

Norwood

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September 2022

Let's Celebrate Norwood!

**Norwood Day is
Saturday, Sept. 10!**

BY BELLA CAGGIANO

It's the most wonderful day of the year for Norwood residents. It is the day residents come together to learn, play, eat, and applaud all this unique town has to offer. It's NORWOOD DAY, and it's a block party like no other!

This annual celebration brings businesses, organizations, and residents together to share information, goods, and services, but just as importantly, celebrate and commend this wonderful town. The event will be held Saturday, Sept. 10, 10:30 a.m.-3 p.m., with vehicle traffic closed to accommodate the thousands of residents and visitors.

It's a great scene to take in as downtown Norwood and the Town Common are transformed into a community festival. The streets are filled with people enjoying live entertainment, games, kiddie rides, crafters, food bites from local restaurants, sidewalk sales, and



tables and booths of businesses and non-profit groups, and town department displays. A new addition this year will be a food tasting/beer tasting area!

Vendors will include One Bistro, Castle Island, OCC, Lew-

NORWOOD DAY
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Read. Learn. Enjoy!

BY BELLA CAGGIANO

There is so much history engrained in Massachusetts. Tourists travel from all over the country, and the world, to take in and experience the state's past, its tragedies, and inspirations. Many books have been written about the state's local history, and the Norwood Historical Society (NHS) is offering periodical suggestions and discussions by rekindling its monthly book group after its hiatus from Covid restrictions.

In September, there will also be two events at the Day House that will entertain and educate both native and new Bostonians.

The Norwood Historical Society and the F. Holland Day House are valuable resources for both novice and veteran historians, and even for those just curious about local history. For more information on these events or the NHS, visit norwoodhistoricalsociety.org/. The F. Holland Day House is located at 93 Day St., Norwood.

**Norwood Historical Society
Book Group, 2022 - 2023**

All meetings are 7 - 8:30 p.m.
In-person meetings in the Day

HISTORY
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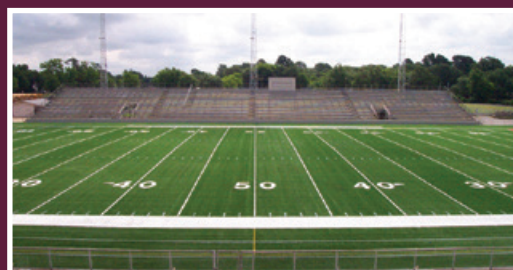
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an by Oct. 6th (for 10/08)

NORWOOD DAY

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is's, and Mustangs. It will open at 12 p.m., and you will need to be 21+ to enter. As high demand is anticipated, it will remain open while supply lasts.

The 19th Annual Norwood Day actually launches the evening before, Friday, September 9, with a fireworks display at the Coakley Middle School. Beginning at 6:30 p.m., the school field will be bustling with games the entire family will enjoy, including roaming railroads, inflatables,

a DJ, and youth football/cheer will be selling food. As darkness approaches, the Norwood skies will light up with fireworks (again generously donated by David Spiegel) as a fitting prequel to the next day's celebration.

On Saturday, September 10, at 10:30 a.m., a parade kicks off the spectacular main event, beginning at the Morrill Memorial Library with the Norwood High School (NHS) marching bands and fall sports teams proudly strutting their school colors and entertaining spectators. The parade concludes at the town gazebo where the NHS Spirit Club will award the Ann Lydon



It has come to our attention that a paid Political Spotlight did not have the proper disclaimer stating "Paid Advertisement" in our August edition. For the record, the article was paid for by the Committee to Elect Chris Doughty. This was an unfortunate oversight. As the publisher I do not endorse any candidates and as a media source stay neutral in all political matters. I apologize for any confusion this oversight has caused. This experience has shown how passionate our readers are. Keep on reading.

-Publisher
Charles Tashjian

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Volunteer of the Year Award to Eileen Hickey. The prestigious Award recognizes and honors a Norwood resident who has gone above and beyond to help the

local community.

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

and much, much more. A stage at the Washington/Walpole Sts. intersection outside Conrad's will stand as a periphery anchor with local bands and dance groups performing throughout the day, while the far end of Washington St. and the town gazebo lawn will serve as the second anchor with

amusement rides and more vendors lined throughout the Town Common.

The entire communal party will run from 9:30 a.m. to 3 p.m., and for a great bargain of only \$3 for a Norwood Day button (\$5 the day of the event), entrance and participation is free to almost all events. Buttons can be purchased from any committee member or at the Civic Center, on Nahatan St., or from volunteers the day of the event. This year's button will theme Norwood's 150th Anniversary.

Norwood Day buttons will provide access to most of the games and rides, including, pony rides, rock climbing wall, amusement rides, Big Daddy's Racing, and so much more!

According to Norwood Recreation Director Travis Farley, Norwood Day still remains completely sell sufficient. All expenditures are satisfied by corporation donations, sponsorships, and Norwood Day buttons. To help keep costs down, however, and in

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NORWOOD DAY
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BCFitness offers a wide range of services to clients with a wide range of abilities

BCFitness was founded out of necessity, says owner Brian Castellucci, who started the business in April 2020.

“Due to COVID-19, I was let go from my personal training job at a gym where I had been for 12 years. I started BCF in April 2020 when I realized I had to reinvent myself and in a hurry - I have a wife and two kids (now 3.5 years old and 1.5 years old) - so I reached out to any client I had ever trained and got to work doing virtual sessions,” Castellucci says.

That summer, when people were able to gather outside, he trained clients on an athletic field seven days a week. When it started to get colder and he had to move inside, he reached out to gym owners and found space to rent.

“Now, two and a half years later, BCF is up and running and growing,” Castellucci says.

BCFitness specializes in strength training, functional movements, boxing, long distance running, flexibility, endurance and sport-specific training, and also works with high school and collegiate athletes, according to its website <https://bcfitness.fit>.

BCFitness offers individual training, partner and group training, virtual training, and nutrition planning.

BCFitness staff includes trainers who specialize in mixed martial arts, boxing, CrossFit, rowing, Olympic lifting, yoga and Pilates “which allows BCF the ability to help anyone regardless of their fitness interests and fitness goals.”

BCFitness has clients who are

beginners as well as clients who have many years of experience.

“Anyone who is looking for a good workout, some fitness-related guidance from educated trainers, or if you’re just stuck in your fitness routine and want to change up your regime, BCF is here for that too,” Castellucci says.

If you’re new to fitness, BCFitness is a great place to start with functional movements, flexibility and core strengthening, and learning proper form for all exercises. After learning those skills, trainers then help clients slowly increase frequency to get the body used to moving and allow the body to heal and recover the way it needs to.

“First we go through the process of addressing any client needs, then we address their wants and begin to help them achieve their fitness goals,” Castellucci says.

And for the experienced clients, “BCF has trainers on staff who are specialized in their craft. Whatever the client is looking for, we have someone on staff who can help take your fitness to the next level.” Those services and trainers include:

- Adding boxing into workout routines (Coach Johnny Campbell)
- Training to compete in Olympic lifting (Coach Candy Saunders)
- Improving muscle/strength or losing weight (Coach Brian Castellucci)
- Taking yoga practice to the next level (Trainer Andree Lerat)

Virtual 1:1 and group sessions

Virtual 1:1 and group sessions have been very popular during the pandemic and are conducted through whatever format works best for the client including Zoom, FacetimeLive, Google-Meet, etc.

“Depending on the client's exercise history, longevity training with BCF, or size of the group, the trainer will instruct the client on exercises while cueing/coaching and motivating them,” Castellucci says. “The coaches might perform the exercises with the client in more of a guided manner, or they may have to explain and educate the client on a new exercise, routine, modification, or adaptation the trainer implements.”

