

# The Norwood Record

FREE

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www.norwoodrecord.com



## The old as harbinger of the new

**Matt MacDonald**  
Staff Reporter

The Record, having rung in 2019 earlier this week, heads into it with a fresh calendar opened with its unmarked pages and dates ready to be circled, filled in, and checked off.

However, before 2018's calendar was filed, it received one last flip-through, with attention paid – as the heavily scrawled upon pages were turned – to some of the major, newsworthy, and notable things that happened in the Town over the past 12 months.

Some were long-developing, and will continue to leave their marks on this year's calendar. Others can be traced out within last year's covers. Still others were even more succinct commemorations and events.

Tony Mazzucco's swearing in as Town Manager in December of 2017 served as a precursor for 2018, with his ceremony setting the stage for much of

what was to come as settled into John Carroll's old office and immersed himself in his new job.

Two of the issues waiting for him concerned such large sums of money that – not infrequently – the future of the Town was invoked by those involved with them.

The first was the Town's \$13 million purchase of the 27 acre Forbes Estate property located along Upland Road between Plantingfields Brook Road and Investor's Way.

Purchased at almost the same time that Mazzucco was sworn in, the land was bought in order to prevent a 40B residential development – which would have enabled its developer to bypass of Town zoning regulations – from being built on the site.

Having bought the land, the Town was faced with a question: what to do with it?

Answering that question was an ongoing effort, as the Forbes Hill Task Force – made

up of Town officials and private citizens – addressed this through the brunt of 2018 and Town Meeting – in November – voted to approve the property's sale.

As of yet, there have been no takers for the property, and the clock continues to tick: its bond anticipation note (BAN) debt payment will balloon after two years.

As for the second issue, the Town's budget imbalance may be Mazzucco's top priority.

As he reiterated again and again – from Budget Balancing Committee meetings to Capital Outlay meetings to special joint meetings between the Board of Selectmen, the Finance Commission, and the School Committee, to a November community meeting at Norwood High School (NHS) that drew nearly 200 people – the Town has a money problem.

This problem is its structural deficit. Its financial framework guarantees that it

will be out of balance, even when at full output. It also all but guarantees that this imbalance – if the financial framework is left unchanged – will quickly and overwhelmingly increase.

As a result of this – and the struggle to balance FY2018's budget – discussion began at last May's Annual Town Meeting regarding the possibility of an operational override to try to deal with this problem. Since then, it has steadily picked up steam and will likely come to a head this spring, with the April election and the next Annual Town Meeting.

While these ongoing and potentially expanding expenditures were cause for concern in 2018, the way was paved for a new source of revenue for the Town.

Last June, Middlesex Integrative Medicine (MIM) went before the Zoning Board of Appeals (ZBA) to apply for a special permit to obtain a registered (medical) marijuana dis-

pensary license.

The main point of that debate that resulted had to do with the site's close proximity to a swimming school and a fitness center, both of which are frequented by minors. This led to diverging legal interpretation of what – in the case of the Town's zoning bylaws – qualifies as a school or recreational area where children commonly gather.

The hearing played out over two June and July sessions. In between, MIM went before the Board of Selectmen to make an informational appearance regarding the project.

The special permit was approved by the ZBA in August, with the license granted by the Board of Selectmen – for a \$10,000 fee – in September.

MIM – which has been working with the Town on opening a dispensary for five years – is continuing with the state approval process, and

**A Year in Review**  
Continued on page 2

# A Year in Review *continued from page 1*

plans to open when that is complete.

Another, less amicable development that has been brewing for the last few years – the federal lawsuit filed by Boston Executive Helicopters against the Town and the Airport Commission – also moved closer to a resolution.

On Dec. 7, the case was dismissed as the two sides opted to try to settle. As of going to press, there has been no notice of a finalized settlement, leaving the possibility of the case being reopened if there is no agreement within 30 days.

As of yet, it is unclear what any settlement's financial implications will be for the Town.

Another major story that would play out over most of the year began to take shape in February, as a group of South Norwood residents went before the Planning Board to informally ask about rezoning the

property located at 84 Morse St.

This group – having become aware that the largely undeveloped lot that included the Town school bus depot was under agreement with Boch Automotive by a private owner and was to be turned into an open air car storage lot – hoped to prevent this by changing its zoning from manufacturing to residential.

The key sticking point in this group's plan was the fact that the property in question was owned by an outside party who was against this zoning change.

Despite this, signatures were gathered and a Town Meeting petition was filed, leading to not one but two separate but equally lengthy and contentious Planning Board hearings, a Town Meeting vote-down in between, legal debates and maneuvers, and a couple of last minute concessions by

Boch that resulted in car carriers no longer proposed as delivery methods to the site, the undeveloped portion of the property being offered for purchase to the Town, and a special permit for the project being granted in September.

Although Ernie Boch Jr. was neither seen nor heard in relation to all of this, he was around Town in July, participating in the 25th Concerts on the Common anniversary (the season was dedicated to former Record photographer Paul Eldridge, who died in December of 2017).

Additionally, Boch's non-profit – Music Drives Us – sponsored the GuitARTS public art (large painted guitars) that was displayed around Norwood through the fall and was followed by an auction, the proceeds of which raised \$13,750 for fine arts in the Town.

These were two of the many festive and commemorative events held through the year. Some others included traditions such as Norwood Day, the Holiday Bonanza, the Circle of Hope, and the 30th South Norwood Fishing Derby.

Others were newer, such as Earth Day, Wreaths Across America, and the Robin's

Breast Friends Walk (for breast cancer).

Through 2018, there were also accolades for those in different walks of Town life:

In May, a public statue was dedicated to former Town Manager John Carroll.

Also in May, Joy Hughey, of the Cleveland Elementary School, was named Teacher of the Year by the Masons' Orient Lodge.

The NHS Marching Band won the Division 3 NESBA Championships, among other awards. There was also an All-State appearance for five NHS boys track team members.

There were tragedies, extremely searing among them the late night head-on collision in January that took the lives of a young couple – 20 year old Victoria Cody and 22 year old Alex Pandolfo – and left a third young passenger in critical condition.

There was also an unusually high rate of pedestrian fatalities in the Town, continuing a disturbing pattern that goes back to the spring of 2017.

There were some changes made, as well:

In February Paul Donohue resigned from the Planning Board after 43 years as a member, and was replaced by Robert Bamber.

In April's only contested election, David Catania de-

feated Patrick McDonough for his School Committee seat.

At the conclusion of the 2017-2018 academic year, NHS Principal Jonathan Bourn resigned his position after three years at the post. He was replaced by Dr. Hugh Galligan.

NHS also left the Bay State Conference – which it had been a member of since 1958 – and opened the 2018-2019 school athletic year in the Tri-Valley League.

And on Sept. 4, John Carroll returned to help Mazzucco swear in the new Fire Chief – Norwood native and Fire Captain George Morrice, who took the reins from retiring Chief Tony Greeley, who had called it a career after more than 32 years with the Department.

In Morrice's first month as Chief, the NFD caught a 2 alarm fire on Washington Street that drew help from seven other towns, a 3 alarm fire while assisting in Lawrence after widespread gas explosions, a couple of fires brought on by lightning strikes and – at Norwood Day – an exploding can of cooking gas and someone kicked by a horse.

It was a lively, challenging, and eclectic month for the new Chief, emblematic of a lively, challenging, and eclectic year for the Town... and maybe a safe prediction for its 2019.

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what you  
think with a  
Letter To  
The Editor



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# First 5K of the year a success for COH



More than 200 residents came out for the 7th annual Charles River Running's New Year's Day 5K in Norwood to raise funds for the Town's charity, the Circle of Hope Foundation.

