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April 2023

## Remembering Norwood's Icon

BY BELLA CAGGIANO

John Carroll will forever be an icon in Norwood history. For those new to the town, Carroll served as Town Manager for 39 years and retired at the age of 89. Although a resident of Dedham and Milton, Carroll's love and devotion to the Town of Norwood was evident, not only through his long tenure, but also his principle to make this town the best it could be.



His formal obituary in sidebar gives a detailed account of Carroll's municipal and state work history and his ethical influence in every post he held. Here in Norwood, the Norwood DPW administration building was honored in his name and there is even a whimsical lawn display in front of Town Hall with his name for all to see and remember.

Throughout his lengthy tenor, Carroll interacted with many town employees as well as residents and each could share countless memories of this hard working and dedicated employee.

"John Carroll was an extremely warm and compassion-

ate human being as well as a great administrator," Norwood Board of Selectman Chairman William J. Plasko said. "John worked tirelessly to provide the best services possible to the residents of Norwood. He worked nights and weekends to improve the town's social and cultural life. For example, he was a leader and heavily involved in the Concerts on the Common committee. His contributions to Norwood are truly unmatched."

"He told me the two things he enjoyed most about his job were working with people and 'the grind,'" Norwood Police Chief William Brooks said. "He

liked coming to work and working to solve problems, getting things done, or what he called 'the grind.'"

As hard as he worked, however, John never shied from showing his personal side to anyone.

"I enjoyed my visits to his [Carroll's] office," Chief Brooks said. "That's how he liked to do business, face to face. We'd get the business out of the way and then he'd want to talk about the latest true crime show he'd seen, or he'd tell an old baseball story. He remembered the names of the players on his team at Hyde Park High, he was amazing!"

"John also loved to tell stories, and almost no one he met left an encounter with him without hearing at least one of his stories," Plasko said. "He also loved baseball and was a master at baseball trivia."

What Norwood residents may not know about Carroll, is that he was writing a book.

At lunch he would keep me

**JOHN CARROLL**  
*continued on page 2*

## Local Residents Swing Into Spring!

BY BELLA CAGGIANO

In Norwood, residents dance to celebrate the arrival of spring! On Friday, April 7, six local residents will take to the ballroom in the 2023 Norwood Circle of Hope Dancing with the Norwood Stars! The event will take place at the Four Points by Sheraton, 1125 Boston-Providence Hgwy., 7 p.m. Competing this year to take home the coveted Disco Ball Trophy are: Matt Lane, Abigail Tierney, Isaac Romero, Carlei McDermott and Steve Schatvet.

Two winners will be crowned this special evening: an Overall Winner for the person who raises the most money and the Judges Choice for the best single dance.

For the past few months, the dancers have been holding fundraisers around town to raise money for their team to win as the Overall Winner. They have also spent hours practicing with pro-

*Dancing with the Norwood Stars*



fessional dancers from the Fred Astaire Dance Studio, in Norwood, to win that coveted Judges Choice award!

Meet this year's contestants!

**Matthew Lane**

Upon graduating from the same college as Paul Newman (Kenyon College in Ohio), I moved to Chicago and met my wife there.

**DANCING**  
*continued on page 3*

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**JOHN CARROLL**

*continued from page 1*

up to date on his progress with the book he was writing,” Chief Brooks said. “He explained that he would write the book long-hand, and I believe it was one of his daughters who would type it for him. He talked about struggling with how to end it. The book, “What did Ted Have?” fea-

his father were walking near Fenway Park and they saw a stranger approaching - someone they didn't know and would never see again. And John's father asked as he passed 'what did Ted have?' and the man answered without breaking stride telling John's dad what Ted Williams had done at bat that day, 'he went 2 for 3,' or some such. That moment stuck with John, that two men could exchange remarks and

around Christmas, he proudly showed me his Christmas list, which was a folded piece of paper from a yellow legal pad and it listed all his children and grandchildren. He told me that he was doing all the shopping, then almost apologized that his daughters were all getting something similar, as were groups of grandchildren. Then he folded the paper back up and stuck it in his shirt pocket, which you could see through the white fabric. John always wore white shirts with button-down collars with the sleeves rolled up and a tie - always.”

Thirty-nine years in one job. Carroll must have been doing something right. While he obviously loved the Town of Norwood, he was ready to turn over the torch should he be asked. But this town didn't let him go too easily!

“He once talked to me about his age and his tenure in Norwood,” Chief Brooks said. “He said that when he turned 75 he almost expected someone from the board of selectmen to hint that maybe he should think about retiring. He chuckled when he said, 'but no one said anything, so I just kept coming in.' And he was even more surprised when he turned 80 and the same thing happened, and then when he turned 85. He loved his job and was thrilled that no one had asked him to move along.”

One last Carroll tidbit to share.

“And finally, John's nickname as a child,” Chief Brooks shared. “Noggie. There's some John Carroll trivia for you.”

each knew exactly what the other meant. That the mere mention of Ted's first name left no question what the other man was referring to. That's where the title came from.”

Running a town, writing a book, it is no wonder Carroll had any free time at all. Especially with his large family. Holidays were an especially busy time, here in Norwood and at home!

“Everyone knows that John and his wife Penny had a huge family, I think 18 children and over 40 grandchildren,” Chief Brooks recalled. “One year



tures a photo of Ted Williams on the cover - John was a huge Ted William fan. But the book really isn't about Ted Williams or the Red Sox. The title comes from an instant in John's past as a kid that struck him later in life. He and



Funeral services have passed as Carroll died on Feb. 25, at the age of 95, however, donations can still be made in his name to the National Multiple Sclerosis

Society, 465 Waverley Oaks Rd., Ste. 202, Waltham, MA 02452. There is also an online guestbook at [gfdoherty.com](http://gfdoherty.com). Carroll was interred at Norwood Cemetery.

**CARROLL, John J. Jr.** Who served 39 years as town manager of Norwood, and was a former commissioner for the state Department of Public Works during the Blizzard of 1978, died Feb. 25, 2023, at the age of 95. John was noted for his work ethic, he retired from Norwood at the age of 89. He was also known his gift of storytelling; on annual six-hour trips to Maine, the first thing he would say was, “Turn off the radio.” And then he would delight his truly captive audience with stories of his 18 children or his work exploits. Besides his longtime career in Norwood and his work for the state, where he served under former Gov. Michael Dukakis, John was a longtime member of the Massachusetts Municipal Association; and an original board member to the Massachusetts Water Resource Authority, where he was vice chair. He was also a former elder at Park Street Church, the former head of the Massachusetts chapter of Multiple Sclerosis, a former member of the board for YoungLife, and a former member of the Dedham School Committee. He had the distinction of having two buildings named after him, an MWRA water treatment plant in Marlborough and the Norwood DPW administration building. Born in Hyde Park, he lived for decades in Dedham and Milton. He also served in the U.S. Army during the Korean War, graduated from Northeastern University with a degree in civil engineering, was a former editor and writer for New England Construction magazine, and ran the Department of Public Works in Lexington. Up until a few years ago, he was a fixture on Sundays in the Park Street Church upper balcony and also outside after services handing out sandwiches to the unhoused. His life revolved around God and his faith, his family, Norwood, and either the Red Sox or the Patriots, depending on the season. He is survived by his second wife, Penelope (Martin) Carroll. John was predeceased by his first wife, Marilyn (McGrann) Carroll, who died of cancer; his parents, John J. Carroll Sr. and Elizabeth (Kelly) Carroll; and his sister, Sister Elizabeth M. Carroll, CSJ. John is survived by his children, Matt Carroll (Elaine), Denise Martin Hines (Michael), Judith Carroll Mason (Joseph), Michelle Martin, Cathleen Carroll Sinnott (John), Kevin Martin (Rose, deceased), Keith Martin (Deana), Peter Carroll, B. Brian Martin (Rosanna), Chris Carroll (Janine), Darren Martin, Ted Carroll (Kate), Chris Martin (Joanie), Shannon Martin Jordan (Derek), Ivan Carroll, Shawn Carroll, Charlotte Vilches and Angela Najera. He is also survived by many grandchildren and great-grandchildren.

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DANCING

continued from page 1

After 10 years in the Windy City, we decided to move back to my home state of Massachusetts and start a family. We chose Norwood as the place to plant our roots and have lived here happily since



Matt Lane

the spring of 2011. I work for a non-profit Volunteers of America Massachusetts as their Vice President of Real Estate Development (think group homes, veterans services, and shelters; not high rises or mega-mansions). My wife of fifteen years, Lynn, is an elementary school teacher in Newton and seems to tolerate me on most occasions. My children are students at the Cleveland Elementary School and are equally embarrassed to see their dad attempt to dance.

After participating as a town meeting member and on several municipal committees, I decided to run for local office in February of 2020 (which seems like a hundred years ago) and was elected to the Board of Selectmen in June of that year. Norwood has always been a deeply welcoming community that cares and supports people who've been dealt a bad hand. I am proud to help contribute to the fundraising efforts that provide assistance to our neighbors in need. The Circle of Hope is truly one of the

things that makes this town such a special place and I am honored to be a part of this great event.

Steve Schatvet

I was born in Minneapolis, Minnesota and raised in Sharon, Massachusetts where I was the second oldest of eight children. Like most young boys, I was influenced by what I watched on television, so I became interested in motorcycles, fast exotic cars and martial arts. After graduating from Sharon High School I became a Martial Arts Instructor. My day began at 6 am training myself until noon. I spent afternoons and evenings teaching



Steve Schatvet

classes. Most days I was training in some capacity eight to twelve hours a day. This vigorous training and discipline led me to own and operate karate schools in South Norwood and Mansfield. These schools were very successful with over 600 students. I competed in and won many regional and national tournaments. I held after school and summer programs for children and teenagers. I have trained public safety personnel in local, state and federal agencies. During my career I have given private instructions and demonstrations to various organizations and businesses. During this time I organized and managed many

DANCING

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Regional Restaurant Week Set to Kickoff

The Neponset River Regional Chamber is pleased to announce that, working with the towns of Canton, Dedham, Norwood, Walpole and Westwood, the Chamber, will run a "Regional Restaurant Week" from April 30 through May 4.

