

The Norwood Record

FREE

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www.norwoodrecord.com

DPW project's costs rise

Joe DiFazio
Staff Reporter

The Financial Commission (Fin Com) met on Monday at Town Hall to look at the general government budgets for FY '15, and determined that the proposed Department of Public Works (DPW) project will cost more than expected.

Town Manager John Carroll announced that the final bids had come in for the DPW project. It appears as though the project's cost has risen \$500,000 to a total of \$16.9 million, a three percent increase.

"The biggest problem is in December they discovered a large source of contamination in a vault ... it was a tannery [area]," said Carroll.

Town clerk and accountant Bob Thornton said that more money could be taken out of stabilization, or borrowed initially for the project. He strongly recommended against taking money out of stabilization, citing negative ramifications including not scoring higher on future Standard & Poor's ratings. Norwood did not receive the highest triple A bond rating during last year's evaluation, due in part to the town's not having a larger stabilization fund.

Financial Commission
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DOH seeks nail salon standards

Joe DiFazio
Staff Reporter

The Norfolk County 7 Medical Reserve Corps (MRC), of which Norwood is a member, has been awarded a \$20,000 MRC Challenge Award from the National Association of County and City Health Officials (NACCHO).

The Norfolk County 7 (NC-7), is an informal group of health departments that focuses on emergency preparedness activities and health challenges. The award will be used to work with nail salons, the seven health departments that make up the NC-7 and other organizations to implement protective changes in health and safer practices in the nail salon industry.

"We all get complaints whether it be odor or infections from clients ... so it was something that's been on our radar for a few

Salon Standards
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The Elks Building Corporation of Norwood, the legal owner of the lodge located at 152-158 Winslow Avenue, has filed a complaint to the state court on January 28 against the Benevolent and Protective Order of Elks to stop them from affecting the buildings ownership.

PHOTO BY JOE DIFAZIO

Norwood Elks battle hostile property taking

Joe DiFazio
Staff Reporter

The local Norwood Elks are in a dispute with their parent organization, the Benevolent and Protective Order of the Elks of the United States of America (BPOE), about the ownership of the Norwood Elks Lodge. The matter has been taken to court.

"We want to try our case in the courts, not newspapers ... the most important thing is we believe the issues are purely internal matters to be handled within the Elks, not the courts, but if it stays in court we intend to have it dismissed," said Jim Ewbank, at-

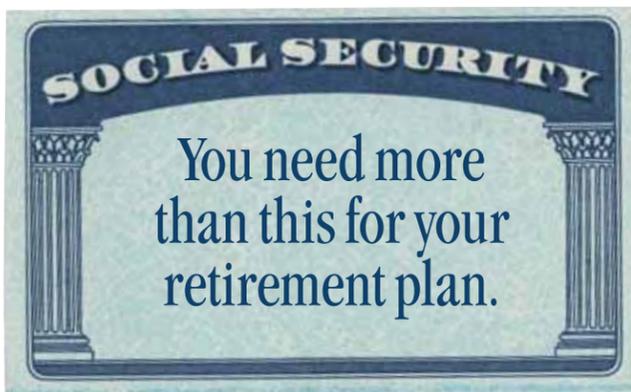
torney for the BPOE.

The dispute between the organizations is over the exact ownership rights of the Elks lodge in Norwood. The Elks Building Corporation of Norwood, an outside organization, is the legal owner of the lodge located at 152-158 Winslow Avenue and has filed a complaint to the state court on January 28 against the BPOE. The Norwood Elks pay monthly rent of \$5,145 to the Building Corporation, which leases the land to them on a yearly basis. The lease allows the Norwood Elks to conduct meetings and any other purpose the group is legally licensed for. The Building Corporation's pri-

mary source of income has been these rent payments.

According to the complaint filed, the BPOE, whose headquarters is in Chicago, Illinois, is requesting that the Building Corporation amend their Articles of Organization to conform to BPOE statutes, thus bringing the Norwood Elks into BPOE compliance. The proposed amendment would cause the property to be transferred to the BPOE upon dissolution of the Building Corporation. The Building Corporation is seeking a declaratory judgment and injunction against the BPOE in

Norwood Elks
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School officials aim to identify drug use

Joe DiFazio
 Staff Reporter

Norwood school officials attended a seminar at the end of January aimed at teaching educators how to help and identify students who come to school impaired, and are using this information and further training staff in order to prevent drug use.

Norwood Police School Resource Officers Paul

Murphy and James Mahoney, high school nurse Carol McDonough and Dean of Students Ann Keegan attended the seminar entitled "Drug Impairment Training for Educational Professionals." Norfolk District Attorney (DA) Michael W. Morrissey presented the training.

"[It was] a training on being updated on the trends that law enforcement sees as

far as what people and students in particular are doing in this realm around drugs," said Keegan.

She stated that the training delved into traditional student drug choices of alcohol and marijuana, but also covered newer trends like the abuse of prescription drugs, heroin and opiate use.

Keegan plans on taking the

Student Drug Use
Continued on page 9

Norwood Elks *continued from page 1*

order to halt any attempts to change ownership of the property.

"We want the status quo to remain, that they leave [the property] alone," said Andrew Oatway, counsel for the Building Corporation.

The case has since been removed to federal court because of the BPOE's claim of Diversity Jurisdiction. This allows any court case with defendants in different states of a matter in excess of \$75,000 be disputed in federal court.

According to court documents, the Building Corporation was formed in 1923 as a non-profit and also purchased the Norwood property that year. The purpose of forming the Building Corporation was to purchase the land. The

Norwood property is currently assessed at over \$1.2 million. The Norwood Elks claim around 600 members.

"If they come in [to compliance] everyone is happy," said Ewbank.

The BPOE statutes also require that any member of an outside corporation owning property used by the Elks be an Elk.

In an e-mail also filed with the court, Michael F. Zellen, Vice Chairman of the Board of Grand Trustees and Special Deputy Grand Exalted Ruler, gave a 60-day deadline to Kevin M. Quinn, Exalted Ruler of the Norwood Lodge, to discuss amending the Articles of Organization of the Building Corporation with the lodge and motion to submit the change to the Grand Lodge Judiciary or

face probation.

In the pleadings for the case, Oatway included several news articles of the parent BPOE closing lodges. The court complaint claims that the BPOE is "engaged in a systematic campaign to wrongfully commandeer valuable property to which it has no ownership interest." The Building Corporation also allows charitable and community organizations such as Alcoholics Anonymous and Little League to use the land.

BPOE is a non-profit fraternal organization, social club, and charitable organization that began in 1868. Representatives of the BPOE and Norwood Elks declined to comment for this story. The Building Corporation did not respond to requests for comment.

Town Meeting Open Seats

The Norwood Town Clerk's Office wishes to inform the residents of Norwood there are vacancies for the office of Town Meeting Members in the following Town Meeting Districts. There are currently Twenty-Seven (27) 3-Year Term Vacancies; Two (2) Two-Year Term Vacancies (To Fill A Vacancy); and Two (2) One-Year Term Vacancies (To Fill A Vacancy).

The following Town Meeting Member seats are now available for the Annual Town Election to be held on Monday, April 7, 2014.

Any current Town Meeting Member whose term is expiring on April 7, 2014 who did not file the required "intent to seek re-election form" with the office of the Town Clerk must do so by 5 p.m. on Tuesday, February 18, 2014.

Anyone else interested

in running for the office of Town Meeting Member must file nomination papers signed by at least ten (10) registered voters in their District. Last day for filing with the Board of Registrars is Tuesday, February 18, 2014 by 5:00 PM.

If you have any question, please call the Town Clerk's Office at 762-1240, ext. 152 or 153.

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District 3:	3 Year Term	(4 Seats)	
District 4	3 Year Term	(2 Seats)	
		1 Year Term	(1 Seat) (To Fill A Vacancy)
District 5:	3 Year Term	(4 Seats)	
		1 Year Term	(1 Seat) (To Fill A Vacancy)
District 6:	3 Year Term	(4 Seats)	
District 7:	3 Year Term	(3 Seats)	
District 8:	3 Year Term	(3 Seats)	
District 9	3 Year Term	(3 Seats)	
		2 Year Term	(1 Seat) (To Fall A Vacancy)

Town's study questioned, affordable housing debate continues

Joe DiFazio
Staff Reporter

Affordable housing was the main topic of the weekly Selectmen's meeting Tuesday night at Town Hall as Norwood inches closer to Special Town Meeting. Selectwoman Helen Abdallah Donohue was absent due to illness.

Brian Hardiman, a resident of 19 Plimpton Avenue, appeared before the Board to present an independent study he commissioned of the affordable housing land area in Norwood. His counsel, Daniel Hill and Richard Heaton of H & H Associates who conducted the study, accompanied Hardiman.

