



Norwood Police officers Timothy McDonagh, left, and Justin LaRoche, right, are running again in the Boston Marathon.

COURTESY PHOTO

## Two NPD cops running for kids with cancer

Jeff Sullivan  
Staff Reporter

Norwood Police Department (NPD) Detective Sergeant Tim McDonagh and Justin LarRoche are running in the Boston Marathon this year to raise money for Cops for Kids with Cancer (CFKC).

The pair ran the Marathon last year for the first time and managed to raise \$12,000 for the charity, which donates \$5,000 increments to families with children facing cancer to help out with necessary expenses.

McDonagh said the idea to run the Marathon came in 2021 when he was on a police detail in Wellesley covering the race.

"I was 41 at the time and I had never

been to it," he said. "I saw these people running and thought I could do this. The most I had ever run in my life was 10 miles at the police academy when I was 24 years old, and ever since, nothing," he said with a laugh. "In 2019 I started running to lose weight and did a keto diet, lifting weights here and there and running 3 or 5 miles on the treadmill."

McDonagh said he was almost 300 pounds when he started to lose weight in 2019. He started on the treadmill and then began running in local races. His first was the Norwood Firecracker 5K on July 4 and then he just kept going.

"That's basically all I do now; if there's a race I'll run it," he said.

**Running for kids**  
Continued on page 6

## School Committee braces for "difficult budget year"

Mary Ellen Gambon  
Staff Reporter

At its virtual meeting on Wednesday, Feb. 8, the Norwood School Committee discussed the belt tightening that is in progress as budget season looms on the horizon.

Member Teresa Stewart gave a report on the Budget Subcommittee meeting she attended on Feb. 1. The outlook was not promising, she said.

"This fiscal year 24 is really challenging," Stewart explained.

She noted that the next meeting on Feb. 15 was originally planned to discuss a budget that featured an annual 3.5 percent increase over this fiscal year's budget.

"We will not be at only a 3.5 percent increase," Stewart said.

Part of the reason is that the principals and department directors initially submitted requests for a total of 30 additional full-time employees (FTE).

"As you've heard from [Superintendent David] Thomson before, all 30 are very valid and needed requests," she continued. "There's nothing that our principals and directors and admin team requested that aren't legit and very much needed."

When the subcommittee met the previous week, the amount of FTEs was whittled down to 19.9. As of Feb. 8, that number was further slashed to 11 FTEs. Even at 11 FTEs, this accounts for a 10.4 percent increase over FY 23.

"I truly believe that everybody is looking at this as best as they can," Stewart said. "And just getting from 30 additional FTEs down to 11 has been a

significant and challenging task."

Also included in the budget requests were the 14.9 positions for the English Language learners (ELL) and special education departments that the School Committee approved this school year since July 1, 2022. Those positions are federally mandated to give those populations equal access to education.

Thomson said that everyone is looking for reductions and grants to save money.

Vice President David Hiltz noted that this problem is not unique to Norwood.

"Most districts are facing similar issues, and it's sort of a convergence of things," he said. The effects of the pandemic, supply chain issues, transportation costs, inflation, escalating energy prices, and the drying up of federal emergency funding are combining to hit school districts hard at a time when they are short staffed. The 14 percent increase in out-of-district placements also is causing "quite a high hike" in costs. Stewart noted that she has been working with state Rep. John Rogers to advocate for circuit breaker funding to cover the 14 percent cost.

"I'm confident that we have solid policies and procedures that are put into place to get us through this," Hiltz added. "And we just need to acknowledge that it's going to be a difficult budget year."

Stewart added that another problem is that the amount of funding available through Chapter 70 "is still unknown." Part of that funding includes monies through the Student Opportunity Act (SOA). SOA expenses are required to be

**School Committee**  
Continued on page 2

## A Norwood resident trying to do better

Jeff Sullivan  
Staff Reporter

Norwood resident Thomas Frey has been turning his life around the past few years and is now working to help others with opiate and substance abuse issues he struggled with throughout his youth.

Frey started using because of shyness, beginning with alcohol and other party drugs to try to fit in and become the life of the party. Unfortunately, at the beginning it worked.

"Alcohol gave me what I couldn't give myself."

Opiates followed the alcohol, leading him down a self-destructive path that could have easily cost him life several times over.

"I grew up in Norwood, my father is from Norwood and works for the Town, my mom's from Norwood and she's a teacher in the Town, and I have extended aunts and uncles heavily-involved with the Town" he said.

Frey said he had a pretty average childhood. He was involved in school activities, sports and other clubs.

"I was raised with a moral compass, but when it came to substances it gave me this feeling I had never really felt before," he said. "You know, even dating back to when I was super young, I never really felt comfortable with myself, or at peace. I'd always walk into a room and in the back of my mind I was always con-

**Frey**  
Continued on page 8



Thomas Frey, right, has worked hard with Colin Navarro, left, to turn his life around.

COURTESY PHOTO



# School Committee *continued from page 1*

documented, she explained.

“We have tried really hard to avoid falling off fiscal cliffs,” she explained. “But there are just so many moving challenges at one time.”

The override pledge will end after FY 24, which will present the Town and the School Committee with new fiscal challenges as they decide how to move forward financially.

Chair Anne Marie Mazzola said the Budget Balancing Committee (BBC), of which she is a member, met to discuss the district’s financial situation, among other concerns.

“We know it’s going to be a really challenging budget year,” she said. “But one of the reasons we really wanted to have this meeting even though we know that we don’t have any numbers yet ... was to start the discussion on how we divide up especially things that are related to schools like Chapter 70 and Medicare reimbursement.”

She added that she was encouraged to hear discussions about possibly putting Medicaid funds into a special education revolving fund.

Stewart said that the Town and the schools need to figure out a way to move beyond the override pledge after FY24 “in a way that is sustainable for everybody.”

Before giving the superintendent’s report, Thomson called for a moment of silence in honor of Tyler Lawrence, the Coakley Middle School student who was shot to death in Mattapan on Jan. 29.

“He was a friendly, well-liked young man by all of his classmates,” he said. “That absence is deeply felt by his friends and especially the Coakley Middle School community.”

Thomson added that Lawrence’s classmates are “working on a way to honor him.” He thanked the Coakley

staff for “their loving support” and the Norwood Police Department for bringing in therapy dogs from surrounding communities, noting that the need for one for Norwood was pointed out to him.

The memorial service on Sun. Feb. 5, which was attended by more than 450 people, displayed “the true character of Norwood in the support that they are offering the Lawrence family,” Thomson said.

Thomson also discussed how the school start times implemented at the beginning of this year are working and noted that there will be a forthcoming survey for families to express their views. The debate over changing the times during the previous year had been contentious, prompting new candidates to run for School Committee in the last election in opposition to the shift.

“When we actually made the shift, all those pieces were well planned, and they worked well,” Thomson explained, adding that there were no “hiccups” in its implementation. Some things needed to be tweaked, such as the elemen-

tary schools having a “more expedient dismissal.”

There will be a family survey going out in late February to assess the impact of the school start time changes to assess any possible need for changes.

Staffing challenges have affected the district all school year, with one position advertised last May still not filled, Thomson added. Buses have been running on time, and there has been an improvement regarding fewer students being tardy.

“At the elementary level, it’s more of an adult thing than it is a kid thing,” he said, adding that everyone is still “dealing with a post-COVID reality” where students and staff can be out with the coronavirus. It may take a few years for statistics on the school start times to “become valid pieces of data” because of the pandemic’s after-effects.

Also at the elementary school level, there will be more activities planned for after school, including MCAS tutoring. There have not been as many afterschool activities for middle school students this year, but Thomson said he expected that to change within the

next couple of years.

“Sports transportation has still been hamstrung by driver shortages,” Thomson added.

One program that has been “extremely successful,” Thomson noted, is the grab-and-go lunch program on half days. The program has been particularly important for families experiencing food insecurity.

Another successful initiative, Thomson said, is the program for culturally responsive and sustainable teaching practices (CRSP). In his recent school visits, he observed aspects of this philosophy being implemented in the classrooms. Thomson will be increasing his school visits throughout the district, he added.

During the meeting, Thomson described the review of the school district by the state’s Department of Elementary and Secondary Education (DESE) that is occurring this week. This review occurs every five years. The DESE team collects documents and data and conducts interviews with personnel.

“And then they give us feedback on the strengths and challenges and our current practices to use in our planning going forward,” he explained.



**NORWOOD SPORT CENTER**  
**Bowl 1 String, Get 1 FREE!**  
 One Coupon Per Person  
 65 Cottage Street E, Norwood • 781-769-0606  
 Call for Hours

**FREE SHIPPING**



It's "unbelievable" what these 100% Non-Toxic, Healthy pots & pans can do for you.

Explore: **USA-MEC.COM**



Made Locally | Handcrafted w/Love | Code: Healthy23

**WE BUY USED CARS AND TRUCKS**

Top prices paid \$\$\$

Call Pat direct at **508-663-7759** or email **clayautocenter@aol.com**

Quick process and pickup

**ONLY \$10<sup>99</sup> + tax** Key Fob or Watch Battery & Installation

Must present coupon in-store; not valid for online purchases. No cash value. See store for details. Expires 2/28/23

Ask for a **FREE 5-Minute Car Battery Test!**

**www.interstatebatteries.com**  
**781-232-5089**

**INTERSTATE ALL BATTERY CENTER**  
 Outrageously Dependable®

NEW LOCATION: **51 Morgan Drive Unit 5 (off Vanderbilt Ave) Norwood, MA**

Join us for one of our upcoming **FREE** seminars on planning your funeral arrangements in advance.

**Your life. Your legacy.**  
 Plan to make it right.

**Virtual Seminar**  
 Saturday:  
 March 11, 2023  
 1:00 p.m.

**Gillooly Funeral Home**  
 126 Walpole St., Norwood

Please RSVP  
 781-762-0174  
 By Thursday,  
 March 9, 2023

Request your **FREE** Personal Planning Guide



- Discover 4 simple steps to planning your final arrangements.
- Bring peace of mind to yourself and your family.
- Opportunity to receive a **FREE** Personal Planning Guide.
- Refreshments, conversation, and helpful advice.

**Gillooly Funeral Home**  
 126 Walpole Street • Norwood  
 781-762-0174



A Family Service Affiliate of AFFS/Service Corp. Int'l, 206 Winter St., Fall River, MA 02720 • (508) 676-2454



**Hyde Park Pediatrics**  
 695 Truman Parkway, Hyde Park, MA 02136  
 100 Highland Street, Milton, MA 02186  
**617-361-1470 / hydeparkpediatrics.com**  
 Virtual visits for your healthcare needs

Carolyn F. Sax, M.D. • Elisabeth K. DiPietro, M.D.  
 Kara R. Ryan, M.D. • Olutoyin O. Fayemi, M.D.  
 Carolyn O. Walsh, M.D. • Rajesh A. Kulenthirarajan, M.D.  
 Fellows of the American Academy of Pediatrics



Removals • Crane Services • Pruning • Stump Grinding

 Mchugotreeservice  
 Fully Insured • Free Estimates

**www.McHugoTreeServices.com • McHugoTree@gmail.com**  
**781-974-2025**



# Town refutes legislators' allegations, calling them "extraordinary"

**Jeff Sullivan**  
Staff Reporter

The Board of Selectmen met with Town Counsel David DeLuca on Tuesday to go over the allegations recently declared against the Board, Norwood Fire Department Chief David Hayes and Norwood General Manager Tony Mazzucco.

