

THURSDAY,
March 16, 2023

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INDEPENDENT



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Newspaper Group

NEWS Briefs

JOINT COMMITTEE
ON WAYS AND
MEANS TO HOLD
BUDGET HEARING
IN GLOUCESTER

The Joint Committee on Ways and Means will hold a hearing on Governor Maura Healey's FY2024 budget proposal, on March 31 at 11 a.m. covering the topics of economic development, housing, and labor. State Representative Ann-Margaret Ferrante (D-Gloucester) and State Senator Lydia Edwards (D-Boston) will co-chair the hearing. Testimony is by invitation only; the hearing will be open to the public for viewing, both in person and on MAlegislature.gov.

"The state budget is the most important piece of legislation that is passed annually. Although those testifying will be from state government, secretariats and agencies, this hearing gives the public the opportunity to view the budget process," said Rep. Ann-Margaret Ferrante (D-Gloucester). "I'm glad that my constituents, the residents of Cape Ann, will have the ability to see the budget process up close and personal, especially as we hear testimony on some of the most important issues facing the Commonwealth such

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WHEN IRISH EYES ARE SMILING



Decision close on naming new principal

By Adam Swift

Superintendent of Schools Lisa Howard is looking to make a decision soon on the selection of a new principal for the Gorman Fort Banks Elementary School.

Two finalists recently visited the school, stopping into classrooms and meeting with staff, teachers, and parents.

"The Principal Search Committee have completed their work, they have done surveys of staff in the buildings, as well as the parents who were at the meetings," said Howard at Monday night's School Committee meeting.

Howard said she was completing her final work in the process before announcing her choice for the next principal of the school. She said one of the important parts of the process is including current principal Ilene Pearson.

"I do think her vision for the future is critical," said Howard. "I'd like to know from her direct-

ly how she sees the next leader of that building and what she thinks would be beneficial."

Howard noted that the search process for the school was more intensive than most that have been done in the district over the past several years, since the district has promoted a lot of internal candidates.

Once Howard has made her determination on who she will choose as the next principal, she said she will speak with Pearson first, then let the School Committee and the Gorman Fort Banks community know about the selection.

"That has to be done in a pretty timely manner ... when you let people know, because if you wait two seconds and it ends up on social media, then people get upset," said Howard.

In other business, Howard told the committee she would be holding budget forums with school staff during the week, one at the elementary level and one at the secondary level.

First Church of Winthrop, United Methodist held its annual St. Patrick's Day party on March 11 at the Church's Hall at 217 Winthrop Street. Shown in the top photo are Audrey DiPasquale and Marie Grenlaw with their green on and supporting big smiles. In the photo to the left is Rich and Mae Stroshane, the church musicians for the event.

Officials looking at
three commercial
flagpole purchases

By Adam Swift

Wave that flag high, Winthrop.

The town is looking to purchase three new commercial flagpoles for official use at the E.B. Newton building.

"I did receive the quotes ... for approximately \$8,500 for three new commercial flagpoles at E.B. Newton," said Town Manager Tony Marino at

last week's Town Council meeting.

There would be one 30-foot pole in the center for the American flag, with a 25-foot pole on either side, one for the state flag and one for a community flag. Marino stated he is still working on a flag policy to present to the Town Council that would help govern

See FLAGPOLES Page 4

Vuolo's Ristorante & Bar
hits the Winthrop scene

Story & Photos by Marianne Salza

Lisa LaMonica has worked in the restaurant industry for more than 40 years.

On October 1, 2022, she fulfilled her dream of opening a restaurant with her family. Vuolo's Ristorante and Bar, situated

adjacent to Ingleside Park, is a modern, Italian restaurant, operated by LaMonica's four sons, husband, and long-time friends.

"Finally, after working for other people for such a long time, it was the right time to open our

See VUOLO'S Page 2



MARIANNE SALZA PHOTO
Vuolo's Ristorante & Bar, located at the corner of Walden and Lincoln Streets, across from Ingleside Park.

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Vuolo's // CONTINUED FROM PAGE 1

own place,” said Lisa, who had been folding navy blue, cloth napkins. “Customers say that they like the vibe, and feel like they’re in Boston. It’s an upper-class, chic restaurant. We’re building our clientele in Winthrop, and there are a lot of faces we enjoy.”

The menu was created by brothers, Stephen LaMonica, executive chef, and Michael LaMonica, director of operations, with recipes inspired by meals the family shared growing up.

“We took a lot of traditional family recipes and made them our own,” explained Stephen. “I try not to limit the food in such away that it can’t grow into something else. It’s classic, Italian food with a modern twist.”

Bar Manager Joseph LaMonica’s globally-influenced cocktails, with made-in-house syrups and spirit infusions, compliment Stephen’s menu.

“One of our most popular cocktails is a Japanese old fashioned. We’re not confined to what people consider to be Italian cocktails. I’ve always been a huge cocktail fan, and studied global culture,” revealed Joseph. “We had the opportunity to create a concept that a lot of restaurants weren’t doing around us. It’s a higher-end cocktail bar with quality in-house foods.”

Joseph will be introducing pisco sour (a traditional Peruvian brandy cocktail with citrus notes) later this month. On the specials menu for Saint

Patrick’s Day, Vuolo’s is offering Lucky You, a rum and crème de cacao dessert drink infused with mint, and topped with pistachio foam that is dusted with cocoa powder.

“I never want to be limited by shutting the door to flavors. We will adapt with the times,” said Joseph, who mentioned that Vuolo’s serves vegan and gluten-free options.

Stephen makes the pasta in house – fusilli, linguine, gnocchi, pappardelle, and ravioli. He is especially fond of the ravioli di aragosta, ravioli stuffed with lobster meat, ricotta, and mozzarella, with cherry tomatoes and spinach in a white cream sauce. Desserts are also homemade by two of Vuolo’s waitresses.

“Polenta fries are my favorite. I think they’re the most unique dish; and a lot of people aren’t familiar with it. The drink that I am most happy with – and is original to me – is The Book Maker,” chuckled Joseph. “It utilizes a liqueur called Strega, from the Benevento region of Italy, where our grandfather is from. It has 60 herbs and spices, so it pairs well with citrus. It has a complex flavor that is up to the interpretation of the drinker.”

Vuolo’s, located at the corner of Walden and Lincoln Streets, in the former 1888 Narrow Gauge Railroad train depot, was built by Lisa’s contractor husband and co-owner, Joseph LaMonica, who kept an existing brick wall that is featured in the dining



Vuolo's Ristorante and Bar features a high-end cocktail bar.

area. A 19th century beer bottle that was discovered during renovations is displayed over the bar.

The restaurant was titled after Lisa’s maiden name in honor of her late parents, Stephen Pasquale and Giustina Vuolo, who raised six children in Everett and Malden. Giustina served in a cafeteria for 30 years, and her husband, Stephen Pasquale, worked as a cobbler for 55 years at his shop, Steve’s Shoe Repair, on Norwood Street, in Everett.

“We were able to open this restaurant because of my parents helping us,” said Lisa. “My parents worked so hard their whole lives. My mother was a giving, caring person. My father worked morning, noon, and night. The only day he got off was Sunday nights. He was the best guy in the whole world.”

Some of Joseph’s fondest memories of his papa were spending Sundays at his summer lake house in Derry, New Hampshire, and the smell of shoe polish and glue in his workshop.

Stephen Pasquale and Giustina’s selflessness and perseverance are reflected each day in the Vuolo’s cuisine, meticulousness, and mementos. The restaurant is decorated with cobbler tools, antique

kitchen utensils, and black and white photographs of family and local residents.

Lisa and Stephen cared for Stephen Pasquale and Giustina for a year-and-a-half before their passing, cooking meals for them nearly every day.

“I learned a lot about what my grandparents ate growing up. No matter what you cooked for my grandfather, he’d say, ‘oh, it’s good, but it’s not as good as mine,’” recalled Stephen. “It was fun being able to experiment with them and learn traditional recipes that their parents made for them. I find that inspiring when I make a new dish at the restaurant.”

Polenta fries are also Lisa’s favorite item on the menu, and remind her of her childhood. She boasted about their deliciousness, and how Stephen adds cheeses, and lightly deep-fries the polenta.

“We’re a family-oriented restaurant, and have a physical and emotional attachment,” expressed Joseph. “My dad is from Winthrop, and he is carrying a tradition of giving back to the community he grew up in.”

Visit Vuolo’s Ristorante & Bar, 140 Lincoln Street, Winthrop, Monday – Thursday, 4-9pm, and Friday and Saturday, 3-10pm. Call (781) 322-

4068 for reservations. The LaMonica Family is excited to see Vuolo’s featured on the Phantom Gourmet this spring.

“The restaurant is not open on Sundays so we can do things as a family. If someone wants a Christening or Communion

party, we will come in for private functions on Sundays. That’s the only thing that I wanted to stress. You need that one day to regroup,” inhaled Lisa with a composing breathe.



Vuolo's Saint Patrick's Day dessert cocktail, Lucky You, a rum and crème de cacao dessert drink infused with mint, and topped with pistachio foam that is dusted with cocoa powder.



The LaMonica Family has a wall of framed photos that feature images of loved ones and friends.

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News Briefs // CONTINUED FROM PAGE 1

as economic development, housing, labor, the arts, and state libraries.”

“Every budget is an opportunity to center people, jobs, housing, and the economy. It is a demonstration of financial stewardship and commitment to people. I’m proud to chair this hearing with Vice Chair Ann-Margaret Ferrante and bring the budget process to the people,” said Senator Lydia Edwards (D-Boston).

Residents of Winthrop, Revere, and Boston are encouraged to attend or listen in on MAlegislature.gov.

The meeting will be held at Cruiseport Gloucester, 6 Rowe Square, Gloucester, Massachusetts

Those agencies in attendance include: Joint Committee on Ways and Means, Executive Office of Housing and Economic Development, Consumer Affairs and Business Regulation, Dept. of Business Development, Dept. of Housing and Community Development, Executive Office of Labor and Workforce Development, Dept. of Labor, Board of Library Commissioners, Mass. Cultural Council, Commission on the Status of Women, Cannabis Control Commission

GET UPDATED COVID-19 BOOSTER OR VACCINATION

COVID-19 vaccination clinics offering a \$75 gift card incentive are scheduled in Chelsea on Saturdays and Sundays in March, providing a free, convenient and accessible way for adults and children to stay up to date on COVID vaccinations.

As part of a special promotion, all Massachusetts residents ages 6 months and older who get vaccinated (first dose, second dose, or booster) at participating Get Boosted clinics in March will receive a \$75 gift card, while supplies last.

In Chelsea, clinics are being offered at the Chelsea Senior Center, 10 Riley Way, on Saturdays, March 18 and March 25, and Sundays, March 19 and March 26. All clinics are scheduled to take place from 10 a.m. to 5 p.m. and ASL interpretation is available.

Staying up to date on vaccines, including boosters, is the most effective way to prevent serious illness, hospitalization, and death from COVID-19. While vaccine protection goes down over time, boosters keep you pro-

tected. Boosters also help keep you safe from serious COVID-19 even if you’ve already had it.

No ID or health insurance is required. To find additional clinics that are offering the \$75 gift cards, go to mass.gov/GetBoosted. The gift card offer is only available at clinics on the Get Boosted webpage, while supplies last. If you have questions or need help finding a clinic, you can call 211 (or 877-211-6277).

PAUL REVERE RIDE TO BE RE-ENACTED

On Thursday, April 20, Old North Illuminated in Boston’s North End will re-enact the famous signal that lit the way for the American Revolution. The celebration recognizes the 300th anniversary of Old North Church and the historical events of April 18, 1775, when allies of Paul Revere hung two lanterns from Old North Church’s steeple as a warning to their fellow Patriots that British troops were on the move.

After passing critical information to the signal holders, Paul Revere began his iconic midnight journey to Lexington and Concord.

The courageous actions

of Revere and the lantern bearers are an inspirational reminder of the power of active citizenship to create a more perfect union that reflects the promise of liberty and justice for all.

This year’s event will be held in person from 6:30 to 9:30 p.m. at Old North Church & Historic Site, located at 193 Salem Street in Boston. The celebration will feature the Middlesex County Volunteers Fife & Drums; a rousing reading of the poem “Paul Revere’s Ride” by Susan Tran, Emmy Award-winning Anchor and Reporter for NBC Boston; remarks from the 2023 Lantern Award honoree

Annette Gordon-Reed, Pulitzer Prize-winning historian and MacArthur “Genius Award” recipient; and a lively reception with lantern signals lighting up the sky.

Proceeds from the event will support Old North Illuminated’s virtual and on-site programs, which aim to inspire children and adults alike to consider the ways in which they can build a more just and equitable world. Tickets range from \$75 to \$200 and must be purchased in advance. To register, visit: www.oldnorth.com/lanterns

NE Metro Tech students repair vehicle for Afghan refugee

Special to the Journal

Superintendent David DiBarri is pleased to announce that Northeast Metro Tech Automotive Technology students repaired a vehicle that was donated to a refugee from Afghanistan via the non-profit organization Second Chance Cars.

The refugee immigrated to America after assisting U.S. forces during the war in Afghanistan, and cannot be named or photographed. He received support from Second Chance cars to help him get to work and to transport a young child.

The refugee, since coming to America on a mili-

tary transport plane and then settling in Massachusetts, had been getting to work at his night-shift job using car-sharing services, the cost of which was unsustainable.

Thanks to the refurbished 2006 Honda Accord he was presented by Second Chance Cars, the refugee is now driving himself to work, saving money, and has even been able to pick up overtime to increase his family's income.

