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January 2023

### That's a Wrap 2022!

### **JANUARY**

#### Tree Planting in Norwood

The Norwood Department of Public Works (DPW) recently planted 53 trees in 11 different locations in Norwood. Norwood has had a treeplanting program in place for a number of years.

Trees provide such a huge range of benefits for people, wildlife and the environment; they are often called the 'lungs of the world.' We in Norwood are fortunate that our Town government recognizes their benefits and has, for many years, had a tree program in place.

Recent plantings include: 10 Linden and Honey Locust trees on Lenox Street; 6 Krauter Vesuvius flowering plum trees at Prospect Ave.; 3 crabapple trees at the Winter and Prospect Street traffic island; 3 crabapple trees at Washington St. and Waban Ave.; 2 crabapple trees at the Lopey Rich Park at the intersection of Washington, Bond and Winter Sts.; a London planetree on Nahatan St. across from St. Catherine's church; a Honey Locust tree at the Guild and Broadway traffic island; and 5 trees at the Norwood Cemetery including a crab tree, beech and 2 cedar of Lebanon trees.

The Conservation Commission has been working with Mark Negron, a Boston Food Forest representative and an advocate for Norwood's orchard to become permaculture-based, to organize a volunteer group to continue with stewardship of the orchard.

The key purpose of the orchard is to provide fruit for Norwood residents. How it will be distributed has not yet been determined. Right now, the focus is on keeping the trees in the orchard alive so they can produce fruit.

### **FEBRUARY**

#### **Grants Awarded for Firefighter Safety**

The Norwood Fire Department was one of 306 Massachusetts fire departments awarded a grant from the Commonwealth's FY22 Fire-



2022 continued on page 2

### It's A Winter Trifecta: Flu, Covid, & RSV

By Betsy Millane

Covid, flu, and Respiratory Syncytial Virus (RSV) season is coming on strong. You've probably had Covid or know someone who has had it, because it's been out there for two years, but you can catch it again and it can carry a punch! This year's flu season promises to be a potent one, starting months before we see numbers on it. RSV has been with us always, but is hitting children and adults particularly hard this year.

#### What's to be done?

Kerri McCarthy, the Executive Director of the Norwood Senior Center, is proud that the center held flu and Covid shot clinics early because she feels the early boosters and vaccinations allowed her seniors to get ahead of the outbreaks. Right now, things seem to be under control, but she warns that there may be a rise in both cases, "after the holidays, when the seniors spend time with family, young grandkids, and crowds," which will lead to infection trans-

Diane Hillery, Norwood's Public Health Nurse, said she's seen an uptick of Covid and flu numbers for the past month and a half. When asked what the difference between the two illness is, she explained they both share symptoms of fever, cough, and runny nose, among others. If you wonder which you have, "testing will tell you." Hillery credits the vaccinations and boosters with preventing hospitalizations.

"People who don't (get inoculated) could end up in the hospital," Hillery noted.

RSV, she explained, affects the young and the elderly. To help a child who has RSV, you can suction the mucus to clear the airways, use chest therapy, which often means holding them upright and thumping their chest, and make sure they keep up their intake of fluids.

"It's not too late if you haven't gotten your shots yet," Hillery

It takes two weeks for them to protect your body, but even if you do contract the flu or Covid

> **TRIFECTA** continued on page 2

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#### 2022

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fighter Safety Equipment Grant

Fire departments in Massachusetts were able to apply to this program for 118 different types of eligible equipment, including personal protective clothing, gear washers and dryers, thermal imaging cameras, assorted hand tools and extrication equipment, communications resources, hazardous gas meters, fitness equipment, and more.

The Norwood Fire Department (NFD) received nearly \$25,000 in grant money which they used to purchase First-Alert Safety Systems (FASS). Essentially, this is a reverse motion detector that hangs off of a firefighter's gear. If the firefighter falls or is in trouble, the system emits a piercing alarm that gets progressively louder and a light starts to flash as a signal to other firefighters in the area that there's a problem. The FASS can locate the person who is in trouble.

In September of 2021, the NFD was also awarded a \$345,000 to Firefighters Grant from the federal government. Town meeting provided the difference needed to subsidize the department's planned equipment update program.

"With this money, we were able to purchase air-packs – the breathing apparatus firefighters need – which cost approximately \$10,000 each (mask, tank and breathing apparatus)," Chief Hayes said. "And worth every penny! Town meeting gave us

enough money to complete the entire project with state-of-theart equipment. A new air compressor, breathing apparatus and three pack-trackers, which is like a LoJack for firefighters, allows us to lock onto someone's air-pack and it will lead us right to them. It's great technology!"

#### **MARCH**

#### More than Glitz and Glam

Maristela Rapo recently won an award from the Boston Arts Academy (BAA), the city's only public high school for the visual and performing arts. The BAA Foundation and Governor Charlie Baker honored Rapo, founder and president of the non-profit 'Giving the Glam,' with its Champion Award. Presented annually, this award recognizes individuals who embody the school's commitment to the arts, scholarship and citizenship.

What is Giving the Glam? It's a 501(c)3 organization that pro-

2022

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### **TRIFECTA**

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during this time, the symptoms will be less severe. She can give these shots in the office, or go to a homebound resident.

And it's advised that you do.

#### How can you prevent the spread of Covid or the Flu?

The Massachusetts Department of Public Health issued the following Mask advisory and guidance for Massachusetts resi-

Effective July 1, 2022, the Department of Public Health advises that individuals should wear

a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease.

Prevention is always the best way to avoid Covid, the flu, or RSV.

#### The CDC advises:

In addition to basic health and hygiene practices, like handwashing, CDC recommends some prevention actions at all COVID-19 Community Levels, which include:

Staying Up to Date with COVID-19 Vaccines

Improving Ventilation

Getting Tested for COVID-19 If Needed

Cases

**Confirmed Cases** 

confirmed case

**Probable Cases** 

There were 1.466 new.

There were 8.391 new.

confirmed cases reported

during the past 7 days bringing the total to 1,950,694 total

probable cases reported in the

183,406 total probable cases.

past 7 days bringing the total to

Massachusetts

Current estimated severity of influenza

### Very High

for the week of 11/27/2022 to 12/3/2022

Influenza-like illness visits 5.74%

This week, 5.74% of sentinel site visits were related to influenza-like illness (ILI). which is greater than the regional baseline of 2.0%. November 27, 2022

Hospitalizations associated with influenza

2.87%

This week, 2.87% of hospitalizations were associated with influenza, which is greater

Lab confirmed

5,462

laboratory-confirmed influenza cases, which is greater than last week when there were 2,846 nev

Influenza vaccination

37.88%

Currently, 37.88% of Massachusetts residents have received a flu vaccine this season. This is greater than last week when 36.10% had received a flu vaccine.

Ill data are preliminary and subject to change. Source: Bureau of Infectious Disease and Laboratory Sciences, Division of Epidemiology.

Preated by the Massachusetts Department of Public Health, Bureau of Infectious Disease and Laboratory Sciences, Division of Surveillance, Analytics and Informatics

Following Recommendations for What to Do If You Have Been Exposed, which includes wearing a high-quality mask when indoors around others (including inside your home) for 10 days, testing, and monitoring yourself for symptoms.

Staying Home If You Have

Suspected or Confirmed COVID-19

Seeking Treatment If You Have COVID-19 and Are at High Risk of Getting Very Sick

Avoiding Contact with People Who Have Suspected or Confirmed COVID-19

Best advice? Keep a mask handy, wash your hands often, know the people you are socializing with, and take particular care around the youngest and oldest among us. Stay safe!

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#### Send Editorial to:

editor@norwoodtownnews.com

### **Advertising Sales Manager**

Jen Schofield 508-570-6544 enschofield@localtownpages.com

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Michelle McSherry Kim Vasseur

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### Massachusetts Department of Public Health | COVID-19 Dashboard

Data at a Glance

Released on: December 15, 2022 Data as of: December 14, 2022 Caution: recent data may be income

**Confirmed Deaths** 

### Navigation **Data Overview**

Overview Trends

COVID-19 Cases COVID-19 Testing

Hospitalizations

COVID-19 Deaths

Long Term Care

Patient Breakdown

City & Town Data

Resources Data Archive

For data on COVID-19 variants, click here (CDC website)

### Testing

#### Tests Reported

There were 104.031 new COVID-19 molecular tests reported during the past 7 days, bringing the cumulative total to 48,776,236 tests

### Percent Positivity

The 7-day average of percent positivity is 8.68%.

### Hospitalizations

### Hospitalizations

On December 13, 2022, there were 255 patients primarily hospitalized for COVID-19 related illness and 856 total patients hospitalized with COVID-19.