The allegations came from the offices of State Sen. Michael Rush and State Rep. John Rogers relating to actions the Board and Mazzucco supposedly took to further legislation that would have allowed Hayes to continue to work as the Norwood Fire Chief after the required cutoff age of 65 (as dictated by Massachusetts General Laws).

For a more detailed explanation of Rush and Rogers' allegations, please see last week's issue of The Norwood Record at <https://bit.ly/3K3e0Xw>.

"The Selectmen take any allegations of impropriety seriously, and while we had our own opinions on the merits of these accusations, the Board, and myself abstaining, referred the matter to Town Counsel to investigate and determine any merit to these allegations," said Board of Selectmen Chair Bill Plasko.

DeLuca went through and essentially refuted the applicability of each accusation detailed in the letter. He said the response was based on only the legal issues described in the letter and did not delve into the political aspects. He said the letter itself was "extraordinary."

"It is extraordinary in its accusatory tone towards Norwood Town officials and it is extraordinary in so far as it is based upon various misrepresentations, exaggerations, not based on facts, and is generally a misstatement of applicable legal standards," he said.

The first item was the allegation that Mazzucco "conspired" with Plasko to violate the Open Meeting Law Massachusetts General Law (MGL) Chapter 30A by directing Board members to attend a fundraiser for Senate President

Karen E. Spilka on Nov. 9, 2022, and allegedly attempted to sway Spilka into bringing forward the legislation to keep Hayes on staff with \$100 cash donations from Plasko and Mazzucco.

DeLuca said the allegation of direction from Mazzucco was baseless and was not a violation of the Open Meeting Law. While there were enough members of the Board present at that fundraiser to form a quorum, DeLuca said there are provisions in the law for them to attend events like fundraisers without violating the law.

"There was no meeting or deliberation as defined by the Open Meeting Law Chapter 30A Section 18," he said. "Voluntary attendance at a fundraising event does not qualify as an Open Meeting Law violation."

He said the law allows for attendance because there was no meeting and nothing within the Board's jurisdiction for them to deliberate on. He also said donations to political entities were not forbidden under the conflict of interest law MGL Chapter 268A. He added there was no evidence to suggest Plasko and Mazzucco were trying to influence the legislation with donations.

DeLuca also used this reasoning to refute an allegation of a violation of the Open Meeting Law for a meeting at the Statehouse on Nov. 17, 2022.

The letter also alleged that Hayes had illegally used Norwood public resources to lobby for his position at the NFD. He pointed out that MGL Chapter 3 states that lobbying laws do not apply to employees of a city or town. He added that the Norwood Policy for personal use of Town computers permits personal use, "as long as it is not disruptive to the work unit."

DeLuca also refuted the accusation that the five-year contract Hayes signed before Town Meeting was improper or illegal. He said the Town has the ability to negotiate contracts as "expressly authorized by MGL 41 Section 108O." And he added that the contract was contingent on Town Meeting

approving the measure and the legislature passing the associated home rule petition.

DeLuca also refuted that Hayes accepted a compromise to the legislation pushed by the Norwood Firefighter Union Local 1631 that would see his contracted expanded to three years instead of five.

Lastly DeLuca pointed out that legislation like that proposed for Hayes is fairly routine and many others like it have passed recently with no conflict.

"The Dedham Fire Chief and several other fire chiefs in the state were extended during this legislative term, and the Norwood police chief was similarly extended in the past," he said, "all without the real or imagined personal or legal obstacles here."

Selectman Bob Donnelly also read out a statement summing up the Board's position and why the Board thought the legislation failed.

"The Board of Selectmen has concluded that the home rule petition failed to be enacted due to the inaccurate testimony submitted to the legislature's Joint Committee on Public Safety by lobbyists from the Professional Firefighters of Massachusetts and the lack of information received from our state legislative delegation regarding the progress of the petition," he said.

Donnelly alleged that the Board asked the legislative delegation, Rush and Rogers, to keep them informed of the bill's progress and that did not happen.

In related news, Plasko said he wanted to clarify something he said during the Jan. 26 Board of


**Selectmen**  
*Continued on page 8*



**DESTITO TREE SERVICE**  
The Name You Have Trusted Since 1984

**PROFESSIONAL TREE SERVICE**  
Shade Tree Pruning - Ornamental Tree Pruning  
Tree Removal - Bucket Truck Service  
FULLY INSURED  
**CALL NICHOLAS DESTITO**  
**781-551-0266**

## Shop Natural Diamonds or Lab Grown



Discover the ideal diamond for your hand-crafted engagement ring, wedding band or custom jewelry piece

**Keegan's** Since 1951  
NORWOOD JEWELERS

1135 Washington Street, Norwood  
781-769-5470 • keegansjewelers.com

Specializing in fine monuments and mausoleums




**Tribute IN STONE**  
MONUMENT COMPANY

We invite you to rely on us to create a beautiful memorial for your loved one.

629 SOUTH ST. WRENTHAM 508-384-5826  
TRIBUTEINSTONE.COM



# GREAT RATE ALERT:



## 4.71%<sup>APY\*</sup>

### 18-Month CD


Only \$500 Minimum to open!  
No Maximum!  
New Money Only

Grab this offer **NOW** at any Members Plus branch!

**MP** Members Plus Credit Union  
To us, banking is personal.

memberspluscu.org 781-905-1500  
MEDFORD NORWOOD DORCHESTER  
EVERETT PLYMOUTH

\*APY = Annual Percentage Yield. Rates effective January 12, 2023, and subject to change without notice. The APY is based on the assumption that dividends will remain on deposit until maturity and that a withdrawal or fee will reduce earnings. \$500.00 minimum deposit required to open an MPCU certificate. New money only. Certificates are fixed-rate accounts and will remain in effect until maturity. Fees that may be applicable to deposit accounts can be found on the fee schedule. In the case of CD or IRA, penalty may apply for early withdrawal. NCUA insures up to \$250,000; MSIC insures all excess shares and deposits above the federal insurance limit of \$250,000.





# OPINION

## GOOD DEEDS: Happy George Washington's Birthday

For me and many of the residents of Norfolk County, President's Day has always held a special significance. Yes, it is a day off for some, but it is also a day to reflect on what a special form of government the United States of America has. People may not know that four of the forty-six Presidents of the United States were born right here in Norfolk County, more than any other county in the United States.

Despite this day holding significance for so many, very few actually know the origins of the holiday and why President's Day is celebrated on the third Monday in February.

President's Day was originally established in 1885 to recognize the accomplishments of and memorialize the first President of the United States, George Washington. The concept of a day celebrating a President dates back to 1800, the year following the death of Washington, whose February 22nd birthday became an annual day of remembrance.

The unofficial holiday gained widespread popularity, particularly because, even at that time, George Washington was considered a legend. So,

in 1879, President Rutherford B. Hayes signed legislation to make February 22nd a federal holiday, but it took another six years to be celebrated nationally.

Delving deeper into the history of this day reveals that even though most people know the federal holiday as President's Day, neither Congress nor any President has ever specified that the name of the holiday observed as Washington's Birthday be changed to "President's Day."

If the official name of the holiday is "Washington's Birthday," why is it not still held on February 22nd, George Washington's birthday? It is because in 1968, Congress passed the Monday Holiday Law to provide uniform annual observances of certain legal public holidays on Mondays. By creating more 3-day weekends, Congress hoped to stimulate the economy and give workers

more time off.

This law changed two aspects of the holiday; first, it was adapted to also honor the birth of United States President Abraham Lincoln (February 12), and second, it was moved to be observed between both birthdays on the third Monday in February.

This position on the February calendar actually makes it so the celebration of Washington's birthday will never actually be held on the 22nd; the latest it can be is the 21st. In fact, of the four Presidents with February birthdays, George Washington (the 22nd), Abraham Lincoln (the 12th), William Henry Harrison (the 9th), and Ronald Reagan (the 6th), none have birthdays that can coincide with the holiday.

Why is the federal holiday celebrating Washington's birthday known as Presidents' Days? The answer is that, regardless of its noble origins, the holiday has been redefined, as it was in 1885, from a day of remembrance to a day of celebration. For many, the day has become a

time to honor all Presidents, past and present.

Here at the Registry of Deeds, we take a moment to honor the lives of four Presidents born right here in Norfolk County.

The second President John Adams was born on October 30, 1735, in a section of Quincy that was formerly part of Braintree. Adams graduated from Harvard College in 1755. He taught grammar school in Worcester, and in 1758 he moved back to Braintree and began practicing law in nearby Boston. The 1780 Constitution of the Commonwealth of Massachusetts, drafted by Adams, is the world's oldest functioning written constitution. It served as a model for the United States Constitution, which was written in 1787.

The sixth President, John Quincy Adams, was also born in a part of Quincy that was split off from Braintree. He attended Harvard College and was the son of John and Abigail Adams. He served as a diplomat, foreign minister, ambassador to foreign na-

tions, and treaty negotiator. John Quincy Adams drafted the Monroe Doctrine. He was one of the greatest diplomats and Secretaries of State in American history. He became President in the 1824 election, defeating Andrew Jackson. Following his four-year term, Adams became a member of the House of Representatives, where he conducted a consistent and dramatic fight against the expansion of slavery.

The thirty-fifth President, John F. Kennedy, was born on May 29, 1917, at 83 Beals Street, Brookline, a three-story house built in 1909, located in a middle-class neighborhood. He graduated from Harvard University in 1940. During World War II, Kennedy was a PT boat commander in the Pacific theater. After the war, Kennedy represented the 11th Congressional District of the U.S. House of Representatives. He then won election to the U.S. Senate from Massachusetts. While serving in the Senate, he published "Profiles in Courage," which won the Pulitzer Prize.

What is not common knowledge is that the forty-first President, George Herbert Walker Bush, was born in Norfolk County on

**Opinion**

*Continued on page 6*

## Sullivan to seek Finance seat

Sarah Sullivan is excited to announce her candidacy for Norwood's Finance Commission. The town election will be held on Monday, April 3, 2022.

The majority of Sullivan's professional experience is in budgets and planning. For the past 16 years, Sullivan has worked as the Business Manager at Norwood Community Media, managing the financial and human resource sides of the operation. Prior to her time at Norwood Community Media, Sullivan worked as a budget analyst at Houghton Mifflin, Co. and DC Heath Publishing, a division of Raytheon. She holds a Master of Business Administration from Babson College and Bachelor of Arts in Communication from Boston College.

From 2014-2020 Sullivan served on the Board of the Turner Syndrome Society of the United States as Treasurer. While on the board, Sullivan worked closely with the Executive Director to develop and track the \$500,000 operating budget each year and was part of the team that developed a comprehensive 3-year strategic plan.