"We are all looking to protect Norwood from unfriendly 40B projects," said Hill.

By Massachusetts law, towns must have 1.5 percent of their developable land area or 10 percent of total housing stock dedicated to affordable or subsidized units. Meeting those criteria provides the town protection against "hostile 40B" projects. These projects are called hostile because developers are allowed much more autonomy from the town if their project will increase affordable housing stock in a town that isn't yet compliant with the minimums. Developers can also debate, appeal to the state, and commission a study to determine if the town is at its minimum requirements. Norwood currently has a moratorium on the requirement to meet the minimums because of protections provided by having a Certified Housing Plan in the Upland Woods Project.

Hardiman says he spent \$10,000 to commission a study in response to

Norwood's analysis of the affordable housing figures. Hardiman's study states that the town has met the 1.5 percent floor, while Norwood's study shows that it hasn't. Town Manager John Carroll suggested that Norwood's engineer and its counsel meet with Hill and Heaton. The Board took the suggestion up as a motion and passed it unanimously.

The disputes between the two studies include group homes, the location of which are confidential, and the acreage counted in the lots of affordable housing already in Norwood and of the Upland Woods Project. Hill suggested to the Board that the issue needs more attention simply by the fact that a discrepancy in studies can exist.

"We feel it is important that those voting [on projects at Town Meeting] should have all the information," said Hill.

Chairman Bill Plasko pointed out that the law is vague and hasn't been adjudicated very well.

"Unfortunately for every community we need to get numbers [in excess of the floor] because we need to be able to defend against an attack from a 40B," said Plasko. "We need to go back and fourth and verify facts ... [it's] not you against us, we're all on the same side."

Hardiman is chiefly concerned with the proposed Plimpton Press Project, which spurred his initial activism. The Plimpton Project is a 40R smart growth project with mixed use retail and residential, which the town has had input with. 40R projects count towards affordable housing stock, but work with towns unlike "hostile 40B" projects.

After the resolution to

have the sides meet was taken up, Selectman Lyons pointed out the 40Rs put before Town Meeting are locally owned and concessions on the scale of the projects were made at the town's request, especially by the Plimpton Press project.

"40Rs are a different animal," said Lyons. "[There is a] huge difference between 40Bs that everyone is afraid of and 40Rs ... this is the definition of smart growth."

The Smart Growth Overlay districts that 40Rs promote are defined by the Massachusetts Executive Office of Housing and Economic Development as "dense residential or mixed-use smart growth zoning districts, including a high percentage of affordable housing units, to be located near transit stations, [or] in areas of concentrated development such as existing city and town centers."

Selectman Howard thanked Hardiman and his neighbors for the activism while pointing out the two issues at play, the 1.5 percent, and what projects the town wants. Howard felt that the town should use Hardiman's expert, but Plasko disagreed, saying that they had used an expert on what are essentially vague regulations that can always be disputed. Plasko feels that the 1.5 percent even if ascertained is a moving target that is hard to defend against

Selectmen

Continued on page 9

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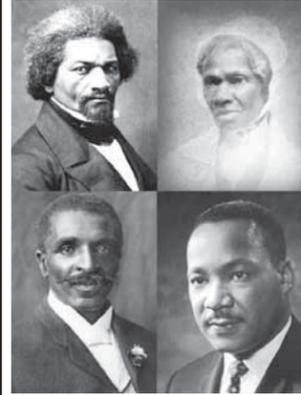
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Letters to the Editor

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GOOD FOR THE GOOSE?

To the Editor:

A group of 5 residents, opposed to an ice skating rink on school property stood alone. Although we gathered 700 signatures in opposition, the effort was invisible and was not acknowledged. However, we now have Brian Hardiman and his committee of 12 (wise men) getting good press and are to be congratulated. It's not a surprise that he is on the agenda of the BOS for February 11th. His information will be very welcome because it is thorough, intelligent and the truth.

We do meet 1.5% in Norwood. The gathering of true information is known as due diligence and I promise you it will be NEW information to them. It is not a few guys gathering on the phone setting up a "plan" to get what they want and definitely not for the "greater good."

Sorry Mr. Drummey, those are your words. Why would a REGIONAL Skating Rink in South Norwood be for the greater good? Is it a dumping ground for \$5.6 mil from the State, is it an obscure hidden site for dead bodies? Is there a reason why South Norwood was refused a place at the table; told by Town Manager to not speak at a pro-scripted meeting for voting School conversion to rink?

Perhaps it is because we have 7,000 strong in South Norwood, and I'll bet that not one (1) student skates on any team. The 700 plus signature(s) opposed to the rink were dissed and not acknowledged. I wonder if Mr. Hardiman has 700 signatures that will be shred.

Speaking for myself, I wish Mr. Hardiman had joined our effort. We had zero dollars to work with, and spent our personal funds. As a Town Meeting Member, I've received several phone calls telling me that they are sorry about the Rink, that the neighborhood and residents in your area should have been considered, but will you support Mr. Hardiman? Of course I will. It is common sense and progressive planning. It is deliberate success, instead of hodge-podge. I have lived the Action/Consequence theory

Letters

Continued on page 6

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Despite initial cuts, schools still have major shortfall

Joe DiFazio
Staff Reporter

Despite the snow, the School Committee held their bi-weekly meeting on Wednesday at the James R. Savage Center, where one of their chief concerns was setting the budget for the upcoming fiscal year.

For FY '15 the Norwood School System submitted a \$40.2 million budget, but only have \$37.7 million in available funds, causing a \$2.5 million shortfall. Superintendent of Norwood Schools James Hayden outlined how he began trimming from the operational areas, first by slicing down per pupil costs, which include books and supplies, and was able to shave \$125,830. He pointed out that one of the tough things about trimming the rest is that 80% of their total budget is used for personnel.

Hayden pointed out that most of the budget increases from last year are contractual salary obligations. The School Committee planned further meetings, but must have a more finalized budget finished by the time the Budget Balancing Committee meets in the first week of March.

"Personnel is to the bone as far as I'm concerned," said School Committee member Paul Samargedlis.

The Committee stated that next year's projected enrollments are similar based on current real estate trends and motioned to approve Hayden's first pass of the budget.

Samargedlis felt that it would be helpful if representatives from the teachers unions would stand with them when they appear before various government committees and lamented that other towns around Norwood were spending more on their school systems.

In other matters, Hayden explained the thought process behind his responses to two extraordinary occurrences the week before, the snowstorm and the dead body found behind the Phillip O. Coakley Middle School.

The National Weather Service had predicted a lower snow accumulation than the nine inches that ended up falling on Norwood. This delayed Hayden from canceling school on Tuesday night. He said he woke up at 4 a.m. and saw that the total had risen, canceling school by 4:30 a.m. He apologized to parents for the late cancellation.

"The hardest thing is forecasting what happens next. We live in an instantaneous world," Hayden said.

The Superintendent also discussed the School System's response to the Coakley School incident.

On Wednesday, January 29, a dog-walker discovered the remains of a human body behind the Coakley School. The investigation is still ongoing, but it appears that the death had little to do with the school.

He said that he had met with parents and made sure children were receiving support. On Thursday, the

Coakley used small groups in homerooms and classes to monitor the emotional states of students, articulating that guidance counselors were on hand.

Finally, Hayden took some time in the meeting to demonstrate some of the online National History Day projects to the Committee. National History Day is an academic program and contest in which students choose a themed historical topic and present that topic and its significance to a panel of judges. It's a requirement for all eighth graders, the websites of those that chose to do their project online can be found at <http://norwoodnhd.weebly.com/>.

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OPINION

Smart growth, smart people

Tuesday evening's Board of Selectmen meeting was terrific in terms of both public officials and residents working together to address a housing issue everyone feels strongly about.

Brian Hardiman, resident extraordinaire, was before Selectmen again to restate his position that Norwood had, in fact, reached a significant threshold allowing for denial of any detrimental multi unit housing projects requiring zoning changes, said threshold withstanding appeal if challenged by developers in court. This time he brought his team including an attorney versed on 40B, 40R legalities, and an expert experienced in the analysis of town

housing, both on Mr. Hardiman's dime to back up the findings of his report. They were all impressive.

Equally impressive was Selectmen Chairman Bill Plasko, obviously well versed on both housing in Norwood and the realities of poorly written MA law regarding the issue, which makes it difficult for anyone to state with no uncertainty that Norwood has reached any of the benchmark housing thresholds.

