

# The Norwood Record FREE

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Norwood is keeping busy this summer! In the upper left, residents enjoy Concerts on the Common, a free series put on in the Town Common every Sunday from 7 p.m. to 9 p.m. In the upper right, patrons enjoy Art in the Park, hosted by the Norwood Art Association. Local artists displayed and sold their works on the common. In the lower right, children decorate cards to mail to U.S. soldiers abroad. The event was hosted by Heartillery Group, non-profit that supports American military personnel abroad.

PHOTO BY PAUL ELDRIDGE

## PBCC updated on DPW, possible MBTA issue

**Chuck Corley**  
Staff Reporter

During a meeting on June 26, the Permanent Building Construction Committee (PBCC), spoke with Compass Project Management representative Bryan Jarvis about the continuing development of the new Department of Public Works facilities.

Across the board, at Lenox Street, Winter Street, and Lyman Street, Jarvis said that the work appeared to be on schedule. However, there were a few issues the committee wanted Compass to address with the project thus far.

Committee members were concerned with the windows and ventilation at the DPW garage. The new windows planned for installation will address insulation issues at the facility, but members wanted to know how they would address heating issues. The build-

ing is mostly meant for storage, but mechanics will be working there starting August 1.

"If someone wanted to get airflow in there, how would they do that?," asked committee member Ted Callahan.

"I think louvers and an exhaust. I'll check all the details," said Jarvis.

While Jarvis was uncertain about all the details of the windows, such as whether they would be fixed or movable, he noted that most of them are 15 feet off the ground and mostly exist for light rather than airflow.

As part of the construction that will take place near MBTA commuter rail tracks, the town has a license with the organization restricting the slope that may be cut into the land throughout the project. Jarvis alerted the committee to a potential issue with the shoring, as the angle of a proposed cut could violate the license.

To avoid any problems, Jarvis informed the construction firm Weston & Sampson to properly notify the MBTA about their plans in the area.

"We said 'Take a time out, make sure you're doing things correctly,'" Jarvis reported. However, he does not believe that the work is taking place in the MBTA's zone of influence, and that part of the potential excavation will be filled back in after work is finished.

Workers discovered asbestos while preparing the site, which will be cleaned out. Compass also awaits findings from soil samples taken from the build sites, and Jarvis is optimistic about the results.

Jarvis addressed the Town Hall renovation, informing the committee that the notice to proceed was entered with Town Hall. Work should begin in the next couple of weeks.

Callahan informed the committee that there is a situation with the library's

chiller due to the noise it creates, which results in its irregular use. Due to summer weather, addressing the chiller's functionality has grown more pressing. "If the heat gets too oppressive, we could have to shut the library down," said Callahan.

Chairman Bill Kinsman said the chiller was brought up during town meeting, and said "I'm sure that chiller replacement is on [the town's] radar."

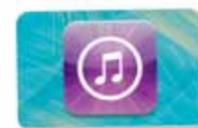
The committee voted for new officers, with Edward McKenna elected as Chairman and Jerry Hopcroft as the Vice Chair. Controversy arose after McKenna disagreed with the need to carry the committee chair's cell phone, and that Kinsman said McKenna should take the matter up with General Manager John Carroll.

The committee also welcomed two new members, Bill O'Connor and Chris Eberly.



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# Gavel passed at School Committee

Sam Nickerson  
Staff Reporter

The Norwood School Committee met on June 25 to discuss plans for the upcoming academic year and reflect on the previous year with a new Chairman.

Paul Badger succeeded previous Chairperson, Courtney Rau, in a unanimous vote. Paul Samargedlis, who thanked Rau for her two years of service, was elected vice chair.

The Committee also heard a presentation from Norwood High School (NHS) Principal George Usevich and Cynthia Derrane of the foreign language department regarding the formation of a Global Citizenship Club and certificate program.

According to Derrane, the club and certificate will prepare students with 21st century skills needed to engage in global issues as leaders.

Derrane, who noted that such programs already exist at schools in neighboring towns such as Walpole and Needham, said that the club would consist of monthly meetings and be open to all students.

The certificate program would be application-based and require advisory meetings, as well as taking four years of foreign language and four courses from an approved list of NHS courses. Participants would

also need to complete service hours and foreign travel or an equivalent.

"I think this is great because it puts us in another area of leadership where you'll have students, hopefully in our society, get out and become leaders for other international corporations," said Samargedlis.

"I applaud you for doing this, I think it's an exciting idea. Inter-disciplinary learning certainly is something to be promoted," said James Gormley.

The Committee voted to support the program and future efforts to find stipend funding as well as approve a 10-day trip to Spain for 21 NHS students next year.

Next, a group of NHS student-athletes from the football and field hockey teams requested that both teams be able to host night games during the weekend of October 10.

The students mentioned that Norwood has not held a night game in around 10 years, and that it would be a source of school spirit and community excitement. The weekend of games would be tied into a fundraiser for breast cancer, as October is national breast cancer awareness month.

Rau asked the group whether they had contacted those living near the high school about the lighting. The group said that they were look-

ing to the Committee's guidance on the issue.

"We have to be good listeners on this, but I think generally, unless I'm mistaken, we want that spirit," said Samargedlis.

The Committee voted to continue discussing and supporting the proposal as the next steps are taken.

Norwood Public Schools Educational Technology Director Joseph Kidd made a year-in-review report regarding the department's goals, achievements, and next steps. Kidd noted that the department achieved around 75% of its three-year action steps so far.

