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WINTHROP

SUN TRANSCRIPT

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50 CENTS

THURSDAY,

September 7, 2023

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NEWS Briefs

SEPT. IS SUICIDE PREVENTION AWARENESS MONTH

September is Suicide Prevention Awareness Month, a crucial time to raise awareness, remove stigmas, and provide education about suicide. Having conversations about suicide is important because it reduces the stigma associated with the topic. By allowing for more open and honest communication, individuals with suicidal ideations can feel more empowered to seek help and are less likely to feel alone. Currently, suicide is the 11th leading cause of death in the United States. For ages 10-44, suicide is the second leading cause of death.

Anyone can participate in Suicide Prevention Awareness Month. There are activities that individuals, schools, offices,

See NEWS BRIEF Page 6

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WHS ATHLETES

HIT THE PITCH

BOB MARRA PHOTO

AIR TRAFFIC: Juan Mendoza is midair and teammate Ian Camilo Belacazar stands by as they fight a Classical forward for the ball. Amaury Cardona watches in the background. See more photos on Page ΔΔ.

Winthrop benefits from State's new MVP grants

By Transcript Staff

Last week, Governor Maura Healey's announcement of \$31.5 million in FY2024 Municipal Vulnerability Preparedness grants included nearly \$5.7 million in funding for community-designed projects to prevent harm to residents, workers, and resources in Resilient Mystic Collaborative (RMC) cities and towns, including Winthrop.

Convened by ten Mystic Watershed communities and the Mystic River Watershed Association in September 2018 and now led by senior staff from 20 cities and towns and non-governmental partners, the RMC focuses on managing flooding and extreme heat on a regional scale and increasing the resilience of vulnerable residents and workers to extreme weather.

"Winthrop is excited to announce that it received a \$291,076 grant to design and permit a nature-based project to manage coastal flooding coming in from Belle Isle Marsh," said Rachel Kelly, the town's Director of Planning and

Development. "This funding is a step toward protecting one of Winthrop's most flood-prone residential neighborhoods."

These MVP grants

See MVP GRANTS Page 3

Sumner Tunnel reopens to motorists

By Times Staff

Lydia Edwards joined Gov. Maura Healey, Transportation Secretary Gina Fiandaca, and other state officials on a walking tour of the Summer Tunnel last Wednesday, Aug. 30.

Edwards, who represents the entire East Boston neighborhood in the Senate, commented, "We are halfway there.

State Rep. Adrian Madaro and State Sen.

PHOTOS COURTESY CHARLOTTE HYSEN OF GOVERNOR'S PRESS OFFICE

Gov.Maura Healey, Secretary of Transportation Gina Fiandaca, Undersecretary Monica Tibbits-Nutt, Highway Administrator Jonathan Gulliver, State Rep. Adrian Madaro and MBTA General Manager Philip Eng tour repairs to the Sumner Tunnel on Aug. 30, ahead of its reopening last Friday, Sept. 1.

Rec center proposed for old middle school site

By Adam Swift

The town may be close to determining a use for the former middle school property, which has sat vacant for seven years.

Town Council President James Letterie presented a proposal for the town to issue a Request for Proposals (RFP) for the town to enter into a public-private partnership to build a recreation center on the

95,000-square-foot property on Pauline Street.

The proposal calls for the demolition of the existing school, alongside its auditorium and gymnasium, and the construction of a new recreation center that could include a sheet of ice for skating and hockey; basketball, volleyball, pickleball, and tennis courts; an indoor track; and other recreational and exercise areas.

Letterie said the town would lease the recreation center to a private entity, but maintain ownership of the property. The private company would potentially make money through renting out the facility for private basketball tournaments and other sporting events, while the town would also be able to use the facility for school

See REC CENTER Page 3

Miller Field ticket booth to be named for Amy Gallagher

By Adam Swift

The Town Council unanimously voted to name the Miller Field ticket booth in honor of Amy Gallagher at its Tuesday night meeting.

Gallagher was a beloved Winthrop educator who died at the age of 55 in 2020.

Gallagher graduated from Winthrop High School in 1983 and was known as the heart and soul of Winthrop Public Schools, serving for over 10 years as a Winthrop Middle School ESP. She was named Queen of the Café by the WHS Post Graduates, was a WMS Stuco advisor, co-Quiz Bowl advisor, Spelling Bee co-chair, and Winthrop Teachers Association PR officer.

The motion to name the ticket booth at Miller Field had a positive recommendation from the memorials committee, according to Council President James Letterie.

"This Friday night, Sept. 8, at 5 p.m., we will

See TICKET BOOTH Page 3

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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. 21

0708: An officer issued a parking ticket to a vehicle parked on Crystal Cove Ave. on street sweeping day.

0809: An officer issued a parking ticket to a vehicle parked on Forrest St. on street sweeping day.

0815: An officer directed a youth playing music loudly in his apartment on Shirley St. to keep it down.

1232: A resident came into the station to report being the victim of fraud. The officer filed a report.

1327: A person came into the station to report that her motor vehicle had been vandalized. The officer filed a report.

1349: An officer directed the owners of two motor vehicles parked on Crystal Cove Ave. on street sweeping day to move their vehicles.

1627: A resident came into the station to report being the victim of identity theft. The officer filed a report.

1657: An officer stood by to assist with traffic control at Harbor View and Terrace Aves. where an Amazon truck had broken down and was awaiting a tow.

TUESDAY, AUG. 22

0015: An officer dispersed a group of youths from Hannaford Park, which is closed after dark.

0919: An officer directed the owner of a vehicle parked in the construction zone at Moore and Shirley Sts. to move his vehicle.

1236: An officer stopped a motor vehicle on Walden St. for a civil moving infraction. The officer issued a citation to the operator.

1243: An officer stopped two persons on motor scooters at Read and Morton Sts. The officer informed them of the laws regarding scooters and ordered them to walk their scooters home.

1257: An officer or-

dered a tow for a boat trailer with a registration plate belonging to a different trailer at the Public Landing.

1321: An officer stopped a motor vehicle at Veterans Rd. and Washington Ave. for the civil moving infraction of speeding (40 in a 25 m.p.h. zone). The officer issued a citation to the operator.

1335: An officer stopped a motor vehicle on Revere St. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1350: 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 for that offense. The officer also determined that the vehicle's registration was expired and non-renewable as of December, 2020. He ordered the operator to park the vehicle, walk home, and take care of the registration issues.

1427: 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.

1430: An employee at CVS reported that a customer was given his prescription and did not pay for it. The officer filed a report.

1521: An officer stopped a motor vehicle on Washington Ave. for the civil moving infraction of speeding (41 in a 25 m.p.h. zone). The officer issued a citation to the operator.

1641: An officer stopped a motor vehicle at Crest Ave. and Revere St. for the civil moving infraction of an equipment violation. The officer gave a verbal warning to the operator.

2027: A resident reported being the victim of a fraud in which money was taken from his bank accounts. The officer filed a report.

2051: Residents in the area of Ingleside Ave. and Enfield Rd. reported that a group of youths were ringing doorbells. The officers were unable to locate the youths.

2121: The parties to a motor vehicle accident at Crest and Grovers Aves.

exchanged papers on their own. The officer filed a report.

2300: An officer responded to a motor vehicle accident on Sunnyside Ave. at which a parked vehicle had been struck. The owner of the parked vehicle was notified and the officer filed a report.

WEDNESDAY, AUG. 23

0346: An officer directed the resident of an apartment on Irwin St. to keep her music off late at night.

0812: Officers responded to a motor vehicle accident at Pauline and Pleasant Sts. and filed a report.

0845: A resident came into the station to report that he had been scammed on social media. The officer filed a report.

1235: An officer stopped a motor vehicle on Washington Ave. for the civil moving infraction of speeding (39 in a 25 m.p.h. zone). The officer issued a citation to the operator.

1245: An officer stopped a motor vehicle on Washington Ave. for the civil moving infraction of speeding (40 in a 25 m.p.h. zone). The officer issued a citation to the operator.

1301: An officer stopped a motor vehicle on Washington Ave. for the civil moving infraction of speeding (40 in a 25 m.p.h. zone). The officer issued a citation to the operator.

1321: An officer stopped a motor vehicle at Walden an Pauline Sts. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1338: An officer stopped a motor vehicle on Winthrop St. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

1348: An officer stopped a motor vehicle at Main and Banks Sts. for the civil moving infractions of speeding and a marked lanes violation. The officer gave a verbal warning to the operator.

1409: An officer stopped a motor vehicle at Hagman Rd. and Pauline St. for a civil moving infraction. The officer gave a verbal warning to the operator.

1457: An officer stopped a motor vehicle at Veterans Rd. and Washington Ave. for a civil moving infraction. The officer issued a citation to the operator.

1519: An officer stopped a motor vehicle on Walden St. for the civil moving infraction of a crosswalk violation. The officer issued a citation to the operator and filed a report.

1543: 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.

1815: The owner of a local business reported that a delivery vehicle had been struck by a hit-and-run operator on Shirley St. The officer contacted the owner of the offending vehicle in Boston, who said he was unaware that he had struck the vehicle. However, he took responsibility for the accident. The officer filed a report.

2225: An officer directed the resident of an apartment on Shirley St. playing music loudly to turn off the music.

2254: An officer stopped a motor vehicle on Cross St. for the civil moving infractions of operating without headlights after dark and an equipment violation. The officer gave a verbal warning for the headlight violation and issued a citation to the operator for the equipment violation.

2303: An officer stopped a motor vehicle at Shore Drive and Neptune Ave. for a civil moving infraction. The officer gave a verbal warning to the operator.

THURSDAY, AUG. 24

0243: Officers responded to a two-car motor vehicle accident on Main St. The airbags deployed and the Fire Dept. and EMS responded. The officers arrested Marcia Rivas, 27, of Chelsea, for the criminal offense of operating a motor vehicle while under the influence of liquor. She also was cited for the civil infraction of a marked lanes violation. Both vehicles were towed.

0828: An officer stopped a motor vehicle at Eliot and Tafts Aves. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

0835: An officer stopped a motor vehicle at Townsend St. and Tafts Ave. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

0835: A Sagamore Ave. resident came into the station to report that his parked motor vehicle had been struck by another vehicle. The officer filed a report.

0850: An officer stopped a motor vehicle at Maryland and Tafts Aves. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

0921: An officer stopped a motor vehicle on Woodside Ave. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

0941: An officer stopped a motor vehicle at Main and Pleasant Sts. for the civil moving infraction of speeding. The officer issued a citation to the operator for that offense. When the officer determined that the motor vehicle's registration had been revoked for insurance cancellation, the officer followed the

operator to his residence and directed him to leave the vehicle parked in his driveway until the insurance issue was resolved.

1003: An officer stopped a motor vehicle at Pleasant and Main Sts. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

1017: An officer stopped a motor vehicle at Pleasant and Main Sts. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

1027: An officer stopped a motor vehicle at Pleasant and Main Sts. for the civil moving infraction of a red light violation. The officer issued a citation to the operator.

1051: An officer stopped a motor vehicle at Veterans Rd. and Shore Drive for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1121: An officer ordered a tow for a motor vehicle that had been reported as stolen out of Lynn at Bowdoin and Centre Sts. The officer spoke to the operator of the vehicle and issued a citation to him for the criminal offenses of using a motor vehicle without authority and operating a motor vehicle with a suspended license.

1133: An officer stopped a motor vehicle at Shirley and Perkins Sts. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1140: An officer stopped a motor vehicle at Washington Ave. and Shirley St. for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

1313: An officer stopped a motor vehicle with a registration revoked for insurance cancellation on Veterans Rd. The motor vehicle was towed.

1405: An officer stopped a motor vehicle at the bridge on Main St. and issued a citation to the operator for the civil moving infraction of failing to signal. The officer gave the operator a verbal warning for the civil infraction of failing to wear a seat belt.

1455: An officer assisted the parties with the exchange of papers at a minor motor vehicle accident on Revere St. near Governors Drive.

2112: An officer directed a Bartlett Rd. resident to turn down his loud music.

2121: Officers responded to a report of a person racing his motorcycle and revving his engine up and down Bartlett Rd. The officers spoke to the operator and warned him that if they come back, there will be no further warnings.

FRIDAY, AUG. 25

0725: An officer ordered a tow for a motor vehicle parked on Bates Ave., which was being paved.

1239: Officers responded to a two-car motor vehicle accident at Shirley and Payson Sts. Both motor vehicles were towed. The officer filed a report.

1352: A resident reported a pit bull with no tags was running loose on Otis St. The Animal Control Officer found the dog and

eventually reunited it with its owner on Undine Ave.

1835: A Shirley St. resident reported that his moped had been vandalized within the past 48 hours. The tires, fuel line, and electrical line had been slashed. The officer filed a report.

1854: An officer assisted the parties with the exchange of papers at a minor motor vehicle accident on Revere St.

1958: Officers responded to a report of a group of youths throwing eggs at a house on River Rd. The officers located a group of youths in the area and filed a report.

