

GRAND OPENING

HUMAN MILK BANK DEPOT



RELIABLE MATERNITY, NORWOOD, MA.

Community Milk Depot Opens in Norwood

BY BETSY MILLANE

In 1986, a baby boy was born prematurely in Chicago. His mother was sent home and he remained behind in the NICU, but he was fed his mother's expressed milk via a bottle or feeding tube. The hospital was 25 miles away, so family members retrieved the milk and made the journey with the precious ounces.

On one trip, traffic and parking made a particular uncle anxious. He entered the hospital,

frantic to make the delivery, but was banned from getting the elixir to the NICU. Parents only, he was told. Flustered, he blurted: "But- I'm the Milk Man!" and gained entrance.

The Milk Man with precious ounces indeed.

Mother's milk is often the best option, if possible, especially for babies who had difficult deliveries, are ill, premature, or for other reasons, not ready for formula. Fragile baby's intestines are

often not amenable to formula. With the shortage of formula, it's more important than ever for a new mother to give breast feeding a try.

But what if you can't breast feed?

Breastfeeding, all agree, isn't easy. And it isn't always an option. Should a mother have her own health issues, it might not be

MILK DEPOT
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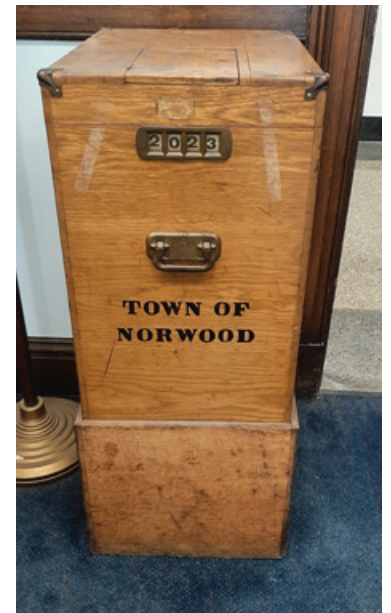
Nomination Papers Available for Annual Town Election

BY MICHELE TARANTO

Interested in local politics? Have ideas for Norwood? Or maybe, looking to have a voice or simply give back to a town that offers its residents so much? Running for a Norwood office seat is just the opportunity! The 2023 Annual Town Election will take place on Monday, April 3, but now is the time to commit.

In order for candidates to compete for a major office, they must pull and submit nomination papers from the Board of Registrars, Town Clerk's office, in Town Hall. Major office candidates must obtain at least 50 registered Norwood voters to sign the form in their support. (The Town Clerk recommends obtaining additional signatures as some supporters may not be registered voters).

There are openings in all precincts for Town Meeting Members. Anyone looking to run as a Town Meeting Member who is not a candidate for re-election, must obtain 10 signatures of qualified voters in their precinct. Before nomination papers are circulated for sig-



natures, all the information on the top of the nomination paper must be completed by the candidate.

Completed nomination papers are due by Monday, February 13, 2023, by 5 p.m.

ELECTION
continued on page 3

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and by Mar. 9th (for 03/11)

MILK DEPOT

continued from page 1

possible to nurse her baby.

And babies need to be fed.

Enter: Mother's Milk Bank which opened its doors December 7, 2022, in Norwood. Mothers' Milk Bank Northeast, a donor milk depot at Reliable Maternity, located at 1504 Boston-Providence Turnpike, Suite 7B Norwood, MA.

The nonprofit milk bank collects milk from mothers who have more supply than their babies need. They screen their donors. The approved donors then drop their milk off at a local depot, which are small, localized settings ready to receive the donations.

A local, all women's bike club, Moving Violations, brings it to the hospitals.

"We are grateful and delighted to be partnering with the team at Reliable Maternity," Deborah Youngblood, Executive Director of Mothers' Milk Bank Northeast said. "They recognize the critical need to promote breast milk donation so that there is ample supply for the tiny babies who rely on us for a healthy start in life. Milk donor screening, modeled after blood donor screening, includes health history, physician approval, and a blood test. No one is paid for

donating the milk, there is no profit in this endeavor."

How did this get started?

In 2006, Naomi Ball Young learned all she could about the importance of milk donation, and started the first Human Milk Bank of North America. The program was accredited in 2011 and follows all the rules of safety.

The milk bank is not the only way to share excess milk. It's possible to donate privately, screened by the lactation /coach nurse she used herself.

A donor had this to say when asked how she learned of this possibility.

"I had a friend who had an oversupply and donated," anonymous donor said. "I thought, why not? My breastfed children were in the 99th% for growth, why not share this milk?"

The triple-demic - Flu, RSV, and Covid, convinced me to breast feed as I believe the baby gets the mother's immunities to fight off these viruses. The shortage of formula makes it even more important to breastfeed - there were no other options".

But why donate, I asked her?

"Because I found breastfeeding to be a life changing experience," she said. "After giving birth, I thought anything was possible. There's something so powerful about the entire experience. Nursing was astonishing. My baby did get RSV and it made me feel help-

less. Knowing I was doing all I could by nursing her, the one thing I could do, was comforting for me.

Mothers face a lot of challenges these days. Between work, the pandemic, family, lack of family support, they need help. This is my way of helping others".

I had a healthy baby after a complicated delivery," A donor mild recipient said. "I breastfed, and initially she was on track with her weight, but seven weeks in, she was not gaining weight the way she should. I tried everything to increase my supply, but finally, after following all the expert's advice, my lactation consultant recommended I considered donor milk. My lactation coach knew of a healthy mother who had an abundant supply and I went to her. The milk was good, it supplemented my nursing and a month or two later, my supply was up and I was able to breastfeed 100%"

For mothers who donate, this process is a powerful contribution, giving their milk to other women. They feel proud, and feel good about what they can do. Helping vulnerable babies and mothers is empowering. One mother said she feels she is "giving together."

There is this potent connection between mothers, sharing and caring for newborns beyond their own. How perfect to have resources that can benefit families looking to feed their babies, and it all starts right here in Norwood.

A VIEW FROM THE HILL
The Study, Study, Study, or Work, Work, Work?

By AUSTIN HENRY

It is not uncommon for many students to pick up an afterschool job in order to make a few bucks. The reality of this seems is incredibly long days consisting of seven hours of school, followed by another five hours of work. That ends up being a 12-hour day which can sometimes be a lot for a functioning adult. So how do kids who are between 14-18 even dream of handling this?

Junior Lyla Fagan, who has spent most of her time in high school working a part-time job, works 4-6 hours after school on weekdays. While available free hours often compete with each other, according to Fagan, being busy actually works to her advantage.

"It [working] doesn't affect me much," Fagan said. "If anything, I feel more productive by the end of the week when I have all of my work done and I made some money."

Junior Kate Gaspa, sings a similar tune as Lyla, however, juggling both commitments can often be challenging.

"It [working] gives me something to do when I am bored," Gaspa said. "But it can be very stressful getting days off of work for school-related stuff".

The binding nature of a job can be hard for a high schooler, especially because this is a time of your life when change is happening all the time.

Balancing sports, clubs, and other activities on top of this can be difficult as well especially because sports schedules aren't always super consistent and can sometimes be a dart board of different times and days. This makes it difficult to work a job that has very strict hours and days that you need to be working. As Fagan said "it's all about managing your time correctly".

With all of this combined, sophomore Brendan Fitzsimmons says struggles finding time to spend with family and friends with other obligations taking up so many hours in the week.

"I feel like working and going

VIEW FROM THE HILL

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ELECTION

continued from page 1

Current open seats for major offices:

Selectmen

(2) 3-year terms available

Moderator

(1) 1-year term available

Board of Health

(1) 3-year term available

School Committee

(2) 3-year terms available

Finance Commission

(1) 3-year term available

Planning Board

(1) 5-year term available

Morrill Memorial

Library Trustee

(2) 3-year terms available

Constable

(1) 3-year term available for current position

You must be a registered voter to run or participate in Norwood elections.

The last day to register to vote in the town election is Friday, March 24, 2023. For more information on voting in Norwood, visit norwoodma.gov/departments/town_clerk/voting_and_elections.

VIEW FROM THE HILL

continued from page 2

to school makes it difficult to hang out with friends and family," Fitzsimmons said.

