

The Norwood Record FREE

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www.norwoodrecord.com



Town still waiting on 40B decision

Town may lose Regal 40R units in its defense

Sam Nickerson
Staff Reporter

As expected, no decision has come down yet from the state regarding Norwood's fight against 40B developments, or whether it has reached the necessary threshold to gain permanent safe harbor from such housing developments.

Norwood is still engaged in proving to the state Housing Appeals Committee - part of the Department of Community Housing and Development - that it has over 1.5 percent of its developable land dedicated to affordable housing, and would thus be right in denying the 300-unit Forbes Hill development proposed by Davis-Marcus Partners at Upland Road, and the 218-unit project brought forth by Avalon at the former Plimpton Press site on Lenox Street.

Forbes Hill was denied by the Zoning Board of Appeals in October 2015, and DHCD said in December that it rejected the Town's argument for denying the project, meaning it then moved onto the Housing Appeals Committee. The Plimpton Press project was denied by the Zoning Board in March 2016, and DHCD issued essen-

40B Update
Continued on page 2

Norwood celebrates Fourth of July

Sam Nickerson
Staff Reporter

The Town of Norwood's Fourth of July festivities went off without a hitch, as attendees enjoyed music, entertainment, a road race and warm, sunny weather.

The day began with the annual Children's Bicycle, Tricycle, Doll Carriage and Historical Character Parade, which went from the First Congregational Church to the Town Common. Next was a Carillon Concert and tour of the instrument at Town Hall, during which there was a storybook reading for children.

At 5 p.m., the annual Fire-

cracker 5K road race took place, which was administered by Winged Foot Running. Jason Ayr, 28, of Allston, won the race with a time of 15:21. The first female runner, Stephanie Wilson, 25, finished in fourth place with a time of 18:17. Overall, 80 runners participated in the race.

The Fourth of July Parade began at 5:30 p.m., and featured the Eastern Massachusetts Fire Truck Procession, a selection of Antique and Classic Cars, historical military reenactment units and their vehicles, several bands - including the local Colonial Boys and several national and inter-

national bands, such as the Northeast Italian Band, the Philippine Heritage Band from Ontario, Canada, Boston Crusaders Drum and Bugle Corps, The Holy Name Cadets Drum and Bugle Corps from Allentown, Pa., among others - floats and civic groups.

This year, the parade's grand marshals were the Challenger League, featuring league organizer Rick Reardon and his son Patrick in the lead car.

The theme for this year's event was Liberty, symbolized by the Liberty Bell, which featured on the printed t-shirts given out during the events.

The Town of Norwood celebrated the Fourth of July with its childrens' parade, an annual road race, and its usual parade, featuring bands from around the country, local organizations and groups and decorated floats.

PHOTOS BY PAUL ELDRIDGE

Bingo tradition keeps SCS tuition affordable

And they could use some help

Sam Nickerson
Staff Reporter

For 40 years, Saint Catherine of Siena has helped families afford tuition at its K-8 school by hosting weekly bingo nights. Now, they are looking for more volunteers to help staff the event.

“What we try to do is to keep our tuition in the school family-friendly,” Saint Catherine of Siena Parish business manager Bob Calarese said. “We try to keep it as low as possible. Our tuition does not cover our total expenses.”

It costs a one-child family \$6,200 to attend the school, and Calarese said that tuition only covers roughly 75-76 percent of the total cost to educate the child. The remaining 25 percent or so, he said, is accounted for via fundraising events such as the annual golf tournament and gala, the annual fund and some subsidy from the parish.

But of that 25 percent, Calarese said, the state-licensed bingo accounts for around 20 percent of the remaining cost.

“Bingo is a real, real important piece of what we do,”

Calarese said.

Volunteer bingo organizer Sarah Wenstrom said she was surprised to learn just how many of the regular attendees at bingo were there for the initial bingo nights. Saint Catherine’s usually sees around 160-200 people come to bingo each Sunday night.

And many are not members of the parish. Wenstrom said that one individual has been driving 45 minutes to bingo for around 25 years or so. She said

Bingo

Continued on page 7

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40B Update *continued from page 1*

tially the same decision that it did for Forbes Hill, but the project is not yet before the Housing Appeals Committee.

Earlier this year, Zoning Board Chairman Philip Riley said he did not anticipate a decision from the state on the matters until at least July, but

possibly even until the end of the summer.

According to Town Planner Paul Halkiotis, there have been no updates or decisions, and at a recent Planning Board meeting, he said that it appeared Avalon’s Plimpton Press project was being “held in abeyance” until the Housing Appeals Committee rendered a decision on Forbes Hill.

Because of the timing in which the applications for both projects were filed - and the lack of a final decision on Forbes Hill at the time Avalon submitted its appeal - should Forbes Hill be approved, its affordable units could not be counted towards the subsidized housing inventory for the case against Avalon.

The Town may also hit a snag in its 40R development proceedings as well.

Halkiotis said during the same meeting that he submitted an annual report to DHCD on the Town’s 40R developments, and while St. Peter’s and St. George’s - among the first 40R projects in the state - had no updates, Regal Press had not yet moved forward with construction.

The project received a building permit last September and is pushing against a deadline that would remove it from

the Town’s subsidized housing inventory. Halkiotis said he believed the owner, William Duffy, had 18 months from the date the building permit was pulled to complete construction and have occupancy permits issued. Otherwise, he said, the units would not count in the Town’s affordable housing totals.

That said, Halkiotis noted that the delay could have come from the MBTA using the Regal Press property as a staging and construction area for the Guild Street Bridge replacement project. He also told the Planning Board that he believed the remaining time before the deadline was reasonable for construction of the units.