This year, the department relied on only 32 percent general funding, receiving 66 percent of its budget from capital funding-compared to 97 percent general funding and no capital funding last year. Kidd also said the group was upgrading technology for students and educators, and aims to improve the 5:1 student/device ratio to a 1:1 ratio.

After a budget update from business manager Ann Marie Ellis, the Committee tied up matters of new and old business-including approval of security policies and accepting a donation from the Norwood Junior Women's Club for the visual arts department-before closing.

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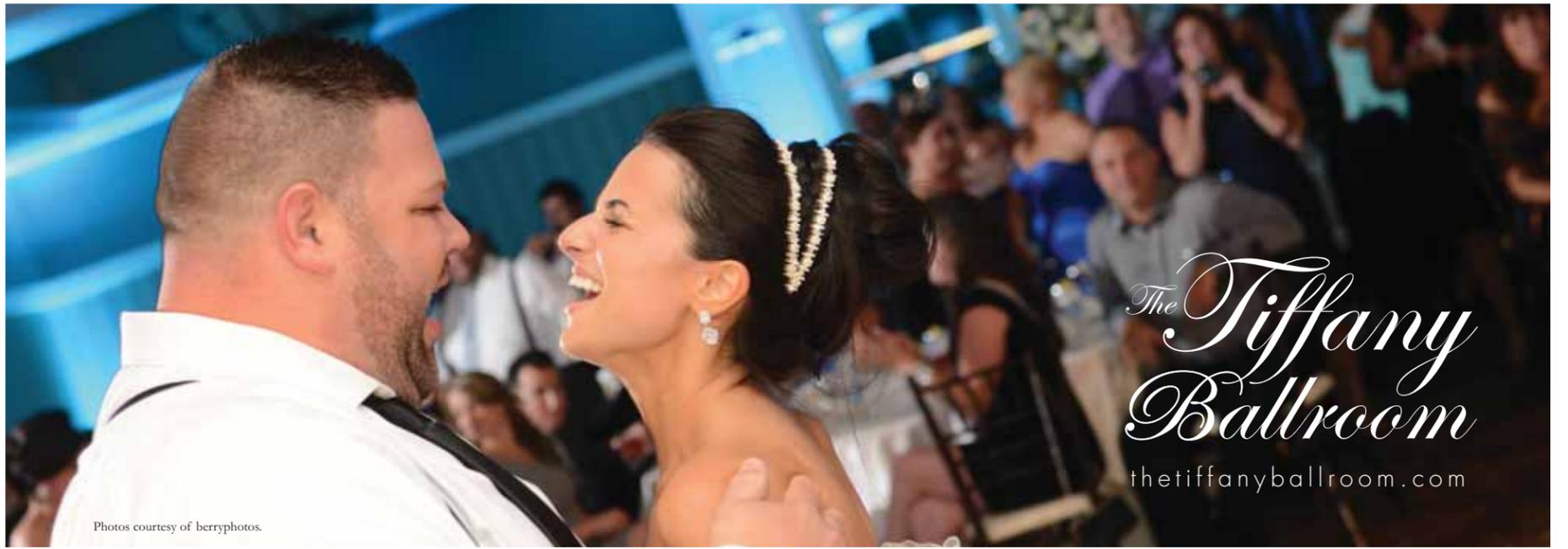
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# New Athletic Director excited to start

**Joe DiFazio**  
Staff Reporter

The Norwood High Mustangs will be in good hands next year as Jon Longley steps into his new role to helm the program.

With longtime Athletic Director Brian McDonough sailing off into retirement, Longley will use his years of experience to bolster the Norwood High's successful athletic department.

Longley's overall love of sports all started as a young boy.

"I've participated in sports my whole life ... sports have always been a big part of my life. I played sports in high school - football, basketball and track. Went on to college and continued to participate in football," said Longley, a Duxbury native.

While balancing time as a student-athlete himself, Longley began dedicating his time to coaching.

"I started coaching and getting involved with the program at Duxbury while still in college," said Longley, who eventually started working at Duxbury High School. "I coached freshman basketball, I was (the) head cross country coach, I was (the) head indoor track coach at Duxbury."

Longley eventually moved on to coaching at Beverly High School, where he coached several sports including football and track. Longley added that he coached all three seasons for two years before he became the Athletic Director at Beverly, noting that he loved interacting with students, but transitioning into an administrator role wasn't too difficult.

"It was an easy transition

when I became an Athletic Director in Beverly because I knew everyone and I knew all the kids and I was a part time teacher," said Longley. "I had established relationships with everybody."

Longley was the Athletic Director in Beverly for two years before moving on to the Athletic Director at North Andover High School for the next seven years.

"When I went to North Andover I had to work really hard to establish relationships with people [I] didn't know and gain the trust of people and look really hard at the program and see how we wanted to grow it. That's going to be the challenge in Norwood too," said Longley.

While at North Andover, Longley's program and athletes won several awards and recognitions that he's extremely proud of.

"We had tremendous success in North Andover. We were recognized by the Boston Globe four times in my seven years. We won [three] Division Two Ames Awards and one Division One Dalton Award," said Longley. "Why I'm proud of those awards is because it demonstrates the depth of your program - that all of the teams are supported and do well. To be recognized for those awards your whole program has to do well."

North Andover earned the Boston Globe Scholastic Larry Ames award for Division Two for overall athletic excellence in 2009, 2011 and the Earnest Dalton Award for Division One in 2010. Longley said that his program won 18 league team sportsmanship awards and in his tenure acquired nine state titles and nine sectional titles.



Jon Longley

He also added that the program's off the field accomplishments were just as important to him as its success on the field, which is something he hopes to continue.