PHOTO BY JEFF SULLIVAN

**Jeff Sullivan**  
Staff Reporter

The Charles River Running Club (CRR), in conjunction with Burn Boot Camp and several members of the Back on My Feet charity, held its seventh annual New Year's Day 5K on Tuesday to benefit the Norwood Circle of Hope.

The morning felt more like spring than the first day of 2019, and hundreds of residents and running club members lined up to start the first race of the year.

CRRC member Jim Henry said he and CRRC owner Charlotte Walsh started the race to help out the Back on My Feet (BMF) charity, which aims to help those in recovery or experiencing homelessness to achieve the metaphor of the group's name.

"It started out helping the BMF," Henry said. "They decided they didn't want to be directly involved this year. We chose to put it on anyway and this year we decided the ben-

efits would be directed to the Norwood Circle of Hope and, next year, we'll probably choose another charity."

The race raises somewhere between \$1,500 and \$2,000, and the COH spends every dollar on residents of Norwood. Henry said organizing the race has gotten easier and easier every year, though race volunteers are few and far between just after an all-night holiday.

"It's fun, and it becomes easier the more times you do it," he said. "This is the toughest race for volunteers because it's New Year's morning. It's not tough to get runners. Every year, except for last year, which was freezing cold, we've had over 200 runners. It was like 5 degrees last year, it was nasty. We had people running last year and sweating and the sweat froze their eyes shut."

BMF runner Roberta Myers and her husband Ariel Dagan said they were there to raise money for Myers' bid to race all seven major mara-

thons. "We've been running this for about five years. It's a fundraiser in our neighborhood and we know the course really well, and I like to say it's all the best parts of my neighborhood with none of the hills," she said. "Since BMF is not the charity this year, and I'm running the London Marathon for BMF, we decided to do a 50/50 raffle to see if we could

**New Year's 5k**  
Continued on page 7

### TOWN OF NORWOOD ZONING BOARD OF APPEAL PUBLIC HEARING NOTICE

Notice is hereby given that the Board of Appeal of the Town of Norwood will hold a **PUBLIC HEARING** in **ROOM 12** of the **Municipal Office Building** on **January 15, 2019 at 7:45 PM** on the request of Nahatan Development, LLC (Case # 18-26) with respect to property located on **253 Nahatan Street**, in a **GB-General Business District**.

This Application requests a **SPECIAL PERMIT** under Section 3.1.5.A.4 and 4.2.1 (if applicable) of the Zoning Bylaws to allow: Development of up to a nineteen (19) residential townhouse-style condominiums in several separate buildings, together with such other or further relief as the Zoning Board of Appeals may determine to be appropriate.

This Application requests a **VARIANCE** under the General Laws of the Commonwealth of Massachusetts to allow: (a) Less front setback from the neighboring residential district boundary than required under the Zoning Bylaws and (b) (if applicable) less lot area than required under the Zoning Bylaws, together with such other or further relief as the Zoning Board of Appeal may determine to be appropriate.

Plans are on file with this application in the office of the Zoning Board of Appeal and may be viewed during normal working hours, Monday – Thursday, 8:00am – 4:00 pm.

**BOARD OF APPEAL**  
Patrick J. Mulvehill, Chairman; Philip W. Riley, Barbara A. Kinter, John R. Perry, Thomas Brady

*Norwood Record, 12/27/18, 01/03/19*



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# OPINION

## ADULT BEHAVIORS

What makes someone an adult? Different cultures and religions have unique dividing lines between boys and men, girls and women. There is also a legal standard.

Well, there used to be a legal standard. Many moons ago, government officials in various states decided that while 18 may be the age of "adulthood," that birthday was no longer good enough for purchasing alcoholic beverages. In Massachusetts, as of New Year's Day, we officially added cigarette purchases to the list of things you cannot do as an otherwise legal adult.

We do, in many ways, appreciate the new law and its prohibition. Medical research shows that smoking can be especially harmful for younger, still-developing bodies. It is also not easy to argue that being 18 triggers some magical transformation into a mature adult. Put a beer in their hand to be quickly disillusioned of that theory.

Our problem has less to do with nicotine consumption than it does the misguided attempt to manipulate legal human behaviors through state law.

If something should be illegal in the eyes of officials and a majority of voters, so be it. If those same elected officials want to draw boundaries for where smoking is, or is not, allowed in public places, we support them. Taxing these products to extinction? Go for it.

We do, however, worry about deciding that a class of folks, in this case those between the ages of 18 and 21, can be barred and banned from buying (or, presumably, using) otherwise legal products.

We resort to a cliché often used to argue against these restrictions. At the age of 18, you can vote and join the military, potentially making a rational choice to sacrifice your life for the good of the nation. These difficult choices are all well and good, but nicotine is apparently a bridge too far.

Massachusetts, and Boston specifically, have resorted all too frequently to the role of a nanny state." As we have written about in the past, since 2008, food service establishments in Boston may no longer use oils, shortening, or margarine containing partially hydrogenated vegetable oil for cooking and serving food.

It was a bad look then, and it remains so.

We do understand that creating a healthier populace helps all of us. Better health, in theory, means more efficient health care systems and maybe (just maybe) less expensive health care bills and insurance.

We can't help but wonder, however, whether these and other positive outcomes are really what's under consideration.

Consider that other annoying and targeted vice: vaping. How strange is it that, as marijuana is legalized, the least intrusive ways to ingest THC are in the government's crosshairs? Edibles? Can't allow that. Kids might accidentally ingest them. Vaping? What about teenagers who may be drawn to those new toys. Heck, even flavored tobacco products are systematically banned. Adult consumers are somehow less important than the occasional, errant child.

For every fear laid onto e-cigarette and vaping devices there is someone who might otherwise be able to quit smoking using them as a temporary crutch. Limit accessibility and supply, and you might as well demand that they start smoking again.

Stopping the smoking scourge isn't rocket science and our officials are well-armed with the needed tools. We encourage them to use them.

Redrawing the boundaries of what is legal, however, is not the right approach, nor is outlawing new technology just because it could be misused by teens, a generation that would benefit far more from increased parental supervision than over-extending government reach.

### Norwood Record

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# Letters to the Editor

## NORWOOD BLESSED WITH GREAT PEOPLE

To the Editor:

I was thrilled to read in last week's edition that Mr. George Lally had been inducted into the international Babe Ruth Baseball Hall of Fame. George is the prototype for the behind the scenes guy, who makes everything happen, but toils in the shadows. His humility is a lesson for us all. He is always the head usher at the 7:00 Sunday Mass at St. Catherine's, which I attend frequently, but I had noticed he was missing for three or four weeks. Well, a couple of weeks ago he came up to me to say Hi and I asked where have you been? He said that he and Mrs. Lally had been down to Florida to attend a

National Babe Ruth Baseball meeting. No mention of his induction into the Hall of Fame, which I found out by the Norwood Record. True selflessness.

It started me thinking of how important George and his compadres are to our kids. As a parent, we had more fun in Denny, Jr.'s. career that I'll never forget. My wife and I met a lot of great parents and coaches that made it so much fun. I'll never forget John "Lighty" Lightizer, the long term coach of the White Sox, saying to me: "It's a tough age - if we can keep them focused on baseball they will turn out all the better". So true!