“Those units are today on our Subsidized Housing Inventory and today are helping us with our 1.5 count, but that will not be the case if he doesn’t get going and finish the redevelopment and secure occupancy permits within the deadline,” Halkiotis said in June.

As part of entering into a 40R with a developer, the Town received a zoning incentive payment of around \$70,000 and the units are credited on the affordable housing total.

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Participants in the recent Smile Through Art exhibition for artists with Parkinson's Disease presented their work at Massasoit Community College in Canton.

COURTESY PHOTO

Local biz brings smiles and art to those with diseases

Sam Nickerson
Staff Reporter

One Norwood business is seeking to help those with diseases like Parkinson's find ways to smile by using a method not found in pharmacies: art.

The Art Cart - based on Washington Street - was founded a year or so ago to bring the arts to people who have diseases that make normal life difficult through workshops and exhibitions.

"One of reasons called art cart is we like to travel, we like to be accessible to patients who can't drive x amount of miles,"

said founder Saba Shahid.

The group held its Smile Through Art exhibition, featuring Norwood artists, on June 25 at the art gallery at Massasoit Community College in Canton.

"It was a wonderful afternoon that showcased the power of art and medicine," Shahid said.

Shahid has lived in Norwood for three years, but hails from Connecticut. Her background is in biomedical science, but she started the Art Cart out of her desire to be involved in front-line patient advocacy again. She is also accredited through the American Art Therapy Association and is a passionate artist.

Shahid said she saw a strong link between art and happiness, even in those with debilitating diseases, and saw an opportunity to help these populations express themselves. The Art Cart hosts workshops and travels to nursing homes or other

Art Cart

Continued on page 6

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TOWN OF NORWOOD BOARD OF HEALTH PUBLIC NOTICE

On June 20, 2016 the Norwood Board of Health voted to amend their regulation entitled "Rules and Regulations for Keeping of Animals". The amendment changes the requirements for the keeping of backyard livestock in residential areas. The regulations go into effect immediately. For a copy of this regulation, please call the Board at 781-762-1240.

Norwood Board of Health
Joan Jacobs, Chairman
Kathleen Bishop
Carolyn Riccardi

Norwood Record, 7/7/16

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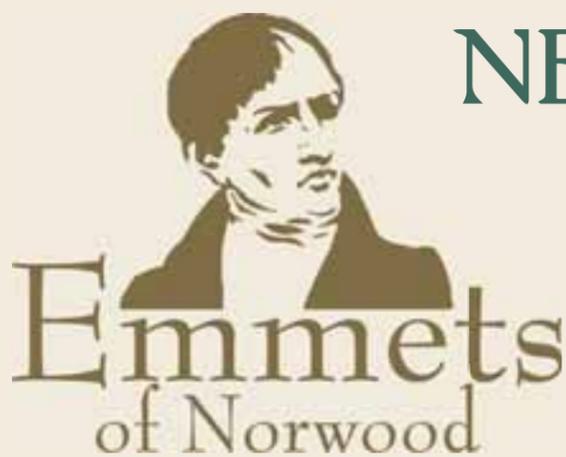
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Calamari – Crispy Calamari, Marinated Peppers, Cilantro Dipping Sauce	\$8
Spinach & Artichoke Dip – Wheat and Corn Tortillas & Marinated Crudité	\$7
Maple BBQ Chicken Flatbread – Smoked Cheddar Cheese, Sweet Onions, Chicken, & Crispy Onions	\$9
Pigs In A Basket – Bangers (Irish Pork Sausage) Served with Hand Cut Fries, Mustard & Curry Sauce	\$7
Chicken Tenders – Homemade Tenders Served Buffalo or Original with Blue Cheese. Add fries & curry sauce \$3	\$9

Burgers & Sandwiches

All Burgers and Sandwiches served with Chips, Fries or House Salad. (GF Buns Available)

Classic Cheese Burger* – Cheddar, Russian Dressing, Red Onions, Shredded Lettuce & Tomatoes (GF)	\$9
The Emmet Burger* – Portabello Mushroom, Caramelized Onions, Bacon & Cheddar Cheese, Chipotle Aioli (GF)	\$10
Turkey Burger – Garlic Aioli, Red Onions, Pepper Jack Cheese, Lettuce & Tomatoes.....	\$12
Fish Sandwich – Beer Battered Fresh Haddock, Lettuce, Tomatoes, Tartar Sauce & Cole Slaw	\$13
Grilled Chicken Sandwich – Pepper Jack Cheese, Garlic Aioli, Onion, Lettuce & Tomatoes (GF).....	\$11
Bacon & Brie Grilled Cheese – With Caramelized Onions on Fresh Brioche	\$10
Caprese Sandwich – Roma Tomatoes, Fresh Mozzarella, Cucumber, Pesto, Olive Oil and a Balsamic Reduction (GF)	\$10
Hot Pastrami – Pastrami With Swiss Cheese, Russian Dressing & Coleslaw (GF).....	\$10