Although, Fitzsimmons' answer was very decisive when asked if all the juggling is worth it.

"Yes, because working gives me experience that I'll need in the future, and money," Fitzsim-

mons said.

Lack of money appears to be the main motivator for taking on a job for high school students, whether they're spending money on their family, college, or even just a movie with friends, expenses all add up quickly.

Do you think that high school students should work? Is it valuable experience or should kids be left to play?

That is this month's View from the School on the Hill!

RECENT NORWOOD TRANSACTIONS

420 Pleasant St. \$470,000	29 Morningside Dr \$630,000
121 Washington St \$465,000	15 Highland St \$685,000
46 Irving Street \$475,000	36 Clapboardtree St \$650,000
16 Oak Rd. \$490,000	12 Devon Rd \$825,000
27 Audubon Rd \$555,000	7 Fortune Dr \$850,000
173 Prospect St \$557,500	13 Rose Court U:13 \$410,000
5 Blossom St \$605,000	65 Winslow Ave U:1 \$460,000
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11 Prospect St \$625,000	

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Norwood Utility Payment Address Change

If you pay your Norwood utilities (electric, water/sewer, broadband), online through your bank, note that the payment address has changed. This new remit address went into effect January 1, 2023.

New address:

Town of Norwood
P.O. Box 986539
Boston, MA 02298-6539

Be sure to update any online banking records to ensure proper credits to accounts.

For questions, contact customer service at 781-948-1200

Senior Corner

Senior Center Weather Policy

Just a reminder, when the schools are closed due to inclement weather, The Norwood Senior Center will also be closed. The Center is open, however, during school vacations. Should the Center be closed for the day, the voice mail greeting on the front desk (781-762-1201, option 5), will be modified with the change for that day.

If there is any doubt, feel free to call and press option 5!

Stay Updated!

Stay updated on all that is happening at the Norwood Senior Center through the monthly newsletter!

The newsletter is available in the Center lobby as long as supplies last but there are several other ways to find out what's happening!

Would you like the newsletter mailed to your home? It can be done! The cost is \$10 for the year to cover postage. Cash or check is accepted. Make checks payable to "Norwood Senior Center."

The newsletter is also available on the town website: norwoodma.gov. Scroll down and look for the long blue box on the left, click on "Senior Center." Look for another long blue box on the next page, scroll down and click on "newsletter." Then, click on the month you'd like to read.

To be notified that the newsletter is available, go to the town website, find "residents" toward

the top, then click on e-notify. Enter your email and click on any updates you'll enjoy. You'll receive an email alerting you to updates when they are released.

Medical Appointment Transportation

Out of town medical rides are available to Norwood residents who are 60 and older.

- Available Monday through Friday.
- A minimum of 72 hours (3 working days) advance notice is required. Rides are not guaranteed: Canton, Walpole, Westwood, Dedham, Foxboro, Newton and Needham.
- Caregivers are welcome to accompany rider.
- Walkers and transport chairs are allowed but rider must be able to get into and out of the van independently. The van is not wheelchair accessible.
- Masks are recommended while riding in any town vehicle.
- New phone number for out of town rides: 781-762-1201, x6.

The Norwood Senior Center is located at 275 Prospect St., Norwood. It is open Monday through Friday, 8 a.m.-4 p.m. For more information, call 781-762-1201, visit their town website at www.norwoodma.gov/residents/senior_center/index.php, or email seniorcenter@norwoodma.gov.

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Save the Date! Dancing is Coming!

BY BELLA CAGGIANO

Norwood.

The announcement of the 2023 Dancing with the Norwood Stars contestants has arrived early, which can only mean, more fundraisers, more events, more donations to the Norwood Circle of Hope!

They are doing their part, so how can Norwood neighbors

This year's Norwood residents who will be showing off their dance moves are:

Abigail Tierney, Lynne Parisi Anderson, Carlei Dimarzo, Isaac Romero, Matt Lane, and Steve Schatvet!

For the next three months, these six people will endure hours of training with professional dancers in preparation of the April event Friday, April 7, 7 p.m., Four Points by Sheraton,

help? Give them your support over the next three months fundraiser to be the 2023 Champion of Dancing with the Norwood Stars. It could be through events, raffles, and other means to raise money for the organization. For



each dollar donated, they receive a point which will be added to their dance scores. On performance night, two winners will be crowned: an Overall Winner for the person who raises the most money and the Judges Choice for the best single dance.

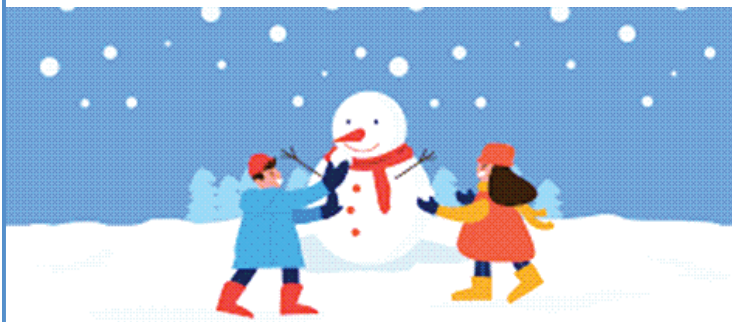
Stay updated with all the Dancing with the Norwood Stars

news through their Facebook page at www.facebook.com/NorwoodCOH and each contestant's personal social media. More information and backgrounds to come in next month's Local Town Pages issue!



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- I am a lifelong resident of Norwood. Norwood High Graduate Class of 1977
- I have been a town meeting member a number of years and the Sign-by-law committee for years as well.
- Winner of Anne T. Lydon Volunteer of the Year Award 2015
- Building Team Member of the Walter J. Dempsey Bandstand
- Active in Youth Sports Programs: Soccer, Little League, Youth Football
- Volunteered to Upgrade Interior of the Balch School
- Organized the Town Fishing Derby
- Assisted with Building the River Walk along Hawes Brook
- 50th President of the Mass Junior Chamber of Commerce



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Winter Concert Series Returns

The Town of Norwood Concerts on the Common Committee recently announced their 2023 Sunday Winter Concerts schedule. There will be four concerts on Sunday afternoons, Jan. 29, Feb. 5, Feb. 12, and Feb. 19. Performances are held 2-4 p.m., Norwood High School, Paul M. Alberta Performing Arts Center.

The next concert will be Sunday, Feb. 5, where Acoustic Fire will perform. Returning favorite Dan Gabel and the Abletones take

the stage on Sunday, Feb. 12, and the Winter Concert Series will close on Sunday, Feb. 19, with Portrait in Jazz. All concerts are free and open to the public.

The Norwood Winter Concert Series is generously sponsored by:

GOLD BATONS - Bank of Canton, Dedham Savings, Rojo/Dean Street Car Wash by Dianne Shalbey & Family, The Norwood Record

SILVER BATONS - Honey Dew Donuts, Horizon House

Publications, Norwood Bank, Norwood Engineering, Norwood Women's Community Committee, The Skate Club of Boston

BRONZE BATONS - Central Dental Associates, Dempsey Insurance, Myer Dana and Sons, Norwood Firefighters - Local 1631, Norwood Police Association, Norwood Rotary Club, Poirier Sales & Service, The Regal Press, Rockland Trust;

FRIENDS - Attorney David Hern, Committee to Elect Bob Donnelly, Democratic Town Committee, Republican Town Committee and Robert Donnelly/Michelle St. Pierre

Many Thanks To The Concerts On The Common Committee: Olga Abdallah, Bob Donnelly, Paul Eysie, Lee Leach, Tony Mazzucco, Dorothy Prevoir, Mike Rosen, Patricia Schick, Dave Tuttle

As in past years, a free raffle sponsored by local businesses will be held during intermission each week.

For more information, call the Norwood Town Hall at 781.762.1240 or visit <http://www.norwoodma.gov/>.



History of Norwood's Magnificent Town Hall

Local residents may sometimes take one of Norwood's many treasures for granted as they pass by every day, but Norwood's Town Hall is definitely worthy of a second, third, or fourth look.