2050: An officer moved along a group of vehicles parked in the fire lane near the fire station on Shirley St.

SATURDAY, AUG. 26

0055: Officers responded to a two-car motor vehicle accident at Pauline and Palmyra Sts. Witnesses reported that a female operator fled the scene. The officers located the female and transported her to the Whidden. Upon being brought back to the Winthrop P.D., the officers arrested Ana Ramirez Betancur, 44, of Boston, for the criminal offenses of operating a motor vehicle while under the influence of liquor (2nd offense), operating a motor vehicle with a suspended license, and operating a motor vehicle recklessly so as to endanger. She also was cited for the civil infractions of speeding, unsafe operation of a motor vehicle, and a marked lanes violation.

0828: A River Rd. resident came into the station to report that her motor vehicle had been egged overnight and she has video footage from a Ring camera. The officer filed a report.

1247: An officer directed the owner of a motor vehicle parked on the corner at Lewis and Washington Aves. to move the vehicle.

1251: An officer stopped a motor vehicle at Revere St. and Summit Ave. for the civil moving infraction of a red light violation. The officer gave a verbal warning to the operator.

1257: An officer stopped a motor vehicle at Nevada St. and Shore Drive for the civil moving infraction of a stop sign violation. The officer issued a citation to the operator.

SUNDAY, AUG. 27

0201: An officer dispersed a group of noisy youths from Hannaford Park, which is closed after dark.

MONDAY, AUG. 28

0037: Officers responded to a report of youths drinking and smashing bottles in Ingleside Park. The youths had left by the time the officers arrived.

0209: Officers responded to a report of four youths in the street on Marshall St., one of whom was passed out on the sidewalk and another who was leaning against a tree. The mother of one of the youths was contacted and brought her daughter home, stating she would be monitoring her daughter in case she needed medical attention. A taxi was called for another youth, who lives in Revere.

WINTHROP MARKETPLACE

CHEESEBURGER CASSEROLE

INGREDIENTS:

• 16 ounces ground beef

• 2 teaspoons minced garlic about 2 cloves

• 1 cup yellow onion diced

• ¼ cup ketchup

• 2 tablespoons dijon mustard

• 3 tablespoons dill relish optional

• 3 ½ cups rotini pasta cooked al

dente & drained

• 15 ounces petite diced tomatoes undrained

• 8 slices bacon cooked & crumbled or chopped, optional

• 2 cups colby jack cheese divided

• ½ cup heavy cream half & half can be substituted

• chopped green onions optional garnish

DIRECTIONS

STEP 1:

Preheat the oven to 350°F. Lightly grease a 3 quart baking dish with nonstick cooking spray and set aside.

STEP 2:

Brown the ground beef with the onions in a large skillet over medium high heat until cooked through, about 4 to 6 minutes. Add the garlic and cook another minute or two, stirring frequently.

STEP 3:

Stir in the ketchup, dijon mustard and relish, mixing thoroughly. Cook for an additional 1 to 2 minutes or until fragrant. Remove from heat. Stir in the diced tomatoes, bacon, 1 ½ cups of shredded cheese and the heavy cream. Mix in the noodles. (If you don't have room in your skillet, simply combine in the baking dish or large bowl.)

STEP 4:

Sprinkle the rest of the cheese on top in an even layer.

STEP 5:


Cover the casserole with foil and bake for 15 to 25 minutes or until the cheese melts completely and the casserole is heated through.

STEP 6:

Serve hot garnished with chopped green onions, optional.

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Ticket Booth // CONTINUED FROM PAGE 1

be naming the Amy Gallagher Ticket Booth and there will be a dedication at Miller Field,” said Letterie. “The School Committee and the council invite people to come down before the game; we will be playing Stoneham, the game is at 6:30, and the celebration is at 5. I couldn’t think of a better person to have that facility named after.”

In other council business, Letterie said it will be taking up the language for the ballot questions for both the fire station debt

exclusion vote and the town ordinance recommendations at its next meeting on Tuesday, Sept. 19.

Letterie said the vote will give the council more than the 35 days needed to have the language in place for the ballot questions on the Nov. 7 municipal election ballot.

The council will also look at if it wants to hire an outside auditor for the town at a future meeting, according to Letterie.

“We can talk about do we want to go out to bid on this? – it’s a very se-

lective group of people, the field is small, but I just think it is something we need to take a deeper dive on,” said Letterie.

Letterie said the auditing firm of Powers and Sullivan has been very good and thorough for the town, although he said he would like to see reports in a more timely manner.

“They’ve done a great job for us, but we want to be able to see things right away, so this will be on the agenda for us at the next meeting for us to take a vote on,” said Letterie.

Rec Center // CONTINUED FROM PAGE 1

athletics and community purposes, according to Letterie.

The proposal is similar to the agreement the town of Wellesley entered into with the Boston Sports Institute on Rte. 9, the council president said.

The next steps in the process, if the town moves forward, include demolishing the existing school and then putting out an RFP for a recreation center on the property. The cost of the demolition and asbestos abatement of the middle school property is estimated to be \$1.5 million, Letterie said.

During Tuesday night’s council meeting, Letterie made a presentation that touched on the history of the site since the school closed, as well as what the town has been attempting to achieve with the development of the property.

“There’s no secret the site has been vacant for quite a long time ... and it’s not for a lack of trying,” said Letterie. “There have been a lot of alternatives we have looked at and we’ve discussed the pluses and minuses. At the beginning of this year, I started thinking outside of the box to try to think of

a project that would fit the goals that we have set.”

The main goals for the site, Letterie said, are a project that would bring revenue to the town and act as an economic stimulus while putting a minimum of stress on town resources such as the schools and public safety.

While residential development such as apartments or condominiums have been discussed in the past and would bring in revenue, Letterie said it would also put a strain on town resources.

Letterie said there had also been discussion about building a hotel on the site in the past, but that there was little interest from hotel chains when approached about the idea. The town also explored the possibility of having a local college or university use the site as a satellite campus, but that also did not get off the ground.

The recreational center with a multi-purpose field house and a second sheet of ice for the town would tick off many of the boxes of the goals for the project, Letterie said. He said it would bring in revenue through a lease agreement while putting a minimal strain on

town resources, and would also act as an economic driver for surrounding businesses in the town.

In addition to the use of the facility by residents and the schools, Letterie said it would serve as a home for the town’s recreation department.

Additionally, Letterie said there could be three or four house lots built on the middle school property on Waldemar Avenue.

“This is not something where we are going to put a shovel in the ground tomorrow,” said Letterie. “This is something that will be vetted out and we will look at potential questions.”

There has already been a high level of interest shown in this type of project in Winthrop, the council president added.

As the proposal continues to take shape, Letterie said it will remain on the Town Council agenda as old business for the foreseeable future as the council and town administration continues to look at the possibility of demolishing the old middle school and putting out an RFP for a recreation facility.

Sumner Tunnel // CONTINUED FROM PAGE 1

past two months of closure, though inconvenient, were certainly much more bearable than expected.

“It was nice to drive in the tunnel last Friday and to see first hand the vast amount of work done during the closure period. I look forward to the rest of the project running as smoothly,” said Rep. Jeffrey Rosario Turco (D. Winthrop)

State Rep. Adrian Madaro added, “The weekday openings of the Sumner Tunnel will give residents much-needed relief from the lengthy commutes into the City. I’m grateful for the patience East Boston residents have displayed throughout the summer, and thankful for the hard work of MassDOT employees and

the contractors who completed the necessary repairs over the last several months.”

State Rep. Jessica Giannino said, “I want to thank MassDOT and each of the contractors involved in this project for all of their hard work on the Sumner Tunnel renovations. Reopening the tunnel on time was critical as commuters get back from summer breaks.

“I also want to thank the efforts of Gov. Maura Healey and each of the surrounding communities impacted by this closure for working collaboratively in order to minimize disruptions to our commutes by increasing options for reliable public transportation during the shutdown. This project was a group effort,

and I believe the process went as smoothly as it did because of this. I am very happy to know that commuters can return to their normal routes again, in the improved Sumner Tunnel.”

Acting Revere Mayor Patrick Keefe was pleased to see the Sumner Tunnel reopen on schedule.

“The tunnel’s reopening is a great sigh of relief to the residents of Revere as we start to wrap up the summer,” said Keefe. “I’m hopeful the learnings we all experienced by relying on public transit and expanded offerings will be sign on more permanent transportation investments that can benefit our community when it comes to our regional traffic mitigation measures.”

Malden Catholic hires Michael Saccomani as Varsity Boys Lacrosse Coach

Special to the Transcript

Malden Catholic has hired Michael Saccomani to head its Varsity Boys Lacrosse program, according to Malden Catholic Director of Athletics, William Raycraft.

“Over the years, Malden Catholic has a tradition of leading lacrosse in conference and state standings, and I am extremely excited about having the opportunity to coach lacrosse and work with the team at a very high level,” stated Saccomani. “I look forward to elevating the program and bringing Lancer lacrosse back to its rich and prominent roots.”

Michael Saccomani has a long and successful history in lacrosse which includes leading Western New England University as a captain and playing goalie, earning 1st Team All Western Mass and 1st Team All-League status and assisting his team in becoming Commonwealth Coast Conference (CCC) Champions. His elite play history earned him an opportunity to play professionally.

Since his playing days, Saccomani has directed his passion for lacrosse into coaching where he most recently was the Associate

Head Hockey Coach and Defensive Coordinator for Bishop Fenwick High School and Head Coach at 3D Club Lacrosse. He also spent several years as a graduate assistant coach at Western New England University where he was a goalie coach, leading the nation in saves, defensive coordination and recruiting coordination. In addition, he ran the university’s strength and conditioning program.

According to Raycraft, “Coach Saccomani emerged out of a great pool of applicants. He is an educator who has a deep and thorough knowledge of lacrosse and understands the balance required to be a successful student and competitive athlete. He has a driving energy that inspires players and will serve to restore the winning tradition MC Boys Lacrosse program.”

Since 1932, Malden Catholic High School has shaped emerging leaders in our community, claiming a Nobel Laureate, a Senator, two ambassadors and countless community and business heads among its alumni. Annually, graduates attend some of the nation’s most renowned universities including Harvard, Princeton,



Michael Saccomani.

Dartmouth, University of Chicago, Georgetown, Cornell, Brown, Tufts University, Carnegie Mellon, Duke, Notre Dame, Northeastern University, Boston College and College of the Holy Cross, just to name a few. Foundational to student success is Malden Catholic’s codivisional model which offers the best of both worlds, single-gender academics during the day and integrated social and extracurricular opportunities after school. Malden Catholic is known in the community for its rigorous academics, SFX Scholars Program and award-winning STEM program. Malden Catholic curricula is designed to improve individual growth mindset, leadership principles and success outcomes along with integrating the Xaverian values of trust, humility, compassion, simplicity and zeal. <https://www.maldencatholic.org>

MVP Grants // CONTINUED FROM PAGE 1

bring the total resources secured for climate resilient projects to \$61.4 million in state, federal, and foundation grants since the voluntary partnership began, with the goal of at least doubling that amount by 2026, when new federal grant programs begin to sunset.

“We have an unprecedented opportunity to position Massachusetts as a global leader in climate change mitigation and adaptation, and the MVP program is an important piece of our strategy,” said Energy and Environmental Affairs Secretary Rebecca Tepper. “The Healey-Driscoll Administration is glad to support our local communities with funding for innovative climate resilience projects that center environmental justice and nature-based solutions.”

The largest MVP grant—nearly \$3 million—went to Malden River Works (MRW), a riverfront park led and designed by environmental

justice residents in partnership with the City of Malden’s Department of Public Works.

The 76-square-mile Mystic River Watershed stretches from Reading through the northern shoreline of Boston Harbor to Revere. An Anglicized version of the Pequot word missi-tuk (“large river with wind- and tide-driven waves”), it is now one of New England’s most

densely populated, urbanized watersheds.

The seven-mile Mystic River and its tributaries represented an early economic engine for colonial Boston. Ten shipyards built more than 500 clipper ships in the 1800s before roads and railways replaced schooners and steamships. Tide-driven mills, brickyards and

tanneries along both banks of the river brought both wealth and pollution.

In the 1960s, the Amelia Earhart Dam transformed much of the river into a freshwater

impoundment, while construction of Interstate 93 filled in wetlands and dramatically changed the river’s course. Since then, many former industrial sites have been cleaned up and redeveloped into new commercial areas and residential communities.

The Mystic is facing growing climate-related challenges: coastal and stormwater flooding, extreme storms, heat, drought and unpredictable seasonal weather. The watershed is relatively low-lying and extensively developed, making it prone to both freshwater and coastal flooding. Its 21 municipalities are home to 600,000 residents, including many who are disproportionately vulnerable to extreme weather: environmental justice communities, new Americans, residents of color, elders, low-income residents and employees, people living with disabilities and English-language learners.

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Forum

OUR Opinions

GUNS ARE NOW THE LEADING KILLER OF AMERICA'S CHILDREN

It used to be that accidents, primarily car accidents, were the leading cause of death of America's children between the ages of 1 and 18.