Castellucci says BCF trainers try to educate their clients in the anatomy and kinesiology of their bodies while they are moving them.

“We believe that, if our clients are educated and invested in what exercises they are doing and why, then they can and will



be more successful in their fitness journeys.”

Nutritional planning

BCF nutritional planning is tailored and individualized to each client's goals, and sometimes needs.

Castellucci says trainers take “almost everything” into account including a client's height, weight, gender, body type, basal metabolic rate, and daily caloric intake and expenditure.

Trainers also determine what types of foods a client should eat, plus when and why to eat them.

“Then this is all calculated out and a program is written explaining what needs to be done on



certain days,” Castellucci says. “Progress is tracked weekly, with weigh-ins and sometimes weekly pictures, to track progress and see body composition changes in case the scale does not move in either direction.”

Nutritional planning options include a virtual consultation and monthly nutrition plan.

To schedule a training or nutrition session, or to learn more about BCFitness services and read testimonials, visit <http://bcfitness.fit> where you can also schedule an appointment.

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42 Joy Street.....	\$567,000	153 Devon Rd.....	\$820,000
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28 3Rd St.....	\$550,000	7 Dorset St.....	\$920,000
9 Warren Street.....	\$615,000	122 Mylod St.....	\$980,000
67 Sumner St.....	\$600,000	114 Saunders Rd.....	\$1,105,000
5 Marion Ave.....	\$565,000	86 Earle St.....	\$1,300,000
11 Berwick Place.....	\$579,900	315 Neponset St U:60.....	\$250,000
18 Jefferson Dr.....	\$589,900	251 Rock St U:B5.....	\$261,500
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[BCFitness.fit](https://bcfitness.fit) [#bcfitness.fit](https://www.instagram.com/bcfitness.fit)

HISTORY

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House (93 Day Street, Norwood, MA 02062) are planned. To RSVP email info@norwoodhistoricalsociety.org.

Sept. 6: P. Fanning, Keeping the Past: Norwood at 150

Oct. 4: Anthony Mitchell Sammarco, Lost Boston

Nov. 1: Tamsen Evans George, Allegiance; The Life and Times of William Eustis

Dec. 6: Anthony Mitchell Sammarco, A History of Howard Johnson's

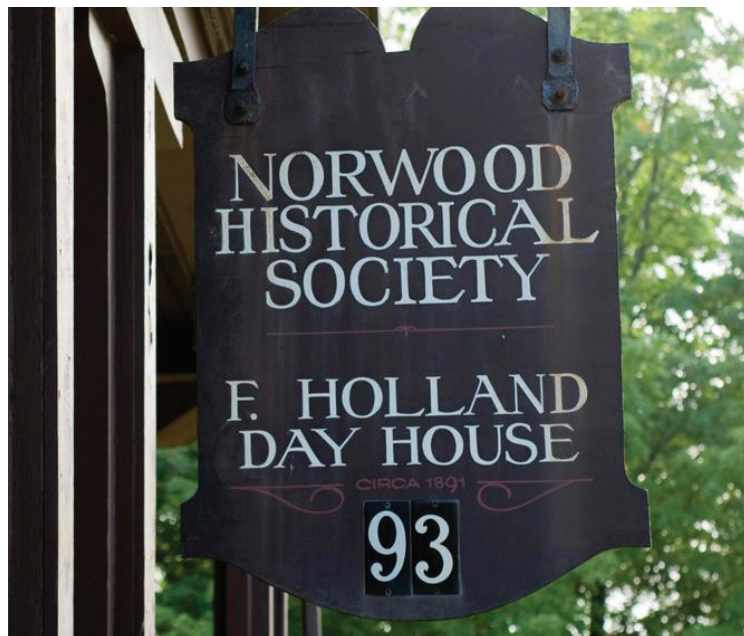
Jan 3: Nils V. Bockmann, Peleg Nye: The Jonah of Cape Cod

Feb 7: Elizabeth M. Sharpe, In the Shadow of the Dam: The Aftermath of the Mill River Flood of 1874

Mar. 7: Kerri Arsenault, Mill Town: Reckoning with What Remains

Apt. 4: Lyle Nyberg, Summer Suffragists: Woman Suffrage Activists in Scituate, Massachusetts

May 2: John Taylor Williams, The Shores of Bohemia: A Cape Cod Story, 1910 - 1960



Saturday September 10, 5-7 p.m.

Boston and Cambridge Reworked: Photographs by Peter Fougère

Trained at the Boston's School of the Museum of Fine Arts, Peter Fougère is a photographer and carpenter who has documented the changing cityscapes of Boston and Cambridge. This exhibit showcases the past few decades of urban transformation in glorious and artistic photo-

graphs. The exhibit runs through October 10.

Location: F. Holland Day House.

Saturday September 17, 11 a.m.

Thomas Green, Indigenous Educator/Artist & Tribal Council Member of the Massachusetts Tribe at Ponkapoag will speak about indigenous presence around the Neponset River.

Location: F. Holland Day House yard (rain location: Day House interior)

NORWOOD DAY

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full demonstration of a town that pulls together, Norwood High School sports teams do their part to contribute to the day's success assisting vendors with set up and break downs.

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

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

Help is still needed and is welcome for any time frame; even an hour will allow another volunteer to experience the occasion. For more information to lend a hand, call the Civic Center at 781-762-0466.

Norwood Day attracts approximately 13,000-15,000 visitors from in around Norwood, and the fireworks on Friday night drawing 6,000-8,000 people.

Many are from Norwood, but word has gotten out about the grand festival and residents from surrounding communities cannot resist supporting Norwood and joining in on the fun! Norwood Day has become a valuable opportunity for local organizations and merchants to meet their neighbors and celebrate the spirit of the town's communal and philanthropic ideas and values. Buy a button and join in the fun and celebrations!

Event Calendar

Friday September 9, Coakley Middle School

6:30-8 p.m.

Family games and entertainment 8 p.m.

Spectacular Fireworks Display

Saturday, September 10, Downtown Norwood

10:30 a.m.

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

10:30 a.m.-3 p.m.

Norwood Day Celebrations in downtown Norwood

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Happy 150th Norwood!

BY BELLA CAGGIANO

Throughout the year Norwood residents have been celebrating the Town's 150th Anniversary. Plans for this 12-month celebration were in the works for well over a year, and Norwood residents have been reaping the hard work of many volunteers with months filled with local education and entertainment.

Norwood Local Town Pages (LTP) has been publishing a monthly series throughout the year to inform residents of the various events taking place throughout town and will continue throughout 2022. Thanks to countless volunteers, the last quarter still holds a wide variety of experiences for every age group and interests for all to enjoy, so stay tuned to LTP and www.norwoodma150.gov for all the latest information!

This fall, the Norwood 150th Committee is rolling out a seven-week rolling church tour in honor

of Norwood's anniversary. The event will run from mid-September through the end of October.

For Norwood's 100th Anniversary celebration in 1972, anniversary services were held at 11 of Norwood's places of faith and included a massed ringing of the bells and a choir concert at the

Junior High School.

For the 125th celebration in 1997, religious events were scaled back and one interfaith service was held at the First Congregational Church, Norwood's oldest church.

This year, the "rolling tour," will include an open house, tours of the facilities, and information about the church. Residents will learn interesting facts on Norwood's faith community as well as view striking architecture and meet their Norwood neighbors!

Below is the committed schedule at press time, however, additional churches are finalizing dates and times for their participation. Visit www.norwoodma150.gov to stay updated on all events.

Sunday, Sept. 18
St. Catherine of Siena Catholic Church

549 Washington St.
2-4 p.m.

United Church of Norwood
595 Washington St.
Time TBD

Saturday, Sept. 24
Trinity Community Church
234 Walpole St.
11 a.m.-1 p.m.