"For the third year in a row, we encourage everyone to dine out during Restaurant Week and of course to continue doing so afterwards. What better way to support local businesses and have some fun at the same time", said Chamber President, Tom O'Rourke.

A dedicated "Regional Restaurant Week" webpage has been built and is housed on the Chamber's website, www.nrrchamber.com. It lists all participating restaurants, their special offers and links to their websites. A social media campaign will be exe-

cuted using Facebook, Twitter and Instagram. Diners will be encouraged to post selfies on their social media platforms as they dine out.

Among the restaurants that participated last year are the Raven's Nest, Casa Loca, Lewis', C.F. McCarthy's, Vico Restorante Italiano and many more.

"We are excited to have been given this opportunity to promote and assist local businesses and look forward to working with our municipal partners along with The Dedham Square Circle and The Friends of Norwood Center to fill up the seats of our community restaurants", said O'Rourke.

Established in 1894, the Neponset River Regional Chamber serves the needs of businesses in a twelve- town region stretching from Route



128 to Route 495 southwest of Boston. The NRRC supports the business community and economic development efforts by providing leadership, advocacy and opportunities for expanded and enhanced relationships among business, government and the community. For information on membership or doing business in the region, please contact the Chamber at 781-769-1126, www.nrrchamber.com or tom@nrrchamber.com

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**DANCING**

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Martial Arts Retreats. Regionally I ran many karate tournaments with over 2000 competitors and spectators, where people came from all over the world. I was the head judge at many regional and national tournaments. Teaching is my passion and it is what I have been doing for the past 48 years. Currently, I teach senior adult exercise and Tai Chi classes at the Norwood Senior Center. The classes are extremely successful with 40 to 60 participants in attendance. In 2020, Norwood Media started airing my classes on the local channel and they have been well received and are very popular. I enjoy going out to eat, attending car shows, listening to music, and dancing.

**Isaac Romero**

My name is Isaac Romero and I am 36 years old. I was born in Honduras and then entered the United States in 2009. My first

job in this country was and still is at the Café' Venice in South Norwood as a cook. Some things I like to do when I have some free time are:



Isaac Romero

- Dance
- Travel with family and friends to Old Orchard Beach in the summer and Florida in the winter. This allows me to have beach time year-round.
- On Tuesday nights I belong to a mens bowling league at the Norwood Sports Center, and I have been doing this for 7 years. Over these years I have made many new friends.

- One of my favorite things is going home after work and playing with my puppy.

I just want to thank everyone for giving me this opportunity to help support the Circle of Hope Foundation!

**Carlei McDermott**

My name is Carlei McDermott. I was born Carlei DiMarzo, to Charlie and Donnamarie DiMarzo in 1984 at Norwood Hospital. My roots run deep in our town. The DiMarzo family settled in Norwood in 1914. Andre DiMarzo, my father's grandfather, was a master tailor. He moved his family to Norwood where he then



Carlei DiMarzo

opened his own tailoring business in South Norwood, on Washington Street. The rest is history... I love my town, my community, our undeniable loyalty to each other. Here is where home is, and I am happy to help those in our great town; NORWOOD!

**Abigail Tierney**

Hi everyone! My name is Abi, I am so honored to be a dancer this year! A little about me... I was born and raised in Norwood. I am a proud Mustang as a product of Norwood Public Schools, graduating from Norwood High in 2015. I was lucky

enough to work my first ever jobs at the Honey Dew Donuts inside Mr. Franks, as well as work-



Abigail Tierney

ing as a camp counselor for Norwood Recreation Department at the Hawes Play Camp for a number of years! From there I went to UMass Amherst where I graduated with my Bachelors of Science in Biochemistry, leading to where I am today as a Biochemist at Siemens Healthineers, in Walpole manufacturing blood assays. Keep an eye out for our logo next time you get blood work done! In addition to my day job, I bartend and waitress at a local favorite restaurant, Lewis'! My parents are Terese O'Connor Tierney of Norwood and Rick Tierney of Dedham. My mom, Terese, is the oldest of 5, a long time nurse, and grew up on Woodland Road. Sometimes it seems as if she knows everyone in town! My dad was one of 8, growing up in Riverdale of Dedham, a retired Dedham fire fighter as well as the best handyman I knew! We lost my dad in 2017 to a hard fought battle with cancer. Norwood is such an amazing community that I am fortunate to be a part of, this town truly is like no other. I am so honored to be a part of this year's Dancing with the Norwood Stars and be able to contribute to such a marvelous organization! Thank you so much to everyone who donated!

The event will be broadcasted live through Norwood Com-

munity Media (NCM) at satellite locations where people can cast their vote for their favorite dancer, or on Norwood's local programming station. The satellite locations are: Olde Colonial Cafe, Nahatan St.; Colonial House, Savin Ave.; Lewis, Central St; and Café Venice, Washington St. Check for your local station at norwoodcommunity-media.org to view through your cable company.

Previous Dancing with the Stars champions:

- 2009 - Missy Sansone
- 2010 - Carolyn Riccardi
- 2011 - Jack Perry
- 2012 - Jeanne Babel
- 2013 - Tommy McCready
- 2014 - Susan Bunker
- 2015 - John Rogers
- 2016 - Jay White
- 2017 - Christine Kiklas
- 2018 - Alex Brown
- 2019 - Michelle Sheehan
- 2022 - Tracey Curran

The Dancing with the Norwood Stars event in the biggest fundraiser for the Norwood Circle of Hope Foundation, a local,



all-volunteer organization that raises money for local residents who need financial assistance due to a catastrophic medical occurrence. The foundation was established in 1998 in memory of Michelle Kennedy, a young Norwood resident, who suffered with leukemia. During Michelle's battle the entire Norwood community, many of whom did not know Michelle, joined together and it is in that spirit that the Norwood Circle of Hope Foundation plans to continue.

For more information on the Circle of Hope Foundation or to make a private donation, visit norwoodcoh.org, or "like" on Facebook at www.facebook.com/norwoodcoh. The organization's address is: P.O. Box 421, Norwood, MA 02062.



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# Boston Mobile Tire comes to you

By MARJORIE TURNER HOLLMAN

Boston Mobile Tire has introduced Mobile Tire Service to the area. It's about time. Owner/operator Jay Condrick said, "We are based in Norwood and will go almost anywhere inside Rt. 495. We offer next-day service for new tire installation at your home or business. We install tires you already have, like winter tires for example, and even offer seasonal storage if you're out of space. We can repair a tire as well but this is not roadside service for when you are stuck on the road with a flat. Keep your AAA membership for that."

Windshield replacement services bring a new windshield to you on-site. Using the same concept, Condrick brings the right tires for your vehicle to your driveway or place of business and does the balancing and mounting right there.

Getting started is simple. "Our website lets you designate the make and model and anything else needed to specify the tires your vehicle requires. Or call us for expert unbiased advice. Order your tires online. Use our online scheduling tool to set up an appointment that's convenient for you. We will take care of the rest," Condrick said.

The company went into business in the spring of 2020, just when Covid hit. Condrick reflected on that time. "Instead of being a problem for our business, I was able to go to my customers while people weren't going much of anywhere and didn't want to go out to get their cars serviced. Now, lots of people work from home. I can come by, replace your tires, and you can continue to work. I like to joke that we work from home too...yours."

In the past, just a handful of different sizes of tires fit every passenger car, but today hundreds of tire options exist for the multiple types of cars on the road.



"Tire stores can't carry every tire in stock," Condrick explained. "We have four warehouses in different locations in the Boston area where we can get tires for next-day service. We have no inventory we are trying to get rid of, so we can help you figure out what you need, and that's what you get. No inventory and no real estate rent or mortgage to cover means our prices are comparable to both online and local tire stores."

Condrick pointed out that in most garages the person balancing and installing tires is entry level. "That's not us—it's all we do. You get expert level mounting and balancing of your tires. Our clientele skews high performance and higher end, but we will take care of any car that needs tires." He added, "Some of our best customers are regular people with regular cars who appreciate the convenient service. They just want good, safe tires installed by people who take the time to understand how and where the vehicle will be used before suggesting a tire option."

So how does he mount and balance tires out of his truck? "We have top of the line Corghi touchless installation and balancing equipment in our van that allows us to get tires balanced and mounted on your car with no scratches or damage." Condrick continued, "We can do low-profile tires, Runflat tires, Tesla, Porsches, passenger cars, SUV's and light trucks or vans. A lot of our business is servicing fleets of Amazon vans—we can take care



of 10-20 tires at a time for fleet vehicles so they don't have to go out of service."

The concept of on-site tire installation is not new, but many attempts to offer this service have failed. Tire companies have typically been the ones offering the service, but they offer just their

brand of tire. Condrick explained, "Our difference is that we provide any type of tire. What you order online can get delivered to your house or to me. If the tires are delivered to me I will bring them out and install them. If you already have them at your house and need them balanced and

mounted, that's great. We can take care of you. It's what we do."

Condrick said, "In the end, it's about time. That's our tag line, and you can take that several ways. It's about your time and how you choose to spend it. It can also mean that it's about time you did something for yourself to make life a little easier. It's also about time that I did this. I had never been an entrepreneur but now I wish I had started this sooner. I love what I do, and know that we are filling a need."

Rather than doing everything online, would you prefer to have someone talk you through the process? Give Jay a call. Whatever works best for you, he will get your new tires balanced and mounted and you can stay at your home or office. One less appointment for you.

Boston Mobile Tire is waiting for your call (or your request on line). To learn more or schedule a service call, head over to [www.BostonMobileTire.com](http://www.BostonMobileTire.com) or give Jay a call at 781-571-3065.

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# BAY STATE ANIMALS PET CORNER

## School Fundraisers Make a Difference!



I recently had the pleasure of speaking to a group of students in the Veterinary Science Club at the Norfolk Aggie Agricultural School, in Walpole. The students were interested in learning more about the Bay State Animal Cooperative (BSAC) as they were holding a raffle to raise funds for the non-profit rescue group. This ambitious group of young adults impressed this Bay State Animal Cooperative board member, not only by their compassion but also their initiative as their fundraiser was their idea to help Bay State help homeless and surrendered cats.