But last year for the first time, guns were the #1 cause of death of American children. A total of 3597 children died from guns (including suicides), representing 19% of all deaths in that age group, with accidents coming in at 18%. (Cancer is third at 8% and drug overdoses are fourth at 7%.)

To put that number in perspective, 2603 people perished in the attack on the World Trade Center on 9/11 -- which means that guns now kill far more American children, each and every year, than were killed by the terrorists on that terrible day.

In addition, another 15,000 children annually are wounded by gunfire, often leaving them with lifelong, debilitating physical injuries as well as psychological trauma.

The 2022 figures represent a dramatic increase of 50% since 2019 and a doubling since 2013. The child firearm mortality rate in 2013 was 1.8 deaths per 100,000, but now is close to 4.0 deaths per 100,000.

The United States has by far the highest rate of children who die from firearms among wealthy nations -- and it's not even close. Deaths by firearms do not rank in the top four for causes of death for children, let alone the number one cause, anywhere else in the developed world.

Moreover, there is no place in America that is safe for our children from gun violence. Even the states with the most gun safety laws, which have lower rates of child firearm deaths than states with few gun safety laws, have rates much higher than what other countries similar to ours experience.

Given that guns and mass shootings continue to proliferate throughout our country -- and Republicans at all levels of government refuse to enact even common-sense gun safety measures -- the number of deaths by firearms for our nation's children only will continue to rise.

SPORTS BETTING ON PHONES: 21ST CENTURY HIGH TECH CRACK

A general rule of thumb is that when a slew of celebrity pitchmen start endorsing anything that has to do with money, it's a good bet (no pun intended in the context of this editorial) that the public is being conned.

We saw that with the recent cryptocurrency promotions by famous people such as Matt Damon, Tom Brady, and Giselle Bundschen, who now are being sued by those who lost large sums when the cryptocurrency exchange FTX collapsed. (Brady himself reportedly lost \$30 million.)

We are seeing the same dynamic with the new sports betting apps, with stars from Hollywood and the sports world telling us how much "fun" we can have by placing a bet.

However, these sports betting apps are not your grandparents' bookies -- they are far worse. Not only can someone place a bet anywhere and at any time with a few taps on their phone, but they also can bet in real time on just about everything in a particular game with options to bet in-game on every quarter, player, and event.

These gambling companies are publicly-traded corporations and often are partnered with professional sports, thereby making sports betting "acceptable."

However, there are more than six million Americans with sports-gambling addiction problems, and that number only will climb given the spread of sports gaming on cell phones. The individual stories of those who have lost thousands of dollars over their phones on sports gambling are growing exponentially day-by-day -- and the only ones getting rich are the shareholders of these companies and the billionaires who own professional sports teams.

Clarification:

On the August 24 issue of the Winthrop Sun Transcript, a cutline was incorrectly identified in the photo spread of the Winthrop Art Association on page 16. Brenda Curry was identified as the founder of the Winthrop Art Association. The founder of the Art Association was Beverly Brody Barisano who passed away in May, and Brenda Curry was one of the original directors. The Sun Transcript regrets any misrepresentation that this error may have caused.

The Independent Newspaper Group reserves the right to edit letters for space and clarity. We regret that we cannot publish unsigned letters. Please include your street and telephone number with your submission. The Independent Newspaper Group publishes columns, viewpoints and letters to the editor as a forum for readers to express their opinions and to encourage debate. Please note that the opinions expressed are not necessarily those of The Independent Newspaper Group. Text or attachments emailed to editor@reverejournal.com are preferred.

By Dr. Glenn Mollette

Jimmy Buffett, Bob Barker and Bill Richardson all died recently. They all had one thing in common. They lived extraordinary lives.

Buffett had become a billionaire. He had amassed his fortune by capitalizing on his song, "Margaritaville." His hotels, restaurants, resorts and even retirement communities were hugely successful. In his later years, he continued to build new hotels and resorts that were beautiful and hugely successful.

Sadly, Buffett passed from Merkel cell skin cancer. He had been receiving treatment for over four years at was still doing concerts even as late as early July in Rhode Island. There was nothing stopping Buffett, except

Barker, Buffett, Richardson and extraordinary lives

the skin cancer that took his life even when he had so much he still wanted to do. Yet, few people will ever live the life of Jimmy Buffett

Bill Richardson had spent his last few years helping people internationally. He was very successful in politics serving as a U.S. Congressman, Governor of New Mexico and as an Ambassador to the United Nations. He may best be remembered for his diplomatic work in negotiating the releases of journalist Danny Fenster from a Myanmar prison in 2021 and most recently Britney Griner from a Russian prison, among others. Richardson lived an amazing life.

Bob Barker gets the longevity prize. It's hard to top 99, unless you make it to 100. Barker lived a full life of entertaining us on

television. For fifty years he came into our homes as the host and producer of The Price is Right and earlier as the host of Truth of Consequences. Many of us show him in the hit comedy Happy Gilmore. Many Americans felt like Barker was a member of their families since he was in their homes via television for so many years.

Barker, Buffett, and Richardson were all bigger than life personalities who lived extraordinary lives filled with success and prosperity.

Keep in mind the measure of our lives is not meant to be measured beside the lives of national or global personalities or anyone else. The fulfillment and success of your life may be in taking care of an aged parent, a troubled or disabled child, or seeing your spouse or life

partner through life's difficult stages. Or, the great success of your life may be remembered in your kindness to your neighbors and to others you meet along the way. Quite possibly life's most extraordinary people may not be fully recognized until we are beyond this life.

The best we can do is the best we can do. We should trust God and live our lives in as meaningful a way as possible.

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

Public Health officials announce season's first EEE positive mosquito samples

Special to the Independent

The Massachusetts Department of Public Health (DPH) announced that Eastern equine encephalitis (EEE) virus has been detected in mosquitoes in Massachusetts for the first time this year. The presence of EEE was confirmed today by the Massachusetts State Public Health Laboratory in mosquito samples collected on August 30 in Douglas and Southbridge in Worcester County. No human or animal cases of EEE have been detected so far this year.

The finding increases the risk level of EEE to moderate in the communities of Douglas, Dudley, Southbridge, Sturbridge, Uxbridge, and Webster in Worcester County.

"After the EEE outbreak cycle that occurred in 2019 and 2020, there was no EEE activity in Massachusetts in 2021 or 2022," said Public Health Commissioner Robert Goldstein, MD, PhD. "This is a late season emergence for EEE which should keep the risk level from rising too much or too quickly. However, some risk from mosquito-borne disease will continue until the first hard frost and people should take steps to prevent mosquito bites."

EEE is a rare but serious and potentially fatal disease that can affect people of all ages. EEE is generally spread to humans through the bite of an infected mosquito. There were 12 human cases of EEE in Massachusetts in 2019 with six deaths and five human cases with one death in 2020. There were no human cases of EEE in Massachusetts in 2021 or 2022.

"Transmission of EEE to a person late in the season can happen," said Dr. Catherine M. Brown, State Epidemiologist. "Mosquitoes will be more active during warm and humid weather as we are forecast to have this weekend. I encourage everyone to use mosquito repellent when they are outdoors enjoying the last unofficial weekend of summer; you can also use clothing to cover exposed skin and if you notice that you are getting bitten, you should consider moving indoors."

Avoid Mosquito Bites

- Apply Insect Repellent when Outdoors. Use a repellent with an EPA-registered ingredient (DEET (N,N-diethyl-m-toluamide), permethrin, picaridin (KBR 3023), oil of lemon eucalyptus [p-Menthane-3,8-diol (PMD)] or IR3535) according to the instructions on the product label. DEET products should not be used on infants under two months of age and should be used in concentrations of 30 percent or less on older children. Oil of lemon eucalyptus should not be used on children under three years of age.

- Be Aware of Peak Mosquito Hours. The hours from dusk to dawn are peak biting times for many mosquitoes. Consider rescheduling outdoor activities that occur during evening or early morning in areas of high risk.

- Clothing Can Help Reduce Mosquito Bites. Wearing long-sleeves, long pants and socks when outdoors will help keep mosquitoes away from your skin.

Mosquito-Proof Your Home

- Drain Standing Water. Mosquitoes lay their eggs in standing water. Limit the number of places around your home for mosquitoes to breed by draining or discarding items that hold water. Check rain gutters and drains. Empty unused flowerpots and wading pools and change the water in birdbaths frequently.
- Install or Repair Screens. Keep mosquitoes outside by having tightly fitting screens on all windows and doors.

Protect Your Animals

- Animal owners should reduce potential mosquito breeding sites on their property by eliminating standing water from containers such as buckets, tires, and wading pools -- especially after heavy rains. Water troughs provide excellent mosquito breeding habitats and should be flushed out at

least once a week during the summer months to reduce mosquitoes near paddock areas. Horse owners should keep horses in indoor stalls at night to reduce their risk of exposure to mosquitoes. Owners should also speak with their veterinarian about mosquito repellents approved for use in animals and vaccinations to prevent WNV and EEE. If an animal is suspected of having WNV or EEE, owners are required to report to the Department of Agricultural Resources, Division of Animal Health by calling 617-626-1795, and to the Department of Public Health by calling 617-983-6800.

More information, including all WNV and EEE positive results, can be found on the Arbovirus Surveillance Information web page at Mosquito-borne Diseases | Mass.gov, which is updated daily, or by calling the DPH Division of Epidemiology at 617-983-6800.

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SEND US YOUR NEWS

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

CASA celebrates 25 years in Town, shares data-based observations

Special to the Transcript

It's been 25 years and CASA has a lot to celebrate. Community Action for Safe Alternatives (CASA) is a non-profit organization in Winthrop with the following mission:

In collaboration with community partners, CASA offers no-cost, safe, inclusive programming with opportunities to build resiliency, foster social emotional learning skills, and address mental health needs for youth and families. Through outreach and initiatives, we aim to empower youth to actively engage in their communities and to reach their full potential.

CASA accomplishes this by using data driven environmental strategies to reduce risk by increasing protective factors for all youth and families. CASA collects, and in collaboration with our partners, analyzes gaps in services. Through community coalition-building and direct services, CASA works to fill these gaps and support existing efforts that work toward our mission. The

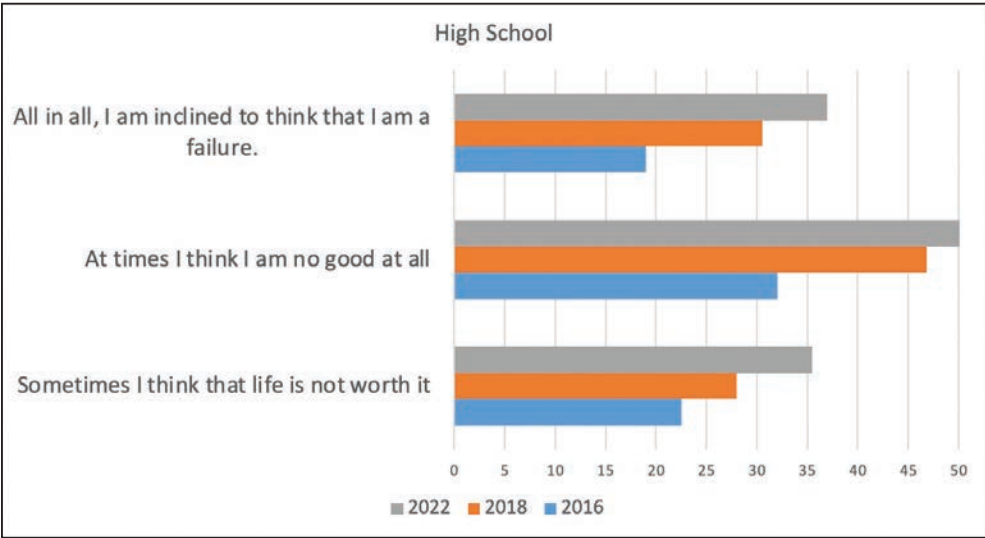
Winthrop Youth Providers Network is a coalition of community partners and all are welcome. CASA believes that youth issues are community issues and there is a seat at the table for everyone when addressing them. The newest work group is the Equitable Family Engagement Network that supports immigrant and low-income families with a trauma informed lens. The network is a partnership with the Health Department, the English Learners Parent Action Committee and the Winthrop Parent's Network. Recently, this effort provided books in multiple languages to all schools, the Winthrop Public Library and the Winthrop Parent's Network, as well as welcome bags with a resource guide (available in multiple languages).

The Youth Mental Health Workgroup was created to address growing concerns around data being reported by Winthrop youth. Just as we are seeing nationwide, we know young people in Winthrop are struggling with their mental health now more than ever. The data, from

the last three Winthrop Prevention Needs Assessment surveys of 6th-12th graders, gives a snapshot of how youth in our community are feeling.

"These surveys and feedback from the community drives us to seek funding in order to offer the programs and services that are critically needed in our Winthrop community," said Amy Epstein, CASA's Executive Director.