Heritage Baptist Church
615 Washington St.
1-2:30 p.m.

Emmanuel Lutheran Church
24 Berwick St.
1-3 p.m.

Grace Episcopal Church
150 Chapel St.
1-3 p.m.

Sunday, Sept. 25

First Baptist Church
Anglican Church of the Redeemer
71 Bond St.
12-2 p.m.

First Congregational Church
100 Winter St.
2-4 p.m.

Saturday, Oct. 1
Fulfilled Life Ministries
661 Pleasant St.

2-3:30 p.m.

Saturday, Oct. 8
Waters Church
668 Walpole St.
9:30-11:30 a.m.

Sunday, Oct. 30
First Church of Christ, Scientist
751 Washington St.
12-2 p.m.
St. George Orthodox Church
6 Atwood Ave.
2-3 p.m.



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Fall Hazardous Waste Day

The Fall Hazardous Waste Day is Saturday, Sept. 24

By BELLA CAGGIANO

As summer comes to a close and those warm-weather activities end, many residents turn back to their cleaning out their homes. The Town of Norwood offers two hazardous waste days in the spring and summer to assist with disposing of items not eligible for their regular trash removal. The Fall Hazardous Waste Day is scheduled for Saturday, Sept. 24, 8-11 a.m., at the Winter St. Disposal site, 370 Winter St.

While there are fees associated

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

\$5 Per Carload

- Drain cleaners
- Oil & lead-based paints
- Degreasers
- Art & craft supplies
- Rust removers
- Solvents
- Photo chemicals
- Engine & radiator flushes

- Gasoline
- Household cleaners
- Waste oil & antifreeze
- Wood strippers
- Radiator cleaners
- Brake & transmission fluids
- Pool chemicals
- Driveway sealant
- Pesticides & herbicides
- Paint thinners
- Batteries: auto, marine, nickel/cadmium, lithium, rechargeable and alkaline

Other Items With Fees

- TV/monitors: \$20

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

- Food scraps: residential food scraps only
- Single-stream recyclables

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

Leaf & Brush Collection

Norwood Department of Public Works will continue to collect bagged leaves and brush curbside weekly through November. Brush must be bundled and tied in lengths not to exceed four feet. Residents may also drop off leaves and brush every Saturday, 8 a.m.-1:30 p.m., with Facility Permit.

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

Not Accepted:

Latex paint, asbestos, bio-active materials, radioactive materials, explosives, ammunition, fire extinguishers, PCB-containing materials, C&D waste, medical waste.

No Leaf or Brush Disposal on Household Hazardous Waste Day

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

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

Fluorescent bulbs and other Mercury items

Bulk items: scrap metal, mattresses, rigid plastic, and furniture
Books, CDs & DVDs: donations center for 'More Than Words' (mtwyouth.org)

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

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Nature Calls

Monarchs 911

By AMY BUSKEY

It's official – our beloved monarch butterfly has entered the IUCN (International Union for Conservation of Nature) Red List of Endangered Species. While the official classification of monarchs as being endangered may be troubling to many, this official status brings new opportunities of hope for this species. And it could not have come at a better time. With the ongoing crippling drought which will undoubtedly impact the monarch populations this year, these insects need all the help they can get. According to Eduardo Rendon-Salinas, WWF-Mexico's monarch butterfly expert, collaboration is key.

'The governments of Canada, the United States, and Mexico have the scientific basis to collaborate with conservation organizations, the private sector, and civil society in all the initiatives that seek to restore, conserve, and sustainably manage the ecosystems for the reproduction, migration, and overwintering of this emblematic species.'

There are many challenges for monarchs, and it will most certainly take the efforts of every group dedicated to their survival all the way down to individuals who pay attention to what is in their own backyard. Here in the United States, the main driving factor of the monarchs' decline is pesticides. They have been used for decades and as a result, has wiped out much of the milkweed which monarch larvae needs to feed on. Rebuilding milkweed 'groves' is obviously key to giving monarchs a chance, and then protecting those groves as being downright sacred. Milkweed plants should certainly be considered just as threatened as the monarch itself.

In my own yard, I made sure when early spring was rolling around that our landscaping service folks were aware of emerging milkweed, and not to remove any of it. Individually, every single one of us that has even the slightest interest in gardening can begin to build back populations of milkweed. And it is exceptionally easy, as the plants are rugged, adaptable, and readily available.

Fall is the perfect time to plant as the extremes of summer heat

has passed, and new plants still have plenty of time to get established. Look within your own communities for native milkweed plants; get in touch with garden clubs and individual gardeners for established plants which will easily take hold in your garden. Go for the good stuff – swamp milkweed, is far more attractive than common milkweed, and has minimal sap.

Beyond the backyard and of far more importance, is that of mass planting, particularly along our highways. More states are getting onboard with planting milkweed and nectar-rich wildflowers for monarchs, and what better place to do so than along bleak, barren stretches of road. It is these 'corridors' that can provide substantial areas of food for our traveling monarchs. Cutting everything down along highways seems to be a colossal waste of time and money, with zero benefit.

While it's important to add them into our own landscapes, it is in these large stretches that more ground can be gained in building back milkweed. Many folks raise monarchs in captivity, including myself, but doing so does not have significant im-



act on their overall populations. Initially, that fact did not make sense—only one egg out of one hundred makes it all the way to becoming a butterfly. Collecting hundreds of eggs and releasing hundreds of butterflies every season should have an impact, but the truth is, the impact is limited to my yard. While doing so is incredibly fascinating and saves monarchs on a small scale, it is in reestablishing their food supply that will help preserve the species long term.

Circling back to the challenges, Mexico has had the task

of preserving the overwintering grounds that monarchs travel to each fall. Why are these grounds so important? It is here that the 'rolling' multi-generational migration ends up to rest, and then carries on into future generations. At the Monarch Butterfly Biosphere Reserve, monarchs congregate by the millions in the oyamel trees. By the start of spring, monarchs are ready to mate and migrate back to the U.S. They fly another 1,000 miles to lay their eggs only on milkweed plants, which will eventually serve as a food source for the caterpillars. Forest degradation was once

a big problem in the butterfly's Mexican reserve, but combined efforts toward sustainability and collaborations with local communities have fortunately kept this threat at bay. It also serves as a perfect example of what can be accomplished when people work together.

Adding the monarch to the endangered species list is a good thing because it will now bring the awareness that is so desperately needed to give the species a chance. And since we (human-kind) have been the driving force behind their decline, it is now up to us to intervene. Much like the decline of bald eagles through the use of DDT, and the huge comeback through changed human behavior, we can do the same with the monarchs. But it is going to take time, effort, and ongoing collaboration. Eduardo Rendon-Salinas said it best.

'We have the science, we have the answers; Now it is up to us to take action.'

Nature is calling on us right now to intervene, and it is in fact an emergency.

Amy Buskey is a wildlife rehabilitator (Rhode Island), a conservationist, and citizen scientist. She can be reached at ajbuskey67@gmail.com



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Garden Club Makes Donation to Morrill Memorial Library

Norwood Evening Garden Club president, Lois Walsh (L), recently presented to Clayton Cheever, Director of Norwood's Morrill Memorial Library, with a gift to be used for the purchase of garden books for the library. Each year, the Club alternates its gift between the Norwood and Walpole libraries to enhance the collection of gardening and environmental books available to the public.

A member of The Garden Club Federation of Massachusetts, New England Region, and National Garden Clubs, Inc., members of the Norwood Evening Garden Club have been providing education and public beautification in Norwood and its surrounding communities since 1996. The Club, open to novice and expert gardeners, draws its members from Norwood, Walpole, Westwood, Dedham, Medfield, and Randolph. For information about the Norwood Evening Garden Club, contact Donna Lane at 781-769-3854 or visit www.NorwoodEveningGardenClub.com.