For the Mustangs, Longley has already been able to jump into his new role and start laying down a foundation.

"I visited [Norwood] a few times. Brian McDonough has been great, working with me, getting me familiar with the school. We're preparing for the fall right now," said Longley. "My plan is to relocate to that area too. It's going to be a big life change for me, not just changing jobs."

Once he's settled in, Longley has several big picture goals and ambitions for the program.

"Outside of getting to know people and learning more about the school and the community, my goal is to build the best possible program we can, with as many student athletes participating as we can. We want to do well," said Longley. "We want to be competitive. We want to demonstrate good sportsmanship at all times - student athletes and the coaches in particular. We just want to be a first class program, that's the goal in every area. I'll work as hard as I can with all the stakeholders to provide that."

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by Dr. Federico Rondinelli

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**Legals**

**SECTION A**  
 Request for Proposals  
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Sealed proposals shall be received up to 11:00 A.M. (Verizon time), July 31, 2014, in the Purchasing Department, Norwood Town Hall, 566 Washington Street, 3<sup>rd</sup> Floor, Norwood MA 02062 for the following service:

"Engineering/architectural services for the design and construction administration services for the New Norwood Ice Skating Facility, in Norwood, MA"

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

Design services shall be provided in three (3) phases: **Phase I** shall be design development; **Phase II** shall consist of construction contract documents, bidding, and award of construction contract(s). **Phase III** shall include construction administration, final closeout and warranty period of the referenced Project. Proposers shall note that award shall be made in phases, with the Town reserving the right to not proceed with Phase II or Phase III if funding is not available. The estimated construction period shall be 33 weeks.

The selected architect/engineer will be required to be currently registered in the Commonwealth of Massachusetts and shall have proven experience in construction work. Responsibilities and duties shall be as outlined in the Scope of Service and otherwise comply with the Massachusetts Construction Reform Legislation, Chapter 193 of the Acts of 2004.

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

**Designer's Duties:** The designer's duties in Phase I will consist of reviewing existing site conditions and developing a successful design; Phase II shall include the preparation of a complete set of construction documents and specifications; and assist with pre-determination of contractor qualifications, bid submission and bonding reviews. Phase III involves project management once construction begins.

Scope of Designers Services and information packets shall be available at the Norwood Town Hall, in the Purchasing Department, 566 Washington Street, 3<sup>rd</sup> Floor, Norwood, MA 02062. Contact Patricia Bilotta at (781) 762-1240, x106 or Catherine Carney at (781) 762-1240, ext 107. Office hours are 8:15 A.M. – 4:00 P.M., Monday through Friday. Documents may also be emailed to prospective proposers by contacting the Purchasing Department at [PBilotta@norwoodma.gov](mailto:PBilotta@norwoodma.gov) or [CCarney@norwoodma.gov](mailto:CCarney@norwoodma.gov).

A pre-proposal conference will be held on July 23, 2014, at 11:00 A.M., in Room 24 of the Norwood Town Hall, 566 Washington Street, Norwood, MA 02062. A site visit will be made, if necessary, after the pre-proposal conference.

The proposal must be filled out and signed as directed therein, sealed in an opaque envelope addressed as follows: Purchasing Department, Norwood Town Hall, 566 Washington Street, 3<sup>rd</sup> Floor, Norwood, MA 02062, endorsed with the name and address of the offer, and marked "Proposal for Architectural Design Services Norwood Ice Skating Facility – CONTRACT #NGM-15-01". Proposers shall submit an original and ten (10) copies of his/her proposal and one (1) electronic version. The fee is to be negotiated. The estimated construction cost is \$5 million. A program has not been developed.

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

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

The Town of Norwood notifies all participants that minority business enterprises will be afforded full opportunity to submit proposals in response to this invitation and will not be discriminated against on the grounds of race, color, creed, sex or national origin or handicapped status in consideration for an award. The selected designer shall have a goal to contract with minority and women-owned businesses as certified by the State Supplier Diversity Office (SDO). The current Affirmative Marketing Goals developed by the Division of Capital Asset Management (DCAM) in consultation with SDO is as follows: Design Participating: Combined MBE/WBE goal of 17.9% of the contract price.

BY: John J. Carroll, General Manager  
 Town of Norwood

**OPINION**

**A TIME TO CELEBRATE**

Sometimes going online makes us want to scream. No matter what you try to read, the comments section has probably devolved into political polemic. How long to broil swordfish? Impeach Obama!

But this isn't about the Internet and the wisdom of the masses (or lack thereof). We raise this disturbing trend while reflecting upon the Fourth of July. On this wonderful holiday, one that is brilliantly celebrated in Boston, we all wear patriotism on our sleeve - sometimes literally. There are flag hats, flag shirts and we wave red, white, and blue balloons. We will listen to "The Star Spangled Banner" and "1812 Overture" and get worked up into a country-loving frenzy.

It is a wonderful thing. If only we could bottle that feeling. Sadly however, like most things that inspire euphoria, the effects can

be short-lived.

Times are tough and there is no way around that. We are afraid, however, that despite claims to the contrary on holidays like this, people can forget how wonderful America is. We love to complain, it can seem, more than we take time to celebrate.

The brilliance of the constitution our Founding Fathers crafted is that it has proven so malleable and efficient over the centuries. However, those marvelous benefits come at a price: some may interpret the modern application through their own prism, and that is fine. You may not always agree with judicial or popular interpretations and there is nothing wrong with that. Democracy is best preserved with lively, intelligent debate.

