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THURSDAY,  
July 13, 2023

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INDEPENDENT

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Newspaper Group

NEWS Briefs

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See NEWS BRIEFS Page 3

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FAMILY DANCE PARTY IN THE SQUARE

Project Play founders Christine Boncore, Caitlin VanSlooten, Julia Waller, Jane Dockendorf and Liz Bryant during the Family Dance Party in the Square, held in French Square recently. See more photos on Page 14.

Superintendent Howard looking at renewed emphasis on homework in coming school year

By Adam Swift

The school district looks to emphasize consistency in homework in the coming school year.

“Homework has become one of those topics that principals and teachers have been discussing,” said Superintendent of Schools Lisa Howard at Monday night’s School Committee meeting. “What does it look like? We got away from homework during Covid, and I think we need to get back to what we are expecting.”

Creating consistency with homework is one of the items that is being addressed through the district’s summer leadership academy, Howard said.

See HOMEWORK Page 3

Gov. Healey recommends Stephanie Everett, as new Suffolk Register of Probate and Family Court

Special to the Journal

Governor Maura T. Healey announced that she is recommending Stephanie L. Everett, Esq. for appointment as Suffolk Register of Probate and Family Court. Everett is currently the Executive Director of the Office of Police Accountability and Transparency for the City

Stephanie L. Everett, Esq.

of Boston and, through her legal career, has represented families with cases before the Probate and Family Court. She would be the first Black person to serve as Suffolk Register of Probate and Family Court.

The Probate and Family Court Department handles court matters that involve families and children, such as adoption, divorce, child support, and wills. In the case of a vacancy, the Governor has the authority to appoint the Register of Probate and Family

See HEALEY Page 9

State green grant could mean new roofs for elementary schools

By Adam Swift

Monday night, the School Committee agreed to sign a letter of intent to move forward with a solar panel program at the two schools. Ultimately, the project could put the town in line for the state’s Green Grant program which would pay for new roofs at the schools.

“We have been talking

See GREEN GRANT Page 7

SCHLICHTING NAMED ‘MAN OF THE YEAR’ AT ANNUAL FLAG DAY CEREMONY

Family and friends congratulate the newest Winthrop Lodge of Elks “Man of the Year” Tom Schlichting (shown center) during the annual Flag Day Ceremony at the Winthrop Lodge of Elks 1078. See more photos on Page A.

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WINTHROP POLICE BLOTTER

The following incident reports are among the calls to which the Winthrop Police Department responded on the listed dates. The log is a public record and available for review. All persons who are arrested or charged with a crime are presumed innocent until proven guilty in a court of law.

MONDAY, JUNE 26

0832: An officer issued a parking ticket to a motor vehicle parked on Forrest St. during street sweeping day.

1005: An officer stopped a motor vehicle on Walden St. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1221: A resident called the station to report an attempted phone call scam from someone claiming to be from Medicare. The caller did not give out any information, but wanted the incident to be noted.

1404: A person came into the station to report that the “little library” at Yirrell Beach had been stolen over the weekend. The officer conferred with the DPW, who reported that the library had been set on fire on Yirrell Beach. The officer filed a report.

1428: An officer stopped a motor vehicle on Veterans Rd. for the civil moving infraction of speeding. The officer gave a verbal warning to the operator.

1442: A resident came into the station to report that all of his personal information had been hacked through his tax company. He wanted it noted in case of a future fraud or theft.

1606: An officer dispersed a group of young teens who were jumping off the Belle Isle Bridge. The officer filed a report.

1625: Youths once again were jumping off the Belle Isle Bridge. The officer apprehended one youth and the others, who had fled, were identified and all of their parents were notified.

2014: Officers responded to a report of a person causing a disturbance at the CVS. The officer filed a report.

2107: An officer directed a loud family gathering on a balcony at Governors Park to keep it down.

TUESDAY, JUNE 27

0119: An officer issued parking tickets to three vehicles on Buchanan St.

0143: An officer issued parking tickets to 12 vehicles on Bowdoin St.

0303: A report of a dead skunk on Cutler St. was referred to the DPW.

0940: An officer issued a parking ticket to a vehicle parked on the sidewalk on Coral Ave.

0943: A caller reported a minor two-car motor vehicle accident on Woodside Ave. The parties exchanged papers on their own.

1337: An officer stopped a motor vehicle on Shore Dr. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1536: Officers arrested a 32 year-old Mashpee man on an outstanding warrant.

1605: An officer responded to a two-car motor vehicle accident at Deane Ave. and Revere St. There were no injuries and one vehicle was towed. The officer filed a report.

2003: An officer stopped a motor vehicle at Tafts Ave. and Pratt St. for the civil moving infractions of a lights violation and excessive window tint. The officer issued a citation to the operator.

2045: An officer brought the keys to the tennis court at Ingleside Park to let out a male and female party who were locked inside.

WEDNESDAY, JUNE 28

0925: An officer stopped a motor vehicle on Walden St. for a civil moving infraction. The officer gave a verbal warning to the operator, who said he was not familiar with the area.

0932: An officer stopped a motor vehicle on Walden St. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

0940: An officer stopped a motor vehicle

on Walden St. for a civil moving infraction. The officer issued a citation to the operator.

0957: An officer stopped a motor vehicle on Veterans Rd. for the civil moving infraction of speeding. The officer gave a verbal warning to the operator.

1007: An officer stopped a motor vehicle on Veterans Rd. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1015: An officer stopped a motor vehicle on Veterans Rd. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1028: An officer stopped a motor vehicle on Veterans Rd. for a civil moving infraction. The officer gave a verbal warning to the operator.

1036: An officer stopped a motor vehicle on Veterans Rd. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1209: An officer stopped a motor vehicle on Lewis Ave. for the civil moving infraction of a stop sign violation. The officer gave a verbal warning to the operator.

1224: An officer stopped a motor vehicle at Main and Linden Sts. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1232: An officer ordered a tow for an apparently-abandoned motor vehicle with New Hampshire plates that had been parked on Wilshire St. for almost two weeks. The officer filed a report.

1238: An officer stopped a motor vehicle on Walden St. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1345: An officer stopped a motor vehicle at Main and Bowdoin Sts. for the civil moving infraction of a one-way violation. The officer gave a verbal warning to the operator.

1639: A report of a tree branch that had been struck by lightning the night before and hanging

over the roadway on Lincoln St. was referred to the DPW.

1915: An officer assisted the State Police with the tow of a moped that was being operated on the footpath at Deer Island.

THURSDAY, JUNE 29

0333: An officer stopped a motor vehicle on Main St. and issued a citation to the operator for the criminal offense of unlicensed operation of a motor vehicle. A licensed operator came by to take control of the vehicle.

1016: An officer stopped a motor vehicle at Shirley and Payson Sts. for a civil moving infraction. The officer gave a verbal warning to the operator.

1048: An officer stopped a motor vehicle at Main and Paine Sts. for the civil moving infraction of excessive window tint. The officer gave a verbal warning to the operator.

1052: An officer stopped a motor vehicle on Sturgis St. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1113: An officer responded to a report of an assault and battery on Strand Way. The officer located the suspect, who had left the scene, and issued to the suspect a summons for a criminal complaint.

1208: A tow company reported the trespass tow of a motor vehicle from Golden Drive.

1244: A resident reported that her dog broke free from its leash and was on the loose at Fishermen’s Bend.

1516: An officer stopped a motor vehicle at Main and Linden Sts. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

1540: An officer assisted a motorist whose vehicle had broken down in the middle of Highland Ave. at Revere St. The vehicle was moved to the side of the road until AAA arrived.

1801: An officer stopped a motor vehicle towing a trailer without a registration plate. The

owner had the plate in his vehicle and was directed by the officer to attach it to his trailer.

1803: The loose dog from earlier in the day was located by the owner.

1855: An officer responded to a two-car motor vehicle accident on Almont St. There were no injuries and the officer filed a report.

FRIDAY, JUNE 30

0801: A person called the station to report that her motor vehicle had been broken into overnight while parked on Chester Ave. and a window was smashed.

1100: An officer ordered a tow for a motor vehicle at the Public Landing with New Hampshire plates that expired in January. The vehicle previously had been ticketed three times, but had not been moved. The officer filed a report.

1408: A resident came into the station to report being the victim of a fraud. The office filed a report.

1509: An officer issued a parking ticket and ordered a tow for a motor vehicle blocking a fire hydrant on Winthrop St. The officer filed a report.

1538: An officer stopped a motor vehicle at Shore Drive and Dolphin Ave. for a civil moving infraction. The officer gave a verbal warning to the operator.

1547: An officer assisted at a minor motor vehicle accident involving two vehicles in the parking lot of a local business. The officer filed a report.

1606: A resident came into the station to report being the victim of a fraud. The office filed a report.

1722: An officer directed the owner of a motor vehicle blocking a driveway on Coral Ave. to move the vehicle.

1939: An officer restored the peace involving a dispute between a tenant and landlord on Dolphin Ave.

1947: An officer directed the owner of a motor vehicle parked in a No Parking area on Cutler St. at Shore Drive to move the vehicle.

2000: A person came into the station to report being the victim of a hit-

and-run motor vehicle accident at Governors Park. The officer filed a report.

SATURDAY, JULY 1

1134: An officer stopped a motor vehicle at Revere and Hutchinson Sts. for the civil moving infraction of a red light violation. The officer gave a verbal warning to the operator.

1448: A River Rd. resident reported that his daughter’s bicycle was stolen from their front yard.

1600: A person reported being the victim of a hit-and-run accident on Revere St. The officer filed a report.

1901: Officers responded to a report of an altercation between two parties stemming from a dog biting a five year old at the Pleasant Park Y.C. The officer obtained the necessary information from the dog’s owner and the child was treated for a small puncture wound. The officer filed a report.

2323: An officer stopped a motor vehicle on Dolphin Ave. for a civil moving infraction. The officer gave a verbal warning to the operator.

SUNDAY, JULY 2

0306: An officer directed persons playing music loudly at an Ocean View St. residence to turn off the music.

1240: A person reported that her motor vehicle had been struck and damaged by a hit-and-run operator on Shirley St.

1611: An officer ordered a tow for an abandoned motor vehicle with a canceled registration on Main St. The officer filed a report.