### ICU & Intubated Patients

There were 91 patients in Intensive Care Units (ICU) and 30 patients were intubated

### Deaths

### There were 81 new, confirmed deaths reported during the

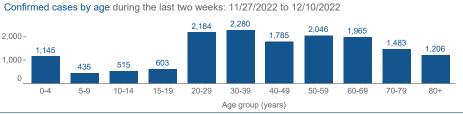
past 7 days. There have been 21,053 confirmed deaths in

### **Probable Deaths**

There were 28 new, probable deaths reported during the past 7 days. There have been 1,630 probable deaths in total

### Average Age of Deaths

The average age of patients who died of COVID-19 during the past two weeks (November 27, 2022 to December 10, 2022) was 80 years old



For details on the definitions of each indicator hover over the box or graph. All data included in this dashboard are preliminary and subject to change. Data Sources: COVID-19 Data provided by the Bureau of Infectious Disease and Laboratory Sciences and the Registry of Vital Records and Statistics; COVID-19 Hospitalization Data provided by the MDPH survey of hospitals (hospital survey data are self-reported); Created by the Massachusetts Department of Public Health, Bureau of Infectious Disease and Laboratory Sciences, Division of Surveillance, Analytics and Informatics.

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vides a once-in-a-lifetime prom experience for underserved urban and suburban high school seniors who couldn't otherwise afford to participate in their prom. The organization covers the cost of all attire and accessories, professional hair stylists, nails, photographer, and transportation to the prom venue. The showroom is located on Morse St., in Norwood.

"But we're much more than a prom experience," Rapo said. "We give students hope and a feeling of confidence, which many of them have never experienced before. I want them to know that they are special...and that they truly belong." Rapo knows of that which she speaks.

This year, Rapo is helping 200 students from seven schools: Boston Arts Academy, two METCO schools, Norwood High School, Framingham High School, Boston International Newcomers Academy (BINCA), and for the first time, about 50 students from a high school in South Bronx, NY.

#### **APRIL**

### Eat Out! Win Prizes! Support Norwood!

The Neponset River Regional Chamber is again partnering with the towns of Canton, Dedham, Norwood, Walpole, and Westwood to sponsor the second annual 'Regional Restaurant Week.' The event will take place Sunday, April 24 through Thursday, April 28.

"Everyone knows that restaurants have suffered greatly during the pandemic," Chamber President, Tom O'Rourke said. "We are eager to encourage everyone to dine out during Restaurant Week and of course to continue doing so afterwards."

Norwood restaurants that will be participating in the event are: Lewis', One Bistro, Byblos, Tasos, and the Common Café. Their specialized menus, special offers, and links to their websites can be found on the Chamber's dedicated website at www.nrrchamber.com.

Norwood residents are encouraged to patronize the Norwood restaurants, as well as others from neighboring towns, to show their support and appreciation for the struggles they faced the past two years.



Friends Retire but Never Leave: The Friends of the COA

A social media campaign will be executed through Facebook, Twitter and Instagram. Diners will be encouraged to post selfies on the restaurant's social media platforms to mark and celebrate the return to seated dining. Daily winners will be chosen through these platforms and gift cards to local restaurants will be awarded to the winners! Be sure to tag @ nrrchamber and use #regional-restaurantweek, in all the posts.

### MAY

### The Friends of COA

The Senior Center would not be the vibrant facility it is today without the efforts of a group of volunteers called The Friends of the Council on Aging (COA), a 501 (c) 3 organization. Led by William (Bill) McCoy for 21 years, the Friends donated close to \$600,000 during his tenure as president, including two senior buses, funds to help build a muchneeded addition, a bocce court and many other items needed for the Center. Three of the original board members retired from the Friends' Board in December, 2021, but not from their commitment to the Center.

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

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

president until December, 2021.

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

### **JUNE**

### Norwood's Inaugural Juneteenth Celebration

On June 19, 2021, President Biden proclaimed June 19 as Juneteenth National Independence Day of Observance and a legal public holiday. This year, the town of Norwood will celebrate their FIRST Juneteenth with Norwood Police Officer Geoffrey Baguma as the event's pri-

mary organizer. The celebrations will take place on Saturday, June 18, 11 a.m.-2 p.m., on the Town Common.

"The is going to be such an amazing and special event," Officer Baguma said. "The vibe of the event is wrapped around the theme 'educate and celebrate.' It's all about bringing people together to understand the reasons behind the celebration."

The event is scheduled to host a variety of activities to display the Norwood's diverse talents, including art displays, dramatic performances, singing, dancing, and poetry. African American businesses will be spotlighted as well as educational material and historical data provided to those who attend. Talks are also in the works with Ancestry.com in hopes they will be available to give people the option of researching their roots.

In addition to the exciting events planned, the day will provide an opening to connect with people they would otherwise not encounter in their daily life; neighbors meeting neighbors.

**2022** continued on page 4

### **RECENT NORWOOD TRANSACTIONS**

49 Lincoln St	.\$480,000
14 Allen Rd	.\$400,000
35 Mountain Ave	.\$490,000
81 Pleasant St	.\$585,000
13 Austin St	.\$550,000
90 Bruce Rd	.\$548,925
187 Hill St	.\$580,000
11 Yew Dr	.\$635,000
357 Nichols St	.\$649,900
150 Wilson St	.\$715,000
38 Hawthorne St	.\$657,500
49 Churchill Dr	.\$699,000

34 Marion Ave	.\$770,000
251 Rock St U:B11	.\$257,000
301 Neponset St U:3	.\$317,000
211 Central Street U:206	.\$410,000
51 Concord Ave U:51	.\$450,000
1 Lenox St U:102	.\$490,000
60 Lenox U:3	.\$750,000
439 Neponset St. U:B	.\$925,000
175-179 Railroad Ave	.\$570,000
1032-1042 Washington St	.\$552,800
24 Monroe St	.\$745,000

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#### 2022

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The public will also help in nominating the first Juneteenth community royalty recipients as well as voting on the Juneteenth art

To make an even greater positive impact on the entire community, support and donations are greatly welcome. For more information, email Norwoodiuneteenth@gmail.com (for Venmo and Cashapp accounts). For check donations, make them out to The Town of Norwood (Norwood Juneteenth Event), or donate to the GoFundMe account at https:// gofund.me/93a453cd.



**Conductors Keith Lockhart and Paul Alberta** 

### **JULY**

### Cue the Parade!

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

The celebration will begin on

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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 vibe on the Town Common shifts gears towards athletics at 5 p.m., as runners line up for the Norwood Firecracker 5k Road Race.

The Grand Marshal is the Norwood 150th Anniversary Steering Committee and this year's theme is 'Honor our Past and Welcome our Future'.

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 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

Muffinhousecafe

committee. Without them, this grand event, which adds so much pleasure to the local community 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.

### **AUGUST**

NOW OPEN!

#### The Boston Pops: The Hot Ticket in Town

The Boston Pops Orchestra helped Norwood celebrate its 150th Anniversary with a somewhat 'private' performance for Norwood residents. It was a site like no other in Town. A few days before the June 26 concert, Summer on Central was transformed into a giant stage (some trees even needed to be trimmed to accommodate), and the buzz grew. On that tropical afternoon, the entire Norwood Common was filled with excited concertgoers on chairs and blankets

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anxiously awaiting this once in a lifetime event. The concert was also simulcast on a big screen at Norwood High School for those without tickets or wanted relief from the heat.

The event went off without a hitch. Keith Lockhart and his Boston Pops put on a tremendous two-hour show for the locals with some classical, a little swing, and ended with their traditional Americana medley and the infamous 1812 Overture. What even made this day more special, was renowned and highly admired Norwood High School's former Director of Fine Arts conducted a musical number and Norwood's own Kyle Leonard was honored to play two songs with the prominent orchestra.

According to Norwood Police Chief William Brooks, it is estimated that 4,000-5000 residents were able to take in this special performance.

The idea was formed seven months prior to the event from a generous donor, DCD Automotive Holdings, in Norwood, (\$143,000), with the intention of bringing the Pops to Norwood. A committee was formed, more donations solicitated, and many, many meetings were held. Assistant General Manager Michael Rosen created a 'dream team,' consisting of a cross section of the Concerts Committee, the 150th Anniversary Committee, and a vital cog in the process, private citizen Jonathan Cardoni. Cardoni, now retired, shared his extensive experience in event planning with Liberty Mutual.

Chief Brooks has been in a uniform for over 45 years and been involved in many group events, but none like the Boston Pops visit.

"I have not experienced anything quite like this in all my years in policing," Chief Brooks said. "By the same token, when I was with the Wellesley Police Department I participated in the policing of 13 Boston Marathons. In that case, the venue was much larger but spread out among the eight municipalities along the route. What made the Pops concert different was there was no playbook, as this had never been done before."

### **SEPTEMBER**

### Let's Celebrate Norwood!

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, 9:30 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, Lewis's, and Mustangs.

The 19th Annual Norwood Day actually launches Friday, September 9, with a fireworks display and 'pre' festival at the Coakley Middle School. 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.

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.

### **OCTOBER**

### The Norwood Craft Affair Returns for its 28th Year!

The infamous 'A Craft Affair of Norwood,' brings together crafters and craft enthusiasts for one of the largest fall shopping experiences in the area! This

### Breakfast and Lunch Sandwiches Best Blueberry Muffins Since Jordan Marsh

It's the most wonderful day of the year for Norwood residents. It is the day residents come together

2022

### 2022

continued from page 4

year, the 28th A Craft Affair, will be held on Saturday, Oct. 15, 9 a.m.-2:30 p.m., at Norwood High School.