Entrees

Guinness Beef Stew* – Classic Irish Stew Served with Mashed Potato & Toasted Brioche	\$14
Teriyaki Glazed Salmon* – Served with Citrus Fennel Slaw, Baby Spinach & Jasmine Rice (GF)	\$18
Baked Cod – Served with Jasmine Rice, Baby Spinach, Bread Crumbs served in a Lemon Caper Butter Sauce	\$16
Fish & Chips – Beer Battered Fresh Haddock served with Hand Cut Fries, Cole Slaw & Tartar Sauce	\$15
Beef Wellington* – Beef Tenderloin, Mushroom Stuffing and Prosciutto Wrapped in Puff Pastry, with Truffled Mashed Potatoes, Asparagus, and Veal Demi Glaze.....	\$18
Meatloaf – Buttery Green Beans, Mashed Potato & Ketchup Glaze (GF).....	\$14
Steak Tips – Served with Balsamic Mushrooms, Mashed Potato & Roasted Asparagus (GF)	\$15
Steak Frites – Herb Marinated Bistro Filet, Cashel Bleu Cheese Butter, and Parmesan Truffle Fries	\$16
Pan Roasted Statler Chicken – With Fingerling Potatoes, Roasted Broccoli & Cauliflower (GF)	\$16
Bangers & Mash – Served With Mushy Peas, Mashed Potato, Caramelized Onions & Gravy	\$14
Shepherds Pie – Homemade Shepherds Pie with Ground Beef, Vegetables & Gravy	\$15
Veggie Risotto – Mushrooms, Peas, Tomatoes & Roasted Red Pepper Sauce (GF).....	\$15

*Items cooked to order. Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food-borne illness. More information about the safety of consuming raw food is available upon request. Please note: Before placing your order please inform your server if a person in your party has a food allergy. GF = Gluten Free.

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Abdallah sisters receive state Heroine award

Sam Nickerson
Staff Reporter

Local sisters Olga Abdallah and Helen Abdallah Donohue received Unsung Heroines awards from the Massachusetts Commission on the Status of Women in June.

Abdallah and Donohue were nominated by State Rep. John Rogers and State Sen. Mike Rush, and received their awards at the State House on June 22. They were among 125 other women who were recognized for important community work that often goes under the radar.

According to the Commission on the Status of Women, the nominees use their time, talent and enthusiasm in order to enrich the lives of those around them and make a difference in their communities.

“To be honored with my Sister was the best,” Donohue, who sits on the Board of Selectmen, said. “My whole life she has been a role model for me and guided me in a favorable direction. It would have been

perfect if she had been able to come to the State House to receive her award, also.”

Abdallah, who has dealt with health issues this year, has been recovering and could not attend the ceremony. Abdallah became a Town Meeting representative in Norwood at age 21, and went on to serve as a library trustee before becoming the first woman selectman in the history of the Town of Norwood.

Afterwards, Abdallah became the second woman to become the president of the Neponset Valley Chamber of Commerce. She also founded the flower committee, was a co-founder of the concerts on the common committee and is a member of the Norwood Circle of Hope, among other contributions.

Donohue is most known as a member of the Board of Selectmen and the South Norwood Committee, but has also served in other official capacities for the Town and has been an active advocate for local seniors, families and



Helen Abdallah Donohue and her sister Olga Abdallah (not pictured) received Unsung Heroines awards from the state Commission on the Status of Women. They were nominated by state senator Mike Rush (far left) and state representative John Rogers (far right).

businesses in Norwood as both a volunteer and dedicated attorney. She has also been a Town Meeting representative for 48 years and taught English at Norwood

Junior High School.

The Massachusetts Commission on the Status of Women is a state-appointed body that observes the status of women in Massachusetts and makes rec-

ommendations regarding policy that would improve access to opportunities and equality. The Commission is staffed by 19 volunteer commissioners.

COURTESY PHOTO

Letters to the Editor

ROGERS DISAPPOINTS ON BATHROOM BILL

To the Editor:

Chanel Prumier of the Massachusetts Family Institute recently wrote that legislators who unsuccessfully tried to amend the Bathroom Bill but voted for it anyway had “knowingly jeopardized the 99 percent of the population not protected by the bill.”

Rep. John Rogers, obviously aware of how dangerous the bill was, tried to amend it twice. One of

the amendments would have allowed parents of either gender to accompany children under 12 into public bathrooms, and one would have placed restrictions on sex offenders. Although both those amendments failed, Rogers still voted for the bill.

The Safety of our children should be of paramount concern, even here in the liberal state of Massachusetts.

Jim MacPherson
Norwood

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Concerts on the Common underway



Norwood's Concerts on the Common summer season began on July 3 with a performance by Dan Gabel and the Abletones.

PHOTO BY PAUL ELDRIDGE



Art Cart founder and Norwood resident Saba Shahid helps individuals with chronic diseases heal through art.

COURTESY PHOTO

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Art Cart continued from page 3

assisted living and medical facilities to reach its clients.

But don't think you need to be a master painter to reap the benefits.

"We see them for about 6-8 weeks consecutively. By the eighth week, our goal is to be confident in them as they explore their creativity and use that to channel positivity despite their disease," Shahid said. "A lot of the people that we get have never been involved in any kind of arts, maybe back when they were children, but their priorities changed."

"It's cool to see how they went from not knowing anything about art, to being so in tune with it and trying different techniques," she said.

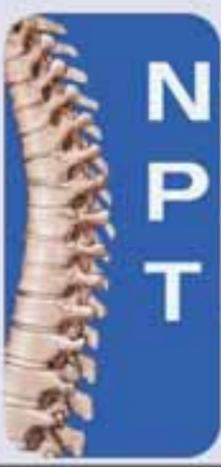
Shahid said there are also real benefits beyond getting in touch with your artistic side and meeting others who share similar struggles.

"When they're painting, they are already engaging different types of muscles, its both physical and mental stimulation," Shahid said. "There are a lot of unconscious aspects of art benefits ... and when the paint is drying, we take them through some seated exercises. It creates almost like a support group atmosphere without the label."

Shahid said the Art Cart is looking to work with the Norwood Senior Center and other local facilities, and is putting together an art show featuring works all by artists with Parkinson's.

Shahid also worked with the Board of Selectmen to have the Town of Norwood recognize April as Parkinson's Awareness month. As such, the Town was the first in the state to do so.