Students in the Northeast Metro Tech automotive department repaired the car's front bumper cover, rear bumper reinforcement, and made plastic repairs to a rock-

er panel cover. They also refinished both bumpers and the trunk lid using the skills they've learned in their pathway.

Among the students who did the most work on the car are juniors Emilio Alfaro, of Revere, and Antonio Hernandez, of Chelsea, and sophomores Zayleah Carmenatty, of Chelsea, and Isabel Archilla, of Chelsea. Instructors Robert MacGregor, Dan Pero and Sal LaFauci oversaw the work.

The Accord was the fourth vehicle that Northeast Metro Tech students have refurbished in collaboration with Second Chance Cars, a Concord-based nonprofit that

provides refurbished, affordable used cars to low-income veterans and others so they can get to work.

"Dan Holin and his organization have given us the wonderful opportunity to enrich the collision repair learning experiences of our students by adding an element of service to the community," said Collision Repair and Refinishing Department Head Robert MacGregor. "I especially love that the students get to participate in the awarding of the vehicle to see first-hand the impact their work and achievements have on the recipients. I believe that the experience provides a



COURTESY SECOND CHANCE CARS VIA NORTHEAST METRO TECH

Northeast Metro Tech students unveil a refurbished 2006 Honda Accord for a refugee from Afghanistan in collaboration with Second Chance Cars.

greater sense of relevance and purpose to their work, and a stronger connection to their community."

"Northeast Metro Tech students and staff allow us to fix the donated cars we get professionally yet

very affordably," said Dan Holin of Second Chance Carrs. "We literally could not fulfill our mission of getting good people to work without their support!"

Online meeting planned for Zero Carbon Action Plan

By Adam Swift

Chelsea, Winthrop, and Revere are in the midst of creating a Zero Carbon Action Plan for the region through the North Suffolk Office of Resilience and Sustainability and the Metropolitan Area Planning Council (MAPC).

The two organizations are planning an online virtual climate action prioritization forum on Tuesday, March 28 at 6 p.m. Any residents who wish to take part can register at mapc.ma/northsuffolk.

The goal of the action plan is to reduce carbon emissions and reach net zero in the North Suffolk communities by 2050, and reduce carbon pollution and other greenhouse gasses that impact climate change as well as air quality," said Sasha Shyduroff-Gutman, MAPC's senior clean energy and climate planner.

"We are in the midpoint of the planning process,

so we kicked off our community engagement in the early fall and did a few virtual and in-person community events and worked to do an initial visioning session, and hear from community members about what their concerns and thoughts are related to climate and energy," said Shyduroff-Gutman.

The forum planned for March 28 will be a presentation on the work that has been done thus far on the action plan and potential actions the three communities can take to reduce emissions, she said.

"There's a lot of desire for more trees and greenspace and access to outdoor spaces and improvement to outdoor air quality," said Shyduroff-Gutman about the responses to the process so far. "That came up a lot especially in Winthrop, where there is proximity to the airport and other industries."

There has also been discussion about the need for

incentives for solar power and reducing energy costs in their housing and in developments, she added.

The plan is to have a draft of the Zero Carbon Action Plan this spring and have it finalized by June.

At that point, it will be up to the North Suffolk Office of Resilience and Sustainability to implement the action items within the plan.

"There will probably be a range of near-term actions that they can prioritize in the next one to three years as well as action over the next five to seven years and longer-term actions," said Shyduroff-Gutman.

There will also likely be recommendations about when to revisit the plan, aligning with carbon neutrality benchmarks in 2030 and 2050.

Shyduroff-Gutman said the plan is a bit unique for the MAPC, since it covers three communities, and

will need sign off and efforts from the administration and staff in all three communities.

The recommendations from the plan will span six different sectors, including buildings and energy,

mobility and transportation, solid waste, open space and environment, municipal buildings and fleets, and collaborative government.

Residents will have the opportunity to ask ques-

tions and provide input during the March 28 meeting, and Shyduroff-Gutman said there will also be a survey after the meeting so participants can expand on their input for the action plan.



Michael Tarnoff, CEO, Tufts Medical Center; Marc Tohme, Chief of the District and Municipal Courts, Suffolk DA's office; Caitlin Gillespie, SOS Coordinator, North Suffolk Community Services; Katie O'Leary, Director of Recovery, North Suffolk Community Services; Sherry Dong, Senior Director of Community Benefits and Health Equity, Tufts Medical Center; Diana Richardson, President, Tufts Medical Center.

Tufts Medical awards \$225,000 grant

Services Over Sentences, a program dedicated to presenting lower-level offenders with alternatives to traditional sentencing, has received a \$225,000 grant from Tufts Medical Center, District Attorney Kevin Hayden announced today.


The grant, to be paid out over three years, will help the Suffolk district attorney's office and its SOS partner, North Suffolk Mental Health Association, to offer assistance in substance use disorder treatment, housing, employment, job training, therapy and other services to SOS participants, including those from the area of Massachusetts Avenue and Melnea Cass

Boulevard (Mass and Cass), where SOS expanded last year.

"Tufts Medical Center has played a critical public health role in Boston for more than two centuries, and with this generous grant they are proving once again that their commitment to Boston's citizens goes beyond the top-notch medical services they provide day after day and year after year. This gift will help many lower-level offenders find a path out of addiction and all of its damaging personal and community impacts. We are deeply grateful for this wonderful and meaningful grant," Hayden said.

"We are proud to sup-

port this critically important program, which provides a compassionate and effective approach to addressing the behavioral health needs of high-risk individuals," said Michael Tarnoff, MD, CEO of Tufts Medical Center. "This program helps participants achieve long-term recovery and diverts people away from the criminal justice system. We believe in the importance of community collaboration and are honored to be a part of this vital effort." Since June 2022, the SOS program has received 107 referrals, 73 of them from the Mass and Cass area. As of today the program has 32 active participants.



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Massport is currently accepting applications for the following Scholarships:

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• Diversity STEM Scholarship


Awarded to high school seniors of color who reside or attend school in the City of Boston, Chelsea, Winthrop, Revere, Worcester, Bedford, Concord, Lexington, or Lincoln, and are involved in community service with a minimum 3.0 GPA.

Scholarship applications must be received by Massport no later than 5:00 p.m. on Friday, April 28, 2023. For more information on these scholarships, including application checklist and criteria please visit www.massport.com.

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Winthrop

SUN TRANSCRIPT



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OUR Opinions

COVID-19: STILL A MAJOR THREAT FOR SENIORS

President Biden declared recently that the COVID-19 pandemic officially will be over in May, but in our view, that is just wishful thinking.

In January, the number of COVID-related deaths fell after a holiday spike, but nevertheless numbered about 2,100 among those ages 65 to 74, more than 3,500 among 75- to 84-year-olds, and nearly 5,000 among those over 85. If you add up those numbers, more than 10,000 Americans over the age of 65 died from COVID-19 in January, accounting for about 90 percent of the nation’s COVID deaths that month.

To be sure, this is a much-smaller number than we experienced during the height of the pandemic, but 10,000 deaths per month among America’s senior citizens is still a huge number and there is no indication that those numbers will be declining.

The desire of President Biden and the American people to put the pandemic behind us is understandable, but it is dishonest to do so when so many of our senior citizens are succumbing to this disease.

For the first time in decades, life expectancy in the U.S. has declined over the past three years and continues to do so. The statistics make clear that our nation’s senior citizens are especially vulnerable to COVID-19.

But unless our federal government and all of us take steps to ensure that our seniors are protected, older Americans will continue to die in unacceptable numbers.

SAFE CONSUMPTION SITES ARE THE ONLY WAY TO STEM THE TIDE OF DRUG OVERDOSES

The so-called War on Drugs, which began in the administration of Richard Nixon, has been ongoing in America for more than 50 years.

Putting aside the fact that Nixon began his war on drugs primarily as a means for incarcerating Black and brown Americans (especially for simple marijuana possession), the War on Drugs has failed by every metric imaginable.

We spend roughly five times as much incarcerating people with substance use disorders as it would cost us to treat them, and the return on that expenditure has been meager at best.

The economy loses an estimated one trillion dollars per year (about five percent of G.D.P.) in lost productivity, health care costs, and criminal justice expenditures, among other things.

More ominously, thanks to the recent wave of an opioid crisis that was initiated by our legal drug industry and our faulty regulatory apparatus, more than 100,000 Americans, an all-time high, died from drug overdoses last year. Life expectancy is declining in the United States for the first time in generations largely as a result.

Drug use is soaring and drugs being purchased on our streets are more lethal than ever thanks to the introduction of fentanyl into just about every type of pill and powder that is manufactured and sold by drug dealers, for whom fentanyl is cheaper to produce and easier to transport than heroin. Fentanyl is so potent that a typical car trunk filled with fentanyl would be enough to kill every single American.

Think about that figure for a moment -- and you realize that trying to interdict fentanyl shipments, wherever they might originate, is a game only for fools.

However, there is a solution to this problem which has been used in Portugal and Switzerland for almost two decades: The time has come for our society to treat substance abuse like a public health crisis. We need to repeal outdated laws that push too many people into jails and prisons and not enough into recovery; invest in treatment so that those who want and need help can get it; and replace abstinence-based policies with ones grounded in reality in order to minimize the worst effects of drug abuse.

This would include providing users with clean needles so that they don’t contract or spread H.I.V. or hepatitis C and giving them overdose reversal medications like naloxone.

However, the most significant step we can take is to promote supervised consumption, which is standard in Portugal and Switzerland, so that if users overdose, they don’t die. Supervised consumption programs also entail assisting drug-dependent persons with receiving access to housing and basic medical and mental health care so that they can live in relative stability even when they are not abstinent.

In short, we need to replace the futile goal of eradication with the concept of what is known as harm reduction.

Yes, we realize that some people adamantly are opposed to this point of view. But given that their solution has a proven track record of five-decades of failure, we suggest that a different way of looking at the problem of drug abuse in our country is worth trying.

Forum

GUEST OP-ED

Silicon Valley Bank and your life savings

By Dr. Glenn Mollette

If you have worked hard and saved money all your life you may have over \$250,000 in a bank. Or, maybe one of these days you might if you keep working and saving.

You most likely know that only \$250,000 of your money is federally insured. In other words, if you bank fails you might lose any amount above \$250,000. Let’s say you have one half million in your bank. The assets of the bank would eventually be liquidated. If enough money was collected you might receive the rest of your half million or you might never see a penny above the federally insured amount unless you are in Silicon Valley.

The second largest bank failure in U.S. history occurred March 10 in Santa Clara, California. The Silicon Valley Bank failed after a bank run on its deposits. The Department of Financial Protection and Innovation revoked its charter and transferred the business into receivership under the Federal Deposit Insurance Corporation (FDIC).

SVB is the country’s 16th largest bank with \$209 billion in assets and more than \$175 billion in deposits.

A number of businesses had millions of dollars in the bank.

Roku had just under \$500 million of its 1.9 billion dollars of cash assets in the bank.

Roblox, a video game company said 5% of it’s 3 billion in cash was held at SVB.

Toronto-based AcuityAds Holding had US \$55 million in SVB, and just US \$4.8 million elsewhere. That means more than 90% of the company’s deposits were held in SVB.

Aerospace manufacturer Rocket Lab held almost 8%, or approximately \$38 million, of its total cash at the collapsed bank, it said in a Friday filing.

Crypto lender BlockFi, which filed for bankruptcy in November, disclosed it held \$227 million with SVB in a bankruptcy fil-

LETTER to the Editor

the class of 2024. Tragically, we lost Thomas on July 13, 2022, at the age of 19. This foundation has been created to celebrate Thomas while making a difference in our community by raising awareness to the mental health crisis that is gripping our community and country.

We are proud to announce that this year’s event will be held at Winthrop Golf Course on Saturday, June 24, 2023.

Although this is our inception year, we have committed a \$10,000 scholarship to a deserving student that will be selected through a committee after student essay submittal. The scholarship recipient will be presented on Miller Field during graduation ceremony on Friday, June 2, 2023.

We have two different donation opportunities that will directly support The Hope Foundation. All funds raised will be used towards the scholarship as well as other events and activities that support the Town of Winthrop

DONATION OPTIONS:

\$100.00- Family name sign purchase. This sign will be professionally made and be on the golf course during the day of our event. Your family will also be recognized on all social media pages associated with Thomas W. Bailey Hope Foundation

\$250.00- Business name sign purchase. This sign will be professionally made and be on the

Flagpoles // CONTINUED FROM PAGE 1

the display of the community flags.

Marino added that there has been some discussion among groups in town about fundraising efforts to help pay for the new flagpoles.

“We’re still finalizing that, but we will have that well in place before June,” said Marino.

The town manager added that the flagpole currently outside Town Hall will remain in place.

In other business, Marino told the council that negotiations are continuing with Comcast concerning a new cable and internet contract with the town.

“This always generates a lot of questions around town,” said Council President James Letterie. “We appreciate Comcast as the only provider we have in terms of internet, but we would always like services to be better.”

Marino said he has spoken with the Comcast representative Winthrop deals with about coming into talk to the council internet service and other issues related to the contract.

One of the aspects of the contract the town is looking at is increased capital funding for the WCAT community cable station.

“One of the items that’s been in past contracts, and I don’t know if it disappeared or what, is that years ago (Comcast) had an office in town as part of the contract where you could pay bills and ask questions,” said Letterie.

SEND US YOUR NEWS

The Winthrop Sun Transcript encourages residents to submit engagement, wedding and birth announcements, news releases, business and education briefs, sports stories and photos for publication. Items should be forwarded to our offices at 385 Broadway, Revere, MA 02151. We also encourage readers to e-mail news releases and photos to editor@winthroptranscript.com

Forum

ing Friday. BlockFi said in November it had halted withdrawals after facing “significant exposure” to Sam Bankman-Fried’s FTX exchange, as well as its sister hedge fund Alameda.