So, I don't know about you dear reader, but I think

Norwood is the best baseball town in the state - if not the Northeast. Major leaguers like Hebner, Travers, Lockwood, Callaghan, Martin (Ray), numerous minor leaguers from A to AAA, and dozens of players at Division 1 southern schools have come from Norwood. Plus, Sean Mellen is projected to be a high draft choice when he is done at Northeastern. How can a smallish, cold-weather town put out so many good players? Here's how: Coaches such as Lightizer, Joe Jacobs, Jr., Paul Erker, Pat McDonough, Sr., and Jr. Dan Harrington, Bobby Hansen, Danny French, Kevin Igoe, Billy Fitzgerald, Bill Plasko, Jr.,

Letters

Continued on page 6

## Should I take Widow's Benefits or Retirement Benefits?

**Dear Rusty:** I am 58 years old. My spouse passed away last year, and I am entitled to survivor benefits. I am trying to plan for when I can retire from working, but don't know if I should take my widow's benefit or my own Social Security. I called Social Security twice and have received two different answers. If I claim Social Security at 62, will I receive 70 or 80% of the full amount? This makes a huge difference in deciding when I should retire. Signed: Widowed Worker

**Dear Widowed Worker:** There are two different types of Social Security benefits that you need to be concerned with - your benefit as a survivor; and your own SS retirement benefit which you have earned from working all your life. The thing to keep in mind is that any time any Social Security benefit is taken earlier than one's full retirement age, it is reduced (born in 1960 your normal full retirement age (FRA) is age 67).

You will be eligible for your survivor's benefit when you reach age 60 (unless you're disabled in which case it's 50). But if you take the survivor's benefit at 60 it will only be about 71.5% of what you would get by waiting until your full retirement age to claim it. Your FRA as a widow is less than your normal FRA; your widow's FRA is 66 years and 8 months. The reduction for claiming the survivor's benefit earlier than your widow's FRA is about 4.75% per year early. Your

survivor's benefit will reach its maximum (100% of what your husband was entitled to at his death) when you reach your widow's full retirement age, but it does not continue to grow if you wait beyond that to claim it.

You will be eligible to collect your own Social Security retirement benefits from your lifetime work record when you reach 62 years of age, but if you take it at age 62 you will only get 70% of what you would get by waiting until your full retirement age of 67. SS retirement benefits are reduced by 6.7% per year for the first 3 years claimed early and 5% per year for anything more than 3 years, so with an FRA of 67 your benefit would be cut by 30% at age 62. Unlike survivor's benefits, your retirement benefit continues to grow in value (by 8% per year) until you are 70 years of age. So, at age 70 you can get a retirement benefit, which is 24% more than you would get at your full retirement age. Here's an example, assuming your Social Security retirement benefit at your normal FRA is \$1000: If you claim at age 62 your benefit amount will be \$700/month; claim at age 70 your benefit amount will be \$1240/month.

Your wisest approach will be to determine which type of benefit will pay you the most for the rest of your life. If that is your survivor's benefit, then you might consider taking your own SS retirement benefit at age 62 and collect that until



**Russell Gloor**  
AMAC Certified Social Security Advisor

your survivor benefit reaches maximum at age 66 + 8 months and claim the survivor benefit then. If your own SS retirement benefit will pay more at age 70 than your survivor benefit will pay at your widow's full retirement age, then you can consider collecting your survivor's benefit until your own SS benefit reaches maximum at age 70 and switch to the higher benefit (your own) at that time. You have a choice of which benefit to take and when, but whenever you apply you should be very explicit which benefit you are applying for. If you want to take the survivor's benefit and let your own grow, you should apply saying "I am applying for survivor's benefits only; I want my retirement benefit to grow." If you are applying for your own SS retirement benefit, you should apply saying "I am applying for my retirement benefit only; I want my survivor's benefit to grow until my widow's full retirement age."

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The PBCC met last week and discussed several issues around the restoration of the St. Gabriel Chapel at the Highland Cemetery.

PHOTO BY JEFF SULLIVAN

## PBCC talks Gabriel roof, cracked stone

**Jeff Sullivan**  
Staff Reporter

The Norwood Permanent Building Construction Committee (PBCC) met on Thursday, Dec. 27 and discussed the ongoing work at the St. Gabriel Chapel restoration.

Much of the talk centered on the building's roof, which is slated for a copper covering. At the group's previous meeting, Gienapp Design's

Mike Nee said they had discovered leaks in the chapel's current roof and that it would need to be replaced, most notably around the two chantry windows where a good deal of rot was found.

At the time, Nee presented two options from P.J. Spillane Co. Inc. – a contractor already working on the chapel – which would cost either \$83,000 or \$55,000. Nee said the \$55,000 option seemed to be the better of the

two, which calls for 20 ounce copper sheeting to repair the inside of the roof.

PBCC member Bill Kinsman said he received a letter from the Owners Project Manager (OPM) John Racine that current subcontractor Shea's has a proposal to do it with heavier 30-ounce copper for \$45,000 and a proposal from Crocker Inc. for 20-ounce copper for \$46,380.

"So, for a more expensive copper, we'd be paying less

in price through Shea and I think if we use them for the roof, it's a good deal," Kinsman said. "Shea would fall under Spillane because Shea is already working on the site. If the price from Shea was pretty accurate and when there's only a \$1,000 difference, I think it's a pretty good price."

Since Shea is already a subcontractor, according to

Kinsman, Racine said the PBCC could issue a change order to allow Shea to complete the work in a separate transaction.

"They would not fall under Spillane and we would deal directly with Shea in this," Kinsman said.

PBCC member Chris Eberly said there might be

**PBCC**

*Continued on page 7*

## Animal Talks

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**WHEN:** Sunday, January 13, 2019 at 5:00 pm  
(*Animal Talks meets every second Sunday of the month*)

**CONTACT:** Kaleel Sakakeeny  
Credentialed Pet Grief Counselor & Certified Animal Communicator  
kaleel@theothermecoaching.com | 617-818-1432

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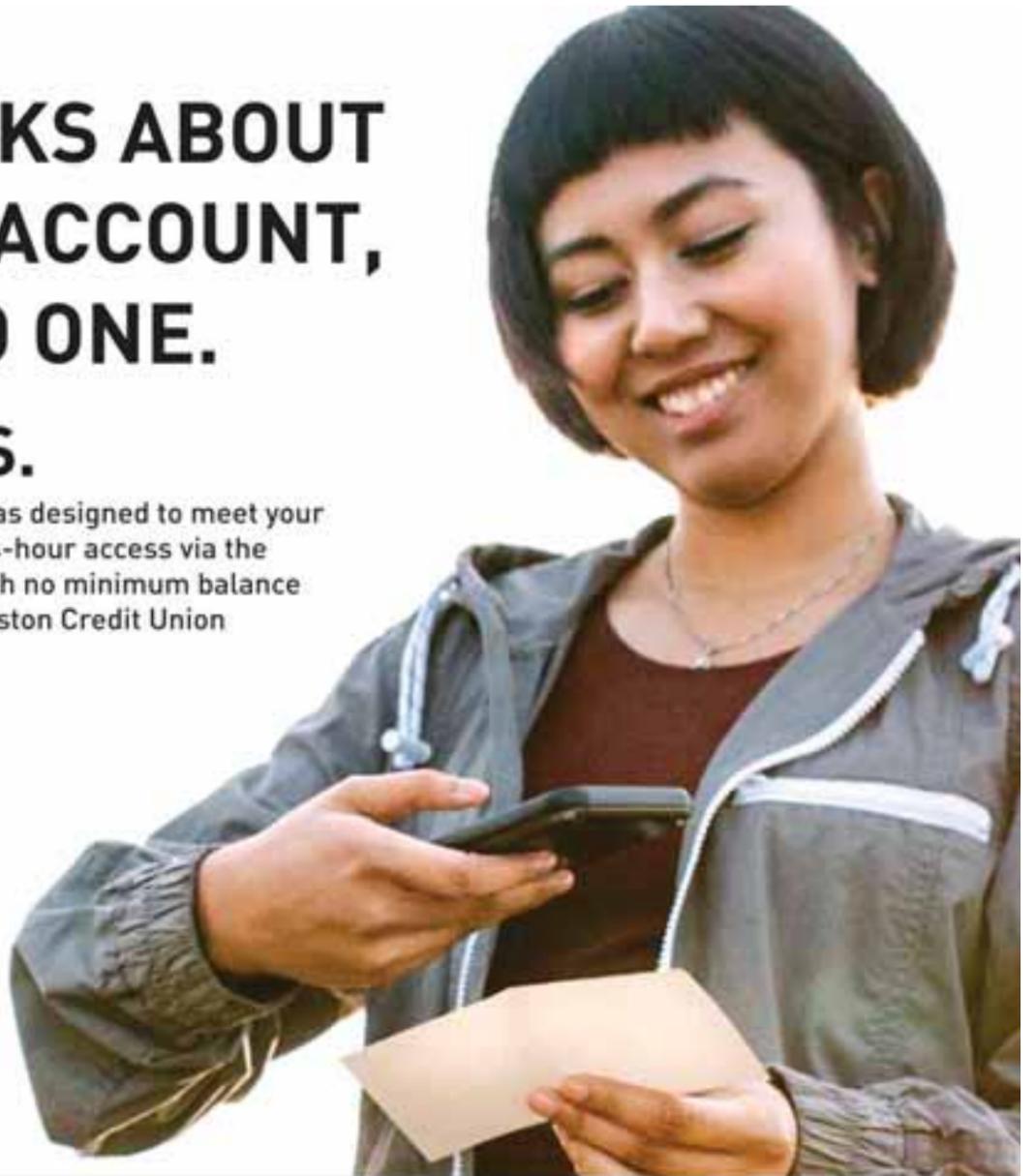
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# SENIOR NEWS