"It was really amazing to see that, without any question, they saw this was a great cause," Shahid said. "It was a big honor, especially for Norwood being a smaller town to be one of the first towns to recognize it and declare proclamation that."



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- There is a reported incidence of 250,000 ACL ruptures per year in the United States.
- Female athletes are 4–6 times more likely to experience an ACL injury than their male counterparts.
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Details

- Fee of \$100 per person, or sign-up with a friend fee of 2 for \$150
- Clinic will be managed by former collegiate soccer player Dr. Teri Caputo, DPT

Bingo *continued from page 2*

they have a sizable group of regulars who come each week and know the volunteers' names.

"It's very community-based for a lot of individuals," Wenstrom said. "For a lot of them, it's their one time to get out, see friends, socialize and have something to do."

Bingo is mostly staffed by Saint Catherine of Siena School parent volunteers, and each bingo night needs around 12-15 volunteers for it to be run effectively.

But these parents are often very busy - and rightly so - with other work and school events, and often do not continue to volunteer after their children have gone through the school, Calarese said.

Calarese said that around a half dozen or so volunteers have been staffing bingo nights for many years and have become friends outside of bingo. He said that they are looking for more of these non-parent volunteers who would be interested in consis-

tently committing to the event.

Calarese said the opportunity was perfect for those in the community who believe in catholic education and would like to volunteer for a good cause.

The volunteers help sell bingo strips, handle admission to the event, staff the refreshment stand and supply store, and help count the money from the bingo profit and some of the other, smaller games they run, such as the charity games that take place after doors open at 4 p.m., but before bingo starts at 6 p.m.

"We need about 12-15 volunteers total to run bingo successfully," Wenstrom said. "Some nights we get it; some nights we get more, some less."

Calarese said it gets difficult for organizers running the events to do their jobs when they don't know the number of volunteers coming each week.

Bingo has become more important for the school over the years, as Calarese said the school was once staffed by the Sisters of St. Joseph, who came from a nearby convent, which made the school nearly free to attend. Over the years, however, the school has transitioned to an almost 100 percent lay staff.

"We can't even provide them with the kinds of compensation that we would like to," Calarese said. "We can't compete with the public schools, for example."

But seeing how her two children have done throughout their school career at Saint Catherine of Siena School, Wenstrom feels the expenses on both sides are well worth it.

"Seeing how well my girls have done here, how much they've flourished, and the caring community, the attention of the teachers and making every child really feel like they count, for me personally, being able to contribute to something to be able to keep tuition as low enough for other parents to have this opportunity is really important," Wenstrom said.

For more information about volunteering for bingo nights at Saint Catherine of Siena, Calarese urges the public to call or email the parish and ask for him.

SECTION A
Request for Proposals
Town of Norwood
Tel: (781) 762-1240, Extension 107 / Fax: (781) 278-3015

Sealed proposals shall be received up to 11:00 A.M. (Verizon time), July 22, 2016, in the Purchasing Department, Norwood Town Hall, 566 Washington Street, 3rd Floor, Norwood MA 02062 for the following service:

"Engineering/architectural services for the design and construction administration services for renovations to the Chapel of St. Gabriel the Archangel at Highland Cemetery, 320 Winter Street, Norwood, MA"

The renovations include the repair of the exterior envelope of the building, repair of the interior water damage, and replacement of stones, if necessary, and the investigation of the structural integrity of exterior walls.

The Town of Norwood is currently seeking proposals from qualified firms for professional services for the following scope of work:

Design services through design development, construction contract documents, bidding, award of construction contract(s), construction administration, final closeout and warranty period of the referenced Project.

Responsibilities and duties shall be as outlined in the Scope of Service and otherwise comply with the Massachusetts Construction Reform Legislation, Chapter 193 of the Acts of 2004.

The selected Architect/Engineer is to be involved in, but not limited to, these activities.

Designer's Duties: The designer's duties will consist of reviewing existing conditions and developing a successful design; the preparation of a complete set of construction documents and specifications; and culminate with the pre-determination of contractor qualifications, bid submission and bonding reviews. Also involves project management once construction begins.

Scope of Designers Services and information packets shall be available at the Norwood Town Hall, in the Purchasing Department, 566 Washington Street, 3rd Floor, Norwood, MA 02062. Contact Catherine Carney at (781) 762-1240, ext 107. Office hours are 8:15 A.M. - 4:00 P.M., Monday through Friday. Documents can also be obtained electronically by registering and downloading at: <https://bids.norwoodma.gov>.

The proposal must be filled out and signed as directed therein, sealed in an opaque envelope addressed as follows: Purchasing Department, Norwood Town Hall, 566 Washington Street, 3rd Floor, Norwood, MA 02062, endorsed with the name and address of the offer, and marked "Proposal for Architect Design Services St. Gabriel's Chapel - CONTRACT #PBC-17-01". Proposers shall submit an original and five (5) copies of his/her proposal and one (1) electronic version. The fee is to be negotiated. The estimated construction cost is \$1 million - \$1.5 million.

Proposals shall be prepared, considered, and the contract awarded in accordance with Massachusetts General Law (MGL) Chapter 7C.

The Town of Norwood shall have the right to reject any and all proposals or parts thereof, or items therein, and to waive any defect of irregularities as to form, therein in accordance with MGL.

The Town of Norwood notifies all participants that minority business enterprises will be afforded full opportunity to submit proposals in response to this invitation and will not be discriminated against on the grounds of race, color, creed, sex or national origin or handicapped status in consideration for an award.

BY: Permanent Building Construction Committee
Town of Norwood

Norwood Record, 7/7/16

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Sports

Post 70 at 7-7 going into break

Jake Levin
Staff Reporter

The Norwood Post 70 Senior American Legion team enters the July 4 break imperfectly even at .500 (7-7), with a blowout win over Needham and a frustrating loss vs. Westwood its latest cases of the inconsistent summer to date.