1715: An officer provided assistance at the scene of downed wires caused by a tree branch on Edgehill Rd. The broken branch also damaged a parked car. The officer filed a report.

2345: A motorist reported that he sideswiped a parked motor vehicle on Underhill St. The officer filed a report.

MONDAY, JULY 3

0149: An officer directed persons playing loud music on their boat at the Atlantis Marina to turn it off for the night.

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WINTHROP MARKETPLACE

Sesame Pasta Chicken Salad

INGREDIENTS:

- ¼ cup sesame seeds
- 1 (16 ounce) package bow tie pasta
- ½ cup vegetable oil
- ½ cup light soy sauce
- ¼ cup rice vinegar
- 1 teaspoon sesame oil

- 3 tablespoons white sugar
- ½ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- 3 cups shredded, cooked chicken breast meat
- ¼ cup chopped fresh cilantro
- ½ cup chopped green onion

DIRECTIONS

**STEP 1:** Heat a skillet over medium-high heat. Add sesame seeds, and cook stirring frequently until lightly toasted. Remove from heat, and set aside.

**STEP 2:** Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes, or until al dente. Drain pasta, and rinse under cold water until cool. Transfer to a large bowl.

**STEP 3:** In a jar with a tight-fitting lid, combine vegetable oil, soy sauce, vinegar, sesame oil, sugar, sesame seeds, ginger, and pepper. Shake well.

**STEP 4:** Pour sesame dressing over pasta, and toss to coat evenly. Gently mix in chicken, cilantro, and green onions.

35 REVERE ST., WINTHROP (617)846-6880

# FKO Winthrop finalizes grant-funded outdoor nature classroom

Special to the Transcript

Over 130 children attending For Kids Only Afterschool (FKO) are now able to enjoy a state-of-the-art outdoor nature classroom for years to come.

FKO was one of 17 organizations within the state awarded funding from the Governor’s Capital Investment Plan for an Early Education and Out-of-School Time (EOST) capital improvement grant. This funding was provided to childcare

organizations to support major renovations and construction projects that will help expand capacity and improve the quality of learning environments for children in Massachusetts.

FKO chose to use these grant funds to create an outdoor nature classroom allows children to move seamlessly between indoor and outdoor learning environments. Designed by StudioMLA and constructed by EMC2, the outdoor classroom includes instructional areas, gardens, sensory paths,

climbing and active play spaces, and is intentionally designed to encourage children to step away from screens and technology and move outdoors to enjoy hands-on exploration, imagination, and physical play. This capital project maximizes the number of school-age youth from Winthrop who can access and benefit from high-quality, outdoor enrichment programming during non-school hours this year and for many years to come.

“It is a critical time to

invest in our early education and care programs,” said Early Education and Care Acting Commissioner Amy Kershaw. “These investments will not only help ensure our children, and their teachers, spend time in high-quality and dynamic learning environments, but will also support essential capacity at programs across the Commonwealth so that more families can go to or return to work.”

FKO extends their gratitude to the Governor’s Administration for their continued support and financial resources. Families interested in



The new outdoor nature classroom at For Kids Only Afterschool program.

registering for FKO programming in Winthrop may visit [fkoafterschool.org](mailto:fkoafterschool.org) or reach out to Nick

Jean Baptiste, District Director at [njeanbaptiste@fkoafterschool.org](mailto:njeanbaptiste@fkoafterschool.org).

## Climate Change // CONTINUED FROM PAGE 1

and Crighton said the idea wasn’t that far-fetched.

“This is a serious issue, one that affects us not only now, but thinking about future generations and what exactly the beaches will look like,” said Crighton. “Imagine Massachusetts with no beaches, it is certainly a troubling notion for all of us.”

Julia Knisel from the state’s office of Coastal Zone Management said there needs to be a collaborative effort among state and local agencies and organizations to address the coastal impacts of climate change.

Knisel noted that concrete seawalls line the Massachusetts coast, but that many of them are a century old.

“We need to look at the condition and height of the structures relative to current storm surge and conditions, and we need to look to the future, as well,” said Knisel.

There also needs to be a closer look at the lowering of beaches in addition to beach erosion, as well, Knisel said.

Over the past decade, Knisel said the office of Coastal Zone Management has awarded over \$34 million in grants to local communities for coastal climate resiliency projects to retrofit current infrastructure and put in place shoreline and dune restoration projects.

Nick Connors of the DCR addressed how that department has pivoted in the past several years to address climate change issues.

“DCR’s mission is to protect, promote, and enhance our natural, cultural, and recreational resources,” said Connors.

Chief among those natural resources are 27 salt-water beaches, many of which are in the Greater Boston area.

“Climate change is already exacerbating natural hazards and extreme weather events leading to new impacts that will affect the Commonwealth,” said Connors. “This is such a critical issue that DCR recognized this and established a new office in early 2021 to develop and implement an agency framework that climate change considerations are included into the agency’s initiatives and agency projects,” said Connors.

The office works across the spectrum of federal, state, regional, and municipal partners to ensure that the DCR is implementing its core values and sustainable practices and resiliency across its infrastructure, assets, and resources, Connors said.

Catherine McCandless of the Boston Environment Department and Delaney Morris of the Boston Planning and Development Agency highlighted the recent planning efforts

and proposed climate resiliency projects for Boston’s beaches.

Those efforts include a project at Constitution Beach in East Boston, where officials are looking at a system of berms and dunes with a reinforced core that would reinforce the sandy beach and protect the Blue Line from flooding.

In discussing the Town of Hull’s coastline resiliency efforts, town Conservation Director Christian Kahforst said it is important to listen to and understand local history.

“It really matters to get what locals understand and witnessed in the past,” said Krahforst.

Mancini said the beach commission will begin to zero in on more specifics as it continues to meet in the coming months.

“This is really the first conversation, the first meeting,” said Mancini.

Future meetings will take a deeper dive into individual communities and beaches, although he added that all of the communities and beaches will benefit from the more region-wide discussions.

Revere State Representative Jessica Giannino said the issues with flooding and resiliency in Revere stretch back to at least the Blizzard of ‘78. She also noted that as a city councilor, she would tour beach communities with the public works department as neighborhoods were flooded by storm surges.

In addition to maintaining the beaches for everyone to enjoy, Giannino said it’s important to maintain infrastructure for those who live close to the coast.

“It is also really important that people don’t lose their homes and that we invest in infrastructure that ensures that their homes are still there in 100 years,” said Giannino.

She also said that there needs to be an investment in vegetative berms and other natural solutions to rising sea levels, and not just concrete seawalls which don’t always last.

First Suffolk State Senator Nick Collins praised the advocacy work Save the Harbor, Save the Bay has done over the decades, and said he was looking forward to working with new DCR Director Brian Arrigo on resiliency efforts in the coming years. Collins did suggest that an increased investment from the DCR in providing more beach sand could provide some short-term relief for beach erosion.

### HIGH BACTERIA LEVELS LEAD TO LOCAL BEACH CLOSINGS

It hasn’t been the best

summer so far for local beachgoers.

Following a rainy June and Fourth of July holiday, many popular local beaches, including Constitution Beach in East Boston and Revere Beach, were closed to swimming due to high bacteria levels.

As of Tuesday, July 11, Swim at Your Own Risk signs because of the high bacteria levels were posted at Kings Beach and Lynn Beach in Lynn, and Donovan’s Beach in Winthrop.

The 53 beaches closed statewide early this week were actually an improvement over last week, when the heavy holiday weekend rains led to over 70 closures. Revere Beach and Short Beach in Revere and Constitution Beach in East Boston were closed to swimming for a time last week, but were reopened to swimming this week.

“The Town of Winthrop conducts weekly tests of the water quality of 5 beaches in Winthrop for levels of Enterococci which is an indicator of fecal pollution and possible enteric pathogens,” Winthrop health officials stated. “When the level exceeds 104 MPN (most probable number)/100 mL, the Town of Winthrop closes the beach. High levels are usually due to heavy rainfall and usually return to normal levels after a retest.”

In Revere, DCR and Revere DPW test the water quality weekly during the summer for a specific type of bacteria; when bacteria levels get too high, the water can become unsafe for swimming or ingestion.

The high bacteria levels typically happen due to high rain events or circumstances that lead to substantial run-off discharging into waterways.

The water will continue to be tested weekly.

Swimming or ingesting contaminated water could result in symptoms like nausea, diarrhea, stomach cramps, chills or fever.

Revere officials stated that if anyone is concerned about their potential exposure to contaminated water when signage is posted to contact their healthcare provider.

To minimize illness and injury associated with swimming, and to notify the public about the quality of beach water, the state’s Department of Public Health collects beach water quality data from local health departments and the DCR. All public and semi-public bathing beaches in Massachusetts are monitored for fecal indicator bacteria (FIB), and on occasion, harmful algae.

Monitoring occurs during the beach season, which begins when the school year finishes in mid-June and ends during the weekend of Labor Day.

## Homework // CONTINUED FROM PAGE 1

“Whether there is 10 to 15 minutes of reading and 30 minutes of math, (we need to ensure) that there is some consistency of practice across the district, and that it is communicated clearly, communicated to parents, communicated to teachers, and that it is visible whether we are doing our instructional rounds or observations,” said the superintendent.

Howard said the consistency in the homework programs will also help to provide better feedback.

During the first session of the leadership academy, Howard said that other areas tagged for greater consistency include the school improvement plans, posting of school site council meetings, emergency plans, and staff training.

Howard said the district needs to make sure profes-

sional development plans are completed and teachers know what to expect.

“We want a really well-managed time frame during our professional development time with our teachers,” said Howard. “We want to get right down to business for each of these, especially with the Illustrative Math program that we will be implementing at the Gorman Fort Banks School in the fall. Teachers have already started some professional development, but there needs to be more of that and it needs to be timely and the time has to be well spent.”

The second session of the leadership academy is scheduled for Friday, July 14, and new topics slated to be discussed at that session include a review of the bullying preven-

tion plan and a discussion of principal and director presentations before the School Committee during the school year.

In other business, Howard said the district continues to recruit for open positions for the 2023-24 school year.

In addition to posting on general and professional job search sites, Howard said an email was sent out to district parents letting them know the positions that are open in the schools.