BlockFi’s money in SVB is not FDIC-insured because it was in a money market mutual fund, the company learned from its bankruptcy trustee early this week. (Source CNN. Com)

Move the calendar from last Friday to this past Sunday.

Federal regulators stepped in Sunday March 12, to back all Silicon Valley Bank deposits, resolving a key uncertainty surrounding the second-largest bank failure in U.S. history hours before global stock markets resumed trading.

The U.S. Treasury, the Federal Reserve and the Federal Deposit Insurance Corp. said the government would back Silicon Valley Bank deposits beyond the federally insured ceiling of \$250,000. The decision addressed concerns around the fate of uninsured funds held at the Santa Clara, California-based bank.

“Depositors will have access to all of their money starting Monday March 13,” the agencies said in a joint statement Sunday evening. “No losses associated with the resolution of Silicon Valley Bank will be borne by the taxpayer.” (Source NBC. COM)

If you have a half million dollars in a bank, you might consider dividing it up into two banks. Maybe the U.S. Treasury will treat you and the people at your bank the same as the millionaires of Silicon Valley. Don’t risk your life savings on this hope.

Glenn Mollette is the publisher of Newburgh Press, Liberty Torch and various other publishing imprints; a national columnist – American Issues and Common Sense opinions, analysis, stories and features appear each week in over 500 newspapers, websites and blogs across the United States.

golf course the day of our event. Your business will also be recognized on all social media pages associated with Thomas W. Bailey Hope Foundation

We are asking you to donate to this cause and help us bring this event to life while honoring an amazing life that was lost way too soon. Together, we can make a difference!

Any further information can be obtained at twb@hopefoundation02152@gmail.com

Visit and join our Facebook page at Thomas W. Bailey Hope Foundation

Thanks for your consideration! With your help, we’re one step closer to our goal!

Thomas W. Bailey Hope Foundation

Independent Newspaper Group

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Developers give update on Soldiers’ Home project

By Adam Swift

State officials and the private developer of the Chelsea Soldiers’ Home updated the City Council on the progress of the project at a special sub-committee meeting on Monday night.

The update highlighted some potential changes from the project as originally presented for 240 studio, one-, and two-bedroom units that will be built over four phases. All the units will be affordable, with 100 percent preference given to veterans.

In addition, all 133 veterans who currently live at the soldiers home will be able to live on site during the phased construction, and will have a guaranteed unit when construction is complete.

The first phase of the construction is slated to be ready for occupancy by 2026, with all four phases of construction completed by 2029. In addition to the rehabilitation of the historic buildings on the campus, there will be a new connector building between two of the main buildings providing better accessibility, as well as the construction of 18 townhouse units on the property.

Veterans will continue to receive services from the state as the project developers Pennrose, which specializes in affordable developments for veterans, works its way through the phases. Once the project is completed, Pennrose will oversee the property management and an outside vendor, Soldier On, will be onsite to provide a wide range of services for the veterans.

During Monday night’s meetings, several city councilors expressed their concerns about the veteran residents receiving the same level of care at the newly branded Veterans’ Home in Chelsea as they currently receive.

“We want to make sure we roll this out as smoothly as possible with the current residents as well as the neighbors, because obviously it is a big project and it is a sensitive population,” said Karmen Cheung, a senior developer from Pennrose.

Cheung said there was a recent meeting with residents to go over the project and the timeline, and noted that there will continue to be quarterly meetings with the residents.

“Everyone will have a home at the Veterans Home in Chelsea, whether it is during the redevelopment or after,” said Cheung. “Our commitment with the state is to have onsite relocation even during the redevelopment of the buildings.”

Cheung said the earliest the developers are projecting anyone would have to be relocated within the campus is the fall of 2024.

The main proposed changes to the project since it was last before the council last year come at the recommendation of the National Park Service, with the elimination of additions to the Sullivan and Keville House buildings. The additional units planned for those buildings will be built on land that was originally intended as a park.

All nine buildings on the site will be preserved, and the only structure that is slated for demolition is the existing incinerator.

The headquarters building will be a veterans resource center, and the Commandant’s House will be home to the onsite property management. There are also plans for a veterans victory garden near the Commandant’s House, according to Cheung.

“The goal is to create more green space and more active and passive recreation space on the site,” she said.

Cheung also talked about how the services and resources for existing and new veteran residents would be handled.

Currently, the 123 residents live in single room occupancy units and are provided with three meals per day in addition to other resources from the state.

In the new development, all units will have their own kitchens and bathrooms, with one outside meal per day provided.

“Existing residents that live at the veterans home will continue to receive services from the Commonwealth until they move into their

new affordable units as managed by Pennrose,” said Cheung. “When they move into the Pennrose development, they will be supported by property management staff, our resident service coordinator” as well as services from Soldier On.

Cheung said there will be coordination and communication between Pennrose and the state as the soldiers transition to the new units, and that the goal is to create a one-stop resource center at the headquarters building.

The affordable units will have 100 percent preference given to veterans. Since there will be larger units, there will also be some opportunities for veterans to occupy some of the units with their families.

“This is veterans housing, that’s our plan and that’s our goal ... the goal is that there will be 220 veterans here, that it will be attractive enough that veterans will want to come and live here,” said Pennrose Regional Vice President Charlie Adams. “That’s why we are doing this project, because we believe in veterans’ housing.”

Councilor-at-Large Damali Vidot was among several councilors that said she was concerned about current residents losing some services, especially since the number of meals provided to the residents will drop from three to one.

Even though there will be kitchens in the units, Vidot noted that some veterans may be uncomfortable preparing their own meals, or may have special dietary restrictions.

District 1 Councilor Todd Taylor noted that the project itself will be a large and long construction project, and asked the developers not to skimp on their community outreach and construction mitigation plans for the neighborhood and the city.

Taylor also requested that the next time the developers update the council, they included representatives from Soldier On so they can provide more information on the resources and services they will provide for residents.



10 years ago March 14, 2013

Superintendent of Schools John Macero provided a comprehensive update on the new schools project at the Chamber of Commerce monthly breakfast meeting Tuesday at the Lodge of Elks. Macero, a member of the School Building Assistance Committee chaired by Marylou Osborne and David Dockendorf, said the committee looked at several options, conducted a survey of Winthrop residents, and decided to advance a proposal to build a brand new middle/high school for students in grades 6-12. Macero said the school project would be built on the current site of the high school.

Winthrop Police Department for its excellent work in intercepting a major delivery of 30 pounds of marijuana that was heading to the illegal sales market. Police Chief Terence Delehanty cited the investigative efforts of detectives Judy Rakow and Robert Jaworski in helping to end a well-organized plan to sell the drug on the streets. The Winthrop Police Department worked in coordination with the State Police and U.S. Postal Service investigators to get the job done and make the arrests. The Croods, Olympus Has Fallen, and Jack the Giant Slayer are playing at the Revere Showcase Cinemas.

20 years ago March 20, 2003

Last week’s meeting of the School Committee was one of mixed emotions, in what School Committee Chairwoman

THE MORE Things Change

Items selected from past issues of the Winthrop Sun, The Winthrop Review, The Winthrop Visitor, The Transcript and The Sun-Transcript

Patricia Milano described as “the worst meeting we’ve ever held,” as the committee voted to eliminate 50 positions to close an anticipated \$1.8 million budget gap for the fiscal year starting July 1. However, the committee resisted the recommendation of School Supt. Thomas Giancristiano to eliminate all sports and extracurricular activities. Talk of a Proposition 2 and 1/2 override to close the budget gap for the schools and other town departments is increasing among the selectmen and other town officials.

After 14 days of intensive fundraising, the volunteer committee tasked with raising funds to save the spring sports programs presented the School Committee with a check for \$39,015 that will cover the cost of athletics for the rest of this fiscal year. The committee axed the sports budget because of mid-year cuts by the state in local aid that were imposed by new Gov. Mitt Romney.

Shanghai Knights, Willard, and Agent Cody Banks are playing at the Revere Showcase Cinemas.

30 years ago March 25, 1993

Yesterday’s 10-inch snowstorm of heavy, wet snow, the ninth major storm of this winter season, has placed the town’s snow removal budget for the fiscal year into the red by about \$60,000. Town Accountant Frank Inzirillo reported this week that Town Meeting had level-funded the snow removal line item at \$40,000, but the town has expended \$100,000 thus far this

season for labor, salt, and sand to combat the forces of Mother Nature.

The MWRA has announced that it will conduct a door-to-door campaign throughout the town to show residents how they can conserve water.

State Rep. Robert DeLeo and Selectwoman Marie Turner testified at a legislative committee hearing about the need for state funds to repair the seawall on Grand View Avenue on Pt. Shirley.

The selectmen have voted unanimously not to renew the used auto dealer’s license for Angelo’s Auto Sales.

Tax Collector Jim Corkhum told the Advisory Committee at its public hearing on the articles on the warrant for the upcoming Town Meeting of his opposition to the article calling for quarterly billing of real estate taxes because of the added work for his staff. However, other town officials spoke in favor of the article, noting that the town would save money by significantly reducing its need to borrow money in anticipation of tax revenue.

40 years ago March 23, 1983

Airport Hazards Committee Chairman Dick Dimes has informed the State Office of Environmental Affairs that the town will accept the proposed new runway system for Logan Airport on a conditional basis for one year to determine whether the new configuration will reduce noise problems for Winthrop residents.

Winthrop High se-

See YEARS Page 10

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SCHOLARSHIP OPPORTUNITIES 2023

Massport is currently accepting applications for the following Scholarships:



- Deborah Hadden Gray Memorial Scholarship**
Awarded annually to a high school senior who resides and is involved in community service or employment in the City of Boston, Chelsea, Revere or Winthrop with a minimum 3.0 GPA.
- Lowell L. Richards III Memorial Scholarship**
Awarded annually to a high school senior who resides and is involved in community service in the City of Boston, Chelsea, Revere, or Winthrop, with a minimum 3.0 GPA.
- Diversity STEM Scholarship**
Awarded to high school seniors of color who reside or attend school in the City of Boston, Chelsea, Winthrop, Revere, Worcester, Bedford, Concord, Lexington, or Lincoln, and are involved in community service with a minimum 3.0 GPA.

Scholarship applications must be received by Massport no later than 5:00 p.m. on Friday, April 28, 2023. For more information on these scholarships, including application checklist and criteria please visit **www.massport.com**.



MEDICAL MINUTE FROM THE MGH CHARLESTOWN HEALTHCARE CENTER

National Nutrition Month: Fuel for the Future

March is here and with spring just around the corner, it is a great time to focus on healthy and sustainable eating. For older adults, it's essential to make informed food choices and maintain healthful eating and physical activity habits. But no matter your age, good nutrition is important, and everyone can do more than they realize to create a healthier lifestyle while promoting a healthier planet.

This year's Nutrition Month theme is Fuel for the Future—reminding everyone to fuel their bodies at every age in a way that is also sustainable for the planet.

8 ways to incorporate the Fuel for the Future theme in your home:

1. Work on a backyard garden.

You can keep this as simple or ambitious as you like. Quickly create small gardens by choosing a container and packing it with your favorite blooms, or tackle a larger project such as redesigning your backyard and opening up space for a vegetable garden. Gardening is one of the healthiest hobbies you can develop— for yourself and the planet! Research shows that working the soil improves land and air quality, and it is also classified as exercise by the CDC (Center for Disease Control and Prevention).

2. Keep hydrated and swap sugary beverages for water.

By choosing water or zero calorie drinks like tea and coffee, you can avoid many health problems associated with high blood sugar, such as diabetes, obesity, and hypertension. Avoiding soda, which comes in cans or plastic bottles, reduces the waste produced by these products. Instead of buying highly sugary juices and soda, try investing in a reusable water bottle. Fewer pollutants and harmful chemicals will enter the ground and atmosphere, and you will save money and energy for more important things. Carrying a reusable water bottle with you throughout the day is a great reminder to regularly hydrate, a healthy habit.

3. Visit local grocery stores and make sure you are in tune with what is in season.

This will help promote healthy food choices when grocery shopping. Buying in-season produce is not only more nutritious and delicious, but more sustainable for the environment and the economy. If you buy local, you will get nutrients that are richer in vitamins. Just think about all the gas required for produce to travel across the country. By buying local in season foods, you can reduce the energy and resources needed to transport the product from the farm to your supermarket, and you

can support local farmers and food trade companies. The greater flavor and texture of fresh, local produce will be a great incentive to keep eating healthier, too.

4. Eat as a family a few times each week.

Set a regular mealtime and turn off the TV and phones to encourage mealtime talk. Generally, when you eat as a family you are cooking at home and relaxing around your dining table. Family style meals also tend to be higher in fruits and vegetables. And, many times when we buy takeout



or eat on the go, we add to the food waste problem. . It is not surprising that diet is one of the biggest sources of climate emissions, one reason why sustainable agriculture that includes fruits and vegetables is key not only for a healthy diet but also for a healthy planet.

5. Eat seafood twice a week:

Seafood – fish and shellfish – contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury. We've all heard that seafood has great benefits, but in recent reports there is increasing evidence that eating sustainable seafood can help support a thriving environment along with making a positive impact on public health. Seafood has one of the lowest negative environmental impacts of all the animal protein markets. Other types of seafood like oysters, clams, mussels, and seaweed can be harvested without negative effects on their ecosystems and habitats.

6. Make an effort to reduce food waste:

Take inventory of foods you have on hand before your next trip to the grocery store. Plan meals based on leftovers, and only buy perishable foods you will use or freeze within a couple of days. Managing food resources at home can help save nutrients and money.