Regardless of whether one agrees there is value in any of the proposed housing projects before the Town, the key question is whether or not Norwood has the leverage to deny them based solely on the merits of the plans

and not having the threat of their decisions overturned on appeal. Selectman Lyons was correct when he pointed out that there is a huge difference between proposed 40R and 40B projects, the former usually brought forth by developers willing to work with the Town and not just shove projects down their throats. However, without the leverage of reaching any of those elusive housing thresholds, everyone reviewing 40R projects does so with a lingering fear that if something isn't approved by working with the 40R developer, than something much worse will ultimately end up at the site under a 40B proposal.

The good news is that Selectmen agreed Mr. Hardiman's associates should sit with their own experts to try and achieve consensus on Norwood's position prior to Town Meeting. The bad news is the reality that if this new "Dream Team" determines they have reached a threshold, some developer will undoubtedly challenge it should their project be denied. In other words, litigation is almost a certainty.

However, some things are worth fighting for, even at a significant expense. Should town officials determine a threshold has been reached, or even if they think one may have been reached, then TM members should review each of the proposed projects solely on their values and not under a threat of court action or an uglier alternative. And, everyone needs to understand that, should Norwood lose a challenge in the courts, there is no one to lay the blame on, except the state itself for leaving municipalities in such limbo.

Town Clerk Notices

Dog Licenses

The Town Clerk's Office would like to inform the residents of the Town of Norwood that the 2014 Dog Licenses are now available.

All dogs three months old or over must be licensed. Licenses are issued on a calendar basis, January 1st through December 31st.

Fees are \$20 for both

Male and Female dogs, \$15 for Spayed Females and Neutered Males. Certificate showing the dog was spayed or neutered must be shown. Rabies Certificate must also be shown.

The Town Clerk's office hours are Monday through Friday from 8:00 AM to 4:00 PM.

Nomination Papers Due

The Town Clerk's Office wishes to inform the residents of the Town of Norwood that nomination papers for the Annual Town Election to be held on Monday, April 7, 2014 are available in the Town Clerk's Office.

Requirements for filing nomination papers:

Major offices need 50 sig-

natures of qualified voters.

Anyone wishing to run for Town Meeting Member who is not a candidate for re-election needs to obtain 10 signatures of qualified voters in their district.

The nomination papers must be submitted to the Town Clerk's office by Tuesday, February 18, 2014 by 5:00 PM.

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Financial Commission

continued from page 1

"We shouldn't touch stabilization," agreed Fin Com member Judith Langone.

The general contractor whose bid most closely met the criteria is Holliston-based Colantonio, founded in 1978.

Fin Com heard from several department heads as well, in the first of a two-night meeting tasked with reviewing requested budgets from general government.

Town Planner Stephen Costello requested additional staffing funds for a community development employee who works on grant projects. Half of the funding for the position comes from grants. The funds for the employee are also part of the strategic planning for Costello's retirement.

The Board of Assessors Chairman Paul Wanecek also requested a larger budget for the next fiscal year, requesting an increase of \$53,000 to convene a state-mandated re-evaluation. The Board of Health (BOH) had increased expenditure requests. Superintendent of the Health Department Sigalle Reiss and BOH Chairwoman Joan Jacobs are asking for an additional hazardous waste collection to be added in the fall, so that there will be two per year, and increased funding for calendar magnets.

"[It's] probably the most desired service at our collection events," said Reiss.

Fin Com Vice Chair Alan Slater suggested that the added collection might help incentivize people to get rid of their Hazardous waste. Reiss pointed out that if residents don't want to wait, they could pay for hazardous removal privately.

The Building Department and Council on aging are asking for similar budgets to the last fiscal year, but Norwood's Department of Veteran's Services is asking for an increase, citing a rise in medical services caseloads. Currently the department needs to make a reserve fund transfer request for direct relief. Director Edmund Mulvehill had anticipated more people coming off the rolls, though he was proud of the service his department was providing.

"Norwood is a leader in the state with [this] ... nobody can touch us," said Mulvehill.

Airport Manager Russ Maguire appeared before the Fin Com seeking an increase in funding for operations, security, and a grass cutting deck for one of its tractors. Maguire also said that the state had approached Norwood about putting their airport offices in a town-owned building at the airport instead of leasing space at the airport for \$21,000 a year. The cost of expanding the building is \$1 million, but Massachusetts is offering a 95% reimbursement. Maguire says the Norwood Airport sees between 80,000 and 100,000 takeoffs and landings each year.

Superintendent of the DPW and Town Engineer Mark Ryan and Norwood Departments of Electric, Light, and Broadband also outlined their budgets, without much variation from the presentations given to the Board of Selectmen last week.

After this paper's deadline, Fin Com met with more departments Wednesday such as Fire Department and Police Department, and will continue to work on finalizing a budget.

Letters continued from page 4

all my life. At the moment, Norwood has multiple projects, simultaneously over 30 million on the table and when asked about overruns there are no answers for where the money may come from.

So, folks stay tuned.....the best is yet to come along with higher taxes.

Madeline Eysie
Norwood

SUPPORT POLICE IN THEIR EFFORTS

To the Editor:

Having Naloxone, also known as Narcan, in Norwood Police cruisers will undoubtedly save the lives of Norwood residents experiencing opiate overdoses in the future. Norwood Police Chief William G. Brooks III, members of the

police department and all involved in the decision to implement this important and progressive policy deserve great credit and full support in their effort.

For several reasons, opioids are plentiful in Massachusetts - both diverted prescription drugs and street drugs like heroin. Norfolk County hit 60 known overdose deaths in 2013, more than in the entire states of New Hampshire, Maine or Vermont in 2012.

Narcan, which blocks opiate receptors in the brain long enough to get an OD victim to a hospital for further treatment, is far from the Norwood Police Department's only answer to the regional crisis. Chief Brooks published a broad written strategy to combat opiate

abuse in August 2012. NPD collaborates with NORPAC and the State Police drug unit working in my office, and has consistently participated in attempts to find regional solutions, including quarterly overdose assessment meetings at the District Attorney's Office and accepting a grant from our office to provide a 24-hour a day, 7-day a week prescription drug take-back and disposal capability at the police station.

I urge the Norwood community to support the good work of the police department and continue to push back against this regional crisis. Working together, we can save lives; I commend the Norwood Police for their leadership.

Michael W. Morrissey
Norfolk District Attorney

Salon Standards

continued from page 1

years. And one of the things that we benefit [from having the] collaboration is we get to share and discuss our experiences. So it was something that we felt all departments were experiencing, so we went and looked for some grant funding," said Superintendent and Director of the Norwood Department of Health (DOH) Sigalle Reiss.

NC-7 has been working with nail salons for three years. The group is looking to make the Nail Salon environments safer for the nail salon workers and patrons, since some of the chemicals and dust particles in nail salons can be detrimental.

"The project builds on previous nail salon engagements by the NC-7 communities. This award will now allow us to form critical partnerships to address Occupational Health and Safety, an often-overlooked aspect of public health. Experience in similar programs across the country has shown that positive, voluntarily engagement and relationship-building is the best pathway to change and we look forward to partnering with salon owners and workers to determine how we can do that in a way that both improves their health and strengthens their business," said Reiss in a statement.

Forever French Nails in Norwood is one of the nail sa-

lons that have met the DOH's highest recommended guidelines. Kerry Webber-Scalzo, who owns the salon, says some of the things that sets her salon apart are the source capturing systems and the chemicals in the nail polish and acrylics, which are all special-made for their salon.

"It sucks in any bad vapors from acrylic so it's out of our breathing zone and the customers breathing zone. That's really important because most people do not have these," said Webber-Scalzo.

The source capture machines suck in dust and any chemical exposures from the nails and filters air through Charcoal and Hepa filters. Forever French Nails was granted one machine and bought 5 others.

"We're looking to expand [this program] out. Norwood has, out of the seven towns, the most nail salons. Among all seven towns we have 100 nail salons that we are hoping to work with. We'll roll out things in pilot programs and go step by step, but we have quite the amount of nail salons," said Reiss. "If we can help the health of those employees to reduce the exposure to toxics, that's kind of our goal."

According to Reiss, one challenge is reaching out to owners that may not speak English as a first language. One of the largest



The source capture machine pictured here extracts dust and any chemical exposures from nail polishes and acrylic nails from the air and filters it through Charcoal and Hepa filters.

PHOTO BY JOE DiFAZIO

populations represented in the industry is Vietnamese.

Chemical storage is another issue that health departments are looking to improve, working with fire departments when dealing with highly flammable chemicals such as acetone. Reiss said there are currently inadequate standards and that the only

regulations come from the board of cosmetology. According to Reiss many of those regulations are outdated and irrelevant today.