The Norwood Memorial Municipal Building (Norwood Town Hall) is a Late Gothic Revival building that was built in 1927-1928 and is made of Weymouth,

seamed-face granite. For those not familiar, it may often be mistaken for a church or a former church, but it has always been Norwood's central municipal hub. Its stained-glass windows do not depict saints, but local patriot Aaron Guild.

Guild's significance is explained by an inscription on the Aaron Guild Memorial Stone, dedicated in 1903, which stands outside the Norwood Morrill Memorial Library. The inscription reads:

*NEAR THIS SPOT
CAPT. AARON GUILD
ON APRIL 19, 1775
LEFT PLOW IN FURROW,
OXEN STANDING
AND DEPARTING
FOR LEXINGTON
ARRIVED IN TIME TO
FIRE UPON
THE RETREATING BRITISH.*

Guild and his oxen are featured in the town seal.

Another significant feature of the Norwood Town Hall building is its 50-bell carillon tower housing the Walter F. Tilton Memorial Carillon, one of only nine carillons in Massachusetts and the seventh-largest in the United States.

The building was added to the National Register of Historic Places in 1996.

A Re-Dedication Ceremony took place on November 11, 1998. For more information on the ceremony, visit www.norwoodma.gov/government/town_manager/town_hall_re-dedication_program.php.

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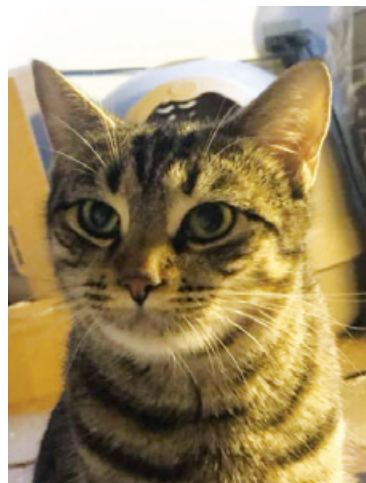
Mark your calendar!

Enjoy a meal at The Chateau in Norwood and help BSAC care for cats, kittens, and the occasional dog! Tuesday, February 21, all day, eat in or take out, and the restaurant will kindly donate 20% to help us provide for animals in need.

When you order, be sure to ask to flag your check for the fundraiser. Ordering online? Remember to scroll to the bottom and click "Fundraiser" and enter "BSAC" as a special Instruction. <https://www.chateaurrestaurant.com/locations/norwood>.

Thank you for helping us help cats in need!

Meet Maude



Maude is a sweet, quiet little girl who had babies very young. She is a wonderful mother but needs a chance to be a kitten herself-when she is not busy mothering she likes her toys and getting scratches. She has been a perfect roommate at her foster home with no bad habits like scratching furniture or jumping on counters.

Thank you very much for your inquiry to adopt from us. You expressed interest in Maude.

If you still want to adopt Maude you can complete a non-commitment application on our website: www.baystateanimals.org

In the application, please list in the section that asks what cat you are interested in, that you are interested in Maude and list any specifics you might be looking for (such as gender or color). If Maude is not available we have many other sweet, fun kittens and cats available to consider.

\$175 adoption fee includes; spay or neuter, age appropriate vaccines, feline leukemia test, FIV test if over 6 months of age, microchip, flea treatment and roundworm treatment as needed, additional treatments as deemed necessary.

Thank you again and if you do not hear from one of our volunteers in a reasonable amount of time please do not hesitate to reach back out to us!

Meet Bridget

Bridgette is an affectionate kitty who would love a home where she can sit beside you and keep you company. She was surrendered from a home with other cats but prefers that she is the



center of attention. She is 3-4 years young with short hair. After she is done caring for her 6 kittens, she will be spayed and ready for adoption in mid-January.

If you want to adopt Bridget you can complete a non-commitment application on our web-

site: www.baystateanimals.org \$175 adoption fee includes; spay or neuter, age appropriate vaccines, feline leukemia test, FIV test if over 6 months of age, microchip, flea treatment and roundworm treatment as needed, additional treatments as deemed

necessary.

Thank you again and if you do not hear from one of our volunteers in a reasonable amount of time please do not hesitate to reach back out to us!

Why I Volunteer

I have adopted three cats from the Bay State Animal Cooperative. My first contact with the non-profit organization was over 20 years ago when I wanted to find a companion for my cat. Everyone told me I was crazy as my cat Stoney was so attached to me and would hate another cat in the house.

I explained what I was looking for and the president of Bay State recommended Cinnamon, a semi-feral cat that showed good promise of adoption in the right situation. She explained that feral cats need to be around other cats and not to expect him to snuggle with me or look for my attention; his priority would strictly be Stoney. He was currently living with other feral cats (who were not adoptable) and snubbed off Stoney's initial reluctance to a friend, Stoney already had me. But as you can see from the picture, Stoney and Cinnamon became best of friends and Cinnamon even grew to love and snuggle with me and my husband!

Why am I telling this story? Shortly after adopting Cinnamon, I was not only impressed with Bay State's ability to match the right cat with the right home, but desperately wanted to help other cats find furever homes. I have volunteered with the BSAC for over two decades and have been a board member over five years. Volunteering is one of the best decisions I have ever made.

First, the organization. The Bay State Animal Cooperative is a non-profit, no-kill cat rescue group, which is very important to me. I have seen us accept so many surrenders and are com-

mitted to keep them as long as it takes to find them a new home. I love that! Also, it is a completely volunteer-based group and any money raised go directly to the health and welfare of our cats. Love that too!!

Second, work, household chores, errands, the essentials of life can take up a lot of our



time, but as many health experts will say, you need to find a balance. A passion. Something that drives you. Making money is great, and maybe some people have found a passion that also pays, but giving up just a little of my time to Bay State helps me feel like I am giving back. I think, what if Bay State couldn't find enough volunteers and could not survive; what would happen to the future cats we would have rescued? I shudder to think.

My efforts are not saving the world, but I just think, I am one volunteer. If we all just give a little, think what we can do. We have many volunteers at Bay State and each has their own expertise or interest. For me, I initially helped in any way they needed me, eventually ran the shelter when we were at the Norwood Petco, and now a board member, help with fundraisers, advertis-

ing, and managing the organization. Some people foster, some direct fundraisers, some help with paperwork, some are adoption counselors, some donate their time at fundraising activities. Our volunteers are awesome, but we always need more. Maybe a few more foster parents so we can take in and adopt more cats. Maybe to help raise money as we accumulate medical bills. Someone could have experience with grant writing and help us solicit more funding. We have a lot of paperwork, so there is always a need for data entry. What are you good at or interested in?

Volunteering and giving back really do help feed the soul, but take my word, when you look into the eyes of these beautiful, innocent cats, and help them find a new home, there is no greater feeling. They need us, but I also need them. I need to feel like I am making a difference. I need to repay Bay State for the love of Cinnamon, and later giving me Ramsey and Rudy, but mostly I need to feed my soul and help those who cannot help themselves.

I am a Realtor by day and love helping my clients buy and sell homes, but have to admit, helping cats find a loving home and family is a feeling beyond compare.

You can volunteer as little or as much as your schedule can handle. If you would like to learn more about volunteering at Bay State Animal Cooperative, we would love to hear from you! Feel free to email info@baystateanimals.org, or feel free to call me directly, 781-799-7068.

— Michele Taranto

www.baystateanimals.org



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Lots to do in Norwood in February!

By BELLA CAGGIANO

Yes, it is the middle of the winter, but there are only so many outdoor/snow activities to occupy the kids; especially for seven entire days during school vacation week! The good news is, the Norwood Recreation Department and Morrill Memorial Library have prepared for this break and are offering many events and classes for all ages!

MUSTANGS/ JR. MUSTANGS ON VACATION

Norwood Recreation Department

8:30 a.m.-3:30 p.m.; Grades K-2 & 3-5

Four days of action-packed activities including soccer, arts and crafts, in-house entertainment, floor hockey, movies and more! Cost: Res: \$225 .

PRE-SCHOOL PREP

Norwood Recreation Department

9 a.m.-noon; Ages 2.5-3

Get your child ready for pre-school with this drop-off class that includes fitness, crafts, snacks, and stories. Kids learn to socialize, share, and follow a light curriculum to get them ready for school while you have time to get your errands done. Cost: Res: \$100/ NR: \$110.