There are three prizes for the raffle: a dog, cat, or horse gift basket. If you are interested in purchasing a raffle ticket, (\$1 each, 6 for \$5), please email mtaranto@baystateanimals.org.

A very special thank you from the Bay State Animal Cooperative board and its volunteers to the Norfolk Aggie Veterinary Science Club! You proceeds will be used for food and medical care of our cats.

This is the second local school who recently initiated a fundraiser for the BSAC; last fall, the May Center School for Brain Injury and Neurobehavioral Disorder held a 'Penny War' to raise money for an animal rescue, and they choose Bay State. How heartwarming to see the compassion for homeless animals and their welfare from children and young adults. Today they are raising money, tomorrow, they will be doing the rescuing.

If you would like to organize a fundraiser for the Bay State Animal Cooperative, email mtaranto@baystateanimals.org. And, thank you!

### These Dogs Need Baths! Can you Help?

The Bay State Animal Cooperative is looking for volunteers to help with their Annual Car/Dog Wash. The event will be held Sunday, June 11, 9 a.m.-2 p.m., Norwood municipal parking lot.



Help out for one hour, two hours, or as much time as you can. For more information or to sign up, email Jackie, at jesthus@baystateanimals.org. So much fun, and for a great cause!

### Can You Sponsor a Long-Term Foster Cat?

A long term foster cat is one we have taken in as a surrender or rescued during a trap-neuter-return situation. A long-term foster could be a compromised cat taken from a local kill shelter that was not willing to spend their funds or their time on an "un-adoptable, imperfect" cat, and in our professional opinion is worth saving and loving in the manner they deserve.

We too have determined these creatures to be atypical and adoption is not a great option, but long term fostering fits their needs. What makes a cat a long term foster cat in our opinion, depends on many factors. In some cases, the cats can be aggressive towards humans, but love fellow kitties. In some cases, the cat is rescued with one or more diseases, injuries, or ailments that most adoptive parents are not looking for. In some cases, the kitties were rescued or surrendered for all the right reasons, but in the end, were determined to be creatures who would not do well in the general human population.

Like all things, the ability to sustain a long-term foster cat's existence, depends upon resources, and many, many sacrifices. Sacrifices and resources shared by the long-term foster caretakers and our organization.

We need sponsors to help us help them for the entirety of their lives.

Help us to continue the care for our long-term fosters.

What your monthly donation makes possible:

- \$10: litter for 1 month
- \$12: flea treatment for 1 month
- \$15: food for 1 month
- \$20:
- \$25: Annual exam and core annual vaccines
- \$35: annual wellness or senior blood work
- \$50: sick/disease related work ups to evaluate quality of life.

### Quality life priceless! Sponsor Pete

Where does his story begin? Pete was rescued from the great outdoors like so many other kit-

tens. He and his siblings were on the older side of kittenhood and slightly harder to socialize. Ideally 8 - 12 weeks of age is an ideal guideline for easier socialization leading to adoption. Pete and his siblings were 3 to 4 months and needless to say, their socializing was a bit longer. However, they were ready for new homes and he and his 2 siblings were all adopted to the same fabulous family. Pete, however, did not transition well and cowed in the corners, slithered from place to place, (unlike how he acted at his fosters) and it was agreed by the new parents and BSAC that he should return to the only home he'd ever known - his foster, with



his 5 friends and forever human, in Florida. Pete loved being back in what is now his "long-term" foster where he demonstrates common behaviors of outdoor kitties. As such, he is considered "un-adoptable." He marks his territory, bullies the new foster cats, but has grown to love his humans and select roommates. Controlling his environment has curbed his need to express bad behaviors. That's just what we do!

How can you help Pete? Consider sponsoring him with a monthly donation in his name through our website or send a check to Bay State Animal Cooperative, Inc. PO BOX # 932 Norwood, MA 02062

[www.baystateanimals.org](http://www.baystateanimals.org)

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# Community Ties and a Commitment to Customer Service: Affordable Junk Removal

## Business spotlight

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a sin-

gle item, or they'll clean out an entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.

Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anony-



mous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the

Corner Market restaurant in Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes,

the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at [www.takeawayjunk.com](http://www.takeawayjunk.com).

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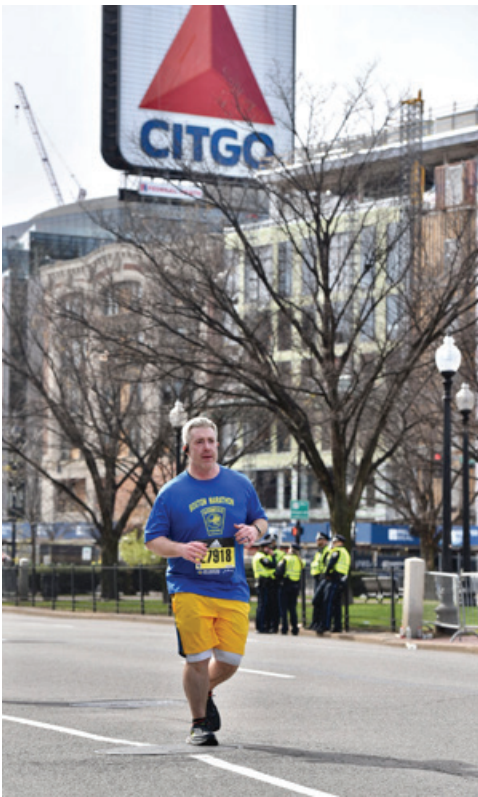
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# Norwood Police Officers to run Boston Marathon for 'Cops for Kids with Cancer'

## Part of Ironman Marathon Team

BY GRACE ALLEN

Tim McDonagh was working the Boston Marathon in October, of 2021, one of thousands of police officers and other



Officer McDonagh at last year's Marathon, one mile from the finish.

law enforcement professionals focused on security that day. The Norwood police officer, a Norfolk resident, had recently started running to get in shape, and was inspired by the runners he saw, especially by fellow officers participating in the Marathon.

"I thought, 'I think I can do this,'" Norwood Detective Sergeant McDonagh said. "I want to try."

First, however, he had to get a charity bib. He decided the only organization he really wanted to run for was Cops for Kids with Cancer, a non-profit that provides financial support to families with children battling cancer.

The competition for charity bibs can be fierce, but McDonagh finally managed to get on a waiting list for the organization.

"A couple of hours later I was sitting on the couch and a spot must've opened up somehow," McDonagh said. "I got an email with the subject line, 'You're In!' and I turned to my wife and said, 'They're letting me run!' It was very exciting."

And so in April of 2022, he ran his first Boston Marathon alongside fellow Norwood Police Officer Justin LaRoche. The two officers, running as part of the Massachusetts State Police Ironman Marathon Team, raised \$13,000 for Cops for Kids with Cancer. The experience, said McDonagh, was amazing.



Detective Sergeant Timothy McDonagh, left, and Officer Justin LaRoche will run the Boston Marathon for the second year in a row to raise money for Cops for Kids with Cancer.

"All the officers along the route were cheering us on, and the crowds were incredible," McDonagh recalled. "So many times we've all heard, 'Right on Clarendon, left on Boylston,' and it really is crazy when you're actually running that stretch. You have nothing left but you're running the fastest at that point. You cross the finish line and you see your wife and kids and you hug them." He paused. "It's literally

the hardest thing I've ever done. I'm so thankful I could run on this team for this charity."

On April 17, McDonagh and LaRoche will run the Boston Marathon for the second year in a row. Once again, they will run on the Ironman Marathon Team to

**MARATHON**  
continued on page 10

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# Living Healthy

## Seasonal Allergies



Dr. Rochelle Bien & Dr. Michael Goldstein

SPRING! The birds are chirping, the flowers are blooming, the sun is shining and the scent of cut grass is in the air. What could be better you might ask? For many people, this season boosts energy levels with increased light exposure, warmer temperatures and those familiar fragrances, but those suffering from recurring allergies react to the season very differently. Spring allergies affect 20% of the population who will experience itchy watery eyes, sneezing, runny nose and even rashes. Airborne pollen is the most common cause of seasonal

allergies.

There are, however, resources to combat those allergies other than medication. Eighty percent of your immune health is located in your gut, so supporting your digestive health is essential to sustaining a healthy immune system. When your immune system is compromised, symptoms such as allergies emerge.

Tom G suffered for 10 years with seasonal allergies, complaining of congestion, runny nose, sneezing and cough until his colleague at work suggested

he visit The Holistic Center at Bristol Square. We identified his specific allergies and started Tom on a program which was geared toward rebuilding his immune system. Removing stressors to the immune system such as processed foods, preservatives, and cleaning products, as well as creating a healthy eating plan, boosted his nervous system function and added supportive supplements. Within several weeks Tom noticed a significant difference. He was less congested, his nose stopped running and the cough was greatly reduced. Tom is not worried the SPRING HAS SPRUNG as he is feeling so much better and is planning on enjoying all the outdoor activities he had to miss out on for so many years.

If you are suffering with allergies call THE HOLISTIC CENTER AT BRISTOL SQUARE located at 1426 Main Street, Walpole. Call (508) 660-2722 to schedule your appointment today.

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**MARATHON**

*continued from page 8*

raise money for Cops for Kids with Cancer, with the goal of raising \$15,000 for the charity.

The Ironman Marathon Team is dedicated to the life of Massachusetts State Police Detective Lieutenant Billy “Iron-

man” Coulter, a longtime cancer survivor who finally succumbed to the disease in 2019. Coulter, who completed over 20 Ironman Triathlons and 150 marathons—including 36 consecutive Boston Marathons—was the chairman of Cops for Kids with Cancer at the time of his death. He was a legendary, inspirational member of the State Police, said

McDonagh, noting Coulter once ran the Boston Marathon with a feeding tube and his oncologist running beside him. They stopped at every water stop so the doctor could inject water and Gatorade with a syringe into Coulter’s feeding tube so he could finish the race.

Cops for Kids with Cancer has helped both Norwood and Norfolk families with children battling cancer, McDonagh shared. Each family typically receives \$5,000. Since its founding in 2002, the organization has given more than \$4.75 million to 915 families.