Norwood hung 13 runs on Needham last Wednesday night in a 13-2 runaway, avenging an 8-5 setback earlier in the month. But with a struggling Westwood team in town the following night, Post 70 failed to move two games over .500 for the first time this season, falling to their Nahatan Street neighbors 11-7.

Norwood jumped out to an 8-0 lead vs. Needham in the first inning, sending 12 men to the plate. Paul Galvin got on base twice in the inning, leading the game off with a walk and continuing it further with an RBI triple - one of two triples Post 70 cranked out in the inning, with Mike Flynn's three-bagger plating Galvin for the game's first run.

"We're playing the way we should and the way we're capable of," Norwood manager Paul Samargedlis said after the Needham game. "It's definitely something that isn't catching me by surprise. The defense and the pitching, that's what we expected. If the bats came around and you combined it with that - we weren't getting defense early on. This isn't a fluke."

The entire lineup contributed in the Needham game, with each member recording a hit, scoring a run, or having an RBI. Galvin, Eddie Duggan and Denny Drummey each had two RBIs apiece for Norwood, while Drummey and Conor Flynn were the lone members of the lineup with multiple hits.

Galvin scored three runs and reached base safely three times, both team highs. Norwood had 10 hits total, cashing in on a multitude of Needham errors for runs as well.

Needham (8-6-1) was coming off of a 20-4 win over Walpole just two days prior, and had won four games in a row over all.

"They beat us 8-5 because they had a six-run inning," Samargedlis said, referring to Post 14's win eight days prior. "I said 'we're better than that team.'"

"There's not one team we've played where I think - including Franklin - that they're better than us. They beat us; I'm not going to take it away from them, but there's not a team in this district, including the other side, where when we're playing our baseball can't beat."

Chris Petracca pitched a complete game for Norwood, scattering five hits on seven strikeouts and four walks. He ran into a bit of trouble in the first inning, getting two quick outs before allowing back-to-back singles and a hit by pitch, but getting out of the jam on a



Michael James rears back as he prepares to fire a fastball in last week's loss vs. Westwood. While his pitching result wasn't what he was hoping for, James has been swinging an incredibly hot bat for Post 70.

PHOTO BY JAKE LEVIN

ground ball fielded successfully by Galvin at second base.

The win marked the first for Petracca on the summer, after pitching well but running out of steam in the later innings vs. Medfield and Norfolk, respectively, in weeks prior.

Setback vs. Westwood

Westwood Post 320 scored twice each in the first three in-

nings, biding enough time for a five-run explosion in the fifth to pull away from Norwood on Thursday night.

Norwood cut the deficit to two runs on two separate occasions, getting it to 4-2 and 6-4 before Westwood batted around in the fifth to take an 11-4 lead that wound up being more than enough to hang on for the 11-7 final.

"We should've handled

the first pitcher. He shut us down, good for him," Samargedlis said.

Norwood used a slew of pitchers in the game, with Mike James starting, Mike Keady relieving him, and Connor Flynn also getting some work.

"We're 7-7," Samargedlis said. "We could end up in first if we run the table, we could end up in last if we lose out."

Offense shines for Jr. Legion in 21-10 victory

Jake Levin
Staff Reporter

Runs continue to come in bunches for the Norwood Post 70 Junior American Legion team, a 21-10 rout over Hudson taking it into the July 4 break on a high note.

The 21-run explosion came on 20 hits, and "not cheapies" either, as manager Dan Harrington pointed out after the game.

"We were hitting lined shots," Harrington said after Norwood racked up seven runs in the first inning, 12 in the second and another in the third for a 20-0 lead after three.

"I don't know the last team I saw score 20 runs in three innings," Harrington said. Norwood enters the break with a record of 8-5, in second place in the District 6 West. "It was a good response from the Westwood game [a 2-0 loss].

We really wanted to rebound from that and we came out hot."

There's no shortage of numbers that would still fail to do justice for what Post 70's lineup accomplished. Norwood sent 13 hitters to the plate in the first inning, with Hudson's starting pitcher allowing the first eight to reach safely on an assortment of hits and walks. Eight of the nine Norwood starters reached base

safely at least three times each, while each starter scored at least two runs.

Norwood sent 16 men to the plate in the 12-run second, nearly batting around twice in one inning.

It would be hard to single out one batter for the most impressive individual performance, but Paul Murphy was the lone member of Norwood's lineup to collect four hits. He finished 4 for 6 with two RBIs

and two doubles, while Paul Manning (2 for 2, two doubles, four RBIs) joined Murphy as the lone Post 70 hitters with multiple extra base hits.

Tiago Gomes was also huge from the leadoff spot, reaching base four times and driving in four runs. Cam Flahive (3 for 5), Jay Wladkowski (3 for 5), Tim