**BINGO:** Every Wednesday, from 12:45 PM to 3:00 PM, \$5.00 to get started. We have begun a new game, for \$1.00, with a winner take all prize! You must be here by 12:45 PM to play the new game!

**BRIDGE:** Our Bridge Club meets on Thursdays at 9:00 AM, in the Library. The Tuesday group has been cancelled.

**COMPUTER CLUB:** The Computer Club meets every Wednesday at 1:00 PM.

**CRIBBAGE:** Our seniors meet every Monday at 12:45 PM to play cribbage. New

Class on Fridays at 12:45 (except the 4th Friday).

**DIGITAL PHOTO ORGANIZATION & EDITING:** will take place the 1st and 3rd Wednesday of the month at 11:30 AM.

**GLEE CLUB:** Glee Club meets every Tuesday at 11:15 AM.

**HANDCRAFTERS:** Handcrafters meet every Monday from 1:00 PM - 3:00 PM.

**HEARING SOLUTIONS:** Hearing Aide clinic on Wednesday, January 23, 11:30AM.

**LEARN TO PLAY MAH JONG** -Thursdays and Fridays at 12:30 PM.

**LINE DANCE** Classes are held each Tuesday. Class will be held from 1:00 PM - 2:00 PM.

**MAH JONG:** Mah Jong players meet Monday, Wednesday, and Friday 10:00 AM -

Noon.

**NORWOOD RETIRED MEN'S CLUB:** The Board of Directors meets on the 1st Tuesday of each month at 10:30AM, at the Senior Center. The Club Membership meets the 2nd Tuesday of each month at the Norwood Elks Lodge, at 10:00 AM.

**SCRABBLE:** Thursday afternoons at 1:00 PM. Come and join us for a game.

**SHINE:** We have two SHINE Counselors. Carole is here to help you with your medical insurance needs on Tuesdays from 10:00 AM. - 2:00 PM. Amy will be here on Fridays from 10:00 AM - 2:00 PM Please call 781-762-1201 for an appointment.

**TAP DANCE** - Thursdays at 11:15 AM. All levels are welcome and encouraged to join the fun.

**WHIST:** Whist players meet on Tuesdays at 12:45 PM, in the library.

## Letters *continued from page 4*

Joann Danckert, Beaver Munro, George Hawley, Kevin Eckhardt, Mike Cotter, Steve Cline and Mike Doliner (majors and Babe Ruth). Eddie Hickey and Doc Crowley are mainstays in the Friends of Norwood Baseball, coaching and doing broadcasts for NPA.

Why does former Norwood High coach Pete Wall have the most wins in the history of Mass Division 1 Baseball, and Kevin Igoe go to the finals of the Division 1 Championship in two consecutive years winning the state title the second time - 2015? Igoe-led teams were 11-1 against the iron in the state.

Finally, in post-high school ball, we have Paul Samargedelis with excellent American Legion clubs that have brought home many trophies.

How does this happen in such a frigid locale? Just look at the good people above.

Go 'Stangs!

*Denis Drummey  
Norwood*

### POTENTIAL NON OVERRIDE SOLUTIONS?

*To the Editor:*

As the New Year began, many Norwood homeowners received a very unpleasant gift in their mail: A property tax bill with a large increase in

valuations.

While there are many factors that determine how much one has to pay, it appears from friends I know who own homes that it was a very substantial hike.

This is on top of the proposed \$7 million per year "operational" Proposition 2-1/2 override that voters will probably face sometime this year.

Even before the new property tax bills came out, I was opposed to the proposed override since I believed that government, especially the school department, was asking for too much money from taxpayers in a town with a large population of both elderly and low-to-

lower-middle income homeowners, many of whom are already struggling financially.

There is a silver lining: If this increase in home valuations and the substantial increase in property taxes stemming from it result in the town getting a few million dollars additional revenue from property taxes in Fiscal 2020, it may be possible for the town government to "tighten the belt" and perhaps avoid having to ask voters for an operational override this year, thus keeping Norwood the affordable town that has made it so attractive to so many individu-

als and families for so many years.

And lastly, if the town insists on having an operational override this year, it should be on the April 1st town election ballot. This way, Town Meeting members will know before they convene in May how much money they will have available to allocate among the various town departments and agencies. And more people would vote on the proposed override at the regular town election in April that in a special election in June.

*Joseph Gallant  
Norwood*



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# New Year's 5k *continued from page 3*



Water issues will be solved at the chapel once the restoration is complete.

COURTESY PHOTO

## PBCC *continued from page 5*

some complications.

"I think you're going to get pushback from Spillane because they have coordination costs," he said.

Eberly also pointed out that Spillane will notice they're not doing the copper roof, and may find a way to make back a perceived loss of \$10,000.

"He'll seek something, he'll justify why he needs that extra money," he said.

Kinsman said he felt the extra quality of the product made that potential risk worth it.

"My inclination is to go with Shea regardless because he's onsite and doing the copper of the capstones now," he said. "He was already a subcontractor of Spillane."

Hopcroft said he felt that either Spillane would increase their price accordingly or, that Shea's estimates were off, and he felt they should just go with Spillane's proposal since Shea did not have a full action plan for the replacement.

"At this point we're probably just talking about a couple thousand dollars here," he said. "I think doing a change order at this point is just ridiculous... We're going to save \$1,000 have to deal with another contractor?"

Kinsman said Racine felt the change order would fall under Shea's original contract with the Town, and would not be that big of an impact to the project.

"Spillane is \$55,000 with their markup on Shea's and the other price from Shea's is \$45,000, and they're all by themselves," he said. "Racine is saying they think Shea could do this under a change order and would not fall under Spillane, and we would work

directly with Shea on this."

The committee decided not to vote until they have a full plan of action from Shea, and if the Town was able to legally put together such a change order.

In other business for the chapel, PBCC member Francis Hopcroft said they have received a change order on the project from the OPM regarding a series of granite stones in the building.