The group's multiple strategies include training CASA's leadership team to facilitate mental health related trainings such as youth mental health first aid (YMHFA), teen mental health first aid (tMHFA) and Healthy Outcomes of Positive Experiences (HOPE), and providing a clinical intern to offer free services as well as the implementation of our Social Marketing Campaign about being a Trusted Adult. A trusted adult is chosen by the young person as a safe figure that listens without judgment, agenda or expectation, but with the sole purpose of supporting and encouraging



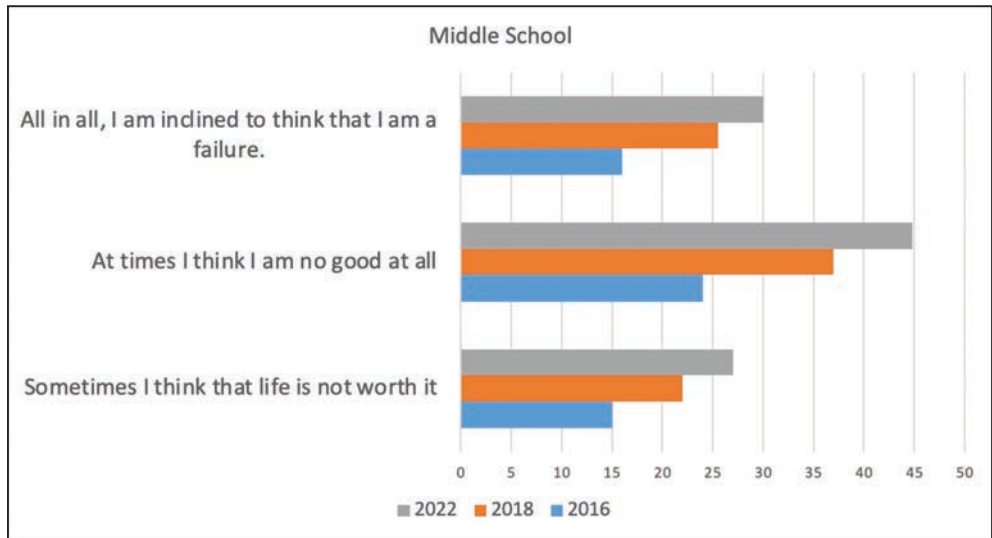
positivity within a young person's life. Some ways they might do this include: assessing and addressing their needs, encouraging teamwork with other youth, building a network to include many adults so there is more than one trusted adult in their life, understanding relationships with other youth and other adults and listening and offering advice and guidance without lecturing or making them feel less than. Research shows evidence of positive outcomes from youth having a trusted adult in their life. The campaign includes Improved mental health and wellbeing, as a result of having someone to turn to who enables young people to explore issues in a safe environment without judgment. Mitigated effects of abuse and trauma, as those with trusted

adults in their lives can be more protected from child abuse, and protected against the long term effects of adverse childhood experiences (ACEs). Positive educational outcomes, as those with access to trusted adults are more ambitious in their educational expectations and goals due to having a positive role model.

In an effort to increase protective factors and fill community gaps, CASA has prioritized FREE direct services for youth in the 6-12th grades. Daily Drop-In is open to any Winthrop Middle Schoolers. Boys Group and Girls Groups meet weekly. Q Club is a community based drop in for LGBTQ youth. Our College & Career Readiness program, Youthworks, (in Partnership with WPS) has supported high school

students with their path to working and applying to college or with post high school options. Strong community partnerships allow for programs like CASA's middle school mentors summer program (in partnership with 21st CCLC at the Cummings School) and the Winthrop Police Department's Open Rec on Friday Nights. CASA also hosts community events like movie nights, mini golf, a haunted house every fall, and laser tag.

To learn more about the Trusted Adult campaign or join our listserv, visit our website at winthropcasa.org. Please follow us on facebook and instagram, and join us for our Monthly Coalition Meetings or any of our community workgroups. For more information contact apestein@winthropcasa.org.



BCBS supports Metro Boston Urban reforestation efforts

Special to the Transcript

In recognition of Environmental Awareness Month, Blue Cross Blue Shield of Massachusetts ("Blue Cross") is donating \$1 for every ride taken on Bluebikes in September* to the Boston Tree Alliance, a City of Boston program working with Mass Audubon to bolster the City's tree canopy, the parts of the city that are shaded by trees. The donations will apply to all rides taken across the Bluebikes system's 13 municipalities: Arlington, Boston, Brookline, Cambridge, Chelsea, Everett, Malden, Medford, Newton, Revere, Salem, Somerville, and Watertown. Blue Cross is the sponsor of Bluebikes, which is owned by the municipalities and operated by Lyft.

The state's largest health plan is committed to advocating for the environmental health of its communities while expanding public bike sharing as a sustainable and healthy mode of transportation. BCBSMA's donations will go directly towards the Boston Tree Alliance and its tree planting and care in environmental justice neighborhoods that have been identified in the City's Heat Plan and Urban Forest Plan. Growing the urban forest will help reduce heat island impacts and public health stressors, increase Boston residents' access to the physical and emotional benefits trees provide, improve quality of life, and promote biodiversity.

"As a result of redlining and historic disinvestment, communities of color experience heat and public health stressors disproportionately," said Mariama White-Hammond, Chief of Environment, Energy, and Open Space for the City of Boston. "We are thrilled about the sponsorship from Blue Cross Blue Shield of Massachusetts, Bluebikes, and Lyft and grateful for their commitment to help us grow the tree canopy in environmental justice neighborhoods, delivering equitable solutions to areas that need it most."

Biking itself has a positive environmental impact. According to a 2021 study on commuting data from Bloomberg, choosing a bike over a car just once a day reduces an average person's carbon emissions from transport by 67%. Additionally, based on research from The Adventure Cycling Association, just moderate increases in bicycle use each year could save an estimated 6 to 14 million tons of carbon dioxide.

"The health of our communities is closely linked with the health of our environment and Bluebikes is a key piece of Blue Cross' pledge to build sustainable solutions to better health," said Jeff Bellows, vice president of corporate citizenship and public affairs at Blue Cross. "We have a 10-year commitment to reducing our environmental impact and we're proud to support crucial environmental initiatives like Tree Alliance through Bluebikes."

Environmental stewardship is a key priority for Blue Cross, which has set a goal to become carbon neutral and zero waste by 2030, thereby reducing its environmental impact. Since 2010, the health plan has drastically reduced the

use of electricity, water, and paper, and cut the amount of waste going to landfills by almost 80%. Similarly, Blue Cross launched a Health Justice Partnership and Grant program, providing in funding and pro bono support to support organizations focused on reducing environmental health inequities in local communities. The health plan's donation to the Tree Alliance aligns with the company's commitments to a more equitable, sustainable Commonwealth.

"We deeply appreciate Blue Cross' commitment to environmental stewardship and to helping the Tree Alliance enhance Boston's tree canopy, which will improve human health, increase wildlife diversity, and battle climate change," Stacey Beuttell, Senior Director of Mass Audubon's Nature in the City program. "We encourage everyone to take a Bluebikes ride during this Environmental Awareness Month to show their support for climate action."

Blue Cross has been the title sponsor of Bluebikes since its launch in May 2018 and remains committed to expanding public bike sharing in Greater Boston as a safe and sustainable public transportation option through its partnership with the municipal owners of Bluebikes and Lyft. In the five years of Blue Cross' sponsorship, the system has doubled in size, adding 200 stations and more than 4,000 bikes.

*Blue Cross will donate \$1 up to \$10,000 for every Bluebikes ride taken from September 5 – September 30.

when they enter the high school for their first day of classes Friday. Ms. Belastock is taking over the helm at Winthrop High from Gail Conlon, who decided to retire from her position after an outstanding tenure.

20 years ago
September 11, 2003
Town officials and department heads already are warning that the town will be facing a \$2 million budget deficit for the 2004-05 fiscal year that will result in the most drastic reduction of services in the town's history.

With 1600 dogs licensed in the town, the Canine Control Committee, headed by Trisha Flanagan, is urging the creation of a fenced-in dog lot in which dogs could run off-leash with their owners.

Townpeople are mourning the passing of Alfred V. DeLeo, the father of State Representative Robert DeLeo, who was active for many years



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
September 5, 2013
Jennifer O'Connell has begun her duties as the new director of pupil personnel services for the Winthrop school system. O'Connell was the assistant principal of the Cummings Elementary School for the past two years. Superintendent John Macero appointed O'Connell to the position of director of pupil personnel services following the resignation of Lisa Howard.

With the start of the new school year this week, Winthrop Police Chief Terence Delehanty has a message for Winthrop motorists: Drive carefully and exercise caution on the roads, especially in the areas around the schools. Delehanty said he will assign a police officer to traffic duties on Revere Street during the school year.

Many Winthrop High students will meet their new principal, Eileen Belastock, for the first time

when they enter the high school for their first day of classes Friday. Ms. Belastock is taking over the helm at Winthrop High from Gail Conlon, who decided to retire from her position after an outstanding tenure.

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Townpeople are mourning the passing of Alfred V. DeLeo, the father of State Representative Robert DeLeo, who was active for many years

in Winthrop civic and veterans organizations. He was 84.

The Sun-Transcript editorializes that it is becoming clear that the American-led invasion of Iraq in March was based on false information provided to the American public and that the U.S. is becoming mired in an invasion with no end in sight.

30 years ago
September 16, 1993
The Mass. Commission Against Discrimination has awarded \$25,000 to Police Officer Nancy Dalrymple for what the MCAD Hearing Officer found was the "severe emotional distress" suffered by Dalrymple when she was not included in a drug raid in 1989. Dalrymple was left in charge of the station while male officers were sent on the raid. MCAD Hearing Officer Naomi Martell ruled

See YEARS Page 10



WINTHROP'S END OF SUMMER BASH

COME CELEBRATE THE END OF SUMMER!

SEPTEMBER 10

11:00-3:00

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CRAFT VENDORS
FREE KIDS GAMES
BEER GARDEN

PIG ROAST BY
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GRILLING BY
WINTHROP CHAMBER OF
COMMERCE
WINTHROP PARKS &
RECREATION

FRENCH SQUARE "THE CENTER"
WINTHROP, MA



LOCAL STUDENTS EARN ACADEMIC HONORS

LOCAL RESIDENT NAMED TO SIMMONS UNIVERSITY DEAN'S LIST

The following local student was named to the 2023 spring semester dean's list at Simmons University in Boston.

- Sara Fucillo, Winthrop

To qualify for dean's list status, undergraduate students must obtain a grade point average of 3.5 or higher, based on 12 or more credit hours of work in classes using the letter grade system.

Located in the heart of Boston, Simmons is a respected private university offering more than 50 majors and programs for undergraduate women and graduate programs open to all on campus, in blended formats, or entirely online in nursing and health sciences, liberal arts, business, communications, social work, public health, and library and information science. Founded in

1899, Simmons has established a model of higher education that other colleges and universities are only recently beginning to adapt: the combination of education for leadership in high-demand professional fields with the intellectual foundation of the liberal arts. The result is a Simmons graduate prepared not only to work, but to lead in professional, civic, and personal life - a vision of empowerment that Simmons calls preparation for life's work. Follow Simmons on Twitter at @SimmonsUniv, and on LinkedIn at <https://www.linkedin.com/school/simmons-university/>.

BUONOPANE ENROLLS AT THE COLLEGE OF THE HOLY CROSS

The College of the Holy Cross is excited to welcome Christian Buonopane of Winthrop as a member of the College's Class of 2027.

At 825 students, the

Class of 2027 includes students from 38 states and territories and 12 nations across the globe. This year's incoming class is made up of 53 percent women and 47 percent men, with 29 percent of students of color and 15 percent as proud first-generation college students.

The new Crusaders have distinguished themselves through community service, leadership roles, and diverse participation in areas like the arts, music and athletics.

They arrived on campus and moved into the residence halls on Saturday, August 26th, where they were welcomed to Mount St. James by an enthusiastic purple crew of current students, staff, faculty and alumni. Fall classes began on Tuesday, August 29th.

"I am thrilled to welcome Holy Cross' Class of 2027, a vibrant and diverse group of exceptional students," said Holy Cross President Vincent Rougeau. "You chose Holy Cross, where classes

are small and the community is vibrant and ready for your contributions. Here, you will be encouraged to speak up and engage. You will have your certainties challenged and perspectives broadened. And trust me, you will thrive."

The College of the Holy Cross, in Worcester, Mass., is among the nation's leading liberal arts institutions. A highly selective, four-year, exclusively undergraduate college of 3,100 students, Holy Cross is renowned for offering a rigorous,

personalized education in the Jesuit, Catholic tradition. Since its founding in 1843, Holy Cross has made a positive impact in society by graduating students who distinguish themselves as thoughtful leaders in business, professional and civic life.



PHOTO COURTESY SOD SOLUTIONS

A fall garden can still add some pop of color to your yard this season.

Fall garden maintenance tips

Special to the Transcript

As the autumn season approaches, it's an excellent time for homeowners to examine their gardens and prepare them for the cooler temperatures to come. Although you may think of gardening only during the summer months, caring for your garden during the fall can help it survive the winter season and produce a healthy crop next year.

