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WINTHROP

SUN TRANSCRIPT

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50 CENTS

THURSDAY,
August 22, 2024

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INDEPENDENT



Newspaper Group

DEATHS

Peter Joseph Frasso
Rita Zunino Chaplin-Lorance
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NEWS Briefs

PURPLE BOW CAMPAIGN FOR OVERDOSE AWARENESS KICKS OFF AUG. 22 IN EAST BOSTON

The 3rd annual Adopt-A-Pole for Overdose Awareness campaign will begin on August 22 at North Suffolk Community Services' recovery support center, Recovery on the Harbor, located at 979 Bennington St., East Boston.

From Aug. 22 through Aug. 31, 1,000 purple bows will be tied to poles and lamp posts across several communities, each bow tagged with the name of a loved one lost to overdose. The event aims to raise awareness, end overdose stigma, and honor those who have passed. Nonprofit sponsors include Scars in Heaven, The Bridge Recovery Center, and more.

BIKES NOT BOMBS HOSTS ANNUAL BIKE-A-THON

On September 8, Bikes Not Bombs will hold its 37th annual Bike-A-Thon.

See BRIEF Page 3

Council continues debate on 3A Act

By Adam Swift

The town council is moving closer to making a final decision on how it wants to proceed with the MBTA 3A Communities Act.

The town is required to submit a plan for multi-family residential zoning to the state by the end of the year.

At its meeting on Tuesday night, the council voted to hold a special meeting with the planning board on Tuesday, August 27.

The planning board has been working with RKG Consultants on a plan to bring the town into compliance with the MBTA 3A guidelines. The current plan being put forward by RKG would create overlay districts in the Seal Harbor and Governor's Park areas which already contain more dwelling units than would be required under the 3A overlay district.

In addition, the town would be able to leverage 221 units in the Central Business District to help offset the 3A requirements as a mixed-use offset.

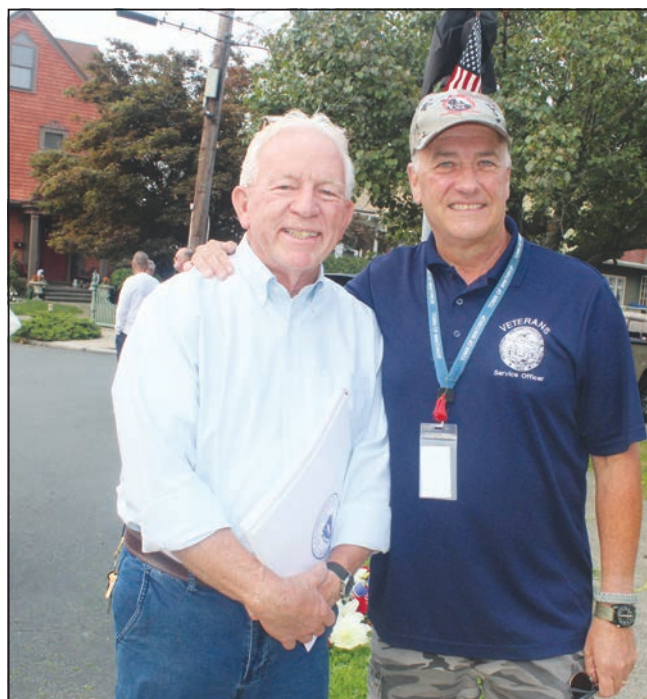
See 3A COMM. ACT Page 3

TOWN DEDICATES MEMORIAL POLE TO U.S. ARMY VETERAN ROBERT L. SHEPPARD



CARY SHUMAN PHOTOS

Family and friends of Robert L. Sheppard are pictured adjacent to the memorial pole that was dedicated in his honor at the corner of Court and Loring Roads.



Town Veterans Services Officer Phil Ronan (right) welcomes U.S. Army veteran Richard Honan to the ceremony. See more photos on Page 10.



Danny Sheppard (left) thanks Ronald Ronan for his efforts that led to the town honoring Robert L. Sheppard for his outstanding service to his country.

RILEY'S ICE CREAM OPENS FOR BUSINESS ON HAGMAN ROAD



Riley's Ice cream located at 196A Hagman Rd, Winthrop recently opened and held their grand opening. Shown are the Grover Family and friends Left to right is Damon, Courtney, Miles Chris, David Cristen, Laurie, Katherine, Dena and Herschel. Holding and cutting the ribbon are Lexie, Scarlet, Riley...very front...Blake, Lilly, Colton and Brayden.

6 Days Left!

Winthrop students head back to school on Wednesday

By Adam Swift

Winthrop students and families only have a few days left to finish their back-to-school shopping.

The first day of school for students is Wednesday, August 28, with teachers heading back to school

for two professional development days before the doors open to students on Monday, August 26.

Students will have two full days of classes before a long weekend with no school on Friday, August

See BACK TO SCHOOL Page 6

WINTHROP MARKETPLACE

CHECK OUT SOME OF OUR FABULOUS WEEKEND SPECIALS 8/23-8/25/24:

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- LOCALLY GROWN BUTTER & SUGAR SWEET CORN...6/\$2.99
- OUR OWN IN STORE COOKED CHICKENS 2/\$15.00 PLUS MEAL TAX
- BONELESS CHICKEN BREAST...\$2.99/LB
- HOOD ICE CREAM...2/\$6.00

Check Out our Ad on Page 7

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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, AUG. 5

0934: An officer issued a parking ticket to a vehicle parked partially on the sidewalk on Somerset Ave.

1144: A resident called the station to report that she had received a phone call from someone (who had her name and date of birth) asking her to verify her Medicare number. The resident gave her Medicare info to the caller, but she then called Medicare and they informed her that the call was a scam. The officer filed a report.

1159: A resident came into the station to report that she was a victim of identity theft and that an AT&T account had been opened in her name. The officer filed a report.

1232: An officer stopped two juveniles on moped/dirt bikes at Shirley and Beacon Sts. The officer informed their parents of the new laws and that these vehicles are not allowed on the roads. The officer filed a report.

2059: An officer stopped a motor vehicle at Shirley St. and Coral Ave. for the civil moving infraction of a one-way violation. The officer gave a verbal warning to the operator, who was an Uber driver relying on his GPS.

2220: An officer dispersed persons in a vehicle from Hannaford Park, which is closed after dusk.

2235: An officer dispersed a group of eight noisy youths from behind the water tower.

TUESDAY, AUG. 6

0129: A tow company reported the trespass tow of a motor vehicle from Governors Park.

1003: A report of a dead rabbit on Somerset Ave. was referred to the DPW.

1008: An officer ordered a tow of a motor vehicle parked at a fire hydrant at Pleasant and Winthrop Sts. at the request of the Fire Dept.

1024: Officers responded to a two-car motor vehicle accident on Main St. involving a Toyota Camry and a Ford Transit van. The operator of the Camry was transported to the

hospital and the Camry was towed.

WEDNESDAY, AUG. 7

0801: A tow company reported the trespass tow of a motor vehicle from a private property on Cutler St.

1259: Officers responded to a motor vehicle accident at Cross and Shirley Sts. involving a Kia Sorento and a Jeep Wrangler. The airbags did not deploy and there were no injuries. The officer assisted the parties with the exchange of papers.

1758: Officers responded to a report of a person walking two small dogs without leashes at Massa Playground. The dog owner had left by the time the officer arrived.

2110: An officer stopped a motor vehicle on Pleasant St. for the civil moving infraction of a marked lanes violation. The officer gave a verbal warning to the operator.

2207: An officer stopped a motor vehicle on Main St. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

2219: An officer stopped a motor vehicle on Revere St. for the civil moving infraction of a right on red violation. The officer gave a verbal warning to the operator.

2319: An officer stopped a motor vehicle at Cross and Franklin Sts. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

THURSDAY, AUG. 8

0015: An officer issued a parking ticket to a commercial vehicle parked on Beach Rd.

0131: An officer issued parking tickets to 13 vehicles without resident parking stickers on Bellevue Ave.

0150: An officer issued parking tickets to seven vehicles without resident parking stickers at Atlantic and Centre Sts.

0339: An officer issued parking tickets to six vehicles without resident parking stickers on Hermon St.

0927: An officer stopped a motor vehicle at Governors Drive and Revere St. for a civil moving infraction. The officer issued a citation to the operator.

0949: An officer stopped a motor vehicle on Pleasant St. for the civil moving infraction of a lane violation. The officer gave a verbal warning to

the operator.

1103: An officer stopped a motor vehicle on Pleasant St. for the civil moving infraction of a marked lanes violation. The officer issued a written warning to the operator.

1242: An officer stopped a motor vehicle on Main St. for the civil moving infraction of violating the hands-free law. The officer issued a citation to the operator.

1247: An officer stopped a motor vehicle on Shirley St. for the civil moving infraction of violating the hands-free law. The officer issued a citation to the operator for that offense, as well as for the civil infraction of not having his license in his possession.

1255: An officer stopped a motor vehicle on Main St. for the civil moving infraction of violating the hands-free law. The officer issued a citation to the operator for that offense, as well as for the civil infraction of operating with an expired registration. The officer directed the operator to park the vehicle in a driveway.