“That went out Sunday, and we’ve gotten some responses today, which is excellent, especially with parents looking for some part-time work as lunch monitors and recess monitors,” said Howard. “There’s also some part-time secretarial work.”

## News Briefs // CONTINUED FROM PAGE 1

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OUR Opinions

PROGRESSIVE DEMOCRATS

NEED TO GET REAL

The opposition by some progressive Democrats to President Joe Biden’s decision to send cluster bombs to Ukraine is yet another indication of how out-of-touch with reality they can be on certain issues.

To be sure, the use of cluster bombs can have many drawbacks, the most significant being that a certain percentage of the bomblets remain unexploded on the battlefield, thereby creating a hazard that remains long after the fighting is over. However, when compared to the horrors being wrought upon the Ukrainian people by the Russian invaders, the potential negative impacts of cluster munitions by the Ukrainian military are miniscule. Moreover, let’s not forget that the Ukrainians are using these weapons in their own country and will be targeting Russian troops at the front lines, thereby limiting the effect of these weapons upon their own civilian population, unlike the Russians, who indiscriminately have been dropping cluster bombs on Ukrainian civilians from the day they invaded.

In an ideal world, no nation would use cluster bombs -- though in an ideal world, there wouldn’t be any war. The simple fact is that the Ukrainians will be using these weapons in their own defense on their own land and they should be the ones to decide what are the acceptable risks. The knee-jerk reaction of some Democratic politicians ignores the reality of what is happening in Ukraine each and every day.

Moreover, these Democrats who oppose the White House on this issue offer no solution to the imminent problem of the Ukrainians running out of artillery shells in their effort to dislodge the Russian invaders. In addition, these Democrats are playing into the hands of Putin, giving him some hope that American politicians will hamstring the Ukrainians in the defense of their country.

While it may be generally true that two wrongs do not make a right, that is not the case in Ukraine. If these cluster bombs help drive out the Russians, they will have been well worth it.

And to use another metaphor, we can’t allow the Ukrainians to bring a knife to a gunfight.

WHERE IS THAT RUSSIAN

“REBEL” ARMY?

Two weeks ago, the news headlines were all about the supposed attempted coup by Yevgheny Prigozhin, the head of the Wagner group, who reportedly was marching his 8000 man army to Moscow. But since then, both he and his army have all but disappeared.

Well, maybe we’ve been watching too many of those mini-series shows on Netflix and the other streaming channels, but we hope that U.S. intelligence agencies are tracking this guy and his army -- because it wouldn’t surprise us if Putin and he have planned some sort of subterfuge, a ruse, by which they will launch a surprise attack on Ukraine from Belarus or somewhere else in the north of Ukraine.

And if they do, the U.S. and NATO will need to be ready to send in our air support to bomb the Wagner advance (technically, they’ll be bombing the private Wagner group, not the Russian army), because if the Ukrainians are caught flat-footed, Prigozhin could be in Kyiv within hours.

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Forum

Serving the community through food

By Michael Coughlin Jr.

Community Servings, a non-profit organization based out of Jamaica Plain, has been and continues to be at the forefront of serving communities throughout Massachusetts and parts of Rhode Island through programs encompassing food.

The organization, founded in 1990, began by providing hot meals to folks from Dorchester and Roxbury with HIV and AIDS. Over time, the program has expanded to providing medically-tailored meals to those throughout Massachusetts and parts of Rhode Island battling critical and chronic illnesses.

The medically-tailored meals program, which helps individuals dealing with a plethora of illnesses, such as diabetes, HIV/AIDS, cancer, and more, serves those from various backgrounds and is absolutely free for clients.

Just last year, Community Servings served over 5,000 clients, most of whom are referred to the organization by care providers. Per Community Servings’ July 1, 2021-June 30, 2022 annual report, 93% of the organization’s clients live under 200% of the Federal Poverty Line, 14% experience unstable housing, and 9.8% are under 18 years old.

Following a referral from a care provider, the organization has a team of registered dietician nutritionists who consult with clients to determine the best diet for each person to improve their health and to educate clients on managing their illness through food.

Through the organization’s medically-tailored meals program, clients receive 10 meals a week, totaling up to about 30 items, either delivered through a driver or shipped depending on a client’s location.

According to Brian Hillmer, Community Servings’ Chief Culinary Officer, the complexity and customization of its nutrition intervention sets the organization apart from other programs.

“Our nutrition intervention is specifically designed for each health priority a client may have. So we have 15 diets — 16 diets — but they overlay three times, so it ends up being over a 100 unique combinations of nutrition intervention that we build every day,” said Hillmer.

“It’s that level of complexity and customization that I think makes us really effective for our clients,” he added.

Through this program, Community Servings works from hundreds of recipes to enhance the variety for its clients, so

much so that Hillmer mentioned clients could go for weeks without getting the same item.

Some of the biggest hits among clients mentioned were Caponata, Pot Pie, Steak Tips, and Meatloaf.

“Just because a person is unlucky enough to experience critical or chronic illnesses doesn’t mean they should be subjected to culinary austerity,” said Hillmer.

Additionally, Community Servings stresses the locality of its ingredients through the organization’s local food initiative.

“If we’re purchasing things locally, we’re returning that money to the local community. If we’re purchasing things locally, we’re shortening that supply chain and the carbon output,” said Hillmer.

Not only does purchasing food locally help the environment and support local economies, but according to Hillmer, it also allows Community Servings to work with food producers who align with the organization’s mission and get the best possible local food for clients.

“Since we deal with producers directly, a lot of times, we’re able to actually access food that may be considered like high-end expensive, but since we’re establishing these sort of relationships and cooperative partnerships with them, we’re able to provide literally the absolute best product available in New England for our clients,” said Hillmer.

The medically-tailored meals program has seemed to be a hit with clients — 80% of clients responded to a 2022 survey that they were either extremely satisfied or very satisfied with the service.

Since 2020 the meals and clients served by the organization have increased by 130%, and per Ryan Levasseur, Community Servings’ Director of Communications, the organization is projected to serve over 5,000 individual clients this year.

In addition, Community Servings also has a vast amount of other programming and engages with the community at large to ensure that it can fulfill the needs of the medically-tailored meal clients.

“Medically-tailored meals is in the center — think of it almost like a bicycle wheel — that’s the center, and everything else is a spoke coming off of it,” said Levasseur.

For example, the organization has over 100 volunteers coming in daily to help with food preparation and other work as part of its robust volunteer program.

“They could be helping butcher meats and fish;



Community Servings, a non-profit organization based out of Jamaica Plain, supports communities through various programs.

they could be prepping vegetables. So, in addition to that, they are packaging and portioning individual components that make up the bag that every client gets,” said Levasseur.

Moreover, the organization offers a 12-week food-service training program called the Teaching Kitchen for individuals often facing barriers in employment to learn how to work in a food-service environment and get ServSafe training, which helps them get jobs in the food industry.

“They’re here learning so that they can go out and be in a better place to get a job somewhere in food service or a restaurant. We provide them with the training and also the job placement support,” said Levasseur.

“They’re also — those trainees — are also helping Brian’s [Hillmer] team make the meals for our clients. So not only are they learning, they’re contributing to what we do and what we’re able to provide,” he added.

Along with all the community engagement and programs Community Servings offers, it is also doing significant things in the fields of advocacy and is a national leader in medically-tailored meal research.

In terms of advocacy Community Servings is a founding partner of The Food is Medicine Coalition (FIMC), which, according to the organization’s aforementioned report, is a “national association of not-for-profit providers of medically-tailored meals and medically-tailored food and nutrition services.”

The annual report also indicates that the coalition’s goal is to broaden access to the types of services mentioned above. FIMC is also supporting a bill called the Medically Tailored Home-Delivered Meal Demonstration Pilot Act.

Further, FIMC has an accelerator initiative that teaches other food-related non-profits what organizations like Community Servings do to make med-

ically-tailored meals more available in other communities.

Community Servings also works with local, state, and federal representatives to shape policy around this type of work down in Washington, D.C.

Last fall, there was the White House Conference on Hunger, Nutrition, and Health — the first such conference since 1969 in which the Biden Administration revealed a national strategy that included the types of intervention organizations like Community Servings provides.

“We’re doing some big things. We’re movers and shakers in a lot of ways, policy-wise, that I think people don’t — they might know Community Servings for meals, but they don’t know that we’re working really hard to impact things like legislation and pilot bills,” said Levasseur.

Moreover, regarding research, Community Servings has three National Institutes of Health (NIH) schedule R01 research programs which Hillmer described as “the absolute top-tier of credibility.”

“The National Institutes of Health basically provides grants for it, and normally an agency might get one ever, and we’ve basically gotten three within the last like two or three years,” said Hillmer.

The studies look at the impacts of things like medically-tailored meals and nutritional counseling for individuals with different conditions. For example, one study looks at the impacts of medically-tailored meals and structured nutrition counseling on individuals with type 2 diabetes who experience food insecurity.

Through all of its programs, advocacy, and research, there is no doubt that Community Servings is doing its best to help continue serving the sick and local communities but also extend that support around the country.

To learn more about everything Community Servings has to offer, you can visit <https://www.servings.org/>.

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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

# Sumner Tunnel Closure: You've Got Options

This summer, MassDOT's Sumner Tunnel Restoration Project will close the tunnel from 7/5 to 8/31. The MBTA offers simple ways to get to Boston. Park the car and hop on the Blue Line, Commuter Rail, or Ferry.



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## Take the Ferries Between Boston, East Boston, or Lynn

### East Boston

- Free East Boston Ferry between Lewis Wharf and Long Wharf (North)
- No parking available

### Lynn

- \$2.40 for a one-way trip with new ferry service between Blossom Street Pier and Long Wharf (South), weekdays only, 10 trips per day
- Free parking at Blossom Street Pier parking lot

### Winthrop

- MBTA will operate Winthrop Ferry Service for \$2.40 per trip
- Service between Winthrop, Quincy, Logan Airport, Aquarium, and Seaport



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## WINTHROP ELKS' TOM SCHLICHTING NAMED CITIZEN OF THE YEAR AT ANNUAL FLAG DAY CEREMONY AT WINTHROP LODGE OF ELKS 1078



The Missilemen drummed in the participants, Bernie Costigan, Al Grieco and Steve Belmonte.