Sullivan is a 16-year District 9 Town Meeting member. She has been active in town committees including the Capital Outlay Committee and the DPW Building Committee. In addition, Sullivan was a leader of the Norwood High School override campaign and the Middle School override campaign.

Sullivan and her husband, Daniel Sullivan, moved to Norwood 30 years ago and raised their two children, Danny and Caitlin, both graduates of Norwood High School here. Sullivan was an active parent, serving as PTO president and member of the School Council at C.J. Prescott Elementary, Coakley Middle School and Norwood High School. Sullivan also served as a teacher in the Youth Formation Ministry at St. Timothy's Church in Norwood.

Sullivan said, "If elected, I hope to continue to serve Norwood, combining my passions for public service and finance. I am proud of the work I have done to support Norwood's investment in the infrastructure of our schools, and as a member of Capital Outlay and Town Meeting, I recognize the work we need to do to support all parts of the town infrastructure. There are many needs across town, and as a member of the Finance Commission I believe I can help find ways to continue to invest in a manner that is mindful of the need to work within a budget."

## Greenwell to seek Selectmen seat

Shannon Greenwell, an appointed member of the Norwood Zoning Board of Appeals, has taken out nomination papers to run for Norwood's Board of Selectmen.

Greenwell has lived in Norwood with her family since 2015. As the daughter of a firefighter and public employee, serving the public has been ingrained in her from an early age. Her husband, an educator, is a member of the Norwood Trails Committee and the Norwood Cultural Council. Her daughter is an enthusiastic first grader in Norwood Public Schools and enjoyed her early education years at Saint Catherine's.

"I am very grateful to call Norwood home and have always admired the level of commitment residents have for our community. Following that example, I have found opportunities at ev-

ery scale to contribute to the great work taking place in our town," Greenwell said. "Building on the foundation set through my work with the Zoning Board of Appeals and shared accomplishments through my volunteer work I am excited to offer my service to the Norwood Board of Selectmen."

Greenwell is a double Terrier, having received her Master of City and Regional Planning degree after completing her undergraduate work at Boston University. Her professional experience is in policy development, project and program management, and community engagement. Her volunteer work includes leading annual Earth Day cleanups and contributing to the 150th Committee's Arts and Culture Festival, where



*Shannon Greenwell*

she assisted with setup and performed as an Irish Step Dancer, going as far as to hold an impromptu dance lesson for interested children. She views co-leading a Norwood Girl Scout troop as one of her greatest privileges and takes pride in helping a growing number of girls develop an appreciation of nature, community service, and entrepreneurship.

Greenwell said, "I'm excited to engage with residents over the next few months to listen to their visions for our community and the ways in which I can continue to lend my skills and experience in service of the Town of Norwood."

Tell 'em  
what you  
think with a  
Letter To  
The Editor



Please write to:  
**THE BULLETIN**  
661 Washington St.,  
Suite 202  
Norwood, MA 02062  
Tel: (617) 361-8400  
Fax: (617) 361-1933  
e-mail us at  
news@bulletinnewspapers.com  
Please include your name,  
address & telephone number.  
Unsigned letters will not be  
published.



# CPC considers requests for Old Parish and NHA

Jeff Sullivan  
Staff Reporter

The Norwood Community Preservation Committee (CPC) met on Feb. 8 and discussed with organizers three proposed projects for this year's slate of Community Preservation Act (CPA) funding.

The biggest-ticket item is the Old Parish Cemetery at \$530,000 for Phase 1 of the cemetery's proposed master plan. The master plan was the result of a feasibility study also funded by the CPC. The plan was presented by Norwood Department of Public Works (DPW) Director Mark Ryan and Old Parish Preservation Volunteers organizer Patti Fanning.

"It's Norwood's or South Dedham's original cemetery, established in 1741," he said. "This project will preserve and enhance Norwood's oldest historic site."

Ryan said they are seeking the \$530,000 for all three phases of construction, which will take place over the course of a few years. The full cost of construction will be \$946,000, with the remaining costs paid through Town funding, grants, donations and the DPW/Cemetery budget. He said it would provide open space and en-

hance the passive recreation of the site, despite this primarily being a historic preservation project (CPA funds can only be used for recreation/open space, historic preservation or affordable housing).

"For many years, especially with the Old Parish Preservation Volunteers getting more actively involved, we have annual tours of the cemetery," he said. "You'll see stones up there with names like Guild, Elliot, Balch, Bird and Ellis. It's really remarkable and if you ever want to stop by the Norwood Engineering Department, we have the layout there with names of people who died in wars. Soldiers who fought in the French and Indian War, the American Revolution and the Civil War are buried there. So it's a very important historic site in Norwood."

Phase 1 would replace the current fencing around the site with a uniform black steel construction made to look like a wrought iron fence. Right now it is a patchwork of chain link fence.

"It's not very inviting and the gates are always locked. We're looking to replace that with ornamental steel picket fence at about six feet high," he said. "This replacement cost is \$460,000. It's about 1,160 feet

of fencing that would go in."

Ryan said Phase 2 and Phase 3 would be fixing up the entrances at Washington Street and Railroad Avenue respectively, totaling about \$160,000 and \$115,000.

They originally asked for \$675,000, but CPA Coordinator Kristen Phelps informed Ryan and Fanning that the CPA cannot fund the entrance portions of the project because they're not technically on the cemetery parcel itself but on another Town-owned parcel. So that reduced the total request to \$530,000 for the fencing and other work at the gate.

Ryan said they would work on granite paving at both entrances, the costs for Washington Street's work being \$34,000, the work at Railroad Avenue \$29,000.

The portions of the project to be paid for with other funds, as listed above, would include landscaping, tree installation, path-finding, trash receptacle installation and maintenance, flagpole maintenance, entrance signs and possibly a rain garden. The entrance work will require other funding as well.

"There are some drainage issues coming off the site on the north side that affect the abut-

### CPC Requests

*Continued on page 7*

*Serving the Public Since 1922*








Monuments • Pet Markers • Bronze Plaques  
Custom Stone Engraving

781-762-1735 • norwoodmonumental.com  
943 Washington Street, Norwood



**POWER  
LIFT  
RECLINER**

**\$699**



**CALL SAM'S FOR ALL APPLIANCE REPAIRS**

**1232 WASHINGTON STREET, NORWOOD, MA 02062**  
**PHONE: 781-762-4343 / FAX: 781-762-7853**

**www.shopsamsappliance.com**



**MEDFORD**

Bright 2 bedroom, 2 bath corner unit at the Mystic River Park! Large open LR/DR has sliders to balcony! Views of the Mystic River and Boston! Spacious! 2 parking spaces! Ample closets! In unit laundry. Newly renovated bathroom! Enjoy such as the indoor heated pool, racquetball courts, fitness center and club room!

**\$599,900**

**SteveDoug Team - Maureen Dwyer**  
**617-413-8026**





Stephen Morris  
617.212.9598  
smorris@laerrealty.com

The SteveDoug Team

Doug McClure  
617.212.9568  
dmccclure@laerrealty.com

**Home Market Evaluation**

This Certificate entitles you to a **FREE** no-obligation evaluation of your property.

**We will provide:**  
Your homes current value  
Prices of homes recently sold in your neighborhood.  
Information on selling your home and buying a new home.  
[www.stevedoug.com](http://www.stevedoug.com)

# LAER Realty Partners

**2077 Centre Street • West Roxbury, MA 02132 • 617-327-7500**





## Will Social Security Be There for Me?

**Dear Rusty:** I am 56 and hope to hold out to get maximum Social Security at age 70. However, with all of the talk of Social Security funds being depleted, is it wise to continue with this mindset? Will there even be Social Security benefits for folks in my age bracket? Should I think about starting Social Security benefits as soon as I am eligible? I am employed; however, I don't have a large amount of savings. I contribute to my company's 401(k) and receive the match, and I own my own home (almost paid off) with an estimated \$250,000.00 in equity, but I won't be able to stay in the home long term. Any insight you can provide would be greatly appreciated.

**Signed: Weary Worker**

**Dear Weary Worker:** I don't suggest changing your strategy due to fears of Social Security not being there – it will be. Although the program is facing some future financial issues, the very worst that could happen is that everyone's benefits might be cut by 20+% if Congress fails to act to restore the program to solvency before the Trust Funds are depleted in the early to mid-2030s. In my opinion, Congress will not likely fail to act because to do so would be political suicide. The fact is, they already know how to fix Social Security's financial issues; they just lack the bipartisan spirit and political fortitude to do so until they extract every possible ounce of political capital from the issue. So, it's largely a matter of how long Congress will wait to reform the program.

Right now, the Social Security Trust Funds hold about \$2.8 trillion in reserves to ensure full benefits will be paid. But Social Security now pays out more in benefits than it receives in revenue, so the extra money needed to pay full benefits is taken from those reserves. What is needed is reform which addresses the reality that people today are living much longer and collecting benefits for much longer than the program is structured to accommodate. Many possible solutions are on the table in Congress, including raising the full retirement age a bit to deal with the reality of people living much longer, and increasing the program's tax revenue by withholding a bit more from American workers. The eventual reform will likely include



**Russell Gloor**  
AMAC Certified Social Security Advisor

some variation of both, as well as other "tweaks" which further guarantee the program will be there for future generations.

As for the thought of claiming your benefits as soon as you are eligible (age 62), be aware that Social Security has an "earnings test" which applies to anyone who collects benefits before reaching full retirement age (FRA). If you are working full time when you first become age-eligible, you likely wouldn't be able to collect benefits because your benefit amount would be insufficient to pay the penalty for exceeding the earnings limit (\$1 for every \$2 over the limit) within one year. And, as you may already know, your age 62 benefit would be cut by about 30% from your FRA amount, while your benefit at age 70 would be about 76% more than your age 62 benefit.

So even if the worst case scenario happens (which it almost certainly won't), an across the board cut of 20+% to your age 70 benefit would yield a higher monthly payment than that same cut to your age 62 benefit amount. So, I suggest you stick with your current strategy to continue working and wait as long as practical to claim your benefits (up to age 70). As an aside, AMAC (Association of Mature American Citizens) has, for years, been proposing (to Congress) its "Social Security Guarantee Plus" which would restore Social Security to solvency for generations to come and would not require an increased payroll tax rate. Congressional reaction has been generally positive, leading us to be hopeful for a reasonable solution to the problem.

*This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity. To submit a question, visit our website ([amacfoundation.org/programs/social-security-advisory](http://amacfoundation.org/programs/social-security-advisory)) or email us at [ssadvisor@amacfoundation.org](mailto:ssadvisor@amacfoundation.org).*

## Running for kids *continued from page 1*

After deciding to run the Boston Marathon, he began researching organizations that he could represent and learned of CFKC through recommendations from his fellow officers and speaking with CFKC's President and Canton Police Chief Helena Rafferty.