But to have those worthy discussions two things must happen. We must understand the full his-

tory of this nation and, most importantly, we must actually have read this crucial document. Sadly, our grasp of history in this nation is often tenuous at best and people love to proclaim what they think the Constitution says. If we have to explain what freedom of speech or the separation of church and state mean one more time we may scream.

Understanding the framework this country is built upon is only half the mission. We have to stop this nonsense some perpetrate about America being in decline, and whispered threats of overthrow. We read too many things these days of militia groups and others who use American pride as a pretext for racism and violence.

America is not perfect and never was. But its imperfections and the will of the people to repair them are what make us an enduring power and beacon of democracy.

We run the risk, however, of being a nation that loves inflammatory rhetoric more than fixing problems — a people more inclined to build walls than bridges.

So, on Friday, as you look at the thousands of folks standing shoulder-to-shoulder along the Charles River, remember that they are not Democrats or Republicans, Green Party or Tea Party. They are not one religion or political persuasion. They are merely Americans, standing tall and standing together to celebrate all that is good about this nation, and singing songs to revel in that glory. For one day, squabbles give way to unity.

It would be wonderful if that aura of goodwill could stick with us long after the pinwheels flash and cannons boom. Celebrating America need not be limited to one day.

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# Recycling is the name of the game

Joe DiFazio  
Staff Reporter

Town Manager John Carroll and Department of Public Works Municipal Recycling Program Coordinator Doris Burtman are on a mission to get Norwood to recycle with their Recycler of the Month program.

“The challenge is to get residents to fully participate in the curbside recycling program, which is to recycle all the curbside recyclable materials accepted,” said Burtman. “If residents recycled the materials accepted in the curbside program, it would reduce their trash by 75 percent, saving tax dollars, natural resources and [it would] keep Americans employed.”

One of the most recent winners of the award was Kerry Reardon. She won \$200 in gift certificates to Norwood eateries such as the Old Colonial Café, Spot!, Conrad’s,



Town manager John Carroll awards Kerry Reardon her Recycler of the Month certificate.

PHOTO BY JOE DIFAZIO

Guarino’s Pastry Shop and Lewis’ Bar and Grill. She also received a certificate for her efforts provided by the town, which, along with the prizes, was hand-delivered to her home on Monday by Carroll and Burtman.

Reardon, a nurse and mother of four, puts out three recycling carts every other week for pick up. She says it has greatly limited the amount of trash her family puts out.

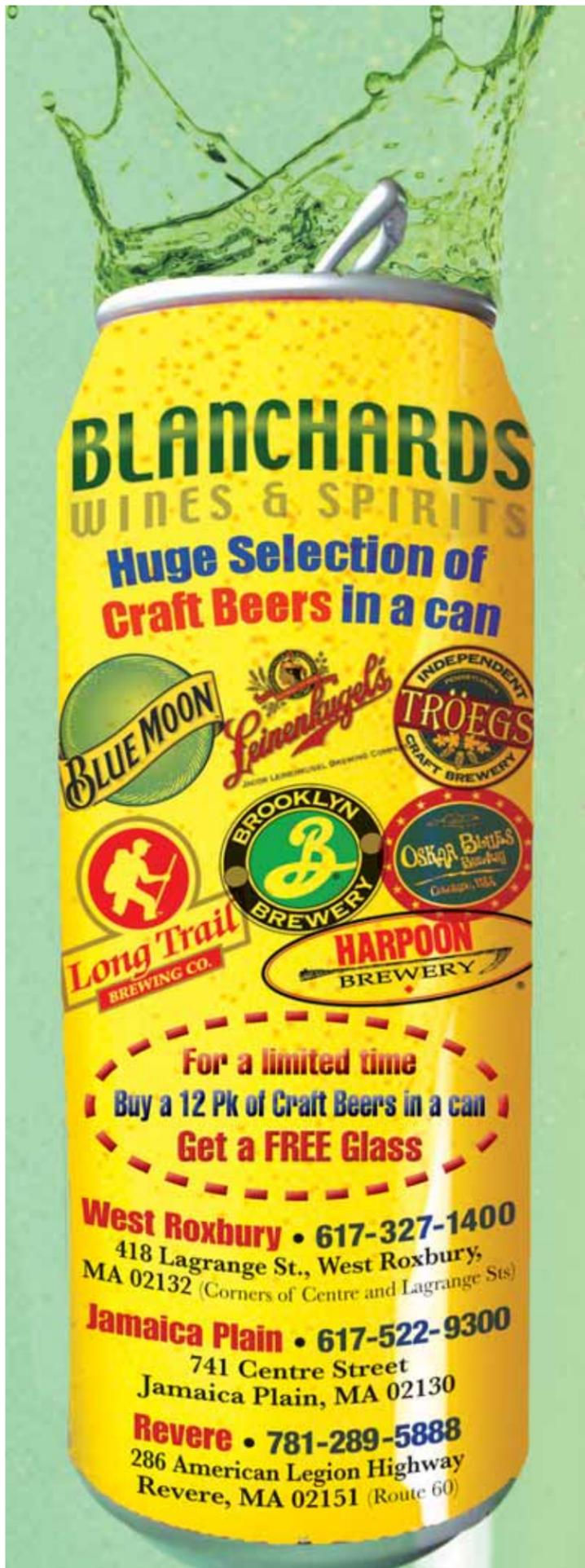
“Organizing [recyclables] in the house is key before you get outside. Once you get outside and you’re rushing its not as easy. I have two bins inside the cabinets in my house, and just organizing it is half the battle,” said Reardon.

Reardon said she began recycling just to clean excess clutter from her house and because a neighbor who was a recycling enthusiast prompted her to start.