1316: An officer stopped a motor vehicle on Pleasant St. for the civil moving infraction of violating the hands-free law. The officer issued a citation to the operator.

1327: An officer stopped a motor vehicle on Willis Ave. for the civil moving infraction of failing to stop for a traffic control sign or signal. The officer issued a citation to the operator.

1328: An officer stopped a motor vehicle on Buchanan St. for the civil moving infraction of a stop sign violation. The officer gave a verbal warning to the operator.

1443: An officer stopped a motor vehicle on Main St. for the civil moving infraction of violating the hands-free law. The officer issued a citation to the operator.

1741: An officer stopped a motor vehicle on Governors Drive for the civil moving infraction of a number plate violation. The officer issued a citation to the operator.

1810: An officer stopped a motor vehicle at Walden St. and Wadsworth Ave. for the civil moving infraction of a crosswalk violation. The officer issued a citation to the operator.

2114: A Governors Drive resident called the station to report that a

package had been stolen from the lobby.

2336: An officer stopped a motor vehicle on Pleasant St. for the civil moving infraction of a number plate violation. The officer issued a citation to the operator.

FRIDAY, AUG. 9

0144: An officer issued parking tickets to 11 vehicles without resident parking stickers on Bellevue Ave.

0156: An officer issued parking tickets to vehicles without resident parking stickers in the area of Hermon, Atlantic, Centre, and Lincoln Sts.

0941: An officer stopped a motor vehicle on Shirley St. for a civil moving infraction. The officer issued a citation to the operator.

1028: An officer stopped a motor vehicle on Sturgis St. for the civil moving infraction of speeding. The officer gave a verbal warning to the operator.

1043: 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.

1413: An officer stopped a motor vehicle on Pleasant St. for the civil moving infraction of a marked lanes violation. The officer gave a written warning to the operator.

1428: An officer stopped a motor vehicle on Cutler St. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1723: An officer stopped a motor vehicle on Main St. for the civil moving infraction of a stop sign violation. The officer gave a verbal warning to the operator.

1821: An officer stopped a motor vehicle on Revere St. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

1824: An officer stopped a motor vehicle on Pleasant St. for a civil moving infraction. The officer issued a written warning to the operator.

1902: An officer stopped a motor vehicle on Shirley St. for the civil moving infraction of a marked lanes violation and making an improper U-turn. The officer gave a verbal warning to the operator.

1942: An officer stopped a motor vehicle on Sturgis St. for the civil moving infraction of a stop sign violation. The officer gave a verbal warning to the operator.

1953: An officer stopped a motor vehicle on Shirley St. at Crystal Cove Ave. for the civil moving infraction of a stop sign violation. The officer gave a verbal warning to the operator.

1955: An officer stopped a motor vehicle at Hannaford Park. When the officer discovered that the operator did not have a valid driver's license, but only a learner's permit, the officer stood by until a licensed operator came by to take control of the vehicle.

SATURDAY, AUG. 10

1129: A resident came into the station to report that a check he had placed in the mail had been altered and cashed in an apparent case of check-washing. The officer filed a report.

1229: An officer stopped a motor vehicle on Veterans Rd. for a civil moving infraction. The officer gave a verbal warning to the operator.

1239: An officer stopped a motor vehicle on Walden St. for the civil moving infraction of violating the hands-free law. The officer issued a citation to the operator.

-- An officer stopped a motor vehicle on Pleasant St. for a civil moving infraction. The officer gave a verbal warning to the operator.

-- An officer stopped a motor vehicle on Revere St. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

-- An officer stopped a motor vehicle on Main St. for a civil moving infraction. The officer gave a verbal warning to the operator.

1250: An officer stopped a motor vehicle on Otis St. for a civil moving infraction. The officer gave a verbal warning to the operator.

1256: An officer stopped a motor vehicle for the civil moving infraction of violating the hands-free law. The officer gave a verbal warning to the operator.

1511: An officer stopped a motor vehicle on Main St. for the civil moving infraction of a red light violation and unsafe operation. The officer issued a citation to the operator.

1517: An officer stopped a motor vehicle on Morton St. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1657: An officer stopped a motor vehicle on Golden Drive. for the civil moving infraction of driving on the sidewalk to get around fire apparatus. The officer gave a verbal warning to the operator.

1806: An officer

stopped a motor vehicle on Revere St. at Kennedy Rd. for a civil moving infraction. The officer issued a citation to the operator.

1828: An officer stopped a motor vehicle on Morton St. for the civil moving infraction of speeding. The officer issued a citation to the operator.

1830: An officer stopped a motor vehicle on Main St. for the civil moving infraction of a crosswalk violation. The officer gave a verbal warning to the operator.

1850: An officer stopped a motor vehicle on Shirley St. for a civil moving infraction. The officer gave a verbal warning to the operator.

2120: An officer issued parking tickets to two vehicles parked in the Fire Lane on Shirley St.

2336: Officers directed a loud group of party-goers at a Kennedy Rd. residence to end the party for the evening.

SUNDAY, AUG. 11

0125: An officer issued parking tickets to six vehicles without resident parking stickers on Somerset Ave.

1812: A resident called the station to report being the victim of a fraud. The officer filed a report.

1835: An officer issued a parking ticket to a vehicle parked in the Fire Lane on Shirley St.

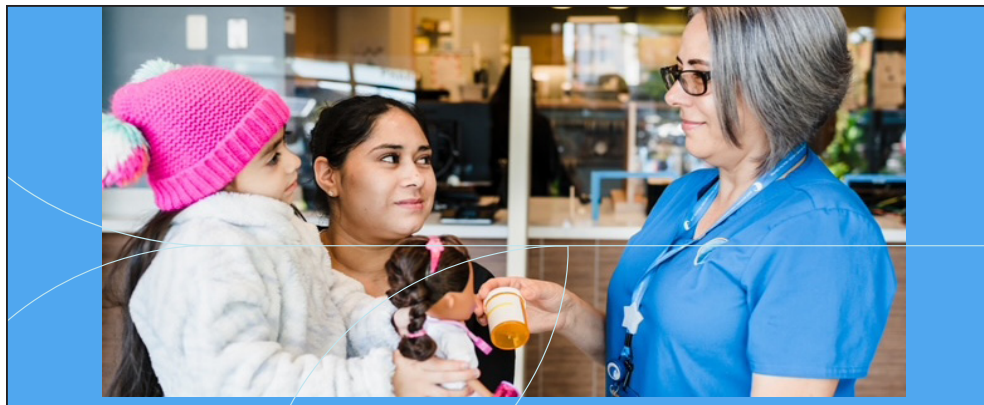
1843: An officer stopped a motor vehicle on Main St. for the civil moving infraction of violating the hands-free law. The officer gave a verbal warning to the operator.

1924: A person came into the station to report that his parked motor vehicle was struck by a hit-and-run operator on Ingle-side Ave. The officer filed a report.

2344: An officer directed the owner of a motor vehicle blocking a driveway on Main St. to move the vehicle.

MONDAY, AUG. 12

0115: An officer issued parking tickets to seven vehicles without resident parking stickers on Bellevue Ave.



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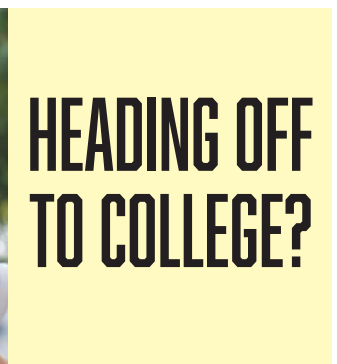


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3A Communities Act // CONTINUED FROM PAGE 1

In addition, the town would be able to leverage 221 units in the Central Business District to help offset the 3A requirements as a mixed-use offset.

However, some town officials and residents of the Seal Park and Governor's Park condominiums have raised concerns about unanswered questions about how the zoning would impact the condominium documents in those developments.

At the same time, residents and the Winthrop Says No to 3A group have continued to gather signatures in an effort to put the 3A question to voters in November.

During Tuesday night's council meeting, several councilors laid out their current thoughts on where they believe the town and the council stands in regards to 3A.

Council President Jim Letterie said the planning board is close to making a recommendation on 3A to the council. But, he said the council could move forward with an up or down vote on 3A at any time.

If the council votes not to move forward with a 3A plan, it could open the town up to legal action from the state, said Town Manager Tony Marino.

Letterie stated that if the council does vote to recommend a 3A proposal to the state, the citizens' petition would likely move forward in November with residents likely voting to say no to 3A.

Letterie and Precinct 5 Councilor Joseph Aiello had a tense moment after Aiello shared his opinion on where the town currently stands in the 3A process.

"When 3A came out, it was very confusing to everybody," said Aiello.

He said when the town began to look at the original data that came out for Winthrop, it realized that some of the data the state was using was wrong and included Logan Airport as part of the town's total acreage.

"When you corrected for density, I believe we were the fourth most dense of the 3A commu-

nities in the region, Boston is exempt from 3A so we are not counting that, which is incredible," Aiello said. "I benefited from a lot of people calling me up or emailing me, and some of the other councilors, who said let's not forget what we have done in this town."