McDonagh ran 4:49:11 in 2022 and says this year he’d like to get closer to four hours, noting he’s running faster than ever. But he keeps in mind a Billy Coulter quote: “It’s not about the finish time, it’s about the finish line.”

A Norwood native, McDonagh attended St. Catherine of Sienna Catholic School, and then Xaverian Brothers High School in Westwood, where he played lacrosse. He went on to Saint Anselm College for undergraduate studies, followed by Boston University for a master’s degree. After graduating from the police academy, McDonagh was in superb shape. But new work responsibilities and a young family took up more and more of his time, so regular exercise fell by the wayside.

Now, at age 44, he credits LaRoche, a life-long runner and Easton resident, for helping him navigate the Marathon’s training program and work through the inevitable injuries that come with age.

As Detective Sergeant McDonagh and Officer LaRoche work towards their fundraising goal of \$15,000.00, Norwood Police will be selling limited edition NPD Marathon patches.



The patches are \$10.00 each and available for purchase at the Norwood Police station lobby. All proceeds will be directly donated to the 501(c)(3) non-profit charity Cops for Kids with Cancer. Cash, Venmo (@NorwoodPD-Running) and checks

payable to Cops for Kids with Cancer with Norwood Police Team being noted in the memo are accepted for anyone looking to purchase a patch or donate.



McDonagh with his wife Brittany, and children John and Abby, at the conclusion of last year’s Boston Marathon.

This year is the 10th anniversary of the Boston Marathon bombing. McDonagh says this year, especially, the Marathon means a lot to law enforcement, and security will be stepped up. While he will no doubt be thinking of that day ten years ago as he runs this year, Cops with Cancer will also be top of mind.

“I’m so thankful they’re allowing me to run for them again,” McDonagh said. “My kids are healthy, thank God, but when you see pictures of some of these kids suffering with can-

cer, it breaks your heart. And that pushes you along.

If we can raise \$15,000, that’s three families we can help. I love running now, and I’m healthy enough to do this. And to be able to do this for this charity, well, it’s a win-win.”

To contribute to McDonagh and LaRoche’s fundraising efforts, visit <https://copsforkidswithcancer.org>. At the top of the page, click on “Boston Marathon 2023” and search for either officer.



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Dawn Porthouse, a long-time Bellingham resident, started Porthouse Tax Advisors five years ago, with her main goal being to help people. She has an MBA from Babson College, an MPA from Framingham State University and a business degree from UMass Dartmouth. With nearly 20 years of experience in the financial world, you're in great hands if you go to her with your tax issues.

Porthouse Tax Advisors is a boutique firm which specialize in helping individuals and business owners deal with tax problems. They help people who owe significant amounts to the IRS navigate the IRS maze. "I speak government," Porthouse says. "We are local and very methodical." The first steps to helping are pulling transcripts and analyzing the severity of the situation.

Porthouse Tax Advisors does not use a "one size fits all" approach. Instead, they will use an individualized approach, where they assess your situation in stages. According to Dawn, "Everyone's tax situation is different. No two are ever the same and require different solutions."

Porthouse states she loves "helping people navigate the complexities of taxes." Her employees are from local communities, and they do not outsource

the work. Porthouse Tax Advisors is open year-round, with their busiest season being from February through May. Their hours of operation are Mon-



day through Friday, 9:30 a.m. to 4:30 p.m., by appointment only. This way they can ensure each client receives the time and attention they deserve, and no one is sitting around waiting to be helped.

If you are in need of tax assistance, have any questions, or would like more information on how they can help you, contact Porthouse Tax Advisors by phone at (774) 613-2600.

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# Senior Steps

By MICHELE TARANTO

## The Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH)

The Norwood Senior Center recently hosted an informative presentation Jonathan O'Dell, from the Massachusetts Commission for the Deaf and Hard of Hearing (MCDHH) to the Elder Service Provider meeting. There are many aids available through

this state organization to assist those with hearing limitations.

1) MCDHH has visor cards to keep in your car in the event you get stopped by a police officer. You can point to the card to explain you are hard of hearing and the officer can point to the reason you were stopped. Reach out to Norwood Senior Center Outreach Coordinator Kathleen Rooney for more information or to obtain a card.

2) There are apps you can put on your phone that will type out what someone is saying to you so you are able to fully participate in conversations.

3) There are bed shakers that will warn you if the smoke detector goes off while you are sleeping.

Stay connected with the Norwood Senior Center for a possible group talk, and for more information today, visit the MCDHH website at [www.mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing](http://www.mass.gov/orgs/massachusetts-commission-for-the-deaf-and-hard-of-hearing) or call:

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### The Real ID

The Effective Date to obtain a Real ID has been changed to May 7, 2025. The Norwood Senior Center recently hosted Mi-

chele Ellicks from the Mass RMV to talk about the Real ID for the Mass Driver's License or Mass ID. She explained the difference between the Real and Standard ID and the process to obtain or renew each one. Missed the presentation? Contact Outreach Coordinator Kathleen Rooney for a handout.

### Friends against Fraud

It's unfortunate, but there are scammers out there and new scams are being presented every day. Dedham Savings Bank (DSB) recently came to the Senior Center on just this topic.

The goal? To separate you from your money. They described that fraudsters are gaining access to computers and moving money from a checking to a savings account. They will contact you to explain the mistake, prey on your compassion not tell anyone as they will get into trouble, and ask you to buy gift cards equaling the 'mistake.'

This is just one of many scams to steal your money! For a copy of the presentation, contact Outreach Coordinator Kathleey Rooney.

### Commission on Grandparents Raising Grandchildren

Did you know, if you are a grandparent raising grandchildren (or a relative other

than a parent), there are resources available to assist. Contact the Norwood Senior Center for more information.

### COVID-19 SNAP Emergency Allotments Ended

The SNAP emergency allotments for COVID 19 ended March 2. Starting March 3, participants will revert back to receiving the approved benefit before Covid. If expenses have increased since the pandemic, an increase in SNAP benefits may be available. Contact Kathleen Rooney for more information.

### Upcoming Senior Events!

Friends Monthly Ballroom Dance

Norwood Senior Center, 275 Prospect St.  
7 p.m.

The Friends of the Norwood Council on Aging is sponsoring their monthly ballroom dance.

Music will be provided by Dave Valerio. Cost is \$12 per person. Coffee, tea & desserts are served and there are also door prizes. Newcomers are welcome! To check the status of events offered by the Friends and for more information, visit their Facebook page at: Friends Of The Norwood Council On Aging.

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### Norwood Senior Center Sponsored Trips

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Lunch at The Inn at East Hill Farm

With a local guided covered bridge tour  
Thursday, May 25  
9:39 a.m.-6 p.m.  
\$90

Newport Playhouse  
Tuesday, June 13  
\$139

Bloom Tours is hosting a meal at the Newport Playhouse & Cabaret Restaurant for lunch and a show!

For more information on these events, stop by the Norwood Senior Center, 275 Prospect St., or call 781-762-1201.

# Entrust Your Home to the Hands of a Mom

*The Moms Painting Company brightens up your walls and cabinets*

By JANE LEBAK

In the era of work-from-home and online meetings, homeowners want to make their homes brighter, more beautiful, and more comfortable. An often overlooked aspect of a home's beauty is interior paint.

Says Melinda Currul, "That's when you need to call The Moms Painting Company."

The Moms Painting Company combines attention to detail with an appreciation for interior design. Their team consists of four moms and two dads, and they give their customers the care that the "mom" title implies.

"Whether we're painting a room or repainting the cabinets, we strive to put the client at peace in their own home," says Currul, who founded The Moms three years ago. "We make our clients comfortable having us work in the house. We've even had clients leave their children with us!"

One of the Moms, painter Courtney DeLuca, emphasizes the personal touch. "I really enjoy making someone's home what they want it to be. Seeing the final creation brings me joy."

While most homeowners think of "painting" in respect to the walls, the Moms have found a better way to spruce up a home: painting the cabinets and woodwork.

"A lot of older homes have wooden cabinets, but that look is really out," says Currul. New cabinets cost tens of thousands of dollars, though, so homeowners resign themselves to oak or maple. Currul adds, "They don't realize, our painters can make those cabinets look brand new for a quarter the price."

Cabinet work freshens up the look of an entire kitchen. Currul explains, "The cabinets come down, and we remove all the hardware, labeling everything precisely." This is where attention to detail is very important. "We'll sand, degrease, and apply two coats of a special bonding primer. We then apply a self-leveling paint that works to acquire a superb evenly coated cabinet."

Currul experimented with several bonding primers before identifying the best. Additionally while some painters spray the cabinets for efficiency, Cur-

rul achieves unique results using a special roller. "Our rollers work to attain a solid finish with absolutely no brush marks. All of these aspects together, along with our talented painters provide the homeowner with a beautiful, like new set of cabinets without the high cost of installing them brand new."

Currul's team also updates wooden trim.

"These same homes often have brown trim at a time when everyone wants to go to white. To get it done right, we use all the same steps as with cabinets. We need to use the right primer, and then we caulk and fill all the holes in the woodwork."

Updating a home's appearance is an investment in the home's value. Currul says, "Where times are tight, people still want to feel happy in their homes, but without having to do a complete renovation. Painting their cabinets or their brown trim white will immediately increase the value of the home."

Of course, homes are not just investments. They're the stage for our lives. Moms painter

Irena Cascella says, "I've had a long relationship with a paintbrush. It's an honor for me to make your walls a beautiful backdrop for your memories."

Melinda Currul started Moms Painting after years of community involvement in Medway and the surrounding towns. When her children were smaller, she volunteered on community boards, coached cheerleading, and organized the MEPTO road races.



Before photo (above), After photo (below).



With her children older, she leveraged those organizational skills to start her own company. "A mom is a person who can multitask, and our business taps into that. We return calls within hours. We arrive when we say. We complete work in the scheduled timeframe, and if something comes up, we let you know right away."

Moms Painting guarantees 100% satisfaction. Currul stresses, "If someone's had a call back for a touch-up, we're right there."

This attention to detail pays off. Currul says, "I started the business small, but because of word-of-mouth and repeat business, we've increased sales five hundred percent."

Currul says, "It's amazing the changes you can accomplish with paint. No one—and I mean



no one—gets a job done like a mom."