“All the recycling that everybody does helps reduce the cost of our trash. It costs less per tonnage to pick up recycling then it does to pick up trash,” said Carroll. “You’re not only helping the environment, you’re helping the town in terms of actual dollars spent which is really great.”

Reardon is the third recipient of the award that was established through a partnership between the Town of Norwood and Waste Management. Waste Management donates the prizes for the program, the waste company Norwood uses, in an effort to bring attention to the benefits of recycling.

“Ninety percent of the properties in Norwood serviced by Waste Management participate in the recycling program,” said Burtman. “If every resident in Norwood threw out just one piece of paper in the trash today, [that’s] almost 28,000 pieces of paper in one day, then multiply that by 365 days a year and you have 10,220,000 pieces of paper in the trash in one year for one town in one state.”



## Legals

SECTION A - ADVERTISEMENT FOR BID  
TOWN OF NORWOOD, MA  
781-762-1240 x106 or 107

Sealed bids will be received up to 11:00 A.M. (Verizon time), July 24, 2014, in the Purchasing Department, Norwood Town Hall, 566 Washington Street, 3<sup>rd</sup> Floor, Norwood, MA 02062 for the following Public Project:

### “Flame Retardant Clothing”

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, “FR Clothing, CONTRACT NLD-15-03.” This is a one-year contract, with an option to renew for a second and third year at the Town’s sole discretion. All prices for the second and third year will remain fixed at the first year rates. The estimated value is \$150,000.

No bonds are required for this contract.

Bids shall be prepared, considered, and the contract awarded in accordance with all statutes governing such contracts (MGL Chapter 30B as most recently 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.

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: John J. Carroll, General Manager

Norwood Record, 7/3/14

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**HOST FAMILIES WANTED-NORWOOD AREA**

If you're looking to add some culture to your home this fall, keep reading. Norwood High School is looking for families in town to host a foreign exchange teen from Spain for approximately three weeks at the start of the 2014-15 school year as part of a program through Norwood High School's foreign language department.

About 30 students from Southern Spain will venture to Norwood this September 4 -25, 2014. Host families of students who attend Norwood High School are currently needed to welcome one of those students to stay with them for the three week trip. Cara Thissell, a Chelmsford High School mom, hosted a 16 year old student from Spain last year. "We enjoyed the experience so much," explains Thissell. "I must admit, I was reluctant to join this program as we speak no Spanish, but she is such a sweet girl and we have lots of laughs trying to overcome the language barrier. My daughter and our exchange student quickly became friends and she fit in with our family marvelously. I truly hope she enjoyed being here as much as we enjoyed having her."

During the program, students and chaperones will visit various classes at Norwood High School, while also touring other areas of the region, including Boston, Cambridge, museums and more. They will be busy every day Monday-Friday. Evenings and weekends will be with host families. Norwood families interested

# The Record Book

in hosting a student should contact Sue Boswell, a coordinator with Carousel Student Tours, at 978-835-0133 or [hostandgo@charter.net](mailto:hostandgo@charter.net).

**THRIFT SHOP SUMMER HOURS**

The Thrift Shop, located at 1091 Washington Street, Norwood, will begin its summer schedule on July 1st. During July and August, the store will be closed on Thursday afternoons. The summer retail hours for the store are: Wednesdays 6:00p.m. to 8:00p.m., Thursdays 9:30a.m. to 12:30p.m. and Saturdays 9:30.M.-12:30p.m.. The Thrift Shop is operated by the Women's Community Committee (WCC), and is a nonprofit all volunteer organization, whose stated goal is to extend a helping hand. Donations of clean, saleable clothing, shoes, jewelry, books, music, and small household goods are accepted during retail hours as well as Monday and Wednesday mornings from

9:30A.M. to 11:00a.m. The All proceeds from the Thrift Shop are used to support local charities and civic groups.

**THE NATIONAL ALLIANCE FOR THE MENTALLY ILL MEETING**

Monthly meeting in Cafeteria B of the Lorusso Building at Norwood Hospital at 7p.m. on Thursday July 3rd. 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 Alliance 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. For further information call Ray at 508-668-2941.

**INTERESTED IN A 3 YR OLD PROGRAM AT SAINT CATHERINE'S**

Due to recent interest in the community regarding a full-day,

5-day 3 year old program, Saint Catherine's is seeking candidates who will be 3 years old by August 31st. We will have 15 spots available for this new program. Because Saint Catherine's is a Catholic elementary school in Norwood, successfully serving students from Pre-Kindergarten through Grade 8, this program will be an enriching academic, social and cultural experiences for our students who will have fun while learning. We see it as beginning their academic journey to success. Parents interested in this program should contact the Admissions Office at (781) 769-5354, ext. 262 or [admissions@scsnorwood.org](mailto:admissions@scsnorwood.org).

**PATRIOTIC ROSARY**

On Thursday, July 3rd, at 12:00 noon. Located at the Norwood Town Common. Please bring a chair. Come pray

**FOOD PANTRY SEEKS TEEN VOLUNTEERS**

Looking for something worthwhile to do this summer? The Norwood Food Pantry is currently seeking youth volunteers 12 and up to help carry bags of food for donors and clients on Saturday mornings from 8:15am to 11:15a.m. "Only a few hours are required," says Ruth Taeger, the pantry's Executive Director. "And this is a great way to earn scouting badges and school credit for community service." To find out more, call Debbie at 781-769-5650.