Aiello said the data that Marino has shared with the council shows that while the number of single-family residential homes have remained consistent over the past decades, the town has dramatically increased its stock of multi-family housing.

"We have been a leading town as we have increased our densification as we live next to Boston," he said. "Is it a good thing or a bad thing? I'm not going to say one way or another, but the facts are that we have densified well ahead of the state coming to the conclusion that they would like to get people to densify."

Aiello said he does not believe it is correct that the town has gotten no credit from the state for its existing density of multi-family housing. He noted that if the town had not added 3,500 multi-family units over the past decades, the state would only require zoning for about 350 units under 3A as opposed to the 880 its formula currently requires.

"It's discriminatory, the calculations they use in terms of good actors of municipalities that have increased densification, further requiring relief from the community," said Aiello.

Aiello also noted that in the 2010s, the town rezoned for an additional 900 residential units along the waterfront and in the center of town, further showing its commitment to increasing available housing.

"We have two paths we can make, and I'm not going to judge which path is better," he said. "We can just say no, that's fine, or we can just say to the state ... we have already done our part and we want you to recognize that we have done our part between what we have actually

built in this community and what we have approved to build."

The original recommendation Aiello said several councilors made was to have the town go to the state and have it give the town full credit for all the units it created through the zoning changes in the 2010s.

While saying he didn't currently approve or disapprove of the current plan being worked on by RKG Consultants, Aiello said there are legitimate questions about the approach.

"Basically, will the 3A zoning overlay over existing condominium developments overrule the terms and conditions, the condo docs, that happen within those units," he said.

Aiello said the town needs answers to those questions from either the state's attorney general or the secretary of housing's legal counsel.

"We need to see the answer in writing under their letterhead before we can have any discussion about whether we like the solution or don't like the solution," said Aiello.

If the town cannot get a clear answer from the state that a 3A overlay will not harm any of the people who live at Governor's Park or Seal Harbor, Aiello said the planning board should go back and try to get the state to credit the town for the past zoning it has done. He added that the town needs proper documentation from the state before it can make the final decision on where it goes with 3A.

"That does sound like a nice speech that you are against 3A," said Letterie following Aiello's comments.

Aiello countered that he has not stated whether he is for or against 3A.

"Do not put words in my mouth," Aiello said. "Do you want to have a debate about how this started and how you mismanaged this from the beginning? I'm willing to have that."

Letterie ruled Aiello out of order for his comments and asked if he wished to leave the meeting, and asked him to follow the

rules of council decorum.

"I've been here 18 years, you've been here a year and a half, please learn before you make comments that you don't know what you are talking about," said Letterie.

"We need to see the answer in writing under their letterhead before we can have any discussion about whether we like the solution or don't like the solution.."

Letterie shifted the meeting back to the 3A discussion and said that during the joint meeting with the planning board on August 27, the planning board will propose what it is recommending on 3A.

"They still have a couple of questions to ask RKG," said Letterie. "In the meantime, I think at the beginning of this whole process we did ask the state to give us exemptions for the 600-odd units we had in the (Central Business District) and they said no."

Once the planning board votes on its recommendations, Letterie said the ball will then be in the council's court.

"There was a petition that was (brought up) ear-

lier, that petition could come before the council and we could vote to hold a special election, we could vote to put it on the November election it looks like if we do it in a timely manner," said Letterie. "We could also just vote and see; if it's a no, it's a no, if it's a yes, it probably goes to the citizens. Whatever we do, we have to do it before Dec. 31. Once the plan is approved by the planning board, it would then go to the state for approval."

Marino said the planning board does have the option to have the state review its 3A plan to see if it will meet its guidelines.

"If we were to get a favorable review from the state, and we were to vote it down, or the citizens were to vote it down, and eventually it became law of the land and we had to enact it, we would go back to that version, correct?" Letterie asked Marino.

Marino said he would hope the state would use the previously reviewed plan, but that it was not a guarantee.

"If the council just decides to end this as soon as possible and votes yes, there would probably be a petition that would be moved along by the citizens," said Letterie. "If we vote no, that would more than likely be the end of it. We would probably have some sort of legal action from the state."

Letterie said he has no problem with voting now or moving the question onto the citizens.

"I've been ready to vote since January, I don't know what the heck we are waiting so long for," he said. "We keep looking for answers that we are not going to get, and the answers are never what we want to be anyway, and when they are, they are very ambiguous and change from moment to moment."

Letterie said the 3A issue will remain on the council agenda for future meetings and that the council could decide to vote on it at its next meeting.

"I know we have asked a lot of the questions a few times in a few different ways to the state, but there are two looming question marks," said Council Vice President Hannah Belcher. "That is the Milton case and the Rockport case, and I am personally not comfortable voting until those have been decided. That's big information about this and that impacts everything; it could make it all go away."

Belcher said she did not believe it was responsible for the council or residents to vote until all of the information regarding the lawsuits from the two towns over 3A was on the table.

News Briefs // CONTINUED FROM PAGE 1

a community fundraiser to promote environmental sustainability and social justice.

The Bike-A-Thon, the organization's largest fundraiser, is a social change benefit ride offering five route options: 10, 35, 50, 63, and 105 miles. Each route takes cyclists through some of greater Boston's most scenic roads, with regular rest stops staffed with bike mechanics, medics, and plentiful healthy, energy-packed snacks to support riders on their journey. All routes begin and end at Stony Brook field in Jamaica Plain with breakfast beforehand and a delicious lunch, bike expo, and after-party when riders return.

For 40 years, Bikes Not Bombs has used the bicycle as a vehicle for powerful social change. The organization reclaims thousands of bikes each year, using them for International Partnerships in the Global South and in its innovative youth development programs.

The youth development programs aim to provide youth in under-resourced neighborhoods opportunities to connect, learn, work, and discover their potential. This impact is made thanks to riders from the Boston area who participate and fundraise for the Bike-A-Thon. All

of the proceeds from the event support Bikes Not Bombs' personnel (youth and adult) and fund the bike recycling operations that make their initiatives possible.

Sign up to ride or volunteer at the event!
<https://bikesnotbombs.org/bike-a-thon/>

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
Francilme, Albertine	Darman, Rachel	103 Summit Ave #2	\$520,000
Paulson, Mitchell	F F Albano Rt	120 Almont St	\$710,000
Kick Grass Estates LLC	Hurley, James J	145 Bartlett Rd	\$900,000
Carver, Andrew	Imparato, Victor	19 Maryland Ave	\$600,000
Kennedy, Lisa	Top Notch Transitional S	247 Washington Ave #24	\$320,000
Murphy, Ryan	Loehning, Kyle	25 Bay View Ave	\$990,000
Brink, Jarrett	Murphy, Ryan W	27 Siren St	\$780,000
Murphy, Ryan	Loehning, Kyle	31 Bay View Ave	\$990,000
Stephen J Dicarolo 2000 Ft	Mead, Jeffrey	45 Grovers Ave #2	\$928,000
Vitale, Stephen	Kretschmann, Scott M	73 Crystal Cove Ave	\$740,000
Boimila, Andrew M	Calla, Louis M	8 Mermaid Ave	\$799,000

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2024 EARLY VOTING IN PERSON STATE PRIMARY – SEPTEMBER 3, 2024 TOWN HALL LOBBY


08/24/2024 Saturday 9:00 AM – 5:00 PM	WINTHROP TOWN HALL LAST DAY TO REGISTER TO VOTE OR CHANGE PARTY
WINTHROP TOWN HALL LAST DAY TO APPLY FOR MAIL-IN BALLOT	08/26/2024 Monday 8:00 AM – 5:00 PM

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08/26/2024 - Monday	8 AM – 5 PM
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08/29/2024 - Thursday	8 AM – 7 PM



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- Tiniest Toes Program ages 18m-3 years
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Forum

LETTERS to the Editor

OUR Opinions

THANK YOU, ATTORNEY GENERAL CAMPBELL

We'd like to express our congratulations, and thanks, to Mass. Attorney General Andrea Campbell for her efforts in securing the recent landmark \$600 million settlement with the major tobacco product companies. In addition to the \$600 payment this year, the agreement calls for the companies to make annual payments in the years ahead.

This settlement comes on the heels of a comprehensive agreement Campbell's office reached last year with JUUL, the e-cigarette manufacturer, whose products have proven attractive to our nation's youth to such an extent that an estimated two million middle school and high school students used those highly-addictive nicotine devices in 2023 alone.

These and previous agreements seek to hold the tobacco manufacturers accountable for their marketing practices that directly have targeted our nation's youth for decades (remember the infamous Joe Camel ads from the late 1980s?) with the express goal of churning out successive new generations of nicotine addicts.

The direct harm caused by tobacco products, whether they be cigarettes, cigars, e-cigarettes, tobacco leaves, or chewing tobacco, have long made them the greatest single source of public health problems in our country for generations, including lung cancer, throat cancer, emphysema, high-blood pressure, and cardiovascular disease. In fact, despite all of the progress we have made in reducing tobacco use in our country, lung cancer remains the leading cause of cancer deaths among both men and women in the United States and tobacco use is linked to 400,000 deaths in the U.S. each year.