Norwood Evening Garden Club Awards \$1,000 Scholarship

Lois Walsh (L), president of the Norwood Evening Garden Club, presents Christopher Collins, of Hingham, the garden club's annual scholarship for 2022. Each year, the Norwood Evening Garden Club awards a scholarship to a graduating senior of the Norfolk County Agricultural High School who has good scholastic achievement, outstanding citizenship, and who is pursuing a degree in horticulture, agriculture, floriculture, conservation, environmental science or horticulture in its widest aspect.

Mr. Collins will attend Delaware Valley University, in Doylestown, PA, where he will study Landscape Architecture in their unique regenerative design process. Collins

is passionate about the outdoors and has always been interested in

career path will teach him about green, sustainable and innovative strategies for creating inspiring outdoor spaces for his future clients.



The Norwood Evening Garden Club has been providing education and public beautification in Norwood and Walpole since 1996. Open to novice and expert gardeners, the Club is a member of The Garden Club Federation of Massachusetts, Inc., New England Region, and National Garden Clubs, Inc. and draws its members from the communities of Norwood, Walpole, Westwood, Dedham, Medfield and Randolph. For information about the Norwood Evening Garden Club, contact 781-769-3854 or visit www.NorwoodEveningGardenClub.com.

design. He hopes to open his own business upon graduation. This

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

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

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Meet Peanut

Peanut is a beautiful petite little lady. She is initially shy, but warms up in the best of ways! She loves to snuggle in bed and is also fine being left to her own devices. Her foster home says: Peanut loves to be brushed and will snuggle anytime you lay down, but otherwise is independent and keeps herself occupied with cat business (sleeping, chasing crinkle toys etc.), plus she loves to explore and goof off and is excellent at solving treat puzzles! She has a very sweet nature, adorable markings, pink toe beans and a beautiful extra-long tail. Peanut would prefer a home with no other pets. She is spayed and fully

up to date with vaccines. Peanut is 10 years old.

Meet Pumpkin

Pumpkin, who has lived with another cat for years, would always be the one to greet and rub against a visitor for some petting. However, be aware that she can get some serious “cattitude”



when she has had enough. Pumpkin would prefer a quiet home WITH NO OTHER PETS. Pumpkin is 10 years old.


Meet Juni

Juni is a nearly 5 year old dainty, agile and very skittish cat. She was born feral, and while she is mostly comfortable around humans, it does take her some time

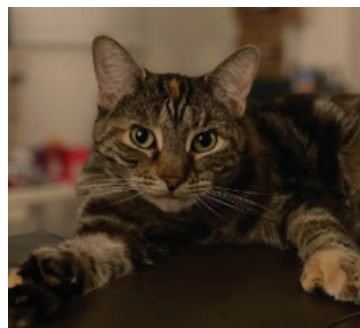
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to get used to new people. It is not uncommon for her to hide under beds, especially if there are new people or there is a lot of commotion in her home. She does not lash out, even with small children, but she gets stressed out very easily and will growl or hiss when she’s had enough. She



doesn’t like to be chased but she does love mouse toys and jumping up in the air for feathers (she can jump almost 4 feet!).

Juni is a hunter ... she loves to catch bugs and eat them. When she warms up to you, she loves a good, strong rub down but sudden movements make her run away. She loves her friend Boo and has been around him since she was a kitten. Unknown how she would do with other adult cats, but she’s generally not very territorial. She’s pretty easy going and does her thing. She loves sherpa blankets. Juni can be quite picky when it comes to food and litter boxes. She would be best in a more quiet home, preferably with her friend Boo.

Meet Boo

Boo is a large, strong, temperamental cat. He needs to be handled on his terms. You can pet him, but he will let you know through somewhat-gentle nips or swatting when he is all done. He loves to play and be chased. He is trained to lay down, high five

(both paws) and reach up with treats. He does not like other cats, specifically other adult cats, but he does tolerate Juni just fine. He tolerates very young children but will lash out when he’s had enough. He is best suited for a home that is not too loud or has a lot going on all the time. Boo needs an experienced cat owner who knows the cues of cats and can give him the space he needs and can be patient.

Boo does like to sleep on beds and couches and be part of the family. He loves to get into boxes and paper grocery bags.



He eats a lot - insatiable, so food cannot be left out for him; he needs to be on an eating schedule. His ideal weight should be 14 lbs. Currently he is about 15 lbs. He steals food from other cats, so you have to watch him carefully.

He likes to escape the home to get outside - he’s very sneaky in this regard.

Meet Petra

Petra, is 4 years old and a fabulous, wonderful, clever, healthy, cat and wants to be your all and your everything sort of cat. She LOVES humans and has a quirky and very affectionate personality - as long as you’re a human and not a cat.

Petra was adopted from a shelter on the south coast after rescued from a cat hoarding situation, and when she was rescued she was near death. She had had multiple past litters and was suffering from pyometra when she



was rushed to the vet after being neglected - she lost the litter but was saved by emergency surgery. With her past stressful past, Petra would thrive as the only cat in her home.

Petra trusts and loves people and would make any cat-free house a warm and loving place - this cat even welcomes tummy rubs, for crying out loud.

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Wonderful Women of Norwood: Mary Bagnall Tucker Fogg

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

Mary Bagnall Tucker was born in New London, CT, on January 8, 1824, to Reverend Thomas W. Tucker and Mary Orne Tucker. She was the youngest of three children. Her father was a Methodist itinerant circuit rider for the church. The ministers were paid very little, and with constant traveling, they faced difficult financial and family challenges. Mrs. Tucker added to the family coffers by sketching and painting watercolors of the local children to entice them to attend her Sunday religious school.

The Tuckers valued education and sent their children to the

academy in each town they were assigned to. Mrs. Tucker and her elder daughter, Hannah, established a young ladies' school in the house. There were 40 pupils, and the added income provided the family with many comforts.

The two older children left home in 1836, and Mary continued to live with her parents. At 16 years of age, Mary began painting her distinctive large watercolors and pastels. Her earliest signed portrait is dated 1840. Before photography was introduced in America in 1839, a portrait by a folk painter was the only way to preserve an image of yourself or their loved ones. (Photography only became widespread some decades later.) It has only recently been verified that the portraits signed Mary B. Tucker were

painted by Mary.

Mary was one of the few artists in the 1840's to use watercolors to produce large-format likenesses. She embraced the colorful medium, allowing a new level of freedom and fluidity to produce portraits on sheets of paper that were 26 x 2". She developed two distinctive portrait styles: profiles and more painterly full-faced depictions. The profiles were her earliest styles. Starting in 1844 and later, her portraits are full face.

On November 24, 1847, Mary married Dr. David Sylvester Fogg, a graduate of Dartmouth Medical School with a practice in South Dedham (present day Norwood). Dr. & Mrs. Fogg lived in South Dedham for the rest of their lives. They raised eight children, six of whom survived to adulthood. As a doctor's wife and mother of eight children, Mary had little time to pursue her portrait painting. The landscapes she painted after her marriage were a hobby, not a full-time profession or money-making vocation. In fact, most were donated after her death. Her portraits are displayed in the American Folk Art Museum (NY), and in Jeffrey Tillow Antiques (Litchfield, CT); several



are owned privately. There are no known portraits dated after 1847, but there are several landscapes in oil on canvas. Some of her landscape paintings of early Norwood are on display at the Norwood Historical Society at

93 Day St.

Mary Tucker Fogg died in Norwood in 1898, at 74 years of age. She is interred at Highland Cemetery with her husband David.