The 'Affair' has grown to include approximately 80 crafters who travel to Norwood from all over New England to showcase their creative wares. The list is so impressive, and includes: sewn, crocheted, and knitted pieces, there will be chocolate and honey, items for pets, jewelry, holiday decor, wreaths, stained glass, jams and jellies, mirrors, paintings, 3-tiered plates, bags, scarves, soap, wooden toys, painted glass, quilts, ornaments, hats and mittens, cards, plastic canvas, hand towels, hair bows, hen houses, ceramics, puzzle lights, decoupage plates and doll clothes, and much

The huge assortments of raffles are always a popular corner with chances to win many handmade items, gift certificates, and Mustang memorabilia!

This event, however, means a lot more than just a fun and successful shopping day. In addition to becoming one of the premier craft venues in the state, it is a very successful fundraiser for Norwood High School and local Norwood organizations.

While a large amount of the proceeds go towards the Post Prom Party, any Norwood group or team that has students helping at the craft fair is eligible to apply for funds for their club from the day's profits. Past organizations have included, Norwood sports teams, the drama club, cheerleaders, SAAD (Students Against Destructive Decisions) and the fine arts department after school programs.

#### **NOVEMBER**

### Kick-Off the Holidays at Tree Lighting!

It's a perfect long weekend. It launches Thursday with a lavish Thanksgiving meal, followed a Friday of bargain hunting, holiday decorating, or relaxing with leftovers. Maybe take part in Small Business Saturday and patronize some local stores and lunch at a local favorite small restaurant. What could possibly top that? How about closing out the weekend with a community kick-off of the holiday season on Sunday, Nov. 27 with the Norwood

Tree Lighting Celebration!

Norwood hosts a festive afternoon free from the bustle of the crowds that has become a favored holiday tradition. The fun-filled (and FREE) family event will be held on Sunday, Nov. 27, 1:30-4 p.m., on the Town Common and the Norwood Civic Center. The celebration includes a reindeer dash, horse-drawn hayrides, festive entertainment, holiday readings, face painting, ornament decorating, barnyard animals, a parade, and music. The afternoon concludes when Santa and Mrs. Clause make their dramatic entrance and light up the Norwood Town Common!

The Reindeer Dash returns as children race around the Town Common and receive a set of antlers for participating. Face painting and holiday crafts will be offered on the common and barnyard animals will wait eagerly for visitors at the Civic Center. Horse-drawn hayrides will be also be available on the Town Common as local choirs ring in the season. The afternoon concludes with holiday readings, and a parade where Santa and Mrs. Clause arrive and light up the Norwood Town Common for the holiday lighting.

### **DECEMBER**

#### **Fallen Soldiers Remembered**

The holidays are a time to rejoice, but also a time for remembrance. Norwood residents do not forget and demonstrate their sincere appreciation in December to those who sacrificed in the fifth year of Wreaths Across America. This national movement pays tribute to fallen veterans and honor those who are often forgotten. The mission is to REMEMBER fallen U.S. Veterans, HONOR those who serve, and TEACH your children the value of freedom. This is done by placing wreaths on local service men and women's graves at Highland and Old Parish Cemeteries. This expression is in coordination with wreath-laying ceremonies with Arlington National Cemetery and more than 1,600 locations across 50 states in the United States.

The event will take place on Saturday, Dec, 17, 12 noon, Highland Cemetery. Volunteers and visitors are encouraged to arrive between 11:30 and 11:45 a.m., as the minute of silence across Norwood America and islands begins at 12 noon. Cur-

rently scheduled to speak at this moving ceremony:

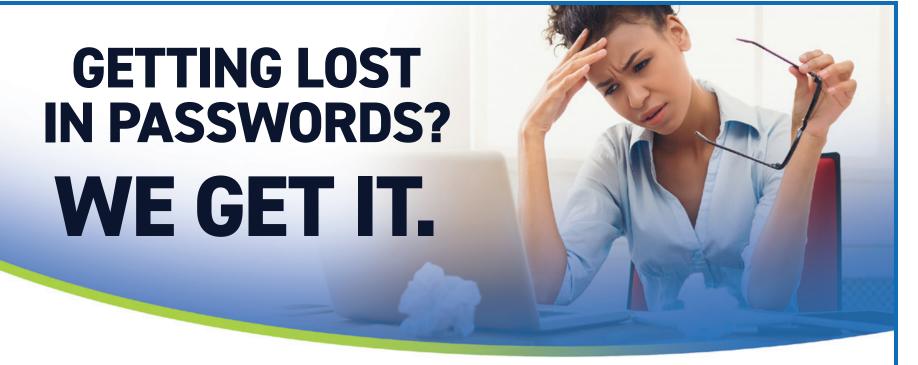
Ted Mulvehill, Director of Norwood Veteran Services

CEO (Stacy Coyne) and Founder/President (veteran Dave Campisano) of 22Mohawks, a non-profit that brings awareness to veteran suicide, creates events to bring veterans, their families, and communities together, and have a new partnership with Professional Canine Services to connect disabled veterans with companions rescued from kill shelters.

George Curtis, (son of MGYST George Curtis, Highland Cemetery's most highly decorated veteran), Norwood Historical Society-Veteran history in Norwood

Others planned but not confirmed at press time

Wreaths Across America is a venue to not only pay tribute to this country's military but an opportunity to pause and reflect on the meaning of holidays, and honoring those who have sacrificed so U.S. citizens can celebrate with family and friends.



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### **Norwood Elves to the Rescue**

By Michele Taranto

What do you do in Norwood if you need help? Just ask! That is what Norwood Healthcare Director Madeline Crowley did for a second year to give her residents a Happy Holiday.

In late November, Crowley posted a Facebook request to the Norwood community to help make Christmas a little brighter at her nursing/rehab community. In true

Norwood elves jumped in with was decorated with new trees gift donations. But as most

may know, for Norwoodians, more is always better! In addition to offering presents, volunteers suggested hosting a bingo game,

coordination efforts, over 40 ley said. "Every common room



Norwood fashion, the response was virtually impressive and immediate. Kandi Finch took the helm, and was soon joined by Susan Clare and Sue Marshalsea.

"It was a slow start getting people organized, but once done, everything went very smoothly," Finch said. "Donations started pouring in almost immediately. We also asked for decorations and wrapping paper which were not on Madeline's list."

As this generous trio began

singing carols, and decorating Norwood Healthcare. Scout troops jumped in and made cards, sun catchers, and glass snowflakes, and helped wrap the many gifts.

"They [residents] are so happy," Crowand decorations. It's a really nice thing they did."

Many of her clients have little or no family so there is not much opening of presents around the holidays. According to Crowley,

through the generous efforts of all the volunteers, approximately 125 residents will receive gifts, ranging from pajamas, bedding, toiletries, puzzles, and games.

"My goal is for everyone to have a new pillow and blanket on their bed this year," Crowley said.

That objective was met and then some. Over 40 families answered the Christmas call this year. In addition, Marshalsea personally put together 150 candy gift bags for the residents and the staff.

"This year I reached out a little earlier this year and was really blessed," Crowley said.



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## **BAY STATE ANIMALS PET CORNER**

### **Meet Bridgette & her Kittens**

Bridgette, 3-4 years young, short-haired, sweet kitty. Female and will be spayed in January as she is currently caring for 6 kit-

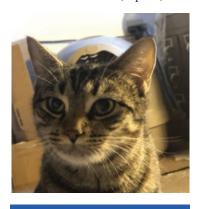
Bridgette is an affectionate kitty who would love a home where she can sit beside you and keep you company. She has lived with kids and other cats but prefers that she is the center of atten-



and her kittens will be available for adoption likely around February.

### **Meet Maude & her Kittens**

Maude is sweet, quiet, and



a perfect mama. She is well behaved and has perfect eating, litterbox, and furniture habits. Her kittens are 3 weeks old and learning new things every day.

#### Immediate temporary or permanent placement needed!

**Meet Jetson** 

Dearest friends and fellow animal lovers,

Jetson needs you! Is anyone able to open their homes for this 11-year-old amazing jet black feline who needs a new home?

Jetson was adopted through BSAC as a kitten. We always want first right to take back our kitties if a family is in need.

His family loves him. However, they are moving and can't take him. No judgement please as this case is a little different. They would love to take him but they are relocating out of the country and sadly the rules to bring a furry friend along can cost up to \$10,000 and requires him to be quarantined without his family for up to six months. These (not so good options) have required us to try and find a new home for

Can you open your home or help us find either a foster or permanent adoption for Jetson? find a new home (even if temporary/log-term) before the NEW

Jetson does have a few medical conditions (hyperthyroid and enlarged heart) requiring medication, but he takes his meds and appears to be like any other healthy kitty. Don't brush him off due to his conditions.

Please don't write him off, his



humans have not written him off and neither can we.