"There is a series of cracked granite stones and where the cracks are fall on a vertical joint. This creates a double joint and we're not comfortable with that," he said. "There are 10 of them. The request in the change order is to provide for returning to the damaged granite and the installation of new granite. This would happen in the spring because you can't get it from the quarries until at least February."

Hopcroft said the total cost projected for the change order would be about \$13,748, with \$4,250 for the actual stones themselves.

Elberly said he had kind of a problem with the timeline.

"The only issue I have is with an extension," he said. "They were set up to be done in January, and they're looking for an extension."

PBCC member Ted Callahan said he felt Racine should have been at the meeting to present the change order which, because of the extension, did not have an official request for change since it would be taking place around March.

"I would insist that he be here at the next meeting. He should be available towards the end of the month, particularly when we're working on requisitions," he said.

raise some funds for BMF as well."

Resident Kristen Faller said she has run the race before and was able to snag her friend Ann Sherman into coming.

"I've done it in the past because the money goes to great charities and that's something that makes me want to do a local race," she said. "The course is great, it's not hilly. It's really good if you're a first-time runner, and extra special because it's New Year's Day."

Faller said the race allows for a great diversity of runners, which in turn is good because then the organizers can raise more funds.

"There are so many running clubs here, people who have never run. There's Back on My Feet runners here, it's just for everybody," she said.

Sherman said she is part of the Burn Boot Camp and also works as a nurse at Newton

Wellesley Hospital, and she's seen some of the direct effects COH has had on families in the Town.

"I've had patients and families who have directly benefited from this charity; and the exposure I've had with them has made an impact on me definitely," she said. "It's a very motivated community around here."

Sherman added she had to motivate herself a little to get up on New Year's Day and do the race.

I debated coming after a couple of glasses of champagne, but I'm here and I'm looking forward to it," she said.

Residents Dennis Doherty and Elizabeth LeBlanc said it was just a great way to experi-

ence the neighborhood, meet fellow residents and get some exercise.

"I've done this at least four times and I love the running store (Charles River) and Charlotte and anything she's doing I'm in," Doherty said. "It's amazing to see another event that supports the COH, and I know the Luminary Night is a good fundraiser for the holidays and this is just a great follow up."

Resident Paul Graham said he knows Charlotte and Jim from the CRRC and he was able to bring his friend Jim Connell out for the first time at the race.

"I grew up in Norwood and I know about the COH, it's a fantastic organization helping people," Graham said.

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**Also, Monday, January 7<sup>th</sup> and Monday, January 14<sup>th</sup> ..... 4:00 pm - 6:00 pm**

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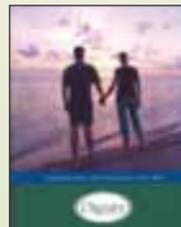
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# Norwood planning to replace St. Gabriel time capsule

**Jeff Sullivan**  
Staff Reporter

The Town of Norwood is looking to replace the time capsule found at the St. Gabriel Chapel at Highland Cemetery earlier in December.

What actually is going into the capsule is still up for debate but, according to members of the Permanent Building Construction Committee (PBCC), it's going to be quite a bit.

"My understanding is that the PBCC wants to make it a lot more formal, which is a great idea said DPW Manager Mark Ryan. They want to do it as a showcase of the great project that's going on up there," he said.

The original time capsule was found at the chapel on Dec. 6 and revealed several documents. The capsule was a copper box both six inches long and wide, and 10 inches deep. Each of the documents

had been damaged by water over the years, but several were still legible, including an issue of the Boston Globe, a Town map and the Boston Evening Transcript.

Members of the PBCC said they are leaning towards placing the new box at a different location, as replacing it where they found the first one would mean waiting to place a cornerstone on the chapel, which would delay construction.

"The new box to be placed would not be susceptible to water damage and will have a large plaque placed over that location," said PBCC member Ted Callahan.

There is currently a plaque in place on the west side of the knave, and PBCC members see this location as a good fit for the new capsule and its plaque.

"It would require some rebuilding," Callahan said.

Callahan said they don't want to hold up the construction of the building for a new

time capsule, as it would cost too much money.

"The cornerstone is damaged now, it's just unstable and it's obviously under pressure, because it's cracked several times," he said. It should be repaired.

PBCC member Bill Kinsman said he agreed, and delaying could be risky.

"I think we should get that cornerstone back in right now," he said. "Let's fill it in, make it watertight and be done with it."

Callahan said he feels the west side of the chapel is the best option because it does not see as much water as the east.

"We had some stress cracks, but there's nowhere near as bad water infiltration on the west side as there is on the east side," he said. "I think we could have a plaque two feet wide by 30 inches high there.... We could take out two courses of brick, top and bottom, and two courses deep and

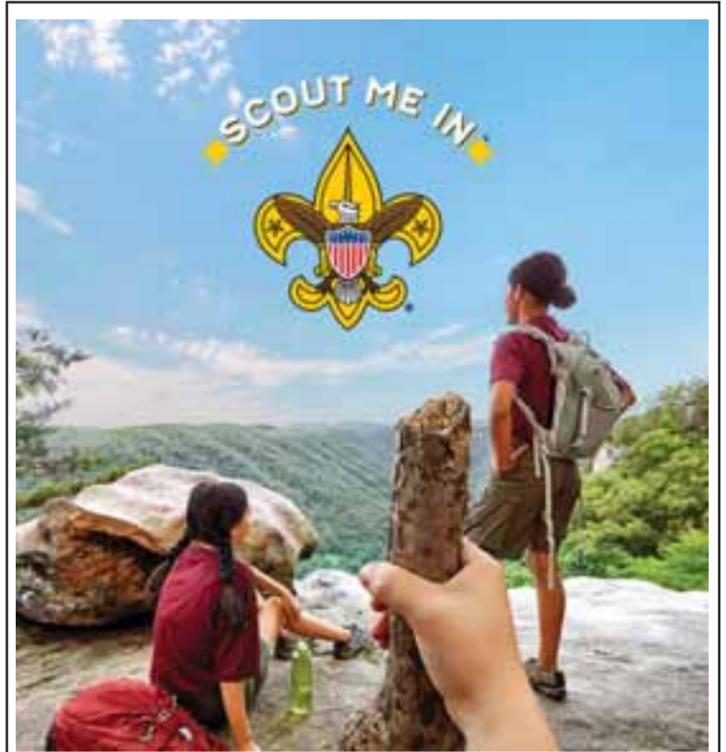
we could put in a sleeve made of out of quarter-inch steel. If we do it now, it could be done by the time we want to have the ceremony to rededicate (the chapel.)"

The PBCC voted on Thursday to solicit a price from P.J. Spillane on the installation of the new box. The rededication ceremony for the chapel is set for May, of which members are hopeful the new plaque and cap-

sule will be ready.

The chapel has been blocked off to residents in recent years as the restoration project continues. Ryan said there has not been a clear consensus as to what the Town wants to put in the time capsule.

"I think there will be quite a few get togethers on that to determine what interesting things we should put in there," he said.



## Trailblazing girls sought

The iconic program of the Boy Scouts of America, available to boys in the United States for more than a century — including the opportunity to work toward the prestigious Eagle Scout award — has been updated to include both boys and girls beginning in February 2019.

In January, a team of leaders in Norwood will begin recruiting girls to lead one of the first female "Scouts B.S.A." troops in the nation, and the first in Norwood, and to help us take the first step toward forging a new future.

Three information nights will be held at the Norwood Civic Center, 165 Nahatan Street, 7:00-8:30pm, Thursday, January 10, Tuesday, January 15, and Wednesday, January 16.