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

One of the biggest warning signs of a leaky gut is that you are experiencing multiple food sensitivities. Other symptoms include: bloating, thyroid conditions, fatigue, joint pain, headaches, skin issues and weight gain. If left untreated for a long time, leaky gut can lead to IBS, arthritis, eczema, psoriasis, depression, anxiety and muscle pain. This can lead to malabsorption of vital minerals and nutrients including magnesium, zinc, iron and vitamins D, B12 and others.

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Dr. Rochelle Bien & Dr. Michael Goldstein

ral biome of the gut. We added supplementation to remove the stressors in the gut as well as repair and rebuild the gut. Those changes along with the neurological integrative work has helped Dana to resolve her digestive issues.

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Norwood Sports

Norwood Hall Of Fame Class of 2022

By CHRISTOPHER TREMBLAY

On Saturday November 26, the Norwood High School Hall of Fame (HOF), Class of 2022 ceremony will take place 1-3 p.m., at Norwood High School. This year's class consists of two coaches and 11 individual athletes.

Typically, an athlete has to wait 10 years after their graduation to be eligible for nomination, while coaches have a five-year waiting period since last coaching, and must have been at Norwood for at least two years. Individuals have a better chance of making it into the Hall if they have been named an all-star or a league MVP in their particular sport. It makes it that much easier to be enshrined if they are a State or New England Champion. However, while accolades help, the biggest part of getting into the Norwood HOF is being nominated by someone outside of the committee.

Going in as coaches will be John "Duffy" Doherty and Jack Martinelli. Doherty was the Mustangs head coach during the 1978 and 1980 Super Bowl teams at Norwood, while Martinelli, who was his defensive coordinator during that time, also made a name for himself coaching the track team. At one-point Martinelli's track teams went an incredible 60-6 and captured a number of Bay State League Championships; he also coached a lot of athletes that went on to become State Champions in their individual events.

"These two were a pair and



it's good to see them going into the Hall of Fame together," Brain McDonough, President of the Norwood H.O.F. said. "They were one of the greatest coaching duos in the state during their time together."

Martinelli is also a Hall of Famer at Milton High School, Northeastern University, and Foxboro High School, where he is currently coaching, and now Norwood.

Nine individual athletes ranging over a 46-year period (1965–2011) will have their names etched into Norwood lore as they are entering the hallowed halls.

The elder statesman of the group is Thomas Smelstor (class

of 1965). The three-year starting goalie for the hockey team will join his sister Cathy (softball) in Norwood immortality. Smelstor, who taught at Norwood High and coached the girl's hockey and cross-country teams, was nicknamed Mr. Zero for posting nine shutouts his senior campaign.

Steven Salvatore (1979) will receive his induction posthumously, having passed away in 2010. Salvatore, who was part of the 1979 Super Bowl team, was a defensive back for the Mustangs and later went on to play at the University of Colorado under Chuck Fairbanks (a former New England Patriots Coach).

The class of 1986 will see two

athletes, Robert Goonan and Kevin Keegan, enter the HOF this fall. Goonan played baseball and basketball for Norwood while also taking the field for the Norwood Legion team during the summer. Keegan played football but was best known for his wrestling prowess where he was a New England Wrestling Champion and finished second in the State Tournament.

Stephen Grenham (1991) has found himself in the HOF cue for some time and is a principal in the Medfield school system. He was a three-sport athlete participating in golf, basketball, and baseball, where he captained each team. He went on to have

an incredible baseball career at Brandeis University where he holds the school record for most assists in a single game.

Andrew McNulty (2003) was a two-time Bay State League All Star and MVP pitching for the baseball team and had himself an extraordinary senior campaign. He would follow his career at Norwood by going to Community College of Rhode Island (CCRI) and Franklin Pierce University in New Hampshire.

Rounding out the Class of 2022 is a three-some, Lauren Duggan, Ali Maloof, and Cory

HALL OF FAME

continued on page 15

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Norwood Sports

Joe Mawn; Riding PMC for his Mother and Many Others

By CHRISTOPHER TREMBLAY

The Pan Mass Challenge (PMC) was organized by Billy Starr in 1980, after losing his mother to Melanoma at the age of 49. The event is a Massachusetts-based bike-a-thon that raises more money than any other single athletic fundraising event in the country. The ride takes place the first weekend of August with 100 percent of its donations going to the Dana Farber Cancer Institute, the world-wide leader in adult and pediatric cancer treatment and research.

During the inaugural PMC, there were a total of 36 riders and 10 volunteers, and although many of the bike riders got lost that August weekend, they still managed to accomplish what they set out to do – raise funds (\$10,200) for cancer research. Today, there are over 6,800 riders with 3,000 volunteers that have raised an astonishing \$831 million for the Dana Farber Jimmy Fund.

Joe Mawn was first introduced to the PMC in 2007 by his friend Jimmy Lee, who had begun participating in the event a few years earlier while the Norwood resident was involved in active duty with the Army. The two had pre-



viously done other cancer related support fundraisers because they had both lost their mothers to some sort of cancer.

Upon signing up to join his friend in the two-day event, Mawn was a little hesitant and somewhat nervous.

“I was originally nervous

about the physical and financial obligation,” Mawn said. “I did not consider myself a cyclist and didn’t know what I got myself into. We choose the 192-mile trip, and once I made the commitment I figured it was all or nothing. I had no regrets at doing the 2-day event my very first year.”

Although anxious, once he jumped onto the bike for the first leg of the trip, Mawn found that he was hooked.

“It’s amazing,” the Norwood rider said. “It seemed like there were 10,000 volunteers always there to give you water, food, first aide, or mechanical assistance on your bike. I may have been nervous but the entire PMC committee put you at ease right away, and as a first-year rider you have a tag on your jersey, so everyone knows, and they are giving you support the whole way.”

Another hardship, so he thought, was going to be the fundraising part of the event, but Mawn has found that was not the case.

“I have been pretty fortunate to have a great group of friends and co-workers who have given me incredible support each and every year helping me to reach my goal,” Mawn said. “Unfortunately, just about everyone knows someone who is affected by cancer in some way.”

Riding in what will be his twelfth PMC this year, Mawn has said he is 100-percent invested in the two-day event and will continue to jump aboard his bike to help in the research of cancer

until he is dead or deployed.

“I see people out there on the road who are older than I am, so I think I can continue to fight for cancer,” Mawn said. “It’s all about the support for Dana Farber. After having time off because of the pandemic, it was good to get back on my bike in 2021.”

While his mother is and always will be his main reason that he takes part in the PMC, he also rides for the thousands of other cancer patients as well as his brother firefighters. Mawn is a Norwood firefighter.

“Last year, I also rode for firefighters, especially John Belani, who passed away in 2021,” Mawn said. “This year, I will once again be riding for the firefighters, as not only will 68.9% of us be diagnosed with many different cancers, but research shows that the chemicals in our gear, which is supposed to keep us safe, is also cancer causing.”

Mawn and the other PMC riders are hoping that eventually there will be a cure for cancer, but until then, he will continue to get on his bike the first week of August and make the trek from Sturbridge all the way to Provincetown for the good of those inflicted with the disease.

HALL OF FAME

continued from page 14

Ryan, all who graduated in 2011.

“You really don’t see this; three individuals from the same class going into the Hall of Fame together too often,” McDonough said. “As the Athletic Director at Norwood, I got to watch all three of their careers blossom.”

Duggan and Maloof were softball pitches and both hurlers went an incredible 10-0 during

their senior seasons.

“Its hard to have one pitcher go 10-0, but to have two is really special,” the former Norwood AD said.