Whether you're growing a vegetable garden, flower bed or even trees and shrubs, these fall garden maintenance tips will ensure your entire landscape is ready for temperatures to drop.

1. Clean Up Vegetable/Herb Gardens

If you're not sure where to begin on your fall garden maintenance checklist, the best place to start is by removing all dried plants and weeds in your garden bed. Keeping such plants in your garden over the winter could lead to pests and disease, thus preventing a healthy garden next year. For this reason, be on the lookout for any spent crops, as well as plants that are infested

with disease. Tilling your garden is an excellent way to expose any dried plants or weeds. It will also reveal any pests hiding in your garden, including fall armyworms, which are most active during the fall.

As you remove plant debris from your garden, now is also an excellent time for removing gardening supplies. Items such as stakes, cages and labels should be gathered and put away to be used again next spring.

2. Prepare Your Perennial Garden for Winter

Although the gardening season may be coming to a close, your perennial plants will continue growing until they go dormant in late fall. To prepare them for the colder temperatures, be sure to remove all weeds and any parts of the plant infested with disease or pests. If you're planning on adding more plants to your garden, consider planting spring-blooming bulbs this fall while the soil is still warm.

Don't forget to continue watering your perennials at least once a week until the ground freezes. Once the ground does freeze,

cover the crown of your newly planted perennials with a 4 to 5-inch layer of bark mulch. This mulch may also be used to cover perennials that are sensitive to frost.

3. Care for Trees and Shrubs

For those who have trees and shrubs, autumn is the perfect season to check on your shrubbery and prepare them for winter. One way to care for your trees this fall is to cover the soil around them with mulch. Adding a fresh layer of mulch around the base of your tree will protect the roots from harsh winter conditions. Avoid covering the trunk with mulch, however, as this could cause rot and other diseases. In addition to mulching, fall is also an ideal time to prune your shrubs once dormancy has started.

If you're looking to establish more trees and shrubs on your lawn, fall is the best time to plant while the ground is still workable. Generally, the ideal time to plant new trees is six weeks before the first sign of hard frost. Planting anytime between

News Briefs // CONTINUED FROM PAGE 1

churches, and all types of organizations can conduct to bring awareness to suicide prevention.

Visit www.jasonfoundation.com to download our Suicide Prevention Awareness Month Informational Packet. Look for Suicide Prevention Month under the How to Get Involved tab. Within the packet, there are ideas on how businesses, schools, religious institutions, athletic organizations, and even your family can become involved in spreading the message of suicide

prevention.

Also, on the Suicide Prevention Month page you can click on #IWONTBESILENT to learn about The Jason Foundation's campaign to reach as many citizens as possible with the positive message that suicide is preventable and enable those citizens to reach out for help for their loved ones and friends. You can download signs, brochures, flyers, and stickers to display. There is even a user guide to help you plan for the month-long

campaign.

The Jason Foundation believes that education is the key to prevention. Our nation should be familiar with the warning signs associated with suicide, suicide facts and statistics, and how to find help for those at risk. Suicide can be preventable. Together, we can save lives. You may even save your co-worker, friend, neighbor's child, a relative, or even your son or daughter. Are you up for the challenge?

We honor lives lost and those battling addiction.



If you or someone you love needs help, call Recovery Services: (617) 568-6260



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Sports

Winthrop High football team hosts Stoneham in opener

By Cary Shuman

The preseason preparations are over, and all roads lead to Miller Field on Friday (6:30 p.m.) when the Winthrop High football team hosts Stoneham High in the opening game of the 2023 season.

Coach Jon Cadigan's Vikings face a tough assignment as Stoneham has been one of the top teams in the division for the past few years, including appearances in the Super Bowl in 2018 (a 26-20 win over Old Rochester) and 2022 (where the Spartans fell, 29-8, to St. Mary's of Lynn, who happens to be Winthrop's Week 2 opponent).



Head Coach Jon Cadigan with the Viking seniors: Front row: Senior Captains Donovan Cassidy, Evan Rockefeller, Ryan Harris and Robert Rich. Back row: Matthew Teehan, Teddy Bailey, Daniel Thomai, Vasili Tsiotos, Jon Cadigan, Alessio Marcoccio, Mark Johnson and George Galuris.



Viking Varsity Captains: Back row; Donovan Cassidy, Evan Rockefeller, Ryan Harris and Robert Rich. Front row: Ellie O'Donnell, Caitlin Fobert and Gabby Currier.

Winthrop has played well in its preseason scrimmages, displaying a potent offense.

"We had a good performance in our final scrimmage against Manchester Essex, but we're searching for a little bit more consistency right now," said Cadigan.

Noonan will start at quarterback

Junior Matt Noonan will be the starting quarterback in the season opener. Matt is the younger brother of former Vikings' starting QB Robert Noonan who gallantly returned from a late-season knee injury to

See FOOTBALL Page 8

WHS SPORTS ROUNDUP

BOYS SOCCER TEAM KICKS OFF 2023 SEASON

The Winthrop High boys soccer team was scheduled to kick off its 2023 season yesterday evening (Wednesday) under the lights at Miller Field against Northeastern Conference South Division opponent Saugus.

"I am very excited about the upcoming season," said WHS head coach Phil Ronan. "We have a very young team, mostly freshmen and sophomores, but very skilled. We still have NEC all conference goalkeeper Mateo Martinez, so we should be in most games."

"It will be tough facing senior-laden teams who have the composure in tight situations, but it bodes well for the program," continued Ronan. "It's a much different culture compared to previous years -- more committed and less attitude. It should generate more attention and respect for the program."

In a pre-season scrimmage last week with Lynn Classical, the Vikings yielded two early goals in the first 10 minutes, but outplayed their former NEC rival the rest of the way.

"We were sleepwalking for the first 10 minutes, which was my fault," said Ronan. "We went down 2-0, but outplayed them for the next 70 minutes and had a handful of chances, but were horribly unlucky. I told them I was extremely proud of their performance."

Ronan and his crew will travel to Swampscott tomorrow (Friday) and will return home to host Beverly on Monday and Arlington Catholic next Wednesday.

The Vikings will play an 18-game schedule featuring two contests against each of their four NEC South foes (Saugus, Swampscott, Salem, and Gloucester), one game against each NEC North Division rival (Marblehead, Beverly, Danvers, Masconomet, and Peabody), and five matches against non-league opponents Boston Collegiate (2), Arlington Catholic (2), and Maimonides.

WHS GIRLS SOCCER HOSTS SWAMPSCOTT SAT.

The Winthrop High girls soccer team, which kicked off its 2023 season yesterday (Wednesday) at Saugus, will entertain Swampscott Saturday morning at 10:00 on the turf at Miller Field.

Veteran WHS head coach Tracey Martucci is upbeat about the coming season.

"The pre-season went well," said Martucci. "We have 43 girls this year, which are great numbers for our program, of whom nine are seniors."

The 2023 edition of the Lady Vikings will be led by senior captains Hannah Parker and Shannon Abbott. The remaining seniors are Samantha Dimento, Daniela Gomez, Carolina Gonzalez, Hailey Forsyth, Malak Chahlaouy, Kaylee Farrell, and Reese Brodin.

After Saturday's encounter with the Lady Big Blue, Martucci and her crew will make the long trek to Beverly on Monday.

The Lady Vikings will play an 18-game schedule, with two contests against each of their four

See ROUNDUP Page 9

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SCENES FROM THE WHS VIKINGS SOCCER PRE-SEASON SCRIMMAGE AGAINST LYNN CLASSICAL

Winthrop High School soccer players took to the pitch at Miller Field on Aug. 31 for some pre-seasons soccer in a face-off against Lynn Classical.



LONG REACH: Fabiano Rodrigues extends a himself to keep a ball inbounds.

BOB MARRA PHOTOS



LOOK OUT BELOW: Juan Mendoza slides under a leaping Classical player in an attempt to control a loose ball.



HELPING HAND: Ian Camilo Belacazar drops to the ground but tries to keep his hand off a loose ball.



INTERCEPTION: Naros Alebel steps in front of a Classical forward to steal the ball.



IN THE CHASE: Julian Alvarez in a race down the sideline for a loose ball.



KEEP AWAY: Julian Alvarez shields the ball from a Classical defender.

WHS SPORTS THROUGH THE YEARS

10 years ago September 5, 2013

The Winthrop High School football team will open its 2013 season against Saugus on Saturday, Sept. 14 at 11 a.m. at Stackpole Field. The Vikings performed well in scrimmages against Beverly, East Boston, Malden, and Ipswich and head coach Sean Driscoll feels his team has made progress in the preseason workouts heading into the non-league opener.

Saugus left the Northeastern Conference this year and joined the Cape Ann League, but Driscoll wanted to retain the long-time rivalry with the Sachems. Led by the throwing and running of junior quarterback Dylan Driscoll, the Vikings have put points on the board in the scrimmages. During the preseason schedule, Driscoll threw two touchdown passes to Reise Turransky, a running back who had an impressive freshman campaign a year ago. Senior captain Jordan Corbett-Frank rushed for two scores in the scrimmages. Junior Jake Chiu-dina has also been a contributor to the Vikings' rushing game. Offensive linemen James Baxter and Ben Spinazzola have stood out so far while Andrew Almeida is making strides as the starting center. Linebackers Tyler Gillis and Matt Feeley have been the leaders on the defensive unit. In the new MIAA playoff system, Winthrop's first seven games will determine whether it earns one of the eight playoff berths in the

Division 4 North sectional. Driscoll believes a 5-2 record would likely guarantee a spot in the playoffs that will begin the first weekend in November.

20 years ago September 11, 2003

The imposition of a \$325 per sport user fee for athletic participation in Winthrop High athletics already is taking its toll on fall sports programs, many of which are seeing a sharp drop in the number of participants, which in turn is reducing what had been the expected revenue from the user fees.

50 years ago September 12, 1973

Local resident Jennifer Miles took first place in the Turnabout Green Fleet at the recent Quincy Bay race week.

60 years ago September 12, 1963

Winthrop's Joe Duplin is in the thick of the competition at the mid-week mark at the World Star Class Sailing Championships being held at Belmont Harbor in Chicago.

90 years ago September 16, 1933

With ideal weather conditions prevailing, the first annual Water Carnival under the auspices of the Pico Beach Improvement Association was held Sunday afternoon. The contestants in the 16 water sports events, urged on by a throng of 500 spectators, covered themselves with glory.

Football // CONTINUED FROM PAGE 7

lead Winthrop past Revere on Thanksgiving last fall.

Coach Cadigan will look to a rotation of four talented running backs – Nick Cappuccio, Robert Rich, George Galuris, and Demetri Koutsouflakis – to power the rushing attack.

“When those four guys have the football in their

hands, they’re as good as advertised,” said Cadigan. “Now it’s about honing in and blocking for each other.”

Interestingly, Cappuccio and Galuris have been named “Players to Watch” by the Boston Herald. Two-way lineman Ryan Harris was also selected as a “Player To Watch.”

Cadigan said Mark Johnson has emerged as the Vikings’ No. 1 wide receiver. “Mark has had an unbelievable pre-season,” lauded Cadigan. “His blocking has been a difference maker. He’s been tremendous. A lot of the pre-season touchdowns have been the result of his blocking on the safety or

the cornerback.”

Winthrop offensive tight ends will be Evan Rockefeller and Daniel Thomai. Both are solid options as pass receivers.

Donovan Cassidy and Alessio Marcoccio have been standouts on defense in the preseason. Cassidy had several tackles for losses and sacks in the

scrimmage versus Manchester Essex. Marcoccio looks primed for another stellar season.

“Alessio was our best defensive lineman last year, and he’s picking up where it left off,” said Cadigan.

Cadigan knows that Stoneham will be a formidable opponent Friday

night.

“The names might be different, but I think it’s a very similar Stoneham team,” said Cadigan. “They’re going to try to run the ball and be more physical than you. So, we have to match that physicality.”



A family affair, the WHS Viking brothers, sisters and cousins make it a tight and family friendly team. Front row: Kelsey Tallent, Will Murphy and Matt Noonan-Ace Daigneault, CJ Cifuni- Jake and Matt Teehan- Rob Rich, Nick Rich and Adriana Viscio. Back row: Paul, Charlie and Michael Ferrara- Evan and Aubrey Demayo- Domenic Spinelli, Matthew Reardon and Isabella Reardon- Lylah, Donovan and Desmond Cassidy-Phil and Lucy Boncore.




The WHS Viking Coaching Staff: From left: James Fucillo, Frank Ambrosino, Nick McCarthy, Derek Brodin, HC Jon Cadigan, Chris Ferrara, Paul Smith, Vin Sparacino, and Mark D'Ambrosio.