7. Explore new foods and flavors:

You can add more nutrients when you expand your options. Next time you are at a store, select a fruit, vegetable or whole grain that

you have never tried. This can increase the demand for different foods and promote a more diversified farming system. Smart nutrition tip: Eat a variety of fruits and vegetables, especially those that are colorful, dark green, red and orange, for more nutrients. (Beans, peas and lentils are also a good choice!) If you choose to buy canned or frozen vegetables, make sure you choose "low salt" or "no salt" options.

8. Always include a variety of foods, focusing on Vitamin B12 and calcium as you get older.

Look for fiber-rich cereals--they are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications. Improve bone health by consuming

more calcium. Older adults need more calcium and vitamin D to help keep bones healthy. Be sure to include three servings of fat-free or low-fat milk, yogurt or cheese each day.

Try putting these tips into practice, and you will see that healthy eating with the environment in mind is easy to implement in your daily routine! It can help keep food costs down and increase nutrient density in your diet.

To find out more about this year's Fuel For the Future Campaign visit: https://www.eatright.org/-/media/files/campaigns/eatright/nnm-2023/english/tip-sheets-english/nnm_2023_20-health-tips.pdf

Friends of the Winthrop Council on Aging

Restaurant Night

at La Siesta

Wednesday, March 22nd

Starting at 5:00

Raffles & 50/50 will be available from 5:00-8:00

10% of all dine in, take out and bar orders will go to the Friends of the Winthrop Council on Aging a 501(c)3 nonprofit that supports the Winthrop Senior Center

70 Woodside Ave, Winthrop

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Wrinkles should merely indicate where smiles have been— Mark Twain

Sports



The Winthrop Vikings fifth-grade travel team is pictured after its Cape Ann Youth Basketball League championship game Sunday at Salem High School. Three Winthrop schoolteachers, Connie Grayson, Sophia Grayson, and Rock Mastrangelo traveled to Salem to support their student-athletes and congratulated the team on its successful season. Front row, from left, are schoolteacher Rock Mastrangelo, Franco Ferrara, JJ Smith, Joey Ferrara, Eli Tennan and Treyson Scarpa. Back row, from left, are schoolteachers Sophia Grayson and Connie Grayson, Tomaso Ferrara, Declan Cassidy, Rich Vivolo, Bryce O'Brien, Max Crocker, Chase Triant, and coaches Joe Ferrara, Mike Triant, and Rich Vivolo.

Winthrop Vikings fifth-grade travel team falls just short to Danvers in CAL title game

By Cary Shuman

Playing four hard-fought 32-minute play-off games on successive days, the Winthrop fifth-grade basketball team fell just shy of claiming a Cape Ann Youth Basketball League title, losing to Danvers, 43-37, in the championship game Sunday afternoon at Salem High School.

No one had given Winthrop much of a shot of forcing a winner-take-all game after the Vikings lost to Danvers by 22 points in the winners' bracket final Saturday morning. But the Winthrop contingent regrouped and defeated Hamilton-Wenham, 34-30, in the losers' bracket final also held on Saturday.

That set up a scenario where Winthrop needed to beat Danvers twice to take home the championship. Led by a sterling 25-point performance by guard Chase Triant, the Vikings edged Danvers, 34-33, to set up a rematch for the title. Triant, certainly one of the league's best players, banked in the winning five-foot bucket with five seconds left on the clock in the game that was played at Pingree School.

The Winthrop-Danvers championship game was a barnburner, with both teams exchanging baskets until the final two minutes when Danvers went on a 6-0 run to take the game and the title.

Triant again led the

way for Winthrop with 23 points. In the exciting finale, Triant went basket-for-basket with Danvers' talented guard, Lucas St. Pierre. The son of Mike Triant, the Winthrop travel team and WHS boys varsity basketball head coach, Mike Triant, Chase Triant completed the season averaging 21 points a game. In the finale, Triant went-to-head with Danvers' talented guard, Lucas St. Pierre.

There were other standouts and key individual contributions as well for Winthrop.

Treyson Scarpa was very efficient in bringing the basketball downcourt, setting up his teammates for baskets, and grabbing some huge rebounds as well. Max Crocker excelled at both ends of the court for Winthrop during the regular season and in the playoffs.

JJ Smith had a dazzling drive down the lane for a basket late in the championship game. "The confidence that JJ has in his game is amazing," credited Coach Triant. "He knows just what to do in every situation. In that sequence, he just took his defender to the basket."

Rich Vivolo was a star on defense and was given the tough 1-on-1 assignment of slowing down St. Pierre in the games against Danvers.

"Rich and JJ were the most improved players on the team from last year,"

said Triant.

Mike Triant said he was very proud of his players who showed tremendous resiliency in getting to the championship game.

"I don't know another group of fifth graders that could lose to a team by 22 points and then actually believe they could go out and beat that same team twice," said Triant. "They're a great group of kids. They're all very good friends and they enjoy playing sports together, and hopefully they'll be together for a long time and do special things as athletes."

Mike Triant also thanked assistant coach Joe Ferrara, father of Winthrop players Franco Ferrara, Joey Ferrara, and Tomaso Ferrara, and assistant coach Rich Vivolo, father of defensive leader Rich Vivolo, for their dedication to the team.

Winthrop girls hockey's state title hopes ended by Billerica, 3-2

By Cary Shuman

The Winthrop High school girls hockey team's quest for an historic undefeated season came to an end in the Division 1 quarterfinals in a 3-2 loss to Billerica at Cronin Memorial Rink in Revere.

Billerica senior Remore Serra scored at the 3:39 mark of the third period to break a 2-2 tie. Sophomore goaltender Hailey Graybeal and the Billerica defense maintained that one-goal margin the rest of way.

The visiting team, which consisted of players from Billerica High and Chelmsford High, clearly focused on slowing Winthrop's high-scoring seniors, Emma Holmes and Julia Holmes. Emma Holmes, who's truly a magician with her stick-handling prowess, did produce a highlight-reel caliber goal in which she skated around the BC defense and deposited the puck in the net. Julia Holmes scored on a short-handed goal.

But it was clear that Billerica coach Ray Monroe built his game plan around containing

the Holmes sisters, who were converged upon by multiple Billerica players throughout the game.

Billerica also took away some of Winthrop's momentum with goals in the final 15 seconds of the first and second periods.

"We had a chance to get that goal and get it out to a 3-1 lead," said Martucci about the crucial end-of-the-second-period sequence. "Instead, it goes the other way and it's a 2-2 game."

Winthrop goaltender Riley Towse concluded an exceptional rookie season for the Vikings. "Overall, I thought Riley played a pretty good game for a kid who's never played in a situation like that," said Martucci. "The rink was full, and it was loud and there was a lot on the line, and for Riley to step up and play the way she did, I was very proud of her."

Martucci credited the Billerica/Chelmsford team for its upset of the Vikings.

"I will give credit where credit is due, and the Billerica team did just enough of what they needed to do – whether it be their goaltender playing a phe-

nomenal game or their defense playing the body on our higher-end forwards. They did a fantastic job of defending, their goaltender played tremendous, and they got timely scoring when they needed it that's for sure."

Butch Martucci did address the issue the somewhat controversial issue of the Winthrop-Billerica/Chelmsford game being moved from Larsen Rink at the Mike Eruzione Center to the Cronin Memorial Rink in Revere. As a result of Winthrop being a high seed, the team had earned the right to play the Elite 8 game in its own rink.

"I just wished the game was played where it was supposed to be played," said Martucci. "It would have been a little better for us because we're just very content at Larsen, and it's easier to set up for our pre-game preparations. The MIAA said we didn't have enough seats (Larsen Rink has 422 seats) to host the game. It was the MIAA's call. We called Revere [officials] and we were able to play the game there."

St. Michael the Archangel Parish

320 Winthrop St, Winthrop, Ma 02152
Stations of the Cross: February 24, March 3, 10, 17, 24 at 7:00pm
Friday, March 31: "Living Stations" drama by teens at 7:00pm
"The Eucharist - Christ Truly Present"
7:00pm Upper Church March 20-23
Take some time for yourself this Lent by coming to hear great speakers and enjoy moving music.

Holy Week Schedule

Palm Sunday Vigil, April 1: Masses at 4:00pm and 5:30pm
Palm Sunday, April 2: Masses at 8:00am, 10:00am, 11:00am & 12 Noon
"Living Stations" at 7:00pm
Holy Thursday, April 6: Mass of the Lord's Supper at 7:00pm
Good Friday, April 7: Liturgy and Veneration of the Cross at 7:00pm
Holy Saturday, April 8: Easter Vigil Mass at 7:00pm
Easter Sunday, April 9: Masses at 8:00am, 10:00am Family Mass*, 11:00am & 12 Noon

*followed by Easter Egg Hunt

First Church Of Winthrop United Methodist

217 Winthrop St, Winthrop, Ma 02152
Lenten Devotion - Tuesdays 6:30 - 8:00 PM at First Church in Burnside Room

Soup and Fellowship 6:30 - 7:00 PM
Devotion 7:00-8:00 PM

March 14, March 21 and March 28:

St Patrick's Day Dinner - Saturday, March 11 - Dinner, Fellowship, Live Music; 5:30 PM at First Church in the Fellowship Hall

Palm Sunday - April 2
Maundy Thursday - April 6 at 6:00 PM

Service of Holy Communion at St. John's Episcopal Church
Good Friday - April 7 - 7:00 PM

First Church Sanctuary will be open for prayer (reserve a time by contacting the Church office) Stations of the Cross booklets available to use at home or at the Church

April 9: Ecumenical Easter Sunrise Service

Winthrop Beach - 5:45 am

All are welcome to this 25-minute outdoor service with joint leadership from Winthrop's Churches

Meet at the north end of Winthrop Beach at Crest Ave., near the green rails; Breakfast at First Church following the Sunrise Service

Easter Sunday at First Church - April 9th at 11:00 am
Service of Holy Communion

Mother's Day Dinner - Saturday, May 6th at 5:30PM at First Church in the Fellowship Hall - Dinner, Fellowship and silent auction

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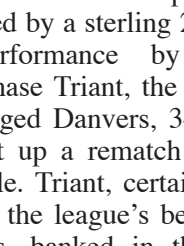
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MIAA STATE HOCKEY TOURNAMENT

Vikings fall to Amesbury, 4-3, in overtime

By Cary Shuman

There is nothing more exciting in high school sports than the MIAA State Tournament. And there is nothing more exciting in the MIAA State Hockey Tournament than sudden death overtime.

The Winthrop High School boys hockey experienced back-to-back overtime games in this year's State Tournament.

Mike Holgersen scored the game-winning goal in OT for the Vikings in their thrilling, come-from-behind 3-2 victory over Belchertown in their tournament opener last Thursday at the Larsen Rink at the Mike Eruzione Center. Phil Boncore and Jack Hayes also netted goals to help Winthrop rally from a 2-0 deficit and tie the game at 2-2 before Holgersen became the instant hero with his game-winner.

Winthrop and Amesbury took it to the extra session in the Round of 16 game Sunday at Larsen Rink. Amesbury's Joe Duggan tied the game in the final two minutes of regulation before CAL Baker Division MVP Hunter Belisle scored the game-winner with 4:43 left in overtime.

"The kids played great hockey, but we couldn't get that goal-separation, said head coach Dale Dunbar. "We were unable to get that lead that we needed. It was uncharacteristic that we gave up a late goal [versus Amesbury]. We practice those situations all the time. It was kind

of surprising to give up that type of goal. We just didn't get the bounce."

The Vikings enjoyed a superb season that produced an NEC championship and a 16-3-1 record that earned the No. 3 seed in the State Tournament.

"It's very unfortunate the way it ended, it's so abrupt, but we had a great year," said Dunbar. "This was the best group of kids I've ever coached. I loved being in the room with them every day. They're just tremendous."

MV-PETEY'S Future

Individually, for junior Petey Silverman, the 2022-23 season was one for the ages. Silverman had a breakout campaign during which he received well-deserved recognition as the undisputed league MVP and one of the state's best high school hockey players.

There is much speculation about Silverman's future plans, but with another season under the tutelage of Dale Dunbar - who has masterfully developed many talented players to compete at the next level - Silverman, a truly electrifying presence on the ice, would be in a position to become the most decorated hockey player in the Winthrop program's history while joining his returning teammates players on a run at long-awaited state championship.

The tremendous crowds at Larsen Rink showed that Winthrop appreciates excellent hockey.



THE LARSEN LEAP: Pete Silverman climbs to board to the cheers of the Winthrop fans after he scored the Vikings first goal.



CLOSE, BUT...Jack Hayes is in close but can't get the puck past Amesbury goaltender Tyler Bartniski.



RIGHT PLACE, RIGHT TIME: Freshman Aidan Survilas (12) lines up a shot in front of Amesbury goalie Tyler Bartniski that gave Winthrop a 2-1 lead in the second period.



THIS TIME, YES: Pete Silverman falls to the ice as he is checked by Amesbury's Cam Abromovitch (9) and James Demarco (19) but it's all good for Winthrop as Silverman's shot slips past goaltender Tyler Bartniski for a Winthrop score.



MAKING SPACE: Freshman Jay Fotiades (15) gets some skating room as he avoids Amesbury's Riley Guertin (22).



BACK DOOR ATTEMPT: Phil Boncore (7) takes the back route looking for a shot on net.



ALL EYES: Winthrop's Phil Boncore (7) Michael Holgerson (16), and Luke Gthinji (3) watch as a loose puck bounces toward the blue line.



OVERTIME COMING: Amesbury's Joe Duggan (12) puts the game-tying goal past Winthrop netminder Nico Babine late in the third period.