**To advertise, call The Norwood Record at (781) 769-1725**

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## Legals

**NORWOOD PLANNING BOARD PUBLIC HEARING NOTICE**

Pursuant to Mass. General Law Chapter 40A, Section 11, the Norwood Planning Board will hold a Public Hearing on Monday, July 14, 2014 at 7:15 PM in the Community Room at the Norwood Police and Fire Public Safety Building, 137 Nahatan Street to accept public comments on the proposed re-development of the Regal Press property located at 129 Guild Street (Map 4, Sheet 1 Lot 1). The proposal is to convert the existing 3-story building from its current use into 40 residential apartments. The property owner is William N. Duffey Jr., Trustee, Lager Real Estate Trust, 129 Guild Street, Norwood, MA. 02062. A copy of the plans can be reviewed in the Planning Board's Office, Norwood Town Hall, during normal business hours.

Joseph F. Sheehan, Clerk Norwood Record, 6/26/14, 7/3/14

*Wishing our readers a safe and happy July 4<sup>th</sup>*



*From the staff at the*

**Norwood Record**

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<b>Coor's Light</b> .....36 pk Cooler Bag <b>23.99</b>	<b>Shock Top</b> All Varieties.....12 pk <b>12.99</b>	<b>ALTERNATIVE BEVERAGES &amp; PREMIXED COCKTAILS</b>	
<b>Miller Lite</b> .....30 pk <b>20.99</b>	<b>Sierra Nevada</b> All Varieties...12 pk <b>12.99</b>	<b>Mike's Lemonade</b> All Varieties...12 pk <b>12.99</b>	
<b>Busch &amp; Busch Light</b> .....30 pk <b>16.99</b>	<b>Harpoon IPA</b> .....loose bottles cs <b>23.99</b>	<b>Smirnoff Ice</b> All Varieties.....12 pk <b>12.99</b>	
<b>Pabst</b> .....30 pk <b>16.99</b>	<b>Sam Adams</b> All Varieties.....12 pk <b>12.99</b>	<b>Strongbow Cider</b> .....6 pk <b>7.99</b>	
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<b>Mayflower</b> Variety Pack.....12 pk <b>14.99</b>	<b>Dogfish</b> 60 Minute.....6 pk <b>9.99</b>		

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<b>Brugal</b> Blanco Especial.....750 ml <b>12.99</b>	<b>Malibu</b> Coconut Rum.....1.75 L <b>22.99</b>	<b>Larceny</b> Bourbon.....750 ml <b>23.99</b>	<b>Jefferson</b> 82.3° Bourbon.....750 ml <b>24.99</b>	<b>Fabrizia Limoncello</b> All Natural.....750 ml <b>14.99</b>	<b>Molly's Irish Cream</b> .....750 ml <b>10.99</b>	
<b>VODKA</b>		<b>Jim Beam</b> .....1.75 L <b>23.99</b>	<b>Bulleit</b> Bourbon.....750 ml <b>29.99</b>	<b>Duggan's Irish Cream</b> ...750 ml <b>9.99</b>	<b>Grand Marnier</b> .....750 ml <b>28.99</b>	
<b>Rubinoff</b> Reg Only.....1.75 L <b>10.99</b>	<b>Smirnoff</b> Red Only.....1.75 L <b>19.99</b>	<b>Jack Daniels</b> .....1.75 L <b>39.99</b>	<b>Jameson</b> Irish Whiskey.....1.75 L <b>37.99</b>	<b>Disaronno Amaretto</b> .....750 ml <b>23.99</b>	<b>Kahlua</b> .....750 ml <b>17.99</b>	
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# Sports

## Little League wraps up, Orioles win 12-0 over Pirates

Sam Nickerson  
Staff Reporter

This spring and summer have been an exciting time for participants and fans of Norwood's youth baseball programs.

Following Norwood High School's Division One championship run, and with the American Legion and Babe Ruth seasons well underway, the Norwood Little League season wrapped up on June 23 and 24 with town championship games for the Major League (ages 10-12), International League (ages 10-12), Association League (ages 8-9) and Junior League (age seven) divisions all held at Coakley Middle School's Kelley Field.

On June 24, the Orioles wrapped up an impressive 2014 Majors campaign with a 12-0 win over the runner up Pirates.

The Orioles, who went 19-0 during the season, received a great start from pitcher Jason Denehy, and managed to find hits against a solid defensive opponent in the Pirates, led by pitcher Reed Cottens, who made a spectacular diving catch in the second inning.

"The boys had a great season," said Orioles coach Dan Denehy. "They started off winning a couple close games and then they went off on a crazy

roll. It's the best team I've ever been involved with."

The Orioles received important contributions from returning players, like Hunter Ford, David Hayes and Max Angelico. The lineup was also bolstered by this season's batting and pitching title winner Matt Ferreira.

"I'm real proud of the kids. They did great. I'm really happy for them," said Denehy.

On June 23, the Mariners became International League champions after a hard-fought 16-7 win over the White Sox.

The Rangers claimed the Junior League title, winning 10-0 over St. Paul, despite a late rally from St. Paul, who hit the bat well in the postseason, especially during their 7-2 semifinal win over the Raiders.

At the same time the Junior championship game was played, Spokane battled Pittsfield to a 3-1 final for the Association League championship. Spokane only surrendered three runs during its entire postseason run.

Before the Majors championship game, Norwood Little League presented \$500 scholarship awards to Norwood High School seniors and league alumni Mike Doliner and Nicole Butts. Coach Vin Lembo was recognized for his over 40 years of coaching, as

current and former players - spanning multiple generations - came to salute their coach and mentor.