Jetson is a very mellow, easygoing cat. He is very easy to handle and has never bitten or scratched anyone. He is also extremely affectionate. He loves being held or cuddling on your lap or beside you, and he loves belly, back and chin rubs. He is very happy and purrs constantly! While a bit shy at first, once he gets to know you, he will come to you for chin rubs and cuddles, and he even jumps into your arms if he wants to be held! He is not as active as he used to be, but still enjoys playing with his toys a few times a day. He generally

### Juni needs a new foster/adoption family ... could you help Juni in 2023?

Looking for a little spunk in your house? Look no further ... Juni is a dainty, agile kitty who loves to jump, hunt, play and sprint

across the house. She can be skittish with new people, often hiding, but once she gets to know you she is super loving. She loves a good rub down! She loves company (human and furry) but on her terms she'll come to you, thank you! She has very unique markings, making her a beautiful girl. She can be



picky about food, litter and litter box placement, but once those are to her liking, she is a very low maintenance cat. She isn't very vocal... unless she's hungry! She does get stressed out easily, so a quiet home without young kids is preferred, even though she does tolerate them okay without lashing out. If you have sherpa blankets, she'll be your best friend!

spends his days napping or looking out the windows at the birds. He is great with other cats (we have had two other cats during the time we've had Jetson) and he's good with kids. He generally avoids our toddler, but is always good with her when they do interact. He would not, however, be happy sharing a home with dogs.

Can you be his Angel? We can surely be a part of this transition and we are always there too!

Contact us ASAP. Jetson's waiting!!

### **Giving Tuesday**

Thank you to our fosters, board members, and donors for their generous donations on Giving Tuesday! Without your generosity the Bay State Animal Cooperative could not take in

and care for our homeless and surrendered cats

We are a volunteer-based organization and all of our fundraising and donations goes directly to food and medical care for our cats waiting in foster for adoption or living out their days in a loving home. Our no-kill philosophy provides a safe haven for our purrfect felines and we would have it no other way!

CHEERS to finding a home for all BSAC cats who come through our organization....with your help of course!

baystateanimals.org facebook.com/BSAC09 twitter.com/BayStateAnimals instagram.com/baystateanimals16

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### **Many Will Keep Warm This Winter**

BY MICHELE TARANTO

With rising inflation, it can be a difficult task to solicit donations. People are tightening their belts, watching every penny, curbing their purchases, and often making due with what they have. Even with these economic challenges, the Norwood community compassionately responded to the 7th Annual Women's Business Network of Norwood (WBN) Annual Winter Accessory Drive making it another huge success!

Through that generosity, many local neighbors will again have presents under the tree and stay warm this winter.

Five boxes were placed in Norwood, one in Dedham, and one in Hyde Park, filled with winter accessories, including gloves, mittens, scarfs, and hats in festively decorated bins. On Thursday, Dec. 8, WBN members presented the Norwood Food Pantry, the Home for Little Wanderers Thrift Shop, and the

Norwood Women's Thrift Shop, with over 839 pieces of gently used, new, and handmade clothing; a gentle reminder that even during tough times people will bind together for the health and comfort of others.

Each year, the fundraiser is held Nov. 1-30, but from the abundance of homemade items that were donated, it was clear many residents had busy hands throughout the year creating incredibly beautiful knitted pieces



in preparation for the event. As in other years, the boxes were also plentiful with brand new items purchased for the event. Residents were so eager to support others that many donations came in right at deadline, with even one contributor meeting the group at the food pantry the morning of their group presentation.

In addition to the extreme generosity of Norwood residents, WBN members would like to thank the following businesses for hosting a donation box the month of November in their establishments: Murph's Place, 58 Broadway, Norwood; As Good As It Gets Café, 1210 Prov.-Hgwy. (behind Petco), Norwood; Brookside Café, 1260 Washington St., S. Norwood; the Norwood Senior Center, Brickify, 15R Cottage St., Norwood; and Clean Remodel LLC, 50 River St., Dedham, and

Passion Beauty Supply & Salon, 1257 River St., Hyde Park. The drive would not function without donation bins, and many thanks is also due to the students at the League School of Greater Boston, in Walpole, for their playful creativity decorating the boxes.

WBN was formed eight years ago and its participants include women who work or live in and around Norwood. Shadowing their tagline, Connect, Refer, and Support, the members strive to support each other and their businesses through referrals, advice, consultations, linking business connections, and sharing wisdom. Their chapter also consider it vitally important to give back to the community that supports their businesses throughout the year through civic service projects, such as the winter accessorv drive.

Current WBN members include Michele Taranto, Suburban Lifestyle Real Estate; Kandi Finch, All Chores Considered; Wendy Aimola, New York Life Insurance Co.; Ellen Connors,, Shamrock Home Loans, Kim Burke, Home Helpers; Catherine Good, Law Office of Catherine Becker Good; Maria Levin, Maria Levin PC; Mencia Quinonez, Mary Kay Cosmetics consultant; Alyssa Koulopoulos, Comparion Insurance Agency; Natalie Navatta-Golia, Merry Go Sweets; Amy Cain, Percy Law Group; Jayne Singh, Shine Bright Workshops; Jillian Banks, Back in Balance Chiropractic; Korinna Locke, Dwyer, Spino & Goncalves; Mary Angione, Whole Healthy Wellness; Misha Donner.

WBN is currently accepting members. Only one representative per industry. For more information on WBN, email wb-nofnorwood@gmail.com, or call 781-799-7068.

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# Living Healthy

### **Natures Drug: Sunshine**

Vitamin D is a Fat Soluble vitamin that is essential for health. It keeps your bones strong, can improve your mental health and helps you sleep. According to the NIH almost 1 in 4 U.S. adults are considered low in Vitamin D. Over the past several years vitamin D deficiency has become more common due to being inside more and not getting enough sunlight. To gain the benefit from the sun you must have your face, chest and arms in direct sunlight with no sunscreen for 20 minutes per day. Living in the north east makes this is very challenging.

Most patients with vitamin D deficiency are asymptomatic, however if you're exhausted, your bones hurt, you have muscle weakness and or mood changes, that's an indication that something is abnormal in your body. Additional Symptoms of vitamin D deficiency include: Fatigue, not sleeping well, bone pain, depression or feelings of sadness, Hair loss, loss of appetite and pale skin.

Michelle L came into our office complaining of exhaustion, muscle aches, depression and loss of appetite. Upon taking a



Dr. Rochelle Bien & Dr. Michael Goldstein

history I was made aware that she hadn't been feeling well for several months and she works remote spending most of her time inside. Michelle was immediately sent for blood work. Blood work showed that her vitamin D was 12. Normal is 30-100. Michelle was started on a high dose regimen of vitamin D for 3 months and re-evaluated. She noticed significant changes in her symptoms very quickly and has returned to her normal self.

If you are suffering from these or similar symptoms don't hesitate to contact THE HOLIS-TIC CENTER AT BRISTOL SQUARE (508)660-2722 and make your appointment with Dr Goldstein or Dr Bien today.

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### A VIEW FROM THE HILL

### A Fresh Start in 2023

By Austin Henry

The New Year is a big time for many people. It is a symbol of a new beginning, and many Norwood High School (NHS) students are going to take this chance to improve themselves as people and become better members of society.

Senior Jack Mulvey said that his plan is to get "stronger," not just physically but emotionally, mentally, and spiritually. This is a common feeling that a lot of us highschoolers share. We are in such a transitional time in our lives that always improving becomes a must. I know personally I share this sentiment in that being so young I always feel that there is so much room to improve.

Working on oneself seems to be a common theme for many highschoolers going into the new year, such as junior Gabby Moreno. "For me, I just want to focus more on myself and put all my troubles in the past and not worry about what I can't control," Moreno said.

The reality as a high schooler that you cannot control everything and cannot help everything becomes a sobering reality. It's one I have personally struggled with and I'm sure many others can share this sentiment.

A big part of working on oneself is indulging in what you love.

"I am going to work on more of my artwork," sophomore Noura Doujaiji said of her New Year's resolution. "I have not been doing it much lately because I have been so stressed out with things. I want to start doing more of it to get better at it and also for me to heal more mentally".

I think many people underestimate just how stressful it can be



Photo by Engin Akyurt, Pexels.com

to be a highschooler. As Moreno stated, I myself often find it difficult to "do what I want to do and not worry about anything or anyone". In high school, we are all searching for a passion, but plainly put, it can be hard to find the appropriate time to do as such, especially with many high school students having to work

Senior Tyler Lovell relates to this well with his simple yet poignant New Years' resolution.

"Spend less and save more," Lovell said. "A lot of "things on top of gas add up to a crazy amount and really make a dent in my wallet."

Tyler is not alone with financial pressures as sophomore Brendan Fitzsimmons' New Years' resolution is also economically motivated.

"I need a job because I need money," Fitzsimmons said.

Overall, there will be much improvement coming from the students of the school at the top of the hill throughout 2023.









### **Pennies are Money**

By Michele Taranto

Pennies are money. It's a vintage term, but still holds true today. The accumulation of thousands of pennies from a Norwood school demonstrates the power

idea from Brendan, a student at the May Center School for Brain Injury and Neurobehavioral Disorders. He wanted to raise money for a charity, and while discussing the idea with Class 7 Teacher Matthew Soares, they both distheir non-kill philosophies and specialization in foster care and adoptions, and became more ex-

Now, how to raise the money for the organization?