"We want to see this as a partnership with businesses. We want to hear from them

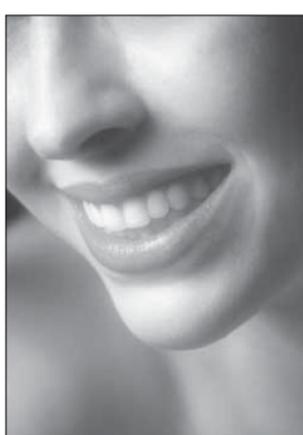
about 'what can we do to help improve their environment in safety, such as fire standards and exposure to chemicals, and also if we can make a connection between the health department and a vulnerable population," said Reiss.

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Student Drug Use *continued from page 2*

information they received and sharing it with school staff at an upcoming faculty meeting. Teachers are already trained in drug use awareness, but she wants to widen their breadth of knowledge. Keegan calls educators the front line in dealing with student drug use.

"If they see someone that looks impaired, maybe if the pupils look different, if they're sleepy, if they're speech is [off], sort of all those markers, they then call for us and we bring the student down to the nurse to do an assessment," said Keegan.

McDonough and Keegan said they learned a lot about physical signs and symptoms commonly associated with street drugs.

"As a school nurse you learn about the effects of certain drugs ... but you don't learn about sobriety tests," said McDonough. "The biggest thing is we care about the safety of that child."

McDonough also looks forward to another seminar about student drug use specifically geared towards school nurses. The DA has not yet released the details for this seminar.

Keegan believes marijuana and alcohol are where most students who use drugs start. She believes that marijuana is being more normalized with medical marijuana dispensaries being established, and the possibility of legalization down the road.

Educators also see parents as allies in prevention, especially with some of the newer drug trends.

"I think preventatively, parents and families need to look in the medicine cabinets and clean it out. If there's any medication in there that is expired or not used they need to bring it to the police station. They have a 24-hour ... bin [and] can bring the medication there," said Keegan. "Getting any old medications, any old pain-killers, get them out of the house."

Keegan also mentioned the recent death of Phillip Seymour Hoffman by heroin overdose as something that might help people become more aware of the issue of drug abuse.

"It takes someone like that to make people shake up and wake [up], this is big," Keegan said.

Around 60 principals, nurses and police school and juvenile officers from 23

Norfolk County towns attended the seminar. The trainers were Jack E. Richman, OD, retired Nahant Police Sergeant Don Decker, and Middleboro Police Sergeant Deborah Batista.

"These are important issues for individual students and school populations as a whole," Morrissey said in a statement. "I appreciate Norwood's partnership and dedication to safe schools."

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Selectmen *continued from page 3*

hostile developers.

Plasko additionally stated that the friendlier 40Rs could be considered on their merits, to which Hardiman asked, "Do we want to be a community that's 50 percent rental?"

There are three articles set for night two of the Special Town Meeting docket on February 27 that deal with 40Rs.

Fire Chief Greeley also gave his monthly report for January in an appointment with the Board.

He commended the Police Department on their implementation of carrying the drug Narcan in cruisers. This drug helps prevent overdoses from illicit drug use. Ambulances had previously carried Narcan, but Greeley highlighted that cooperation between departments and community increases safety.

"Community safety is everyone's business, not just the Police Department or the Fire Department," said Greeley.

He stated that the month of January was busy for his department, but pretty typical.

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Sports

Seniors shine during last meet

Gillian Smith
Staff Reporter

The Norwood girls gymnastics team pulled out a win over Brookline Friday night as they honored three graduating seniors and their four years of hard work.

Seniors Liz Kearns (captain), Kristen Folan (captain) and Mackenzie Begley received balloons and flowers at the beginning of the meet and were placed in as many events as possible to give them a chance to shine on their last night.

Folan dazzled parents and spectators on the floor, while Kearns gave a highly entertaining performance on the beam and Begley smiled her way through her floor routine. The Mustangs beat the Brookline Warriors 104 to 100.3. With only one other win in their season, against Framingham, having another win was a plus.

"I think it was a good meet to end the season on," said coach Karen Broderick. "We've had a tough season with fighting some injuries and it was nice to have another win under our belt."

Broderick said the meet was a highly anticipated one, as the seniors took their moments to shine and show off how hard they have been working for their

four years on the team. Several team members stood up and spoke about the seniors, thanking them for being good leaders.

"The kids do a nice job with honoring the seniors and we definitely placed the seniors in as many events as they could so they could have a night honoring the seniors," Broderick said. "It meant a lot to them and their families, to recognize their hard work."

Underclassmen thanked Folan for her enthusiasm and "never failing to make everyone smile." Folan suffered a back injury this season and her teammates said she showed endless support for the team. Her determination to improve and recover from her injury inspired her teammates to work harder and improve their own skills. The team also thanked Kearns and Begley for their determination in improving over the season and said they will be "truly missed."

Broderick said there was a lot of pressure surrounding the meet against Brookline and the coaches get nervous for the Senior Night meet because the seniors want to have a flawless competition. Broderick said she is hopeful the graduating seniors will join club gymnastics at their respective colleges. Both Folan



Senior captain Kristen Folan stands with her parents during last Wednesday night's meet against Brookline. The gymnastics team honored seniors during their last home meet of the season.

PHOTO BY GILLIAN SMITH

and Begley have expressed interests in diving and may pursue opportunities in that field as well.

Looking forward to next season, Broderick said she hopes her gymnasts continue taking classes through the off-season and over

the summer, so that they can stay in shape and maintain the skills they have developed over the season.

"We have had an easy time with the girls wanting to improve this season and I'm hoping that they will continue to work on their

skills over the summer," she said. "If they can stay in shape, I'm hopeful we will be ahead of the game by next season. Because our season was so short this year, we definitely shined in the last half of the season and I think finishing on a high note was great."

Shamrocks surpass Norwood Mustangs Boys Basketball

Gillian Smith
Staff Reporter

The Norwood boys basketball team suffered a surprising loss Sunday afternoon against the Bishop Feehan Shamrocks, 63-55, after jumping out to a solid early lead.

The Shamrocks and Mustangs spent the first three and a half minutes of the game with two and three points, respectively, and stayed within single digits of each other through the first quarter. Rebounding was an issue for both teams and the Shamrocks, who came into the game with a 17-1 record, took advantage of the Mustangs' sloppy rebound attempts.

While many Mustang breakaways were fruitless, Norwood stayed in the game, ending the first quarter tied with Bishop Feehan at 9-9. Play continued much the same throughout the second quarter, with the Mustangs defense keeping the score tied 13-13 at the six-minute mark.

Mustang junior guard Kevin Perry, who had made 10 points in the first half, sunk two key three pointers at 5:22 and 4:00 to give Norwood a 19-15 lead. The Shamrocks threatened to kill the Mustang lead several times throughout the second quarter, taking advantage of several traveling calls against the Mustangs.

Sophomore guard Jordan Curry sunk a three-pointer at

3:25 to keep Mustang morale up and maintain a small lead. The Shamrocks decided to fight back with a full court press after a key time-out, but were unable to stop the Mustangs from hitting a slew of shots to give them a 27-20 lead with 1:46 to go in the first half.

After sophomore point guard Chris Bell made two out of three free throws and the Shamrocks made a solid attempt at closing the gap, the first half closed with a Shamrock basket at the buzzer for a 31-24 Mustang lead.

"Unfortunately we gave up offensive rebounds that led to put-back lay-ups on back-to-back possessions to end the half," said coach Rich Cormier. "We had a chance to hold for



Sophomore guard Jordan Curry goes head to head with a Shamrock during Sunday's game.

PHOTO BY GILLIAN SMITH

the last shot but traveled and allowed Feehan to get one of those put-back lay-ups."

The third quarter saw sophomore guard Clifton Clark hustle to rebound his own three shot attempts to no avail. As the

Mustangs pushed to maintain their lead, the Shamrocks put their offense on hyper-drive and took advantage of every

Boys Basketball
Continued on page 11

Girls Basketball gets key win versus Wellesley



Freshman guard Meghan Reen finds an opening in the paint and takes her shot during Friday night's game against the Wellesley Raiders.

Gillian Smith
Staff Reporter

The Norwood girls basketball team pulled out a win against Wellesley on Friday despite tough defense from the Wellesley Raiders.

The Mustangs held off the Raiders through four minutes of play, scoring seven points and making use of smart passes and quick feet. Wellesley finally got on the board with four minutes left in the first quarter with a

quick drive to the basket for two.

Norwood showed off good rebounding skills, keeping a tight defense and benefiting from several missed Wellesley shots. The score remained 7-2 when Wellesley tried to break away down the court, but sophomore guard Meghan Reen beat the drive, stopping the Raiders with clean defense.

As the Mustangs pushed into Raider territory, senior guard Julia Copponi sent a direct pass through Wellesley

traffic to sophomore Krista Bradley, who fought through several Raider guards to increase their lead to 9-2. The Mustangs rode their lead and picked up intensity on defense, stopping the Raiders at almost every pass. As the quarter began to wind down, the Mustangs became sloppy, allowing the Raiders two points, but still ended the quarter up seven points.