Duggan, who was a New England Shot Put Champion while at Norwood, went on to coach at Nobel and Greenough, a private school in Dedham. In addition to softball, Maloof was a three-sport athlete who also ran cross country and played girls ice hockey. According to McDonough, Maloof

reminded him of Bobby Orr, the Bruins great defenseman, as she was able to take the puck from end to end with lightning speed.

Last but not least, Ryan will be joining her sister Taylor, who ran track, in Norwood history. Ryan was a State Champion in both the 200 and 300 and according to McDonough was a one-woman wrecking crew on the soccer field. She would later play at the University of Maryland.

Volunteer Floor Hockey Coaches Needed!

Interested in leading a Floor Hockey team this season? All interested coaches should contact Travis Farley, by December 1, at tfarley@norwoodma.gov or by calling 781-762-0466. Volunteer applications and CORI's must be completed for all interested coaches.

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Calendar of Events

Sept. 1

Adult SRP End-of-Summer Party Morrill Memorial Library 6 p.m.

Calling all participants in our Adult Summer Reading Badge Program! There will be holding an in-person, end-of-summer party to celebrate everyone who took part, chat about the books read and the experiences, pick up badges, and do the drawing for the grand prizes! Prizes this year include gift cards to a few of Norwood's great local food spots: Olivadi, Boston Beef, Thai Boo Cuisine, and Daddy's Dairy. Light refreshments will be served, and puzzles and games will be available. The party is intended for anyone who participated in the Adult Summer Reading Badge Program; families and kids of participants are welcome, with supervision. Registration is appreciated, but not required. Register at norwoodlibrary.org/morrillcalendar/.

Sept. 6

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

The Norwood Farmer's Market will be offering fresh food and produce from approximately 15 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!

Norwood Historical Society Book Group Day House, 93 Day St. 7 p.m.

This month's book to be discussed will be 'Keeping the Past: Norwood at 150,' by P. Fanning. To RSVP email info@norwood-historicalsociety.org.

Sept. 8

Climate Change: What it means for New England Morrill Memorial Library (Virtual) 7 p.m.

Quentin Prideaux presents the basic science of climate change and its effect on New England. Combining powerful images of the early effects of climate change with concrete data on what is happening right now, this presentation is both moving and enlightening. The talk will cover the impacts and causes of climate change, the actions we need to take, and what it all

means for the Northeast. Register at norwoodlibrary.org/morrillcalendar/.

Sept. 9

Norwood Day Fireworks Coakley Middle School 6:30 p.m.

The evening will kick off with family games and entertainment, including roaming railroads, inflatables, a DJ, and youth football/cheer will be selling food. The night will conclude with a fireworks display at 8 p.m.

Friends Council on Aging Oldies Dance Norwood Senior Center, 275 Prospect St. 7-10 p.m.

The Friends of the Norwood Council on Aging are sponsoring a SPECIAL DANCE EVENT with popular music from the 60's & 70's. Music provided by Dave Valerio. Cost is \$10 per person. Singles and couples are welcome to attend, as there will be lots of dancing to swing music, twisting, line dancing etc. Coffee, tea & desserts will be provided. For more information on the 'Friends,' visit their Facebook page at Friends Of The Norwood Council On Aging | Facebook

Sept. 10

Norwood Day! Downtown Norwood 10:30 a.m.-3 p.m.

The yearly celebration will include live local entertainment, games, prizes, crafters, food, sidewalk sales, business groups and town department displays! New this year...a food tasting/beer tasting area! It will open at 12 p.m., and you be 21+ to enter; while supply lasts. Norwood Day buttons are \$3 in advance, available at the Civic Center, or \$5 the day of the event. This button will provide entrance and participation to most of the day's events.

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

Get ready for Fall with beautiful clothes for the whole family, shoes, household goods, purses, jewelry, and so much more. You can't beat the excellent prices!

Boston and Cambridge Reworked: Photographs by Peter Fougère F. Holland Day House, 93 Day St. 5-7 p.m.

Trained at the Boston's School of the Museum of Fine Arts, Peter Fougère is a photographer

and carpenter who has documented the changing cityscapes of Boston and Cambridge. This exhibit showcases the past few decades of urban transformation in glorious and artistic photographs. The exhibit runs through October 10.

Sept. 12

Cooking with Kids: Bento Box Lunches for Back to School Civic Center 6 p.m.

Back to prepping those kids' lunches! In this class, kids and caregivers together will learn to move beyond PB&J's and make some tasty and healthy new options. For ages 5-9 years old. Cost is \$45 residents; \$55 non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

Parkway Concert Orchestra- Openings Available First Congregational Church, 100 Winter St. 7:30-9:30 p.m.

There are openings for all positions, with emphasis on violin, viola, cello, string bass, and bass trombone. Experienced volunteer musicians are invited to call to attend open rehearsals at 781-444-5041 or email parkway-concertorchestra@gmail.com. For more information about the orchestra, visit the orchestra's web site at www.parkwayconcertorchestra.org.

Sept. 13

Women's Business Networking Meeting Brickify, 15R Cottage St. 8 a.m.

The Women's Business Networking (WBN) group is a non-profit organization for women in business or residents of Norwood and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

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

The Norwood Farmer's Market will be offering fresh food and produce from approximately 15 vendors, including Jordan Brothers Seafood, Oakdale Farms, La Baguette North Bakery, Hearth Artisans Bread, the Morrill Me-

morial Library pop-up library, and many vendors and organizations!

Latina Heritage: Isabel Cañas, Romina Garber, Priscilla Oliveras, and Caridad Pineiro Morrill Memorial Library (Virtual) 7 p.m.

This virtual presentation will include chatting with authors Isabel Cañas, Romina Garber, Priscilla Oliveras, and Caridad Piñeiro about their journeys to becoming published (and fabulous!) authors, keeping in mind their diverse Latinx backgrounds. Whether they were born in the US or elsewhere, we wonder how their heritage has influenced their writing, characters, publishing journey, and fan base. It's sure to be a fascinating conversation! Register at norwoodlibrary.org/morrillcalendar/.

Sept. 16

Friends Council on Aging September Monthly Ballroom Dance Norwood Senior Center, 275 Prospect St. 7 p.m.

Music will be provided by the D B Band. Cost is \$10 per person. Coffee, tea, and desserts are served & there are also door prizes. For more information on the Friends of the Norwood Council on Aging, visit their Facebook at: Friends Of The Norwood Council On Aging | Facebook.

Sept. 17

Presentation: Indigenous Presence Around the Neponset River Norwood Historical Society, 93 Day St. 11 a.m.

Thomas Green, Indigenous Educator/Artist & Tribal Council Member of the Massachusetts Tribe, at Ponkapoag, will speak about indigenous presence around the Neponset River.

Sept. 19

The Family Roe: An American Story, with Joshua Prager Morrill Memorial Library (Virtual) 7 p.m.

Join the Morrill Memorial Library, Newton Free Library, and Investigative Journalist Joshua Prager for a virtual talk on Joshua's deeply researched book, 'The Family Roe: An American Story.' With abortion rights poised to fall, The Family Roe, which was named a finalist for the 2022 Pulitzer Prize,

offers extraordinary insight into the Supreme Court's most divisive case and its plaintiff, Norma McCorvey. The Family Roe is an engrossing family saga that confronts a half-century of propaganda and myth. Prager spent years with Norma; discovered her personal papers, a previously unseen trove; and witnessed her final moments. He also found the unknown Roe baby, Shelley Thornton, whose conception occasioned the lawsuit. Tiziana Dearing, host of Radio Boston, will moderate. Borrow a copy of The Family Roe from the library. Register at norwoodlibrary.org/morrillcalendar/.

Parkway Concert Orchestra- Openings Available First Congregational Church, 100 Winter St. 7:30-9:30 p.m.