"It's been a terrific ride. I'm looking forward to just being a fan and rooting on all the teams," Lembo said.

The League also named a new award after current player Matthew Malley, who has shown continued commitment and enthusiasm for the game during his time in Norwood Little League.

The award will be presented to a current Norwood Little Leaguer at the end of each season, but will retain Malley's name. Malley also did the honors of announcing "Play ball!" before the Majors championship game on June 24.

Teams representing Norwood Little League in District 11 Summerball began play on June 27. Summer baseball is open to Norwood Little Leaguers, aged 9-12, who played during the spring season. Norwood's summer teams play in the highly competitive Suburban Youth Baseball League against teams from surrounding towns, including Walpole, Westwood, Needham, and others.

Visit <http://www.eteamz.com/norwoodll> for roster and schedule information.

## Legion starts to hit their stride



Norwood Post 70 won two crucial games this week, including a 9-0 win against Medfield and 3-2 win over Westwood.

PHOTO BY SAM NICKERSON

Sam Nickerson  
Staff Reporter

Despite fielding fairly inconsistent lineups from game to game so far this season, Norwood Post 70 is starting to hit its stride — with a little help from veteran experience and consistent pitching.

The team reached .500 this weekend with big wins over Norfolk on June 29 and Medfield on June 27.

Norwood beat Medfield 9-0 at Balch school, with Joe Rydzewski getting the start on the mound. Rydzewski struck out five batters over seven innings, allowing four hits and two walks. Rourke Flynn, Kenny Michael, and Jake O'Rourke led them offensively. Flynn was 3-4 with 4 RBI's, Michael was 2-4 with 2 RBI's, and O'Rourke had a timely hit in the third, batting in two runs.

Norwood won it's third in a row by a score of 12-1 against a floundering Norfolk on Sunday.

"We're still getting the pitching performances, but this is what we need, you know, we need the bats to bail us out," said coach Paul Samargedlis.

Flynn, who had been battling a lower back injury, seems to have injected life into the Norwood squad.

"It feels a little different with

Rourke Flynn in that lineup. Not just the fact that he's hitting the ball on the screws, but he's talking to the team between innings," Samargedlis said. "And I can see when they're pulling them in on a huddle and he's at short, he's not just joking around, he's talking about baseball and he's a leader on the team."

After a shaky 11-1 loss to Foxboro on June 24 — the same team that stung Norwood 2-1 the week before — Norwood got the bats going in the seventh to disrupt a pitching duel on June 26 and take a 3-2 win over Westwood.

The game may have been the turning point Norwood needed to right their season. After Norwood jumped out to an early lead in the first on a deep shot to left by Kenny Michael, runs became scarce as starting pitcher Nate Webber and his Westwood counterpart Paul Regan settled into their game.

Westwood took a 2-1 lead in the sixth inning on a pair of hard-hit balls down the third baseline, the latter of which was too much for third baseman Matt Hajjar to contain, as it glanced off his glove and into shallow left.

Norwood, which had only two hits going into the seventh

Legion

Continued on page 10



The Orioles, of the Major League Division of the Little League, proudly display their trophies during a team photo after a thrilling 12-0 victory over the Pirates.

PHOTO BY SAM NICKERSON

# Boot camp gives residents a great way to stay in shape

**Sam Nickerson**  
Staff Reporter

Whether you are an experienced athlete or simply trying to lose some weight, the Norwood Recreation Department has several options for residents of all ages and experience levels who are looking to stay fit this summer.

Among them is a 10-week fitness boot camp, which began last week.

The boot camp, which meets every Thursday night at Winslow field at 5:30 p.m., is taught by one of the area's prolific trainers, Brianne McDonough.

McDonough studied exercise science at Bridgewater State University, and has worked as a fitness instructor at Fitcorp, Get In Shape for Women, the Vanderbilt Club and LA Fitness.

But boot camp is one of her favorite programs.

"I recommend my boot camp to anyone in the area because it is challenging but do-

able, fun, versatile, and gets you to push yourself in ways you normally wouldn't," McDonough said.

McDonough's boot camp consists of cycling through different exercise stations, the combination of which work the entire body and can be modified according to skill level.

Depending on the night, McDonough may have participants use bands, kettle Bells, dumbbells, ropes, benches, cones, medicine balls or jump rope.

"I like changing things up getting cardio and strength training and plyometrics in there. You get your full body (into it) within an hour, you get conditioned in all aspects," McDonough said.

"I did (boot camp) because I regularly do running, but that doesn't do anything for core and I can't do weights without anyone telling me 'Okay, only 30 seconds left. Only 20 seconds left,'" said

Norwood Resident Maureen Mulkern on why she participates in boot camp.

McDonough and fellow fitness instructor Joe Malinn are also available for one-hour personal training sessions through the Recreation Department — each of which costs \$30, or \$150 for five sessions.

"(McDonough's) awesome, we all think she's great. She teaches you, she shows you the correct form, and she watches everything you're doing to make sure you're doing it right," said Rhonda Fiske, a boot camp participant of McDonough.

The Recreation Department also offers a Fit Pass, which provides participant's access to weekly Zumba, Spin, Pilates, Cardio Power, yoga, and barre - which combines Pilates and cardio - classes.

Passes are available on a class-per-class basis and in groups of 10 classes and 20

classes. A 20-class pass costs \$85, or \$4.25 per class. Fit Passes can also be purchased alongside monthly memberships to the Recreation Department facilities for discounted prices.

The key, according to McDonough, is simply to find an activity that you enjoy doing and stick to it.