Tobacco use also has a hidden and even more pernicious effect: Contrary to popular belief that existed for decades that marijuana was a "gateway" drug leading to stronger drug use, studies conducted both in England and in this country (by the Johns Hopkins School of Public Health) have shown that it is cigarette smoking at a young age that is most-predictive of a person's risk of using illegal drugs later in life.

For our part, we take great satisfaction in the sea-change in the way that society views the use of tobacco products. Our newspapers won awards in the early and mid-1990s from the New England Press Assoc. and the Mass. Press Assoc. for our investigative stories and editorials regarding the ways in which local boards of health thwarted public health initiatives regarding tobacco use in public places. We also were honored by the Mass. Cancer Society in two successive years for our advocacy urging federal, state, and local leaders to recognize the need to regulate tobacco use in our society.

We applaud Attorney General Campbell for her efforts in bringing the tobacco companies to heel for the damage they have done to so many families in our country. Although the hundreds of millions of dollars from these settlements will not bring back any of our loved ones who suffered and died prematurely because of their tobacco use, hopefully the funds will educate future generations to prevent them from becoming addicted to tobacco products of any kind.

A GREAT SUMMER FOR THE GARDEN

Thanks to our mild winter, this past spring season was the most glorious in many years in our area. The early profusion of daffodils and tulips was followed by a gorgeous display of flowering crabapple trees, magnolias, and dogwoods, as well as our azaleas and rhododendrons, which bloomed fully and profusely.

This also was the best season we can remember for our hydrangeas, which benefited from the lack of winter cold-snaps that can prove lethal for the vulnerable tips of the plant that are the blossom. (We use an anti-desiccant spray on ours in order to provide some protection from winter's chill, but even that does not shield them when temperatures plunge into the single digits, which we avoided this past winter.)

However, the best part of our gardening efforts have come with the bounteous harvest of our tomatoes and other vegetables over the past six weeks. We planted our seedlings the weekend before Memorial Day, with the cherry tomatoes ripening in the first week of July. These days we only have a small patio in front of our condo, so we plant all of our veggies in large containers (which have the added benefit of keeping them out of the reach of the rabbits), but we have had more tomatoes, both cherries and the big ones, as well as cucumbers and summer squash, than we ever have had in our decades of growing vegetables.

So yes, climate change, which is bringing us warmer ocean and air temperatures and milder winters, is not a good thing. But we have to admit that our delicious tomatoes, which taste just so much better when they come fresh from the garden than anything you can buy in a store and which benefit from our record-setting hot and humid summers, bring us a simple yet profound joy each and every day.

THANK YOU

Dear Editor,
 A very sincere Thank You for the fast action of Detective Robert Jaworski, Detective Daniel Stone, Detective Wayne Carter, the Winthrop police department and the Suffolk County DA's office for their investigative work and their constant perseverance on this case. I would like to thank my family for their love and support.

I learned that I was among millions of older Americans being targeted each year by skillful con artists. It was a very traumatic experience that I share as a warning to others to be vigilant and maintain your guard against sophisticated schemes.

You'll never believe it could happen to you until it does. If you feel uncomfortable about the phone call, just hang up the phone and call your family members or friends!

Peggy Herbert

OPPOSED TO 3A

Dear Editor
 My name is Judith DiGregorio. I live at 3 Seal Harbor Road Unit 436. I am opposed to 3A zoning for Winthrop. I am opposed to Seal Harbor One, Seal Harbor Three and the Fort Heath Apartments being a designated zone. I am in favor of holding a town wide referendum on 3A zoning. I believe we as residents have a right to vote on 3A.

Judith DiGregorio

TAKE ANOTHER LOOK AT 3A ZONING

Dear Editor,
 I've been in California and Pennsylvania visiting with family and regretted not being able to write a letter to the editor appealing to the Winthrop "No on 3A" group to consider their neighbors on Morton and Banks Streets, Peco Avenue, and Tileston and Girdlestone Roads---town neighborhoods seriously impacted by flooding.

On my plane ride home, I read in the 08-08-24 "Sun Transcript" that Winthrop was denied the Municipal

Vulnerability Preparedness (MVP) Grants to help fund flooding and storm-water mitigation. Nearby Chelsea, Everett, Revere, and East Boston did receive such grants.

After reading that article, I felt the need to ask the "No on 3A" group to re-examine just why they are in this fight against 3A, especially after Housing Secretary Augustus visited Winthrop on 06-27-24 and deemed that Winthrop very probably complied "on paper" with the 3A requests.

In addition, Town Council voted in 2012 and 2020 to rezone both the Center Business District and the Waterfront areas of Winthrop to enhance housing development. Certainly, past developments like Governors Park and Seal Harbor along with current and prospective housing construction in town reflects compliance with the state 3A law. In many ways, Winthrop has been ahead of other communities in investing in housing development.

From Governor Healey's perspective, however, I know that she's been privy to "The Boston Globe," "Winthrop Sun Transcript," and "Commonwealth" magazine articles that have reported on some Winthrop residents' efforts to stop 3A from happening here. Having a Town Council President and State Representative in opposition to an effort to increase much needed housing efforts to prevent talented people from leaving MA didn't help matters when it came to MVP grant allocation. In addition, knowing the diligence of Town Manager Anthony Marino in documenting facts as he writes grants, no one can fault him for our failure to receive much need flood funds.

Frankly, it angers me that some neighbors did not look out for their flood impacted neighbors like the Peco Avenue resident who told me at Councilor Aiello's Precinct 5 meeting, "Donna, that last big storm left us with 7 feet of water in our cellar." As a very mold sensitive per-

son, I could not fathom living in that flooded area of town.

Winthrop "No on 3A" residents, please look at the big picture of why housing is needed in the metropolitan areas where most people work. Note the need to do our fair share, which we very well have already done, and seriously consider the harm caused to the folks living on the flood-impacted areas of town. Compliance with 3A is directly connected to MVP grants to deal with flooding. Please rethink your just "No" position. Without grant money, the town alone cannot afford to protect our flood-bound neighbors.

Donna Segreti Reilly

MASS G. L. TITLE VII CH 40ASEC 3A OF ZONINGACT (MBTA COMMUNITIES ACT)

Dear Town Council and Planning Board members and Town Manager,

I am writing to express my concerns regarding the town's vote on the Section 3A issue. I understand that this is a complex and challenging matter, and I appreciate the time and effort you are all dedicating to making an informed decision. I would like to acknowledge and thank you for your commitment to this process.

While I may not be fully versed in every detail of Section 3A, I have carefully reviewed the letters submitted by Winthrop resident Ms. Carol Facella, dated June 30, 2024, and July 22, 2024. I commend Carol for her thorough research and the well-articulated points she has presented. I would like to highlight what I believe are the most significant concerns she has raised:

1. State Control Over Local Zoning: The potential shift of control from local to state authorities is unprecedented. Section 3A could allow state regulations to override our local zoning decisions, impacting existing properties and future developments in ways that may not align with Winthrop's vision for our

community. This could set a troubling precedent for further state intervention in our local governance.

2. Legal Uncertainties: There are ongoing legal challenges to this mandate, including a court case in the City of Milton scheduled for October. Given these uncertainties, it may be prudent for Winthrop to wait for the outcomes of these legal proceedings before making a final decision.

3. Impact on Property Values and Quality of Life: The designated zones under Section 3A might have unintended consequences, including potential negative effects on property values and the overall quality of life in those areas. This is a significant concern that deserves careful consideration.

4. Timeline for Decision: If we have until December to respond to the state, it may be beneficial for Winthrop to observe how other municipalities are addressing this issue before making our own decision. This could provide valuable insights and potentially influence a more informed choice.

5. Balancing State Funding and Local Autonomy: While future state funding is a crucial consideration, it is essential to weigh this against the potential loss of our local autonomy and the impact on our community's quality of life. It is vital to evaluate how much our ability to govern ourselves and make decisions about our town's future is worth in this context.

Given the complexity and importance of this issue, I believe it is essential for all residents of Winthrop to have the opportunity to voice their opinions and participate in the decision making process. This matter affects the entire community, and broad public engagement will ensure that our collective voice is heard.

Thank you for your attention to this significant issue. I trust that you will carefully consider these concerns as you deliberate on this matter.

Jim Polino

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 August 20, 2014

The Winthrop Police Explorers Post 99 participated in The National Law Enforcement Exploring Conference at Indiana University, achieving second place in White Collar Crime, and finishing in the top 10% in Burglary in Progress.

Winthrop soon will be losing one of its most esteemed residents when Dr. Robert Bornstein makes the move with his wife Barbara to the Houston area. Both here and in the nearby city of Chelsea, Dr.

Bornstein truly is known as a legendary, larger-than-life figure. Dr. Bornstein has been a pediatrician for the past 50 years, a span of five decades during which generations of parents have depended on his expertise in medicine in the care of their children.