Jr. Legion

Continued on page 9

Jr. Legion *continued from page 8*

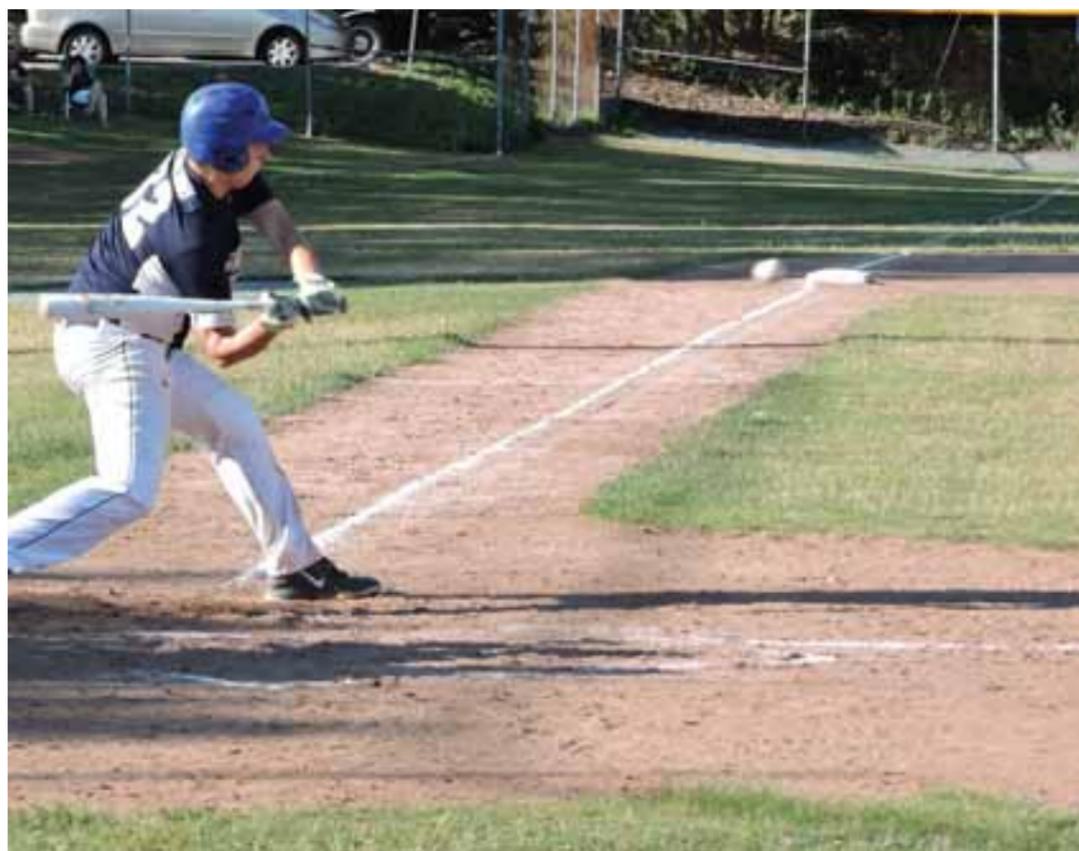
Denehy (2 for 3) and Matt Jeannetti (2 for 4) all had multiple RBIs.

You know it's a good night when you score 21 runs and your cleanup hitter doesn't even get a hit. Still, Sean Munro walked twice and was hit by a pitch and scored three runs in cleanup duty for Norwood. Michael Dooley hit third in the lineup and went 1 for 2 with a walk and an RBI single along with two runs scored.

Hudson managing to close the game on a 10-1 run, however, gave Harrington pause at calling the game a "statement win."

"When you pound the ball that early and often and build a lead like that, a lot of teams tend to go in a bit of a lull," Harrington said. "Hopefully they learn from it, that you have to play seven innings. And that's what it's going to take to win in the playoffs; we've got to play seven full [innings]."

"We got a little lackadaisical and lazy. We almost let



Cam Flahive sits on the fastball in Norwood's rout over Hudson a week ago. Flahive had three of his team's 20 hits in the 21-10 landslide victory.

PHOTO BY JAKE LEVIN

them back in the game; I wouldn't say we quite let them back in the game but Mat Rice

was on pace to throw about 70 pitches in a complete game and he wound up at about 100. I'd

rather see the team rally around him and really put a statement win [together]. I

wouldn't call that a statement win because we played a little bit lazy in the last four innings."

Norwood had previously beaten Hudson once this season, but in a about as polar opposite a style as humanly possible: a 3-2 decision back on June 21. The teams will play again in a double header in Hudson on July 10.

Harrington said the team is hoping to use the July 4 intermission to rest up and get ready for the home stretch of the season, where Post 70 will need to play its best baseball to assure itself a spot in the District 6 postseason.

"We're going to take advantage of a few days off for the Fourth of July break, hopefully regroup mentally and physically and be ready to turn it on at the end, because we're going to need it," Harrington said. "We're going to have a dogfight in the playoffs to win this district."

Weekly Post 70 Legion Baseball Notebook

Jake Levin
Staff Reporter

Let's take a look at some news and notes about the happenings around the clubhouse of the Norwood Post 70 Senior American Legion team, as the team begins its final third of the season out of the Fourth of July break.

* Through games played June 30, Norwood is in fifth place (out of eight) in the District 6 Western Division standings, and is still in the hunt for a postseason spot. Only the top four teams from each division make the district tournament, but Norwood is in a good spot.

* Complete Standings:

1. Walpole (11-4, 22 points)
2. Franklin (9-5-1, 19 points)
3. Needham (8-6-1, 17 points)
4. Medfield (8-7, 16 points)
- 5. Norwood (7-7, 14 points)**
6. Westwood (6-9, 12 points)
7. Foxboro (5-9, 10 points)
8. Norfolk (4-11, 8 points)

* Along with Foxboro, Norwood has played only 14 games, whereas everyone else is at 15. Post 70 therefore has a game at hand, meaning they control their own destiny when it comes to postseason play based on how the final seven games shake out.

* Paul Galvin was absent from Thursday's game vs. Westwood, but his impact was

felt in a big way in their 9-2 win over Medfield on Tuesday night: he pitched arguably the best game of his career, racking up 16 strikeouts.

* The pitching depth of Norwood has been tested, no question, due to the absences of Sean Mellen and Cam Ryan. But Post 70 manager Paul Samargedlis expects the rotation to lineup nicely coming out of the Fourth of July break, with everyone pitching on a minimum of seven days of rest.