The Raiders hit a shot in the first fourteen seconds of the second quarter, but the Mustangs responded with

PHOTO BY GILLIAN SMITH

Boys Basketball *continued from page 10*

Mustang mishap to close the gap to six points, 34-28, with 4:45 left in the quarter.

Curry hit a three-pointer to secure a 39-29 lead at 3:20. The Shamrocks answered with a three-pointer by senior guard and Shamrock captain Austin Burlone. The Mustangs were able to keep their 10-point lead after the Shamrocks fouled Bell and sophomore guard Jove Dorisca sank a shot with two-and-a-half minutes to go.

It looked like Norwood would be able to maintain their significant lead over the Shamrocks until a tight, full court press shook up the Mustangs, causing them to lose control of the ball and suffer multiple turnovers. The combination of turnovers and multiple fouls by the Mustangs gave the Shamrocks the opportunity they were looking for, as they took the lead for the first time since the first quarter, closing the third

quarter 43-42.

"The third quarter was mostly back and forth until about two minutes to go in the quarter and the wheels fell off for us," Cormier said. "We started to turn the ball over against their pressure defense and couldn't make a basket."

The fourth quarter saw the Mustangs slowly fall apart, as they were unable to regain control of the game. They responded to the Shamrocks' newfound intensity with several fouls on shooters, which gave Bishop Feehan a solid 50-42 lead with six minutes left in the game. A three-pointer by Shamrock junior forward Ryan Costello twisted the knife, and Curry responded with a well-timed three-pointer with four minutes left to go.

The Mustangs picked up the intensity after a timeout

with two minutes left to play, and put a full court press on the Shamrocks, but were unable to make up for any lost ground, ultimately losing to Bishop Feehan 63-55. Top-scoring Mustang players include Bell with 10 points, six assists and eight rebounds; Thankgod Ugochukwi with nine points, eight rebounds and six steals; Perry with 13 points and two steals; and Curry with 11 points and three rebounds.

"It was no doubt a disappointing loss," Cormier said. "We had a great chance to get a win on the road against a good team. Unfortunately some costly mistakes on the board with turnovers, coupled with poor second half shooting, led to our demise."

The boys will play at Natick on Tuesday and will host Walpole at home at 7 p.m. on Thursday.



Junior guard Julia Copponi slips past a Wellesley defender for an easy layup during Friday's game.

PHOTO BY GILLIAN SMITH

three three-pointers by Copponi, junior Maura O'Neill and Reen to bring their lead to 18-6 at 6:36. A quick pass from Copponi to senior captain guard Olivia Philbrook secured a shot, solidifying a 14-point lead over the Raiders with 5:21 left in the half.

A late push towards the end of the second quarter brought Wellesley up to 11 points, but Norwood was determined to stop the Raiders, with a successful free throw by junior guard Hannah Benson and a three-point shot by O'Neill to bring the Mustangs up 28-13.

Despite a number of Mustang turnovers, Norwood was able to hit three shots in the first three minutes, increasing their lead to 34-13. The Mustangs attempted several drives toward the basket, but were stopped by a full court press by Wellesley. Despite their success in stopping Mustang advances, the Raiders

were only able to score six points in the third quarter.

Both teams hit several baskets through the beginning of the fourth quarter, but the Mustangs pulled away to secure a 23-point lead with three minutes left to play with 47 points to Wellesley's 24. Mustang speed and accuracy declined rapidly in the last few minutes of the game as the players were visibly tired and became sloppy, missing key passes and causing turnovers.

Wellesley took advantage of Norwood's exhaustion and found their second wind with two minutes to play, hitting a couple of three-pointers and layups to tighten Norwood's lead to eight points. Despite the Mustangs' loss of fire at the end of the game, they were able to pull out a 47-39 win.

The Mustangs hosted Bellingham on Monday and Natick on Tuesday and will host Walpole at 6:30 p.m. on Thursday.

Wrestlers lose to Dedham on Senior Night

Gillian Smith
Staff Reporter

The five graduating Mustang wrestlers were unable to beat rival Dedham during a close meet on Senior Night, losing 36-35.

Junior captain J.J. O'Donnell (145 lbs) went up against the No. 2-ranked wrestler in the state, Eric Reyes, but lost by a score of 17-6 after a tough fight.

"We knew it was going to be a tough go, but I was proud of the way he wrestled," said assistant coach Dan McDonough. "He went out there and gave it everything he had. He is one of the fiercest competitors I have ever coached."

Senior Alex Pandolfo (152 lbs) won his match on a technical fall with a score of 15-0. McDonough said Pandolfo is one of the most improved wrestlers on the team and has made significant improvement in the wrestling room after missing most of last season due to an injury.

"He showed up on day one and has made significant gains," McDonough said. "I am excited to see him wrestle in the sectional tournament this Saturday at Milton High School."

Also winning his match was junior captain Mike McDonough (160 lbs), who won by a pin in the first pe-

Wrestling

Continued on page 12

Wrestling *continued from page 11*

riod. Senior captain Joe Munro (182 lbs) also won by a pin in the third period. Munro was in and out of the lineup last season, but came back this season with success in mind, McDonough said.

"He is both sound technically and tough as nails to wrestle," McDonough said. "The kids definitely look up to him as he commands a presence on the

team and routinely finds a way to 'wow' the crowd with his quick moves."

The Mustangs do not have a full lineup, so McDonough said it is difficult to win a meet by overcoming the six points they have to give their opponent for not having enough wrestlers. Despite their handicap, they have spent the season working through the difficulty and steadily improving.

The Norwood Record

"I love the sport of wrestling because you only get what you put into it and our guys know that," McDonough said. "They've worked through blood, sweat and tears to get to where they are now, entering the tournaments."

The team has had a roller coaster season as they tried to make up for one less wrestler and currently has a record of 1-6. The Mustangs head into postseason tournaments starting on Sunday, when they will travel

to Milton for the MIAA Division II Metro tournament.

"It is always a tough situation when you are filling the lineup with first year wrestlers, but I am proud of the guys and how far they have come since early December," McDonough said. "The upperclassmen, including junior captain O'Donnell, junior captain McDonough, and seniors Pandolfo and captain Munro serve as great role models for the

February 13, 2014

younger guys to look up to."

McDonough said the seniors will be able to pass on the torch of a strong work ethic, good sportsmanship and leadership on and off the mat.

"As much as wrestling is an individual sport in terms of one-on-one competition, it takes a team to battle the highs and lows of the season and to build off of that chemistry and dedication in the practice room," he said.

Legals

NORWOOD CONSERVATION COMMISSION LEGAL NOTICE

The Norwood Conservation Commission will hold a Public Hearing under M.G.L. Ch. 131, Sec. 40, The Wetlands Protection Act and Norwood Bylaw XXV, including any amendments thereto on Wednesday, February 19, 2014 at 7:50 P.M. in Room 12, Norwood Town Hall. The Commission is to hear a request for a Determination of Applicability from Massachusetts Department of Transportation of Taunton, MA for the proposed application of herbicides approved for use in sensitive areas within state highway rights of way at low pressure (below 60 p.s.i.) at spot locations. These locations include beneath median, roadside, and ramp guardrail; within crevices between pavement and curbing or edging; on poison ivy; and within joints between and under jersey barrier within the project limits. Project location: Route I-95, Norwood, MA.

Copies of request and plans are available for review by appointment only. Please call Mr. Al Goetz at 781-762-0781.

Cheryl Rogers, Chairperson

Norwood Record, 2/13/14

NORWOOD CONSERVATION COMMISSION LEGAL NOTICE

The Norwood Conservation Commission will hold a Public Hearing under M.G.L. Ch. 131, Sec. 40, The Wetlands Protection Act and Norwood Bylaw XXV, including any amendments thereto on Wednesday, February 19, 2014 at 7:40 P.M. in Room 12, Norwood Town Hall. The Commission is to hear a request for a Determination of Applicability from Massachusetts Department of Transportation of Taunton, MA for the proposed application of herbicides approved for use in sensitive areas within state highway rights of way at low pressure (below 60 p.s.i.) at spot locations. These locations include beneath median, roadside, and ramp guardrail; within crevices between pavement and curbing or edging; on poison ivy; and within joints between and under jersey barrier within the project limits. Project location: Route 1, Norwood, MA.

Copies of request and plans are available for review by appointment only. Please call Mr. Al Goetz at 781-762-0781.

Cheryl Rogers, Chairperson

Norwood Record, 2/13/14



JJ O'Donnell goes head to head with a Lexington opponent.

PHOTO BY GILLIAN SMITH

Through our doors

AN INTEGRATED TEAM OF NEUROLOGISTS HAS HELPED LISA DO AMAZING THINGS. LIKE THIS.