"I learned later from (NPD) Chief Brooks that they had donated to several families in Norwood in the past," he said. "So within a couple of days I was kind of surprised – because I hadn't qualified – but they said, 'Since you're a law enforcement officer and we're a law enforcement organization of all cops, we're going to bump you up on the list.' So that was around Jan. 20 of 2022. After that I just started training."

McDonagh reached out to the department because CFKC was looking for more cops to run for charity.

"Tim knew I was into running so when he joined and got his bib from CFKC for the State Police team, he came up to me and said, 'Hey you're a runner, would like you to run?'" LarRoche said with a laugh. "I said, 'Sure, why not?' It was a great opportunity to not only run one of the oldest marathons but also to work for that organization."

McDonagh said running the marathon was a full day, starting with getting up at 3 a.m. to catch a bus ride to Hopkinton.

"We took a little shuttle bus in, which is what's awesome about this team," he said. "The Boston Police and State Police take seven buses from South Boston. We have to get up at 3 a.m., which kind of sucks, but it brings us to Hopkinton with about 100 troopers on motorcycles as escorts. They get to park the buses right on the starting line."

LaRoche said the whole experience really psyched him up for the race.

"It was just exhilarating; you're running the race and the



*McDonagh said the Boston Marathon last year was one of the hardest things he's ever done.*

COURTESY PHOTO

crowd just pushes you. I've heard that from other runners; that you just get wrapped up in the crowd and it's so true. It definitely pushes you on."

In that race, McDonagh came in at 4:33:43, which he felt was a good time for someone of his age and racing ability. He felt bad for LaRoche, who could have done a lot better if he didn't stick with his partner.

"I'm fully convinced he could have started much faster at the beginning, but he's such a good guy he stuck with me to mile 16, then he took off which was part of the plan," he said. "The other guy, Brian Sweeney, who ran for the Boston Police, he took off at the beginning and ran a 3:40:00."

LaRoche said he remembered it a bit differently.

"Timmy's funny and can get kind of anxious; he didn't think he was going to do as well as he did. I'm a bit stronger a runner so I stuck with

him for like the first 15," LaRoche said. "We were actually running faster than he thought he could run."

LaRoche came in at 4:13:12, and said he did a lot better than he thought he was going to do for his first Boston Marathon.

"I was thinking about Heartbreak Hill and thought I was going to start walking by then, but I didn't," he said. "I was just so motivated and the crowd really encourages you so it was just an awesome experience all around."

Both LaRoche and McDonagh said they were happy to represent Norwood by challenging themselves and raising money for a good cause.

If you would like to help them along, go to <https://bit.ly/3xni51b>. The pair raised \$12,000 for charity last time around and would like to raise \$15,000 this year.

## Opinion *continued from page 4*

June 12, 1924, at 173 Adams Street, Milton. Bush spent only the first year of his life in Milton. In 1925, his parents, Prescott Bush (a Connecticut senator from 1952 to 1963) and Dorothy Walker Bush, moved the family to Connecticut. The home at 173 Adams

Street has changed hands several times since the Bush family lived there and remains a private residence to this day. In 1997, at a ceremony attended by the former President, a sign and plaque were unveiled outside the home to mark its historic significance.

Let us take a moment to honor and celebrate President George Washington and all Presidents of The United States who have represented this great nation. We should also take a moment to remember the exceptional men and women who have helped shape the nation that these Presidents have been elected to represent, however you choose to commemorate this day.

*By William P. O'Donnell  
Norfolk County  
Register of Deeds*



What drives the internet?

**CONTENT**

Read the Norwood Record online at  
[www.norwoodrecord.com](http://www.norwoodrecord.com)



# Norwood hosting pruning lesson to help train would-be volunteers

**Jeff Sullivan**  
Staff Reporter

The Norwood Community Orchard needs some help.

MEND Organizer Mark Negron said he's working with the Boston Food Forest Coalition to bring in an expert on pruning to help train residents in the best ways to keep Norwood's orchard growing and productive.

The seminar will take place at the Community Orchard at Endean Park on March 4 at 11 a.m., with a rain date of March 5 at 11 a.m. He said the reason for the seminar is to help get Norwood's residents in-

involved in the process of growing community food.

"The main goal behind this workshop is to train some volunteers to help keep Norwood's food forest trees pruned properly, and the side benefit is it's free to anyone and a lot of people have fruit trees and an interest," he said. "This is a great opportunity to draw those people in and get people engaged in this kind of activity; whether it's for themselves to bring home or to help around the community."

Negron said the community orchard in Norwood will be a step in the right direction to help fight food insecurity in the Town and

provide more local produce for residents who might otherwise have a tough time getting it.

And pruning works as it keeps the trees healthy and productive. Negron added that there is also a practical concern with pruning.

"If you have a semi-dwarf tree for instance, they can grow 12 or 15 feet tall, you want to prune them so you can harvest as easily as possible," he said. "Through pruning, you can generally keep that height down to eight or 10 feet if you want. And fruit will grow better too. With fruit trees a lot of times they'll overproduce and you have to sometimes

cull the fruit. But with pruning, the fewer branches you have, the more fruit you have on fewer branches. And the branches are going to be nice and strong as opposed to long and skinny and hanging down and can actually break off. It's really important that

fruit trees are pruned properly."

Negron pointed out that many trees have a kind of self-pruning mechanism that keep the branches strong and

**Pruning Lesson**  
Continued on page 9

## Legal Notice

Commonwealth of Massachusetts  
The Trial Court Probate and Family Court

**CITATION GIVING NOTICE OF PETITION TO PARTITION**

**Docket No. 23E0002PP**

Norfolk Probate and Family Court  
36 Shawmut Road  
Canton, MA 02021  
(781)830-1200

In the matter of: **Petition to Partition 50 Emerson Drive, Norwood, MA** To **Kathryn M. Rogers, Judith S. Dunn f/k/a Judith S. Broderius, Beth J. Oleson, William G. Dunn, Jr. and Roberta Dunn-Tracy and to all other interested persons**, a petition has been presented to said Court by **Timothy L. Dunn of Mattapoisett** in the county of Plymouth County representing that they hold as **Tenant in Common a 16.666%** undivided part or share of certain land lying in Norwood in the county of Norfolk, and briefly described as follows 50 Emerson Drive, Norwood, MA and setting forth that they desire that all of said land may be sold at private sale or public auction for not less than \$650,000.00 and praying that partition may be made of all the land aforesaid according to law, and to that end, that a commissioner be appointed to make such partition and be ordered to make sale and conveyance of all, or any part of said land which the court finds cannot be advantageously divided, either at private sale or public auction, and be ordered to distribute and pay over the net proceeds thereof in such manner to make the partition just and equal.

If you desire to object thereto you or your attorney should file a written appearance and answer in said Court at Canton before ten o'clock in the forenoon on the **March 15, 2023** the return day of this citation.

**WITNESS, Hon. Patricia Gorman, First Justice of this Court**  
Date: February 9, 2023

Colleen M. Brierley, Register of Probate *Norwood Record: 2/16/23, 2/23/23, 3/2/23*

## CPC Requests *continued from page 5*

ting site, the Chestnut Green Condominiums," he said. "So the master plan calls for some rain gardens, which is a really cool idea and we're looking forward to putting that in."

Also, Norwood Housing Authority (NHA) Executive Director Sean Barnicle came before the CPC to request \$350,000 for the replacement of windows at the McDonough Housing development at Nahatan Village.

The windows were originally installed in 1968 with a proposed lifespan of 30 years. The Department of Housing and Community Development extended that lifespan to 2020, and now Barnicle said they are in dire need of replacement.

"You can see the deterioration of the components," he said. "The weather tightness and efficiency of the windows are in jeopardy... I think this project is money well spent and something that will help preserve and support 152 units of elderly disabled housing at Nahatan Village."

According to Barnicle, the state of the windows is leading to further deterioration of

the building.

It should be noted that CPA funding is for one-time payment items only, which are generally referred to as capital improvements. The funds are not to be used for maintenance or staff funding. Barnicle said he knows that this appears like a maintenance issue, but only on the surface.

"This is one source of money; we will also be getting funding from the state and the

NHA will be contributing its own funds as well," he said, adding that the total funding for the project would be \$1.3 million, with all contributions. "This project will add value to the real property; it's going to prolong the useful life of the real property; it's going to be permanently affixed to the real property so that removal would cause material damage, and it's intended to be a permanent installation."

Commonwealth of Massachusetts  
The Trial Court Probate and Family Court

**INFORMAL PROBATE PUBLICATION NOTICE** **Docket No. NO23P0255EA**

Estate of: **Nancy Elizabeth Dixon** **Norfolk Division**  
**Also Known as: Nancy E. Dixon**  
**Date of Death: December 17, 2022**

To all persons interested in the above captioned estate, by **Petition of Petitioner: Kenneth S. Dixon of Mansfield, MA**  
a **Will** has been admitted to informal probate.  
**Kenneth S. Dixon of Mansfield, MA**

has been informally appointed as the Personal Representative of the estate to serve **without surety** on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

*Norwood Record 02/16/2023*

### SECTION A - ADVERTISEMENT FOR BIDS TOWN OF NORWOOD, MA

Sealed bids will be received up to **11:00 A.M. (Verizon time), March 3, 2023** in the **Purchasing Department, Norwood Town Hall, 566 Washington Street, 3rd Floor, Norwood, MA 02062** for the following Public Project:

"Annual Road Resurfacing"

Bidders must be pre-qualified to perform the work described in these specifications in accordance with **Massachusetts General Law (MGL) Chapter 29, Section 8B and Chapter 90, Section 34**. The contractors must be pre-approved by Mass. Highway Department prior to receiving an official proposal form.

The complete bid package may be obtained in the Purchasing Department during regular business hours. The bid must be filled out and signed as directed herein, sealed in an opaque envelope addressed to the General Manager, endorsed with the name and address of the bidder, and marked, "Annual Road Resurfacing, CONTRACT #NPW-23-03".

A certified check or bid bond, with acceptable surety in favor of the Town of Norwood and equal to at least five percent (5%) of the bid, must be submitted with the bid. The successful bidder shall, within ten (10) days of notification of award furnish the Town a performance bond and labor and materials bond in an amount equal to one hundred percent (100%) of the bid.

Bids shall be prepared, considered, and the contract awarded in accordance with all statutes governing such contracts (MGL Chapter 30 and Chapter 149 as amended). Every General Bid shall be on forms furnished by the Town. Bids submitted on other forms may be rejected. The award of the contract shall be made within 30 working days after the opening of General Bids, Saturdays, and Sundays excluded.

An award will not be made to a Contractor who is not properly equipped to undertake and complete the work. The right is reserved to waive any informality and to reject any or all bids in accordance with the provisions of MGL as amended.

The Town of Norwood notifies all bidders that it will affirmatively insure that minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, creed or national origin in consideration for an award. As part of his obligation of remedial action under the foregoing section, the Contractor and Subcontractors shall maintain not less than 5% ratio of minority employee work hours to total work hours in each job category specified in Section 44F of Chapter 149 MGL.