VACATION BAKING

Norwood Recreation Department

9-11 a.m.; Grades K-2

11:30 a.m.-1:30 p.m.; Grades 3-5

2-4 p.m.; Grades 6-12

Students will learn basic baking skills through hands on learning. They will be able to identify and recognize kitchen tools, appliances, and abide by basic kitchen safety. Students will develop skills, such as measuring , mixing, and following directions of a recipe. Cost: Res: \$110/ NR: \$115.

ADVENTURES IN STEM WITH LEGO

Norwood Recreation Department

9 a.m.-noon; Grades K-2

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real world concepts in physics, engineering, and architecture through engineer-designed projects. Cost: Res: \$115/ NR: \$125.

SPRING CHALLENGE WITH LEGO

Norwood Recreation Department

9 a.m.-noon; Grades 2-5

Ready, Set, Let's go! If you love

building with Legos, this is the class for you! Each day you will be challenged to create a sensational Lego scene. Each challenge is a mystery that your teacher will reveal. A helicopter rescue scene? A space shuttle launch site? Lego Godzilla attacking a city?? Best be ready for anything! Cost: Res: \$170/NR: \$180.

STEM EXPLORATIONS WITH LEGO

Norwood Recreation Department

1-4 p.m.; Grades 3-6

Master your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO® parts! Apply real world concepts in physics, engineering, and architecture through engineer-designed projects. Cost: Res: \$115/ NR: \$125.

TAKE + MAKE CRAFTS

Morrill Memorial Library

All day; ages 3 & up
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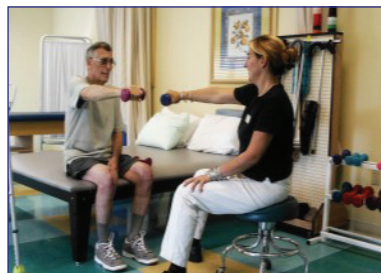
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Living Healthy

Slip Sliding Away



Dr. Rochelle Bien & Dr. Michael Goldstein

the pain intensified and he started to get headaches. Since he didn't normally get headaches, he knew something wasn't right.

A friend told him to seek the help of Dr Goldstein at The Holistic Center at Bristol Square. Dr. Goldstein performed a consultation and examination and explained how he could eliminate his discomfort and pain. Once under care with Dr Goldstein, Michael's symptoms started to resolve. His headaches became less frequent and were less intense until they went away altogether. His neck and lower back pain improved with chiropractic adjustments and a home exercise program. Today, Michael has resumed all the activities he enjoyed prior to the accident.

If you have had a slip and fall, or have been in and auto accident and are experiencing symptoms call The Holistic Center at Bristol Square, at (508) 660-2722 and book

an appointment today. The Center is located at 1426 Main Street in Walpole.

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As winter forges on, we are forced to deal with ice and snow and poor weather conditions. We have to be vigilant with our driving and certainly walking on icy streets. Slips and falls, and especially auto accidents, can create more damage than just a bump and a bruise. If you are experiencing the following symptoms for more than three days

from and accident or fall, you should seek professional help: back pain, neck pain, headaches, nausea, difficulty concentrating, focusing with reading, or difficulty sleeping.

Michael H. was rear ended while stopped at a red light. He immediately felt a twinge in his neck and his lower back, but thought it was ok. As time went on, however,

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Norwood Sports

Jenna Naumann: An Essential Part Of Norwood's Hockey Team

By CHRISTOPHER TREMBLAY

Jenna Naumann got involved with ice hockey at a young age due to the involvement of her family in the sport. Her father, William Naumann, was the president of the Norwood Youth Hockey program and her older brother and sister both played.

"Dad was always at the rink and I went to get as much ice time as I could," Naumann said. "I was four years old when I first started skating and soon after that my father put a stick in my hands."

Although she can not actually pinpoint the reasoning to why she loves the sport so much, she does know that she enjoys being part of a team and the Norwood hockey community is one that is very close knit.

As an eighth grader, she was called up to the junior varsity team near the end of the season and got a taste of what high school hockey was like. The following year as she entered high school, she was anxious and hoping to make the team.

"My freshman year was the moment I had been waiting for," Naumann said. "I made the var-

sity team and got to play with a lot of the girls that I grew up with during youth hockey and the seniors that I had looked up to. At first it was intimidating playing on this level with the girls who had been here much longer."

Although she was injured for the team's first game that season, the freshman finally was able to make it onto the ice playing right wing on the second line.

Growing up and being one of a few girls who knew the game, Naumann found herself as a center, but when playing with the boys team's she was regulated to right wing.

"Playing with the boys really helped me shape my game to what it is today," Naumann said. "Speed is much different playing with them, and they pushed me to be the best that I possible could be."

Being a four-year varsity player for the Mustangs Naumann has seen her role change. Originally, the now senior captain was a playmaker

for the squad, but lately she has found her niche to be that of a scorer. Last year, she posted her best ever season scoring 16 goals while adding 9 assists and Coach Tim Coskren is hoping of more of the same this season.

"I am looking for her to put up similar numbers to that of last year," the Norwood Coach said. "She was one of our top scorers last year and plays both ends of the ice; she's a complete player."

Last year, the Mustangs opened the season with 12 straight wins, and it looked as though the team were in prime position, however, the back half of the season was not as

solid as the first half. Things seemed to carry over into the Division 2 State Tournament where Norwood was upset in the first round falling to Malden Catholic 2-1 in overtime.

Naumann is using the first-round exit as motivation for this season. Over the summer she not only played in a summer

league to get better, she was also working on shooting pucks, knowing that she is going to be looked upon to score more this season.

Unfortunately, dur-

ing the soccer season Naumann sprained her ankle and found herself on the sidelines unable to play right up until the beginning of the hockey season which hindered her performance.

"In terms of endurance, it hurt me not being able to play soccer and when I was finally able to put on my skates it was tough," Naumann said. "I was doing nothing and then all of a sudden I was skating for 50 minutes a day; that was tough, but a couple of weeks into it I was skating much better, although I am not fully there yet."

Norwood has opened the season with a tough beginning, but the senior captain is hoping that it helps in the younger girls' growth.

"As a captain, I want to show the younger girls that they are capable of playing a significant role on the team and make them want to work hard," Naumann said. "Obviously the older girls know what it feels like to lose in the tournament, and having a rough start to this season should help the younger girls in the long run as they now know what it's like to lose on this level."

Despite the slow start, Naumann believes that the team still has the ability to play the game at a top level and qualify for another



trip to the State Tournament.

"We are a very young team with a lot of girls who have not played the game on this level," Naumann said. "They don't have the confidence, but once they are on the same page with the girls who have been here we'll be fine."

As for herself, the senior winger is looking to play a full game on both sides of the puck while making things happen offensively so that the Mustangs can't make it back to the tournament and avenge their first round loss from a year ago.

"Jenna is a well-rounded individual who is also a member of the National Honor Society, referees ice hockey games, and helps out with the learn to skate program here in Norwood," Coskren said. "On the ice for us she is an integral part of our game and we will depend on her to do a lot for us."

Although she still has just about her entire senior hockey season in front of her, Naumann is unsure of hockey beyond high school. As of this writing, she said she could not imagine her life without hockey, but she hasn't really thought about playing on the collegiate level. Things will all depend on where she decides to attend college. For now, she is just focusing on putting up the offensive numbers for Norwood so that the squad puts together a solid season where they can extend their playing into the post-season.



Norwood Sports

Finishing Business This Year's Priority

By CHRISTOPHER TREMBLAY

Last winter, the Norwood boys basketball team put forth an impressive season earning themselves a seven seed in the Division 2 State Tournament. Once in the post-season, the Mustangs took out Fitchburg 68-42, and Salem 78-63, as expected, and then upset Mansfield, the number two seed, 57-51, and Burlington, the three seed, 69-66 in overtime. Unfortunately, Norwood couldn't complete the trifecta and fell to the number one seed Malden Catholic in the State Championship game.

This incredible season was under the guidance of coach Kristen McDonnell, who has since moved over to coach the Norwood girls team, while Chris Fraioli will be the new leader for the boy Mustangs on the sidelines.