Ready to learn more about The Moms Painting Company? You can find The Moms at <https://www.momspaintingcompany.com> and on Facebook at <https://www.facebook.com/momspaintingcompany>. Or you can call 617-304-6654 to jumpstart your home's brand-new look.



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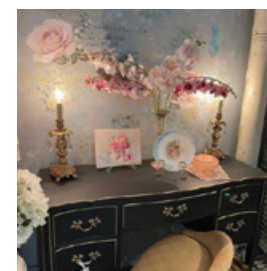


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# Local Quilters Take Home Ribbons

By BETSY MILLANE

While quilting is a solo art, it can be a group endeavor, which is exactly how the Rhododendron Needlers Quilt Guild treat this creative outlet. They meet once a month at the Westwood Library to talk about quilting, bring their quilts and tools to work on, and consult with each other about materials, patterns, and challenges. Many of its 68 members (nine from Norwood) enjoy collaborating and often showcase their quilts at competitions, such as the Blue Hills Vocational School's "A

Community of Quilters" show last month.

Norwood resident Nancy St. Laurent is a dedicated quilter, has been a member of the club since 1989, and has been quilting ever since.

How does one get started in quilting? Well, St. Laurent has always been a sewist. She said it is in her DNA, she imagines, as her father was a tailor. She made her own clothes. Then a friend showed her how to quilt and introduced her to the tools of the craft. She also read the book: Quilts, Quilts, Quilts, a book she still refers to today.

What attracted her to quilting? The intricacies and patterns fascinated St. Laurent.

She primarily uses cotton; sometimes using a cotton/poly mix in the batting.

She purchases her material either online or in a store, but right now she has what she calls a "Stash" of material she is using. (Translation of 'stash' is a supply of something, typically one that is hidden or secret.....a term for crafters can also mean 'of value!')

Patterns are available for quilters, but St. Laurent often makes her own.

For materials and inspiration, she crosses the Norwood border to All About Quilts, in Walpole. They have workshops and classes where she meets other quilters. They also have a specialized piece of equipment, a long arm machine, that does the quilting via computer. She has also done the actual quilting herself, by hand.

There are many challenges in quilting. St. Laurent said a bedspread is not the easiest square to make. You take a square and add another. It's a solitary pursuit, but Westwood Quilters can make it a group effort meeting once a month in the Westwood Library for ideas, camaraderie, support, and friendship.

When asked about the process of quilting, St. Laurent said it begins when you pick a pattern. From there, you find fabrics, choosing the colors you like. You put the design on a wall, and begin to sew the squares together. You make a square, then add another, using cutting and measuring tools, and a quilt is born!

Those creations do not, however, stay around for long; most are given away to family members to enjoy!

Carol Meglan of Norwood started quilting 40 years ago. The last four to five years have been spent making "comfort" quilts. Comfort quilts are smaller and are made for children, featuring children's themes. For example, she will incorporate bunnies and teddy bears, for girls and super heroes and trucks for boys. Making



Mistral was jointly made by Carol Meglan and Nancy St. Laurent and won Second Place in the Appliqué Wall Quilts category and Vendors Choice Award

Essence of London: Third Place winner for Nancy Pond in the Hand Stitched Quilts category.



Made by Norwood resident Nancy Pond. It won a 1st Place Blue Ribbon in the Hand Stitched Quilts category and a Vendors Choice Ribbon.



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**QUILTERS**  
continued on page 15

# A VIEW FROM THE HILL

## The Norwood Experience

By AUSTIN HENRY, NORWOOD HIGH SCHOOL SENIOR

Norwood, the home of the Mustangs. Norwood, the thriving community. Norwood, my home.

As a 17 year old who has spent my entire life growing up in Norwood, this has been my experience. It is such a small speck on the map yet it holds so much space in my heart, because of how I feel when I am here. I have always felt safe and comfortable in Norwood. Very rarely as a kid did I ever worry about leaving my home.

I think this is such a positive experience and one that seems to be growing rarer in the chaos of the modern world.

I have so many beautiful memories of being a kid, taking my bike and cruising down Nahatan St., or trying to power my way up the hill on Nichols St. that is right before the high school.

In my youth, I was a cub scout and it always amazed me how many willing people would support us as we stood outside of Shaw's and attempted to sell pop-

corn to every person that entered.

Going to the Oldham Elementary School, I had such a great time, and very early on a sense of community was established in my life.

Many of my teachers over the



years did not just work in Norwood, they also called it their home and many more of them had gotten the delight of growing up here too. This made all the difference as it built a community of people that I knew and looked up to that all lived in Norwood.

As I entered middle-school and began to be able to roam the town more and more freely, I was delighted by the kindness of the people. Whether it was going to Spot for a slushy or Express Pizza for a warm slice of pizza, everywhere I went I was always met with the friendliest of

smiles. These smiles, like the sun, glowed in my growing eyes and inspired my laughter, as I continued to grow into an adult.

The older and older I got, the more of a community I felt forming around me, sheltering me

memories.

As the sun sets on my senior year and I prepare to leave Norwood and go to college, I think back to all the wonderful memories I have.

I think about all of the delicious treats from the farmers market that always went far to make my taste buds dance.

I think about the smell of freshly made bagels from Spot that can make a person with a full belly hungry at the first whiff.

I will never forget the sound of townies debating over which of our seemingly millions of pizza places is the best.

I will never forget the feeling of walking into Norwood High School and feeling like I belonged there.

Most of all, I hope I never forget the little town I call home, Norwood.

like how a tent protects a camper from all the harsh elements of nature.

As I have traversed high school, I was able to get an even further glimpse into the beauty of the town as I have gotten into photography and taken many pictures of the sun rising over our beloved town common that holds home to so many of my

### QUILTERS

continued from page 14

quilts makes her feel useful, it gives her a creative outlet. How impressive she had made at least 100 quilts!

While a non-quilter may think it would take months to finish a quilt, for seasoned quilter Meglan, one to two weeks, start to finish, is all she needs. She works alone, focused and engrossed in the process.

Through the Quilters Guild, Meglan donates her finished projects to foster children and new single mothers. What a gift!

Right now, Meglan is working on a "Scrappy" quilt. A quilt made of the scraps of material she had collected over the years (here's that word 'stash' again). There's no rhyme or reason to the design; she quilts with the 2 1/2 inch strips and adds them all up into the quilt.

Sometimes, collaboration can be a fun distraction from solo quilting. Meglan and Nancy combined their talents and skills and created a quilt together that was on display at the Westwood Library.

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| 07 APR | <b>HEADSMACK</b><br>TRIBUTE TO GODSMACK                          |
| 08 APR | <b>DESOLATION ANGELS</b><br>TRIBUTE TO PAUL ROGERS & BAD COMPANY |
| 14 APR | <b>DEADBEAT</b><br>MUSIC OF THE GRATEFUL DEAD                    |
| 15 APR | <b>SONG GARDEN / NOTHINGISSAFE</b><br>SOUNDGARDEN TRIBUTE        |
| 21 APR | <b>REBEL REBEL</b><br>DAVID BOWIE TRIBUTE                        |
| 22 APR | <b>ELECTRIC TEMPLE</b><br>STP TRIBUTE                            |
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# Norwood Sports

## Jacob Zhang; Hurdling His Way To Success

By CHRISTOPHER TREMBLAY

Upon entering Norwood High School, then freshman Jacob Zhang wanted to be a part of the experience and was hoping to find something that he could take part in over his four years while expanding his horizons. Eventually, he decided on cross country, but that sport was short lived.

“My freshman year, I tried cross country and found out that I wasn’t really skilled in long distance running,” Zhang said. “I figured the next step would be to try out some shorter distances and I really enjoyed that much better. In cross country, you’re out there on your own, in track, your teammates are cheering you on during your event.”

As a first-year track athlete, Zhang felt right at home in the 55 meter and 300 meter dashes during the indoor season; both events allowed him to improve his times as he got accustomed to the events. While track was much more to his liking, Zhang gave cross country one more chance during his sophomore year, and with a best time of 21 minutes in the 5K event, he decided not to return in his junior season.

“I gave cross country another try, but it just wasn’t for me, so I decided to stick with the shorter distance running during the track seasons,” Zhang said. “Track was much more enjoyable, and my talent seemed to compliment it much better.”



Norwood Boys Track Coach Matt Curran saw something in the short distance runner and suggested he try running the hurdles.

“As a cross country runner, he was not thrilled with the long distance running,” Curran said. “So, after running his sophomore season he decided that it wasn’t for him and fully concentrated on track. That season, I asked him to consider the hurdles; it took him a year, but by his junior season things just popped for him and he was named to the All-Star Team in the event.”

At first Zhang was apprehensive about the new event, but realizing that Norwood did not have a huge presence in the hurdling events, he shook off his doubts and gave the event his all.

“Coach Curran came to me to give it a try,” Zhang said. “I was a little nervous to give it a try at first, but over time I started to believe in myself and improve my techniques. Originally, I could get myself over the hurdle; it was mental fear that I was either going to get hurt or knock it down so I’d run right up to the hurdle and instead of jumping over it I would just stop.”

Curran knew that Zhang had the ability within him, so he began working with him on his technique while also giving him some exercises to strengthen his core. Over time, Zhang would eventually overcome his fear, and as a junior he would run the hurdles during the indoor season at the Division 3 Sectionals where he would place fifth with a time of 8.26 seconds.



As a senior this year, Zhang continued to run the 55-meter hurdles and the 55 meter dash during the indoor season and is looking to take part in the 200 meter dash, the 110 meter hurdles, and being a part of the 4x100 relay this spring.

As he gets ready for the outdoor track season, the Mustang senior is hoping that he can continue to improve his hurdle times enough to etch his name in the Norwood record books.

“My goal this season is to improve my hurdle times and set the [110-meter hurdle] school record,” Zhang said. “The record is 7.8 seconds, and I am currently running a best 8.26. If I continue to work hard at practice while doing my exercises that the coach taught me, I believe that I’ll have the knowledge and the ability to do it.”

In addition to the hurdles, Curran would like to see Zhang continue to take part in the long jump, where he has a best leap of 19 feet.