Lisa spent years searching for relief from debilitating migraines that robbed her of simple pleasures like eating out, dancing, even simply running errands. Through our doors, she finally found answers from a team of Brigham and Women's neurologists that employ a unique combination of compassion, experience and innovation. And today, a blend of treatments is giving her back the vitality she feared may be lost forever. "I get to be spontaneous" she says, "I have a life again." Find out more about our Neurology and other services, including the John R. Graham Headache Center, Sleep Medicine, Gastroenterology, Cardiology, Weight Management, and Bariatric Surgery, by calling 617.983.7500 today.



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Faulkner Hospital**

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PLIMPTON PRESS PARTNERSHIP

Planning Board Endorses Plimpton Press Redevelopment

Over the last year we have met with town officials, neighbors and residents in an effort to create a project that the entire town can be proud of and we are committed to continuing that work. Our goal is to create a project the town and our neighbors can enthusiastically support.

The Planning Board endorsement of our project is a key indicator that we have created a strong proposal that meets the goals and aspirations of the town to develop smart housing opportunities that revitalize under used spaces.

The Plimpton Press Project is unique:

- Gives Norwood one time payments of more than \$1 million
- Increases net new tax revenue to the town in excess of \$200,000
- Includes home ownership with 30 for-sale condominiums
 - Satisfies 40B threshold for the town of Norwood

We are hosting open office hours at 125 Lenox Street **Mondays** from 8:30 to Noon, **Tuesdays** from Noon to 4 PM and **Wednesdays** from 6 to 8 PM from now until Town Meeting. Come speak to the project team, review the renderings, ask questions and share your comments!

To learn more about the project or share your comments with the team please visit:

www.PlimptonPress.com

The Record Book

FUNDRAISER FOR NORWOOD CIRCLE OF HOPE

Brian McDonough, Norwood High School's Athletic Director, will be hosting a pre-Dancing with the Stars Competition fundraising party on Friday Feb. 21 at the Norwood Elks, 7 to midnight. There will be music, snacks, raffles and fun Prizes. Suggested Donation \$15. All are welcome.

THE NORWOOD WOMAN'S CLUB TO HOLD MEETING

The Norwood Woman's Club will hold their next meet on Tuesday, March 11 at 12:30 p.m. at Emmanuel Lutheran Parish Hall, 24 Berwick Street. We will have Mr. Patrick Hoye, who will entertain us with "Irish Music and Humor." New members are always welcome. Hope to see you there. Any questions call Trina Mallet at 781-762-8173.

NORWOOD HIGH SCHOOL JAZZ CLASSIC

On Thursday, Feb. 13, 4p.m. Join us @ the Paul M. Alberta Performing Arts Center. Come in from the cold to see talented High School Jazz Bands perform some amazing music for adjudication. Admittance at the door: \$6.00 per person. Concessions in the NHS Dining Hall. The Norwood PMA is a non-profit organization supporting the Norwood Music programs through fundraisers and other events in conjunction with the Director of Fine Arts, Catherine Connor-Moen. If you would like to learn more about the Norwood PMA or the Norwood Music program, please visit them at www.norwoodpma.org or <http://www.norwood.k12.ma.us/subsite/nhs/page/fine-arts-department-997>.

BALCH SCHOOL PTO

On Friday, March 14, from 5:30-7:30pm, the Balch School is holding its annual Italian Dinner. This wonderful family event has been a tradition at our school for many years. Our 5th Graders will be taking the honors of serving our guests as waiters/waitresses, host/hostess, and pastry chefs! There will be a raffle as well. Please come join us for a nice dinner with family and friends. The price for dinner is \$5.00 per person, which includes: Beverages, Salad, Pizza, Coffee, and Assorted Desserts. Soda is available for an additional cost of \$1.00 per can. There will also be a raffle. All

proceeds from this event go toward paying for the 5th Grade class yearbook, T-shirts, and end-of-year party. Hope to see you there for a wonderful evening.

REGISTER FOR SPRING 2014 SOCCER

The Norwood Youth Soccer registration deadline for Spring 2014 Intramural teams is Feb. 16th, 2014. Please register today. A late fee of \$10 applies after deadlines. Go to norwoodsoccer.com and click "Registration" for more information.

FROM HANGING OUT TO HOOKING UP — WHAT EVERY PARENT NEEDS TO KNOW

Join a discussion about today's complicated teen relationships at Temple Aliyah on Feb. 26 at 7:45 p.m. (originally scheduled for Feb. 6 but postponed due to snow). Guest speaker will be Dr. Diane Balser, Co-Director of Undergraduate Studies in the Women, Gender & Sexuality Program at Boston University. Dr. Balser runs workshops for young women and men on the effects of contemporary culture on young people. Temple member Rebecca Kotkin, MSW, LICSW, will moderate the discussion. The event is co-sponsored by the youth commissions of Temple Aliyah and Temple Emanuel. Refreshments will be served. Free and open to all. Temple Aliyah, 1664 Central Ave.

BLUE HILLS ADULT HISET PREPARATION

Registration for Blue Hills Adult HISET Preparation Program will be held at Blue Hills Regional Technical School, 800 Randolph Street, Canton on Thursday Feb. 13, at 6:30 p.m. Please bring photo ID. Classes are free. Funded by the Massachusetts Department of Elementary and Secondary Education. For further information please call 781.828.5800 ext. 325 or visit adulthood.bluehills.org.

BLUE HILLS ADULT EDUCATION FREE MATH BOOT CAMP

Free Math Boot Camp 800 Randolph Street, Canton. If You Want To Learn Math To. Prepare for the High School Equivalency Exam, Get a Job or a Better One, Get into Job Training. Registration. On Thursday Feb. 13, at 6:30 p.m. Please bring a Photo ID. 781.828.5800 x325 www.adulthood.bluehills.org. Funded by the Massachusetts Department of Elementary and Secondary Education.

NORWOOD BABE RUTH REGISTRATION

Will be holding its annual registration during February school vacation. Registration is to be held in the Norwood Rec Center upstairs in the Lydon room on: Tuesday Feb. 18th from 7 to 9 p.m., Wednesday Feb. 19th from 7 to 9 p.m., and Thursday Feb. 20th from 7 to 8:30 p.m. Cost for 1 player is \$175 and \$300 for two family members. There will be a \$10 late fee after the sign-up date. Any questions, please call Fitz at 781-223-1767.

MUSIC WITH MARGIE ON TUESDAY MORNINGS

Bring your tots age 15-36 months to Temple Aliyah on Tuesday mornings for Music with Margie, featuring 45 minutes of interactive music and play. Music teacher extraordinaire Margie Brodsky will lead the group in classic children's songs and favorite Jewish melodies, followed by a snack and socializing. Four-week session (Feb. 18, 25 and March 4), 9:30-10:30 a.m., \$24/ Temple members, \$40/nonmembers. Beginning in March come to Music and More with Margie, featuring more time for music, fun, and making friends with hands-on art and creative playtime. Eight week-session (March 11, 18, 25, April 1, 8, 29 & May 6 and 13), 9:30 to 11:15 a.m., \$50/Temple members, \$80/nonmembers. Former Isis Parenting members can register at the member rate. Register at www.ganaliyah.com or email tots@ganaliyah.com. Temple Aliyah, 1664 Central Ave., 781-444-8522.

CLEVELAND SCHOOL TRIVIA NIGHT FUNDRAISER

On Feb 28 at 7 p.m. Located at the Elks Hall, 152 Winslow Ave, Norwood. The evening will include team trivia, raffles including Boston Bruins tickets, silent auction, and a cash bar. Tickets are \$20 at the door, and \$175 for a table of 10. Tables are selling out quickly. To reserve please contact Jayne Ford at jayneford@verizon.net

NORWOOD FOOD PANTRY NEEDS VOLUNTEERS

Can you spare a few hours a month to help your hungry neighbors? The Norwood Food Pantry needs volunteers to pick up bakery goods once every four weeks at local supermarkets (Roche's, Shaw's, and Stop & Shop). Pickups are made on Saturdays. For more information, please call John at 781-769-

3834. Volunteers are also needed Monday mornings from 8 to 9 a.m. to help move food from the pantry storage facility to the pantry itself. Some heavy lifting is involved, however both buildings are located close together on the property of Grace Episcopal Church, 150 Chapel Street. If you are interested, please call Ruthie at 781-769-0425.