LONELY MOMENT: Winthrop goaltender Nico Babine react to the overtime goal by Amesbury's Hunter Belisle that gave Amesbury a 4-3 win and put an end to Winthrop's successful hockey season Sunday in the Round of 16 of the MIAA Division 4 championship tournament. The Vikings finished their season with a 17-4-1 record.

Winthrop a big winner at the 2023 JetBlue Shamrock Splash

On Sunday, March 12th more than 140 “Shamrock Splashers” hit the cold, clean water at Constitution Beach in East Boston and raised a record-breaking \$57,000 at the JetBlue Shamrock Splash to support Save the Harbor/Save the Bay’s Better Beaches Program partnership with the Department of Conservation & Recreation.

Winthrop was a big winner at the 2023 event, raising more than \$2,185 for free beach events and programs!

“Last year, Save the Harbor awarded Better Beaches grants to Winthrop organizations such as Friends of Belle Isle Marsh and Friends of Winthrop Beach,” said Executive Director Chris Mancini. “This money was used to put on Salt and Sun Tidal Explorations, Back to the Beach Party, festivals, and movie nights on the beach.” For the first time this year, Save the Harbor also hosted the Shamrock Dash which featured runners warming up with a 1 km race before participating in the splash.

Save the Harbor/Save the Bay’s Executive Director Chris Mancini thanked their program partners and event sponsors, including JetBlue, Harpoon Brewery, FMC Ice Sports, P&G Gillette, National Grid, Coast Cannabis, the Daily Catch,

Comcast, Mix 104.1, The Blue Sky Collaborative, and The Richard Saltonstall Charitable Foundation. Mancini also thanked Metropolitan Beaches Commission Co-Chairs Senator Brendan Crighton of Lynn, and Representative Adrian Madaro of East Boston and the legislative and community members of the Commission as well as Senate President Karen Spilka and House Speaker Ron Mariano for their support for our beaches and our communities.

They also want to thank the Healey-Driscoll Administration, the Massachusetts Legislature, our partners at the Department of Conservation and Recreation, the Boston Centers for Youth & Families, the YMCA of Greater Boston, and the hundreds of people who took part in the Shamrock Splash for their support. Proceeds from this year’s Shamrock Splash will be invested in free “Better Beaches” events and programs on the metropolitan region’s public beaches in Nahant, Lynn, Revere, Winthrop, East Boston, South Boston, Dorchester, Quincy, and Hull.

More information is available on the Save the Harbor/Save the Bay website at www.savetheharbor.org.



Shamrock Splashers” hit the cold, clean water at Constitution Beach in East Boston.



Congratulations to top fundraiser Dave Nardella of Charlestown, who raised \$3,401 for Save the Harbor’s Shamrock Splash this year. From left to right: Charlie Storey of Harpoon Brewery, Maya Smith of Save the Harbor/Save the Bay, Representative Jessica Giannino of Revere, Donnie Todd of JetBlue, and John Murphy, Jeff Reagan and Dave Nardella of the Half & Half fundraiser, and Chris Mancini of Save the Harbor/Save the Bay.

MBTA reminds riders to leave extra time

Staff Report

The MBTA is advising riders to plan for additional travel time and longer headways on the Red, Orange, Blue, Green, and Mattapan Lines this week as MBTA engineers continue to perform repair validations and speed verifications following a Department of Public Utilities (DPU) site visit last week. Riders are encouraged to use the T’s Trip Planner tool at mbta.com/trip-planner for a list of travel options, including bus routes that run parallel to subway service.

On Friday, the T replaced the global speed restrictions on the Red, Blue, and Orange Lines with targeted block speed restrictions between 10-25 mph in areas that still needed to be inspected or where track conditions do not permit normal speeds. The Green and Mattapan Lines remain under a global speed restriction of 10-25 mph while inspections continue.

MBTA crews remain in the field verifying that speeds are appropriate for sections of track identified by recent geometry car testing that may require mitigation, meaning the results of the testing matches field inspections by MBTA track engineers and independently verified by third party consulting engineers. Once speeds are verified, the T will proceed with validating that track defects identified in the geometry testing were repaired during previous work or report where repairs remain pending.

“We understand that riders are frustrated, and we thank them for their patience as we work hard to deliver the reliable system they expect and deserve,” said MBTA Interim General Manager Jeffrey Gonneville. “The decision to implement these speed restrictions was taken because the safety of our riders and

employees is a top priority. We will continue to keep riders updated as we develop a timeline for the completion of this work and a return to a more normal schedule.”

Block speed restrictions of 10-25 mph remain in place on the heavy rail subway lines. This represents 31.9% of track. There are 19 block speed restrictions on the Orange Line, 39 on the Red Line, and six on the Blue Line. These are in addition to speed restrictions that had previously been in place on these lines prior to the March 9 system-wide slow order. A block speed restriction is a length of track that may include multiple defects that need to be investigated or mitigated. As each defect is validated and corrected as needed, the length of the block speed restriction will be reduced until the block is fully removed.

A track geometry car is used to test several parameters of track geometry including measuring position, curvature, alignment of track, smoothness, and the cross level of the two rails. The car uses a variety of sensors, measuring systems, and data management systems to create a profile of the track being inspected. The MBTA instituted global speed restrictions last week because the Authority was not satisfied with the quality of the documentation that supports the mitigation that followed recent geometry car testing. The MBTA typically performs geometry testing twice each year. The last series of geometry testing took place in the fall of 2022 and February 2023. The MBTA is performing a full and complete review of the circumstances that led to this situation.

For more information, visit mbta.com, or connect with the T on Twitter @MBTA, Facebook / TheMBTA, Instagram @theMBTA, or TikTok @themba



From left to right: Maya Smith of Save the Harbor/Save the Bay, Charlie Storey of Harpoon Brewery, Congratulations to costume winner Elaine Howley of Southie, name of JetBlue, and Chris Mancini of Save the Harbor/Save the Bay.

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Winthrop Senior Center News

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Email: COARception@town.winthrop.ma.us

Phone: 617-846-8538

Additional information on our activities and programs can be found in our monthly newsletter, which is available at the Senior Center and on our website.

Thursday, March 16

9:30am-10:30am: Exercise Class (\$1)

10:30am: Coffee and Conversation

12:00pm-12:30pm: Lunch-Dine In / Grab and Go Lunch Pick-Up

12:45pm-3:00pm: Bingo

Friday, March 17

10:00am-12:00pm: Ceramics

10:00am-11:00am: Line Dancing (\$5)

11:00am: Grab and Go Lunch Pick-Up

Monday, March 20

9:30am-10:30am: Yoga with Kathleen (\$5)

10:00-11:30am: Office Hours with Rep. Turco

11:00am: Grab Lunch Pick Up

11:30am-3:00pm: Game Day / Mahjong

12:30pm-2:30pm: Art Class with Dawn (\$6)

Tuesday, March 21

9:30am-10:30am: Exercise Class (\$1)

11:00am-12:00pm: Blood Pressures

11:30am-12:30pm: Ballroom Dancing with Gerard

11:30am: Fall Prevention Clinic with Cummings Physical Therapy

12:00pm-12:30pm: Lunch-Dine In / Grab and Go Lunch Pick-Up

1:30pm-2:30pm: Chorus

1:30pm-2:30pm: Creative Writing with Gerard with Gerard (\$5)

Wednesday, March 22

9:30am-10:30am: Yoga with Kathleen

11:00am-12:00pm: Zumba with Cindy

11:00am: Grab and Go Lunch Pick-Up

1:15pm-2:45pm: Italian Class

Senior Lunch Program: The Senior Center offers in-person dining on Tuesdays and Thursdays from 12-12:30pm. Grab and Go Lunches are also available for pick up Monday – Friday between 11am and 1pm. To reserve a lunch, please stop by the front desk or call the Senior Center at 617-846-8538 by 11am the day before (for Monday lunch, reservations must be made by 11am on Friday). Menus are available on our website and at the Senior Center. Please note, lunches cannot be held overnight, they must be picked up on the day it was requested.

Senior Van. The Senior Van runs Monday – Thursday from 9am-3pm. Reservations are on a first come, first served basis, and can be made by calling the Senior Center. Medical rides will be prioritized. A list of destinations and pricing is available on our website and in our newsletter.

Friends of the Winthrop Council on Aging Restaurant Night at La Siesta (70 Woodside Ave).

Wednesday, March 22 starting at 5pm. Enjoy a great meal and support the Friends of WCOA! 10% of all dine-in, take out and bar orders will go to the Friends of the WCOA, a 501(c)3 nonprofit that supports the Senior Center. There will also be a 50/50 and other raffles available from 5-8pm.

Senior Citizen Property Tax Abatement Program. Applications for the 2023 Senior Citizen Property Tax Abatement Program are available at the Senior Center and on the COA's website. This program allows seniors, aged 60 and older, to volunteer their services in exchange for a reduction in their property tax bill. For more information, and full program requirements, please visit www.town.winthrop.ma.us/council-aging, or stop by the Senior Center. Applications must be returned to the Senior Center by noon on Friday, April 7, 2023.

CAPIC Fuel Assistance. CAPIC will be at the Senior Center to assist in signing up for fuel assistance from 9:30am to 12pm on April 19, 2023. Appointments are on a first come, first served basis. For more information on the Low-Income Home Energy Assistance Program (LIEHAP), go to: www.capicinc.org, or call 617-884-6130.

Fall Risk Prevention Clinic. Tuesday, March 21 at 11:30am
Join Dr. Maegen Brady De Leo, Physical Ther-

apist from Cummings Physical Therapy for this interactive
And engaging workshop designed to help minimize the risk of falling, as well as information on modifications that can be made to the home.

Breakfast with Dennis. Friday, March 31 (8:30am) at the Senior Center
Cost \$5.00. Sign up buy Friday, March 24.

Programming & Activities

A full listing of the Senior Center's programs and activities is available in our newsletter and on our website.

Ballroom Dancing: Ballroom dance is a set of partner dances, which are enjoyed both socially and competitively around the world. We will tackle Waltz, Swing and Rumba, plus Cha Cha, and Foxtrot. This class will be held on Tuesdays from 11:30am-12:30pm.

Blood Pressures: First and third Tuesday of each month from 11:00am to 12:00pm. No appointment needed.

Bowling: Tuesdays at 10:00am at the Winthrop Elks.

Coffee and Conversation. Join us on the third Thursday of each month at 10:30am for an informal chat and some coffee and cookies too.

Computers are available for use Monday-Thursday from 9:00am-3:00pm and Fridays from 9:00am-12:00pm.

Podiatry: Barbara Ullman, RN, a registered nurse, and pedicurist from Seen Your Feet will be at the Senior Center on the first Thursday of each month. Cost: \$20 (or \$25 to have toe and fingernails done). Cash only. Appointment required; to schedule, please call the Senior Center.

Seaside Tappers: The Seaside Tappers meet on Mondays for Tap Classes from 10:30-11:30am, at the Methodist Church. For more information, contact Gail at: 617-763-7311.

SHINE Counseling: Our SHINE Counselor, Charlie Randall, is available to help you with any health insurance questions you have. Charlie will be at the Senior Center on the second Wednesday of the month from 1pm-3pm. Appointments are required; to schedule, please stop by the Senior Center or call us at 617-846-8538.

Technology Class: Volunteers will be available from 10am-12pm on the fourth Tuesday of each month to help you with any tech support you need. Bring your laptops, smartphones, or tablets, along with your questions. To register, call the Senior Center.

Upcoming Trips

Flyers, with additional trip information, are available at the Senior Center.

Sunday, April 30, 2023: Lunch & Show at the Newport Playhouse (WAIT LIST ONLY)
Provider: All Around New England
Cost: \$127
Make checks payable to: Friends of WCOA

Saturday, May 20, 2023: Lobster Roll Cruise (WAIT LIST ONLY)
Provider: All Around New England
Cost: \$114

Make checks payable to: Friends of WCOA
Meal choice: Lobster Roll, Roast Beef Rollup, Vegetarian Rollup, or Chicken Caesar Salad

Wednesday, June 21, 2023: The Texas Tenors at Danversport Yacht Club
Provider: Best of Times Travel

Cost: \$89 (drive on your own) or \$119 (with transportation)
Make checks payable to: Friends of WCOA
Meal choice: Stuffed Breast of Chicken or Baked Scrod

Thursday, August 10, 2023: Corvettes Doo Wop Revue and traditional Maine Lobsterbake at Fosters Lobsterbake in York, Me.

Provider: Best of Times Travel
Cost: \$119.00
Make checks payable to: Friends of WCOA
Meal Choice: Whole boiled 1 ¼ lb. or ½ BBQ Chicken

Years // CONTINUED FROM PAGE 5

nior Alan Miles has been named a National Merit Finalist, an honor reserved for the top one-half of one percent of high school seniors across the country.

A 22 year old East Boston man has been charged with assault & battery upon Winthrop Police Office Blanchard after the man had been placed in the patrol car following his arrest for assaulting another person.

Obbie Guidi has been named the Winthrop Elks Man of the Year.

Winthrop residents spoke in favor of a bill that would reopen Shirley Gut as a means of alleviating the pollution problem that plagues Boston Harbor at a hearing before a Senate committee last week.

Nick Nolte and Eddie Murphy star in 48 Hours at the Kincade Theatre.

50 years ago
March 21, 1973

By a resounding voice vote, Town Meeting members rejected an article calling for an outside appraisal firm to be hired to conduct a revaluation of property in Winthrop.

Two escapees from the Deer Island jail drove a stolen MDC pickup truck into Winthrop Cemetery where they caused a considerable amount of damage before one of the escapees was captured by Deer Island prison guards who were in hot pursuit.

Peter O'Toole stars in The Ruling Class at the Winthrop Cinema.