The designation of Certified Insurance Service Representative (CISR) has been conferred upon Shannon Blazak, Personal Lines Insurance Customer Service Representative at Elliot Whittier Insurance Services, LLC

The Expendables 3 and

Hercules are playing at the Revere Showcase Cinemas.

20 years ago August 26, 2004

More than 200 persons attended a fundraiser last week at The Rack in Faneuil Hall to benefit U.S. Marine Lance Corporal James Crosby, whose life was altered forever when shrapnel from an explosion in Iraq severed a piece of his spinal cord and severely damaged his bladder and kidneys. Since his arrival home, Crosby's military pay has been cut in half

and after 14 surgeries, he is just beginning to learn how to walk. He is a 2002 grad of Dom Savio Prep.

The Jeveli's Golf Tournament to be held in two weeks will benefit the Viking Pride Foundation.

The owners of the former Winthrop Hospital property, seeking to break a deadlock over the redevelopment of the property, have come before the Planning Board seeking a zoning change that will make it easier for the developer to build a condo-

See YEARS Page 10

Your opinions, please

The Winthrop Sun Transcript welcomes letters to the editor. Our address is 385 Broadway, Revere, MA 02151. Letters may also be e-mailed to editor@reverejournal.com. Letters must be signed. We reserve the right to edit for length and content.

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WPS 2024-2025 CALENDAR

IMPORTANT DATES

26: Teacher PD - No School
 27: Teacher PD - No School
 28: First Day of School
 2: Labor Day

AUG/SEPT 2024

M	T	W	Th	F
PD	PD	FIRST DAY	29	H
H	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

IMPORTANT DATES

14: Columbus Day
 16: Teacher PD - Half Day
 25: WMS Half Day Conferences
 30: Teacher PD - Half Day

OCTOBER 2024

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

EARLY RELEASE DAY (DISTRICT)
NO SCHOOL
CONFERENCE (MIDDLE)

IMPORTANT DATES

5: Teacher PD - No School
 6, 13, 20: Elementary Half Day Conferences
 11: Veterans Day
 27: District Early Release
 28-29: Thanksgiving

NOVEMBER 2024

M	T	W	Th	F
				1
4	5	6	7	8
H	12	13	14	15
18	19	20	21	22
25	26	27	28	29

IMPORTANT DATES

23-31: Vacation

DECEMBER 2024

M	T	W	Th	F
	3	4	5	6
9	10	11	12	13
16	17	18	19	20
V	V	V	V	V
V	V			

NO SCHOOL

IMPORTANT DATES

1: New Year's Day
 15: Teacher PD - Half Day
 20: Martin Luther King Jr. Day
 29: Teacher PD - Half Day

JANUARY 2025

M	T	W	Th	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

IMPORTANT DATES

17-21: Vacation

FEBRUARY 2025

M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
V	V	V	V	V
24	25	26	27	28

NO SCHOOL

IMPORTANT DATES

12: Teacher PD - Half Day
 26: Elementary Half Day Conferences

MARCH 2025

M	T	W	Th	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
25	31			

IMPORTANT DATES

2: Elementary Half Day Conferences
 6: Elementary Half Day Conferences
 9: Elementary Half Day Conferences
 21-25: Vacation

APRIL 2025

M	T	W	Th	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

CONFERENCE (ELEMENTARY)
NO SCHOOL

IMPORTANT DATES

7: Teacher PD - Half Day
 14: Teacher PD - Half Day
 26: Memorial Day

MAY 2025

M	T	W	Th	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

IMPORTANT DATES

12: Last Day of School - Half Day
 19: Juneteenth

JUNE 2025

M	T	W	Th	F
2	3	4	5	6
9	10	11	LAST DAY	13
16	17	18	H	20
23	24	25	26	27
30	31			

NO SCHOOL
EARLY RELEASE DAY

THE NEW SCHOOL YEAR IS A FRESH START! EMBRACE THE CHALLENGES AND STRIVE FOR SUCCESS!

State Rep
Jeffrey R. Turco
 & Family



Welcome back, students! May this year be filled with knowledge, growth, and memorable moments.

Lydia Edwards
 State Senator



Hope your summer was fun and refreshing! Now let's get ready for an incredible school year!

Jim Letterie
 Council President





Are you ready?

BACK TO SCHOOL

Your back to school style starts here

(StatePoint) With the first day of school just around the corner, it's important for students to arrive with confidence in footwear that meets their style and function needs.

To help make school shopping a bit easier, Rack Room Shoes is offering families advice about this back-to-school season's top shoe trends:

1. Elevated: From color-blocked to classic-inspired sneakers, your favorite brands like Nike, Converse, Vans and Crocs are offering trends that will complement a variety of outfits, and become wardrobe staples.

2. Retro: Take a step back in time with retro and Y2K looks from Adidas,

Puma and New Balance. These brands offer an assortment of designs and take it back old school.

3. Comfy: Staying indoors or lounging in the dorm? Crocs, HEYDUDE and Birkenstock offer laid-back, comfortable choices ranging from fuzzy-lined styles to lightweight and flexible cushion slides.

4. Bold: Want your first impression to be memorable? Glitter, embellished toe caps and a wide selection of bright colors are your best friends. And this season's collaborations with Sanrio, Disney and My Little Pony bring favorite characters to life. You'll be sure to find your pair of statement makers.

5. Sporty Accessories:

Be in style and learn with style. For this school year, choose a backpack from a variety of colors, patterns, materials and brands. Rack Room Shoes has backpacks with the needed space for every textbook, laptop or water bottle; featuring padded shoulder straps or a back panel for comfortable carrying.

For more back-to-school style inspiration, visit a Rack Room Shoes in your area or online at rackroomshoes.com.

Whether it's to make a bold first impression, raise the bar, or let old school meet new school, the right pair of shoes can give kids the confidence they need to step into a brand new school year.



It's important for students to arrive with confidence in footwear that meets their style and function needs.

Start the school year strong and prevent illness in children

(StatePoint) The excitement of a new school year unfolds each year when families flood the superstore aisles to buy classroom supplies, tape afterschool schedules on the fridge and organize carpools with friends.

Common to each family is a desire for children to remain healthy, active and ready to learn.

To prepare children and teens to be at their best – physically, mentally, socially and emotionally – the American Academy of Pediatrics (AAP) recommends regular visits with the pediatrician, as well as immunizations that help keep all family members healthy. Recent outbreaks of measles, a highly contagious disease, have shown how quickly some infec-

tious diseases can spread within a community.

"The best way to strengthen a child's immune system and keep them healthy is by getting them vaccinated," said pediatrician, Dr. David M. Higgins. "An illness like measles can keep children home and away from school and activities for days. Immunizations allow children to enjoy learning, playing and getting together with friends and family."

As of June 13, 2024, a total of 151 U.S. measles cases were reported this year-to-date in 21 different states, according to the Centers for Disease Control and Prevention. These recent measles outbreaks have affected unvaccinated people. Choosing to not vaccinate your children not

only leaves them susceptible to measles, but also exposes other children to this potentially serious disease. This includes infants who are too young to be vaccinated and those who are unable to be vaccinated due to other health conditions.

"Everyone in our community deserves to be healthy, and part of being healthy means getting immunized for all illnesses, including influenza and COVID-19 and, if eligible, respiratory syncytial virus (RSV). It benefits all of us if every child in our community is vaccinated, because it means that all of us are more likely to be healthy," says Dr. Higgins.

Families can also stop the spread of infection by encouraging hand washing with children throughout the day. Help or remind them to wash their hands:

- Before eating (including snacks)
- After a trip to the bathroom
- Whenever they come in from playing outdoors
- After touching an animal, like a family pet
- After sneezing or coughing if they cover their mouth
- When someone in the household is ill

The AAP calls for the immunization of all children and adolescents according to its policy, Recommended Immunization Schedules for Children and Adolescents Aged 18 Years or Younger, United States. More information can be found at healthychildren.org.

"Your pediatrician can answer any questions about recommended vaccines and when your child needs them," Dr. Higgins said. "There is a schedule for their recommended timing because that is when research has shown they are most effective during a child's development."

Back to School // CONTINUED FROM PAGE 1

30 and Monday, Sept. 2 for Labor Day.

For those looking ahead to next summer, the last day of the 2024-25 school year is currently slated for a half day on Thursday, June 12.

At Monday night's school committee meeting, Superintendent of Schools Lisa Howard said there are a multitude of things that happen during those first two professional development days of the year for teachers.

"One of the things we do is the trainings that teachers are required to have," she said.

On the 27th, Howard said all the staff meet at the Shapiro theater and listen to her speak about the upcoming school year during the morning and then staff return to their home schools for building-based meetings by group.

"On Wednesday, the students come back, students in kindergarten

through grade 12, so a little change this year," said Howard. "Preschoolers typically started on the first day, so we always had pre-K through 12 starting the first day, everybody came at once. This year, we decided to switch it up a little bit and have the preschool teachers working within the kindergarten on the first two days of school."

Howard said the preschool teachers had many of the students who are going into kindergarten, and that they could help ease the transition on the first few days of school.