Recently the nation celebrated Flag Day in many ways, the Winthrop Lodge of Elks takes our flag very seriously. Honoring it not just one day in the year, but on Flag Day, they hold their annual ceremony, giving flag history, and honoring their selected "Citizen of the Year".

With help from the

Winthrop Police Department Explorer Post 99, the Missel Men and soloist Lin Darcy Nikonchuck the Flag of the United States is in good hands.

Following the ceremony all in attendance were invited to join the members and family for a delicious collation at the lodge.



Members of Winthrop Police Department Explorer Post 99 posted the colors for the event.



The Winthrop Emblem Club is joined by Exalted Ruler Christine Daly. Kay Gardner, Mary Vitale, Christine Daly, Anne Marie Gardner, Edie Raymond, Judy Anderson. Back row: Judi Gardner, Clair Colvario, Heather Martin, Carol Gay and Jane Mitchell.



The Winthrop Lodge of Elks officers: seated: Bill Gardner, Jane Howell, Exalted Ruler Christine Daly, Mike Fuller, Dennis Boudrow. Standing: David Barnes, Roberta Daly, Maryellen Jacques and Nancy Ranahan.



Exalted Ruler Christine Daly leads the room in the Pledge of Allegiance.



The lovely voice of soloist Lin Darcy Nikonchuck rang through the lodge in honor of America.



Exalted Ruler Christine Daly welcomes everyone to the Annual Flag Day Ceremony at the Winthrop Lodge of Elks.



Elk David Barnes recited the History of the Flag and the Flag Response.



Exalted Ruler Christine Daly presets her lifelong friend and an honor well deserved to be the Elks Citizen of the Year, Tom Schlichting. Tom has given his unlimited time to bettering the Town of Winthrop and supporting our military and law enforcement organizations. No better choice could be made than Tom Schlichting as the Winthrop Elks Citizen of the Year.



The Man of the Year, every year, Tom Schlichting the Elks Man of the Year, with his wife Holly and daughter Antea.

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# Sports

## WINTHROP GIRLS HOCKEY PLAYERS WIN BAY STATE GAMES GOLD MEDALS

Six members of the Winthrop High School girls hockey team helped Team Northeast claim gold medals at the Bay State Games held July 7-9 at the New England Sports Center in Marlboro.

Tegan Pereira, Amelia Spencer, Adrianna Rizzotto, Avalina Coffey, Talia Martucci, and Izzy Cash – all players in Coach Butch Martucci’s powerful girls’ hockey program – led Northeast to four victories, including a 3-1 decision over Team Metro in the gold medal game. Northeast had defeated Metro

(5-0), Central (7-2), and South (7-0) in the earlier rounds of the tournament.

Rising star Talia Martucci had a prolific tournament, producing eight goals and two assists, including a pair of goals and the game-winner in the gold medal game. Martucci will be entering her junior year for the Vikings.

The Bay State Games are an annual summertime competition and showcase event that brings athletes together from across Massachusetts in several sports.



Team Northeast, led by six Winthrop High School hockey players, is pictured after winning the gold medal in the 2023 Bay States Games at the New England Sports Center. Front row, from left, are Maddy Santosousso, Lucia LaFauci, Ava Scannell, Zareena Sawyer, Penny Levine, Aly Sprissler, Tia Picardi, and Georgia Rossetti. Back row, from left, are players Abby Malcuit, Leah Buckley, Ava Buckley, Kelsey Partridge, Talia Martucci, Amelia Spencer, Adrianna Rizzotto, Izzy Cash, Alexa Pepper, Ella Tucker, Tegan Pereira, and Avalina Coffey. Also pictured (back row) are coaches Steve Roach, Butch Martucci, and Michelle Roach.

## FUN-damental Basketball Camp

The FUN-damental Basketball Camp, open to boys and girls in local area cities and towns, will be held July 17 to July 21, 2023 at the Immaculate Conception Parish Center, located at 51 Summer Street in Everett.

The camp will be held between the hours of 9:00 am and 1:00 pm for boys and girls entering grades 3 thru 8 as of September, 2023. The cost of the camp is \$100.

Tony Ferullo, boys’ varsity basketball coach at Mystic Valley Regional Charter School in Malden, will be the Director of the camp.

The purpose of the camp is:

- To provide all campers with the fundamental tools to help them become better basketball players;
- To create a positive at-

mosphere where the camper will learn and have fun at the same time; and

- To instill the spirit of the game into all campers, and inspire them to continue playing the game either competitively or just for fun.

Each camper, who will receive a T-shirt and certificate, will participate in various drills, scrimmages and individual contests. Special guests will speak and share their personal basketball tips. An awards ceremony will take place on the last day of the camp, and parents and friends are welcome to attend.

For more information about the FUN-damental Basketball Camp, please contact

Camp Director Tony Ferullo: 857-312-7002 or tferullo@suffolk.edu.

## WHS VIKINGS BASEBALL AWARDS NIGHT



Seniors with their senior gifts, from left to right, Colin Kinsella, Zachary Bogusz, Nicholas Marchese, Ryan Gagnon. See more photos on Page 8.

## Green Grant //

CONTINUED FROM PAGE 1

to Solest Energy, they are the ones who put the solar panels on the middle school-high school building, and they own that system and we get credits on our bill every month for the power that we generate there,” said Town Manager Tony Marino.

Marino said Solest Energy is interested in doing other projects and entering into similar agreements at other sites in the town, including the ice rink.

“But for this committee, they were really interested in putting solar panels on the two elementary schools,” said Marino. “One of the issues we have is that the roofs are 20 years old ... so you don’t want to go starting to put 15-year solar panels on a roof that’s 20 years old.”

However, Marino said the problem Winthrop faces with its school roofs is not a unique one throughout the state.

“In the House budget, they allocated \$100 million for green school work,” said Marino. “The state has identified that one of the reasons (communities) don’t put solar on school buildings is because the towns and cities don’t have money for the roofs. Like us, they have a 20 or 30 year old roof that they don’t have the money to put the roof on, so they opt not to have solar panels because nobody wants the capital expenses.”

The House put \$100 million in its budget to address the roadblocks to

installing solar panels and other green initiatives, but Marino said it still has to go through a conference committee before ultimate approval.

With the letter of intent from the School Committee, Marino said the town will have a leg up on getting work done for an application if the grant money does become available for the new roofs.

Even with the letter of intent, Marino said the town is under no obligation to move forward with the solar panel project with Solest Energy if the state grant for the new roofs does not come through.

“If we don’t get the roof money, we don’t do the solar package,” said Marino. “If we get it, the benefit to us is not only do we get to put solar panels on the roof, but we get brand new roofs out of it.”

Superintendent of Schools Lisa Howard said that there are already issues with leaks at the elementary school roofs, and Marino added that it is a capital expense the town will likely have to address in the future.

The outline of the potential agreement with Solest Energy estimates about \$234,000 in electricity savings over the 20-year term of the agreement, Marino said. He said the town agrees to the rate with Solest Energy, and that it is up to Solest Energy to install the solar panels and cover all the costs of installation.

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WHS VIKINGS BASEBALL AWARDS NIGHT

The Winthrop High School baseball team, led by head coach Mark DeGregorio held its season-ending awards banquet. Individual achievement awards were also presented.



Vinnie Eruzione Leadership Award went to Evan Rockefeller presented by Asst. Coach Anthony Sorrentino.



Colin Cash Unsung Hero Award presented by Colin Cash to Michael Donahue, also shown Mark DeGregorio (head coach).



William Morelli Jr. Gold Glove Award presented by, Asst. Coach Mike Vatalaro to Peter Silverman.



Joe Gianquinto Silver Slugger Award presented by Head Coach Mark DeGregorio and Joe Gianquinto (on zoom) to Colin Kinsella.



Michael Soper Most Improved Award presented by Michael Soper (alumni) to Ryan Gagnon, also shown Mark DeGregorio (head coach).



Barry Rosen Coaches Award presented by, Barry Rosen to Nicholas Marchese, also shown Mark DeGregorio (head coach).



Michael Mason Gamer Award, presented by Emily Nichols (Mike Mason's Niece) to Zachary Bogusz also shown, Mark DeGregorio (head coach).



The Larry Thomas Player of the Year Award presented by Head Coach Mark DeGregorio to Colin Kinsella, also shown is Frankie Fabiano (assistant coach).



Michael Soper Most Improved Award, presented by Michael Soper (alumni) to Matthew Reardon, also shown Mark DeGregorio (head coach).



David Tallent Rookie of the Year Award, presented by David Tallent (alumni) to Desmond Cassidy, also shown Joseph Murphy (assistant coach).



Stephen Coffey Impact Player Award, presented by Stephen Coffey (alumni) to Jay Fotiades, also shown, head coach Mark DeGregorio.



The Dan Godfrey Pitcher of the year: presented by Head Coach Mark DeGregorio to Zachary Bogusz.

SCENES FROM STATE SEN. EDWARDS' SECOND ANNUAL WINTHROP PRIDE POTLUCK

The second annual Winthrop Pride Potluck hosted by Senator Lydia Edwards and members from the Town of Winthrop, Community Action for Safe Alternatives (CASA) and For Kids Only recently took place at Ingleside Park. Under perfect skies, residents brought food and shared good cheer at the event that emphasized understanding. There were festivities for all.



The following photos are scenes from the second annual Winthrop Pride Potluck. Senator Lydia Edwards is shown with participants of the event such as former House Speaker Robert DeLeo shown above.



# Commonwealth Shakespeare Company announces the cast and creative team of Shakespeare’s classic ‘Macbeth’

Special to the Transcript

Commonwealth Shakespeare Company (CSC) and Steven Maler, Artistic Director, announce the complete cast and creative team for this summer’s production of Shakespeare’s tragedy “Macbeth” on the Boston Common. Performances begin on July 19 and run through Sunday, August 6 at the Parkman Bandstand. The production will be available for press viewing from Wednesday, July 26 and is presented in partnership with the City of Boston, Mayor Michelle Wu, Parks and Recreation Commissioner Ryan Woods, and Boston Chief of Arts and Culture, Kara Elliott-Ortega.