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OBITUARIES

James Patrick O'Brien

Eversource retiree, his greatest enjoyment was being on the water with family and friends

 James P. O'Brien of Winthrop, Hudson, NH and Acton, ME passed away on August 31 at the age of 89. He graduated from Boston English High School and Bay State College. He joined the US Navy in 1953 and served on active duty until 1961. He attended US Naval Training 1st Regiment - Company 207 in Bainbridge, MD. and Submarine School -Class 114 at the US Submarine Base, New London, Connecticut in 1954. James served as a crew member on the USS Redfin 272.

Upon leaving the Navy, he worked for Eversource for 38 years and resided in Winthrop, Hudson NH, and Acton ME. He was an elected officer and Treasurer of Local 392 Boston-Utility Workers Union of America, AFL-CIO (UWUA) and was an active member of the US Submarine Veterans – Marblehead Base. His greatest enjoyment in life were being on the water with his family and friends.

Born in Boston, he was the beloved son of the late James H. and Catherine (Tierney) O'Brien. He was a longtime resident of Winthrop. He was the devoted husband of the late Judith (O'Connor) and the loving father of James J. O'Brien of Hooksett, NH, John F. O'Brien and his wife, Sandra of Wilmington and Joseph C. O'Brien of Winthrop; adored grandfather of James O'Brien and his wife, Bridget, Joseph



O'Brien and his wife, Emily, John O'Brien and his fiancée, Christine Caulfield, Christopher O'Brien and his partner, Florentina Gutierrez and two great grandchildren, Nora, and James O'Brien. He was the dear brother of the late Ethel (O'Brien) Cullity of Medford. James is also survived by many nieces and nephews.

Visiting hours will be held in the Maurice W. Kirby Funeral Home, 210 Winthrop St., Winthrop on Monday, September 11 from 9 to 11 a.m. A Funeral Mass will follow in St Michael the Archangel Parish at 11:30 a.m. followed by a gathering at the Cottage Park Yacht Club (CPYC) after the Mass. Relatives and friends are invited. Burial will take place in St. Patrick Cemetery, 71 Derry Rd, Hudson, NH on Tuesday, September 12 at 11:30 a.m. Please go directly to the cemetery and meet at the entrance.

In lieu of flowers, donations can be made to the Viking Pride Foundation, PO Box 37, Winthrop, MA. 02152.

To sign James' guestbook, please visit, www.mauricekirbyfh.com.

Ann DiFlumeri

A Kind, Unimaginably Caring Mother and Grandmother

With great sorrow and bittersweet gratitude, Andrea, Carla, Richelle and Vanessa DiFlumeri, Richard Butler, Nicholas and Amelia Aburn, along with spouses, Bud Simmons, Clarke Aburn, Jessie Butler and Jake Wiseman, announce the unexpected passing of our kind, unimaginably caring mother and grandmother, Ann DiFlumeri, on August 30, 2023.

Ann was predeceased by her parents, Nicholas and Raffaella (Annese) Luongo, her sister, Edie (Luongo) Inello, her brother, Joseph Luongo and her loving husband of 65 years, Richard. She is survived by her sister, Phyllis (Luongo) Chinappi and many nieces and nephews.

Having been brought up in East Boston with a deep sense of community, Ann had an immeasurable understanding of trust and family. At age 19, she knew she would dedicate her life to being the most remarkable and wonderful mother. Ann excelled at motherhood and was the foundation of our family in every way. She always knew exactly what to say, how to make each of us feel uniquely loved, never missed a special date and always underlined every word of every card she ever sent.

Ann was beautiful, brilliant and talented. She had a passion for writing, publishing articles, composing poems, creating cherished novels as gifts to her daughters and a children's book for her grandchild.



dren.

Our hearts are broken. But we know her unwavering faith and spirituality has peacefully led her to reunite and rejoice with the family and friends she dearly loves who have gone before her.

We will hug her in our souls and know we have a very special angel watching over us every day.

The funeral was conducted from the Caggiano-O'Maley-Frazier Funeral Home, Winthrop on Saturday, September 2, 2023 followed by a funeral mass in St. John the Evangelist Church. Rev. Patrick O'Connor celebrated the mass and offered prayers at the entombment in the Woodlawn Mausoleum in Everett.

In lieu of flowers, Ann would love for you to make a contribution in her memory to The Wounded Warrior Project, 4899 Belfort Road, Suite 300, Jacksonville, Florida 32256 or go to www.support.woundedwarriorproject.org.

To sign the online guestbook, go to www.caggianofuneralhome.com.

Timothy Ryan

Graduate of Winthrop High School, Class of 2000

Timothy M. Ryan, a resident of Acton and formerly of Winthrop, passed away on Tuesday, August 29. He was 41 years of age.

Timothy was born in Plattsburgh, NY on February 1, 1982, a son of Patricia (Carney) Ryan and the late F. Peter Ryan. He grew up in Winthrop, was educated in the Winthrop public school system and graduated from Winthrop High School in 2000, where he was a member of the Drama Club. He went on to study at Northeastern University, receiving a Bachelor's Degree in 2005. Timothy was working as a clinical trial associate for a medical research company. He was incredibly intelligent and was a member of Mensa. In his spare time, he enjoyed playing chess and the guitar.

The beloved son of Patricia (Carney) Ryan and the late F. Peter Ryan, he was the loving brother of Jennifer Ryan, Peter Ryan, James Ryan and his wife, Carol, and Judene Slabacheski and her husband, Tony; the dear nephew



of Joanne Bremer, John Carney, Margaret Carney, Christopher Carney and his wife, Mary, Kathleen Carney, and the late William "Billy" Carney; the cousin of Meghan and Sara Bremer, Christopher and Erin Carney and Jake, Kelly and Shayla Igoe.

Relatives and friends are invited to attend Timothy's visiting hours today, Thursday, September 7 from 4 to 7 p.m. in The Carr Funeral Home, 220 Bunker Hill St. Charlestown, MA 02129. His burial will be private.

To send a message of condolence, please visit www.carrfuneral.com

Prayer To The Holy Spirit

Holy spirit, you who gives meaning to and shines the light on my path so that I may reach my goals. You who gives me the divine grace to forgive and forget the evil done unto me and which is with me at every moment in my life. I want in this short dialogue to reassure you one more time I do not ever want to be separated from you, no matter how grand the worldly possessions may be, my desire to be with you and my brothers in perpetual glory will not be lessened. (One should say this prayer 3 days the divine shall be granted no matter how unattainable it may be.) Publications must be promised. Favor Received.

G.E.

Roundup // CONTINUED FROM PAGE 7

NEC South foes (Saugus, Swampscott, Salem, and Gloucester), one game against each NEC North Division rival (Marblehead, Beverly, Danvers, Masconomet, and Peabody), and

five matches against non-league opponents Excel Academy (2), Boston Latin Academy, Mystic Valley, and Lynn Classical.

GOLFERS EDGED IN SEASON-OPENER

The Winthrop High golf team came close to giving new head coach Jack Wallace a victory in his head coaching debut.. But as we all know, close only counts in horseshoes and the Vikings came up just short by a score of 37.5-34.5 to Northeastern

Conference rival Peabody last Friday at the Winthrop Golf Club (WGC).

"It was a great match and the team performed pretty well," said Wallace.

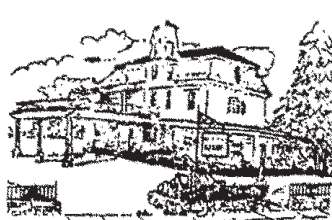
The 2023 Viking linksmen will be led by senior captain Eli Wickham, who will be joined on the team by Tomas Babine, Louk Belghiti, Daniel Connolly, Andrew Faretra, Jake Galuris,

Declan Howard, Ryan Murphy, Joseph Rich, Nikita Rossi, Esteban Sierra Torres, Peter Silverman, and Dylan Sykes.

Wallace and his crew play at Marblehead today (Thursday) and will make the long bus ride to Gloucester next Wednesday before returning home to host Saugus at the WGC next Thursday.

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May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
The rains fall soft upon your fields
and until we meet again
May God hold you in the hollow of His hand

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The Nine of Us



Second Anniversary



Diana Wasson

August 27, 2021

Remembering you is easy,
we do it every day,
but missing you is a heartache
that never goes away

I'd like the memory of me
to be a happy one.
I'd like to leave an afterglow
of smiles when life is done.
I'd like to leave an echo
whispering softly down the ways,
Of happy times, laughing times
and bright & sunny days.
I'd like the tears of those who grieve
to dry before the sun,
Of happy memories that I leave
when life is done.

We love and miss you every day,
The Wasson Family

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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: COAReception@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, September 7
9:00am-3:00pm: Medical Pedicures
9:00am-10:30am: Exercise Class (\$1)
10:30am-12:00pm: Red Hatters
12:00pm-12:30pm: Lunch-Dine In / Grab and Go Lunch Pick-Up
12:45pm-3:00pm: Bingo

Friday, September 8
10:00am-11:00am: Line Dancing (\$5)
10:00am-12:00pm: Ceramics (\$3)
11:00am: Grab and Go Lunch Pick-Up
11:00am-12:30pm: Creative Writing Workshop

Monday, September 11
10:00am-11:00am: Yoga with Kathleen (\$5)
11:30am-2:30pm: Game Day/Mahjong
12:30pm-2:30pm: Art Class with Dawn (\$6)

Tuesday, September 12
9:30am-10:30am: Exercise Class (\$1)
10:30am-1:30pm: The Stories We Tell
11:00am- Grab and Lunch Pick-Up

Wednesday, September 13
9:30am-11:00am: Friends of WCOA Meeting
9:30am-10:30am: Yoga with Kathleen (\$5)

10:30am-11:30am: Zumba with Cindy (\$5)
11:00am: Grab and Go Lunch Pick-Up
11:30am-12:30pm: Tai Chi/Qi Gong (\$5)
1:00pm-3:00pm: Shine Counseling
1:15pm-2:45pm:

Please note: There will be no exercise class on September 19 or 26

Bowling will Resume at the Elks on Tuesday, September 12

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

Bereavement and Caregiver Support Group: September 6th & 20th (10am). The group meets on the 1st & 3rd Wednesday of each month. All are welcome to attend.

Blood Pressures: September 5th & 19th (11am-12pm) The 1st & 3rd Tuesday of each month. No appointment required.

Coffee & Conversation: September 21st (10:30am) Join us on the third Thursday of each month for an informal chat, and some coffee and cookies too!

Council on Aging Meeting: September 14th (10:30am)

Friends of WCOA Meeting: September 13th (9:30am)

Medical Pedicures: September 7th (9:00am-3:00pm) Barbara Ullman, RN, a register nurse and pedicurist from Seen Your Feet will be at the Senior Center to do nail clipping. Cost: \$20.00 (cash only). Appointment required. To Schedule, please stop by the front desk or call the Senior Center.

Summer BBQ sponsored by the Winthrop Police & Fire Departments: September 26th (12:00 pm)
Cost \$1 (sign up at front desk; space is limited) Join

us for our annual Police & Fire BBQ. Entertainment will be provided by John & Lori Wadkins.

Red Hatters Meeting: September 7th (10:30am)

Representative Turco Office Hours: September 18th (10:00am-11:30am) State Representative Jeffrey Turco will be holding office hours at the Senior Center on the third Monday of each month. No appointment required.

Shine Counseling: September 13th (1:00pm-3:00pm) Our SHINE Counselor, Charles Randall, is available to help you with any health insurance questions you may have. Appointments are required; To schedule, please stop by the front desk or call us at 617-846-8538.

The Stories We Tell: September 12th (10:30am) Are you a storyteller? Do you have an interesting story you would like to share with others? WCAT will be at the Senior Center on Tuesday September 12th to record your story for their show “The Stories We Tell”. If you would like to share a story, please sign up at the front desk.

Technology Class: **September 26** (10:00am-12:00PM) Volunteers will be available to help you with any tech support you need . If you would like to attend, please sign up at the front desk, or call the Senior Center.

Programming & Activities

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

Know the signs of Stroke and Be Fast: October 25 (12:30) Speaker: Gwen Larsen PT, DPT. Community Outreach Coordinator for Tedy’s Team Center of Excellence in Stroke Recovery, MGH Institute of Health Professionals. Acting fast at the first symptoms of stroke for yourself or someone you know is critical. People who arrive at the emergency room within three hours of their first symptoms often have less disability three months after a stroke than those who have received delayed care. Through this interactive educational session learn what a stroke is, how to recognize initial symptoms, and what emergency treatments are available. Be informed and be fast-it might even save a life!

Mass General Hospital Blood Pressure Clinic: October 10 (10am-2pm) MGH will be offering a blood pressure clinic at the Senior Center. No appointment necessary, just stop by!

Legal Aid Q&A Session: October 4 (1pm) 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.

Suffolk County Sheriff-Senior ID Program: October 10 (10:30am-12pm) The Senior ID Program provides seniors with a free medical identification card. This card provides important information to emergency first responders when the holder is unable to communicate. The ID cards include a photo of the cardholder, their name, address, blood type, emergency contact and other information as the holder requests, which might be important to an EMT or other First Responder. Sign-up at the front desk.