FAMILY PARENTING CHILDREN WITH SPECIAL NEEDS

Community Engagement Programs Free Parent Workshop Presenter: Compass for Kids, Parenting Children with Special Needs. On Thursday, Feb. 13, from 6:30 to 8:30 p.m. Located at the Savage Educational Center — Room 219, 275 Prospect Street, Norwood. "Parenting a Child With Special Needs" — this workshop will focus on stress related to parenting a child with special needs, and how to handle daily responsibilities and routines. Emphasis on ways to cope with stress and means of support will be provided, as well as discussion around community involvement. This workshop will also focus on the manner in which stress affects how children respond. This workshop is for families with children from birth to early elementary years.

SPECIAL VALENTINE'S WEEKEND TOUR MORSE HOUSE

On Feb 16, from 1:00 to 4:00 p.m. Located at the The George H. Morse Meeting House, 1285 Washington St., Norwood. Museum and Education Center will be open for a Special Valentine's Weekend Tour. Refreshments will be served.

ART SHOW AND SALE — ONGOING

The Norwood Art Association will be having their winter members show and sale at The Norwood Fine Artists Gallery and Studio, located at the Winsmith Mill Marketplace, 61 Endicott St., in Norwood. Enter through the red door and the gallery is on the third floor. A reception will be held on Feb 23rd from 1-3 p.m. The show runs 2 weekends, Feb. 15 and 16 and Feb. 22 and 23. The 2,700-square foot gallery will showcase artwork by talented local artists in both 2D and 3D media. Member artists in the show are from Walpole, Norwood, Westwood, Medfield, Norwell, Braintree, Wrentham, Canton, Norfolk, Taunton and Sharon. The Norwood Art Association is an active group of over 150 mem-

bers that meets monthly at the Morrill Memorial Library in Norwood. More information is available at their website Norwoodartassociation.com. This year marks the 35th anniversary of this talent-filled organization. The event is free and open to the public. The gallery, an initiative of the Norwood Art Association, is run by Walpole residents Ellen Little and Lisa Bloom; for further information contact Ellen at beslittle@aol.com or Lisa at Lbloom4@comcast.net.

TO THE PARENTS, PLAYERS, SPONSORS & FANS OF NORWOOD LITTLE LEAGUE

I would like to welcome back all returning parents, players, sponsors & fans as well as those joining us for the first time. We genuinely appreciate all the support you have provided and we look forward to an exciting 2014 season and beyond. There have been some recent changes made to Norwood Little League. One of the most immediate changes you'll see is that we have a new online registration system, which is now live via the norwoodll.com site. You'll also notice a new tiered pricing structure as well as applicable discounts. Registration is open now, and will continue until March 15th. In the meantime, if there are any questions or concerns please do not hesitate to contact myself or any board member of Norwood Little League (names and emails being updated on the main site). Please sign up for our email updates as well. Follow Norwood Little League on Twitter @baseball02062 and on Facebook at <https://www.facebook.com/norwoodlittleleague>. Play Ball!! Mike Cotter President, Norwood Little League, president@norwoodll.com.

NORWOOD JUNIOR WOMAN'S CLUB WANTS YOU

Looking for an opportunity to socialize, make new friends and make a difference in your community? Come check out one of our monthly meetings! The Norwood Junior Woman's Club is sponsored by GFWC (General Federation of Woman's Clubs). GFWC is one of the largest and oldest women's volunteer service organizations. They are dedicated to community improvement by enhancing the lives of others through volunteer services. We welcome new members and encourage Norwood residents and business owners to come to one of our monthly meetings. NJWC is a great way to have fun and get to know some amazing women while giving back to the community through service projects and fundraisers! Club Meetings are held on the 3rd Monday of every month (September-May) at 7:30 p.m. at Conrad's Restaurant, 728 Washington St. in Norwood Center (728 Washington Street). For more information about our club, please visit our website at NorwoodJWC.org or check us out on Facebook!

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. —R.B.

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. —J.R.G.

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Grateful thanks. —M.P. & W.P.

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 9th 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.R.G.*

PASTEL PAINTING WORKSHOP

Award-winning pastel demonstrator Gregory Maichack will present his new workshop, "The Pastel Art of Georgia O'Keeffe," at the Morrill Memorial Library on Thursday, March 13 from 6-8 p.m. Mr. Maichack will give a demonstration and instruct participants in creating their own pastel painting of Georgia O'Keeffe's favorite, the calla lily. All professional-grade materials will be provided. Greg Maichack earned an MFA from the Museum of Fine Arts in Boston. He teaches pastel at the Springfield Fine Arts Museum School and has received numerous national awards. Sign up for this free workshop, partially funded by a grant from the Norwood Cultural Council, at the library Reference or Information Desk or call 781-769-0200, x110 or 222. No experience is necessary. Please note that space is limited.

RADIO PERSONALITY AND AUTHOR CARTER ALAN

Join the Friends of the Library as they welcome local author and radio personality Carter Alan on Monday, March 3 at 7:30 p.m. at the Morrill Memorial Library. Mr. Alan is the author of the recently published "Radio Free Boston: the Rise and Fall of WBCN" as well as books on the Irish rock band U2 and renowned sound engineer Dinky Dawson. After leaving WBCN, Alan moved on to his current roles

as Music Director, Assistant Program Director, and on-air host weekdays from 10-2 at WZLX, Boston. This event promises to be a real treat for those with fond memories of 'BCN and an interest in hearing firsthand about the legendary station from one of its own. Sign up at the library Reference or Information Desk or call 781-769-0200, x110 or 222.

LIBRARY HOSTS FORMER STATE SEN. MARIAN WALSH

Marian Walsh, former MA State Senator, will appear at the Morrill Memorial Library on Monday, March 10 at 7 p.m. to talk about her timely new book "Run: Your Personal Guide to Winning Public Office." Walsh encourages Americans who are fed up with divisive politics and with incumbents who seem to be continually under investigation to "take back their democracy" and run for office. A complete unknown when she first ran for office in 1988, Walsh served two terms in the MA House of Representatives, nine consecutive terms in the MA Senate, and has never lost an election. Beginning with a frank discussion of her own political experience, "Run" shows how to channel passion for

a cause into a running platform and explains the most important things a candidate needs to know. Sign up for this free event with Marian Walsh at the library Reference or Information Desk or call 781-769-0200, x110 or 222. Autographed copies of "Run" will be available for purchase after the program.

IRISH FIDDLE AND HARP CONCERT AT THE LIBRARY

The spring Musical Sundays series at the Morrill Memorial Library will begin with a traditional Irish fiddle and harp concert on Sunday, March 2 at 3 p.m. with Laurel Martin and Kathleen Guilday. Laurel Martin studied the regional fiddle style of Ireland with master fiddler Seamus Connolly. In addition to performing extensively throughout New England, she has taught Irish Traditional Fiddle music at Boston College, Wellesley College, Philips Academy, the Indian Hill Music School in Littleton, and at workshops and festivals across the country. An All-Ireland harp champion, Kathleen Guilday studied traditional style and repertoire in Ireland and has been performing for more than 30 years, both as a soloist and as a

member of various Boston area groups. Kathleen has appeared at Boston's Symphony Hall with The Chieftains and has entertained President and Mrs. Clinton and Irish Prime Minister Bertie Ahern at the White House. Sign up for this performance, made possible through the library Endowment Fund, at the Reference or Information Desk or call 781-769-0200, x110 or 222. The library is handicapped accessible.

LIBRARY HOLDS 3RD ANNUAL VOLUNTEER APPRECIATION TEA

The Morrill Memorial Library staff and Board of Trustees cordially invite all past, current, and future library volunteers to the third annual Volunteer Appreciation Tea, to be held in the 2nd floor Simoni Room of the library on Friday, Feb. 14 from 10 a.m. until 2 p.m. Sweets and savories prepared by the library staff and trustees will be served, buffet-style, in addition to coffee, tea, punch, and water. The cookbooks containing these recipes will be displayed alongside each offering and are available to borrow through the Minuteman Library Network. If you are interested in attending the tea as a prospective volunteer, please call the library at 781-769-0200. Past and current library volunteers need not RSVP, just drop by! We look forward to the opportunity to express our appreciation for all your hard work and dedication. The library is handicapped accessible.