Fraioli is coming to Norwood with 20 years of experience at Dedham High School where he was the freshman coach for a year, the junior varsity for nine years, and followed that up with 10 years as the Marauders varsity coach. Under his varsity tenure, his teams qualified for nine tournaments, won two league titles, had a 1000-point scorer and had a couple of his athletes continue their basketball careers on the collegiate level. Upon leaving Dedham, he is the all-time winningest boys coach.

After deciding it was time for a change Fraioli stepped down from his coaching position at Dedham High School in June and headed over to Norwood. However, two months later Norwood girls basketball Coach Amy Quinn departed allowing McDonnell to move over from coaching the Mustang boys basketball team to the girls squad. With McDonnell's transition to taking over the girls team she left the boys coaching position open.

"I had spent the last 24 years,

including being a graduate of Dedham High School, there [DHS] and just felt that it was a time for me to move on," Fraioli said. "The administration and

piece to last year's success and junior captain Matt Mahoney, the team's point guard. In addition to the Mustang captains, the Norwood coach will also be looking

title," Fraioli said. "Come the end, only five teams (one from each division) walks away as winners. The Division 2 field is one of the toughest in all of Massa-

will also need to defend. Fraioli believes that his offense is fine with Beaudet, Mahoney, Hamwey, from the outside and Nemestal, on the inside for the most part, but will need some of the other players step up and add some additional scoring here and there.

"I am more of a defensive guy when it comes to coaching," the coach said. "I want to create offense coming from our defense. In the past, it was easy for Norwood to fire away and rely on the senior leadership. They were playing games in the 70's; I want to be able to hold the opposition to 50 or 60 points instead."

Norwood opened the season with a 6-point loss to Hopkinton after being down by double digits at the half. Fraioli contributes the loss to the fact the squad didn't play defense as the team was still getting use to his way of coaching. Following the opening day loss, Norwood rattled off three straight home wins over Ashland, Medfield and Walpole – it looks as though things are moving in the right direction.

If the Mustangs buy into Fraioli's philosophy, there is no doubt that the team could once again be back in the Division 2 State Tournament, and hopefully come away with a different result this time around.

the kids there were great, but I thought that it was time for a new voice. I didn't plan on coaching right away, but the Norwood job opened up by the luck of the draw and being a Norwood resident it was a no brainer that I throw my hat into the ring."

Having been in the Bay State Conference and the Tri-Valley League with Norwood, Fraioli was familiar with the Mustangs from the outside so he reached out to see if he would be a good fit for the program and everyone he talked to agreed.

"I love the history of the program, but we will have to take it one game at a time; last year was last year," Fraioli said. "This year has all new personnel but the goals will still be high and in order to accomplish those goals it will take a collective effort."

Leading that effort will be senior captain Noah Beaudet, a big

to rely on seniors Dylan Hamwey and Casey Sheean. The coach is very confident of his core group and feels that he can play any one of them at any time and still be successful.

In terms of size, Norwood finds themselves somewhat on the smaller size. Manny Llongo and Nick Nemestal will be the team's two big guys that will contribute a lot but may not always show up on the stat sheet.

Sophomore guard Brian Dearborn will also see time in the rotation for the Mustangs.

Although Norwood may have lost a lot in terms of leadership and physicality on the court, Fraioli believes this year's team still has what it takes to get back to the tournament and make some noise.

"The goals remain the same: make the state tournament, win the league and take home a state



achusetts and in order to have success we must rely on another. If we go out onto the court and do things as individuals there will be no success."

Not only will team play be a contributing factor to Norwood having success, but the Mustangs

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Walpole Footlighters Announce Performances of Ken Ludwig's A Comedy of Tenors



THE WALPOLE FOOTLIGHTERS PRESENT

Directed by Sheila Kelleher

February 3, 4, 10, 11, 18 at 8:00 p.m.
February 5, 9 at 2:00 p.m.

Tickets \$22
including transaction fees

Group Rates Available
All Seats Reserved

Starring Robert Grady as Tito/Beppo, Barbara Schapiro as Maria, Chris Erath as Saunders, Ben Gold as Max, Elise Blanchard as Mimi, Anthony Rinaldi as Carlo, Stephanie Mann as Racon

One hotel suite, four tenors, two wives, three girlfriends, and a soccer stadium filled with screaming fans. What could possibly go wrong? It's 1930s Paris and the stage is set for the concert of the century – as long as producer Henry Saunders can keep Italian superstar Tito Merelli and his hot-blooded wife, Maira, from causing runaway chaos. Prepare for an uproarious ride, full of mistaken identities, bedroom hijinks, and madcap delight.

TICKETS: 508-668-8446 or www.footlighters.com
 Footlighters Playhouse • 2 Scout Road • East Walpole

One hotel suite, four tenors, two wives, three girlfriends, and a soccer stadium filled with screaming music fans. What could possibly go wrong? It's 1930's Paris, and the stage is set for the concert of the century – as long as producer Henry Saunders can keep Italian opera superstar Tito Merelli and his hot-blooded wife Maria from causing runaway chaos. Prepare for an uproarious ride full of mistaken identities, bedroom hijinks, and madcap

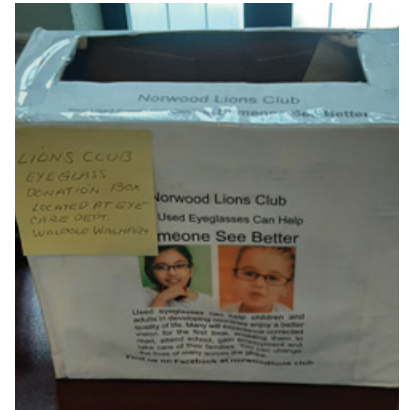
delights. Ken Ludwig's A Comedy of Tenors, at the Walpole Footlighters, provides all that and more.

Performances of Ken Ludwig's A Comedy of Tenors are at the Walpole Footlighters Playhouse, 2 Scout Rd., East Walpole. Evening performances will be on February 3, 4, 10, 11, and 18, at 8 p.m. There will also be matinee performances on February 5 and 19, at 2 p.m. Patrons are not required to wear masks,

but wearing of masks is strongly encouraged. Concessions will be available. Discounts are available for groups of 10 or more. To purchase tickets, call the Box Office at 508-668-8446 or purchase online at www.footlighters.com.

This production is sponsored in part by the Walpole Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

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Irma Ursela (Thompson) Diggs – A Wonderful Woman of Norwood

The Norwood Historical Society would like to introduce you to Irma Ursela (Thompson) Diggs, who came to Norwood shortly after she married Henry William Diggs in 1937, and made Norwood her home until she died in 1990.

Irma Ursela Thompson was born January 8, 1915, in Dayton, Ohio, to Rev. Elmer Edwin Thompson and Lillian B. Williams. Soon after her birth, Rev. Thompson was called to a congregation in Medford, (MA), and it was in Medford where Irma grew-up. She attended the Medford public schools, graduating from Medford High School in 1932. She went on to attend Tufts University earning her BA and her Master's Degree in Education, and she was also an outstanding athlete, playing both basketball and field hockey, eventually being honored by Tufts when they inducted her into the Tufts University Jumbo Club for outstanding athletes. In 1937, she married Henry William Diggs at Tufts' Goddard Chapel, they settled in Norwood, and became the parents of two daughters, Judith (Diggs) Potter and Jacquelyn Diggs. Henry W. Diggs was born in

1906, to Charles T. Diggs and Sarah Grandison. Henry graduated from Wentworth Institute of Technology and went on to be a printer at the Norwood Press, as well as serve as a member of Norwood's School Committee for many years.

Although Irma's parents were born after the Civil War ended, her grandparents were not. Census records cannot be found on this family before the war, indicating her grandparents were most likely enslaved, which makes her Thompson side all the more interesting. Her paternal grandfather, Phillip Thompson, was a mulatto man born in Kentucky in 1847, who served for the Union in the US Colored Troop, 6th Cavalry during the Civil War. Her grandmother, Emma Hennessey, was an Irish woman born in Ohio. Philip and Emma married in Ohio when mixed marriages were outlawed. Their son Elmer, Irma's father, attended college, at a time when it was rare for a person of color to do so. He earned a theological degree and went on to become a minister in Medford (MA). Regarding her maternal grandparents, Joseph Williams and Edmonia Jones,

not much is known, which leads us to believe they were born into slavery and freed after the war.