“These events require skill to participate in and Jacob seems to have found his,” the Mustang Coach said. “I am looking forward to him having a really good spring and am excited to see what he can accomplish.”

Putting his name in the Norwood High School record books would be an honor, but Zhang, who says running is just a hobby, is really just looking forward to having a good year with his teammates and helping Norwood win on the track.

## EMASS Senior Softball League Opens Registration for 2023 Season

### Be Part of a Team, Form Lasting Friendships and Enjoy Balanced Competition

Eastern Massachusetts Senior Softball (EMASS) is opening its annual registration campaign for slow-pitch softball players age 50 and older. With over 450 members, the league attracts players from towns across Eastern Massachusetts with games played on fields in Wayland, Medfield, and Framingham. The EMASS season opens in late April with 16 or more weeks of regular sea-

son games and year-end playoffs completed by October 1. Interested players can register for the EMASS 2023 season at <https://e-mass.org/current-programs>.

“Playing on a senior softball team has tremendous health benefits,” said Walker Royce, EMASS Commissioner. “It is addictively fun and immerses you in a healthy community of like-minded pals.”

### Softball Helps Seniors Stay In Good Shape as They Age.

“Playing a team sport like softball allows our older members to compete in a game they love while engaging in anaerobic exercise that helps with heart health, strength conditioning, weight control and cognitive focus,” said Gary Seigel, the EMASS Wednesday Metro division coordinator. “We have over 150 players in their 70s and more than 20 in their 80s still playing competitive softball.”

### Retired Or Not, Players Love A Weekly Physical Outlet.

EMASS players cherish their weekly double-headers. The three-hour escape to the ballfield is a weekly high point of camaraderie, teamwork and healthy outdoor competition. EMASS has many younger seniors in their fifties and sixties who can still hit a ball over a 300-foot fence, run down a deep line drive in the outfield or turn a double-play in the infield.

“Our younger players aspire to be one of those guys that can still play in their 70s and 80s,” said Steve Bober, EMASS Tuesday Pacific division coordinator. “Playing safely and together with others focused on physical longevity builds a strong community of mutual health coaches.”



# Norwood Sports

## Norwood/Dedham Lax Coop Hoping for Successful Second Year

By CHRISTOPHER TREMBLAY

After not having enough athletes to form a complete team, Norwood co-oped with Dedham last spring to put together a boys lacrosse team. Under the banner of Dedham, the squad finished the season at 9-6, defeated Arlington 12-5 in the first round of the Division 1 State Tournament

went out and did what we could while throwing the kitchen sink at them trying to disrupt their rhythm; unfortunately that didn't happen."

Having to play in a division above their normal schedule made it relatively tough for the Dedham-Norwood team to move deep into the tournament

Despite losing some talented athletes, Nardelli does have his entire defense coming back with Dillon Vautour, Charlie McGregor, and Chris McGary, as well as juniors Thomas Lynch and Joey O'Brien.

Sophomore long stick mid-die Ryan Valery, who came out for the team last season and primarily saw action on the junior varsity team, will see varsity action this year. The then freshman made his way to the varsity team and saw significant action come the end of the year.

"Not only did Ryan add some height and weight, he'll bring a presence to the field this year," the Coach said. "He is very comfortable with the varsity team and understands our packages and his stick skills are much better."

Offensively, sophomore Frankie Forest will be looked upon to be that strong face-off guy. The Tri-Valley League All-Star will be the quarterback on the field for Dedham-Norwood.

"Frankie plays club lacrosse for Laxachusetts and could possibly be the best lacrosse player to ever come out of Norwood," Nardelli said. "Originally, it took him a few weeks to get acclimated, but he picked things up quickly and recorded 50 points last year as a freshman."

The squad will not only look to Forest to continue his success on the field, but will also have five captains leading the charge. From Norwood, Vautour, Richie Carroll, and Kevin Sopol will be the captains this year. Carroll posted a 70-plus season last year and is still undecided where he wants to go to college despite the numerous offers he has received. Sopol posted 65 points last year, including 15 against Bellingham at the end of the season. He is expected to turn it up a notch this spring. The Dedham captains are McGregor and JB McInerney, a transfer from Catholic Memorial.

The starting goalie will be junior Ryan Harris, who pushed the first string goalie last year, but will inherit the position to be his own this season. He is a very vocal individual and will hold down the position for the next two seasons.

Role players looking to contribute will be Will Whitley at attack; Tom Quinn, Eric Caplani, Brody McInerney, and Paul Lupianez in the middle, and another Catholic Memorial transfer in Noelle Adams at attack. Senior Ethan Brownbill, a football captain, will be looking to also play lacrosse for the first time, most likely on the defensive side of the field.

Nardelli sees this team having a much more balanced attack this year with a lot of player involvement with once again the main goal being to advance into the tournament.



"Last year, we had a four-game winning streak during the season and also won seven of nine down the stretch," the Coach said "I want to be more consistent this year while building that momentum as we come to the tournament. We have a lot of experience coming back so we should be able to close the gap this year."

Nardelli went on to say that he expects to win those tight games that the squad lost last year and he definitely wants to finally defeat Medway and Westwood, teams the squad has yet to take down.

While Dedham and Norwood are joining forces to field a boys lacrosse team, both schools are looking to build a program in which they can eventually go their separate ways.

"This is very exciting being a co-op with Dedham," Nardelli said. "We want to bring this program to the level where we can both eventually have our own programs again. We're looking to have both a junior varsity as well as a varsity program so that when the kids get to the varsity level they are game experienced."



before falling 19-3 to Lincoln-Sudbury, who went onto the Final 4 of the tournament before losing to Boston College.

"Being a co-op team, we are forced to move up a division in the State Tournament," Coach Mike Nardelli said. "Going up against Lincoln-Sudbury was a tough task at hand. They had 16 seniors committed to play on the collegiate level, six or seven going to play for Division 1. We just

once they got there. According to Nardelli, Division 1 lacrosse in itself is one of the best divisions in the state and they would have to go up against the best of the best in the sport.

While the team will have a significant number of athletes retuning this spring, they did lose six seniors, including their goalie, their face-off guy, an attack, their long stick middie, and two other role players.

team is fun. When your health routines are fun, you make them a priority," said Royce. "Some seniors are hesitant to play because their knee hurts or their shoulder is shot, or they are carrying too much weight. Every Senior Softball player has similar complaints. Aches and pains are easily tolerated when they are offset by the joy of playing and competing on a softball team with friends."

### About EMASS Senior Softball League

EMASS was founded in 1995 and offers active seniors of all skill levels a safe, well-organized opportunity to play competi-

tive slow-pitch softball. EMASS members range in age from 50 to 90. Skill levels range from casual recreational players to those who play on nationally competitive tournament teams. Players of any skill level will find a spot with teams of similar abilities in one or more of EMASS's six divisions. There are two Saturday divisions and four weekday divisions. All divisions play a double-header each week and many members play on different teams in multiple divisions.

For more information about EMASS Senior Softball League, visit [www.e-mass.org](http://www.e-mass.org).

### EMASS

*continued from page 16*

#### The EMASS Community Continues To Grow.

EMASS has added about 60 new players in each of the last three years. "We shuffle up team rosters every year in all divisions to enhance connections across our large softball-loving community," said Rich Goldberg, the EMASS Thursday Atlantic division coordinator. "Our members enjoy competing with and against their friends."

"Hitting, catching and throwing a softball and being on a

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# Calendar of Events

## April 1

**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.

## April 2

**Musical Sundays Concert Series:**  
**Jeff Snow - The Softer Side of Celtic**  
Morrill Memorial Library  
3-4:30 p.m.

The first concert in four-series line-up is Jeff Snow and his "Softer Side of Celtic." Jeff is a talented multi-instrumentalist who shares the music, and the stories behind the music, of Scotland, Ireland and England. Much of the history of these lands was preserved in song. Growing up in a home where old Scottish folk songs were the everyday sounds, Jeff developed an early love for Celtic music. Jeff's music has been described as "quiet and relaxing." Much of it is, but every once in a while he breaks out and the foot stomping begins. **Registration is required.** To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 3

**The "ME" Decade - A Cultural Review of the 1970s Through Music**  
Morrill Memorial Library  
6:30 p.m.

Are you interested in music history? Do you love tunes from the 1970s? If so, join in for an educational performance by Fran Hart. His show, "The 'Me' Decade - A Cultural Review of the 1970s Through Music," is a multi-media presentation that highlights the cultural nuances of the 1970s. This presentation

features live acoustic music and audience sing-alongs, coupled with audio and video clips showing the best (and sometimes the worst) of the 1970s. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call 781-769-0200 x2.

## April 4

**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? Get the answers to these and all your other EV questions answered. 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. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 8

**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.

## April 10

**Norwood 101 New Resident Program**  
6-8 p.m.

Norwood 101 is a new resident welcome program held every Spring. Representatives

and officials of the Town of Norwood departments and community organizations will be here to welcome you and answer any questions you may have. Learn about what's going on around town!

The event will be held throughout the library from 6:00-8:00 pm, so drop in anytime during the event. While registration is not required, welcome bags of swag will be distributed to the first 50 registered attendees; free raffles will be provided by local businesses. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 11

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

**Norwood Women's Club Meeting**  
Knights of Columbus, 572 Nichols St.  
12:30 p.m.

Kalifornia Karl will perform a joyful music program. A light lunch will be served. Guest are welcome. For more information, call Trina at 781-762-8173.

## April 12

**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 sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 14

**Peeps Diorama Contest: Peeps Pick-up**  
Morrill Memorial Library  
All Day

It's the Second Annual Peeps Diorama Contest! Pick up a package of Peeps from the Library, create a diorama, and send a photo of the finished creation for a chance to win fun prizes and, more importantly, eternal bragging rights! The contest rules and to sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 15

**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.

## April 16

**Divine Mercy Sunday**  
St. Catherine of Siena Church  
1:30-4:30 p.m.

The Sacrament of Reconciliation (Confession) will be available in the chapel and the school gym. The recitation of the Most Holy Rosary will begin at 2:15 p.m., followed by the Divine Mercy Chaplet in the church. Celebration of Holy Mass in honor of the Solemnity will be celebrated at 3 p.m., and will include veneration of the Divine Mercy Image.