Soares remembered the Penny War while teaching in Brockton as a fun and exciting way to get kids excited in fundraising. They also through in a twist, however. There would be three winners; if a classroom won any of the top three slots, they could pick an administrator to 'pie.' If an administration office placed in the top three, they could choose a teacher to 'pie.' As very good sports, there was not a shortage of teachers or administrators who volunteered as 'pie' people.

The event took place throughout the month of October, with standings updated each Monday morning.

1st Place: Operations Department-they pied teaching assistant Jonathan

2nd Place: Class 11-they pied Director of the Norwood School Andrea

vices Department Jeanine

Through the generosity, compassion, and efforts of Soares, Brendan, and the entire May

School student body, faculty, and staff, the 2022 October Penny War raised \$467 for the Bay State Animal Cooperative!

An idea, a passion, a cause. It all started with a penny.



of the penny, all thanks to some generous students and school staff who understand that a little adds up to a lot.

The Penny War began with an

covered they loved animals so an animal charity seemed the perfect fit. They found the Bay State Animal Cooperative, a Norwoodbased, non-profit group, Brendan more about the organization's

3rd Place: Class 7-they pied member of the Family Ser-



### **Medicare Start Date Changes** in 2023

Starting January 1, 2023, the start dates for Medicare Part B coverage will change. Coverage will start the first day of the month after a person signs up, if they sign up during the last three months of their Initial Enrollment Period (IEP) or during the General Enrollment Period (GEP).

Before this change, if enrollees signed up during the last three months of their IEP, their Medicare Part B coverage started two to three months after they enrolled. If an enrollee doesn't sign up for Medicare Part B during their IEP, they have another chance every year during GEP which runs from January 1 through March

What is not changing:

If enrollee is eligible at age 65 for Medicare, their IEP will still:

begin three months before their 65th birthday.



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include the month of their 65th birthday.

end three months after their 65th birthday.

If an enrollee is automatically enrolled in Medicare Part B, or if they sign up during the first three months of their IEP, their coverage will start the month they're first eligible. If they client sign up the month that they turn 65, their coverage will start the first day of the following month. This will not change with the new rule.

Learn more about these updates on the Medicare webpage at www.ssa.gov/medicare and the Medicare publication at www.ssa.gov/pubs/EN-05-10043.pdf.



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### Reflecting on the Wonderful Women of Norwood

By Karen DeNapoli, Laurie Kearney, Linda Rau, Norwood Historical Society

During this past year, it has been our privilege to learn about and bring forth these stories of the Wonderful Women in Norwood's history. Many of the women we have highlighted were born into wealthy families and were daughters of industrialists, were college educated, and were not expected to work,

or were married to men of great wealth and position. We were able to access and compile information on these women mainly through the accomplishments of their fathers or husbands. A few of these Wonderful Women were immigrants or daughters of immigrants that embraced their new country, and through different circumstances, used their talents to contribute to their new community.

We cannot forget the many nameless women who stepped out of their traditional roles to support their families during the absence of husbands and fathers because of war or sickness, the women who defended our country in the armed forces, and the health care workers who fought the deadly epidemic in 1918.

We owe a debt of gratitude to all the women in history for their sacrifices, their loyalty, and their hard work. Our lives have been made easier by them.

A list of the Wonderful Women highlighted in 2022: Anna Smith Day; Anna Tanneyhill; Clara Berwick; Anna Groote; Anna Ellis; Harriet Rogers; Gertrude Tanneyhill; Maude Shattuck; Mary Fogg; Emily Curtis Fisher; Agnes Curtin; & Martha Robie Winslow. If you missed any of these interesting article, they an be viewed at

the Norwood Historical Society website at https://norwoodhistoricalsociety.org/wonderful-women-of-norwood/ or in the Local Town Pages paper archive at www.localtownpages.com. Feel free to share these stories with anyone interested!

Thanks to Cashman Kerr Prince and George Curtis for their research and assistance in developing these stories.

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### What a Good Guy!

Norwood Police Department (NPD) would like to recognize one of our own for being the ultimate "Good Guy." Officer Austin Glaser was the recipient of the 13th Annual Chris "Kibby" Curran Good

Guy Award as part of the Friends of St. Nick event.

This award honors a person in the community of Norwood who best exemplifies the good nature of the late Chris "Kibby" Curran. It was often said of Chris that if you spent any time with him, you felt better for the rest of the day. The same can be said for Officer Glaser with his always upbeat attitude, energetic personality, and infectious sense of humor.

Congratulations to Officer Glaser as well as Matt Brown and Alex Brown as this year's honorees.







### **From the Norwood Senior** Center

### Kathleen's Outreach Letter

Hi, I hope you are all well. A few updates to get out of the way before I wish you all Happy Holidays.

Anti Scam Task Force Update - As you know Kerri and I have been working with town employees and community members to provide education and awareness of scams that are occurring in Norwood. The task force changed its name from the Senior Anti Scam Task Force to the Norwood Anti Scam Task Force. We will continue to focus on older adults but we want to share our information with others because residents of all ages have been victims of scams. The task force sent out a town wide mailing that you will receive soon if you haven't already. We recently were made aware of the following scams which impersonate someone you know or a company you've dealt with:

Email - You may receive an email from someone in vour contacts. It asks you to buy them a gift card because they can't get to the store. Just hit delete. If you feel you have to check into that, call your friend, don't reply to that email.

TV, Cable or Internet Provider - You receive a call and the caller ID has your TV. Cable or Internet Provider listed. They offer to lower your bill in exchange for a prepayment or fee. Just hang up, I don't know of any companies offering to lower your

BEST Buy Geek Squad - You receive a letter or email stating you will be charged hundreds of dollars to renew your Geek Squad membership. If you want to dispute the charge, they ask you to call a number and while you are talking to them they ask

### Thanks Amazon!

The Norwood Police Department gave a big thanks to the Norwood Amazon location (site DCB4) who generously donated to the Toys for Tots bin located at the station. #ToysForTots



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puter. First, don't call the number. Second, if anyone asks you to

It's not too late to submit an application. Please call or email me to get the list of documents you need to gather and then we can meet to complete the application.

Kathleen 781-762-1201 x3 krooney@norwoodma.gov

### Price increase clerk's office

Price increases effective January 1, 2023 – town clerk's officethe following price increases were accepted at the special town meeting: November 14, 2022 per mgl chapter 262, sec. 34.

Amendments/correctons to vital records: \$40.00

Marriage intention fees: \$40.00

Business certificate renewal: \$30.00

New business certificate: \$40.00 (Includes certified copy)

Town by-law books: \$10.00

Street list: Norwood resident: \$10.00, Out of town residents: \$20.00



## **Norwood Sports**

### **Norwood Lacrosse Player Selected To All-State Team**

By Christopher Tremblay

Norwood's Jakoby Dalton earned himself an opportunity to play with the Mass Bay Colonial's lacrosse team that will be participating in the Best of Texas Lacrosse Tournament in Houston, TX. Dalton, who is a seventh grader at Boston Trinity Academy, was selected to play with the team from over 200 athletes that represented 125 town lacrosse programs throughout Eastern and Central Massachusetts.

In order to earn a spot from the selection committee, athletes not only had to perform well at the tryouts, but they also had to submit recommendations from coaches, teachers, and community leaders. The Mass Bay Colonials were not only looking to bring the most talented youth lacrosse players to the tournament, but they also want athletes that could proudly represent Massachusetts on and off the field.

The 2022 Mass Bay Colonials boys' team will have 22 athletes representing youth lacrosse programs from 20 different towns throughout the area. According to Colonials founder and General manager Joey Picard, the team is

an extension of the communitybased youth league Mass Youth Lacrosse and was founded to promote and celebrate town-based lacrosse and the elite athletes that commit to the sport.

Dalton was only one of three seventh graders to earn a spot on the class of 2027, eighth grade team that represented Massachusetts in Houston to compete against the likes of teams from Texas, Oklahoma, and Missouri as well as many other teams. The Norwood native has been playing lacrosse since kindergarten when a neighbor gave him some old lacrosse equipment on Christmas Day.

"I was grateful for the gift and decided to try the sport out," Dalton said. "I found that I enjoyed it and was having fun doing it. The older kids were fast, and I wanted to be like them."

Playing in the Norwood Youth Lacrosse League, Dalton can usually be found playing right defense as he likes moving the ball up the field into the offensive attack. When the opportunity came up to try out for the travel team, Dalton jumped.

"It sounded like a really good



thing to do, and I figured that I'd be able to make the team," Dalton said. "I thin that it's really cool to be playing against a bunch of kids from all over the country."

The 2027 Boys team will be Coached by Nathan Kittler, who is the head coach at Natick High School and was named the 2022 Eastern Mass Coaches Association Coach of the Year. Kittler will be assisted by Ed McCarthy, a long-time youth and high school lacrosse coach who has been a Mass Youth Lacrosse Coach Education trainer over the past five seasons. Tom Spangenberg, the current Chair of Mass Youth Lacrosse Board of Directors, for-

mer president of the board and longtime Dover-Sherborn Youth Lacrosse Coach will also assist the team.