60 years ago
March 21, 1963

After three hours of debate and 90 speeches by members, Town Meeting voted to approve sala-

ry increases of \$500 for some town employees. The Chief of Police now will have a new salary of \$8000; the Town Custodian will have a new salary of \$4600; and the Secretary to the Board of Selectmen will have a new salary of \$4300.

A gala banquet with 500 paying guests to honor the Class B Tech Tourney champion Winthrop High basketball team has been set for April 15 in War Memorial Auditorium. The players then will go on a three day educational tour to Washington, D.C., the following morning.

The Congregational Tifereth Israel Building Committee will open the bids for the new Temple and Hebrew School next Tuesday. The final plans and specifications for the estimated \$450,000 religious center were completed recently.

Tony Curtis and Suzanne Pleshette star in 40 Pounds of Trouble at the Winthrop Theatre.

70 years ago
March 19, 1953

In what generally was considered to be the most sweeping show of opposition to the recommendations of the Advisory Committee in many years, Town Meeting bypassed the committee on four major items. Chief beneficiaries of the loosening of the town's purse strings are the members of the police, fire, and street departments, all of whom will receive raises that were rejected by the Advisory Committee.

More than 100 friends and relatives turned out to honor long-time resident May Tewksbury on the

occasion of her 80th birthday.

Easter outfits in local stores reveal new fabrics, new colors, and new styles for every member of the family.

Danny Thomas and Peggy Lee star in The Jazz Singer at the Winthrop Theatre.

80 years ago
March 20, 1943

Town Meeting needed just one session to complete action on all 54 articles on the Town Warrant Monday evening. Temporary salary increases of 10 percent were approved for all officials and full time town employees. Town Meeting also voted to take \$50,000 from the Revenue or Excess Deficiency Account to purchase War Bonds to aid the war effort.

The recently-formed Winthrop Soldiers and Sailors Committee is looking for local residents who will entertain our fighting men who are stationed in the local military forts.

Joan Crawford and John Wayne star in Reunion in France at the Winthrop and State Theatres.

90 years ago
March 25, 1933

With just one "No" vote being heard on a voice vote, Town Meeting approved a \$25,000 appropriation as the town's share of the \$150,000 breakwater project for Shore Drive, with the state paying the \$125,000 balance. This at long last will provide some protection for our coastal residents along Winthrop Beach from ocean storms.

The vast needs of the Winthrop Unemployment

Committee continue unabated as the committee goes about its work of providing relief for the families of those who are unemployed because of the Depression. There presently are 72 families in town who are receiving weekly aid in the form of food and coal deliveries.

Police Chief McNeil was successful in persuading Town Meeting to provide additional funds for the hiring of four more police officers. Boston Globe newspaperman Joseph Harvey was among those speaking in favor of the article. The additional patrolmen will add about 16 cents to the tax rate.

The Winthrop League of Women Voters will observe its first anniversary with a luncheon at the home of Mrs. Sam Davis.

Mae West and Cary Grant star in She Done Him Wrong at the Winthrop and State Theatres.

100 years ago
March 23, 1923

Town Meeting approved a total budget for 1923 of \$568,962, of which \$85,000 is for appropriations at its meeting last week. Members were informed that the total valuation of property in the town is \$18,674,500.

Mrs. Jessie Leonard, the Winthrop Sun editor and unsuccessful candidate for the Board of Selectmen in the recent town election, who refers to herself as "the deferred candidate," writes in this week's newspaper that there are many things she intends to do in the way of town service over the coming year which will make her a better selectman when she runs again and is elected.

Mrs. Mary Ann Pierce Thompson, for many years the oldest resident of Winthrop, passed away this week at the age of 103.

Residents have noticed that our town is a much dirtier place now that soft coal, instead of hard coal, is being used in our homes. Clothes on our laundry line are being smutted by the dirty air. It is suggested that residents put their clothes out in mid-morning after the early-morning fire-up takes place and retrieve them by late afternoon before the dirty air returns from the evening fire-up.

110 years ago
March 22, 1913

A pall of gloom was cast over our town with the news of the sudden death Monday of Mr. David Floyd. Almost every man in town who meets his neighbor says, "Too bad about David Floyd." His death comes as a personal loss to all of us, for he had a great love of Winthrop past, present, and future. He was born in Winthrop 59 years ago in the old Floyd house on Main St. He was engaged for most of his life in the real estate business and was greatly responsible for Winthrop's growth. He served as Town Treasurer from 1885-95 and in the legislature in 1888-89. He and his wife Belle had no children.

The selectmen voted 2-1 to remove George Paine as Superintendent of Streets, a post he has held for several years. They voted to replace him with his assistant, Alvan H. Dean. However, the selectmen voted to reappoint two other men, Charles

Hagman as secretary to the Board of Selectmen and Ellsworth Burrell as Police Chief.

It appears that the City of Boston will pay 60 percent of the cost of a new bridge into town across the Belle Isle inlet.

Town Meeting voted to increase the salaries of town employees by 10 percent, from \$2.25 to \$2.50. Town Meeting also voted to give a parcel of land on Pt. Shirley to the Parks Department.

120 years ago
March 21, 1903

All Winthrop is in mourning over the news of the passing of our esteemed townsman and former town official, Orlando C. Lewis, whose death occurred suddenly from apoplexy in Crowther, Texas, last Friday. Mr. Lewis had been home in Winthrop a few weeks ago and seemed to be in fine health. Lewis was a native of Ohio, born there in 1847, and enlisted in the Civil War at the age of 15, the youngest soldier from his state. He came to Winthrop in 1887 and lived on Perkins Street at Winthrop Beach. He served as Chairman of the Board of Selectmen for nine straight years from 1891-99 until he stepped down from that office. He was a founder of the Winthrop Steamboat Company and improved the area all around Lewis Lake, which bears his name.

It should not be surprising that there is a good deal of opinion about the recent assessment of real estate in the town.

Work is progressing slowly but surely on the East Boston subway tunnel.

Boston ranks number 4 on list of America's most congested cities

The most congested cities across America have been revealed with motorists driving at an average of just 17.5 mph during rush hour.

Car rental experts at StressFreeCarRental.com have crunched the numbers to find the drivers who are spending the most time sitting in their cars.

New Yorkers experience the worst congestion in the country - travelling at an average of just 12 mph during rush hour.

Motorists in Washington DC and San Francisco experience the second and third worst congestion across the US, with an average travel speed of 14 mph and 15 mph respectively, during peak times.

Boston makes the top five of the worst congested cities, taking on average 18.4 minutes to drive six miles.

Drivers in Pennsylvania also experience long wait times sitting in traffic, as both Philadelphia and Pittsburgh make the top 10 list also.

Chicago and Baltimore

Rank	City	Average time to travel 6 miles (minutes)	Average speed in rush hour (mph)
1	New York City	24.3	12
2	Washington DC	20.4	14
3	San Francisco	20.3	15
4	Boston	18.4	16
5	Chicago	18	16
6	Baltimore	17	19
7	Seattle	15.3	21
8	Philadelphia	15.2	19
9	Pittsburgh	14.3	22
10	Miami	14.3	21

rank at the fifth and sixth worst congested cities in the country, spending almost 20 minutes to travel six miles during peak travel times.

Seattle and Miami also have some of the most jam-packed roads across America, with drivers travelling at an average speed of 21 mph during rush hour.

A spokesperson for StressFreeCarRental.com said: "It's unsurprising to see the most densely populated city at the top of the league table - with New Yorkers travelling at

an average of 12 miles an hour at rush hour.

"Of the top 10, it's only drivers in Pittsburgh and Miami who can make a six mile journey in less than 15 minutes.

"For motorists in the most congested cities of San Francisco, Washington DC, and New York, the journey will take 20 minutes or more.

"Drivers are experiencing slow moving traffic every day - with an average speed of only 17.5 mph during rush hour across the US as a whole.

"And many motorists

are spending over 40 minutes doing their daily commute because of how congested the city roads have become.

"This is frustratingly slow and none of us particularly enjoy spending longer than we already do sitting in our cars while we miss out on things we would rather be doing instead.

"But it is surprising not to see some of America's busiest cities on the list - Pittsburgh ranking above Los Angeles is surprising when you consider the reputation LA has for congestion.

"What we might be seeing is the result of differing levels of investment into improving roads and public transport city to city.

"As the US tries to improve its air quality, pollution, and reduction of emissions, we need more investment to help traffic flow more freely.

"This might involve introducing more congestion charges for motorists in these cities and pumping more funding into improving roads and public transport systems to tackle the issue."

For information on how to drive stress free in any of the world's major cities please visit <https://www.stressfreecarrental.com/>



Gridlock along Saratoga Street in East Boston is causing public safety concerns among residents during the morning commute.

Joint Committee on Ways and Means to hold budget hearing

The Joint Committee on Ways and Means will hold a hearing on Governor Maura Healey's FY2024 budget proposal, on March 31 at 11 a.m. covering the topics of economic development, housing, and labor. State Representative Ann-Margaret Ferrante (D-Gloucester) and State Senator Lydia Edwards (D-Boston) will co-chair the hearing. Testimony is by invitation only; the hearing will be open to the public for viewing, both in person and on MAlegislature.gov.

"The state budget is the most important piece of legislation that is passed annually. Although those testifying will be from state government, secretariats and agencies, this hearing gives the public the opportunity to view the budget process," said

Rep. Ann-Margaret Ferrante (D-Gloucester). "I'm glad that my constituents, the residents of Cape Ann, will have the ability to see the budget process up close and personal, especially as we hear testimony on some of the most important issues facing the Commonwealth such as economic development, housing, labor, the arts, and state libraries."

"Every budget is an opportunity to center people, jobs, housing, and the economy. It is a demonstration of financial stewardship and commitment to people. I'm proud to chair this hearing with Vice Chair Ann-Margaret Ferrante and bring the budget process to the people," said Senator Lydia Edwards (D-Boston).

Residents of Winthrop,

Revere, and Boston are encouraged to attend or listen in on MAlegislature.gov.

The meeting will be held at Cruiseport Gloucester, 6 Rowe Square, Gloucester, Massachusetts

Those agencies in attendance include: Joint Committee on Ways and Means, Executive Office of Housing and Economic Development, Consumer Affairs and Business Regulation, Dept. of Business Development, Dept. of Housing and Community Development, Executive Office of Labor and Workforce Development, Dept. of Labor, Board of Library Commissioners, Mass. Cultural Council, Commission on the Status of Women, Cannabis Control Commission

OBITUARIES

G. Regina Davis

Retired Office Manager

G. Regina (Lynch) Davis of Winthrop passed away suddenly on March 6. She was 89 years old.

The beloved wife of the late Robert Davis, she was born in Boston, the cherished daughter of the late Edward V. and Grace G. (Norcross) Lynch.

Regina retired in 1995 from the BC Ames Company in Waltham, where she worked as their office manager. She was often seen in St. John the Evangelist Church in Winthrop, where she would help with baptisms, both in the church and with the clerical recording.

Regina is survived by her loving godchildren: Nancy James, Amy Jassett, Kim Driscoll, Michael McKay, Michael Jasset, and Jeff Lynch and her extended family that she loved and adored.



Regina's funeral Mass was held in the St. Michael the Archangel Parish (St. John the Evangelist Church) 320 Winthrop St., Winthrop, on Saturday, March 11 at 10 a.m.

Interment was in Winthrop Cemetery (Belle Isle Section). Funeral arrangements were from the Maurice W. Kirby Funeral Home 210 Winthrop St. Winthrop.

To sign Regina's guestbook, please visit: www.mauricekirbyfh.com.

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In Loving Memory of



JOANNE CAPPRINI


9th Anniversary

March 19, 2014 –
March 19, 2023


HAPPY BIRTHDAY 3/15

We think about you always,
We talk about you still.
You have never been forgotten,
And you never will.
We hold you close within our hearts
And there you will remain.
To walk and guide us through our lives,
Until we meet again.
Love and miss you always

All types of services
for all types of people.



Some people prefer traditional funeral services. Others prefer cremation. Some want an elaborate ceremony. Then there are others who don't want any ceremony at all. When it comes to funerals, there are as many options as there are people. And we take pride in being able to say we offer them all.



147 Winthrop Street • Winthrop, Massachusetts 02152

(617) 846-8700

www.CaggianoFuneralHome.com.
www.CremationsbyCaggianoFH.com


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IN MEMORY OF MORT BUCKLEY

The Founding Father
of Winthrop Youth Hockey

February 4,1918 - March 21,2007
Gone - But Never Forgotten

From
Frankie, Paul, Mary and Eileen



Robert
C. Hough
7th Anniversary
Mar. 16, 2016 - Mar. 16, 2023



When we close our eyes, we see you
When we open our eyes, we miss you
Our hearts are full of memories
With pride we speak your name.
Though life goes on without you,
it will never be the same.
Remembering you is easy,
we do it every day, but
missing you is the heartache
that never goes away.

We Miss and Love You
Your Loving Wife, Linda,
and Family

LOCAL STUDENTS EARN Academic Honors

DIMENTO NAMED TO ST. LAWRENCE UNIVERSITY'S FALL 2022 DEAN'S LIST

Gemma DiMento from Winthrop has been named to St. Lawrence University's Dean's List for achieving academic excellence during the Fall 2022 semester.

DiMento is a member of the Class of 2025. DiMento attended Winthrop High School.

To be eligible for the Dean's List, a student must have completed at least four courses and have an academic average

of 3.6 based on a 4.0 scale for the semester.

Founded in 1856, St. Lawrence University is a private, independent liberal arts institution of about 2,250 students located in Canton, New York. The educational opportunities at St. Lawrence inspire students and prepare them to be critical and creative thinkers, to find a compass for their lives and careers, and to pursue knowledge and understanding for the benefit of themselves, humanity and the planet. Through its focus on active engagement with ideas in and beyond the

classroom, a St. Lawrence education leads students to make connections that transform lives and communities, from the local to the global.