Upcoming Trips

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

Tuesday, October 3, 2023: New Hampshire’s Turkey Train: Join us as we travel to central New Hampshire and Lake Winnepesaukee on a deluxe motorcoach for a day of fun and the wonderful sights of Fall Foliage. Arriving in Meredith, NH, you will board the Turkey Train and head to the dining car for a turkey luncheon provided by Hart’s Turkey Farm. Space is limited; sign up now!
Cost: \$149.00 Make checks payable to Friends of WCOA

Years // CONTINUED FROM PAGE 5

that Dalrymple would have been just as capable of breaking down the apartment door as any of the male officers. Martell further found that subsequent conversations by Dalrymple with Selectman Richard Bangs, then-Police Chief David Rice, and Lieut. Richard Griffin evidenced that Dalrymple "was subject to an environment that was hostile to women." Dalrymple, who has filed a number of other grievances since joining the police department in 1982, reportedly has two other discrimination suits pending against the town.

Newly-appointed Tax Collector Andrew Maylor said the town has to go after its back taxes. Maylor said the amount totals \$1.4 million from overdue property taxes and motor vehicle and boat excise taxes.

A capacity crowd turned out last week at the Elks Lodge for the retirement party for Marie Turner, who took advantage of an early-retirement

incentive passed by Town Meeting last spring after serving for 31 years as a town employee in various capacities, most recently as Town Clerk. Turner, who will continue to serve on the Board of Selectmen, received citations from State Rep. Robert DeLeo, State Senator Bob Travaglini, and Suffolk County D.A. Ralph Martin, among others.

The police union membership, declaring that contract talks with the town are at an impasse, has voted to send the matter to arbitration.

40 years ago September 16, 1983
At a meeting with MDC officials to discuss the proposal for a new sewage treatment plant for Deer Island, town officials and members of the Winthrop Concerned Citizens group were informed of legislation that would create a new and independent sewage authority for the Metro Boston area. Selectman Robert E. Noonan suggested that Winthrop residents

should be exempt from sewer fees because of the impact that construction of a new treatment plant will have upon the town.

The new No Parking signs ordered by the selectmen were posted this week along Washington Ave. and Pleasant St.

Winthrop police have received numerous reports of boat break-ins in recent weeks,

50 years ago September 12, 1973

Police have been kept busy in the past few weeks with the escape of three inmates from Deer Island and numerous reports of boat and auto breaks. Sgt. Griffin and Lieut. LaMonica nabbed two men whom the officers caught in the act of breaking into a boat at the Cottage Park Y.C.

Community Sex Education Inc. will begin a six week course at St. John's Episcopal Church starting this week.

Marilyn Levin was installed as the new President of the Temple Tifereth Israel Sisterhood. She succeeds Mrs. Adele Gass in that post.

Miss Donna Rose Segreti was wed to Thomas Reilly Jr. on August 18 at St. Basil Roman Catholic Church in Pittsburgh, PA.

Barbara Streisand and George Segal star in The Owl and the Pussycat at the Winthrop Cinema. Butterflies Are Free is playing at the Winthrop Cinema.

60 years ago September 12, 1963

In order to comply with the recent U.S. Supreme Court ruling regarding school prayer, the School Committee voted to adopt the recommendation of Mass. Atty. General Edward Brooke to have classes start each day with one minute of silent meditation

followed by the Pledge of Allegiance.

The St. John the Evangelist Missilemen Drum and Bugle Corps took home first place at this past weekend's Boston Archdiocese CYO competition.

The legislature has passed the emergency bill filed by Gov. Endicott Peabody that will provide state funding for the dredging of the Winthrop inner harbor mudflats that hopefully will eliminate the problem of the foul odors from rotting sea algae at low tide that has plagued the Winthrop coastline for the past few summers.

70 years ago September 10, 1953

Winthrop officials and residents are girding for an all-out battle to fight the Rapid Transit bus company's proposals before the State Department of Public Utilities for fare hikes and the reduction of services that would entail the elimination of early-bird morning runs and make for longer waits between buses throughout the day.

Winthrop served as a welcome harbor for fog-bound boaters and fishermen Sunday night. In one incident, the Fire Department was called upon to assist 15 passengers, including several children, aboard a 40-foot cabin cruiser that had run aground on Faun Bar.

The children of Wave Way Avenue held a carnival recently to raise funds for the campaign for polio research.

Gov. Christian Herter has announced his appointment of Augustus Loschi as the new Associate Justice of the East Boston District Court to fill an opening created by the retirement of former Presiding Justice Charles Brown

of Winthrop, who stepped down from the bench after serving in the court for 43 years.

Albert Sherman of Winthrop has been named the Chairman of the Metro Division of the Combined Jewish Philanthropies Appeal for 1953-54.

80 years ago September 18, 1943

The USO Block Party held at Metcalf Square Saturday was a huge success with more than 1500 persons in attendance. A large bandstand was constructed on the Town Hall lawn and music was provided by the popular 241st Coast Artillery orchestra.

More than 200 persons were on hand for the wedding of local residents Lieut. Thomas E. Key and Frances L. Hancock at the Methodist Church Saturday.

Clothing donations are being sought for the Russian War Relief Fund.

90 years ago September 16, 1933

More than 500 persons attended the second annual Flower Show put on by the Garden Club of the Winthrop Woman's Club held at the Elks Hall Monday evening.

100 years ago September 13, 1923

The first season of the attractive putting green across from the Winthrop Arms Hotel proved to be a great success. Jacob Moss won the handsome silver bowl presented by Mr. Hall as a first place prize in the competition held on Labor Day.

The annual meeting of the Highlands Improvement Association will be held at the Winthrop Arms September 17.

Young Frank Trainor is

recovering at Children's Hospital in Boston after receiving a pint of blood from his brother Thomas. Frank is believed to have become ill after eating fruit from a tree that had been sprayed. His four year-old brother died from the same cause.

The Winthrop High Class of 1922 will hold its first reunion Friday evening at the Cottage Park Yacht Club.

110 years ago September 13, 1913

South Boston businessmen have joined Winthrop residents in the fight to eliminate the garbage burning plant on Spectacle Island that has been befouling the entire harbor with noxious odors. The company that operates the plant is under contract with the Boston Sanitation Department.

120 years ago September 12, 1903

The baseball game between the police and fire departments at Ingleside Park Sunday afternoon furnished heaps of fun. There was no important talent on either team, as it was apparent some had not caught a ball in more than 10 years.

130 years ago September 15, 1893

General press reports indicate that the times are getting better. Bank deposits are said to be increasing, funds are more easily obtainable, and factories have started up. The resources and energy of the nation soon will place our country on the road to prosperity.

Dr. Washburn Page and his genial wife gave a corn roast on the beach for their friends recently. There were two huge bonfires and ample corn for all.

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A Is for Apple

(and Amazing, Appetizing, Apple-icious Recipes)

FAMILY FEATURES

Crisp, juicy apples are one of this country's favorite fruits. Fresh and whole, sliced up with dips or baked into treats — there are hundreds of ways to enjoy a good apple. And there are a dizzying number of varieties to choose from.

The Jazz apple is a fairly new kind of apple with a tangy-sweet taste and a resounding crunch. This all-natural Royal Gala and Braeburn cross is available in a wide range of sizes, making it easy to find just the right one for the kids' lunch boxes or for adding to a fresh salad. Its firm texture holds up well to baking, too, adding new life to old favorites like apple pies, crisps and tarts.

These apple-icious recipes take advantage of Jazz's unique flavor and will earn a place on your list of favorites, too:

- Get jazzed about salsa with Chilled Out Apple Salsa — a sweet and sassy combo that's great for dipping or topping your favorite quesadillas.
- Tender greens, Jazz apples, hazelnuts and bleu cheese topped with balsamic vinaigrette will have guests singing the praises of Rae Ann's Jazz & Blues Salad.
- With a name like Jazz, how could there not be a recipe for New Orleans Beignets? Serve these with your favorite coffee for a morning treat or an after-dinner riff on dessert.

Available in limited amounts worldwide since 2003, Jazz apples from Enza are now grown in both Washington and New Zealand, making them available the entire year — from November to April from the Pacific Northwest, and May to October from the fruit bowl of the Pacific. Grown by a limited group of the world's finest apple growers, Jazz apples are grown under stringent standards to ensure the same great flavor in every apple. And their incredible shelf life means you can keep them in the fridge for up to a month and enjoy their delicious difference for a long time.

For more recipes and additional information on Jazz, visit jazzapple.com. See what people are saying on Twitter at twitter.com/jazzapple and Facebook at facebook.com/jazzapple.

Chilled Out Apple Salsa

- 2 Enza Jazz apples, cored and diced
- 2 cups tomatoes, peeled and diced
- 1 celery stalk
- 1 onion, diced
- 1 green pepper, diced
- 1 1/2 teaspoons salt
- 1 tablespoon cider vinegar
- 1 tablespoon sugar
- 1 green chili pepper, chopped

Combine all ingredients; if finer texture is desired, put through food grinder using fine blade. Cover tightly and chill overnight. Serve with chips or as a topping for cheese quesadillas, tacos or nachos.

An Apple a Day ...

Recent studies have shown that apples can be a vital force in preventing cardiovascular disease, asthma, Alzheimer's, cancer and obesity. A medium-sized apple is a good source of dietary fiber, and has flavonoids that may improve memory and learning, according to The Journal of Nutrition Health and Aging.

New Orleans Beignets

Makes 15 beignets

- 1 whole egg
- 3 tablespoons superfine sugar
- 1/2 cup milk
- 1/4 teaspoon vanilla extract
- 3/4 cup flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 2 Enza Jazz apples, cored and sliced into matchsticks
- Oil for deep frying
- Confectioner's sugar for dusting

Separate egg and mix yolk with 2 tablespoons sugar. Stir in milk, vanilla and dry ingredients and mix until smooth. Leave batter mixture to rest in the fridge for 20 minutes.

Whisk egg white to form soft peaks. Gradually whisk in remaining sugar. Gently fold egg whites and apples into batter.

Heat deep frying oil to a high heat (340°F). Spoon small scoops of batter carefully into oil. Cook until golden on each side. Lift out and place on paper towels to drain. Dust with confectioner's sugar and serve immediately.

Recipe courtesy of Chef Geoff Scott

Rae Ann's Jazz & Blues Salad with Balsamic Italian Vinaigrette

Makes 4 servings

- 1 package baby greens salad mix
- 2 medium sized Enza Jazz apples, skin on, cored and diced into large chunks
- 1 cup crumbled bleu cheese
- 1 cup crushed hazelnuts

Balsamic Italian Vinaigrette:

- 1 1/2 teaspoons Mrs. Dash (or similar)
- 1 1/2 teaspoons garlic salt
- 1/8 teaspoon dried parsley flakes
- 1/8 teaspoon garlic powder
- 1/16 teaspoon onion powder
- 1/16 teaspoon oregano
- 1/8 teaspoon basil
- 1/8 teaspoon paprika
- 3/4 teaspoon sugar
- 1/16 teaspoon pepper
- 3 tablespoons water
- 1/2 cup oil
- 1/8 cup red wine vinegar
- 1/8 cup balsamic vinegar
- 1/2 tablespoon fresh garlic, minced (optional)

For vinaigrette, combine dry ingredients in a sealable plastic bag and shake vigorously. Mix water, oil, vinegar and garlic in a salad dressing cruet or a blender. Once well mixed, add blended dry ingredients and shake or mix vigorously.

In salad bowl, lightly dress baby greens; mix with the vinaigrette. Add apples, bleu cheese and hazelnuts, and gently toss salad until well mixed. Serve immediately.