"As a league, we focus on many important facets of the game designed to grow lacrosse

LACROSSE continued on page 15



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## **Norwood Sports**

### New Season. New Coach. New Style.

By Christopher Tremblay

Last winter, the Norwood girls' basketball team not only won the Tri-Valley League (TVL) title under Amy Quinn, the Mustangs earned themselves the number one seed in the Division 2 State Tournament. Norwood cruised through the tournament as the favorite beating Dartmouth by 20 points, Amherst-Pelham by 12, North Quincy by 18, and Whitman-Hanson by 5 to reach the state finals. Unfortunately, the Mustangs were upset by Oliver Ames 53-48 in that final contest.

While losing athletes to graduation is a normal, the Mustangs also said goodbye to their coach who stepped down this season. Despite Quinn's departure, Norwood should not miss a beat as Kristen McDonnell will be taking over the reigns and call out plays from the courts sidelines this season. McDonnell, who has been the Norwood boys coach, also guided her squad to the state finals game only to lose to Malden Catholic, the number one seed. Although she had been coaching the Norwood boys basketball team for the past few years, Mc-Donnell previously coached the Braintree girls basketball team for 10 years, where she had more than her fair share of success.

While she will not have the likes of Meghan Olbrys or Erin Reen at her disposal this season, Norwood does have a good core of athletes that will be returning to the court.

"I am bringing a different style than they've had in the past, so I am going to need everyone to step up and play all positions to be interchangeable," the incoming Norwood Coach said. "I want to be able to push the ball on both sides making the opposition uncomfortable."

Caroline Forest, the only senior returner, will play the forward position once again for the Mustangs and bring her aggressive play on the boards to the court.

Juniors Alexia Coras, Lauren Reen, and Tricia Wladkowski should be able to bring that fast paced energy to the courts this year giving the team that quick up and down the floor that Mc-

Donnell will be looking for. Junior Sophia Vindetti and sophomore Ava O'Neil will take to the courts as wings or forwards this season, and according to the McDonnell, they are both poised players who bring a smartness to the court and can run the team's offense.

Norwood will also have a strong group of freshman athletes looking to show what they have in hopes of making the squad.

"The incoming freshman class are all ballers; they play a lot of basketball and make good decisions on the floor," McDonnell said. "They get after the play on defense and bring a scrappiness from the soccer field."

McDonnell believes that her team is a little undersized so they will need to keep the opposition away from the basket as much as they can while on defense, but on the offensive side of the ball the girls are fast and good in transition

"Watching them in camp and scrimmages, I found that the speed of the girls is amazing," McDonnell said. "None of them have let up and they just keep going. We can use our speed to make the other teams uncomfortable in their passing."

As the season gets ready to get underway, McDonnell's goals in terms of intangibles is to secure more wins than loses while earning themselves a spot in the tournament. Once they get there, who knows what can happen.

"Coach Quinn did a great job with the team last year and I am still learning their strengths, but we should still have a shot at winning the TVL," McDonnell said. "We may have a bullseye on our backs for winning it last year, but we're definitely up to the challenge."

Although the Norwood girls did not bring home the Division 2 state trophy to Nichols Street, the new coach believes it could be beneficial for the team.

"Coming into this year, I believe that its is a good thing that they didn't win it all last year," McDonnell said. "They've had all year to let it marinate and now they are coming in much hungrier."

With the recent run through the state tournament and a coach who has seen her share of winning, Norwood looks to be poised for a year like no other.



### LACROSSE

continued from page 14

and honor its sacred traditions," Spangenberg said. "The Colonials is one such example of how we are uniting our towns and prioritizing teaching the skills in a fun environment while promoting the importance of character, community, and camaraderie. We are thrilled to bring the finest athletes and coaches from our small community to a much larger one in Texas."

During the Texas Tournament, the Colonials went 3-1

with three very impressive wins only allowing one goal. Their only loss (8-4) happen to come on their third straight game of the day in 80 degree plus weather against a team that was playing in its first game of the day. The three wins would have gotten the Massachusetts-based team into the championship game against the one team that they lost to, but unfortunately, bad weather put a halt to that. The rains came down quite heavily and flooded a nearby river which also helped to flood the fields leaving the tournament with no place to play.

Having taken part in other

tournaments in New England, Dalton was hoping that the Colonials could have come home from this tournament in Texas with a championship.

"It was a great experience and I met a lot of kids who I am hoping to see in future tournaments," Dalton said "The defense didn't see all that much action as the offense was so good, but we did our job stopping the opposition when they came into our end. Not getting to play in the championship was upsetting as we wanted to go down there and win it all and bring a championship back to Massachusetts."



### You Left Quite an Impression Tom McQuaid

The Town of Norwood said goodbye to Tom McQuaid in December. McQuaid gave so much of his time and knowledge to Norwood, both as CFO and in the many committees and sports organizations he served on and coached. His death is a great loss to the Town; a big thank you for sharing him and condolences to the McQuaid family.

McQUAID, THOMAS J. of Norwood, MA, passed away on Dec. 19th after a brief battle with cancer. Husband of Sue Wilson McQuaid, father of TJ Mc-Quaid and his wife Christine of Mansfield and Kristen McQuaid of Norwood. Grandfather of Caroline, Dillon, Julia, Jack and Brooke McQuaid of Mansfield. Brother of Dan McQuaid and his wife Carol of No. Andover, Ed McQuaid and his wife Jane of Norton, John McQuaid and his wife Alicia of Lowell, Patti Owens and her husband Kevin of Mansfield and Bob McQuaid

and his wife Pam of Scituate, and great brother-in-law and uncle to more than two dozen nieces and nephews. Tom was a graduate of Norwood High School Class of 1971 and received his BA and MBA from Babson College and an MST from Bentley College. He spent his career in Finance, most recently with the Boston Biomedical Research Institute and the Forsyth Institute before finishing his career as the CFO of Norwood. He was active in many local and national professional organizations throughout his career. He was also deeply devoted to his family and friends, loved to travel, was an avid Patriots fan and season ticket holder and always found the good in every person he met. Tom loved his hometown of Norwood and served on the Finance Committee and Board of Selectmen for many years. He also coached youth basketball and baseball and served on various other committees in the town. His generous and kind spirit and quick wit touched many lives and will be sorely missed. Bright colors are most welcome at all services as we celebrate his life and resurrection. Visiting hours and the funeral Mass were held Dec. 22 and 23. Interment Highland Cemetery, Norwood. In lieu of flowers,



donations may be made to The Norwood Circle of Hope Foundation, PO Box 421, Norwood MA 02062, or the Ecumenical Community Food Pantry of Norwood, 150 Chapel St., Norwood MA 02062.





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### TAKE OUT PLATTERS • CATERING • FUNCTIONS

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

STARTERS Garden Salad Beet & Goat Cheese Caesar Salad Greek Salad Greek Salad Crazy Wings Boneless Wings Sliders Meatballs Sausage, Peppers and Onions PLATTERS Chicken Broccoli Alfredo and Pasta Shrimp Broccoli Alfredo and Pasta Chicken Broccoletti and Pasta Vegetable Broccoletti and Pasta Vegetable Broccoletti and Pasta Pasta and Meatballs Chicken & Sausage Cacciatore Eggplant Parmigiana and Pasta Combo: Chicken-Eggplant Parmigiana Combo: Veal-Eggplant Parmigiana	\$50/\$95 \$50/\$95 \$45/\$85 \$50/\$95 \$60/\$115	Veal Parmigiana and Pasta Chicken Piccata and Risotto Veal Picatta and Risotto Cod Picatta and Risotto Pasta Primavera with Chicken Pasta Primavera with Shrimp Chicken Fingers & Fries Mac & Cheese (Chicken) Chicken Marsala (potato & vegetables) Veal Marsala (potato and vegetable) Steak Tips (potato and vegetable) Steak Tips (potato and vegetable) Glazed Salmon (potato and vegetable) Baked Cod (potato and vegetable) Salmon (potato and vegetable) Salmon Picatta and Risotto	\$60/\$115 \$50/\$95 \$60/\$115 \$60/\$115 \$60/\$15 \$65/\$120 \$40/\$75 \$45/\$85 \$55/\$105 \$50/\$95 \$60/\$115 \$60/\$115 \$60/\$115 \$60/\$115 \$60/\$115
Parmigiana	\$70/\$135	Salmon Picatta and Risotto price is subject	

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.

**521 Washington Street, Canton** 781-821-2300 www.rosettasrestaurant.com

### **New Members Welcome to Charles River Chorale**

Open Rehearsals in January

The Charles River Chorale will begin rehearsals for its Spring, 2023 season and is actively recruiting new members who are seeking a new community and musical opportunity.

The non-audition chorale group will begin open rehearsals on Tuesday, January 17, 7:30-9:30 p.m., at the Church of Christ, 142 Exchange St., Millis. Three additional open rehearsals will take place on January 24, 31, and February 7 to allow interested new members an opportunity to explore what the chorale has to offer.