"When students move into kindergarten, as we all know, it is a scary experience for them," said Howard. "We felt the time would be useful, not only for the students to feel more comfortable in seeing familiar faces so they have their new teacher and there is a preschool teacher that they are familiar with, but also being able to

share information beyond what we have shared at the end of this school year."

The pre-K students will start classes on the day after Labor Day with their parents on the first day.

"The other reasoning behind that is that with the little ones, the four-year-olds, who aren't yet age eligible for kindergarten and are in our preschool, it is a huge transition to leave your parent or your adult who is taking care of you during the day and going into preschool," said Howard. "Where we start before Labor Day, the pre-K kids if they started with K through 12, they would come for a couple of hours on Wednesday, and then they would come for a little more time on Thursday, and then be off for (four days) and then come back with no adult on the following day. We felt that that stretch in between ... you almost have to start that transition all over again."



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BACK TO SCHOOL

Are you ready?



JESSICA SCHETTINO: ARTISTIC DIRECTOR/ CHOREOGRAPHER/INSTRUCTOR

Jessica has been dancing with the Academy for over 25 years. She was trained by Eleanor Rubino and Paula Terenzi. In 2014 she graduated with a bachelors degree from Salem State University in Sports and Science Movement with a concentration in dance. She has participated in many regional and national dance competi-

tions, dancing at Disney World, Las Vegas, Atlantic City, Myrtle Beach, and many local dance competitions. She was named Revere's Junior Miss Massachusetts in 2006. Jessica has choreographed numerous musicals for Lynnfield Middle School and Lynnfield Community Schools. She won Best Dance Assemblé in 2019 for her

choreography for musical Once Upon This Island from the The Massachusetts Educational Theater Guild (METG). She has also won many choreography, entertainment, a special judges awards at local and national dance competitions. JGAPA was awarded the AADC Studio of Excellence Award in 2019.

Back to school for parents: Becoming a financial planner

(StatePoint) With kids beginning a new school year, you may be wondering how to further your own education and career. Whether you're already in financial services or thinking of changing careers, here's what you need to know about earning CERTIFIED FINANCIAL PLANNER® certification, the standard of excellence in financial planning:

Is CFP® certification right for you? If you wish to embark on a successful financial planning career, then yes, CFP® certification is right for you. Anyone can call themselves a financial planner, but a CFP® professional has the education and experience to provide competent, ethical financial planning. CFP® certification can help advance your career.

What are the financial benefits of CFP® certification? The demonstrated expertise and commitment to high ethical standards required of CFP® professionals gives them a competitive edge – one that they are highly compensated for. In fact, CFP® professionals earn 12% more than other financial professionals. They can also expect to receive comprehensive employee benefits amounting to thousands of additional

dollars in value each year, such as health, dental and disability insurance, prescription coverage and more. Use CFP Board's salary calculator to find out what you can potentially earn as a financial planner and see the difference CFP® certification can make.

How does CFP® certification help your future clients? As a CERTIFIED FINANCIAL PLANNER® professional, your role will be to provide clients with competent, ethical advice. Thanks to the education you'll gain while pursuing certification, you'll be able to deliver that counsel holistically and with confidence. And as a fiduciary, you'll also be committed to putting your clients' best interests first.

What are the professional advantages of CFP® certification? Statistics show that those who work with CFP® professionals are not only more satisfied customers, but they are also more likely to recommend their advisor to their friends and family, making certification a smart way to build and maintain your portfolio of clients. Certification also puts your name in front of 900,000 searches on LetsMakeaPlan.org,

the consumer website of the CFP® Board, as well as opens up opportunities to continue building your skills and to network with peers and mentors.

Why is financial planning a great career choice for parents? A career as a CFP® professional can provide tremendous flexibility when it comes to work-life balance. With a wide range of employers hiring financial planners – and opportunities to work for yourself – you'll be able to select a path that aligns with your lifestyle needs, whether that means working a hybrid schedule or setting your own hours. In fact, CFP® professionals have a median 21 days of paid time off annually, and many work at least part of their time from home.

How do you get started? The CFP® certification process is a self-paced course of study that generally takes 18 to 24 months to complete. It involves coursework, an exam, work experience and rigorous ethics requirements. To get started today, visit getcfpcertified.org.

As the kids head back to school, consider turning over a new leaf by investing in your financial planning career.



Students at the Jessica Gordon Academy of Performing Arts.

First Priority Credit Union hosts Back To School Backpack Giveaway

Special to the Times-Free Press

First Priority Credit Union of East Boston located at 100 Swift Street opened its doors to all local students of all ages to come in and pick out a new backpack for the coming school year.

First Priority Credit Union has always put their

best foot forward in the community, offering many services as a financial institute, and assisting the

community on many programs and donations. The backpack event is just one program

President/CEO Tony Paciulli and the staff of First Priority offered to all community students of all grades.



First Priority Credit Union's President/CEO Tony Paciulli (right) with his crew last Saturday morning in East Boston giving lots of local student's new backpacks for the upcoming school year just around the corner. Shown are Brian Spehar, Molly Roark, Noura and Hedaya Adel, Andrea Mendez, Fatima Jawhiri.



Fiona Urban chose pink for her new backpack.



Ashley Paroda picks out her backpack with the help of Noura Adel, Hedaya Adel and Andrea Mendez.

VOTE Tuesday, September 3rd

ERIN MURPHY

For Clerk of the Supreme Judicial Court for Suffolk County

Welcome Back to School, Students!
I want to extend my warmest wishes to each of you as you embark on this new school year. Here's to a fantastic year ahead!

Best,
Councilor At-Large Erin Murphy

[Visit ErinforBoston.com](http://VisitErinforBoston.com) to learn more

Jessica Gordon
Academy of Performing Arts

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CITY PAWS

Benefits of Massage

By Penny & Ed Cherubino

Ah, there is nothing more relaxing than a great massage! If the massage is gentle and loving, your dog or cat might agree. What's more, if petting your animals is relaxing for you, massaging might even be a better way to spend time together and improve your bond.

Getting to Know You!

Writing on the Modern Dog website, Lola Michelin provides an excellent description of a 10-minute maintenance massage: "Use a flat palm to slowly touch all the parts of your dog's body. Really focus on what you are feeling and pay attention to all the layers, from hair through skin, fat, muscle, and down to bone."

She explains how this lets you know your dog or cat's body and "...to notice any differences in surface temperature, sensitivity to touch, localized swelling or muscle tension, poor coat quality or tight skin."

Once you know what's expected, you can spot what has changed and will be better able to communicate to your veterinarian what you want them to check.

Massage Calms

We used massage when we were doing a lot of fostering. Dogs entering foster homes are frightened and unsure of what will happen next. They must try to fit into a new rou-

tine in a new setting with strange people and other animals.

Over the years, we've used Tellington TTouch massage on our dogs and with some of the skittish rescue pups we've fostered. Mardi Richmond described the classic TTouch massage in an article in Whole Dog Journal, explaining that "... your fingers are slightly curved, and you use the pads of your fingers to create the circles." She has found this "particularly useful for anxious dogs."

How well does it work? Our vet was concerned because Poppy's heart rate was so low on the exam table. We had a quick explanation. While we waited for our appointment, Poppy was on Penny's lap getting a half-hour massage.

When to Apply Touch Therapy

A reassuring touch in a scary setting like a veterinary office may help calm an anxious animal. However, this will only work for critters who are receptive to it. Trained experts in TTouch may be able to work with reluctant and highly agitated dogs, but most of us have to choose which dogs we massage with foresight and knowledge of their personalities.

How do you tell if the dog is willing? Start with a few gentle rubs. If the pup settles in and seems to enjoy it, continue. Some dogs will lean into anyone willing to give them some pats. That's another sign that they are okay with some gentle massage.

Once you've established that massage is welcome, consider using it for anxious situations

like thunderstorms or fireworks.

Medicinal Massage

If your animal has an injury or chronic condition like arthritis, your veterinarian may recommend physical therapy. As you discuss this option, which may be an excellent one, ask if you can supplement the treatment with at-home massage and ask them to show you how to do it safely and effectively.

Finally, for those who share their home with more than one animal, a regular schedule of one-on-one massage moments could be the perfect way to ensure that your whole furry family gets solo attention.

Do you have a question or topic for City Paws? Send an email to Penny@BostonZest.com with your request.



Petting, massage, or touch therapy are all good ideas if you and your animal both enjoy the experience.

Sports

Cappuccio selected to Boston Herald Preseason Eastern Mass All-Star Team

By Cary Shuman

Winthrop High senior running back Nick Cappuccio has been selected to the Boston Herald Preseason Eastern Mass. All-Star Team.

Cappuccio received recognition to the Second Team Offense meaning that Boston Herald high school sportswriter Danny Ventura and his staff regard Cappuccio as one of the top five running backs in eastern Massachusetts.

Cappuccio rushed for 982 yards and scored 19 touchdowns last season. He was a Boston Herald and Boston Globe All-Scholastic selection. During the spring track season, Cappuccio was the Division 5 state champion in the 100 meters, 200 meters, and long jump.