"To stay fit this summer I recommended moving in any way possible. Find what gets you motivated and excited," McDonough said. "If it's a class, or if you like being outside, find a friend to go for a walk or run. I believe accountability is key to any form of staying fit. Have a plan and work it! Be consistent with the days and times of your workouts will help also with the success of your goals."

For more information about summer fitness programs for adults and children, or to join boot camp, visit the Norwood Recreation Department at [www.norwoodma.gov](http://www.norwoodma.gov).

## Legion

continued from page 9

inning, was facing a dire situation, potentially dropping to 2-6 and sacrificing another good pitching effort. Regan had contained Norwood for the entire game to that point, having picked off two runners in the second and one in the fourth.

With one out in the seventh, Jake O'Rourke tied the game up with a base hit that scored Kenny Michael, who had doubled in the previous at-bat. After Mark Saulnier reached on a grounder that the Westwood shortstop was unable to field cleanly and John Ryan's infield hit was bobbled by the third baseman, pinch hitter Tom Duggan's blooper gave Norwood the 3-2 walk-off win.

Despite starting the week before in second-to-last place in the District Six West Division, Samargedlis is not ready to count his team out for the postseason.

"I still think we're in a playoff hunt, we have plenty of games left, but at least we control our own destiny when we win these (types) of games," Samargedlis said.

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# DEATHS

**GAGNON**

Lillian B. (Bradshaw), 86, of Norwood, on June 23. Beloved wife of the late Conrad J. Gagnon. Devoted mother of Steven C. Gagnon of Norwood and his friend Nancy Ciolfi of Franklin, Lynne J. Zargham and her husband Stephen of Troy, NY, and the late Susan J. Simoni. Sister of William Bradshaw of Tiverton, RI, Judy Taylor of Kansas and the late Elizabeth Betty East and Barbara Flavin. Cherished grandmother of Jason Simoni, Alicia Simoni, Nicholas Gagnon, Eric Simoni, Michael Zargham, Aimee Gagnon, Melissa Zargham and Jillann Gagnon. Great grandmother of Anna Simoni. Daughter of the late James A. and Dora (Cherry) Bradshaw. Funeral arrangements by the Kraw-Kornack Funeral Home, Norwood. Burial will be at Highland Cemetery, Norwood. In lieu of flowers donations may be made in her name to the Susan J. Simoni Memorial Scholarship Fund, C/O Sovereign Bank, 444 Walpole St., Norwood, MA 02062.

**HAYES**

John M. "Jack" lifelong Norwood resident, on June 24. Born and raised in Norwood, he was the son of the late Patrick J. and Margaret Pauline (Daley)

Hayes. Jack was on the Board of the Norwood Nuggets, a former Norwood Town Meeting member, an avid fan of Norwood Public Access TV and an active volunteer at Massachusetts General Hospital. Beloved husband of Laetitia "Tia" (Tremblay) Hayes; loving father of Nicole Pauline Hayes and Michael John Hayes, both of Norwood; devoted brother of Patrick J. "P.J." Hayes and his wife Cathy of Walpole; brother-in-law of Marc and Debra Tremblay, Denise and John Cook, David and Diane Tremblay, Eric and Jackie Campbell; uncle of Emily, Molly, P.J., Tim, Dan, Shannon, Danielle, Kevin, Jason, Timothy, Matthew, Brooke and Ryan. He is also survived by the entire Naughton family. Funeral arrangements by the Gillooly Funeral Home, Norwood. Interment will follow the Mass in Highland Cemetery, Norwood. Memorial contributions in memory of John M. "Jack" Hayes may be made to the Massachusetts General Hospital Pediatrics Oncology Clinic, c/o MGH Development Office, 100 Cambridge Street, Suite 1310, Boston, MA 02114.

**UDDEN**

Constance B. "Connie" (Larsen) of Norwood, unexpectedly on June 22. Beloved wife

of Paul G., and dear mother of Linnea R. of Norwood, Stephen P., and his wife Katherine Swift Udden, of Foxboro, and Christopher J. of Norwood. Loving grandmother of Marlena E., Gustav L., Sophie J., and Tessa G. Sister of Harry Larsen of New Zealand, and aunt of Kimberley and Jess Larsen. Stepdaughter of the late Rev Hans Froyland. In lieu of flowers donations to the Memorial Fund of the Covenant Congregational Church (address above) would be appreciated. For obituary and guestbook please visit [www.folsomfuneral.com](http://www.folsomfuneral.com)

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# Legals

TOWN OF NORWOOD  
ZONING BOARD OF APPEAL  
PUBLIC HEARING NOTICE

Notice is hereby given that the Board of Appeal of the Town of Norwood will hold a PUBLIC HEARING in ROOM 12 of the Municipal Office Building on July 22, 2014 at 7:15:00 PM on the request of Robert Sheehan (Case #14-13) with respect to property located on 1095 Pleasant Street, in a M-Manufacturing District.

This Application requests a SPECIAL PERMIT under Section 3.1.5 D-4 of the Zoning Bylaw to allow retail sales of firearms.

Plans are on file with this application in the office of the Zoning Board of Appeal and may be viewed during normal working hours, Monday – Thursday, 8:30 am – 3:00 pm.

BOARD OF APPEAL  
Philip W. Riley, Chairman; Patrick J. Mulvehill, Harry T. Spence,  
Barbara A. Kinter, John R. Perry

*Norwood Record, 06/26/2014, 07/03/2014*

## 2014 STREET LIST BOOKS

The Town Clerk's Office wishes to inform the residents of Norwood that the **Annual 2014 Street List Books** are available to purchase in the Town Clerks office.

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