Under the leadership of director Ashley Nelson-Oneschuk, the Charles River Chorale is in its 39th year as a non-profit 501(c)3 chorale. Nelson-Oneschuk, a music professional in her 7th year with the Charles River Chorale, is also the choral director for Medway High School. She said the pan-

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demic put a lot of things in perspective for music educators.

"More than ever I am focused on cultivating a joyful community first, with excellent musical experiences as the vessel to achieve this," Nelson-Oneschuk said.

Charles River Chorale members hail from many area communities, and they range in age from high school students to octogenarians. The group typically holds winter and spring concerts, with the Spring, 2023 concert planned for Sunday, May 4.

The Charles River Chorale rehearses on Tuesday evenings, from 7:30-9:30 p.m. at the Church of Chris,t in Millis. Membership dues for the non-profit organization support operating costs. There are no dues for high school students, and scholarships based on need are available. There is also a separate children's choir for children in Grades 2 through 6.

For more information about the organization and the upcoming open rehearsals, visit https://www. charlesriverchorale.com. Sponsorships and advertising opportunities are available.



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### **Calendar of Events**



#### Jan 4

#### Conversation with Jennifer Lynn Barnes Morrill Memorial Library (Virtual) 7 p.m.

Enjoy a special evening with two of the country's top young adult authors as Maureen Johnson (*Nine Liars*) is interviewed by Jennifer Lynn Barnes (*The Final Gambit*).

To register, call the Reference Desk at 781-769-0200, x2, or online at www.norwoodlibrary.org/morrillcalendar/.

### Jan. 6

#### Music with Sarah Morrill Memorial Library 10:30 a.m.

Join the Norwood CFCE for a morning of music and movement with Sarah Gardner. Little friends will have a chance to sing and dance and try some musical instruments. For birth to pre-k. This program is free but registration is required. To register, email your child's name and date of birth to Marie Kidd (mkidd@ norwood.k12.ma.us)

#### National Bean Day Civic Center 6 p.m.

Learn some fun facts about beans! Take home a bunch of recipes for beans. The evening will also include making a picture using dried beans on a predesigned image or creating an original design! For grades 1-4. Fee: Res: \$10/ NR \$15. To register, visit https:/norwoodma.myrec.com/ info/default.aspx, or in person at the Civic Center, 165 Nahatan St.

#### Parents 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! For grades K-2. Fee: Res: \$20/NR: \$25. To register, visit https:/norwoodma.myrec.com/info/default.aspx, or in person at the Civic Center, 165 Nahatan St.

### Jan. 7

#### VFW Post 2452 Meat Raffle 193 Dean St. 2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

### Jan. 10

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

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

#### Democracy Talks: Immigrants' Rights Morrill Memorial Library (Virtual) 7 p.m.

On September 14, 2022, Governor Ron DeSantis (FL) routed approximately 50 asylum seekers from San Antonio, TX, to Martha's Vineyard, MA. Professor Sarah Sherman-Stokes, associate director of the Immigrants' Rights & Human Trafficking Clinic at Boston University School of Law, will share the legal implications of DeSantis's actions and current issues in

asylum law and policy. To register, call the Reference Desk at 781-769-0200, x2, or online at www.norwoodlibrary.org/morrillcalendar/.

#### Jan. 13

#### Parents 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! For grades 3-5. Fee: Res: \$20/NR: \$25. To register, visit https:/norwoodma.myrec.com/info/default.aspx, or in person at the Civic Center, 165 Nahatan St.

#### Jan. 14

#### VFW Post 2452 Meat Raffle 193 Dean St. 2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

### Turn the Page Book Group-'The Children's Blizzard'

### Morrill Memorial Library 10 a.m.

This month's discussion will be 'The Children's Blizzard,' a novel written by Melanie Benjamin. To register, call the Reference Desk at 781-769-0200, x2, or online at www.norwoodlibrary.org/morrillcalendar/. For more information, email Patty Bailey at pbailey@minlib.net or call 781-443-8864.

#### Turn the Page Book Group-'The Children's Blizzard' Morrill Memorial Library 6:30 p.m.

This month's discussion will be 'The Children's Blizzard,' a novel written by Melanie Benjamin. To register, call the Reference Desk at 781-769-0200, x2, or online at www.norwoodli-brary.org/morrillcalendar/. For more information, email Patty Bailey at pbailey@minlib.net or call 781-443-8864.

#### Jan. 20

### Friends January 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 & desserts are served and there are also door prizes. For more information on the 'Friends,' visit their Facebook page at Friends Of The Norwood Council On Aging | Facebook

#### Jan. 21

#### VFW Post 2452 Meat Raffle 193 Dean St. 2-5 p.m.

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

### Jan. 24

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

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

### Author Panel Discussion: Hopepunk Morrill Memorial Library (Virtual) 7 p.m.

Do you wish you felt more hopeful about the state of our world? Hear from Renan Bernardo, Brianna Castagnozzi, Susan Kaye Quinn, and T. K. Rex—they're writing hopepunk stories that challenge us to look up from our doomscrolling and envision a future filled with defiant optimism! To register, call the Reference Desk at 781-769-0200, x2, or online at www.norwoodlibrary.org/morrillcalendar/.

#### Titles on Tap Book Group - The Woman in White Napper Tandy's 7:30 p.m.

The January title is 'The Woman in White,' by Wilkie Collins. This title has been released many times over the years with various accompanying introductions and commentaries. Pick up whichever edition you want just as long as the story itself is unabridged Note, if meeting in-person unworkable due to weather or COVID concerns, we will meet virtually via Zoom. Please email Liz with any questions, lreed@minlib.net.

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.

### Jan. 27

#### Sensory-Friendly Friday Movie at the Library 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. Join in for a sensory-friendly Friday movie at the Library, a program specially designed for adults with intellectual and developmental disabilities. The January movie is the Disney hit Jungle Cruise, rated PG 13. Recommended for ages 18 and up. To register, call the Reference Desk at 781-

### **CALENDAR**

# Norwood was transformed again into a magical setting on Dec. 5, at the Circle of Hope Luminary Night.

The event was postponed from Friday to Sunday due to weather conditions, but residents came out to donate, remember, stroll the Town Common, and celebrate the season of giving.









### **CALENDAR**

continued from page 18

769-0200, x2, or online at www. norwoodlibrary.org/morrillcalendar/.

#### National Chocolate Cake Day Civic Center 6 p.m.

Learn some fun facts about chocolate cake. Take home a

bunch of different recipes and sample a few different kinds of chocolate cake from local businesses. ALLERGY ALERT: This program may have some kind of nuts/ peanut butter in the cakes or baked in a facility that uses nuts. For grades 5-8. Fee: Res: \$15/ NR \$20. To register, visit https:/norwoodma.myrec.com/info/default.aspx, or in person at the Civic Center, 165 Nahatan St.

#### Jan. 28

#### Blessings Boutique Thrift Shop First Baptist Church, 71 Bond St., Norwood 10 a.m.-noon

Come and discover warm, fashionable clothes, housewares, books, linens, bedding, puzzles, and so on. Everything is clean and in good condition. You'll be amazed at all the shop has to offer!

#### VFW Post 2452 Meat Raffle 193 Dean St. 2-5 n m

The price for each drawing is \$2. Ten drawings are conducted each Saturday. A pre-buy for \$20 is available during the week at the Post. The pre-buy allows for entrance in all ten drawings conducted on Saturday. The winners of the pre-buys need not be present to win. The prizes are

generous portions of meat and chicken. The Drawings also include a 50/50 money raffle. A separate Winner Takes All Raffle is conducted at the end for an additional \$5. The Meat Raffle is open to the public and everyone is welcome.

### **Suits for Success" Program Makes Clothing Donation**

Norfolk County Register of Deeds William P. O'Donnell donated 10 full suits and more than 40 other articles of business attire to Father Bill's & MainSpring (FBMS) through the "Suits for Success" program during a tour of the construction site for the Yawkey Housing Resource Center on Nov. 17.

"The Suits for Success' Program and Father Bill's & Main-

Spring share a common goal, which is to provide individuals who are struggling with homelessness or are at risk of homelessness with the opportunity to succeed and find independence," Register O'Donnell remarked. "We're happy to assist Father Bill's & MainSpring with this clothing donation."

The "Suits for Success" program, developed by Register Wil-

liam O'Donnell in partnership with several local charities, collects donations of suitable clothing to be distributed to groups like Father Bill's & MainSpring and to individuals who may need appropriate attire for employment interviews.

During the event, John Yazwinski, president and CEO of FBMS, led Register O'Donnell on a tour of the ongoing construction of the Yawkey Housing Resource Center. The project will consist of two buildings: the first is a resource center, and the other building will consist of 25 to 30 apartments for permanent housing. The Housing Resource Center will include two dormitories, a medical clinic, showers, a laundry area, and a commercial kitchen.

"It means a lot to us to have the support of the local community and to know that others see the value in a project like this,» Yazwinski said. "A value that encompasses not only the immediate benefit of offering a place to stay for those who are struggling with homelessness, but also the resources that this facility will provide to assist individuals in achieving self-sufficiency."