"Nick is a tremendous player, and this is a well-deserved honor," said Winthrop head football coach Jon Cadigan. "I'm happy for him, but



Nick Cappuccio

excited for his senior year. He's growing into a leadership role on our team, and I think he's going to take his game to another level this year."

A three-year starter, Cappuccio is a candidate for one of the captain's positions for the Vikings. Cadigan said he will announce the captains before the annual Blue and Gold Scrimmage.

Erin Murphy announces bid for Clerk of SJC for Suffolk County

Special to the Journal

Boston City Councilor Erin Murphy has announced her candidacy for the Clerk of the Supreme Judicial Court for Suffolk County. The following is her announcement.

"I am Erin Murphy, and I am humbly seeking your support in the upcoming Primary Election on Tuesday, September 3rd. Over the past three years, it has been both an honor and a privilege to serve the vibrant and diverse communities of our great City as your At-Large City Councilor. I want to share with you why I am the best choice for Clerk of the Supreme Judicial Court for Suffolk County.

1. A Record of Results: During my time as a legislator on the Boston City Council, I have been dedicated to delivering tangible results for our neighborhoods. I have consistently lifted the voices of my neighbors and championed important causes that directly impact our community. From advocating for better schools, more services for our seniors and veterans, safer streets, the cost of housing, and delivering on constituent services. I have demonstrated my commitment to improving the quality of life for all Bostonian's.

2. Proven Leadership and Integrity: My successful career in public service and education underscores my leadership abilities and commitment to ethical standards. These qualities are crucial for a role that demands impartiality,



Erin Murphy

transparency, and reliability. The Clerk's role is to ensure the smooth operation of the court system by managing documents, scheduling, and ensuring procedural compliance. This is a neutral, administrative function that does not require legal interpretation. Combining these factors, I offer a blend of practical experience, a deep understanding of public service, and a personal commitment to fairness and community.

3. Extensive Public Service Experience: My tenure as a Boston City Councilor, my decades as a public-school educator, and my lifelong community advocacy demonstrates my expertise and capability to handle complex administrative tasks, manage substantial amounts of information, and interact with a diverse range of people. This experience, combined with my strong work ethic, shows that I am more than capable of managing complex responsibilities and advocating effectively for the community.

See MURPHY Page 11

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- V-8 Splash Juice Blends 64 oz 2/\$5.00
- Arm & Hammer Laundry Detergent..... \$6.99
- Kens Salad Dressing 16 oz..... 2/\$5.00
- Eggo Waffles..... 2/\$5.00
(ex: Thick & Fluffy)
- Cool Whip 8 oz..... 2/\$4.00
- Boston Market Dinners..... 2/\$5.00
- Cracker Barrel Cheese..... 2/\$5.00
(ex: Cracker Cuts)
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TOWN DEDICATES MEMORIAL POLE TO U.S. ARMY VETERAN ROBERT L. SHEPPARD

Cary Shuman Photos

The Town of Winthrop held a memorial pole dedication ceremony for Robert L. Sheppard Friday, Aug. 16 at the corner of Court and Loring Roads.

Veterans Services Officer Phil Ronan led the impressive ceremony honoring Mr. Sheppard, who served as a PFC in the United States Army during World War II. Mr. Sheppard was twice wounded in battle.

"People like Mr. Sheppard, a member of the Greatest Generation — those folks paved the way for all of us to serve in the military," said Ronan. "They were the gold standard. That's why a lot of us younger guys got involved."

Richard Honan, a U.S. Army veteran of the Vietnam War and a dear friend of the Sheppard family, read a congratulatory citation from State Rep. Jeff Turco in recognition of Mr. Sheppard's "heroism and sacrifice to the United States of America."

Danny Shepard, Mr. Sheppard's son, spoke on behalf of the Sheppard



The sign at the corner of Court and Loring Roads honor PFC Robert L. Sheppard, U.S. Army veteran of World War II.

family, thanking the town for the high honor accorded to his father. "He was a great fa-

ther to all of us," Danny Sheppard told the gathering. "He loved bowling. He was president of the bowling league for years at the Cottage Park Yacht Club. He bowled on Tuesday nights with the men and on Friday nights, he bowled with mom in the couples' league, and they really enjoyed that."

The Sheppard family extended a special thank you to Ronald Ronan, who started the process that led to the memorial pole dedication for Robert L. Sheppard.



Danny Shepard, son of the PFC Robert L. Sheppard, delivers remarks on behalf of the Sheppard family.



Eric Reidister, legislative aide to Sen. Edwards, congratulated the Sheppard family on the high honor of the memorial pole dedication.



Danny Sheppard and his son, Daniel Sheppard, pictured after the memorial pole dedication ceremony for PFC Robert L. Sheppard.

Years // CONTINUED FROM PAGE 4

minium complex. Steve Goddard, a defenseman for the 1976 Division 1 state champion WHS team that went 27-0-1, has been named the new head coach of the Viking hockey program by WHS Athletic Director Peter Finn. Goddard played for three years at Salem State and has been the head coach at Curry College.

The Princess Diaries 2: Royal Engagement, The Bourne Supremacy, and The Notebook are playing at the Revere Showcase Cinemas.

30 years ago September 1, 1994

With federal investigators probing the use of illegal gambling machines in private clubs around the town, some of those organizations are hurting financially because of the lack of income from the gambling machines. Exalted Ruler Brian Gill has sent a letter to his fellow Elks stating that without the games, the lodge is facing a deficit. The federal probe also reportedly has turned toward Police Chief Angelo LaMonica for allegedly turning a blind eye toward the gambling devices.

Several community groups in the area have voted to accept the mitigation package being offered by Massport that would provide direct funding from Massport to those communities.

With the new education reform act now giving school principals the final determination as to how to spend their school's budget in consultation with each school's School Improvement Council, Winthrop School Department budget manager Lester Towlson has suggested that each school come up with a budget plan for the next three to five years.

Clear & Present Danger and The Little Rascals are playing at the Revere Showcase Cinemas.

40 years ago September 5, 1984

The effort being led by local residents to prevent the construction of a new sewage treatment plant on Deer Island, and instead have it be located on Long Island, gained some momentum this week after a meeting at the Point Shir-

ley Assoc. Hall at which Congressman Ed Markey, State Senator Mike Lopresti, and Selectman Ron Vecchia pledged their support and urged residents not to give up their battle.

A 26 year-old East Boston man was arrested on charges of performing indecent acts in front of two teenage girls.

The local Kiwanis Club has named Dr. A. Nathan Caplan as its Man of the Year.

The newly-remodeled Sears store in Saugus brings that store "into the future" of retail shopping.

Oxford Blues, Red Dawn, and Gremlins are playing at the Revere Showcase Cinemas.

50 years ago September 4, 1974

A seven-way battle for the Democratic nomination for State Representative to succeed Ralph Sirianni, who is stepping down after serving in that post for 10 years, will highlight Tuesday's state primary election locally. In the contest for State Senate, Mike Lopresti, who won a special election to fill the seat vacated by Mario Umana, who took a judgeship on the Boston Municipal court, is being challenged by State Rep. George DiLorenzo of East Boston. The Democratic primary for Governor also will be closely-watched, with Brookline State Rep. Michael Dukakis facing Atty. General Robert Quinn.

School bells will ring for the 3722 local children in the Winthrop schools this coming Wednesday. There will be 957 students at the high school, 882 at the junior high, and 1688 in grades one through six. The remainder will be enrolled at St. John the Evangelist parochial school.

60 years ago September 3, 1964

Winthrop's own Joe Duplin and crew Fran Dolan fell just short of defending their International Star Class sailing title, losing to Don and Kent Adler of California in the week-long world championship regatta held in Boston Harbor and hosted by the Cottage Park Y.C., Duplin's home club. The Adlers finished with 263



Pictured at the memorial dedication ceremony are Mr. Sheppard's children, Janet Sheppard, Sue Ellen Fairbanks, Danny Shepard, and Marianne Ronukaitus.

points, while Dupin and Dolan tallied 254.

A spirited contest for state representative is expected in next week's state primary election with four Democrats, Town Health Officer Ralph Sirianni, Selectman Walter Van Dalinda, Assessor Henry Rock, and Planning Bd. member W. Henry Burke, vying for the right to succeed State Rep. Fred A. Baumeister, a Republican, who has announced he will not seek re-election. On the GOP primary ballot, School Committeewoman Mrs. Catherine Giromini and Selectman Mel Carver will face each other. The Democratic gubernatorial battle also is drawing much interest with incumbent Endicott Peabody being challenged by his Lieutenant Governor, Francis X. Bellotti.

Winthrop attorney Joseph V. Ferrino recently presided over the national conference of the Order Sons of Italy in New York City.

Ernest Borgnine stars in McHale's Navy at the Winthrop Theatre.

70 years ago September 2, 1954

Hurricane Carol, the fiercest hurricane to strike locally since the Hurricane of 1938, caused an estimated \$1 million in damage in Winthrop when it blew through town last Tuesday with winds of 100 m.p.h. and gusts up to 125. Most of the damage was caused by fallen tree limbs, which brought down power lines and cars. More than 90 percent of Winthrop was left without power. However, damage from waves and tide fortunately was minimal.