There are openings for all positions, with emphasis on violin, viola, cello, string bass, and bass trombone. Experienced volunteer musicians are invited to call to attend open rehearsals at 781-444-5041 or email parkway-concertorchestra@gmail.com. For more information about the orchestra, visit the orchestra's web site at www.parkwayconcertorchestra.org.

Sept. 20

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

The Norwood Farmer's Market will be offering fresh food and produce from approximately 15 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!

CPR Class Civic Center

Learn the life-saving skills of CPR and the Heimlich Maneuver to treat adults, children, or infants suffering from sudden cardiac arrest, heart attack, stroke, choking, or other serious illness or injury. For ages 12 and up. Cost is \$55.00 residents; \$65 non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

CALENDAR

continued from page 16

Sept. 21

Turn the Page Book Group- 'Educated'
Morrill Memorial Library
10 a.m./6:30 p.m.

The group will be discussing 'Educated,' a memoir written by Tara Westover. Email Patty Bailey if you have any questions, pbailey@minilib.net or call 781-443-8864. Register for either session at norwoodlibrary.org/morrillcalendar/.

Sept. 22

The Building of Route 128: The Road we Love to Hate
Morrill Memorial Library (Virtual)
1 p.m.

David Kruh, author of "Building Route 128," will present the complete story of Route 128, from its beginning in the 1920s as an ad hoc collection of two-lane roads that formed a rough arc 15 miles from Boston, through the construction of the divided highway in the 1950s, and then how one man's vision became the catalyst for the fantastic growth around the highway. Register at norwoodlibrary.org/morrillcalendar/.

Together Yes Stash Share Set Up & Drop Off
Morrill Memorial Library
7-8:30 p.m.

NEW this year: For the things you bring to share, please deliver to the Simoni Room. Time is needed to set things out on the tables, grouping by categories, before the actual Share happens. StashShare will take place on Saturday September 24, 2022 at 10 a.m.-2 p.m. For all the StashShare details, visit norwoodlibrary.org/morrillcalendar/.

Sept. 23

Dino Party
Civic Center
10 a.m.

Special appearances by the Dino's and friends! Crafts, snacks, and surprises for all our guests! For ages 1.5 to 4 years old. Cost is \$15.00 residents; \$20 non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

Together Yes Stash Share Set Up & Drop Off
Morrill Memorial Library
10 a.m.-4:30 p.m.

NEW this year: For the things you bring to share, please deliver to the Simoni Room. Time is needed to set things out on the tables, grouping by categories,

before the actual Share happens. StashShare will take place on Saturday September 24, 2022 at 10 a.m.-2 p.m. For all the StashShare details, visit norwoodlibrary.org/morrillcalendar/.

Fishing Days
Ellis Pond
5 p.m.

Fishing is a great outdoor activity and there are lots of great fishing spots right here in Norwood! Come enjoy this one day hits and hopefully catch a big one! For grades 3-7. Cost is \$5 residents; \$10 non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

Sept. 24

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

You're missing out if you haven't been in to see what you can buy at more-than-reasonable prices - clothes, shoes, purses, jackets, jewelry, books, home decor, kitchen items. And the list goes on. Their regular customers love them. You will, too!

Together Yes Stash Share Set Up & Drop Off
Morrill Memorial Library
10 a.m.-2 p.m.

NEW this year: For the things you bring to share, please deliver to the Simoni Room. Time is needed to set things out on the tables, grouping by categories, before the actual Share happens. StashShare will take place on Saturday September 24, 2022 at 10 a.m.-2 p.m. For all the StashShare details, visit norwoodlibrary.org/morrillcalendar/.

Sept. 25

Meal Prep Sundays
Virtual (offered through Norwood Recreation Department)
3 p.m.

During this virtual cooking class the group will prepare 4 separate meals for your busy week ahead in just 60 minutes! A supply list will be sent prior to get before so you are prepared for the prep! Cost is \$45 residents; \$55 non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

Sept. 27

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

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and surrounding towns. The group meet two mornings per month and in addition to providing referral business, the women share and support business ideas and community events/fundraisers. If you would like more information about the organization, call 781-799-7068, or email wbnofnorwood@gmail.com.

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

The Norwood Farmer's Market will be offering fresh food and produce from approximately 15 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!

First Aid Class
Civic Center
5:30 p.m.

The goal of this course is to emphasize the importance of accident prevention, the need for first aid training, and appropriate first aid skills to utilize in case of an emergency. For ages 12 and up. Cost is \$55 for residents; \$65 for non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

Titles on Tap Book Group
Napper Tandy's
7:30 p.m.

The Morrill Memorial Library hosts this unique book group at Napper Tandy's, in the left hand side bar. The September title has yet to be announced.

Sept. 29

Minecraft Engineering Using Legos
Civic Center
12:30 p.m.

Venture into the world of Minecraft with Legos! Get ready to build your base, craft your

tools, use your Minecart to harvest raw resources, and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO® with a trained Play-Well instructor. For grades K-2. Cost is \$45. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

Sept. 30

Sensory-Friendly Friday Movie
Morrill Memorial Library
1 p.m.

The Morrill Memorial Library is offering an in-person sensory-friendly movie on the 4th Friday of the month for adults with intellectual and developmental disabilities. The September movie will be DreamWork's

The Bad Guys, rated PG. Register at norwoodlibrary.org/morrillcalendar/.

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

Parents, take the night off! Kids join Playcamp and Civic staff for a night of fun! There will be group games, movies, crafts, and more! Children must be in grades K-5 to participate. Cost is \$20 for residents; \$25 for non-residents. To sign up, visit norwoodma.myrec.com or at the Norwood Civic Center in person.

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In the early morning hours of Friday, August 5, 2022, at 4:31 a.m., the Norwood Police Department and Norwood Fire Department responded to a two alarm fire at 157 Walnut St., in Norwood. The Norwood Fire Department Arson Investigators, the Massachusetts State Police Fire Marshal's Office and Norwood Police Bureau of Criminal Investigation are investigating the nature of the fire.

There was very extensive damage to the two-family home and a family of seven was displaced. The American Red Cross responded and provided assistance to the displaced family. Of considerable note: The Residence Inn Norwood also provided accommodations to the displaced family and we'd sincerely like to thank the Residence Inn Norwood for all they have done to ease the burden on them at this time. (Facebook: @norwood_fire_department)

-Norwood Fire Department

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Westwood is Not the Only Town with Bridge Problems!

NPD, along with Norwood Fire, were on scene on Aug. 17, at the Morse St. bridge to assist a delivery truck a little too big to fit under the bridge. Morse St. was temporarily closed between Pleasant St. and the Norwood Space Center as crews work to remove the truck. There were no injuries.



Great job Officers Marchant and Landry!

On 7/29, my kids and I got stuck with a flat tire in Norwood. I was driving and two cars crashed and one spun and drifted toward my car. I was trying to dodge the collision and turned into a parking lot on the right but hit a curb and got a flat tire.

Officer Marchant and Officer Landry from Norwood Police Department came and helped to change my flat tire and stayed with me and my two children, 11 and 6.



As a single mom, I was so nervous after avoiding a major accident and got a flat tire in the middle of a place I was not familiar with and was getting dark.

Since my wheel lock was jammed and could not take off the flat tire, officers called the tow truck and stayed with us till the truck arrived and make sure we are safe.

Officer Marchant tried really hard to change my tire for me and Officer Landry gave us a ride to a police station till my friend

got there to pick us up so we were not stranded in the middle of the street. My kids were very excited and to be in the police cruiser and it made their night.

I was so relieved these officers went absolutely above and beyond and helped a single mom and two children out of their kindness.

After my car got fixed, I visited the NPD with donuts to show our appreciation!