Back in 1910, when Reverend Pingree became the first Scoutmaster of the first Boy Scout troop at the First Congregational Church in Norwood, could he even have imagined that a century later, one of his successors at the church, Pastor Michele Bagby Allan, would become the first Scoutmaster of Norwood's first all-girl Scouts B.S.A. troop.



## Ask The Doctor

Junior Damato began servicing vehicles in 1969. He owns a 10-bay auto repair service center in Hyde Park and an 8-bay center in Middleboro. Junior is an ASE-certified Master Technician, ASE-certified L-1 and ASE-certified Natural Gas.

**To the Doctor:** I have a 2015 Chevy Silverado 1500 long wheelbase, regular cab truck with 20-inch wheels. I purchased this truck new. It suffers from what the service manager describes as the "Chevy shake." We discussed the shocks, tires and drive shaft, but changing them and wheel balancing doesn't help. The service manager has a 1/2 ton four-door truck with the shake and says GM admits to this intermittent highway speed shaking problem but they do not have a fix for it. Several of my friends with these Chevs have the same problem. Got any ideas as to what is going on with these trucks?

**From the Doctor:** You are not the first to experience a shake or vibration on some 1500 pickups. I have seen it all over the years. Transmission and torque converters are the most common issues that cause a shake. Very seldom it is axle related.

**To the Doctor:** I operate a small auto repair shop. What is your opinion on which operating system I should buy into as well as your thoughts on Identifix?

**From the Doctor:** I have been using both systems for 30 plus years. In the old days I may have been able to both figure out a drive-ability problem as well as using a pen to write up a work order. I did hesitate to spend the money required to buy into either system because I did not know if I could afford it. Within three months, the system had starting paying for itself and I never looked back. You cannot afford not to buy into the systems.

Boston's own Junior Damato, "The Auto Doctor" has agreed to field auto repair questions from *Bulletin* and *Record* readers. Please forward your questions to [news@bulletinnewspapers.com](mailto:news@bulletinnewspapers.com) and we will do our best to get your questions answered.

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# Norwood Housing Authority looks forward

Jeff Sullivan  
Staff Reporter

The Norwood Housing Authority (NHA) will not be sitting on its laurels in the coming New Year, and is preparing to increase the quality and state of repair of its properties.

NHA Executive Director Stephen Merritt said the group had been working hard in 2018 to complete several repair projects and is now looking at new areas to improve.

“There’s been a few things going on with our inventory of housing,” he said. “We’ve been replacing some furnaces and boilers at our properties, and those are big-time things.”

Merritt said in the next few months they will be offering a recently renovated three bedroom home. The house will be going up for a lottery sale in January or February of this year, and will be available at an income-restricted rate of 120 percent of the area median income. Merritt added that there will be special preference given in the lottery for Norwood residents and veterans.

“We’ll have details to follow,” he said. “It was a house taken by tax lien and the Town sold it to the Housing Authority a few years ago. We’ve put a lot of improvements into it.”

Merritt said the big project finishing up in 2018 that they have been working on for the last five years is the replacement of 75 boilers and furnaces at the Washington Heights development.

“Some were original, some were replaced in between anywhere from 25 to 50 years ago,” he said. “We’ve also made the conversion from oil to gas.”

Merritt said the project was done in three phases, with the last to be completed this year.

“Overall, it cost about \$600,000 over the three phases, and there’s still about a half dozen left to do,” he said. “The residents pay their own utilities, so the gas conversion and the new equipment will help them in the long run to save some money.”

Merritt said they have also replaced and repaired some roofs at the Kevin Maguire Housing complex on Everett Street.

“A couple of roof joints were giving us some issues in three or four of the buildings,” he said. “It was a repair, but it’s a pretty major operation. The roof joint is a certain place on each roof where two roof systems connect. There was a problem with leakage in those places and we’ve hopefully have that taken care of.”



The Norwood Housing Authority is looking to start 2019 with a bang as it looks to improve its housing offerings for Norwood residents.

COURTESY PHOTO

Merritt said they were also glad to have been awarded the Resident Opportunities and Self Sufficiency (ROSS) Grant once again for the 2018-19 year.

“We’ve had it for three years from the Federal Government Housing and Urban Development Department, which allows us to continue offering service coordination for our residents,” he said.

The grant funds one community coordinator position (out of two for the whole department), the purpose of which is to facilitate educational programs letting residents know what services they have access to free of charge.

“Our service coordinators

connect our residents to services throughout the Town and the area,” he said. “Homemaking, home health aides, transportation, we connect them with the Board of Health, the Norwood Council on Aging, well being clinics, meals on wheels, Medicare help and all sorts of other programs that we’re able to bring into our community room. There’s a lot of work that goes on to help people access the services they’re entitled to.”

Next up, Merritt said they’re looking to modernize the kitchens and bathrooms in each of the units, which should be a big lift.

“That’s in our five-year plan,” he said. “We’re really

working to maintain what we have and continually improve the quality of units. They’re all at least 40 years old now, some upwards of 60, so there’s constant repairs and modernization that needs to be done and planned ahead for.”

Merritt added that it’s not that the NHA is opposed to expansion; there just hasn’t been much opportunity for it.

“We’d love to be able to grow, but there’s no dedicated funding available for housing at the Commonwealth or federal level, so we’d have to be creative with the funding mechanisms that would help build or add on to our housing stock,” he said.



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# Library Notes

## CLINICAL PSYCHOLOGIST TO SPEAK

Clinical psychologist and author, Beth Kurland, will return to the Morrill Memorial Library in Norwood on Monday January 7 at 6:30 pm to discuss strategies from her newest book, "Dancing on the Tightrope: Transcending the Habits of Your Mind and Awakening to Your Fullest Life." Through talk, experiential exercise and discussion, Beth will teach you how to overcome common inner obstacles, and how mindfulness and other tools can help you cultivate resilience, reduce stress, and create well-being in your daily life. Beth has a practice in Norwood and is also the author of "The Transformative Power of Ten Minutes." Copies of Beth's newest book, "Dancing on the Tightrope," will be available to purchase at the event. To sign up for this program, please call the library at 781-769-0200 x110

## OUR MUSLIM ' NEIGHBORS IN NORWOOD

Learn about our Islamic neighbors and celebrate the diversity of our community at an event to be held at the Morrill Memorial Library on Wednesday, January 9 at 6:30 p.m. Together Yes will host a presentation by Muslims on Islam in the U.S. as part of the Spring 2019 Sustainability Series. Discussion and questions are encouraged. To sign up for this program, please call 781-769-0200, x110

## HOLOCAUST SURVIVOR TO SPEAK

Join Aron Greenfield, longtime owner of Brenner's Children Shop in Norwood with his wife Martha, as he talks about his personal experiences as a Holocaust survivor at the Morrill Memorial Library on Monday, January 14 at 7 p.m. Mr. Greenfield, who was born in Poland, will speak for about 45 minutes, followed by a short

slide show. There will be an opportunity to ask questions at the end of the program. To sign up for this important event, please call 781-769-0200, x110

## CRAFTING GROUP TO MEET

The Morrill Memorial Library's monthly crafting group, Stitch Therapy, will continue in 2019! Our next meeting will be Tuesday, January 15, so join stitchers of all types (knitters, crocheters, cross-stitchers, etc.) to get inspired to craft in the new year. Motivate yourself to start or finish a project or to learn a new craft by watching others. This is a casual group of stitchers helping stitchers - no formal instruction is planned. Any craft is welcome! Stitch Therapy will be held in the Trustees' Room unless otherwise noted from 6:30 pm to 8:30 pm on the third Tuesday of every month. Please register for this group by visiting or calling the library, 781-769-0200 x110 or x222