In Shakespeare’s classic tragedy, an unexpected prophecy sends Macbeth on a quest to become King of Scotland. Consumed by ambition and prompted to action by his wife, Macbeth’s desire for power unleashes his unbridled hunger for power. This murderous tale explores

the consequences of our choices when we lose our moral compass.

Actor, writer, director, and producer Faran Tahir\* returns to CSC to play the title role. He received enthusiastic media and audience reception in the title role of Richard III on the CSC stage in 2019 and has recently completed the much-acclaimed run of The Kite Runner on Broadway.

The role of Lady Macbeth will be performed by stage, TV, and film actor Joanne Kelly\* in her CSC debut, previously seen in Boston as Inge Morath in Fall at the Huntington Theatre. She recently starred in the Matt Damon/Ben Affleck set-in-Boston television show City on a Hill and was a cast member playing Juliet in the famed Canadian series Slings and Arrows.

The complete cast includes Marianna Bassham\* as Malcolm, Jesse Hinson\* as First Witch, Nael Nacer\* as Macduff, Omar Robinson\* as Ban-

quo, Joe Penczak\* as Duncan/Siward, Daniel Rios, Jr.\* as Ross, Fred Sullivan Jr.\* as Sergeant/Porter/Doctor, and Eviva Rose as Young Macduff. The ensemble roles are played by Lily Ayotte, Nick Baum, John Blair, Elijah Brown, Annika Burley, Alexa Cadete, Jack Greenberg, Jessica Golden, Bella Grace Harris, Cleveland Nicoll, and Xander Viera. \*Denotes member of Actors’ Equity Association

\*\*Represented by United Scenic Artists Local USA 829 of the IATSE

^Denotes member of Stage Directors and Choreographers Society

The creative team includes Direction by Steven Maler^, Scenic Design by Riw Rakkulchon\*\*, Costume Design by Nancy Leary\*\*, Lighting Design by Eric Southern\*\* and Maximo Grano De Oro, Sound Design by Dewey Dellay\*\* and David Remedios\*\*, Fight Direction by Robert Walsh, Intimacy Consultation by Jessica Scout Malone, Assistant Director Nikta Sabouri, Production Management by Jenna Worden, Stage Management by Brian Robillard\*.

Performances of Macbeth will take place at the Parkman Bandstand on the Boston Common and are FREE of charge. Audience members can bring blankets or chairs or can rent chairs in advance or on-site for \$10 and are permitted to bring modest food items to consume at the show. Seats in the CSC Friends section will be available for reservation in late May along with your donation. Dinner-and-a-Show Packages will

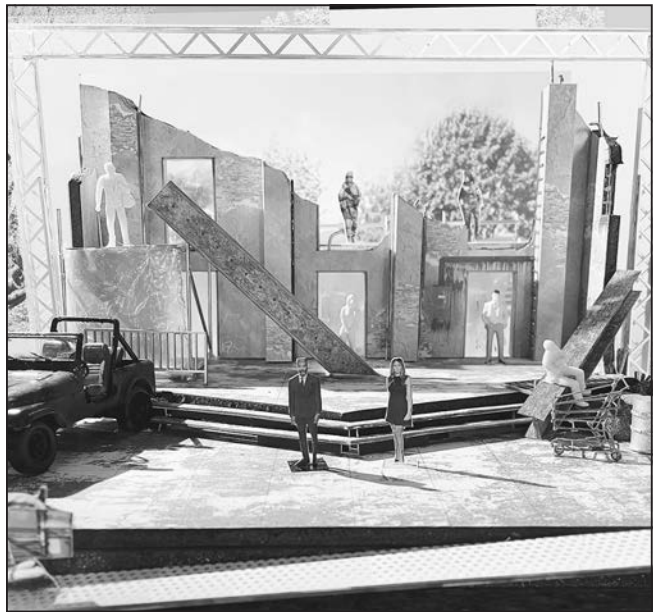
be available in partnership with Boston Chops Downtown Crossing.

CSC provides a range of accessibility services, including open captioning, assistive listening devices, and large print programs at every performance, and ASL interpretation and audio description at selected performances.

All performances will be Open Captioned as part of our new Access Infrastructure Initiative, made possible through the generous support of the Richard and Susan Smith Family Foundation.

Audio Description and ASL Interpretation will be offered Saturday, July 29, , at 8:00 p.m. and ASL Interpretation on Friday, August 4, at 8:00 p.m., with a Rain Date for Audio Description and ASL Interpretation at Sunday, August 6, at 8:00 p.m.

Macbeth is supported by our generous sponsors and partners: Boston Chops, The Liberty Mutual Foundation, National Endowment for the Arts, the Klarman Family Foundation, Massachusetts Cultural Council, Ovation TV, Xfinity, Boston Cultural Council, the National Endowment for the Arts, GBH, EDGE Media Network, MeetBoston, Massachusetts Convention Center Authority, Downtown Boston BID, the Max and Victoria Dreyfus Foundation, The Commonwealth of Massachusetts, City of Boston Parks and Recreation, The Boston Globe, Suffolk University, DIG, The Newbury Boston, Vantage Graphics, MIX 104.1, Democracy Brewing, and Ben and Jerry’s.



The set design for the upcoming performance of “Macbeth.”

## Healey // CONTINUED FROM PAGE 8

Court with the advice and counsel of the Governor’s Council to serve out the remainder of the term, which currently goes through the end of the 2024.

“The Register of Probate and Family Court has a critical role to play in supporting families and children, particularly during the most challenging moments of their lives,” said Governor Maura Healey. “Stephanie Everett is uniquely qualified to step into this position as she has interacted with the court as both a young mother and an attorney, and she has built an incredible career advocating for justice and equity for her community of Boston. I’m proud to recommend her for Suffolk Register of Probate and Family Court and believe she has the experience, professionalism, determination and empathy needed to serve the families, lawyers and staff that rely on the Court.”

“Stephanie Everett has dedicated her career to serving the people of Boston, and the Governor and I are excited for her to take her service to the next level,” said Lieutenant Governor Kim Driscoll. “Her voice, perspective and leadership will be invaluable in shaping the future of the Probate and Family Court. We look forward to working closely with our colleagues on the Governor’s Council to advance this appointment.”

“The Probate and Family Court is largely unknown to many Massachusetts residents – until

they need it. That often comes at the most painful moments of their lives, when a marriage dissolves or they have a child at a young age or they experience the death of a loved one,” said Stephanie Everett. “As someone who has experienced the Court from both sides, as a young mother and as an attorney, I’m intimately familiar with the impact it can have on people’s lives, as well as the fear, frustration and confusion that families face far too often when interacting with the Court. I’d be honored to have the opportunity to serve as Suffolk Register of Probate and Family Court and to use my experience to guide other families through the system and leverage every resource at our disposal to better ensure the future success of every person who interacts with the Court.”

In 2021, Everett was appointed the City of Boston’s first Executive Director of the newly created Office of Police Accountability and Transparency, which is responsible for investigating complaints of police misconduct and ensuring that the Boston Police Department’s internal affairs review process is fair and thorough. In this role, she oversaw a budget of \$1.4 million and a staff of 11 full-time employees. As a member of Mayor Michelle Wu’s cabinet, she advised the mayor on public safety matters. Everett also successfully advocated for funding to create a year-long intern-

ship program and youth advisory council to bridge the gap of youth access to government and strengthen relationships with law enforcement.

“Stephanie Everett is a brilliant and effective attorney and public servant who has devoted her career to serving others, particularly our most vulnerable residents,” said Boston Mayor Michelle Wu. “In our years working closely together, I’ve seen firsthand Stephanie’s deep commitment to transparent and accessible government, and I know she will bring her values and her many talents to this important role. I applaud Governor Healey and her team for this nomination and urge Attorney Everett’s swift confirmation. We will miss her in our administration, but are grateful that the families of Suffolk County will be well served under her leadership.”

Prior to her work with the city, Everett was a solo law practitioner for eight

years. She served as the lead counsel on jury and bench trials before Criminal and Juvenile Sessions and as a member of the Norfolk County Bar Advocate Program, accepting indigent clients facing criminal charges and families involved with the Department of Children and Families. She also served as a legal expert for various panel groups seeking to inform underserved and underrepresented communities with information about their rights and changes in law.

Everett has also served as the Chief of Staff of the Massachusetts Department of Transitional Assistance, Deputy Chief of Staff in the Office of State Senator Sonia Chang-Diaz, and Manager of Public Safety for the Metropolitan Area Planning Council. She is a graduate of Northeastern University and Suffolk University Law School and a member of the Massachusetts Black Lawyers Association.

OBITUARIES

All obituaries and death notices will be at a cost of \$150.00 per paper.

Includes photo.No word Limit.

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## OBITUARIES

### Ramona Pucillo

Retired V.P. of Commercial Lending Boston Private Bank

Ramona A. Pucillo, 71, of Winthrop passed away at the Massachusetts General Hospital in Boston on July 1.

Born in Boston, the beloved daughter of the late Flavia (Pagliuca) and Ferdinand Pucillo and a resident of Winthrop for over 57 years, she was a vice president of commercial lending at the Boston Private Bank prior to her retirement.

She was the devoted wife of Carmine Vigorito and the loving mother of Robert Pucillo and his wife, Susan of Winthrop and Joseph Pritzky of Dennis; dear sister of Emma Capizzi of Arizona; cherished grandmother of Niccole and Deanna Pucillo and beloved aunt of Frank



and Desiree Capizzi of Arizona. She is also survived by many loving nieces, nephews and friends.

A memorial service will be held at a later date.

To sign the online guestbook, go to [www.caggianofuneralhome.com](http://www.caggianofuneralhome.com).

Arrangements were under the direction of the Caggiano-O’Maley-Frazier Funeral Home, Winthrop.

### Vasil Thomaj

Of Winthrop

Vasil Thomaj of Winthrop passed away at home on July 9. He was 73 years old.

Born in Albania, the beloved son of the late Vasilie (Allkanjari) and Ndoni Thomaj, he was the devoted husband of Donika (Gjini) and the loving father of Odise Thomai and his wife, Jola and Alfons Thomaj, all of Winthrop; dear brother of the late Themie Thomaj and cherished grandfather of Antonio Thomaj, Vane-sa Thomai, Sara Thomaj, Daniel Thomai and Era Thomai.