In the late 1860's, the Diggs family was living in Frederick, Maryland, in a large African American community. The neighborhood was home to free people of color, according to the 1850 and 1860 censuses. Richard Diggs, Henry's grandfather, was freed after the Civil War; he was a leader in his community. Richard was a carpenter, married to Sarah Elizabeth Lyles, a free woman of color. Elizabeth was born in 1843 in Frederick, Maryland, to a minister. The Lyles family had been free for several generations. In 1884, the Richard H. Diggs family was the first black family to move to Norwood. In 1892, they purchased a parcel of land on Washington St., from Tyler Thayer and built a house. Richard was born into slavery, came to Norwood, and in less than 30 years of freedom, was able to buy land and build a house. Most of his grandchildren attended college, several of his grandsons served in the military, and many were civic minded.

Irma was a kindergarten teacher for over 30 years in

both the Norwood and Sharon school systems. She was an active member in both the Sharon Teachers Association and the National Teachers Association. Her interest in working with children extended not only to her teaching career, but as a Girl Scout troop leader in Norwood, as well as having served on the local Massachusetts Girl Scout Council. She even earned the name "Mrs. Girl Scout." She attended the First Church of Norwood, where she taught Sunday school. In 1968, Irma and her husband both tried to encourage the Norwood School Committee to become one of the first towns to participate in the new METCO program. They felt it was an amazing opportunity not just for the children who would travel to Norwood from Boston, but would also be an amazing opportunity for Norwood students as well.

Although Irma's professional interest was working with children, she did have other interests as well. She was the national president of the Northeasterners, which was charitable social organization. She was the secretary for the Neponset Valley Tufts Club, a member of Delta



Sigma Theta Sorority, and a member of the Dukes County Historical Society on Martha's Vineyard. Oak Bluffs was place where the Diggs family spent their summers.

It appears Irma was not just satisfied with letting life pass by. It would have been easy for her to just settle into her home on Washington St. and quietly raise her family, but Irma, like so many others in her family, actively participated in Norwood, her community, leaving it all the better. In 1990, Irma passed at the age of 75 and is interred in Highland Cemetery.

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Saturday: 9 a.m. - 2 p.m. CLOSED Sunday

Calendar of Events

Feb. 1

Sensory Stations Morrill Memorial Library 10 a.m.

Get ready to explore the 5 senses! Miss Nicole will read a book and kids can participate in several themed sensory activities. This program has the potential to be a little messy so make sure you dress to play and have fun!!! For ages 2 and up. To register or for questions, email norchild@minlib.net or call the library at 781-769-0200, x3.

Feb. 2

Half Day Arts & Crafts Club Civic Center, 12:30 p.m.

Looking for something fun and creative to do on a half day of school? Spark children's creativity through arts and crafts! The afternoon will include completing a project that explores paint, collage, drawing, and more. For grades 3-5. Fee: Res: \$70/NR: \$80.00. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

Stay Fit! Bollywood Style, Session 1 First Congregational Church, 100 Winter St., 6 p.m.

The Morrill Memorial Library is offering a series of in-person fitness classes to the beats of Bollywood music with Purnima Thakre on four Thursdays in February. The dates are February 2, 9, 16, 23. Enjoy a 45 minutes workout to the rhythm of Bollywood music. All you need to do is bring water and wear workout clothes. Parking is available at the library, and the church parking lot at the back. The meeting room entrance is near the parking lot behind the church. No previous dance experience necessary. Register at www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200.

Whoopie Pie Creation Civic Center, 1 p.m.

Create old fashioned whoopie pies! Using sweet ingredients to create one of the tastiest treats of all. For grades 1-5. Fee: Res: \$35/ NR \$45. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

Children's Dining Etiquette Workshop Civic Center, 1 p.m.

Present your child with the opportunity to feel confident in any dining situation by taking interactive lessons with a certified

etiquette consultant. By introducing your child to proper table manners and dining etiquette today you will help build their confidence for any social situation tomorrow! For grades 2-7. Fee: Res: \$70/NR: \$80. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

Children's Restaurant Ready Civic Center, 2:45 p.m.

In this class, students will learn how to use good manners at the table when dining out at a restaurant or a special event. Table manners are not just about how to hold your silverware or how to place your napkin. Good table manners also show self-awareness, respect, and courtesy to others. They are important tools for social interactions that will benefit children personally and professionally for the rest of their lives. For grades 2-7. Fee: Res: \$55/ NR: \$65.00. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

Whoopie Pie Creation Civic Center, 3:30 p.m.

Create old fashioned whoopie pies! Using sweet ingredients to create one of the tastiest treats of all. For grades 6-12. Fee: Res: \$35/ NR \$45. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

Feb. 3

Home Alone Safety Civic Center 4 p.m.

Children will learn telephone and door answering techniques, internet safety, accident and fire protection, and first aid techniques. There will also be discussions about how to manage your time when you're home alone for short periods of time. The class includes a variety of teaching methods, including a video and role playing. Please bring a snack and a drink. For ages 9-11 years old. Fee: \$50/ NR \$60. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

60's & 70's Oldie's Dance Norwood Senior Center, 275 Prospect St., 7 p.m.

Music by Chuck Palmer. \$10 per person includes dessert, coffee, & tea. Sponsored by Senator Mike Rush and Representative John Rogers.

Feb. 4

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.

Feb. 5

Winter Concert Series Norwood High School, Paul M. Alberta Performing Arts Center 2 p.m.

Acoustic Fire fill the center with music on Feb. 5! As in past years, a free raffle sponsored by local businesses will be held during intermission each week. For more information, call the Norwood Town Hall at 781.762.1240 or visit www.norwoodma.gov/. FREE and open to the public.

Feb. 6

The Challenges of Being a Debut Author Morrill Memorial Library (Virtual) 7 p.m.

Debut author (and librarian) Chelsea Banning was very excited to publish her first book, "Of Crown and Legends." And then came the book signing where only 2 people showed up and the Twitter storm of support when Chelsea posted about the experience. Now, we speak with Chelsea in conversation with debut authors Laura Gao, Brian D. Kennedy, Jean Louise, and XiXi Tian to chat about the challenges and joys of getting your first book out in the world. Register at www.norwoodlibrary.org/morrillcalendar/.

Feb. 7

Revisit the Blizzard of '78 Morrill Memorial Library 6:30 p.m.

This February marks the 45th anniversary of the Great Blizzard of 1978. Norwood was hit very hard by the incredibly destructive snow and wind of February 6 and 7 during what

has become known as the worst storm of the 20th century. Norwood native Frank Ciavattone, Jr. will tell what it was like to fight that storm on the ground, as it happened. As a 23-year-old Norwood DPW employee, Frank worked the blizzard from its first flakes to the clean-up operation several days later. Come and hear what it was really like battling one of nature's fiercest winter storms. And, we're inviting you to bring your own stories and photographs so we can all share what it was like to survive the most memorable blizzard in history. Register at www.norwoodlibrary.org/morrillcalendar/.

Feb. 9

Stay Fit! Bollywood Style, Session 2 First Congregational Church, 100 Winter St. 6 p.m.

The Morrill Memorial Library is offering a series of in-person fitness classes to the beats of Bollywood music with Purnima Thakre on four Thursdays in February. The dates are February 2, 9, 16, 23. Enjoy a 45 minutes workout to the rhythm of Bollywood music. All you need to do is bring water and wear workout clothes. Parking is available at the library, and the church parking lot at the back. The meeting room entrance is near the parking lot behind the church. No previous dance experience necessary. Register at www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200.

Feb. 10

Valentine's Day Party Civic Center 10:30 a.m.

Join a fun filled party with arts & crafts as well as delicious treats! There will be many activities for guests who want to celebrate Valentine's Day! For ages 1.5-4 years old. Fee: Res:\$15. To sign up, visit the Civic Center, 165 Nahatan St., or visit <https://norwoodma.myrec.com/info/default.aspx>.

Special Someone Valentine's Dance Civic Center 6:30 p.m.