## April 18

**Shark Biology**  
Morrill Memorial Library  
2 p.m.

Calling all shark lovers! Join Kristen from the Atlantic White Shark Conservancy in Chatham, for this educational and interactive program all about New

England's favorite summertime visitors: Great White Sharks! We'll see shark teeth, do a giant shark puzzle, and other fun shark activities. For grades K-5. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 19

**Turn the Page Book Group- Beautiful Country**  
Morrill Memorial Library  
10 a.m.

The group will be discussing Beautiful Country, a memoir written by Qian Julie Wang. Please email Patty Bailey if you have any questions, [pbailey@minilib.net](mailto:pbailey@minilib.net) or call (781)443-8864. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**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 sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**Animal Safety : Learn How to Be Safe with Dogs**  
Morrill Memorial Library  
2 p.m.

Michelle Kreell, community liaison for Baypath Humane Society, will be at the library to talk to kids about the body language of animals, how to meet new dogs, and how to be safe around animals. She will also talk about animal rescues, and at the end of the program, introduce kids to her rescue, Lane! For families with kids in grades K-5, but younger children are also welcome! To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

## April 19

**Turn the Page Book Group- Beautiful Country**  
Morrill Memorial Library (Virtual)

**CALENDAR**

*continued from page 18*

**6:30 p.m.**

The group will be discussing Beautiful Country, a memoir written by Qian Julie Wang. Please email Patty Bailey if you have any questions, pbailey@minlib.net or call (781)443-8864. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**April 20**

**Super Mario Bros. Party  
Morrill Memorial Library  
2 p.m.**

Power up at this Super Mario Bros. party! The library will be providing fun activities, crafts, and kids can take turns playing a Super Mario game on our Nintendo Switch system! Registration for this event is required. For all ages. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**April 21**

**Teen Crochet Club  
Morrill Memorial Library  
3:30 p.m.**

Inspired by all the fabulous yarn creations you see on TikTok, but aren't sure where to start? Come to Teen Crochet Club to learn how! This month will work on turning rows and making a basic granny square. No prior experience is required, just patience and a positive attitude! Needles and yarn for the event. For ages 12-17 years old. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**Friends Monthly Ballroom Dance  
Norwood Senior Center, 275  
Prospect St.  
7 p.m.**

The Friends of the Norwood Council on Aging is sponsoring their monthly ballroom dance.

Music will be provided by Dave Valerio. Cost is \$12 per person. Coffee, tea & desserts are served and there are also door prizes. Newcomers are welcome! To check the status of events offered by the Friends and for more information, visit their Facebook page at: Friends Of The Norwood Council On Aging

**April 22**

**Blessing Boutique Thrift Shop  
First Baptist Church, 71 Bond St.  
10 a.m.-noon**

Spring has sprung! Come

in and pick up some beautiful clothes for the family, shoes, household goods, spring decor, gifts, linens, jewelry, books, and a whole lot more. Your special treasures are waiting for you!

**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.

**April 23**

**Musical Sundays Concert Series:  
Trio Spirito  
Morrill Memorial Library  
3-4 p.m.**

The second concert in the series will be a returning favorite, Trio Spirito. Trio Spirito was created when three faculty members from the New School of Music in Cambridge joined forces and talents. The trio has performed widely in the greater Boston area for the better part of a decade with an extensive repertoire of classical music. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**April 24**

**Politics with Principles: First  
Female Cabinet Secretary, Frances  
Perkins  
Morrill Memorial Library  
6:30 p.m.**

Janet Parnes of Historical Portrayals with Lady J will return to the Morrill Memorial Library to introduce an important woman from U.S. history, Frances Perkins. She was a confidante of FDR, the first female Cabinet Secretary, and the object of admiration and contempt from her male contemporaries. Frances Perkins dedicated her career to providing exploited working men and woman with safe, humane workplaces. In this gripping portrayal, audiences will walk through the personal and professional trials and triumphs of this heroic, principled politician. They will discover her secrets to building alliances and staring down bul-

lies to enact legislation to help make government a champion for working people and retirees. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

**Apr 25**

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

**Sustainability Series: Gardening  
With the Environment  
Morrill Memorial Library  
7 p.m.**

There's a new type of gardening afoot! Gardeners now can strategically plant outdoor spaces to support biodiversity, to withstand and buffer climate change's extremes, and to efficiently use natural resources -- while producing beauty, food and resources. The evening will include: incorporating native plants into our personal green space, adopting maintenance practices that allow for ecological function, conserving water, and producing compost. This growing season, make positive environmental change in your own green space. Use tonight's presentation as a springboard! To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

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

Join the Titles on Tap group at Napper Tandy's, in the left-hand-side bar. The 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.

**April 28**

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

This program is specially designed for adults with intellectual and developmental disabilities. The April movie in the Sensory-Friendly Friday series is Disney's Strange World, rated PG. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

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**34TH ANNUAL**

  
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DERBY**

**&**

  
**RUBBER  
DUCKY  
RACE**

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**FISHING  
DERBY**

WHEN: SATURDAY, APRIL 29TH  
 REGISTRATION: STARTS AT 2PM  
 TIME: 3:00 PM – 5:00PM  
 FEE: \$5.00 PER PERSON  
 (INCLUDES HOT DOG & SODA)

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**DUCK RACE**

WHEN: DAY OF DERBY (4/29)  
 REGISTRATION: DAY OF DERBY  
 TIME: BEGINS AT 4:30PM  
 FEE: \$5.00 PER DUCK  
 (DUCKS SOLD ONE WEEK  
 PRIOR AT CIVIC CENTER)  
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**FPR MORE INFO: EMAILSWHITE@NORWOODMA.GOV  
 OR CALL CIVIC CENTER (781-762-0466)**



## LITERACY VOLUNTEERS NEEDED

Attend an Online Orientation

Thursday, April 13, 2023  
6:30 p.m. - 8 p.m.

Online Tutor Training dates are to be determined; call for details.

If you have the time and desire to help adult learners improve their literacy skills, we have an opportunity for you. All you need is a high school diploma and sensitivity to the struggles of adult students. Join us for the orientation session to learn more about this opportunity.

### COMMITMENT

- One orientation session and 15 hours of training.
- Meet with your student 2 hours per week for a year.

### LOCATION

Orientations and trainings are held online at this time. Tutoring sessions can be online or at the Morrill Memorial Library in Norwood.

### PLEASE JOIN US!

Literacy Volunteers at the Morrill Memorial Library

### REGISTRATION REQUIRED

781-769-4599 email: lvamml@minlib.net

## Norwood 101 program for New Residents

Please join us for Norwood 101 on Monday, April 10 from 6:00-8:00 pm. Norwood 101 is a new resident welcome program held every Spring at the Morrill Memorial Library, 33 Walpole St, Norwood.

Representatives and officials of the Town of Norwood departments and community organizations will be here to welcome you and answer any questions you may have. Learn about what's

going on around town!

The Morrill Memorial Library will also have a number of great resources and services we offer on display. Stop by to meet our staff and see what we can do for you!

The event will be held throughout the library from 6:00-8:00 pm, so feel free to drop in anytime during the event. While registration is not required, welcome bags of swag will be dis-

tributed to the first 50 registered attendees; free raffles will be provided by local businesses. You may register through our events calendar at [norwoodlibrary.org/morrillcalendar](http://norwoodlibrary.org/morrillcalendar).

If you are new to town or would like to find out more about our wonderful Town of Norwood, this event is for you! Please call the Reference Desk with any questions at 781-769-0200 x2.

## Come Out and Vote!

### Norwood Town Election will be held April 3

BY BELLA CAGGIANO

The Town of Norwood will be holding its Annual Town Election on Monday, April 3. There are many residents who are throwing their hat in the ring for an endorsement to serve the town in many municipal areas. This is the time for Norwood residents to make a difference in their local government, whether they are pleased with their officials or

ready for a change in leadership.

Poles will be open 7 a.m.-8 p.m.

District 1: Oldham School, Prospect Street

District 2: Oldham School, Prospect Street

District 3: Civic Center, Nahatan Street

District 4: Cleveland School, Nichols Street

District 5: Civic Center, Nahatan Street

District 6: Balch School, Washington Street, South Norwood

District 7: Balch School, Washington Street, South Norwood

District 8: Callahan School, Garfield Street

District 9: Prescott School, Richland Street

You must be a registered voter to participate in Norwood's election.

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### CALENDAR

continued from page 19

#### April 29

**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.

**Kids Fishing Derby/Rubber Ducky Race**  
Hawes Pond  
3-5 p.m.

The 34 Annual Kids Fishing

Derby & Rubber Ducky Race is on! Prizes awarded for biggest fish and more! Cost for fishing derby is \$5 (includes hot dog & soda), duck race is \$5 per duck (ducks sold one week prior at Civic Center). Registration begins at 2 p.m. Open to ages 15 and under. Held rain or shine. For more information, email [white@norwoodma.gov](mailto:white@norwoodma.gov) or call the Civic Center at 781-762-0466. Bring your fishing pole, bait, chair, bucket, etc.

#### April 30

**Race to Embrace**  
Willett School, 100 Westover Pkwy.  
9:30 a.m.

This 5K & 1/2 mile run, walk, or roll was established to provide the opportunity for the joy of movement, regardless of ability and is open to all. All funds will go directly to support activities that increase acceptance and inclusion in the Norwood community schools. Sponsored by the Norwood SEPAC (Spe-

cial Education parents Advisory Council); [www.norwood.k12.ma.us/student-services/sepac](http://www.norwood.k12.ma.us/student-services/sepac). To register, visit <https://runsignup.com/Race/Info/MA/Norwood/RacetoEmbrace5K12Mile>. If you need a peer to run with, contact Karen Hurley, at [khurley@norwood.k12.ma.us](mailto:khurley@norwood.k12.ma.us).

**Musical Sundays Concert Series: Shirim Klezmer**  
Morrill Memorial Library  
3-4 p.m.

The third concert in the line-up will be Shirim Klezmer band. Klezmer is the rollicking party music and soulful laments imbued with Mid Eastern flavors that was brought to America in the early 20th century by Jewish musicians from Eastern Europe. This music has that unique sound of crying and laughing at the same time. To sign up, visit [www.norwoodlibrary.org/morrillcalendar/](http://www.norwoodlibrary.org/morrillcalendar/) or call the Reference Desk at 781-769-0200, x2.