LOCAL STUDENTS NAMED TO DEAN'S LIST

The following local residents were named to the Dean's List at Hamilton College for the 2022 fall semester:

Madeline Tolliver of Winthrop - Tolliver, a first-year student, is a graduate of Winthrop High School.

Caroline Zuffante of Winthrop. Zuffante, a se-

nior majoring in psychology, is a graduate of Winthrop High School.

To be named to the Dean's List, a student must have carried a course load of four or more graded credits throughout the semester and earned an average of 3.5 or above on a 4.0 scale.

Hamilton College, a leading liberal arts institution located in Clinton, New York, is where exceptional students explore passions through an open curriculum and robust research, internship, and off-campus study opportunities. Students graduate

ready to lead purposeful lives thanks to highly regarded faculty mentors, generous resources that support each student's interests, and a loyal alumni network. The College's need-blind admission policy ensures access for talented students with limited financial means.

ST. JOHN'S PREP ANNOUNCES STUDENTS WHO EARNED HONORS

St. John's Prep recently announced the names of students who earned academic honors for the

second quarter of the 2022-2023 school year, which ended on January 20, 2023. Students who qualified for the Headmaster's List earned grades of A- or above in all courses; students who qualified for the Principal's List earned grades of B+ or above in all courses; and students who qualified for the Honor Roll earned grades of B or above in all courses.

The following Winthrop student was named to the academic honors list for the Second Quarter 2022-2023.

Head of School List
Luke Griffin '28

LEGAL NOTICES

LEGAL NOTICE

AT&T Mobility, LLC is proposing to modify an existing wireless telecommunications facility on an existing water tank located at 76 Faun Bar Avenue, Winthrop, Suffolk County, Massachusetts 02152. The modifications will consist of the collocation of antennas at a center height of approx. 103.5 ft above ground level (measured to the top of the antennas) on the 109 ft tall water tank. Any interested party wishing to submit comments regarding the potential effects the proposed facility may have on any historic property may do so by sending such comments to: Project 6123001377 - TC EBI Consulting, 21 B Street, Burlington, MA 01803, or at (781) 425-5109.

3/16/23
W

of the Town of Winthrop that the Winthrop Board of Appeals will conduct a public hearing on Thursday March 30, 2023, at or after 6:30 p.m. held in the Harvey Hearing Room upon the application of person requesting: Susan M. Chiumiento - Property Address 426 Revere Street. The applicant seeks a permit to convert the current pre-existing, non-conforming 1-family to a 2-family home. The public is invited to attend, and interested parties shall have an opportunity to be heard. Copies of the application and plans are on file and available to review at the Town Hall Planning Office, Room 2A, Winthrop Town Hall. Darren Baird, Chairman Denise Quest, Town Clerk Winthrop Board of Appeals

3/16/23, 3/23/23
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LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT Bristol Probate And Family Court Office of Register Suite 240 40 Broadway Taunton, MA 02780 (508)977-6040 DIVORCE SUMMONS BY PUBLICATION AND MAILING DOCKET NUMBER: BR23D0066DR Saida Assif Plaintiff VS. Ahmed Makane Defendant To the Defendant: The Plaintiff has filed a Complaint for Divorce requesting that the Court grant a divorce for Irretrievable Breakdown. The Complaint is on file at the Court. An Automatic Restraining Order has been entered in this matter preventing you from taking any action which would negatively impact the current financial status of either party. SEE Supplemental Probate Court Rule 411. You are hereby summoned and required to serve upon: Said Assif, 417 Thatcher Street Attleboro, MA 02703 your answer, if any, on or before 05/26/2023. If you fail to do so, the court will proceed to the hearing and adjudication of this action. You are also required to file a copy of your answer, if any, in the office of the Register of this Court. Witness, Hon. Katherine A. Field, First Justice of this Court. Date: February 27, 2023 Felix D. Arroyo Register of Probate

3/16/23
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LEGAL NOTICE

BOARD OF APPEALS PUBLIC HEARING 3/30/2023: Case 008-2023 Notice is hereby given in accordance with Chapter 40A of the Massachusetts General Laws and Chapter 17 of the Code of the Town of Winthrop that the Winthrop Board of Appeals will conduct a public hearing on Thursday March 30, 2023, at or after 6:30 p.m. held in the Harvey Hearing Room upon the application of person requesting:

LEGAL NOTICE

BOARD OF APPEALS PUBLIC HEARING 3/30/2023: Case 009-2023 Notice is hereby given in accordance with Chapter 40A of the Massachusetts General Laws and Chapter 17 of the Code of the Town of Winthrop that the Winthrop Board of Appeals will conduct a public hearing on Thursday March 30, 2023, at or after 6:30 p.m. held in the Harvey Hearing Room upon the application of person requesting: Winthrop Hospitality LLC - Property Address 312 Shirley Street The applicant is appealing a 'cease and desist' issued by the Building Commissioner regarding long-term rentals at a location licensed for short-term rentals. The public is invited to attend, and interested parties shall have an opportunity to be heard. Copies of the application and plans are on file and available to review at the Town Hall Planning Office, Room 2A, Winthrop Town Hall. Darren Baird, Chairman Denise Quest, Town Clerk Winthrop Board of Appeals

3/16/23, 3/23/23
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LEGAL NOTICE

BOARD OF APPEALS PUBLIC HEARING 3/30/2023: Case 010-2023 Notice is hereby given in accordance with Chapter 40A of the Massachusetts General Laws and Chapter 17 of the Code of the Town of Winthrop that the Winthrop Board of Appeals will conduct a public hearing on Thursday March 30, 2023, at or after 6:30 p.m. held in the Harvey Hearing Room upon the application of person requesting:

Donald Falzarano - Property Address 24 South Main Street The applicant seeks a permit to convert the current pre-existing, non-conforming 1-family to a 2-family home and construct a dormer on the right and left side of the structure as well as a 2-story addition on the rear existing structure. The public is invited to attend, and interested parties shall have an opportunity to be heard. Copies of the application and plans are on file and available to review at the Town Hall Planning Office, Room 2A, Winthrop Town Hall. Darren Baird, Chairman Denise Quest, Town Clerk Winthrop Board of Appeals

3/16/23, 3/23/23
W

LEGAL NOTICE MORTGAGEE'S NOTICE OF SALE OF REAL ESTATE

By virtue of the Power of Sale contained in a certain Mortgage given by Eduardo N. Del Castillo to Mortgage Electronic Registration Systems, Inc., as nominee for Accredited Home Lenders, Inc., its successors and assigns, dated March 27, 2007 and recorded with the Suffolk County Registry of Deeds at Book 41564, Page 1, subsequently assigned to Deutsche Bank National Trust Company, as Trustee for the holders of Morgan Stanley Asset-Backed Certificates, Series 2007-1 by Mortgage Electronic Registration Systems, Inc., as nominee for Accredited Home Lenders, Inc., its successors and assigns by assignment recorded in said Suffolk County Registry of Deeds at Book 45024, Page 245, subsequently assigned to Deutsche Bank National Trust Company, as Trustee for Morgan Stanley Structured Trust I 2007-1 Asset-Backed Certificates, 2007-1 by Deutsche Bank National Trust Company, as Trustee for the holders of Morgan Stanley Asset-Backed Certificates, Series 2007-1 by assignment recorded in said Suffolk County Registry of Deeds at Book 67940, Page 105 for breach of the conditions of said Mortgage and for the purpose of foreclosing same will be sold at Public Auction at 12:00 PM on March 23, 2023 at 33 Tewksbury Street, Winthrop, MA, all and singular the premises described in said Mortgage, to wit: A certain parcel of land with the buildings or structures now or hereafter standing or placed thereon comprising part of Lot 90, on a plan by Whitman and Breck, Surveyors, dated August 1878, recorded with Suffolk at the end of Book 1437, bounded and described as follows: Beginning on a point on the Southerly side of Tewksbury Street at the dividing lien between Lots 89 and 90 on said plan; thence running WESTERLY: on said Street, thirty-nine (39) feet to a point which is sixteen feet Easterly from

dividing lien between Lots 90 and 91 on said plan; thence running SOUTHERLY: by a line parallel with and sixteen feet Easterly from said dividing line between Lots 90 and 91, one hundred (100) feet, thence turning and running EASTERLY: at right angles on Lot 97 on said plan, thirty-nine (39) feet to said dividing line between Lots 89 and 90; thence turning at right angles and running NORTHERLY: by said last named line, one hundred (100) feet to point of beginning For grantor's title see deed recorded with the Suffolk Registry of Deeds Deed Recorded herewith The premises are to be sold subject to and with the benefit of all easements, restrictions, encroachments, building and zoning laws, liens, unpaid taxes, tax titles, water bills, municipal liens and assessments, rights of tenants and parties in possession, and attorney's fees and costs.

TERMS OF SALE: A deposit of FIVE THOUSAND DOLLARS AND 00 CENTS (\$5,000.00) in the form of a certified check, bank treasurer's check or money order will be required to be delivered at or before the time the bid is offered. The successful bidder will be required to execute a Foreclosure Sale Agreement immediately after the close of the bidding. The balance of the purchase price shall be paid within thirty (30) days from the sale date in the form of a certified check, bank treasurer's check or other check satisfactory to Mortgagee's attorney. The Mortgagee reserves the right to bid at the sale, to reject any and all bids, to continue the sale and to amend the terms of the sale by written or oral announcement made before or during the foreclosure sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney. The description of the premises contained in said mortgage shall control in the event of an error in this publication. TIME WILL BE OF THE ESSENCE. Other terms, if any, to be announced at the sale. Deutsche Bank National Trust Company, as Trustee for Morgan Stanley Structured Trust I 2007-1 Asset-Backed Certificates, 2007-1 Present Holder of said Mortgage, By Its Attorneys, 21-002410/189/NO-TOP_DR ORLANS PC PO Box 540540 Waltham, MA 02454 Phone: (781) 790-7800 21-002410

3/2/23, 3/9/23, 3/16/23
W

LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS SALE OF REAL ESTATE UNDER M.G.L. c. 183A, §6 AND M.G.L. c. 254, §5 AND §5A UNIT #3 GOVERNOR'S PARK CONDOMINIUM 600 GOVERNORS PARK, WINTHROP, MASSACHUSETTS By virtue of Judgment of the East Boston Division, Boston Municipal Court (Civil Docket No. 2205CV000129) in favor of the GOVERNOR'S PARK CONDOMINIUM against DANIEL T. WIENER establishing a lien pursuant to M.G.L. c. 183A, §6 on the real estate known as 600 Governors Drive Unit #3, in the Governor's Park Condominium, for the purpose of satisfying such lien, pursuant to M.G.L. c. 254, §5 and §5A, the real estate be sold at Public Auction at 11:00 O'CLOCK A.M. on the 6th DAY OF APRIL, A.D. 2023 at the premises located at 600 Governors Park, Unit #3, Winthrop, Massachusetts. The premise to be sold is more particularly described as follows: POST OFFICE ADDRESS: 600 GOVERNORS PARK UNIT #3, WINTHROP, MA 02152. GRANTORS, ROBERT GILLIS AND BRENDA GILLIS, owners of the unit ("UNIT") known as No. 600-3 described above in the condominium located at 600 Governors Park, Winthrop Massachusetts known as GOVERNOR'S PARK CONDOMINIUM and created pursuant to and subject to the provisions of Chapter 183A of the General Laws of Massachusetts ("Chapter 183A") by Master Deed dated July 10, 1986 and recorded with Suffolk Registry of Deeds in Book 12658, Page 189, being a portion of Governor's Park Condominium which stands on the land described in said Master Deed, which land is located at Governor's Drive, Winthrop, Suffolk County, Massachusetts. Said Unit contains the number of square feet, more or less, and is laid out as shown on a plan recorded with said Master Deed and the first Deed conveying the Unit to which is affixed a verified statement in the form provided for in General Laws Chapter 183A, Section 9, certifying that the plan fully and accurately show the unit designation of the Unit and immediately adjoining units, and that it fully and accurately depicts the layout of the Unit, its location, dimensions, approximate area, main entrance, and immediate common area to which it has access, and which plan is a copy of a portion of the plans recorded with said Master Deed. Said UNIT is conveyed together with: 1. The undivided .24418 PERCENTAGE INTEREST described above pertaining to such UNIT in the common areas and facilities of said Condominium. 2. The exclusive right to use any portion or balcony adjacent to the Unit and to which there is direct access from the interior of such Unit; and 3. All easements, rights, reservations, restrictions, agreements, provisions and obligations to pay common expenses contained in the Master Deed, the Declaration of

3/2/23, 3/9/23, 3/16/23
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LEGAL NOTICE COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT

OF THE TRIAL COURT 22 SM 003893 ORDER OF NOTICE TO:

Robert A. Costantino; Catherine J. Costantino and to all persons entitled to the benefit of the Servicemembers Civil Relief Act: 50 U.S.C. c. 50 § 3901 (et seq): U.S. Bank Trust National Association, not in its individual capacity but solely as owner trustee for RCF 2 Acquisition Trust claiming to have an interest in a Mortgage covering real property in Winthrop, numbered 85 Crest Avenue, given by Rose M. Costantino, Individually and as Trustee of the Rose M. Costantino Family and Robert A. Costantino, as Trustee of the Rose M. Costantino Family to Fleet National Bank, dated November 5, 2004, and recorded at Suffolk County Registry of Deeds in Book 36706, Page 17, and now held by the plaintiff by assignment, has/have filed with this court a complaint for determination of Defendant's/Defendants' Servicemembers status. If you now are, or recently have been, in the active military service of the United States of America, then you may be entitled to the benefits of the Servicemembers Civil Relief Act. If you object to a foreclosure of the above-mentioned property on that basis, then you or your attorney must file a written appearance and answer in this court at Three Pemberton Square, Boston, MA 02108 on or before April 10, 2023 or you may lose the opportunity to challenge the foreclosure on the grounds of non-compliance with the Act. Witness, GORDON H. PIPER, Chief Justice of said Court on February 23, 2023. Attest: Deborah J. Patterson Recorder