Community Service Directory

<p>AUTO SALVAGE</p> <p>Chuckran's Auto Parts WANTED: Junk Cars, Trucks & Construction Equipment for Scrap WE PAY CASH! Ask for Richie (617) 259-0032</p>	<p>CONTRACTOR</p> <p>MV BUILDING & REMODELING <i>"General Carpentry"</i> DECKS • ROOFING • REMODELING KITCHENS • BATHS • ADDITIONS VINYL SIDING • WINDOWS FINISH CARPENTRY ICE DAM REMOVAL Fully Insured 781-551-0429 Michael Valeri Reg #129808 • License #075351</p>	<p>GENERAL CONTRACTING</p> <p>D.A. McCAULEY <i>General Contractor</i> HOME IMPROVEMENTS & REPAIRS NO JOB TOO BIG OR TOO SMALL Gutters Cleaned, Repaired, & Installed References upon Request • Free Estimates <i>30 Years in Business • Licensed & Insured</i> CALL 617-364-4287</p>	<p>GENERAL CONTRACTING</p> <p>Scullane Construction <i>New Construction - Remodelling</i> Framing • Additions • 2nd Floor Conversions Dormers • Decks • Roofing • All Types Siding Bathroom & Kitchen Remodelling Interior Trim • Baseboards Crown Moulding <i>All Work Guaranteed - Licensed & Insured</i> Contact Dave 617-699-7155 email: scullane1@gmail.com</p>
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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)

SALE DATES: Thurs. Feb. 13 -Feb. 19, 2014

Ocean State JOB LOT

STORE HOURS: Mon-Sat 8am-9pm; Sunday 9am-8pm

20 Count Bigelow Teas
All varieties
1.59

Maple Leaf Ham
1 lb.
1.99

B&M Baked Beans
28 oz.
1.59

Olives
17.6 oz drained wt.
assorted varieties
2.69

Gillette MACH3
4 Count
Regular or sensitive
6.99

Luxurious Bar Soap
5.5 oz 7 varieties
69¢

manufactured in Massachusetts!

1 LB PRIMIO PASTA
Imported from Italy
Assorted varieties
39¢

Puppy Pads
50 Ct 24"x24" or 60 Ct 17"x24"
11.99

40 Ct Jumbo 27.5"x35"
19.99

Old Mother Hubbard
20 oz Biscuits or 6 oz Treats
Comp. \$6.99-7.99
2.99

Waffle Tops
Comp. \$12-\$15
\$6

Outer Banks Polos
Comp. \$30-\$50
\$6

JUST ARRIVED! **NEW SELECTION!**

CHARMIN® Ultra Soft
4 Double Rolls
Equals 8 regular rolls
Comp. \$4.19
\$1.99

CASCADE® Platinum Dishwasher Detergent
21 Pacs
Comp. \$5.49
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AJAX® 50 oz Laundry Detergent
HE Formula - Assorted
Comp. \$3.99
\$1.69

Wild Bird Seed
50lb Black Oil Sunflower Seed
Our Reg. \$29.99 **\$25**

25lb Signature Blend
Our Reg. \$23 **\$18**

20lb Country Blend
Our Reg. \$8.50 **\$8**

7lb Scotts Songbird **\$6**

Famous Catalog Label Short Sleeve Knit Tops
Lots of styles
Comp. \$15-\$40
\$5

Ladies Famous Maker Jeans
Lots of styles including figure enhancing models
Comp. \$42-\$52
\$15

NEW!

Famous Maker Swimsuits
Fantastic Assortment
Mostly tankinis - some bikinis
Comp. \$50-\$100
\$15

SEED STARTING SPECIALS

4-Shelf Greenhouse **\$18**

36 Cell Peat Pellet Seed Starting Greenhouse
Our reg. \$5.50 **4.50**

36 Cell Seed Starting Tray
Our reg. \$4.75 **3.75**

16 Qt Soilite Potting Soil
Our reg. \$3 **2.50**

8 Qt Seed Starter Mix
Our Reg. \$2 **1.69**

3" Seed Starting Pots
Our Reg. .80c **69¢**

2014 Vegetable & Flower Seeds
40% OFF*

* Off of MFG suggested retail

CERAMIC PLANTERS
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Certified Organic Starter Kits
Vegetable & herb
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Better Winter Coats & Soft Shell Jackets
19.99

Aveeno Protect & Hydrate Sunscreen Lotion
SPF 50 3 oz.
Comp. \$10.79 **\$6**

Margaritaville Parrot Head Sunscreen Continuous Sprays & Lotions
SPF 15-50 6 oz.
Comp. \$10.99 **\$4**

Famous Maker Sun Shields
Fits over prescription glasses - Polarized
Sells nationally \$19-\$24
\$5

Why pay TV prices?

The Pocket Hose
50 Feet **9.99**

75 Feet **12.99**

Royal Dirt Devil® Upright or Canister Vacuums
Compare \$119 Remanufactured
\$49

Microfleece Lounge Pants
Plaids & Solids
Comp. \$24
\$8

Men's & Ladies Fashion Hats
Comp. \$30
\$10

Dept. Store Label Ladies Scarves
Fashion & basic styles!
Comp. \$25 or more
\$5

Famous Maker Ladies Better Sweaters
Comp. \$30-\$70
\$10

Better Knit Tops
Lots of styles!
Comp. \$15-\$50
\$7

Simonize® 4 Pc Auto Mats
Comp. \$17.99 **9.99**

-20 F Windshield Washer Fluid
1.99

18" Poly Snow Shovel
Steel wearstrip for extended blade life.
\$13

Ladies Aerosole/ Dollhouse

2 pk Tights Compare \$14 **2.99**

3 pk Knee Highs Compare \$14 **2.99**

6 pk Lowcuts Compare \$18 **2.99**

Famous Label Stylish Winter Fleece Jackets
Comp. \$100
\$20

Micro Fleece Sleep Sets
Comp. \$24-\$50
\$12

Rayo® Horizon
Comp. \$18 **5.99**

Trico® Shield Raincoats
\$5

Slip-On Ice Treads
Our Reg. \$5
OR

10 pk Adhesive Body Warmers
Our Reg. \$8
Your Choice **2.99**

Rayovac® 6 Volt Lantern w/Battery
Our Reg. \$4.99 **2.99**

Dorcy® Mini Camp Lantern
Our Reg. \$3.99 **2.99**

SAVE \$70! **SAVE \$49!**

Quartz Infrared Fullsize Rolling Mantel
Fully assembled. Built in Casters 1500 watts, 5200 BTUs. Digital Display. Remote control.
Our Reg. \$299 Comp. \$400 **\$229**

Infrared Compact Rolling Mantel
Fully assembled. Energy saving All LED technology. 1500 watts, 5200 BTUs. Remote control.
Our Reg. \$249 Comp. \$299 **\$200**

Window Panel Closeout!

- 54"x84" Thermal
- 54"x84" Interlined Embroidered
- 2 Pk Faux Silk with Grommets

Your Choice **\$10**

42"x63" or 42"x84" Thermal **\$8**

Dynasty Collection
1.5 million points

2' x 4'	\$25
2'2" x 7'10"	\$60
3'3" x 5'4"	\$60
5'3" Round	\$100
5'3" x 7'10"	\$150
6'7" x 9'6"	\$200
7'10" Round	\$200
7'10" x 10'10"	\$300

Duracell® AA 4 Pack Battery
Our Reg. \$2.99 **1.99**

Panasonic® AA or AAA 16 Pack Battery
Our Reg. \$6.99 **4.99**

Ray-o-Vac® C or D 4 Pack Battery
Comp. \$7.99 **3.99**

6 Element Infrared Heater End Table
Heats 1,000 sq. ft. Remote control. Furniture grade wood.
Reg. \$199 Comp. \$299 **\$149**

4 Element Infrared Quartz Heater
LifeSmart® Comp. \$249 **\$129**

Blankets ON SALE!
Synthetic Lambswool or Printed Microplush
All Sizes **\$15**

Twin Fleece Sheet Sets **\$18**

Full Fleece Sheet Sets **\$20**

Queen Fleece Sheet Sets **\$25**

King Fleece Sheet Sets **\$30**

TWIN FULL QUEEN OR KING Standard Fleece Sheet Sets
\$12 \$15

Champion Electric Start

7500W 9375 W surge, 5.9 gallon tank
Reg. \$949 **NOW SAVE \$150! \$799**

3500W 4000 W surge, 3.8 gallon tank
Reg. \$419 **NOW SAVE \$100! \$319**

Memory Foam or Latex Pillow
Comp. \$40 Your choice **\$15**

Vinyl Mini Blinds
Light Filtering
Blocks up to 75% of outside light.
White or ivory

23"x64"	4.25
27"x64"	4.25
29"x64"	4.25
31"x64"	4.25
32"x64"	4.95
35"x64"	4.95
36"x64"	5.25
39"x64"	8.95
43"x64"	9.95
48"x64"	12.95

Follow us on Facebook **WE RARELY LIMIT QUANTITIES!** **LOOK FOR MANAGER'S UNADVERTISED SPECIALS IN ALL OUR STORES EVERY WEEK!** **WE NOW ACCEPT CASH BENEFIT EBT CARDS & ALL MAJOR CREDIT CARDS** **VISIT OUR WEBSITE AT WWW.OCEANSTATEJOBLOT.COM FOR STORE LOCATIONS, MONEY SAVING COUPONS & COMING ATTRACTIONS!!** **WE WARMLY WELCOME**