I almost got intercepted by Norwood Fire Department to deliver dozens of donuts because they asked for it (joking) but I was glad to dodge that, like the car accident, and was able to deliver our gift to the officers who deserve much more.

Thank you so much for helping us and ease my anxiety and making sure we were all safe!!

Sincerely,
Juri Love

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Norwood Community Resources

American Legion Baseball
(Ages 15-18)
norwoodlegionbaseball.com
Paul Samargedilis: 781-696-5075

Babe Ruth
(Ages 13-15)
norwoodbaberuth.com

Senior Babe Ruth
(Ages 16-19)
georgebrl@norwoodlight.com
George Lally: 781-762-1121

Boy Scouts
(boys grades 6-12)
scouting.org
781-828-8360

Girl Scouts
norwoodgirlscouts@gmail.com
Lisa Silletti: 781-762-6582

Chamber of Commerce
denise@nvcc.com
781-769-1126

Circle of Hope
norwoodcoh.org
Lee Kennedy: 781-762-3549

Cub Scouts
(boys grades K-5)

Cubmaster@pack42.org
Pack 49
norwoodcubpack49@gmail.com

Food Pantry
norwoodpantry@gmail.com
norwoodpantry.org
Deb Devine: 781-291-3663

Historical Committee
historicalcommission
@norwoodma.gov

Lacrosse-Boys
(Ages 6-16)
norwoodyouthboyslax@gmail.com
Brad Thornton

Lacrosse-Girls
(Ages 6-16)
lodge3@gmail.com
Mike Lodge

League of Women's Voters
lwmva.org
lwnorwoodma@gmail.com
Carol Macleary: 781-762-2430

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Lion's Club
norwoodmalions.com
apfaelzer@aol.com
Arthur Pfaelzer

Meals on Wheels
HESSCO Elder Services
Ellis Rehab

Norwood Alumni Association
Gerry Miller

Norwood Basketball Association
(Ages 6-16)
norwoodbasketball.com
norwoodbball@aol.com
Al Becker

Norwood Community Tennis Association
norwoodtennis@gmail.com
Kathy Keady

Norwood Jr. Women's Club
www.norwoodJWC.org
norwoodJWC@gmail.com
Angela Popalo: 617-827-2771

Norwood Little League
(Ages 5-12)

president@norwoodll.com
Mike Kelley: 508-498-4150

Norwood Memorial Café, Inc.
Je7cot@msn.com
Jean Cotton : 781-762-1611

Norwood Scholarship Foundation
norwoodscholarshipfoundation@gmail.com

Norwood Youth Field Hockey
alliparks@hotmail.com
Allison Penza

Norwood Youth Football & Cheer
(Ages 8-15)
norwoodyouthfootballcheer.com
Cheer: Rhonda Lowe or Stacey Clarkin
Football: Michael Sheehan

Norwood Youth Hockey
(Ages 4-18)
norwoodnuggets.org
Boys: Walter Corcoran
Girls: Bill Naumann

781-762-1696

Norwood Youth Soccer
(Ages 4-18)
norwoodsoccer.com
Chris.Lopiccolo@verizon.net
Chris Lopiccolo

Norwood Youth Softball
norwoodyouthsoftball.com
Phil Iantosca

Retired Men's Club
Andy DeManbro

Rotary Club
norwoodrotary.org
Peter Strano: 781-769-3030

Stingrays Swim Team
norwoodstingrays.com
norwoodstingrays@gmail.com
Katherine Lee

Women's Community Committee
norwoodthrifishop.com
781-762-2991

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Real Estate Corner

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Norfolk County's Most Expensive Real Estate Sales in First Six Months of 2022

One Norwood property made the list!

Norfolk County Register of Deeds William P. O'Donnell reported that between January 1 and June 30 in 2022, ten properties, all commercial, sold for more than \$50,000,000.

1. 96-114 Worcester Street, Wellesley, the Sun-Life Assurance office park sold in June for \$202,000,000;
2. 100 Rustcraft Road, Dedham, a 421,924 square foot office and warehouse complex adjacent to Legacy Place, sold in July for \$134,100,000;
3. 160 Mechanic Street, Bellingham, a 345,000 square foot, newly renovated distribution center, sold in April for \$96,700,000;
4. 95 West Squantum Street, Quincy, a twelve-story apartment building known as "Gamma North Quincy", sold in April for \$90,000,000;
5. 1000 Marriott Drive, Quincy, the "Marriott Boston Quincy Hotel", sold in March for \$82,200,000;
6. 135 Old Post Road, Sharon, a 192 unit apartment building known as "The Point in Sharon", sold in January for \$74,500,000;
7. 235 Gould Street, Needham, a senior and assisted living facility known as the "Wingate Residences at Needham" sold in January for \$73,848,192;
8. 300 Financial Park Drive, Franklin, a 300,000 square foot warehouse/distribution facility, sold in April for \$73,600,000;
9. 130-150 Nahatan Street, Norwood, a 108,981 square foot retail complex known as "Norwood Plaza", sold in May for \$57,749,000; and
10. 1440 Beacon Street, Brookline, a 136 unit apartment complex located near Coolidge Corner, sold in February for \$52,900,000.

"Despite a slowdown in the residential real estate sector, the Norfolk County commercial real estate market remains vibrant," Register O'Donnell noted. "It appears that the top sales consisted primarily of a mixed bag of residential apartments, retail space, industrial and warehouse space, and distribution facilities. This activity bodes well for the Norfolk County economy in terms of employment and tax revenue. These ten sales generated over \$4.2 million in excise taxes for the state and county. We hope 2022 continues in a positive trend."

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 Board Member of Bay State Animal Cooperative
 Board Member of Friends of Norwood Center

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Jen@cordaville.com

Real Estate Corner

Norfolk Registry of Deeds Update on Information Technology

The IT dispute of not having a direct report Information Technology (IT staff) began back on June 30, 2021, when Norfolk County Commissioners Peter Collins and Joe Shea voted not to sign a Registry personnel paper. The understaffing issue in Information Technology (IT) that began with this unsound decision continues today. There was an Attorney General's Office finding that the County Commissioners

violated the open meeting law in the meeting involving a "hiring freeze" that was used as a pretext to prevent the Registry from filling an approved and budgeted position in the Registry of Deeds budget.

This is an update to the Notice sent out after the May 11, 2022, vote to eliminate all direct report to the Register Information Technology (IT) staff at the Norfolk

Registry of Deeds. (See May 27 Notice attached).

The Norfolk Registry of Deeds should have an onsite direct report IT staff to the Register and Registry workers. This has worked exceptionally well dating back to the 1980's. Many of you who voiced your disagreement with Commissioners Collins and Shea did not get a response or answer to the letters, petitions, and emails you sent. I hope you get answers from the incumbent Commissioner Peter Collins who has been part of the County for 28 years dating back to 1994 who is up for election this year. The other Commissioner Joe Shea in

the 2 to 1 vote has been around for 7 years.

We all get there are appropriate times to make changes; look at all the modernization changes made over the years at the Registry of Deeds because there was an on-site direct report IT staff. Well, not having an on-site direct report IT staff is not a smart change.

The lack of transparency and getting answers from Norfolk County as this "Consolidated County IT Department" transition takes place continues. Promises that there will be a permanent County CIO hired by mid-July have not been kept.

This is not government working like it should. This is not government running like a business. The actions and inactions at Norfolk County only increase the chances for negative operational outcomes at the Registry of Deeds. The considered approach to this County IT transition that Registry users, Registry stakeholders and the residents and property owners of Norfolk County deserve is not taking place.

Some change is fine and needed. Some change is bad. The Registry of Deeds will keep working through these challenges and changes.

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