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