The Yawkey Housing Resource Center will provide those in need with healthcare, meal services, young adult services, education services, veteran services, and substance abuse treatment.

"Projects like 'Suits for Success' and the future Yawkey Housing Resource Center are truly needed, and it's a great resource for helping people enhance their opportunities in life," Register O'Donnell said.

Since February 2009, the "Suits for Success" program, in partnership with Interfaith Social Services of Quincy, Father Bill's & MainSpring of Quincy and Brockton, the Boston Veterans Administration's Healthcare System Voluntary Service Program, and InnerCity Weightlifting, has collected more than 9,000 articles of clothing.

"We've learned over the last decade that programs like 'Suits for Success' work," Register O'Donnell said. "This program has given many people the confidence to take the next step in their lives, and we hope it can continue its successful mission."

To donate to "Suits for Success," individuals may bring their donations of business-appropriate attire for men and women to the Norfolk County Registry of Deeds, 649 High St., in Dedham, between 9:30 a.m. and 3:30 p.m., Monday through Friday.

Clothing donations must be clean, without stains, in style, on hangers, or neatly folded. The donation may also be placed in either re-usable tote bags or green plastic bags. Suggested donations for men include suits, dress shirts, pants, and ties. Donations for women include suits, dresses, blouses, skirts, and women's dress pants.

"I thank all those who donated to our 'Suits for Success' program, and I hope other local residents and businesses will consider making a clothing donation," Register O'Donnell concluded. "I feel like this program can truly make a world of difference in someone's life."





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# Real Estate Corner

### **How Land Documents are Recorded**

Norfolk County Register of Deeds William P. O'Donnell recently explained the behind-thescenes process that happens each day at the Registry of Deeds as the trained Registry staff record documents as expeditiously and accurately as possible.

Whether the document in question is a deed, mortgage, homestead, mortgage discharge, or any other type of land document, the staff at the Norfolk County Registry of Deeds is trained to quickly recognize the type of document in order to

There are two categories of land records in Massachusetts: recorded and registered. All land is in one category or the other, but it is possible for a single parcel to include both types. Recorded land comprises about 80% of the property in Norfolk County. Recorded land instruments are assigned a book and page number, while registered land documents are given a document number and noted on a certificate of title.

All land documents, both recorded and registered, are indexed with the names of all parties, the property address, and the type of document. The indexing process includes three stages: first entry, which adds the document type and grantor, usually the person who signs the document; second entry, which verifies the first entry, adds a description, and adds a book and page reference when necessary; and document processing, which puts all the documents that have not been e-filed in order and scans them into the computer system. Once the scanning process is complete, all documents, including e-files, are verified to ensure accuracy.

The resulting images are available for viewing and printing from public access terminals at the Registry and on the internet. In addition, the Registry microfilms all documents and continues to produce record books. Since 2003, the Norfolk County Registry of Deeds has recorded over 3.5 million documents.

"It should also be noted that the Registry does not draft land documents," Register O'Donnell said. "The Registry of Deeds is in the business of recording land documents only. If an individual is unsure if a drafted land document, particularly a deed, is in proper order, it may be prudent to have a lawyer familiar with real estate law review the document for its accuracy. A simple mistake on a deed, for example, could lead to a major problem.

Our trained recording staff is more than happy to record your land documents. Land documents are recorded in an expeditious manner once they arrive here at the Registry."

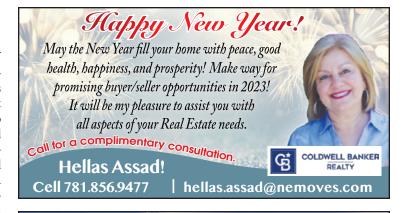
### Total documents recorded

iotal documents recorded					
200333	32,335				
200433	35,090				
200522	21,349				
200620	01,502				
20071	79,787				
20081	55,442				
20091	52,524				
20101	58,614				
20111	72,581				
201218	31,021				
201320	02,856				
201414	48,700				
20151	50,278				
201610	50,157				
201710	55,302				
201814	46,421				
20191	38,188				
202010	50,879				
202120	07,322				
202210	52,148				

The Norfolk County Registry of Deeds receives and records hundreds of thousands of documents each year. These documents are delivered in person, by mail, or electronically. It is the main resource for attorneys, title examiners, surveyors, mortgage lenders, municipalities, homeowners, and others with a need for secure, accurate, and accessible land record information.

"The importance of having knowledgeable staff members, like we have here at the Registry, can't be understated; it is vital not just to the functioning of the Registry but to the individuals who rely on the accurate recording of land documents," Register O'Donnell properly index it among the millions of documents archived at the Registry.

"As the depository of over eight million land documents, there are certain basic steps that need to be followed when submitting a land document for recording," Register O'Donnell noted. "First and foremost, the document needs to be associated with one of the 28 communities comprising Norfolk County. In addition, the document must be an original; we will not record photocopies or documents submitted via fax. Please note that in many cases, land documents require signatures to be notarized before they are recorded."



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- How to obtain a mortgage

- Learn local marketing trends
- A referral for an out of town/state Realtor
- How to sell before buying
- Home improvements/ vendor referrals
- Personalized realty plan specific to your needs



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This time of year is about spending time with family and friends. It's about creating happy memories that will last a lifetime. Happy Holidays to you and your family!



Veronica McElaney Cell: 617-605-1610 eronicalajĥomes@gmail.com

LAND

continued on page 22

# Real Estate Corner

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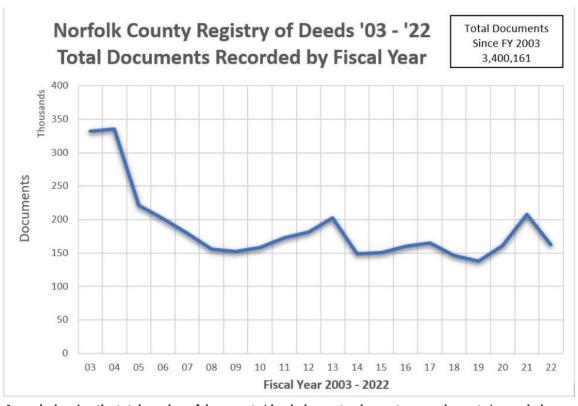






### LAND

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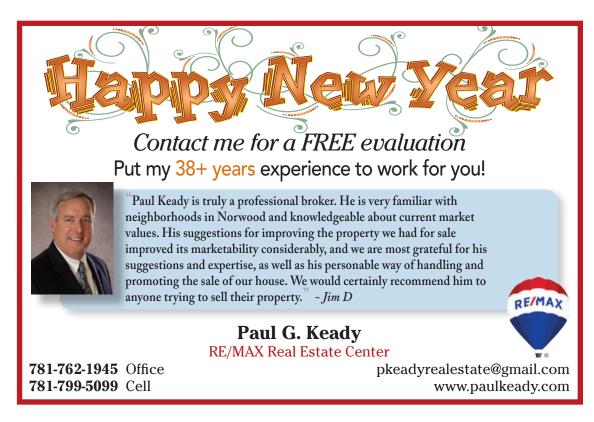


A graph showing the total number of documents (deeds, homesteads, mortgages, plans, etc.) recorded by the Norfolk County Registry of Deeds by fiscal year, July through June. The graph also shows the total number of deeds recorded since fiscal year 2003 and as of fiscal year 2022. (Graphic Courtesy of the Norfolk County Registry of Deeds)

To learn more about these and other Registry of Deeds events and initiatives, like them on Facebook at facebook.com/Norfolk-Deeds or follow on Twitter at twitter.com/NorfolkDeeds and/or Instagram at Instagram.com/NorfolkDeeds.

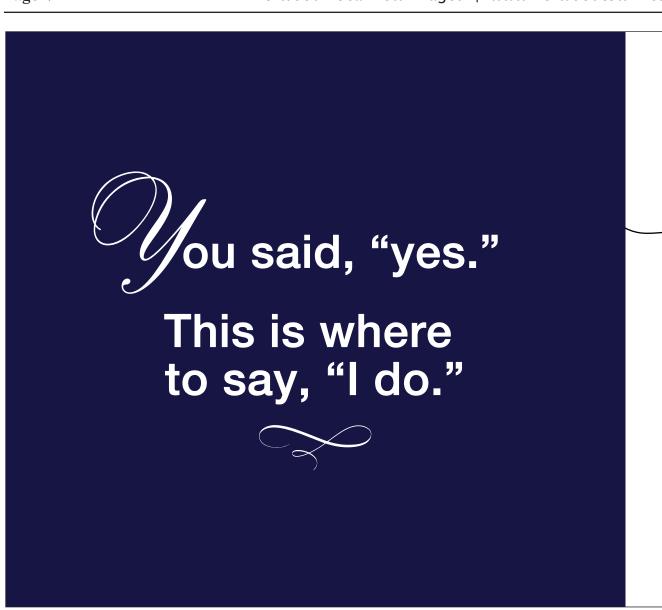
The Norfolk County Registry of Deeds is located at 649 High St., in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information. All land

record research information can be found on the Registry's website www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at 781-461-6101, or email registerodonnell@norfolkdeeds.org.















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