3/16/23
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LEGAL NOTICE

NOTICE OF PUBLIC HEARINGS SPRING FORUM MARCH 21, 2023 In accordance with Section 9-12 of the Town of Winthrop Home Rule Charter, you are hereby notified that the Town Council President will hold a Public Forum on the budgeting and other spending matters at the DeLeo Senior Center, 35 Harvard St. on March 21, 2023 at 7:00 pm. Denise Quist Council Clerk

3/9/23, 3/16/23
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LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS SALE OF REAL ESTATE UNDER M.G.L. c. 183A, §6 AND M.G.L. c. 254, §5 AND §5A UNIT #3 GOVERNOR'S

PARK CONDOMINIUM 600 GOVERNORS PARK, WINTHROP, MASSACHUSETTS By virtue of Judgment of the East Boston Division, Boston Municipal Court (Civil Docket No. 2205CV000129) in favor of the GOVERNOR'S PARK CONDOMINIUM against DANIEL T. WIENER establishing a lien pursuant to M.G.L. c. 183A, §6 on the real estate known as 600 Governors Drive Unit #3, in the Governor's Park Condominium, for the purpose of satisfying such lien, pursuant to M.G.L. c. 254, §5 and §5A, the real estate be sold at Public Auction at 11:00 O'CLOCK A.M. on the 6th DAY OF APRIL, A.D. 2023 at the premises located at 600 Governors Park, Unit #3, Winthrop, Massachusetts. The premise to be sold is more particularly described as follows: POST OFFICE ADDRESS: 600 GOVERNORS PARK UNIT #3, WINTHROP, MA 02152. GRANTORS, ROBERT GILLIS AND BRENDA GILLIS, owners of the unit ("UNIT") known as No. 600-3 described above in the condominium located at 600 Governors Park, Winthrop Massachusetts known as GOVERNOR'S PARK CONDOMINIUM and created pursuant to and subject to the provisions of Chapter 183A of the General Laws of Massachusetts ("Chapter 183A") by Master Deed dated July 10, 1986 and recorded with Suffolk Registry of Deeds in Book 12658, Page 189, being a portion of Governor's Park Condominium which stands on the land described in said Master Deed, which land is located at Governor's Drive, Winthrop, Suffolk County, Massachusetts. Said Unit contains the number of square feet, more or less, and is laid out as shown on a plan recorded with said Master Deed and the first Deed conveying the Unit to which is affixed a verified statement in the form provided for in General Laws Chapter 183A, Section 9, certifying that the plan fully and accurately show the unit designation of the Unit and immediately adjoining units, and that it fully and accurately depicts the layout of the Unit, its location, dimensions, approximate area, main entrance, and immediate common area to which it has access, and which plan is a copy of a portion of the plans recorded with said Master Deed. Said UNIT is conveyed together with: 1. The undivided .24418 PERCENTAGE INTEREST described above pertaining to such UNIT in the common areas and facilities of said Condominium. 2. The exclusive right to use any portion or balcony adjacent to the Unit and to which there is direct access from the interior of such Unit; and 3. All easements, rights, reservations, restrictions, agreements, provisions and obligations to pay common expenses contained in the Master Deed, the Declaration of

Trust creating Governor's Park Condominium Trust, and the By-Laws contained therein, all duly recorded with the Suffolk County Registry of Deeds on July 11, 1986 Book 12658, Page 236 and the Rules and Regulations from time to time promulgated thereunder as authorized therein, and including, without limitation, the restrictions set for in said Master Deed that this Unit may be used only for residential purposes as prescribed therein. The provisions of said Master Deed, the Plans recorded therewith, and of said Declaration of Trust and the By-Laws contained there in (as the same may from time to time be amended by instrument duly recorded with the said Registry of Deeds) are hereby incorporated by reference and constitute covenants running with the land and are and all remain binding upon any person or persons having at any time any interest or estate in these Units, persons claiming through or under them, and their family, servants, visitors and Lessees; 4. Such taxes attributable to this Unit and its undivided percentage interest in the Common Areas and Facilities for the current fiscal year and the following fiscal year as are not due and payable on the date of this Unit Deed, all of which taxes the Grantee, by acceptance and recording of this deed, covenants and agrees to pay; 5. Provisions of existing building and zoning codes and laws; 6. The title exceptions listed in Exhibit A of the Master Deed; and 7. Rights of other Unit Owners to exclusive use of certain common areas and facilities as set forth in the Master Deed. This conveyance is also made subject to and with the benefit of the provisions of said General Laws, Chapter 183A as now in force and as from time to time amended. The condominium and each of the units is intended for residential purposes and other uses permitted by the applicable zoning ordinances and as set forth in the Master Deed. Being the same premises conveyed by Unit Deed from Robert Gillis and Brenda Gillis to Daniel T. Wiener and Ellen M. Wiener dated July 1, 1999 and recorded with the Suffolk County Registry of Deeds in Book 23944, Page 069. Said Unit is subject to any/all and all covenants, easements, encroachments, conditions, restrictions and agreements effecting the unit whether recorded or unrecorded. TERMS: A deposit payable in cash or certified bank check or money order of \$5,000.00 shall be payable at the Auction and the balance of the payment shall be payable by cash, certified bank check, money order or wired funds within thirty (30) days of the Auction.

Other terms to be announced at the sale, including a minimum bid and the right to reject all bids if none are acceptable. GOVERNOR'S PARK CONDOMINIUM By Its Attorney, Dated: February 17, 2023 David R. Chenelle (BBO #628424) Gina M. Desrochers (BBO #681910) Perkins & Antcil, P.C. 6 Lyberty Way, Suite 201 Westford, MA 01886 (978) 496-2000 dchenelle@perkinslawpc.com gdesrochers@perkinslawpc.com

3/9/23, 3/16/23, 3/23/23
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LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT 24 New Chardon St. Boston, MA 02114 617-788-8300 PETITION FOR APPOINTMENT OF GUARDIAN OF A MINOR Docket No. SU22P2894GD In the interests of: Anthony W. Small Minor Of: Revere, MA NOTICE TO ALL INTERESTED PARTIES 1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor filed on 12/16/2022 by Bettie Nazzaro of Revere, MA will be held 03/22/2023 09:00 AM Review Hearing Located: 24 New Chardon St, Boston, MA 02114, 4th Floor, Courtroom 4 2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response you need to File the original with the Court, and Mail a copy to all interested parties at least five (5) business days before the hearing. 3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor. 4. Counsel for the Parents: If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard. 5. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests. THIS IS A LEGAL NOTICE An important court proceeding that may affect your rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice. Date: January 31, 2023 Felix D. Arroyo, Register of Probate

do not understand this notice or other court papers, please contact an attorney for legal advice. Date: January 31, 2023 Felix D. Arroyo, Register of Probate

3/16/23
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LEGAL NOTICE

COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT 24 New Chardon St. Boston, MA 02114 617-788-8300 PETITION FOR APPOINTMENT OF GUARDIAN OF A MINOR Docket No. SU22P2893GD In the interests of: Giovanni J. Small Minor Of: Revere, MA NOTICE TO ALL INTERESTED PARTIES 1. Hearing Date/Time: A hearing on a Petition for Appointment of Guardian of a Minor filed on 12/16/2022 by Bettie Nazzaro of Revere, MA will be held 03/22/2023 09:00 AM Review Hearing Located: 24 New Chardon St, Boston, MA 02114, 4th Floor, Courtroom 4 2. Response to Petition: You may respond by filing a written response to the Petition or by appearing in person at the hearing. If you choose to file a written response you need to File the original with the Court, and Mail a copy to all interested parties at least five (5) business days before the hearing. 3. Counsel for the Minor: The minor (or an adult on behalf of the minor) has the right to request that counsel be appointed for the minor. 4. Counsel for the Parents: If you are a parent of the minor child who is the subject of this proceeding you have a right to be represented by an attorney. If you want an attorney and cannot afford to pay for one and if you give proof that you are indigent, an attorney will be assigned to you. Your request for an attorney should be made immediately by filling out the Application of Appointment of Counsel form. Submit the application form in person or by mail at the court location where your case is going to be heard. 5. Presence of the Minor at Hearing: A minor over age 14 has the right to be present at any hearing, unless the Court finds that it is not in the minor's best interests. THIS IS A LEGAL NOTICE An important court proceeding that may affect your rights has been scheduled. If you do not understand this notice or other court papers, please contact an attorney for legal advice. Date: January 31, 2023 Felix D. Arroyo, Register of Probate

3/16/23
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FRESH AND LOCAL

Tinned fish

By Penny & Ed Cherubino

Lately, we’ve enjoyed more meals and snacks using tinned fish. When pandemic delivery and supply chain issues made protein hard to find, we had stocked up on canned tuna, salmon, clams, smoked trout, sardines, and even some canned chicken.

Now we’re in the process of rotating our supplies. We’ll continue to buy these products because we’ve learned just how handy it is to have them on hand and have developed meals to make with them.

Expanding Our Options

In 2020, New York Times editor Sam Sifton wrote about his delight in using canned fish. His column sent us looking for more recipes and reference material on the topic. We found “The Magic of Tinned Fish” by Chef Chris McDade. The range of canned seafood that he included was in the subtitle, “Elevate Your Cooking with Canned Anchovies, Sardines, Mackerel, Crab, and Other Amazing Seafood.”

We found even more options as we explored the best sources for these products. Beyond the canned fish products in our pantry, we discovered sources for tinned mackerel, crab, mussels, oysters, sea urchin, squid, octopus, scallops, cuttlefish, cod, cockles, and swordfish.

Sharing Tinned Fish

When a neighbor brought a lovely spread

to share on a roof deck gathering, we discovered smoked trout. It was simply a can from Trader Joe’s mixed with a bit of yogurt, and lemon served on multi-grain crackers. It was delicious and healthy.

In his article, Shifton quoted acclaimed Chef Erin French, who owns the Lost Kitchen in Freedom, Maine. She has said of tinned fish, “It’s not bunker food. It’s sexy picnic food.” As opportunities for alfresco fun return, consider a tinned fish party. This is an excellent way to expand your experience and discover which canned fish options you want to buy again.

Miye Bromberg from America’s Test Kitchen has offered guidance on what you might feature. “Budget one tin per person—one and a half if people are hungry,” she wrote. “If you’re a bigger group, get a variety so that people can try different types: not just sardines and tuna but also mussels en escabeche, octopus, squid, clams, etc.” That, with lots of good bread, crackers, crunchy crudité, briny pickles, capers, cornichons, and pickled peppers, would give you the basics.

Find the Best

Since 1853 tinned fish has been part of Portugal’s culinary heritage. We’ve just begun to see tinned fish on local restaurant menus. However, Lisbon is known for restaurants and shops specializing in canned seafood. In this culture, well-conserved canned seafood has been a

trusted and favored source of protein for meals and snacks. You could start exploring by choosing a premium Portuguese brand.

Consider a day trip to Fall River and visit Portugalia Marketplace. Sauver magazine called them “America’s Best Portuguese Market.” They also offer online ordering and delivery.

Recently, Island Creek Oysters in Duxbury has partnered with companies in Portugal, Spain, and Canada to add canned products to their fresh seafood offerings. In January, they announced they would open their own canery in New Bedford.

Patagonia Provisions is another trusted brand with a wide range of tinned seafood offerings. This speaks to the usefulness



As opportunities for alfresco fun return, consider a tinned fish party. It’s easy. Pop open the cans and enjoy!

of this source of protein when dining in the great outdoors.

Make 2023 your year to expand your experience with tinned fish in restaurants, sharing with friends

at home and alfresco. And, as we’ve learned, these products are perfect to keep on hand as both pantry and emergency supplies.

Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.

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FIRST CHURCH OF WINTHROP, UNITED METHODIST, ST. PATRICK’S DAY PARTY

Photos & Story by Marianne Salza

A giddy parishioner wearing a green, cable-knit sweater jiggled an Irish step dance in place as she waited to be served a homemade boiled dinner during the First Church of Winthrop, United Methodist, Saint Patrick’s Day celebration, on March 11. While eating, friends listened to traditional, Irish folk music, performed by church musician, Mae Stroshane, and her husband, Rich. Later, parishioners enjoyed an assortment of desserts, including a mint chocolate fudge truffle pot of gold.



Senator Lydia Edwards speaking with Nicole O'Brien during First Church of Winthrop's St. Patrick's Day dinner.



Maddie Deeran serving cabbage and vegetables to guests during the St. Patrick's Day dinner on March 11.



Servers, Maddie Deeran and Shahd Karzan.



Manar Hadri serving cabbage, carrots, and potatoes.



Dr. Tom Miller and Pastor David Jackson.



Anne and Walso Cargil.



Stephanie Chaves, Early Richards, Valerie Millar, trustee and cook, and Anette LaPorta.



Cheryl Charles, Dolly MacDonald, Marsha Wiseman, and Brenda Connolly.



Judy Anderson, Roberta Perry, and Barbara Fronduto.



Nancy, Terry Glass, Judy Anderson, and Nicole O'Brien.



Parishioners enjoying the dessert table, which included a mint chocolate fudge truffle pot of gold.



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