The funeral will be conducted from the Caggiano-O’Maley-Frazier Funeral Home, Winthrop on today, Thursday, July 13 at 10 a.m. and will proceed at 11 a.m. to the Belle Isle section of Winthrop Cemetery.

To sign the online



guestbook, go to [www.caggianofuneralhome.com](http://www.caggianofuneralhome.com).

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# 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

**10 years ago  
July 11, 2013**  
Beautiful Yirrell Beach on Point Shirley will be the place to be for fun in the sun this Saturday, July 13, for the 16th annual “Old Fashioned Family Day at the Beach.” There will be lots to do for both kids and adults, with activities running from 11:00 am to 4:00 p.m.

Local musician Max Whiting, bassist and band leader, will bring his duo, Musickmakers, to Winthrop’s Rustic Table Restaurant on Shirley Street for Sunday Brunch. The brunch will feature the Musickmakers’ cool, smooth, live jazz every Sunday from 11 a.m. to 2 p.m.

The Chamber of Commerce has commended Richard Honan on his 40th year of membership in the Chamber. Honan has operated the Richard Honan Sign Company for 41 years and his efforts in helping people in the community are noteworthy. His “Supporting the Troops” program in which he has brightened the lives of Winthrop men and women who have served our country overseas is much appreciated by the families of Winthrop servicemen and women and the soldiers themselves.

The Lone Ranger, Kevin Hart: Let Me Explain, and Pacific Rim are playing at the Revere Showcase Cinemas.

**20 years ago  
July 17, 2003**  
Although local officials have been assured that state funding for the reconstruction of Winthrop Beach is in place, there is no sign that any construction project is about to begin, much to the frustration of beach-area residents who have been waiting for eight years for the state to make improvements to the town’s longest stretch of beach.

Viking Ice Cream, a new business being undertaken by local resident Vinnie Crossman, has returned a relic of the past, the ice cream truck, to local streets this summer, much to the delight of local children.

Rotary District Governor Dr. Victor Saldanha and the Winthrop Rotary Club are seeking a host family for a four year-old girl from Russia, who is

coming to Mass. General Hospital for brain surgery, and her mother.

Winthrop Fire Chief Joseph “Larry” Powers has been named to the prestigious Massachusetts Fire Service Commission.

The Winthrop Public Library has discontinued its Monday hours because of cuts to its budget in the current fiscal year.

Pirates of the Caribbean: The Curse of the Black Pearl, Terminator 3: Rise of the Machines, and Charlie’s Angels: Full Throttle are playing at the Revere Showcase Cinemas.

**30 years ago  
July 22, 1993**

Despite the clear language of the 1988 mitigation agreement between the town and the MWRA that requires the MWRA to provide funding to the town for repairs to the town’s roads, the MWRA Board of Directors, contrary to their own staff’s recommendations, voted not to disburse \$1.1 million to the town for road repairs. Tom Reilly, Winthrop’s representative member of the board, expressed his disappointment in the vote. Some members of the board expressed their view that the figure was too high and the town would receive a windfall.

Rick Boyd is the new President of the local Rotary Club. Ernest E. Hardy Sr. was honored at the installation dinner with a Life Membership Certificate in recognition of his more than 50 years of service to the local club.

Dennis the Menace, Rookie of the Year, and The Firm are playing at the Revere Showcase Cinemas.

**40 years ago  
July 20, 1983**

The state DEQE has admitted that its pumping station at Sales Creek is ineffective for its avowed purpose of flood control in Revere. Local environmental activists have been against placing the pumping station into service because it will bring pollution downstream to Belle Isle.

Jack Van Buskirk, the town’s Animal Control Officer, was injured when he fell after being attacked by two angry blue jays as he

was tending to an injured animal that was lying next to a blue jay chick that must have fallen out of its nest. Van Buskirk was attempting to put the chick back into its nest when the adult blue jays swooped in to attack, causing him to fall onto the concrete sidewalk.

An East Boston resident was arrested in a Shore Drive apartment he was renting where he allegedly was running a gaming operation.

Staying Alive and Flash Dance are playing at the Revere Showcase Cinemas.

**50 years ago  
July 18, 1973**

A three-alarm fire in a triple decker on Trident Avenue caused \$25,000 in damage Saturday. Two Boston firefighters and Police Officer John Marotta were injured at the scene.

A rock concert featuring the local bands SASS and N.G.G. was held Sunday at Winthrop Beach. Another concert will be held July 26 at the public landing in the evening.

Warner Cable TV has announced that it will begin service to Winthrop customers on July 23. The Winthrop Beach and Pt. Shirley sections of the town will be the first areas to have cable TV.

A consensus is building that political newcomer Michael LoPresti Jr. is the favorite among a crowded field in the special State Senate race to succeed Mario Umana, who has taken a judgeship on the Boston Municipal Court.

Robert Duvall stars in Badge 373 at the Winthrop Cinema.

**60 years ago  
July 18, 1963**

Town Health Officer Ralph Sirianni reports that the bacteria levels are at dangerous levels at four town beaches. He said that the existing swimming ban in the inner harbor will remain in effect based on the high coliform readings.

The new Hilton Hotel in Rockefeller Center in New York City opened this week, a \$57 million project that is the ultimate in hotel design. It has a 500 seat ballroom, the largest of its kind in the world.

TV thieves have struck Winthrop in a big way,

stealing TV sets from the Gov. Winthrop Hotel and from the truck of TV dealer Frank MacDonald, the proprietor of the Winthrop Television Co.

Local residents will be able to see a 94 percent eclipse of the sun on Saturday.

Jeff Chandler and Carol Lynley star in Peyton Place at the Winthrop Theatre.

**70 years ago  
July 16, 1953**

The biggest and best-ever annual Rose Festival of St. John the Evangelist Church was held over the weekend on the Haley Estate in Nahant.

The Rev. Robert J. Banks, a lifelong Winthrop resident, celebrated his first Mass at St. John the Evangelist Church Sunday before a large gathering of family and friends.

Cary Grant and Deborah Kerr star in Dream Wife at the Winthrop Theatre.

**80 years ago  
July 17, 1943**

The first social event of the new Winthrop USO Club, which is quartered in the premises of the former Highlands Yacht Club, was a big success, with a co-ed sports social providing entertainment for the men of the harbor defense forts.

The Army now is producing the 3 submachine gun, a lightweight, durable, and inexpensive weapon (it costs \$20 to produce it) that is proving to be of great value to our fighting men.

The Rotary Club heard about the country of Argentina from its guest speaker, a visitor from France, who recently returned from Argentina. He told of the inexpensive food and of a more tranquil lifestyle in the capital city, Buenos Aires, home to more than 3,000,000 people.

Lana Turner and Robert Young star in Slightly Dangerous at the Winthrop and State Theatres.

**90 years ago  
July 22, 1933**

The breakwater along Shore Drive got its start last week. The work is under the direction of local engineer William W. Scott of 197 Pauline St.

Town Clerk Donald McLeod reports that he has issued licenses for nearly 600 dogs in the town.

The annual Summer

Frolic sponsored by the VFW got underway this week at its large building and grounds at 66 Shore Drive.

**100 years ago  
July 20, 1923**

A representative of the Lifesaving Service of the American Red Cross will be in Winthrop at the beach to provide a personal demonstration of the Schaefer Method of restoring consciousness to persons suffocated by water, smoke, gas, or electricity.

Local Boy Scouts will be heading for camp at Charge Pond in Wareham shortly.

A large number of local residents attended the dance at the Cliff House last weekend.

**110 years ago  
July 19, 1913**

Charles Bennison, well-known local undertaker, was elected President of the Mass. Embalmers Association at the group’s annual convention this past weekend. This was the first time that such a young man was elected to head the 1000-member association.

A waiter at the Pt. Shirley Club who could not swim nonetheless dove into the water from a landing at the rear of the club on a bet that he could do so and make it back to shore. However, as soon as he hit the water, the currents of Shirley Gut swept him under and he drowned some 30 feet from where he had jumped in.

A 17 year-old escapee from Rainsford Island was found drowned off Snake Island by two young boys who were fishing there.

Every table was filled at the pop concert at the Winthrop Yacht Club Thursday evening by one of the most fashionable audiences of the summer season. The ladies were attired in gowns of the very latest mode, presenting a delightful picture. Commodore Blazo, who is noted for his courtesy, greeted all with a handshake and a pleasant word.

Although the attorney general is about to investigate the ice business, some say the current shortage is due strictly to the warm weather we had last winter.

**120 years ago  
July 18, 1903**

The beach at usually-quiet Winthrop almost rivaled the number of

bathers at Revere Beach Sunday, thanks to the warm weather and delightful temperature of the water. Bathers dotted the shore from the Highlands to Great Head.

The Narrow Gauge Railroad is now only the second railroad in New England to erect a Scherzer rolling lift bridge, which was installed recently at the Crystal Cove channel. The bridge is so perfectly counterbalanced that it can be operated by one man.

The bathing suit laundry operation at Revere Beach is a careful one to ensure that every bathing suit, once it is discarded soaking wet by the wearer, is thoroughly washed and sterilized, as it goes through 14 pairs of hands before it is placed out again for reuse. The laundry has a capacity of 500 bathing suits per hour.

**130 years ago  
July 21, 1893**

The local band will give an open air concert next Thursday evening at Columbia Square. The Baptist ladies will give a lawn party in the immediate vicinity at which ice cream, cakes, and candy will be for sale.

Although the thermometer reached 93 degrees Sunday, and the railroad cars were full and the excursionists were on the steamers, everybody was happy in our little town.

Mr. William Ruttle of Bowdoin Street has 400 chrysanthemum plants that he is readying for fall blooming.

**140 years ago  
July 20, 1883**

The season now is at its height at the Ocean Spray roller skating rink. Every session is well-attended and the management feels gratified at the results attained. The rink has become a daily resort for many families.

A very classical concert was given at the pavilion at Great Head last night. The program, The Serenade for Three Violins and Piano, with songs performed by Miss Adelaide V. Bothamly, was well-received.

All vegetable-eating insects are on the increase wherever the pugnacious English sparrow abounds.