Contractors shall take Affirmative Action to negotiate with qualified minority or women-owned subcontractors in accordance with MGL Chapter 193. For any municipal design or construction project that includes funding provided by the Commonwealth, in whole or in part (such as reimbursements, grants and the like), awarding authorities will need to have MBE and WBE goals incorporated into both the design and construction procurement. The current applicable MBE and WBE goals developed by DCAM in consultation with SOMWBA are 8% MBE and 4% WBE on design contracts and 7.4% MBE and 4% WBE on construction contracts.

Wages are subject to minimum wage rates under the provisions of Massachusetts General Laws, Chapter 149, Section 26 to 27D inclusive, as most recently amended.

The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the Town.

BY: Tony Mazzucco, General Manager

*Norwood Record: 02/16/23*

**Paul Dooley**  
CEO/Founder  
**MatchingDonors.com**  
a 501c3 nonprofit organization  
766 Turnpike Street  
Canton, MA 02021  
phone: 1-781-821-2204 ext. 1  
CEO@MatchingDonors.com

Become A Living Organ Donor... And Help Someone Discover An Entirely New Way To Look At Tomorrow.

**TO ADVERTISE,  
CALL THE NORWOOD RECORD AT**

**(781) 769-1725**



Jeff Sullivan  
Staff Reporter

# Addies hosts grand opening

The newest addition to Norwood's grocery store group opened at the former site of Workout World near Route 1 and Dean Street.

Co-founder Jim McQuade said the idea is to streamline the grocery shopping experience. You order from the store's website before you go, drive up to the location, have your foodstuffs brought out and placed in your vehicle and away you go. It's more efficient for both the customer and the store.

"Every supermarket has an apple pyramid for example, but have you ever seen a 90-percent-empty apple pyramid? No because there are always too many apples. Not all products displayed are for sale. It's there for visual appeal, and it's wasteful."

McQuade said this example highlights a lot of the inefficiencies within supermarkets today, that advertising can

be more important than the actual foodstuffs they carry. And the cost of that advertising gets eaten by the customer.

So, with that in mind he opened this new super market in Norwood, the first of what he hopes to be many in Massachusetts.

"Norwood is a community on the move and Addie's is just the latest step in that," said Town Manager Tony Mazzucco at the opening. "We're the home of Moderna, with cutting-edge research tech, we're the home of FM Global, a Fortune 500 company at the leading edge of their industry, and Addie's true focus is families, which something that's very important here. We're happy they started this here in Norwood. We hope that this is the first

ribbon-cutting of a thousand stores, and I told Jim we're looking forward to the ribbon cutting when you open a big new corporate headquarters here to manage those 1,000 stores."

McQuade said they have partnered with a local food bank network that will redistribute any food that is soon-to-be expired so that it doesn't go to waste.

"And then anything truly rotten goes into compost," she said. "We use Farm to Field, and they pick up our compost and so we have literally zero food waste."

Sustainability Manager Jennifer Eno said that while they haven't been able to install solar panels on the parking lot yet, similar to what's at the Norwood Central MBTA Commuter Rail stop,

they are looking to do so in the future.

"With full control of the canopy and the awning that's out there now, we did the math, and with this size awning we could offset the entire electrical demand of this operation."

Eno said they use about a quarter of the electricity that normal grocery stores use, about 400 amps, as opposed to 1,200 amps. The average single-family home uses between 100 and 200 amps.

McQuade said customers not browsing shelves will save customers a lot of time and money, as they won't have to browse to find what they need and it's no secret that stores strategically place items to entice buyers to buy. The rotisserie chicken at the exact opposite end of the store's entrance is a great example. Stores have been known to price such items so low, even at a loss to get customers to buy other things.

McQuade said they are currently hiring, starting at \$20 an hour and \$27 for supervisors.

## Frey *continued from page 1*

sumed with what other people thought of me or how I appear or how I come off."

He was introduced to substances at a young age, and then when he was about 16 years old he tried opiates.

"Within two months of that I was intravenously using heroin," he said. "It was a very rapid take-off for me. I went from having a lot of friends, being super involved with my family, community, sports and things like that and then all that went away very quickly. My experience was that as soon as I got involved with this stuff, I loved it so much all bets were off."

Frey said he went through a process many opiate addicts go through. Basically what happens is the reward centers of the brain get rewired to desperately want opiates (this is a very simplified explanation. For a more detailed scientific explanation, go to <https://to.pbs.org/3l1tLDJ>). Frey

said for him it got to the point where he would do anything and say anything to get what his brain and whole body was telling him he desperately needed.

"A good way to describe it would be that opiates were my love," he said. "You could take everything away from me in this world that meant something and I would be fine as long as I had opiates. That's how my brain worked, and that went on for the better part of six years."

During that time, he was in and out of detox centers, constantly lying to people trying to help him. He would say anything in order to get opiates. He actually got a release from a detox center so he could attend his high school graduation. He lived on the streets for a while too, panhandling for money so he could buy the drug.

At the time of his most debilitating addiction, the services available to young people were

not good. The stigma surrounding addiction was also not a help.

"I do believe it's getting better now, especially as the years go by and, unfortunately, overdose deaths are through the roof. Now it is more talked about and there are more options and services out there," he said. "But you take it back about 10 years ago when I was in the grips of this thing there weren't a whole lot of options available."

Frey has benefited from the improved services and is now working within its circle.

"I started out working in a sober house in a volunteer position living with a bunch of guys and helping to monitor the house," he said. "I did that for about six months through a program down at Plimpton that has since closed. That was my first experience. Then some friends of mine who helped me get sober were opening an outpatient clinic with a structured sober living component and I worked there for awhile too."

He worked long hours with

patients, driving them to programming and medical appointments, participating in group therapy, helping to clean and cook, and generally just being there for those seeking help. He decided he wanted to do more.

"I was just like, 'Well, I've been through this and I know how to help people and I actually like going to work,'" he said. "I was sober and, ironically, I was bartending, just because I like the high-paced, chaotic work environment of a restaurant. I think that's just how I'm wired. Now, working in this space with addicts, alcoholics, people suffering from trauma or mental health disorders, it just kind of came naturally. It has become my passion."

Frey said he is now helping to run a new treatment center in Walpole called Re-

silience Behavioral Health. He hopes he can help as many in need as possible. He found in his treatment that having someone there to talk to who has gone through this experience can be immensely helpful.

"That was instrumental, because I felt that a lot of people who I was talking to back in the day couldn't relate to me," he said. "But if put in front of someone who has gone through the exact same thing and knows and understands the immense amount of pain, then I was willing to talk about it. At first I didn't want to, because I was ashamed of the things I had done. But if you put me in a room with someone who had also been through it? I could speak freely and feel like I wasn't being judged. That's what I want to do for others now."

## Selectmen *continued from page 3*

Selectmen meeting. He said during that meeting that he was "disgusted" with the legislative process around Hayes' legislation and its outcome. He then said he was "kind of disappointed" that the firefighters under Hayes did not give him a great deal of support during the process, at least as far as he saw. Plasko then again said he was disgusted with the outcome of the legislation.

Norwood Firefighters Local 1631 President Paul Ronco recently said in an interview with Norwood Community Media that Plasko had said he was disgusted with Norwood's

firefighters. Plasko said he wanted it made clear that this was not the case.

"After watching the tape I could see that with the closeness of the comments how people could think the last comment was meant to be attached to the comment about being disappointed with our firefighters, and as I have said it was not," he said. "I have had five experiences which I could refer to as close calls. In three of those incidents, our fire department paramedics played a vital part in ensuring that I would be here this evening. I could not ever call them disgusting."



## 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)

**MANY PRAYER CHOICES AVAILABLE**



What drives the internet?

**CONTENT**

Read the Norwood

Record online at

[www.norwoodrecord.com](http://www.norwoodrecord.com)



# Pruning Lesson

*continued from page 7*

healthy. However, other fruit trees, like the apple trees Norwood has planted, don't have that mechanism.

"They can get wildly overgrown and not only do you have to limit the number of branches and the direction of their growth, you even have what they call suckers down at the base," he said.

Negron said this is the result of the fact that apple varieties all stem from one single plant and are propagated through cloning and grafting. Basically, if you plant a seed from a mackintosh apple in the ground, it's almost certainly not going to grow into a mackintosh apple tree. Apple genetics don't really allow this, so when you want to plant one single variety, you have to clone the plant by grafting a piece of the tree onto a new root system. Usually, you want to use root systems adapted to the climate the apple tree is growing in, and you have to take into account those plants' issues as well when pruning.

Boston Food Forest Builder Shannon Borucke will be leading the workshop on March 4. go to <https://bit.ly/3jSGZT8> to sign up.



*Pruning is essential to making fruit trees productive and healthy, and hopefully Norwood will be able to keep the Norwood Community Orchard alive and well.*

COURTESY PHOTO

## Library Events

### BOLLYWOOD BEAT FITNESS CLASSES

The Morrill Memorial Library is offering a series of in-person fitness classes to the beats of Bollywood music with Purnima Thakre on four Thursdays in February. The remaining dates are February 16, and 23 from 6 pm to 6:45 pm. The sessions will be held in the meeting room at the First Congregational Church at 100 Winter Street, next to the library. Parking is available at the library and the FCC parking lot. Purnima Thakre, one of the popular BollyX- Bollywood Dance workout instructors, takes pride in making the magic of Bollywood accessible to everyone. With her youngest student at 3 years old and oldest at 96 years old, she believes everyone can create joy and happiness through BollyX. Enjoy a 45-minute workout to the rhythm of Bollywood music. All you need to do is bring water, wear workout clothes and be at the First Congregational Church in Norwood at 6 pm on Thursdays in February. No previous dance experience necessary. This program is generously supported by the Friends of the Library. Registration is required; space is limited. This event is recommended for attendees aged 16 and up. Please visit <https://www.norwoodlibrary.org/morrillcalendar/> to register online or call 781 769 0200 ext 2.

### CELEBRATE ARAB MOTHER'S DAY

Join the Morrill Memorial Library and Center for Arabic Culture to celebrate Arab Mother's Day. We are excited to bring this unique program to the Norwood community. It will take place in the library on Saturday March 18, from 1 pm to 4 pm. All ages welcome. You may be an adult signing up for yourself or a family with children. We have events geared towards all ages.

Did you know that in the Arab World Mother's Day is celebrated on March 21st at the beginning of spring equinox? This celebration was introduced by Egyptian Journalist Moustafa Amin in 1943. The tradition then spread to neighboring countries in the region.

Join us to learn about the history of Mother's Day celebration, and the customs and traditions that Arabs and Arab Americans carry on every year to honor their mothers, wives, and women. The event will kick off with a presentation about Arabic Culture, Mother's Day, and the role of women in the Arab World. It will be followed by a calligraphy workshop. Hajj Wafaa, an Iraqi American artist will hold the workshop and walk the audience through the art and history of Arabic calligraphy. Attendees will take home a small canvas with their name written in Arabic. The Canvas will be a great gift that you can take home or present to a loved one. The event will conclude with a craft and story telling by one of the Center for Arabic Culture teachers. Participants will get to see displays of Arabic arts and fabrics, and will be able to sample tasty Arabic treats, while supplies last.