* Expect that rotation to begin with Brian King before continuing with Galvin and Petracca.

* Samargedlis came away impressed Connor Flynn's pitching performance in particular vs. Westwood; Flynn, a middle infielder by trade, pitched out of necessity and allowed three runners to score he'd inherited from Keady and let in two more but did work a scoreless sixth and seventh to allow Norwood a puncher's chance at a comeback.

* Jovan Gomes is another Post 70 player who's looked sharp at times on the mound this season, particularly in relief. Gomes picked up the win in Norwood's 9-7 win over Medfield on June 15.

* Through 14 games, Norwood has a run differential of plus-13 (92-79).

* They've cracked double-digits in runs scored four times, and are unbeaten in those games.

* Norwood is 1-1 in one-run games, but 3-0 in extra innings.

* Norwood has completed its season series with just one team, Westwood, finishing 1-2. They still play the other six teams in their district once each (Foxboro twice), with the

following records vs. said opponents thus far: vs. Medfield: 2-0; vs. Foxboro: 1-0; vs. Norfolk: 1-1; vs. Needham: 1-1; vs. Walpole: 1-1; vs. Franklin: 0-2.

* Norwood began its second half schedule at Foxboro on Tuesday, in an event held after the Record's deadline, and continued Wednesday night at home vs. Norfolk. They're in action tonight at

home vs. Walpole at 7:30 p.m. and at home again vs. Franklin tomorrow night, also at 7:30 p.m. at Balch School Field.

* The District 6 All-Star Game is Saturday at Rockland High School at 1 p.m.

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DEATHS

CALLAHAN

Rosemarie A. "Ree" (Gugliotta) of Norwood passed away on June 26, 2016 at the age of 76. Beloved wife of William J. Callahan. Devoted and loving mother of William "Billy" J. Callahan III and his wife Christine of Norwood, Kathy M. Callahan of Norwood, Michael R. Callahan and his spouse James Mullane of Framingham, Steven T. Callahan and his wife Susan of Norwood and Diane K. Carter and her husband Paul of Walpole. Sister of Catherine "Cay" Weta of Norwood, Francis P. Gugliotta of Salem, N.H., Barbara A. Dubuc of California, Patricia A. Dziuba of Norwood and the late Thomas A. and Agazio "Guy" Gugliotta. Cherished grandmother of Stephanie and her fiancé Paul, Shaun, Katie, Kimmy, Billy J. and Estelle. Also survived by many nieces and nephews. Daughter of the late Thomas and Rose C. (Phillips) Gugliotta. Also survived by many nieces and nephews. Funeral from the Kraw-Kornack Funeral Home, 1248 Washington St., NORWOOD. Burial will be at Highland Cemetery Norwood, MA. In lieu of flowers donations may be made in her name to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168.

COSTELLO

Rita L. (Buote) of Norwood passed away on June 25, 2016 at the age of 88. Beloved wife of the late Peter J. Costello. Devoted mother of Mary Anne Killackey of Cambridge, Michael P. Costello and his wife Cathleen Delaney of Norwood, Sheila M. Whalen and her husband James of Stoughton and the late Thomas P. Costello. Loving sister of M. Theresa Sweeney of Stoughton, Lena Leard

of Stoughton, Raymond Buote and his wife Lillian of Middleboro and the late Louis Buote and James Buote. Also survived by six grandchildren, two great-grandchildren and many nieces and nephews. Daughter of the late James and Mary (Hughes) Buote. Rita was a former employee for the Town of Norwood Light Dept. and a member and former Secretary of the Norwood Irish Music Club. She was an avid dancer and loved to play Scrabble and Cribbage. Funeral from the Kraw-Kornack Funeral Home, 1248 Washington St., NORWOOD. Burial will be at Highland Cemetery Norwood. In lieu of flowers donations may be made in her name to Deutsches Altenheim Center, 222 Centre St., W. Roxbury, MA 02132.

DIXON



Sean M., of Norwood and Chatham, passed away unexpectedly on June 25, 2016. He was 68. A lifelong resident of Norwood, Sean graduated from Stonehill College and became a guidance counselor at Medway Middle School, where he enjoyed counseling children. Sean enjoyed spending time with his beloved wife and son. Beloved husband of Judith A. (Traniello) Dixon; loving father of Michael C. Dixon of Norwood; son of the late John P. and Ellen (Drumme) Dixon; brother of Kevin T. Dixon of Spokane, Wash., Peter V. Dixon of Spokane, Wash., James J. Dixon of Newton, Honor M. Dixon of Chatham, Christopher B. Dixon of Norwood and the late Deborah O'Neil; dear brother-in-

law of Jo-Ann Shaughnessy of Norwood, Anthony Traniello of Peabody, Maria McDonald of Stoughton, Lisa Akikie of Stoughton and Rita Volpe of Walpole. He is also survived by many loving nieces and nephews. Funeral services are from the Gillooly Funeral Home, 126 Walpole St. (Rte. 1A), Norwood. Interment will follow the Mass in Highland Cemetery, Norwood. Memorial contributions in memory of Sean M. Dixon may be made to the American Cancer Society, 30 Speen Street, Framingham, MA 01701.