Trains now stop regularly at the new Cottage Hill station.

## WHS SPORTS THROUGH THE YEARS

**10 years ago  
July 11, 2013**  
Chris LeBlanc called it “a dream come true.” The former Winthrop High ice hockey star saw his name appear on the National Hockey League’s draft board Sunday and he then received a phone call from the Ottawa Senators informing him that the team had indeed selected him in the sixth round. “It still

hasn’t sunk in yet but it’s a great honor,” LeBlanc said.

When Erin O’Leary began her athletic career at Winthrop High School, she couldn’t have predicted that her final accolade would be playing in a lacrosse all-star game. Winthrop High didn’t have a girls lacrosse team when O’Leary entered her freshman year, but the talented

athlete was introduced to the sport as a junior and became a captain, the leading scorer, and MVP for the school’s first-ever varsity girls team as a senior. O’Leary showed she was worthy of the honor of playing in the Agganis Women’s Lacrosse All-Star Classic by scoring a goal and creating numerous offensive opportunities. “I worked hard all season but I didn’t think I would be recognized as an Agganis All-Star but it feels great,” said O’Leary. The 18-year-old daughter of Dan and Paula O’Leary, Erin was recognized for her superior athletic achievements with the Wallace B. McLean Athletic Award which is presented to the student who has done the most for athletics during her high school career. She was the recipient of the Winthrop Chamber of Commerce Youth Leadership Award in her junior year.

The Winthrop Men’s Summer League has returned to the McKenna Courts. At its height, the league, under the direction of Peter Grimes and Phil Lundberg, was one of the most popular and competitive in the area. Phil is at the helm of the new league and seven teams will be competing this season. Director of Parks and Recreation Sean Driscoll got the ball rolling to return summer basketball to the town by bringing in new backboards and painting new lines at the McKenna Courts.

**20 years ago  
July 17, 2003**

The Winthrop Little League all-star team made a strong showing in the District 16 tournament before bowing out in the semifinals.

**30 years ago  
July 22, 1993**

Pat McGee, the coach

of the Winthrop High boys track team, came home with five medals that she won at the Massachusetts Senior Olympics held recently in Dedham. McGee, who turns 65 in two weeks, won the gold in the 100 dash, the silver in the shot-put, discus, and triple jump, and a bronze in the long jump in the 60-64 year old category.

The Winthrop Little League all-star team has reeled off four wins in a row in the loser’s bracket of the District 16 tourney to advance to the semifinals. In a 5-0 win over Lynnfield, Mike Stasio tossed a two-hitter and John Dowd slugged a home run.

**60 years ago  
July 18, 1963**

Ed Krovitz Jr. will play Jules Neidleman for the championship of the Winthrop Golf Club. Neidle-

man edged Bud Dasey to advance to the finals.

**90 years ago  
July 22, 1933**

More than 750 golf fans turned out at the local links to see nationally-renowned golfer Jesse Guilford and a partner defeat the local duo of Winthrop Golf Club pro Jim Lally and Barrett Davison Jr. It was the largest crowd ever to attend a match on the local links.

**100 years ago  
July 20, 1923**

Former pro baseball player Fred Tenney is doing things in earnest at Ingleside Park where he has put together a town team that is backed up by the good, hard cash of local citizens. Tomorrow evening, the Red Socks of Roxbury will cross bats with the Winthrop Town Team.

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# Winthrop Senior Center News

35 Harvard Street, Winthrop, MA 02152      Hours: Mon-Thurs: 9am-3p.m. / Friday: 9am-1p.m.

Website: town.winthrop.ma.us/council-aging      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, July 13**  
9:30am-10:30am: Exercise Class (\$1)  
10:30am-12:00pm: Council on Aging Meeting  
12:00pm-12:30pm: Lunch-Dine In / Grab and Go Lunch Pick-Up  
12:45pm-3:00pm: Bingo

**Friday, July 14**  
10:00am-11:00am: Line Dancing (\$5)  
10:00am-12:00pm: Ceramics (\$3)  
11:00am: Grab and Go Lunch Pick-Up

**Monday, July 17**  
9:30am-10:30: Yoga with Kathleen (\$5)  
10:00am-11:30am: Rep. Turco Office Hours  
11:30am-2:30pm: Game Day/Mahjong  
12:30pm-2:30pm: Art Class with Dawn (\$6)

**Tuesday, July 18**  
9:30am-10:30am: Exercise Class (\$1)  
11:00am-12:00pm: Blood Pressures  
12:00pm-12:30pm: Lunch-Dine In / Grab and Go Lunch Pick-Up  
1:00pm-2:00pm: Senior Center Movie Day (\$2)

**Wednesday, July 19**  
9:30am-10:30am: Yoga with Kathleen (\$5)  
10:00am-12:00pm: Bereavement and Caregiver Support Group  
10:00am-12:00pm: Low Vision Support Group  
11:00am-12:00pm:

Zumba with Cindy (\$5)  
11:00am: Grab and Go Lunch Pick-Up  
12:00pm-1:00pm: Tai Chi / Qi Gong (\$5)

**Italian Classes** will resume September 13th

**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 Tuesday, Wednesday and 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.

## Upcoming Activities and Programs

**Tai Chi /Qi Gong:** July 5 (12:00pm-1:00pm) Beginning July 5th, the Senior Center will be offering a Tai Chi / Qi Gong class on Wednesdays at 12:00pm. Sign up at the front desk. Cost \$5.00

**Senior Center Movie Day**  
Tuesday, July 18 at 1:00pm. Cost \$2  
We Will be playing videos of past Senior Center events.

**Senior Lunch Traveling Chef BBQ:** Wednesday, July 26th (12:00pm) Mystic Valley Elder Service’s Traveling Chef will be BBQing at the Senior Center. Meal includes Burgers, Hot Dogs, Coleslaw, Potato Salad, Watermelon, and Lemonade. Sign up at the front desk beginning June 21st. Cost: \$2.00. Wait List Only.

**Legal Aid Q&A with Attorney Amy Gelineau Ofrias:** Wednesday, August 2nd @ 1:00pm.  
Attorney Amy G. Ofrias, from Gelineau & Kline will be at the Senior Center to discuss Elder Law issues. Questions must be submitted in advance by emailing Attorney Ofrias at amy@gelineaukline.com; please put Winthrop Senior Center in the subject. Questions can also be dropped off at the front desk.

**Roger Tincknell presents: From Elvis to the Everly Brothers:** Tuesday August 8th @ 1:00pm. Cost: \$3.00

Roger will be performing 1950s Rock, Pop, and Country hits. This program is sponsored by a grant from the Winthrop Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

**American Red Cross Preparedness Program:**

Tuesday August 15th @ 1:00pm  
This presentation will include life saving preparedness tips for home fires and other natural disasters, giving you tips for you and your household to Be Red Cross Ready in the event of an emergency.

**Lunch and Entertainment by David Maloof:** Tuesday, August 12th @ 12:00pm. Cost \$10.00  
Join us for lunch and a Show! David Maloof will be playing happy songs to help you smile, laugh, and feel good! This program is sponsored by a grant from the Winthrop Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

**Prediabetes and Diabetes Self-Management:** Thursday, August 24th @ 10:30am  
Facilitated by Mary Gynn, RN, MPH, CDE, ADCES. Learn to face the challenge of prediabetes and diabetes while continuing to enjoy a fulfilling life. You can still live, laugh, and love. Reference materials will be provided.

## Programming & Activities

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

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

**Bowling:** There will be no Bowling from May through August. Bowling

will resume in September.

**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 Wednesdays for Tap Classes from 10:00-11:00am, 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.

**Thursday, August 10, 2023:** Corvettes Doo Wop Revue and traditional Maine Lobster Bake at Fosters Lobster Bake in York, Maine.  
Provider: Best of Times Travel  
Cost: \$119.00  
Wait List Only  
Make checks payable to: Friends of WCOA  
Meal Choice: Whole broiled 1 ¼ lb. or ½ BBQ Chicken

**Thursday, September 7, 2023:** Neil Diamond & Friends at the Castleton Banquet Hall, Windom N.H.  
Provider: Best of Times Travel  
Cost: \$79.00 (drive on your own) or \$109.00 (with transportation)  
Make checks payable to: Friends of WCOA  
Meal choice: Apple Cranberry Stuffed Chicken or Vegetarian Lasagna

**Sunday, December 31, 2023:** An American Bandstand- New Year’s Eve Day at the Danversport Yacht club  
Provider: Best of Times Travel  
Price: \$95.00 (drive on your own) or \$125.00 (with transportation)  
Make checks payable to: Friends of WCOA  
Meal choice: Stuffed Breast of Chicken or Baked Schrod

## LOCAL STUDENTS EARN ACADEMIC HONORS

### WINTHROP MIDDLE SCHOOL ANNOUNCES THIRD TERM HONOR ROLL

The following students at the Winthrop Middle School have been named to Term 3 Honor Roll:

**6th Grade High Honors**  
Aitouahmane, Nezar  
Aresty, Hazel  
Boudrot, Violet  
Bourkiche, Naima  
Braga, Luca  
Carroll, Audrey  
Cerasani, Gia  
Collins, Kesharine  
Costa, Rian  
Curtis, Phoebe  
Dassau, Max  
Ferrara, Ella  
Ferrara, John  
Grimaldi, Giuliana  
Hanlon, Jonvienne  
Harkins, Emily  
Karpenko, Nicholas  
Koemdzhev, Riya  
Lamiaux, Nicolas  
Marra, Era  
Mason, Lucas  
McHugh, Evan  
McNeil, Daniel  
Oliver, Isabelle  
Poulos, Jonathan  
Raneri, Clare  
Schad, Julia  
Sena, Raine  
Staff, Ethan  
Taborda Londono, Juan Manuel  
Titemore, Molly  
Trafton, Evelyn  
Turner, Audrey  
Zizzo, Aria

**6th Grade Honors**  
Agolli, Vjollca  
Algburi, Faris  
Aneel, Emily  
Andino, Mia  
Banfield, Lyncoln

Barron, Michael  
Bebri, Joey  
Beleacov, Alexander  
Berisha, Edmond  
Beuoy, Michael  
Biancardi, Gabriela  
Boivin, Skyla  
Briggs, Nicholas  
Buchman, Ryan  
Bustamante Soriano, Gabriel  
Coelho, Vinnycius Kaleb  
Cohen, Alexander  
Connors, Liam  
Correa, Alex  
Decareau, Thomas  
DelloRusso, Francesca  
Fillippi, Ella  
Freda, Sofia  
Gallagher, Liam  
Giacalone, Devin  
Gorman, Ella  
Green, Olivia  
Guentour, Jad  
Guevara, Audrina  
Hashani, Ador  
Hashani, Dior  
Hayes, Shaun  
Hickey III, David  
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Perez, Daniel  
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Rockefeller, Allen  
Rogowicz, Ava  
Rossi, Phillip  
Schirripa, Isabella  
Silva, James  
Spinale, Joseph  
Survilas, Ella

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## FRESH AND LOCAL

# Blueberry season

lowbush blueberries and cultivated or highbush blueberries. A New York Times article concluded, “If you like to eat fresh raw blueberries, you’ll probably have to stick with farm-raised: Wild blueberries are highly perishable, and almost the entire crop is frozen.”