This event is free and open to all. Registration is required. Sign up at [norwoodlibrary.org/morrillcalendar](https://www.norwoodlibrary.org/morrillcalendar/), or call the Reference Desk at 781-769-0200 x2. This program is sponsored by Friends of the Morrill Memorial Library.

## DEATHS

### CIRILLO



TERESA B. (Denisi) of Norwood passed away peacefully with her family by her side on February 6, 2023 at the age of 95. Beloved wife of the late Samuel J. Cirillo. Devoted mother of Ralph J. Cirillo of Norwood, Catherine "Cathy" Furlong and her husband Thomas "Nick" of East Walpole, Anthony V. Cirillo of Norwood, Richard S. Cirillo of

Norwood and Ann Marie Cirillo and her partner Ernie S. Rodriguez of CA. Loving sister of Carmela Caruso of Italy and the late Maria E. Anello. Daughter of the late Vincenzo and Anna (Anello) Denisi. Cherished grandmother of Matthew, Michael, Aaron, Samuel, Thomas, Nichole, Teresa and Juliana. Great grandmother of Brendan, Zoey, Mykah, Cannon, Xander, Addison, Tyler, Sofia and Hudson. Also survived by many nieces, nephews, cousins and friends. She adored her grandchildren and great grandchildren and of course always made sure they were well fed! Teresa was well known for her delicious Italian cooking. Her home cooked meals, especially her meatballs, became the foundation of family gatherings. Her taralli were well known in the Norwood Italian community! Funeral

from the Kraw-Kornack Funeral Home 1248 Washington St. Norwood, MA.. Burial at Highland Cemetery, Norwood. Donations may be made in her memory to the Alzheimer's Assoc. 309 Waverley Oaks Road, Waltham, MA 02452.

### FOLEY

JAMES A. of Norwood passed away on February 12, 2023 at the age of 88. Beloved husband of Laura A. (Perreault) Foley. Devoted father of Richard T. Foley and his wife Peggy of Canton, Sharon M. White and her late husband Gerard F. White of Foxboro and the late James M. Foley and his wife Anne Marie Foley of Canton. Brother of William, Ronnie,

Deaths

*Continued on page 12*



## Ask The Doctor

*Junior Damato began servicing vehicles in 1969. He owns an 8-bay center in Middleboro, MA. Junior is an ASE-certified Master Technician, ASE-certified L-1 and ASE-certified Natural Gas.*

### Mercedes Electric SUV

It's electric vehicle month plus she's another full electric SUV. Mercedes wasn't the first to start the line however, they are coming out strong. The new EQB350 4matic is all electric AWD. The electric motor pumps out 288 horsepower, the vehicle seats 5 and has all the safety and conveniences of the gas version. Driving range is rated at 277 miles. I drove the vehicle 30-50 miles a day then a 180 mile road trip. I did charge the battery every night with a regular 110 house current and gained about 25 miles each night and the same during the day. The EQB did not have an A/M radio or heated steering wheel. Other than that the SUV is a great SUV that would make a great second vehicle. It is very quiet and comfortable power is also ample at any speed. Prices start at \$58,050 plus \$1050.00 destination as tested MSRP \$59,350.00.

Junior Damato, the "Auto Doctor," has agreed to field auto repair questions from Bulletin and Record readers. Please send your questions to [news@bulletinnewspapers.com](mailto:news@bulletinnewspapers.com) and we will do our best to get them answered.



**Monday, February 6**

0927 Phone - Animal Complaint Taken/Referred To Other Agency Location/Address: Mill Pond Ln NACO advised female about ongoing issue of unleashed dogs and fines will be issued.

1010 Walk-In - Assist Citizen Assisted Party Location/Address: Hertz Local Edition - Morse St Ext Party paid for reservation with Hertz with gift card from Walmart in Avon, MA. Hertz in Norwood confirmed no associated number with them and party is out of \$600. Party is going to attempt to get his money back at Walmart.

1134 Phone - Found Syringe Services Rendered Location/Address: Gazebo - Town Common - Washington St Party stated she found needle on ground. N662 retrieved needle

1151 Initiated - Motor Vehicle Stop \*Report Filed Location/Address: Monkeysports Superstore - Bos-Prov Hwy Stolen goods.

1635 Phone - Larceny \*Report Filed Location/Address: Walpole St Caller Reports Tools Missing out of his Shed. 1716 Phone - Well Being Chk Spoken To Location/Address: Washington St Caller reports a co worker made some concerning statements regarding harming herself. N661 spoke to that party she reports no statements were made and she checks out ok. In house clinician was notified and responded.

1718 911 - Assaults \*Arrest(S)Made Location/Address: Washington St 2022 Phone - Well Being Chk Assisted Party Location/Address: Shaws Supermarket - Nahatan St Caller Reports Elderly Male Party appears Confused and Disoriented. FD Responded, Party Refused Further Medical Treatment. Party transported home by N663.

2136 Phone - Well Being Chk Could Not Locate Location: Pendergast Circle Caller reports a party walking in circles on the rotary.

**Tuesday, February 7**

0352 Phone - Shoplifting \*Report Filed Location/Address: CVS Pharmacy - Nahatan St Caller reports two people stealing from the store. N665, N661, N663 and N668 responded. Report was filed. 0738 Walk-In - Larceny \*Report Filed Location/Address: Jack Madden Ford - Bos-Prov Hwy Party reports tools stolen from his work truck. 0749 Phone - Unwanted Party Gone On Arrival Location/Address: Norwood Bank - Central St Caller reports a vehicle in the employee parking lot, refusing to leave.

1107 Phone - Assist Citizen Assisted Party Location/Address: Plymouth Dr Resident seeking advice on court order. Officer assisted and will follow up with SRO regarding caller's children.

1109 Walk-In - B & E Of Motor Vehicle \*Report Filed Location/Address: Jordan Custom Carpentry & Remodeling - Wilson St

1335 Initiated - Citizens Complaint Spoken To Location/Address: 1200 Block - Washington St N663 flagged down and party complains of trash receptacles placed in legal parking spots before acceptable time as trash pick-up is not until tomorrow. N663 notified tenant and landlord they need to wait until after 1700 Hrs.

1345 Phone - Animal Complaint NACO/WACO notified Location/Address: Wedgewood Dr On-going issue with neighbor letting his dogs out and then they just continually bark. N.A.C.O. Deputy Officer notified.

1649 Radio - Abandoned Vehicle \*Complaint/Summons Location/Address: Dean St Negoshians towed MA PC 1NEK80.

1737 Phone - Susp Activity Spoken To Location/Address: Lenox St + Willow St Resident requests extra checks due to repeated hang up calls.

1916 911 - Susp Activity Building Checked/Secured Location/Address: Pleasant St Caller concerned someone may be inside residence. Officers conduct walk through, no one present. Caller reports nothing missing.

2009 Phone - Well Being Chk Services Rendered Location/Address: Winslow Ave Caller reports fight in progress. Officers report no fight, loud five year old and loud music.

**Wednesday, February 8**

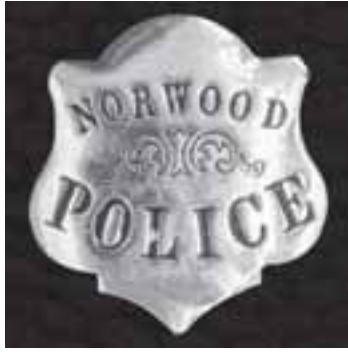
0401 Initiated - Susp Vehicle Services Rendered Location/Address: Dan O'brien Kia - Bos-Prov Hwy N663 comes across an unoccupied vehicle running in lot. Vehicle belongs to dealership, no one around. Vehicle shutoff and secured.

1339 911 - Well Being Chk Services Rendered Location/Address: Jaguar And Land Rover Of Norwood - Neponset St Report S.O.S. button pushed, no verbal response. Call to dealership-technician was working on customer's car, no problems.

1351 Phone - Neighbor Disturbance Services Rendered Location/Address: Hoyle St On-going issue with 16 year old neighbor being disrespectful. N665 reports no crime, advised on HPO should harassment continue.

1357 Walk-In - Larceny \*Report Filed Location/Address: A

## The Norwood Record

*Police Logs*

David Landscape And Lawn Care Inc - Pleasant St Catalytic converter theft.

2117 Phone - Well Being Chk Area Search Negative Location/Address: Harding Rd + Winslow Ave Agitated female dialed 9-1-1, did not provide address. 9-1-1 mapping phase one only. Call backs unsuccessful. Check of multiple addresses unsuccessful. Unable to confirm location of phone.

**Thursday, February 9**

0232 911 - Warrant Service \*Arrest(S)Made Location/Address: Philbrick St N679 and N674 return with one male party in custody. Arrest: Johnson, Adam Page Address: 10 Philbrick St Norwood, MA Age: 36 Charges: Warrant Arrest Drug, Possess Class A, Subsq.Off.

1040 Other - Lost And Found Spoken To Location/Address: Shaws Supermarket - Nahatan St Report of a baby carriage, outside the store for awhile. N669 confiscated same and I.D.'d owner. N669 reports no answer at home or multiple phone numbers. Lost and Found Property Form filled out.

2048 Phone - Runaway Child \*Report Filed Location/Address: Cedar St 2058 Phone - Well Being Chk Spoken To Location/Address: Rock St Report of an argument outside. Officer reports that was a party re-arranged his parked vehicles, another resident upset by this.

2212 911 - Disturbance Spoken To Location/Address: Lansdowne Way Caller reports she can hear some yelling going on in the apartment above. N674 spoke to that resident they are just having a prayer service and the noise was escalated.

**Friday, February 10**

0332 Phone - Complaint Of MV Vehicle Towed Location/Address: Windsor Gardens - Walpole St Negoshians trespass tows 7 vehicles: FL reg 30AYPA. NJ reg P68MKA. MA PC 1CMB53, RW4507, 4CXL79, 3TDL98, 3FJN27.

1440 Phone - Well Being Chk Spoken To Location/Address: Norwest Dr N669 was flagged down and party reports that yesterday there was a child standing outside the apartment in just a diaper. N669 spoke to parent, works nights and must have fallen asleep. Parent will better secure the apartment so child cannot get out.

1440 Phone - Assist Other Agency Services Rendered Location/Address: Village Rd W N661 assists 3 detectives with serving a subpoena.

1514 Phone - Warrant Service \*Arrest(S)Made Location/Address: Norwest Dr N663 reports he may have located a subject with a warrant. N666 sent. N663 reports subject placed under arrest and N666 transports to station S/M 56173.8 1527 Hrs., E/M 56175.3 1533 Hrs. NACO was notified to pick up subjects dog. Arrest: Petrino, Jodi M Address: 17 Court St Boston, Ma Age: 41 Charges: Warrant Arrest

1824 911 - Kids Gathering Gone On Arrival Location/Address: McDonalds - Broadway St Employee reports 10-15 juveniles in the business and she would like them to leave. N668 reports upon arrival those juveniles had left.