LENTINE

John G. Of Norwood passed away on June 26, 2016 at the age of 82. Beloved husband of Lucy H. (Salvato) Lentine. Devoted father of John C. Lentine and his wife Pamela of N. Easton. Brother of Robert Lentine and his wife Cecilia of Watertown and Catherine Conway and her husband Edward of Roslindale. Cherished grandfather of Christopher Lentine and Carys Lentine. Son of the late John R. and Mary (Giangrande) Lentine. Also survived by many nieces and nephews. Funeral from the Kraw-Kornack Funeral Home, 1248 Washington St., NORWOOD. Burial will be at Knollwood Memorial Park, Canton. In lieu of flowers donations may be made in his name to the American Diabetes Assoc, 10 Speen St., Framingham, MA 01701 or to the American Heart Association, 20 Speen St., Framingham, MA 01701. US Army and US Air Force Veteran.

SOCCHI

Charles, of Bridgeport, Wash., formerly of Norwood passed away June 6, 2016. He was the father of Charles Socci and his wife Sherri of California. Theresa Garrison of North Carolina and Thomas Socci of Kentucky. Brother of James (Sonny) Socci and his wife Margaret of Washington. Phyllis Ross of Walpole and Susan Mattson of Mansfield. Predeceased brother of Elizabeth Orso and Anthony Socci. Grandfather of eight, great-grandfather of 10. Funeral services have taken place in Bridgeport, Wash.

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VFW takes convention by storm

On June 11-12 Susan Cacciagrani and Carol McCleay represented the Norwood VFW Auxiliary, Post 2452 at the annual Statewide Convention held in Marlboro, Mass. The Norwood VFW Auxiliary was awarded two first place awards and three second place awards in their division and one second place award for the State for Veterans Projects and Programs.

"This is a huge accomplishment for not only our Auxiliary, but also for the Town of Norwood," says Auxiliary President, Rebecca Shannon. The group has worked on so many programs and projects for Veterans this past year, everything from Coat Drives, Veteran's Breakfasts to PTSD Projects. I am extremely proud of all involved.

Treasurer, Susan Cacciagrani, a lifelong resident of Norwood was installed at the Convention as District 5 President. This is a true honor and well-deserved.

The VFW Auxiliary is actively seeking members both men and women who are eligible to join. Youths who are also eligible to join at 16 are welcome. I strongly encourage any youths who would like to make a difference in the lives of our veterans and community to consider our organization. The group has so many great ideas, we just need the help to turn those ideas into reality. Please look for our booth and stop by to say 'hi' at Norwood Day, we look forward to meeting you and answering questions.

And finally a big thanks to all of the Norwood Businesses and our Norwood Community who have supported the VFW Auxiliary this past year. You are truly helping us achieve our goals as an organization.

Please remember that together we can make a difference in the lives of our veterans!

SENIOR NEWS

ARTS & CRAFTS: Offered the first Thursday of each month at 11 a.m.

BASIC COMPUTER COURSE: A four-part basic computer course is frequently offered to those who wish to learn how to use a computer. Sign-up at the front desk. New class will be announced soon.

BINGO: Every Wednesday, from 12:45 to 3 p.m. \$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 p.m. to play the new game!

BLOOD PRESSURE CLINIC: Hellenic Health Care will be available for blood pressure screening on the first Wednesday of each month. Ellis Nursing Home will offer blood pressure screening on the second Wednesday of each month. The Walpole VNA will provide blood pressure screening on the third Wednesday of each month at 11:30 a.m.

BOOK CLUB: Our next Book Club will be meeting on July 18.

BRIDGE: Our Bridge Club meets on Thursdays at 9:15 a.m. in the Library. The Tuesday group has been cancelled.

COMPUTER CLUB: The Computer Club meets every Wednesday at 1 p.m.

COUNCIL ON AGING: COA next Meeting will be Aug. 4-no meeting in July.

CRIBBAGE: Our seniors meet every Monday at 12:45 p.m. to play cribbage.

DIABETES WORKSHOP: The Diabetes Workshop will resume in September.

EXCEL CLASSES: Excel classes have resumed. Please sign up.

FRIENDS EVENING DANCE: July 15, 7-10 p.m. John Rampino will provide the entertainment.

HANDCRAFTERS: Handcrafters meet every Monday from 1-3 p.m.

LINE DANCE CLASSES: Every Tuesday, 1-2 p.m.

MAH JONG: Mah Jong players meet Monday, Wednesday and Friday 10 a.m. to noon. Learn to play Mah Jong - Thursday and Fridays @ 1p.m.

MASSAGE THERAPIST: Karen Tracy is here on the first Monday of each month. Please sign-up at front desk. Massages are \$30.00 for half an hour.

NORWOOD RETIRED MEN'S CLUB: The Board of Directors meet on the first Tuesday of each month at 10:30 a.m. at the Senior Center (Except July and August). The Club Membership meets the second Tuesday of each month at the Norwood Elks Lodge, at 10 a.m.

SCRABBLE: Thursday afternoon at 1 p.m. Come and join us for a game.

SHINE: Our SHINE Counselor, Carol, is here to help you with your medical insurance needs on Tuesdays from 10 a.m. - 2 p.m. Please call 781-762-1201 for an appointment.

WATER COLOR: The next session is scheduled for Thursday, July 14 at 9 a.m. Payment of \$20.00 must be made at time of sign-up.

WAXING: 9 a.m.-noon on July 18.

WHIST: Whist players meet on Tuesdays at 12:45 p.m. in the library.

WHIST PARTY: Whist parties will be held on the fourth Friday of each month 1 p.m. - 3 p.m. Thursday, July 14: Hellenic Rehab and Nursing Adaptive Equipment, 11 a.m. Lunch will be served following presentation. Please sign-up.

Friday, July 22: Friday Afternoon Movie, 12:30 p.m.

Friday, July 29: Line Dancing with Dave Valerio, 1 p.m. Cost is \$5.

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Broadband service is not available to all addresses in Norwood such as Windsor Gardens and Olde Derby Village. Internet speeds vary and are not guaranteed. Offer ends 8/31/16.