## 2018 HIT FILM SERIES

The Morrill Memorial Library invites you to relax in the New Year by watching some 2018 Hit Films you might have missed. We will be showing a series of four movies from 2018 that either won an award, were box office blockbusters, or were audience favorites. All films are rated PG-13 and will begin at 6:30 pm in the library's Simoni Room. The series kicks off with "Black Panther," an action/adventure film running 2 hours 15 minutes, on Thursday January 17. Next, on Wednesday January 23 we show the dramatic film based on the book by the same name, "The Hate U Give," running 2 hours 13 minutes. On Tuesday January 29 the series will continue with the star-studded heist comedy, "Ocean's 8," running 2 hours. The series will finish on Thursday February 7 with "Searching," a mystery thriller running 1 hour 41 minutes. Registration is required. To sign up for any or all of these films, please call the library at 781-769-0200 x110

## BOOK GROUP TO DISCUSS "THE ROSIE PROJECT"

The Morrill Memorial Library's monthly Turn the Page Book Group will meet again on Wednesday, January 16 at 10 am and 7 pm to discuss "The Rosie Project" by Graeme Simsion. Set in Melbourne, Australia and New York City, this comedic novel is told from the perspective of Don, a professor of genetics with undiagnosed Asperger's Syndrome who lives an orderly, predictable life. Trouble starts when he decides he's ready to find a wife. Copies of the book in a variety of formats are available to check out at the Circulation Desk. Refreshments will be served, and registration is appreciated. To sign up for either the morning or evening session, led by Patty Bailey and guest host Liz Reed, please call 781-769-0200, x110

## THE LIFE AND TIMES OF HERMAN MELVILLE

Join actor Stephen Collins at the Morrill Memorial Library on Thursday, January 24 at 7 p.m. for his dramatic portrayal, "Sailing Toward My Father," a one-man play written and directed by Carl A. Rossi about Herman Melville (1819-1891), the American author best known for his whaling epic, Moby-Dick. The play chronicles Melville's life from youth to old age, concentrating on his evolution as a writer and his complex relations with God, his parents and siblings, his wife and children, and Nathaniel Hawthorne.

Stephen Collins grew up in Cambridge and received a BA in Literature from UMass Boston. After more than 20 years in the sales field, he returned to his two passions—performing and teaching. In addition to acting, he teaches seminars on Whitman, Hardy, Shakespeare, Frost, and contemporary poetry. To sign up for this program, generously funded by the Friends of the Library, please call 781-769-0200, x110

# Deaths

## AFONSO

Maria A. (Traleira) of Norwood passed away on December 29, 2018 at the age of 91. Beloved wife of the late Joao Afonso. Devoted mother of Antonio Afonso and his wife Flavia of Norwood. Sister of Antonio Traleira of Toronto, Canada and the late Domingos and Maria Rosa. Cherished grandmother of Paula and Victor. Great grandmother of Tyler, Kaylen and Quinn. Daughter of the late Antonio and Emilia (Dias Marujo) Traleira. Funeral from the Kraw-Kornack Funeral Home 1248 Washington St. Norwood, Saturday Jan. 5, at 8am followed by a funeral mass at 9am at St. Catherine of Siena Church Norwood. Visiting hours will be held on Friday, Jan. 4, 2019 from 5-8pm. Burial will be at Highland Cemetery Norwood.

Linda will be forever remembered for her vibrant smile and her vivacious zest for life as well as her endearing love for her family. Visiting hours will be held on Saturday, January 5, from 1-4 p.m. with a service immediately following in the Gillooly Funeral Home at 126 Walpole Street, NORWOOD. Gillooly Funeral Home 781-762-0174 www.gilloolyfuneralhome.com

## EPPICH

Joseph William, of Mansfield, formerly of Norwood passed away on December 22, 2018 at the age of 72. Loving companion of Mary Ann Best of Mansfield. Brother of Kathleen Waitkevich and her husband Robert of Plymouth. Uncle of Kathryn Waitkevich of Beverly and Andrew A. Waitkevich of PA. Joseph was a 1964 graduate of Norwood High School. He was a former member and road captain for the Patriot Riders MA1. He was also a former member of the Rolling Thunder MA1 and the Old School Riders. A funeral home service will be held on Friday, January 4, 12 noon at the Kraw-Kornack Funeral Home 1248 Washington St. Norwood, MA. Visiting hours will be held on Friday morning, Jan 4, from 10am -12noon. Burial with US Navy Military Honors will be at Highland Cemetery Norwood. In lieu of flowers donations may be made in his name to Hereditary Hemorrhagic Telangiectasia, HHT Foundation P.O. Box 329 Monkton, MD 21111.

## BEATON

Linda J. (McGrath) A lifelong resident of Norwood, passed away on December 27, 2018, surrounded by her family. She was the beloved wife of Frederick R. Beaton of Norwood. Loving mother of Michelle Bodwell and her husband, Jesse of Manchester, NH, and Melissa Beaton of Norwood. Cherished grandmother of Ethan Bodwell. Dear sister of Carol Holmes and her husband, Bruce of Walpole and Nancy Flynn and her husband, Christopher of Mansfield. Also, caring mother-in-law, Ruth Beaton, and sisters-in-law, Ruth A. Nanos and her husband John of Palm Springs, CA, Shelly Coehlo and her husband Robert of Plymouth, Karen Mordas and her husband Stephen of Bridgewater, and late Laura Vickers and Jeanne Paredes. Linda is also survived by nieces, nephews and many cousins. She will be missed by all who loved her, including lifelong friends from the neighborhood. Born in Boston, Linda was the daughter of the late William G. and Virginia A. (Sprague) McGrath. Linda worked at FM Global for the past 40 plus years where she was well admired by her colleagues. In her spare time, Linda enjoyed gardening, scrapbooking, spending time at the beach, and hosting various holiday parties throughout the year. Her home decorating skills were playfully compared to those of Martha Stewart. She especially cherished spending time with her beloved grandson Ethan.

## FERRI



Peter of Norwood, passed away peacefully on December 29, 2018 at the age of 81. Peter was born in Roccafluvione (Marche), Italy on March 30,

## Deaths

Continued on page 11



# Thank You Novenas

## For Favors or Prayers Answered

### Prayer to the Blessed Virgin

*(Never known to fail!)*

Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in this necessity. Oh Star of the Sea, help me and show me herein you are my mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech thee from the bottom of my heart to succor me in my necessity (make request). There are none that can withstand your power. Oh Mary, conceived without sin, pray for us who have recourse to thee (three times). Holy Mary, I place this cause in your hands (three times). Say this prayer for three consecutive days and then you must publish and it will be granted to you. Grateful thanks. —K.B.

### St. Jude's Novena

May the Sacred Heart of Jesus be adored, glorified, loved and preserved throughout the world, now and forever. Sacred Heart of Jesus pray for us. St. Jude, worker of miracles, pray for us. St. Jude, helper of the hopeless, pray for us. Say this prayer 9 times a day. By the 9<sup>th</sup> day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude. My Prayers were answered.

*In gratitude for helping me.*  
—J.H.

### Miracle Prayer

Dear Heart of Jesus, in the past I have asked You for many favours. This time, I ask you this very special one (mention favour). Take it, dear Heart of Jesus, and place it within Your own broken heart where Your Father sees it. Then, in His merciful eyes, it will become Your favour, not mine. Amen. Say for three days, promise publication and favour will be granted.

—D.J.