1957 Walk-In - Lost And Found Services Rendered Location/Address: Phillips Ave + Walpole St Walk in turns in a Visa Credit Card.

2112 Phone - Complaint Of MV Area Search Negative Location/Address: Norwood Airport Inc - Access Rd Caller reports the driver of a car was shining a light in a pilots eyes while he was getting out of the plane. N664 searched the area with negative results. Dedham was notified.

2333 Initiated - Assist Citizen Services Rendered Location/Address: Nahatan St N663 flagged down by a driver whose car alarm will not shut off. Center notified and will try to assist. Horn was disconnected party is on her way.

**Saturday, February 11**

0351 Phone - Susp Activity \*Report Filed Location/Address: Garden Pkwy Caller states he believes someone tried to access his shed. N661 and N679 check the area, negative results.

0558 911 - Assist Citizen Spoken To Location/Address: Charlwell Nursing Home - Walpole St Resident states staff was yelling at him. Nurse will check on him, nurse stated no need for police response at this time but will call back if needed.

0729 Phone - Assist Citizen Spoken To Location/Address: Overlook Dr Caller reports finding a trampoline in his pool. All in agreement that this was weathered related.

0848 Phone - Susp Activity \*Report Filed Location/Address: Harbor Freight - Bos-Prov Hwy Employee reports a customer is removing items from the store. Dispute resolved over items ordered by the customer. 1125 Radio - Assist Citizen Services Rendered Location/Address: Dean St Caller reports vehicle was stolen from Stonebridge parking lot. N661 spoke with Akiki towing company that stated the vehicle was towed last night in Hyde Park. Vehicle entered into NCIC and taken out of NCIC.

1139 Phone - Well Being Chk Spoken To Location/Address: Hillcrest Rd N665 spoke with female involved party and reports that she is well and does not require further assistance.

1326 Initiated - Fireworks Area Search Negative Location/Address: Shaws Supermarket - Nahatan St N668 Reports fireworks going off in the area

behind Shaw's. N668 checked the area negative.

1724 Phone - Mischief (Kids) Gone On Arrival Location/Address: Railroad Ave Caller reports a group of juveniles banged on his door and took off.

1847 Initiated - Well Being Chk Spoken To Location/Address: Howard St 911 caller reports her child may be at this residence and there may be a party going on. Caller reports all in order her child has been picked up. N664 reports that was a birthday party for a 14 yr old and parents are on scene

2048 Initiated - Motor Vehicle Stop \*Arrest(S)Made Location/Address: Washington St + Lenox St MA Reg 2HLR96. As a result of the stop N664 returns to the station with one female in custody, S/M 6904.51, 2107 Hrs, E/M 69046.1, 2111 Hrs. Arrest: Olsen, Claudia Address: 1 Washington St Apt. #3 Walpole, Ma Age: 49 Charges: OUI-Liquor Or .08% Lights Violation, MV

2137 Phone - Assist Citizen Spoken To Location/Address: Norwood Airport Inc - Access Rd Airport employee reports gate 1 is partially stuck in the open position. Manager of the airport was notified and is responding to address the matter.

2231 Initiated - Motor Vehicle Stop \*Arrest(S)Made Location/Address: Bos-Prov Hwy MA PC 3LSF89. As a result N661 returns to the station with one male party under arrest. N679 gives one female a courtesy transport to the station to await a ride S/M 36039.2, 2258 Hrs, E/M 36040.5, 2301. Vehicle towed by Center Auto Body. Arrest: Abercrombie, Brandon J Address: 62 Ridlon Rd Hyde Park, Ma Age: 36 Charges: OUI-Liquor OR .08% Turn, Improper Alcohol In MV, Possess Open Container Of

2330 Phone - Susp Activity Spoken To Location/Address: Lansdowne Way Caller reports a suspicious note taped on the wall of the inside of the building. N669 reports note was a conspiracy note and caller was advised to call us if she feels unsafe.

**Sunday, February 12**

0528 Phone - Noise Complaint Spoken To Location/Address: 47 Chapel St Caller reports loud noise coming from the apartment. Officers spoke with the resident who agreed to turn the TV off.

1044 Phone - Susp Activity Assisted Party Location/Address: Dean St Open door on then vacant home in the garage. All checks ok and wind issue.

1313 Phone - Susp Activity Area Search Negative Location/Address: Buckminster Dr Resident can hear yelling inside. First floor right. Officers reports all quiet and checked the lobby and common areas.

1600 Walk-In - Assist Citizen \*Report Filed Location/Address: Norwood Police Dept. - Nahatan St Walk in seeking advice on a family issue involving his daughter.

2045 Phone - Drunk Person Spoken To Location/Address: Oak Rd

Tell 'em  
what you  
think with a



Letter To  
The Editor

Please write to:  
Norwood Record  
661 Washington St,  
Suite 202  
Norwood, MA 02062  
Tel: (617) 361-8400  
Fax: (617) 361-1933  
e-mail us at  
news@norwoodrecord.com

Please include your name,  
address & telephone number.  
Unsigned letters will not be  
published.



# Community Service Directory

**CLEANING SUPPLIES**

**LYNCH**  
CLEANING PRODUCTS

Paper Products • Degreaser • Wipes  
Rags • Soaps • Gloves • Supplies

**781-686-7077**

Ed Lynch  
edlynch87@gmail.com  
PO Box 615, Norwood, MA



**CONTRACTOR**

**MV BUILDING & REMODELING**  
"General Carpentry"

DECKS • ROOFING • REMODELING  
KITCHENS • BATHS • ADDITIONS  
VINYL SIDING • WINDOWS  
FINISH CARPENTRY

Fully Insured **781-551-0429**  
Michael Valeri Reg #129808 • License #075351

**GARAGE DOORS**

**Robert Dalton**  
**GARAGE DOORS**

Residential garage doors  
and garage openers  
repairs and installations

**781-414-1928**

**HANDYMAN**

**HODGE CARPENTRY**  
QUALITY SINCE 1980

REPLACEMENT WINDOWS  
ENTRY DOORS  
STORM DOORS  
SMALL JOBS / REPAIRS  
PORCH ENCLOSURES  
KITCHENS & BATHS  
PAINTING & MORE

781-801-0702  
508-359-4512  
HODGE\_CARPENTRY@YAHOO.COM

CALL FOR A  
FREE ESTIMATE



TODD HODGE  
137 SOUTH ST.,  
MEDFIELD, MA

**HOME CARE**

**SYNERGY HomeCare**

Synergy Home Care  
257 Washington St. Suite 2  
Westwood, MA 02090  
781-762-1114  
www.synergyhomecare.com

Companion Care/Homemaking Transportation,  
Errands, shopping, meal prep, light housekeeping,  
Personal Care Assistance



**LANDSCAPING**

**PATHFINDER TREE SERVICE, LLC**  
Professionals in Arboriculture

COMPLETE LANDSCAPE SERVICES

— Serving New England Since 1998 —

- Weekly Mowing
- Spring & Fall Cleanups
- Mulching
- Shrub and Hedge Trimming
- Bobcat & Mini Excavator Services
- Lawn Care & Fertilization
- Tree Spraying/Plant Health Care
- Fully Licensed & Insured

**781-551-8733 • 617-325-5700**

**MASONRY**

**TOUGH BUILD MASONRY & CONSTRUCTION**

Services we provide

- All aspects of painting
- Dry wall repair or installation
- Basement renovation remodeling
- New bathroom installed repaired
- Floor and wall tiling and masonry
- And so much more!

Free estimates and advice  
Fully insured all work fully guaranteed

**617-955-5164**  
toughbuildmasonryandconstruction.com  
toughbuildjohn@gmail.com

FREE ESTIMATE AND ADVICE

**MASONRY**

**J. ANELLO MASONRY**

All Aspects of Trade  
New and Repair Work  
35 Years Experience  
Brick • Block • Stone  
Concrete • Stucco  
Free Estimates

**Joe: 781-551-0650**

**LANDSCAPING & MASONRY**

**PBM LANDSCAPING**

CONSTRUCTION • MAINTENANCE  
LAWN INSTALLATIONS • PATIOS  
WALKWAYS • PLANTINGS  
SPRING & FALL CLEANUP  
COMMERCIAL & RESIDENTIAL

617-833-5411 West Roxbury, MA

**MASONRY**

**C. COSTELLO MASONRY INC.**

BRICK • BLOCK • STONE • CONCRETE

Basement Waterproofing  
Concrete Floors • French Drains  
Sump Pumps • Chimney & Fireplace Repair

Fully Licensed & Insured  
CSL 98879 / HIC 167747  
Excellent References Available

**(617) 938-9035**

**MOVERS**

**SAFE RESPONSIBLE MOVERS**

5 Stars on Yelp and Google!

★★★★★

Voted Best Moving Company  
by the Improper Bostonian

INFO@SAFERESPONSIBLEMOVERS.COM 617.606.9098

**PAINTING**

**Joyce Painting**

INTERIOR/EXTERIOR

POWERWASHING - HOUSES/DECKS  
LIGHT CARPENTRY

35 Years of Experience

**617-285-1098**



**PAINTING/PLASTERING**

**Galway Construction Concepts Inc.**

BLUEBOARD - PLASTERING  
DRYWALL - STUCCO

Full Restoration of Old Plaster Finishes

Complete Painting Services - Interior/Exterior

Licensed & Insured No Job Too Big or Small Free Estimates  
Liam 508-638-8722 cell / 774-215-0187 office  
Galwayconst.concepts@gmail.com

**PLUMBING**

**Drains-R-Us** Licensed & Insured

Specializing in all Plumbing Repairs &  
all types of Water Heater Installations

10% Off for New Customers

24 Hour Emergency Heat Calls  
HVAC Maintenance • No Job Too Small  
Veterans Discounts • Local Resident

**508-663-7132**  
Bio-Clean Drain Maintenance



**POWER WASHING**

**E.MEDWID**

•PRESSURE WASHING  
•WINDOW CLEANING  
•GUTTER CLEANING

www.emedwid.com  
**781-326-6562**



**SIDING/ROOFING**

FINE HOME BUILDING & RESTORATION

**BOSTON EXTERIOR REMODELING**

LICENSED & INSURED JOSEPH DANZ OWNER

ROOFING • SIDING

@BOSTONEXTERIORREMODELING  
**617-390-5434**

GET A QUOTE IN 10 MINUTES

For only \$15 a week,  
**your ad can reach**  
**OVER 12,000 readers**  
**in Norwood.**

Call Susan at  
**781-769-1725**  
(13 week commitment)

**ROOFING**

**Flynn Roofing Co.**

ASPHALT SHINGLES • RUBBER ROOFS

Commercial / Residential • Free Estimates  
Licensed • Fully Insured • MA Reg #134410

**617-479-3431** Financing  
FlynnRoofing.com

**ROOFING**

**ROOF REPAIRS**

Gutters ▲ Roofing ▲ Skylights

Alexander Doyle  
**617-522-6116**  
All Work Guaranteed  
Fully Insured / Free Estimates  
CSL 999361 • HIC 127365  
www.alexanderdoyleconstruction.com



**ROOFING**

**ABLE ROOFING**

Family Owned & Operated since 1921 - 4 Generations

RESIDENTIAL/COMMERCIAL  
Free Estimates Emergency Repairs  
ALL TYPES OF ROOFING

Shingle, Asphalt, Rubber, Slate  
**617-327-7000**

**ROOFING**

**STEVE DOWD ROOFING**

Over 30 Years of Local Experience

Fully Licensed & Insured  
Free Estimates

Call Steve  
(508) 498 - 9868

Our owner remains on site from the start of the job until it's 100% complete.