Jennifer Jones and Gregory Peck star in Duel in the Sun at the Winthrop Theatre.

80 years ago September 2, 1944

The Cottage Park and Winthrop yachts clubs will hold their 17th annual, three-day Labor Day weekend sailing regatta this weekend to close out the summer yachting season. With many of the war restrictions lifted for the first time in the past few years, a large fleet is expected to come to Winthrop waters to compete for trophies.

The public is invited to the Winthrop Elks annual carnival, which is sure to be fun for the entire family.

Walter Smith, Chairman of the Board of Selectmen, said that the investigation into the theft of more than \$3000 in cash from the safe in the office of the Town Treasurer still is ongoing.

William Powell and Hedy Lamarr star in The Heavenly Body at the Winthrop and State Theatres.

90 years ago September 1, 1934

The assessors have announced that the tax rate for 1934 will be \$27.80, an increase of \$1.80 from 1933. About half of the increase is due to the reduction in property values in the town.

Final arrangements have been made for the annual Labor Day regatta sponsored by the town's three yacht clubs that will be hosted at the Cottage Park Y.C.

Mrs. Anna T. Gaffney of 50 Hutchinson St. celebrated her 95th birthday this week.

100 years ago September 6, 1924

Malcolm J. Nichols, 12, rescued seven year-old William Kneeland, a visitor from Dorchester, from drowning Sunday afternoon at the Elks bath house. Young Kneeland

was swimming about 50 feet offshore with a pair of water wings that slipped out from under his arms. Nichols heard the boy's screams for help and promptly jumped into the water. This marks the second time that Nichols has rescued someone from drowning, the first time about two years ago.

The Republican Town Committee held a rally at Legion Hall Thursday evening that was attended by several hundred people. Lieut. Gov. Alvan T. Fuller was among the luminaries who addressed the crowd.

110 years ago September 5, 1914

The safe arrival from Europe of a Winthrop couple, Mr. and Mrs. Frank Morrison, was a relief to their friends and relatives. The pair had been traveling in Europe when war broke out. They had been in Berlin and were on their way to St. Petersburg when the storm clouds started brewing, so they turned homeward, arriving in Frankfurt when war was declared between Germany and France. Thanks to their American Express checks and some gold, they did not have the problems with money matters that have been encountered by other travelers.

Ida Jane Taylor, whose body washed up on Winthrop Beach a few weeks ago, was not murdered, according to the ruling of East Boston District Court Judge Harold Brown, who conducted an inquest. She reportedly had told her employer of suffering from headaches before her disappearance and is thought to have committed suicide.

120 years ago September 3, 1904

Special Justice Cutler of the Chelsea District Court told Revere police officers that they had no right to lay hands on an individual who afterwards assaulted a police officer. The defendant pleaded guilty, but was fined only \$1.00.

The What-Ho Club gave their fourth annual party at Constitution Hall Friday night.

Winthrop is saddened by the passing of Laura Gilmore, the third young daughter of Harry and Ida Floyd Gilmore, who died from typhoid fever which she apparently contracted from her mother, who presently is in the Boston Homeopathic Hospital and is dangerously ill with the same disease which she contracted as a complication from a recent surgery.

130 years ago September 1, 1894

Town Meeting ratified the action of the selectmen to lay out certain streets and also appropriated \$750 for the support of the police force for the rest of the year.

140 years ago September 5, 1884

One of the most successful events of the season took place at the Ocean Spray Rink last week, the occasion being the children's fancy dress skating carnival.

Summer lots are becoming scarce at Great Head and the Highlands and those who might want such property are urged to purchase a lot now. S.W. Hale plans to auction half of his estate on Pt. Shirley which generally is acknowledged to be one of the finest tracts of land in the Boston vicinity.

Murphy // CONTINUED FROM PAGE 8

4. Education Expertise: My twenty-four years as a Boston Public School teacher and special education coordinator highlight my deep understanding of education and administrative processes. Managing over 150 IEPs each year reflects my organizational skills and experience managing extensive records and coordinating services. It also highlights my attention to detail, and dedication to ensuring fair and equitable treatment for all students. These skills are transferable and valuable

in the administrative role of Clerk for the Supreme Judicial Court.

5. Accessibility and Transparency: Your voice matters. I have always made it a priority to be accessible to residents, attending community meetings in every neighborhood and listening to your concerns. It is a priority of mine to make sure everyone feels welcome when they access the court. I will continue to champion transparency and speak my mind to stand up for you.

6. Local Knowledge and Network: As a city-wide elected official, I have a comprehensive understanding of Boston, Winthrop, Chelsea and Revere, and its residents, which will be beneficial in a role that requires close interaction with the public and various legal stakeholders. My existing relationships and network in the community will help facilitate smoother operations and improved communication.

7. Single Parent perspective: My experience as a single mom adds a unique and empathetic perspective. It demonstrates my resilience, ability to balance multiple responsibilities, and commitment to making decisions that positively impact families and individuals.

8. Bostonian Through and Through: I love our city, and I am deeply committed to its future. As a lifelong Bostonian, Boston Public School teacher, former BPS student, BPS parent, and a single mom who raised her four children here, I understand our unique challenges and

opportunities, and I will continue to be dedicated to making not just Boston, but all of Suffolk County a better place for all of us!

On September 3rd, I ask for your vote for Clerk of the Supreme Judicial Court. I believe you; the people of Boston, Chelsea, Winthrop, and Revere

deserve an elected official who is committed to providing access to justice and will bring transparency and accountability to the role. When you vote for me, you know exactly what you are getting. I will bring the same work ethic

and integrity that marked my time in the classroom as a Boston Public School teacher, and as a legislator on the Boston City Council. Together, we can achieve remarkable things for Suffolk County. Thank you for your trust and support."

LEGAL NOTICE

LEGAL NOTICE



The WINTHROP HOUSING AUTHORITY, the Awarding Authority, invites sealed bids from Contractors for Project #346121 - Fire Alarm Systems Upgrades at State Aided Development: King Gardens (705-1), 6 & 8 Kennedy Road, Winthrop, MA 02152; Viking Gardens (667-1) 107 Putnam Street, Winthrop, MA 02152; DMR Special Needs (689-1) 133 Morton Street, Winthrop, MA 02152; Overlook Drive (667-3) Overlook Drive, Winthrop, MA 02152 in accordance with the documents prepared by SHEKAR & ASSOCIATES, INC.. The Project consists of but not limited to: Replace existing fire alarm system with new addressable fire alarm system consisting of main fire alarm control panels, fire alarm devices, underground

duct bank, conduit with copper conductors and related electrical work; site work & asbestos remediation. The work is estimated to cost \$1,372,000.00. All bidding Requests for Information (RFIs) shall be submitted online by 08/28/2024 at 4:00 PM EDT for general bids. Bids are subject to M.G.L. c.149 §44A-J & to minimum wage rates as required by M.G.L. c.149 §§26 to 27H inclusive. THIS PROJECT IS BEING ELECTRONICALLY BID AND HARD COPY BIDS WILL NOT BE ACCEPTED. Please review the instructions in the bid documents on how to register as an electronic bidder. All Bids shall be submitted online at biddocs.com and received no later than the date and time specified. General bidders must be certified by the Division of Capital Asset Management and Maintenance (DCAMM) in the following category of work, Electrical, and must submit a current DCAMM

Certificate of Eligibility and signed DCAMM Prime/General Contractor Update Statement. General Bids will be received until 05 September 2024 at 2:00PM EDT and publicly opened online, forthwith. General bids and sub-bids shall be accompanied by a bid deposit that is not less than five (5%) of the greatest possible bid amount (including all alternates) and made payable to the WINTHROP HOUSING AUTHORITY. Note: A bid deposit is not required for Projects advertised under \$50,000. Bid Forms and Contract Documents will be available for review at biddocs.com (may be viewed and downloaded electronically at no cost). General bidders must agree to contract with minority and women business enterprises as certified by the Supplier Diversity Office (SDO), formerly known as SOMWBA. The combined participation benchmark reserved for such enterprises shall not be less than 13% of the

final contract price including accepted alternates. Request for waivers must be sent to EOHL (david.mcclave@mass.gov) 5 calendar days prior to the General Bid date. NO WAIVERS WILL BE GRANTED AFTER THE GENERAL BIDS ARE OPENED. PRE-BID CONFERENCE / SITE VISIT: Scheduled Date and Time: 08/21/2024 at 11:00AM EDT Address: 107 Putnam Avenue, Winthrop, MA Instructions: Meeting will begin at community building and then will proceed to units and other developments. The hard copy Contract Documents may be seen at: Nashoba Blue Inc., 433 Main Street, Hudson, MA 01749 978-568-1167 Submitted by Winthrop Housing Authority, Executive Director, Peg Tiernan Lyons, 9 Golden Drive, Winthrop (617) 846-7100 8/15/24, 8/22/24 W

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JULIAN



PEBBLES



KOBE



DIMITRI



GRACE