Bring your special one for a magical evening and dance the night away! This semi-formal event will be a great time for all to enjoy. Pictures will be captured in the photo booth! SNOW DATE: Friday, February 17. Fee:

\$20/ couple (1 adult, 1 child), \$5 each additional person. For all ages. To sign up, visit the Civic Center, 165 Nahatan St., or visit norwoodma.myrec.com/info/default.aspx.

Feb. 11

Blessing Boutique Thrift Shop First Baptist Church 10 a.m.-noon

Visit the boutique for last-minute Valentine's Day gifts as well as lots of stuff for yourself! There will be find jewelry, purses, clothes for everyone, shoes, boots, movies, kitchen items, books, and so much more. Everything's in great condition and at a great price!

Author Talk: Dr. Rebecca Hall on "WAKE: The Hidden History of Women-Led Slave Revolts" Morrill Memorial Library (Virtual) 2:30 p.m.

Join in a discussion with author Rebecca Hall, JD PhD, an independent scholar, activist, and educator. Her paternal grandparents were born enslaved. She writes and publishes on the history of race, gender, law, and resistance as well as articles on climate justice and intersectional feminist theory. Her most recent book, *Wake: The Hidden History of Women-Led Slave Revolts* (Simon & Schuster, 2021) has won multiple awards, and was a finalist for the N.A.A.C.P. Image Awards and the Pen America Open Book Award. Register at www.norwoodlibrary.org/morrillcalendar/.

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.

Feb. 12

Pancake Breakfast VFW, 193 Dean St., 8:30-10:30 a.m.

The VFW Auxiliary will host

CALENDAR

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a pancake breakfast that is open to the public! The breakfast will include eggs, hash browns, sausage, toast, coffee, milk, juice. All veterans receive breakfast for free. A donation from others to offset the cost. The VFW is handicapped accessible.

**Winter Concert Series
Norwood High School, Paul M.
Alberta Performing Arts Center
2 p.m.**

Returning favorite Dan Gabel and the Abletones perform on Sunday, Feb. 12. As in past years, a free raffle sponsored by local businesses will be held during intermission each week. For more information, call the Norwood Town Hall at 781.762.1240 or visit <http://www.norwoodma.gov/>. FREE and open to the public.

Feb. 13

**Paint Night
Civic Center
6 p.m.**

Art supplies will be provided to create your own personal masterpiece. Participants will listen to music, be creative, and have fun! For ages 6 years old and up. Fee: Res:\$25. To sign up, visit the Civic Center, 165 Nahatan St., or visit <https://norwoodma.myrec.com/info/default.aspx>.

**Sustainability Series: Solarpunk
Norwood
Morrill Memorial Library
7 p.m.**

Solarpunk is coming to our community, and we are the stars! Adults of all ages are invited to participate in a community-based art and writing project focused on producing short works of solarpunk fiction and/or artwork. "Solarpunk" is defined as an optimistic environmentalist subgenre of speculative fiction, art, and design that envisions future life on Earth transformed by the use of sustainable energy, close co-existence of human beings with nature, and progressive sociopolitical values. The final goal of this project is to make a digital book collecting fiction, poetry, and art (including paintings, drawings, sculpture, textiles, etc.) from community members. Register at www.norwoodlibrary.org/morrillcalendar/.

Feb. 14

**Women's Business Networking Meeting
Workspaces Norwood, 66 Winter 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.



♥ We love readers like you! ♥

Feb. 15

**Turn the Page—"The Nickel Boys"
Morrill Memorial Library
10 a.m.**

The group will be discussing "The Nickel Boys," a novel written by Colson Whitehead.

Copies of the book in regular, large print and audio are available at the circulation desk. Email Patty Bailey with questions, pbailey@minlib.net or call 781-443-8864. Register at www.norwoodlibrary.org/morrillcalendar/.

**CPR Training
Civic Center
5:30 p.m.**

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. Fee: Res:\$65/NR: \$75. To sign up, visit the Civic Center, 165 Nahatan St., or visit <https://norwoodma.myrec.com/info/default.aspx>.

**Turn the Page—"The Nickel Boys"
Morrill Memorial Library (Virtual)
6:30 p.m.**

The group will be discussing "The Nickel Boys," a novel written by Colson Whitehead.

Copies of the book in regular, large print and audio are available at the circulation desk. Email Patty Bailey with questions, pbailey@minlib.net or call 781-443-8864. Register at www.norwoodlibrary.org/morrillcalendar/.

Feb. 16

**Stay Fit! Bollywood Style,
Session 3
First Congregational Church, 100
Winter St., 6 p.m.**

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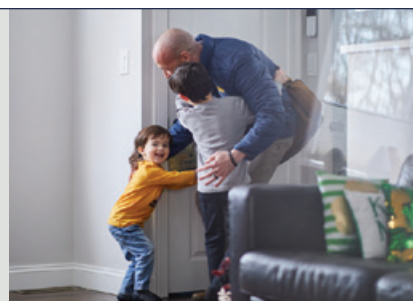
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brary is offering a series of in-person fitness classes to the beats of Bollywood music with Purnima Thakre on four Thursdays in February. The dates are February 2, 9, 16, 23. Enjoy a 45 minutes workout to the rhythm of Bollywood music. All you need to do is bring water and wear workout clothes. Parking is available at the library, and the church parking lot at the back. The meeting room entrance is near the parking lot behind the church. No previous dance experience necessary. Register at www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200.

Feb. 17

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

Join the Sensory-Friendly Friday Movie at the Library, a program specially designed for adults with intellectual and developmental disabilities. The February movie in the Sensory-Friendly Friday series is TBD. Register at www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200.

**BLAST Babysitting Safety
Civic Center
4 p.m.**

The BLAST! (Babysitter Lessons and Safety Training) program provides training in First Aid, in household safety, and some fundamentals of childcare. This course helps prepare children to interview for a babysitting job, select safe and suitable games and activities, prevent accidents, and begin babysitting safely and competently. The course will cover choking prevention and relief and how to call 911. Participants will also be certified in CPR/AED. Participants should bring a drink and a nut-free snack. For ages 11-15 years old. Fee: Res: \$85/NR: \$95.

To sign up, visit the Civic Center, 165 Nahatan St., or visit <https://norwoodma.myrec.com/info/default.aspx>.

Feb. 18

**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.

Feb. 19

**Winter Concert Series
Norwood High School, Paul M.
Alberta Performing Arts Center
2 p.m.**

The Winter Concert Series will close on Sunday, Feb. 19, with 'Portrait in Jazz'. As in past years, a free raffle sponsored by local businesses will be held during intermission each week. For more information, call the Norwood Town Hall at 781.762.1240 or visit www.norwoodma.gov/. FREE and open to the public.

Feb. 22

**Electric Vehicles in Norwood
Morrill Memorial Library
6:30 p.m.**

Have you ever wondered what it might be like to own an Electric Vehicle (EV) in Norwood? How would you charge it, and where? How far can you go with a single charge? What about vehicle maintenance? And is it true there are local, state, and national rebates available? The

Norwood Chapter of the League of Women Voters will welcome energy experts, Ray Stetkiewicz and Mark Scribner from Energy New England, to present the ins and outs of owning an EV in Norwood. Their presentation will be followed by a Q&A. Register at www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200 and to submit your questions in advance and make sure Ray and Mark cover the answers during their presentation.

Feb. 23

**Stay Fit! Bollywood Style,
Session 4
First Congregational Church, 100
Winter St., 6 p.m.**

The Morrill Memorial Library is offering a series of in-person fitness classes to the beats of Bollywood music with Purnima Thakre on four Thursdays in February. The dates are February 2, 9, 16, 23. Enjoy a 45 minutes workout to the rhythm of Bollywood music. All you need to do is bring water and wear workout clothes. Parking is available at the library, and the church parking lot at the back. The meeting room entrance is near the parking lot behind the church. No previous dance experience necessary. Register at www.norwoodlibrary.org/morrillcalendar/ or call 781-769-0200.

Feb. 24

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

Parents, take the night off! Kids, join Civic staff for a night of fun! The night will include group games, makes crafts, and more. Pizza dinner* and juice provided. Open to participants in grades 1-5. *Food not guaranteed for registrations made the day of the event. For grades 1-5. Fee: Res:

CALENDAR

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\$20/ NR: \$25. To sign up, visit the Civic Center, 165 Nahatan St., or visit <https://norwoodma.myrec.com/info/default.aspx>.