**ROOFING**

**McDonagh Roofing**  
ALL TYPES OF ROOFING

Rubber Roofing  
Gutters Cleaned & Installed  
Chimney Flashing & Pointing  
Vinyl Siding / Vinyl Replacement Windows

RESIDENTIAL • COMMERCIAL  
Licensed & Insured • Free Estimates  
Lic. #147733 **617-471-6960**  
WWW.MCDONAGHROOFING.NET

**TREE SERVICE**

*Are Your Trees Protected?*

**PLANT HEALTH CARE**

- Tree Spraying
- Fertilization
- Pest Management
- Injections

24 Hour Emergency Service  
Locally Owned and Operated  
Fully Insured

**PATHFINDER TREE SERVICE, LLC**  
Professionals in Arboriculture

SERVING NEW ENGLAND SINCE 1998

**781-551-8733 (TREE) / www.pathfindertreeservice.com**

**TREE SERVICE**

- Large Tree Removal
- Tree Pruning
- Stump Grinding
- Crane & Bucket Service
- Cabling & Bracing
- Storm Damage Clean-Up

For only \$15 per week,  
your ad will reach over  
**12,000 readers in Norwood.**  
**Call Susan at 781-769-1725**  
(13-week commitment required)



# For the Record

## FINAL REGISTRATION DEADLINES TO VOTE

The Board of Registrars wishes to inform the residents of the Town of Norwood that the final registration date has been set for the April 3, 2023 Annual Town Election.

The deadline to Register to Vote for the upcoming Annual Town Election is 5:00 PM FRIDAY, MARCH 24, 2023. This is the final Voter Registration session before the Annual Town Election.

Daily registration of voters will be conducted at the Town Clerk's office, Monday through Friday from 8:00 a.m. to 4:00 P.M.

A mail-in registration form is now available at Norwood Morrill Memorial Library and the Norwood Post Office.

You may also register to vote on-line at [sec.state.ma.us](http://sec.state.ma.us)

Qualifications to register to vote are that the applicants must be 18 years old on or before election day and must either be born in the United States or be a Naturalized Citizen.

## COPS WOULD APPRECIATE YOUR SUPPORT!

Officer Justin LaRoche and Det. Sgt. Timothy M. McDonagh will be running the 2023 Boston Marathon for the great charity Cops for Kids with Cancer. This is our second year, we ran last year and raised over \$13,000. This year our goal is just a bit higher at \$15,000. Most of our donations come from co-workers, family, friends but we were very lucky to have big donors like Ernie Boch and Peter Catanese. We plan to have police patches made as well for the public to buy. All funds raised by CFKWC are given to the children and families diagnosed with cancer, generally a \$5,000 check. Several Norwood families have received the benefit of these checks! I know times are tough now with the economy so we are trying all methods of getting our story out to as many people as we can to help this organization and its mission.

## UNDERSTANDING ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

In an effort to continue providing ongoing resources and support

to area families affected by memory loss, Bridges® by EPOCH at Westwood is proud to be hosting a four-part educational series, "Learning at the Library: Understanding Alzheimer's Disease and Other Dementias." During the first session which was held on January 25 at the Westwood Public Library, Bridges® by EPOCH at Westwood Senior Advisors Pete Bruce and Maggie Kuriakose presented on the topic of Normal Aging vs. Memory Loss.

Throughout the three remaining sessions in the series, Bruce and Kuriakose will present a wealth of information on the effects of dementia and how to manage its symptoms, as well as offer helpful tips and guidance for family caregivers. The series is proudly co-sponsored by Cornerstone Caregiving and the Westwood Public Library.

Upcoming sessions will take place from 6:30-8 p.m. on the fourth Wednesday of the month through April. The dates and topics include: Signs & Stages of Dementia (February 22), Effective Communications (March 22), and Panel Discussion: Where Do I Begin? (April 26).

All series sessions will be held at the Westwood Public Library at 660 High Street. RSVPs are required and can be made by calling the library reference desk at 781-320-1045 or by visiting [WestwoodLibrary.org](http://WestwoodLibrary.org).

## WOMAN'S CLUB TO MEET

The Norwood Woman's Club will be meeting on Tuesday March 14, at 12:30 P.M. The meeting will be held at the Knights of Columbus Hall, 572 Nichols St, Norwood Ma. Tim Quinn with The Black Velvet Band will help us celebrate St. Patrick's Day. A light lunch will be served. Guests are welcomed. Any questions please call Trina at 781-762-8173. Hope to see you there.

## WINTER CONCERT SERIES CONTINUES

The Town of Norwood Concerts on the Common Committee is pleased to announce our Sunday Winter Concerts series for 2023. This year there will be four concerts

each Sunday afternoon ending on Sunday February 19.

We close out the Winter Concert Series on February 19th with Portrait in Jazz.

As has been done in past years a free raffle sponsored by local businesses will be held during intermission each week. All performances are 2 - 4 pm at the Paul M. Alberta Performing Arts Center, Norwood High School. For more information please call the Norwood Town Hall at 781.762.1240 or visit <http://www.norwoodma.gov/>.

## LEARN MORE ABOUT LIFEWORKS SHARED LIVING PROGRAM

Lifeworks, a nonprofit human services organization that serves individuals with intellectual and developmental disabilities (I/DD), will host an open house for its Shared Living program on Thursday, Feb. 23 from 5 p.m. to 7 p.m. at its Employment Services Office, 1400 Providence Highway, Suite 2300, in Norwood. Shared Living matches people with I/DD with individual or families in the community to share a home. Shared Living providers earn a generous, tax-free stipend. For more information or to RSVP to Pam Henderson at [phenderson@lifeworksarc.org](mailto:phenderson@lifeworksarc.org) or 781-769-3298.

## MENTAL ILLNESS SUPPORT GROUP TO MEET

The South Norfolk Mental Illness Family and Friends Support Group will hold its monthly meeting on Tuesday, February 21, at The Grange, 28 Rockwood Road (Route 115) in Norfolk, MA from 7-9 pm. Mask if you will.

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 South Norfolk Mental Illness Family and Friends 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 any case, we will be ruled by the decision of the Norwood Public Schools. If they close on Tuesday, we will cancel the meeting

# Deaths *continued from page 9*

Ann, Catherine, Richard, Frederick, Maureen, Paul and the late Robert, Beatrice and Joseph. Son of the late William and Julia (Brown) Foley. Cherished grandfather of Tracy, Bob, Amy Jo, Paul, Erin, Lisa, David and Kim. Great Grandfather of Connor, Aviah, Aaron, Avery, Hailey, Evalyn, Fiona and Teddy. Also survived by many nieces and nephews. James was a US Army, Korean War Veteran serving from 1951-1954 and receiving a Bronze Star for Bravery, a Purple Heart for being wounded in action and a Combat Infantry Badge. He was a member of the VFW and American Legion Post in Dedham and ran the Cribbage League at the VFW for Decades. He was a Master Electrician and owned and ran the J&L Electrical Co for many years. Funeral from the Kraw-Kornack Funeral Home 1248 Washington St. Norwood. Funeral from the funeral home on Thursday, Feb. 16, 2023 at 9am followed by a funeral mass at 10am at St. Timothy Parish, Norwood. Burial will be at St. Mary's Cemetery, Canton, MA. In lieu of flowers donations may be made in his name to the American Cancer Society 3 Speen St. Suite 250 Framingham, MA 01701 or to a Veteran's charity of your choice. GIBBONS Edward Francis "Ed", age 85 of Norwood and formerly of Chatham, passed away on Sunday February 5, 2023. Born in Hartford, CT he was the son of the late Dorothea (Guilfoyle) Bagley, and Ken Bagley. After high school, Ed went on to attend Trinity College in Hartford CT, and later earned a Master's Degree from George Washington University, Washington D.C. Ed moved to Michigan in the late 1960's to start at Ford Motor Company. He would continue to work at Ford for the next 30 years, spending 15 of those years living and working in England. Ed loved to travel and took his family on wonderful trips around the globe, including Kenya, India, Thailand, and Singapore to name a few. Ed was the beloved husband of the late Linda (Cummings) Gibbons. He is survived by his daughters Leah and Erin Gibbons, and his son-in-law Tom Sanborn. He was the proud grandfather of Lucy (6) and James (4) Sanborn of Medfield. Services for Ed are private. Arrangements by Gillooly Funeral Home, 126 Walpole St., Norwood. [www.gilloolyfuneralhome.com](http://www.gilloolyfuneralhome.com).

## PENNIE

Lynda (Birks) Pennie of Norwood, passed away peacefully on February 6th, 2023 at the age of 76. She was predeceased by her parents Nancy Delfino and John Birks; her sister, Joyce Fallon and her brothers Robert and Brian Birks. Lynda was the beloved wife of Robert Pennie; devoted mother of Laurie Twining and her husband Ken, Bob Pennie and his wife Dawnna, Bill Pennie and his wife Michele, cherished Nana of Sam, Amber, Caitlyn, Patrick, Bella, Jack, and Jason; dear sister of Susan Birks Earl and her husband Philip, and Richard Birks and his wife Helen. She is also survived by many nieces and nephews who all loved her. Lynda was born August 28th 1946 in Boston, she loved being competitive, playing softball as a young adult, golfing with friends or playing scrabble with family. She cherished the time with her grandkids going to recitals, concerts, games, or plays with words of encouragement to them all. A Funeral Mass was celebrated in St. Timothy Church, Norwood on Monday February 13, 2023. ~~Interment was private.~~ Funeral Arrangements by Gillooly Funeral Home, 126 Walpole St, Norwood. Expressions of sympathy may be made in Lynda's memory to the American Cancer Society. See [www.cancer.org](http://www.cancer.org).



<b>KRAW-KORNACK FUNERAL HOME</b>			Conserve our resources. Recycle this newspaper.
John Paul Kornack Director	Pre-Need Funeral Counseling Planning Available NORWOOD 781-762-0482	Family Owned and Operated Over 75 Years	

**It's pawsitively FREE!**

To see all the latest Norwood

- News
- Community Events
- Photos

*Check it out today!*

Archived Issues back to 2008 available online

Place your classified ads and prayer notices online

**ADVERTISERS:** to place your website ad, contact Susan Yandell at [syandell@norwoodrecord.com](mailto:syandell@norwoodrecord.com)

**GO TO: [WWW.NORWOODRECORD.COM](http://WWW.NORWOODRECORD.COM)**