All Prayers: \$22 (1 column x 3 inches)

Call 781-769-1725 to place your prayer in the Norwood Record or order online at [www.norwoodrecord.com](http://www.norwoodrecord.com)

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# Deaths *continued from page 10*

1937, and immigrated to the United States in January, 1956 on the Andrea Doria. Beloved husband of Marianna (Servello) Ferri for 55 years. Devoted father of Teresa M. Pitaro and her husband Rocco of Norwood, and Peter D. Ferri of Wrentham. Brother of Maria Colace of Franklin, Emidio Ferri of Walpole, Vittoria Stanford of Walpole, Mario Ferri of Walpole, and the late Louise Colace. Cherished grandfather of Anthony R. Pitaro and Ariana T. Pitaro, both of Norwood. Son of the late Domenico and Teresa (Alesiani) Ferri. Also survived by many nieces and nephews. Peter was an ASE-certified automotive technician and was the proud owner of Peter's Auto Repair in Norwood for 38 years. Funeral

from the Kraw-Kornack Funeral Home, 1248 Washington St., NORWOOD, Friday, Jan. 4, at 9 a.m, followed by a Funeral Mass at 10 a.m. at St. Mary's Church, East Walpole, MA. Visiting hours will be held on Thursday, Jan. 3, from 4-8 p.m. Burial will be at St. Francis Cemetery Walpole, MA. In lieu of flowers, donations may be made in his name to the Parkinson's Foundation, 200 SE 1st Street, Suite 800, Miami, FL 33131. [kraw-kornackfuneralhome.com](http://kraw-kornackfuneralhome.com) Family Owned And Operated 781-762-0482.

## VENTEROSA



STELLA P. (Mucciaccio) of Norwood passed away on December 27, 2018 at the age of 91. Beloved wife of the late Octavius

“Tappy” W. Venterosa. Devoted mother of Alan Venterosa and his wife Daniela of Stoughton, Donald A. Venterosa and his wife Patricia of Norwood and Debra L. Jonasson of Wrentham. Sister of many late brothers and sisters. Cherished grandmother of 8 grandchildren and 8 great grandchildren. Daughter of the late

Anthony and Carmella (Staula) Mucciaccio. A funeral home service will be held 11 am on Thursday, January 3, at the Kraw-Kornack Funeral Home 1248 Washington St. Norwood. Visiting hours will be held on Wednesday, January 2, from 4-8pm. Burial will be at Highland Cemetery Norwood.

### Obituary Policy

The The Norwood Record publishes obituaries from information supplied by funeral homes. Relatives and friends also may supplement information by e-mailing to [news@norwoodrecord.com](mailto:news@norwoodrecord.com) by Monday at 1 p.m. Photos also will be accepted.

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**EPOCH TO HOLD SENIOR EVENTS**

Bridges® by EPOCH at Westwood, a memory care assisted living community located at 140 University Avenue, will host the following free events in January.

“Long-Term Care Insurance Financial Panel Discussion”: Jan. 23 at 6 p.m. — Planning ahead can pay off when it comes to covering residential memory care and other long-term care solutions. Attend a financial panel of long-term care insurance, elder law and estate planning experts who will discuss financial and legal plans to put in place now to protect your assets and prepare for long-term care needs and costs. Caregivers’ loved ones with memory loss are invited to enjoy an activity with Bridges® by EPOCH residents during this event. “Normal Aging vs. Memory Loss”: Jan. 30 at 11:30 a.m. — When is forgetfulness something more? If you or someone you know is experiencing memory loss or unusual behavioral changes, attend one of these important presentations to learn how the warning signs of dementia differ from the effects of normal aging. This event will be held at the Needham Council on Aging at 300 Hillside Avenue. A complimentary lunch will be served (RSVPs are required).

For more information or to RSVP for an event, call 781-251-6630.

# The Record Book

**PLEASE TAKE THE SURVEY**

The Norwood Open Space and Recreation Plan Committee would like to encourage Norwood residents to participate in taking a recently established Open Space & Recreation survey. The survey can be taken by accessing the following address: <https://www.surveymonkey.com/r/NorwoodOSRP> This survey will aid in gathering crucial data for the Town’s updated Open Space and Recreation Plan. Your answers will help the Town identify opportunities for significant, long-term preservation and improvements that provide the greatest benefit to people who live, work, and play in Norwood. The Committee is in the process of updating the Open Space and Recreation Plan which is needed to evaluate the Town’s resources and goals where it pertains to open space and recreational facilities.

For more information or if you would prefer a hard copy of the survey mailed to you please call Paul Halkiotis, Director of Community Planning & Economic Development at (781) 762-1240 ext. 164. Or at [phalkiotis@norwoodma.gov](mailto:phalkiotis@norwoodma.gov).

**NAMI TO HOLD MEETING**

The NAMI- South Norfolk will hold its monthly meeting in Cafeteria B of the Lorusso Building at Norwood Hospital (800 Washington St., Norwood, MA) at 7 PM on Thursday, January 3.

Mental illness is a label for a variety of diseases of the brain. Often it strikes in late adolescence, devastating the afflicted person and the family. The support group is composed of such families who find mutual support and join together to advocate for their loved ones. We welcome all families in the South Norfolk area who are dealing with mental illness and their loved ones. In case of inclement weather, we will align with the Norwood schools. If they close, the meeting will be cancelled. For further information call Ray at 508-668-2941.

**FOOD FOR THOUGHT: THE INFLUENCE OF NUTRITION ON BEHAVIOR**

On Wednesday, January 9, at the Savage Educational Center – Room 219, 275 Prospect Street, Norwood, from 6:30 - 8:30 PM. This generation of children has the highest rate of food allergies, obesity, emotional and behavioral diagnoses,

autoimmune disease and learning challenges ever recorded. And while we prefer to look for the quick fix, there are hidden connections between nutrition and these challenges. If our current approaches considered nutrition as having preventive and healing properties, we would waste less money on evaluations, lab tests and medications that do not solve the challenges but mask or treat the symptoms. This session examines ways that nutrition impacts a child’s energy, learning and susceptibility to the diagnoses of ADHD, Opposition Defiant Disorder and others. It offers scientifically proven approaches that have led to real life solutions. This workshop is for families with children from toddler to early elementary years.

**CHARACTER BREAKFAST AT HIGH SCHOOL**

Come and enjoy a light breakfast with your favorite cast of characters! \$5 for children and adults. (Cash only.) Children are given an autograph book to get the autographs from characters that may include Snow White, the Evil Queen, Belle, Cinderella, Superman, Buzz Lightyear, Woody, Jessie, Anna, Elsa and Olaf (and more)! There will even be a

special guest appearance by Star Wars characters!

The breakfast will take place in the Norwood High School Cafeteria on Saturday, January 26th, from 9-10:30am. Please enter through door 14 on the back of the building. Costumes encouraged! All are welcome! Like Backstage Boosters on Facebook for more information.

**PARKWAY CONCERT ORCHESTRA OPENINGS**

Parkway Concert Orchestra is a 50 piece community orchestra under the musical direction of Geneviève Leclair which performs classical and pops selections six times per year in multiple locations around the southwest suburbs of Boston. The orchestra rehearses on Mondays from 7:30 to 9:30 at First Congregational Church, 100 Winter Street, Norwood. The spring season begins on January 7, preparing for concerts on March 3, March 17 and May 19. Possibility of soloist opportunities for members who are so inclined. There are openings for all positions with emphasis on violin, viola, string bass, oboe, bassoon, trumpet, tuba and piano. Experienced volunteer musicians are invited to contact us to attend open rehearsals on January 7 and 14.

Please call 781-444-5041 or [emailparkwayconcertorchestra@gmail.com](mailto:emailparkwayconcertorchestra@gmail.com).

For more information about the orchestra, visit the orchestra’s web site at [www.parkwayconcertorchestra.org](http://www.parkwayconcertorchestra.org).

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