Feb. 25

**Blessing Boutique Thrift Shop
First Baptist Church, 66 Winter St.
10 a.m.-noon**

This shop has a little of everything, and just what you need. It's so much fun to browse around and select special treasures!

**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.

Feb. 26

**American Red Cross Blood Drive
Ferrari of New England, 442**

**Bos.-Prov. Hgwy.
9 a.m.-3 p.m.**

Feb. 28

**Women's Business Networking Meeting
Workspaces Norwood, 66 Winter 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.

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

The February title has yet to be announced. 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.

Inflation Hitting Home in Norfolk County Real Estate

Norfolk County Register of Deeds William P. O'Donnell reported that Norfolk County recordings for the month of December, 2022, indicate a continued decrease in overall real estate activity, with significant drops in mortgage activity and the average property sale price as compared to the December, 2021, numbers.

In December, there were 9,429 documents recorded at the Norfolk County Registry of Deeds, a 37% decrease from December, 2021, and a slight increase of 5% from November, 2022.

"The real estate market is feeling the effects of inflation and steadily rising interest rates, which is limiting how much money customers can save," O'Donnell said. "The total number of documents is much lower in December, 2022, than it was in December, 2021, but the change from last month is less pronounced. The number of recorded deeds, which is one measure of document volume, shows a drop in real estate sales from the previous year."

The number of deeds for December, 2022, which reflect real estate sales and transfers, both commercial and residential, was 1,273, a decrease of 31% from December, 2021, and an increase of 5% from the previous month of November, 2022.

Sale prices for December appear to have dropped significantly compared to December, 2021. The average sale price in December was 936,804, a 38% decrease from December, 2021, and a 4% decrease from November, 2022. The total dollar volume of commercial and residential sales is down, decreasing 59% from one year ago and decreasing 2% from last month.

"With interest rates approaching and exceeding 7%, consumers appear to be less inclined to borrow, and the decline in average sales prices suggests sellers are lowering pricing to compensate," O'Donnell noted. "According to the data we have at the registry, we are recording significantly fewer mortgages than in December, 2021."

Overall lending activity showed a continued downward trend for the month of December. A total of 1,383 mortgages were recorded this month, 53% less than a year ago at the same time, but up 2% from last month.

"The increasing cost of living and rising interest rates that the country is currently experiencing have an effect on the local real estate market," O'Donnell said. "The number of pending foreclosures in Norfolk County is a continuing source of concern."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In December, 2022. There were four foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk

County, whereas in December of 2021, there were 7 recorded. However, in December of 2022, there were 40 notices to foreclose, the first step in the foreclosure process, significantly more than the 19 recorded in December of 2021.

"The substantial increase in the number of these notices is troubling," O'Donnell said. "It suggests that more of our neighbors may have financial difficulties in the future. We will continue to monitor these figures."

For the past several years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," O'Donnell suggested. "Property sales prices appear to be declining as a result of consumers' unwillingness to purchase property with mortgage rates above 7%. This is also discouraging homeowners from refinancing their mortgage."

To learn more about these and other Registry of Deeds

INFLATION
continued on page 17

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Real Estate Corner

History Comes Alive; Norwood Town Hall

Norfolk County Register of Deeds William P. O'Donnell, in collaboration with QATV, announced the debut of the "History Comes Alive" project.

This project will feature historic area landmarks, with the aim of showcasing historic buildings and places from each town in Norfolk County.

The Mark Crosby-directed, succinct informative videos will provide viewers with an immersive experience by utilizing a wide range of historical knowledge, including some provided by the registry of deeds.

The first historic building to be featured as part of the project is Norwood Town Hall. Norwood, one of the 28 communities in Norfolk County, has celebrated its 150th anniversary as a town. You can watch the video here: www.qatv.org/?modal=345, episode, 220270.



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

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal

office for real property in Norfolk County. 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 us at registerodonnell@norfolkdeeds.org.

of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record informa-

tion. 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 at registerodonnell@norfolkdeeds.org.

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events and initiatives, "like" them on Facebook at facebook.com/norfolkdeeds or follow on Twitter and Instagram at [@norfolkdeeds](https://twitter.com/norfolkdeeds).

The Norfolk County Registry



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“Suits for Success” Donates to United Parish’s Thrifty Threads

Norfolk County Register of Deeds William P. O’Donnell donated 12 winter jackets, 10 full suits, and more than 45 other articles of business attire to United Parish’s Thrifty Threads through the “Suits for Success” program last month.

The often-taken-for-granted suit or dress clothes, hidden away in the back closet, and only occasionally seeing the light of day, may seem to some like an unfortunate necessity. However, for those struggling on the path to success, the cost of a suit can be an unsurmountable barrier.

“It’s hard to move forward if you don’t feel good about yourself, and this gives people a chance to look good, feel good, and grow as an individual,” Louise Bowler, Thrifty Threads Team Leader said.

Thrifty Threads, located at 210 Harvard St., Brookline, provides inexpensive clothing to anyone who needs quality attire. Proceeds from the thrift store support United Parish’s outreach and social justice programs. The organization also passes on more than half of the donations it receives to non-profit organizations working directly with people in need.

“We’re happy to assist Thrifty Threads,” Register O’Donnell remarked. “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. The program is truly needed, and it’s a great resource for the community.”

The “Suits for Success” program, developed by Register O’Donnell, partners with groups like Father Bill’s & MainSpring, Needham Community Council, Suits and Smiles, Interfaith Social Services, InnerCity Weightlifting, VA Boston Healthcare System, Voluntary Service Program, New Life Furniture Bank of Massachusetts, and United Parish’s Thrifty Threads. The mission of “Suits for Success” is to collect donations of suitable clothing to be distributed to individuals who may need appropriate attire for employment interviews.

Since the Registry started the “Suits for Success” program in February 2009, it has collected more than 9,000 articles of clothing.

“Receiving donations like this means a lot and it’s impor-

tant,” Bowler said. “This may give someone who is looking for a job now the confidence they need to take the next step.”


Thrifty Threads, located within United Parish, is open Fridays and Saturdays, 12-3 p.m., and is fully operated by a team of dedicated volunteers.

“During the past decade, we have learned that programs like ‘Suits for Success’ work,” Register O’Donnell said. “This program has given many people a valuable resource to help them on the path to success and may ultimately help them achieve self-sufficiency.”


For more information on Thrifty Threads, visit www.unitedparishbrookline.org/get-involved/outreach-social-justice/thrifty-threads, call 617-277-6860, or email office@upbrookline.org.

If you would like to stay up-to-date on upcoming Registry of Deeds events, programs, and real estate information, you can sign up for our Registry email updates at www.norfolkdeeds.org, like them on Facebook at www.facebook.com/norfolkdeeds, or follow on Twitter at www.twitter.com/norfolkdeeds.

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“ Paul handled everything; I didn’t have to lift a finger. He made himself available for any questions we had and handled all the details. The house sold after the first “open house” for more than we had expected. (I am glad we listened to his suggestions on updates) He also made sure we got a quick close to cut down on our monthly expenses. Paul coordinator all the paperwork, which included a signature from an out of state sibling. He worked with the attorneys and made sure the paperwork was submitted prior to the meeting so we wouldn’t have to physically be at the closing. As you can imagine this was a major relief. The idea of handing the keys, to the home you grew up in, to a stranger was a bit more than I could bear. Selling a home is a very stressful time even under the best circumstances. Paul is a great partner in helping you navigate the journey.” - Patricia D.



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And nothing but Happiness
come through your door.*

Here are just a few of the Norwood homes Anne sold during 2022.



89 GARDEN PKWY



58 GARDEN PKWY



60 CHAPEL ST.



41 RAILROAD AVE.



99 WESTOVER PKWY



8 MILL POND LN.



29 OVERLOOK DRIVE



44 CONCORD AVE. #2



462 NAHANTAN ST. #A6



20-22 HIGHVIEW ST.



195 PROSPECT ST.



17 ROSE CT.



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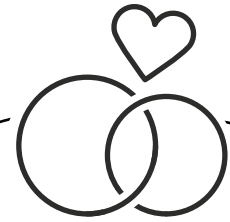
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