**Corn and Blueberries**  
We love the partnership of corn and blueberries. Try making a batch of cornmeal blueberry pancakes. They may become a family favorite. You can add a healthy addition of blueberries to a cornbread recipe. This year we’ve saved a few recipes for corn and blueberry salads that we plan to add to our roof deck gatherings. It’s always fun to make something new and different as a welcome surprise for your guests.

**Cooking with Blueberries**  
For years Ed would opt for a batch of blueberry muffins instead of a birthday cake since his special day arrived at about the same time as local blueberries at our farmer’s markets. Like many people from this area, we both set Jordan Marsh blueberry muffins as the standard by which we judge others.

In researching recipes to duplicate those, we found that Penny’s favorite recipe (from a used



These were one of our favorite remakes of Jordan Marsh Blueberry Muffins from a now-closed South End Bakery.

cookbook she bought years ago) shared the technique of mashing some of the berries and mixing them into the batter. This was often cited as one of the secrets to the Jordan Marsh success. In fact, we like this recipe better because the sugar coating on the top is a mixture of sugar and nutmeg to give these muffins a distinctive finish.

In addition to muffins, bakers celebrate blueberries in pies, turnovers, crisps, crostatas, cheesecakes, cobblers, tea cakes, coffee cakes, scones, and bread puddings.

If you’re more of a cook than a baker, you can consider making preserves, compotes, sauces, or blueberry vinegar. Chefs tend to pair this berry with pork, salmon, and duck. These recipes often include balsamic vinegar

and herbs like thyme or rosemary.

**Blueberry Tips**  
We bring covered containers to the market and have the farmer transfer the berries from their container to ours. The farm can reuse their basket, and our blueberries are protected better on the way home and can go right into the refrigerator.  
We don’t wash blueberries until we’re ready to use them. If we buy too many blueberries, we spread them on a quarter sheet pan, freeze them, and put them in freezer bags. Finally, we go out of our way to enjoy the local blueberry season!

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

# Healey proclaims Hurricane Preparedness Week in Massachusetts

Special to the Journal

Gov. Maura Healey has declared July 9-15, to be “Hurricane Preparedness Week,” recognizing the importance of preparing for the impact of extreme weather. As part of the Administration’s commitment to strengthening community readiness and resiliency, the Massachusetts Emergency Management Agency (MEMA) will highlight the Commonwealth’s ongoing hurricane mitigation ef-

forts and offer resources for residents and municipalities to learn what they can do before, during, and after a powerful storm to stay safe and protect property from hurricane-related hazards.

“As climate change fuels extreme weather across the country, every Massachusetts community must plan and prepare for the potential impact of tropical storms and hurricanes,” said Governor Healey. “During Hurricane Preparedness Week,

I encourage residents of coastal and inland areas alike to visit MEMA’s website for preparedness information, make a plan, and stay informed about how to take care of yourself and your loved ones before, during and after a storm.”

“Severe tropical storms can have a devastating impact on communities. All Massachusetts residents are urged to learn about and prepare for the dangers of these storms,” said Lieutenant Gover-

nor Kimberley Driscoll. “Taking steps in advance to prepare and practice an emergency plan will help individuals and families to stay safe during a storm and recover more quickly when it is over.”

“Hurricane Preparedness Week provides all of us with an opportunity to better prepare for the tropical storms that historically visit Massachusetts in August and September,” said Public Safety and Security Secretary Terrence Reidy. “The significant impact of these weather events – from storm surges on the coast to inland flooding in Western Massachusetts

– pose a significant risk that requires thoughtful community planning. I commend MEMA Acting Director Brantley and her team for their commitment to delivering important resources to residents and the communities they call home.”

As part of MEMA’s whole-community approach to hurricane preparedness, the Agency has convened meetings to discuss logistics, operational plans, and capabilities; facilitated numerous local & state tabletop exercises; and will host a Statewide Hurricane Preparedness Symposium in late July to

bring together over 250 local, state, federal, private sector and voluntary agency emergency management partners to address topics related to hurricane preparedness, response and recovery.

“Inclusivity remains a top priority in everything we do at MEMA, especially when it comes to preparedness,” said MEMA Acting Director Dawn Brantley. “Whether it’s providing technical assistance to communities seeking to create evacuation or transportation

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# State officials encourage residents to take free transportation on the ‘T’

By Cary Shuman

With the Sumner Tunnel closed for repairs until Aug. 31, state officials are encouraging area residents to use the MBTA’s Blue Line, which is free of charge.

State Transportation Secretary Gina Fiandaca, an East Boston resident, Lt. Governor Kim Driscoll, State Sen. Lydia Edwards, and Rep. Adrian Madaro appeared at a July 6 news conference outside

Orient Heights ‘T’ station in East Boston, asking commuters to “ditch the drive” and take public transportation during the tunnel’s closure to traffic.

“We really want people to know the best way [taking public transportation]

to get into Boston during the Sumner Tunnel closure is not only good for their wallet, but for the planet,” said Driscoll.

Fiandaca said officials have been monitoring traffic patterns daily, including in the cities of Revere and Chelsea. “We know that a lot of folks will choose to take the Tobin Bridge, as opposed to the Ted Williams [Tunnel],” she said. “We think all of those alternatives are out there to help people plan their trip on the Mass511 App. If you do need to get to points south of the city, that App is also there to help you.”

Driscoll said she usually takes public transportation at least once a week. “I think I’ll be doing it more. This is a great way to get into Boston. If you



Lt. Gov. Kim Driscoll joins State Transportation Secretary Gina Fiandaca, Rep. Adrian Madaro, and Sen. Lydia Edwards for a selfie during their train ride on the Blue Line to Government Center.



State Transportation Secretary Gina Fiandaca speaks at the July 6 news conference outside the Orient Heights ‘T’ Station. Also pictured, from left, are Rep. Adrian Madaro, Lt. Gov. Kim Driscoll, and Sen. Lydia Edwards.

have not taken the ferry in to Boston - either from Lynn, Salem, Winthrop, or East Boston - there’s no better way, and we hope that people will do even after the Tunnel is [reopened].”

Rep. Adrian Madaro said, “With the Sumner closed for the next several weeks, traffic is as bad as it’s ever been, and it won’t get better unless we limit the number of cars on the road. As Eastie residents, this is the time to take ad-

vantage of the free Blue Line and Ferry whenever possible. The tunnel closure comes with certain unavoidable pains, but together, we can reduce congestion on our streets. Ditch the drive and choose public transit when you can.”

Following the news conference, Driscoll, Fiandaca, Edwards, and Madaro boarded the Blue Line train for the ride to the Government Center ‘T’ stop.

## FAMILY DANCE PARTY IN THE SQUARE

Courtesy Photos



Local families enjoyed an evening out in French Square on June 24 dancing to music provided by DJ Cuzzi (Kurt Millar), playing games and instruments (provided by FKO) and enjoying takeout from nearby restaurants. The event was hosted by Project Play, a new parent-led initiative to create opportunities for Winthrop families and caregivers of young children to move, groove, play and create together. Look for their pop up play spaces with live children’s entertainment at each of the Winthrop Farmers Markets.

## Hurricanes // CONTINUED FROM PAGE 12

plans for individuals with disabilities, or offering culturally appropriate tips in multiple languages on how individuals can be better prepared – our goal is to ensure that we are ready to support all individuals equally and equitably before, during, and after disasters.”

### How Residents Can Prepare

**Know Your Evacuation Zone** – Visit [www.mass.gov/knowyourzone](http://www.mass.gov/knowyourzone) to learn if you live or work in a hurricane evacuation zone. If you live in an area that may flood and may need assistance evacuating, plan with family, neighbors, and friends who may be able to assist, and contact your local public safety officials to make them aware of your needs.

**Make an Emergency Plan** – A plan should address how your family would communicate, evacuate, and shelter in place if needed. Be sure

to account for the needs of all your family members, including seniors, children, individuals with disabilities, and pets: <https://www.mass.gov/info-details/make-a-family-emergency-plan>. If you receive medical treatment or home health care services, work with your medical provider to determine how to maintain care and service if you are unable to leave your home or have to evacuate.

**Build an Emergency Kit** – Build an emergency kit that will sustain your household for three to five days without power. For tips on what to include, visit <https://www.mass.gov/info-details/build-an-emergency-kit>.

**Stay Informed** – Every family should have multiple methods for receiving emergency alerts and is encouraged to reach out to their local officials for preparedness and emergency information specific to their community,

including available local emergency notification systems. The Commonwealth’s 2-1-1 hotline is available 24-7 for non-emergency assistance and is available with translation in more than 150 languages and can be accessed via video relay services. To learn more about additional ways to receive alerts and information, including the Emergency Alert System, Wireless Emergency Alerts, NOAA Weather Radio, and social and traditional news media, visit: [www.mass.gov/info-details/be-informed-and-receive-emergency-alerts](http://www.mass.gov/info-details/be-informed-and-receive-emergency-alerts).

MEMA will share preparedness and safety information throughout hurricane season. For more information, including interactive evacuation zone maps, multi-lingual social media toolkits and flyers, preparedness tips, videos, and more, visit MEMA’s Hurricane Season Preparedness webpage.

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