# Real Estate Corner

## Register O'Donnell Urges Community Support for Local Food Pantries

Last month during the distribution of more than 200 pounds of food donations to Norfolk County food pantries from the Registry of Deeds Annual Holiday Food Drive, Register of Deeds William P. O'Donnell discussed the growing need for community support with several organization leaders.

"I would like to extend our deepest gratitude to the companies, community groups, families, and individuals who donated," Register O'Donnell said. "It was my pleasure to deliver these items to food pantries in Norfolk County and to help those with hardships during the winter season."

There are more than 33 food pantries in Norfolk County, and each of these organizations relies in part on food donations from the local community.

"Community donations are really a big help and give us a

good deal of variety that we wouldn't otherwise have," Rich Bielecki, Operations Manager for the Marge Crispin Center said.

Household food insecurity in Massachusetts is between 16% and 18%. At the height of the coronavirus pandemic, the number peaked at 19.6% of households being food insecure.

"With the rising cost of food, housing, and utilities taking their toll on struggling families and seniors on fixed income, we have seen a marked increase in the need for food," Pamela Denholm, Executive Director for South Shore Food Bank said.

According to the United States Bureau of Labor and Statistics, home food prices rose 12.7% while wages only grew 5.1%, netting more than a 7.6% deficit at the grocery store.

"Many Norfolk County residents face both long-term and temporary hardships, including

children, families, and individuals, and may be helped by a donation that you could provide," Register O'Donnell said.

Children are especially vulnerable to food insecurity. Recent trends indicate that food insecurity among households with children in Massachusetts is increasing, with rates ranging between 19% and 22% as of early January, 2023.

"Hunger does not stop after the holidays fade into the past; it is a persistent issue affecting many of our neighbors," Register O'Donnell concluded. "I urge residents to consider dropping off food supplies at their local pantries across Norfolk County. Pantries are requesting canned goods, breakfast cereals, pasta, sauces, toiletries, and paper products. Dropping off a food donation at a local pantry can make a world of difference in helping a family in need."

To see a list of Norfolk County food pantries, visit the Registry of Deeds website: <https://www.norfolkdeeds.org/support/faqs/where-are-the-norfolk-county-food-pantry-locations-142>

The Norwood Food Pantry is located in the back of the Grace Episcopal Church, 150 Chapel St. To ensure food is protected from the elements, donations are welcome in the pantry donation bin, Monday-Friday, 9 a.m.-12 noon. For donations of more than three bags, or to drop off at a different time, call 781-291-3663 or email [NorwoodPantry@gmail.com](mailto:NorwoodPantry@gmail.com) to schedule an appointment. Unfortunately, large donations cannot be accommodated without an appointment.

The Norwood Food Pantry serves residents of Norwood and Westwood. If you do not live in Norwood or West-

wood, the Greater Boston Food Bank can help you locate a pantry in your community. If you need emergency food assistance, regardless of where you live, please contact us at 781-291-3663.

### Pantry Hours:

Saturday mornings: 9-11:40 a.m.

New clients may visit on Saturday morning to sign up.

The pantry requires documentation of your need for food. You have up to three visits to provide adequate documentation.

*For information on documenting your need, client guidelines, and pantry rules, visit [www.norwoodpantry.org](http://www.norwoodpantry.org) or call the pantry at 781-291-3663.*

## Good Deeds: History Comes Alive The Norwood Theatre

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

This project features historic area landmarks, with the aim of

"History Comes Alive" project features the Norwood Theatre. Norwood, like the other 28 communities in Norfolk County, has a rich and varied history. You can watch the video here: <https://www.youtube.com/watch?v=m-fGcPzyb68>

range of historical knowledge, including some provided by the Registry of Deeds



showcasing interesting and notable places around the communities of Norfolk County.

This installment of the "His-

The Mark Crosby-directed, succinct, and informative videos provide viewers with an immersive experience by utilizing a wide

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# Real Estate Corner

## Good Deeds: Norfolk County Registry of Deeds Celebrates Women's History Month

Women's History Month is observed in March to recognize the impact and importance of women in our society. We should all be aware of the importance of women in society, in shaping the country we all live in, and in our history.

Women's History Month began in 1978 as a weeklong celebration to coincide with International Women's Day and originated in Santa Rosa, California. The movement was met with wide-spread support and gained nationwide notoriety. The following year, communities throughout the country began adopting the celebration.

Women's organizations and historians successfully lobbied for national recognition in 1980. President Jimmy Carter issued the first presidential proclamation establishing March 8th as National

Women's History Week. Each President after President Carter continued this proclamation until 1987, when Congress passed Public Law 100-9, designating March as "Women's History Month." Since 1995, each president has issued an annual proclamation designating the month of March as "Women's History Month."

Each year, the National Women's History Alliance selects and publishes the yearly theme. This year the theme is "Celebrating Women Who Tell Our Stories." In keeping with this year's theme for Women's History Month, I would like to share some of the stories I discovered while researching records at the Norfolk County Registry of Deeds.

Abigail Adams, the United States' second First Lady, was born in Norfolk County. She was born in 1744 in Weymouth. In

1764, she married John Adams. She was President Adam's closest confidant and took an active role in politics and what was taking place in the country. She was an abolitionist who believed in a woman's right to education and the ability to make their own decisions about their lives. John Quincy Adams, Abigail Adams' son, would become the sixth President of the United States. She is buried in Quincy alongside her husband.

Deborah Sampson lived in Sharon, a town in Norfolk County. Born in 1760, she attempted to enlist as a man in the Continental Army. Despite being discovered and sent home, Ms. Sampson later attempted again to enlist, this time succeeding and joining the 4th Massachusetts Regiment. During the American Revolutionary War, she was wounded in battle and received an honorable discharge.

A more modern warrior who I had the pleasure of meeting down at the Falmouth Road Race is American astronaut Sunita Williams. Sunita grew up in Needham and graduated from high school there in 1983. She went on to complete her education at the United States Naval Academy. She has had a long and successful career with NASA and at one

point held the record for the most spacewalks of any woman. Ms. Williams also ran the first marathon in space. In 2017, the Needham School Committee voted to name a newly constructed elementary school the Sunita L. Williams Elementary School.

Katharine Lee Bates was born in Falmouth in 1857, but did you know she lived in Wellesley? Ms. Bates was a well-known author who was inspired to write "America the Beautiful" after hiking up Pike's Peak in Colorado. These words were later adapted into a hymn that was chosen as the runner-up for the National Anthem.

Helen Keller was an advocate for the disabled and a suffragette. She contracted an illness at a young age that rendered her blind and deaf. When you think of Helen Keller, you also think of Anne Sullivan, her incredible teacher and champion. Both of these great and strong women lived in Wrentham, Norfolk County. Helen Keller's autobiography, "The Story of My Life," and later the film "The Miracle Worker" provide great insight into these two women's ability to overcome obstacles, their compassion, and the idea that no one should be defined by the expectations of others.

Every day, the women of Norfolk County make our communities a better place to live. Doctor Helen P. Cleary, for example, who joined the United States Marine Corps in 1942 and retired as a Lieutenant Colonel, was the first

woman elected to the Town of Norfolk's Board of Selectmen.

Norfolk County has been home to other inspiring and impactful women. In 1896, Harriet L. Hemenway of Canton co-founded the Massachusetts Audubon Society. Audie Cornish grew up in Randolph, Massachusetts, and is a journalist and National Public Radio news anchor. Norfolk County can claim entertainers ranging from actress Mindy Kaling, who was born and raised in Wellesley and produced the show "The Office," to noted Broadway and film star Lee Remick, who was born and raised in Quincy. The strength and grace of Needham's Aly Raisman to be an Olympian Captain and to win numerous Olympic medals is inspirational enough. Yet Ms. Raisman's bravery and eloquence in speaking out as a survivor to stop sexual abuse, which led her to be a recipient of the Arthur Ashe Courage Award, should be a shining example to all of us.

It is great to recognize and be mindful of the women in our society and all that they have accomplished. Let us take a moment to thank all the women who have made a difference in our communities and lives. Our lives, our communities, our county, and our country would not be what they are without all of you.

Register William P. O'Donnell  
Norfolk County Registry of Deeds


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## MARKET SNAPSHOT

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FEBRUARY 2023  
Single Family

**\$579K** Avg. Sales Price ↓ 3%

**\$699K**  
Median List Price  
↑ 20%

**102.34%**  
Sales Price / List  
Price Ratio  
↑ 3%

**9**  
No. of Prop. Sold  
↓ 18%

**30**  
Avg. Days on Market  
↑ 27%

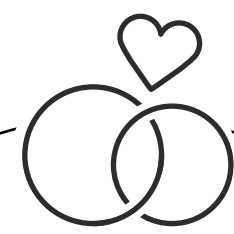
O: 781-320-0550

Based on data from MLS Property Information Network, Inc. for property type(s) single family in the price range \$0 - \$999,999 for the period November 2022 - February 2023. February 2023 stats are compared to previous 3 months' average. Source data is deemed reliable but not guaranteed.

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\*A.P.Y. = Annual Percentage Yields. Certificate Special APYs are accurate as of 2/6/23 and are subject to change without notice. 13-Month Certificate Special APY equals 4.08% for deposits between \$500.00-\$49,999.99 and 4.18% APY for deposits \$50,000.00 and above. 13-Month Certificate Specials are limited to one per member. Minimum deposit of \$500. Certificate Specials are available for a limited time. Deposits cannot be made during the term of the account. Dividends will be credited to your account and compounded every month. Upon maturity, unless otherwise directed by member, 13-Month Special Certificate will automatically rollover into the City of Boston Credit Union 12-Month Certificate at that date's current APY. All other certificate terms and conditions will apply and may change at any time. Subject to penalty for early withdrawal. Fees could reduce earnings on the account. Must be a member of City of Boston Credit Union to open certificate account(s). Dividend rates are accurate as of the date and time of printing and are subject to change without notice.