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LEGAL NOTICES

LEGAL NOTICE
DEPARTMENT OF ENVIRONMENTAL PROTECTION WATERWAYS REGULATION PROGRAM
Notice of License Application pursuant to M.G.L. Chapter 91 Waterways License Application Number 22-WW01-0153-APP
Applicant: Paul Flanagan
Project Location: 3 Lorean Terrace, Winthrop, Suffolk County
Public Comments Deadline: October 06, 2023
NOTIFICATION DATE: September 07, 2023
Public Notice is hereby given of the Waterways Application by Paul Flanagan to install and maintain a private docking facility consisting of a 4-foot wide by 310-foot long pile-supported timber pier connecting to a 4-foot long pile-held floating dock located in/on/over flowed tidal lands of Boston Harbor, Winthrop, Suffolk County. The proposed project has been determined to be water-dependent. The Department will consider all written comments on this Waterways Application received by Friday, October 6, 2023 (Public Comments Deadline). Failure to any aggrieved person or group of ten (10) citizens or more to submit written comments to the Waterways Regulation Program by the Public Comments Deadline will result in the waiver of any right to an adjudicatory hearing in accordance with 310 CMR 9.13(4) (c). The group of citizens must include no less than five (5) citizens who are residents of the municipality in which the proposed project is located. A public hearing may be held upon request by the Municipal Official. Project plans and documents for this Waterways Application are on file for public viewing electronically at: https://eeaonline.eea.state.ma.us/EEA/PublicApp/ (enter 22-WW01-0153-APP in the Search Page as the Record ID). If you need assistance, please contact ivan.oraes@mass.gov or if you do not have access to e mail, please leave a voice mail at *857)276-3013 and you will be contacted with information on alternative options. It is recommended that documents and correspondence be filed electronically with the email address specified above, when possible, alternatively, comments may be mailed to Ivan Morales at MassDEP Waterways Regulation Program, 100 Cambridge Street, 9th Floor, Boston, MA 02114.
9/07/23 W

LEGAL NOTICE
COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT Suffolk Probate And Family Court 24 New Chardon Street Boston, MA 02114 (617)788-8300
CITATION ON PETITION FOR FORMAL ADJUDICATION Docket No. SU23P1851EA
Estate of: Eleanor L. Brooks
Also known as: Eleanor Brooks
Date of Death: 03/27/2023
To all interested persons: A Petition for Formal Probate of Will with Appointment of Personal Representative has been filed by Karen T. Chinitz of Newton, MA and. Howard D. Brooks of Marblehead, MA and Adam Y. Brooks of Matthews NC be appointed as Personal Representative(s) of said estate to serve Without Surety on the bond in unsupervised administration. IMPORTANT NOTICE You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 10/11/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty days (30) days of the return day, action may be taken without further notice to you. UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC) A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration. WITNESS, Hon. Brian J. Dunn, First Justice of this Court. Date: August 30, 2023 Vincent Procopio,

Register of Probate 9/07/23 W

LEGAL NOTICE
CONSERVATION COMMISSION LEGAL NOTICE
NOTICE is hereby given that in accordance with the provisions of Chapter 131, Section 40, Massachusetts Wetlands Protection Act and Winthrop Town By-Laws, that the Conservation Commission will hold a Public Hearing on September 20, 2023, at 7:00 P.M. via Zoom on the Notice of Intent from Jason Osburn, 332 Revere Street, Winthrop, MA for the demolition of the existing deck and construction of an addition and a new deck. PROJECT LOCATION: 332 Revere Street, Winthrop, MA 02152
Join Zoom Meeting https://us02web.zoom.us/j/85268612635?pwd=Smo4M29MRTRFRlYYXZTV0VpampyQT09 Meeting ID: 852 6861 2635
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NOTE: A copy of application may be obtained from the Conservation Office via email (conservation@town.winthrop.ma.us) or calling 617-846-4344 x2701
At said hearing all interested parties shall be given the opportunity to be heard.
WINTHROP CONSERVATION COMMISSION 9/7/23 W

LEGAL NOTICE
CONSERVATION COMMISSION LEGAL NOTICE
NOTICE is hereby given that in accordance with the provisions of Chapter 131, Section 40, Massachusetts Wetlands Protection Act and Winthrop Town By-Laws, that the Conservation Commission will hold a Public Hearing on September 20, 2023, at 7:00 P.M. via Zoom on the Notice of Intent from Donald Falzarano, 24 South Main Street, Winthrop, MA for the construction of an addition to an existing single-family dwelling. PROJECT LOCATION: 24 South Main Street, Winthrop, MA 02152
Join Zoom Meeting https://us02web.zoom.us/j/85268612635?pwd=Smo4M29MRTRFRlYYXZTV0VpampyQT09 Meeting ID: 852 6861 2635
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At said hearing all interested parties shall be given the opportunity to be heard.
WINTHROP CONSERVATION COMMISSION 9/7/23 W

LEGAL NOTICE
PUBLIC HEARING DATE OF SEPTEMBER 19, 2023
Notice is hereby given in accordance with Section 2.9 (c) of the Code of the Town of Winthrop that the Winthrop Town Council will conduct a Public Hearing on Tuesday, September 19, 2023 at on/about 7:00 PM In the Harvey Hearing Room that the Town Council vote to transfer \$49,000 from the Group Insurance Town line to a new Special Article line, to pay the replacement of the stairs in the public way connecting Hermon Street and Walden Street Denise Quist
Town Clerk/Council Clerk 9/7/23 W

DO YOU NEED TO RUN A LEGAL NOTICE?
DON'T FORGET TO CHECK WITH THE COURTS TO SEE IF YOU QUALIFY FOR A FEE WAIVER

BOOK REVIEW

"The Economists' Hour" False Prophets, Free Markets and the Fracture of Society

By Binyamin Applebaum
Reviewed By Bernie Kelly

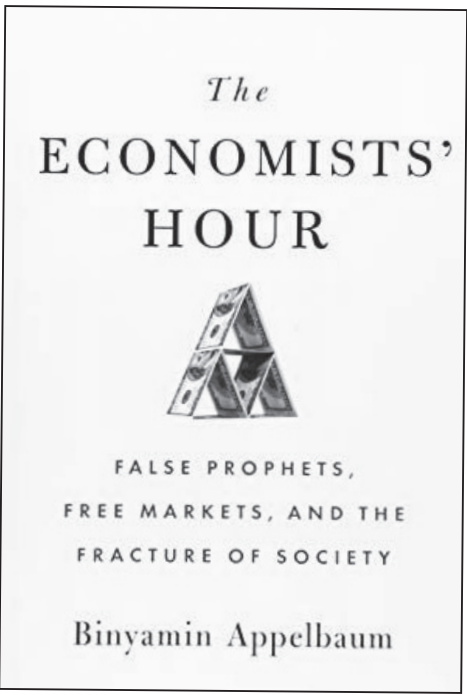
This book is an excellent study of the fluctuations in the lives and livelihoods of economists. Economics, "the Dismal Science" as it was monitored, reached its heyday in the latter part of the Twentieth Century and the early portion of the Twenty First Century. The two most important practitioners of this field of study were John Maynard Keynes, who had a major influence on the U.S. Government's intervention during the Great Depression of the 1930's and Milton Friedman, who later opted for a resurgence of the free-market society that came into volve from the 50's to the 90's. Both men were brilliant economists. Their brethren in the field, on the other hand, did not fare as

well, suffering from low salaries and truncated financial options. This book is divided into three parts. Thankfully each of these sections were entertaining, and even engaging. Part 1 includes a chapter entitled "Friedman V. Keynes, which highlights the ideological debate between these two intellectual giants. There is also a chapter entitled "One Nation Underemployed," which frames the eternal struggle between high unemployment and high inflation. Richard Nixon, for instance, campaigned against LBJ's Great Society programs, averring that the high employment figures of the Johnson years came at the cost of high inflation and consumer discontent. Part 2 is a Friedman

envisioned scenario during which corporations achieved a dominant role. One of the chapters is captioned "Freedom from Regulation" which is pretty much self-explanatory. According to Friedman, corporations should be given free rein to regulate themselves. This seems like a fallacy, but Fredman swore by it. Part 3 is the final section of this missive of this missive. In particular the author focuses on the recessions in Chile. "Milton Friedman was widely portrayed as the Godfather of Chile's economic transformation." In fact, he went on to win the Nobel Prize after his trip to the South American country. As usual, he had pushed for a free market solution to their economic difficulties. This despite the

severe poverty that racked the region. In the conclusion of the book, Mister Applebaum details the efforts of the Federal Reserve to combat unemployment following the Great Recession. This effort was taken up after a decades long effort to curb inflation. Ben Bernanke, the Chairman of the Fed, and Janet Yellen, his successor are singled out for praise. Binyamin Applebaum is a talented literary lion. He seems to have a penchant for the old Keynesian government sponsored approach to the economy. One could say that he was in the classical liberal tradition. Speaking of economics, Applebaum is no slouch himself, having written about economics and business for the New York

Times editorial pages from 2010 till 2019. He was also a correspondent for the Times, covering the aftermath of the financial crisis for that esteemed newspaper. Before that he wrote for the Charlotte Observer, where his reporting on subprime lending won a George Polk Award. He was also a finalist for the Pulitzer Prize. Applebaum writes in a tightly controlled concise fashion and he engages the reader's attention.



I heartily recommend this narrative-it's actually fun to read. It is not too complex. You'll enjoy every page. Give it a try!

Bernie Kelly

Gov. Healey declares September as Campus Fire Safety Month

Special to the Times

Governor Maura T. Healey has declared September to be Campus Fire Safety Month in Massachusetts, and fire officials are reminding students, parents, and others to be sure their living spaces have working smoke alarms and carbon monoxide (CO) alarms, and that they know two ways out in an emergency. State Fire Marshal Jon M. Davine said 2,608 fires occurred in student dormitories, fraternities, and sororities in Massachusetts between 2018 and 2022. These fires caused six civilian injuries, 11 fire service injuries, and more than \$3 million in damages. Fire officials are espe-

cially concerned about fire safety in apartments and other types of off-campus student housing, where two college students died in separate, unrelated fires in 2013. "Fire safety is vitally important whether you live in a dorm, apartment, single-family home, multifamily dwelling, sorority, or fraternity," said State Fire Marshal Davine. "Everyone should have working smoke and CO alarms on every level of their residence and know two ways out in an emergency. In the event of a fire, don't waste precious time retrieving personal belongings – get out, stay out, and call 9-1-1." He also noted that fire safety precautions should

remain in place all through the year. Windows, doors, and stairways should always be clear of boxes, furniture, bicycles, and anything else that might hinder an escape. Fire doors should never be blocked or chocked open. And smoke and carbon monoxide alarms must remain operational all year long, as required by law. "If your rental doesn't have smoke and carbon monoxide alarms, insist on them," said Hyannis Fire Chief Peter J. Burke, Jr, who serves as president of the Fire Chiefs Association of Massachusetts. "Landlords are required to provide them, but don't spend a single night unprotected in the meantime. For the price of a pizza, you can go to a hardware store and pick up smoke and CO alarms that could save your life. Choose photoelectric smoke alarms with sealed, long-life batteries. Test them once a month to be sure you're protected, and never, ever disable them." Working alarms, clear exit routes, and a practiced plan for using them are crucial for when a fire breaks out, but students can also take steps to prevent them from starting in the first place:

- Electrical: Always plug appliances such as air conditioners and space heaters into wall sockets that can handle the current, not power strips or extension cords. Don't overload outlets with multiple devices.
- Heating: Turn space heaters off when leaving the room or going to sleep. Never leave a space heater unattended.
- Cooking: Stand by your pan! Don't leave pots and pans unattended on a lit stovetop, and keep

flammable items away from burners. In the event of a grease fire, smother the flames with a lid and then turn off the heat. Cook only when you're alert, not when you're drowsy or impaired.

- Candles: Never leave candles burning unattended. Extinguish them before leaving the room. Even better, switch to battery-powered candles.
- Lithium-Ion Batteries: Use the charging equipment provided by the manufacturer and discon-

nect it when the device is charged. Charge phones, laptops, e-cigarettes, e-bike batteries, and other devices on a hard and stable surface – never a bed, couch, or pillow. If you notice an unusual odor, change in color, change in shape, leaking, or odd noises, stop using the device right away. If you can do so safely, move it away from anything that can burn and call your local fire department.

Williams Jr High School
180 Walnut St.
Chelsea, MA

Life Issues

Resource & Volunteer Fair

11th Annual

Tiaras & Smiles Face Painting

Awesome Rob Magic Show

Happy Kids Entertainment—Balloon Animals

K9 Demo Food and Water

Resource Organizations from Boston and the North Shore

THOSE WHO CAN FOR THOSE IN NEED
Winthrop, MA www.twctin.org

Please join us on Saturday, September 9, 2023 from 11am to 2pm for our 11th annual resource and volunteer fair. Food and entertainment for all. Community resource organizations from Boston and the North Shore areas will be in attendance.

For more information contact Judie at judie@twctin.org or 617-462-57419

Williams Jr High School is located across the street from the MA Tech Building. Parking is available on the street and in the lot next to the school.

Saturday, September 9, 2023
11am - 2pm

Charlestown
Everett
Lynn
Chelsea
Revere
East Boston
Winthrop

Independent Newspaper Group Weekly Classifieds Section

APARTMENT FOR RENT

LYNN - Diamond District
Beautiful, 3 bdrm apartment. Walk to beach, super clean. Owner occupied-available now. \$2,600. 617-529-0879 8/23

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1.800.ACS.2345
Hope.Progress.Answers.

American Cancer Society

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List your property with one of the fine realtors who advertise regularly in the...

Winthrop

SUN TRANSCRIPT

Published by the Independent Newspaper Group

SOLD

CITY PAWS

Dog Walking Etiquette

By Penny & Ed Cherubino

September is the month when we meet many new dogs on our walks. Some of these dogs and their people will be familiar with city life and the particular behaviors required of canines and their guardians in crowded urban areas. Others must learn the etiquette, dangers, and joys of walking a dog in their new neighborhood.

The Whole Dog Journal recently published an article by John Strassburger on dog-walking etiquette. Strassburger highlighted a few tips for responsible dog walks. The key ones were “Pay Attention to Your Dog,” “Don’t Text and Walk,” “On Leash,” and “Carry Poop Bags.” We agree with all of those.

Walks Are Dog Time

The next time you walk around your area, pay attention to people with dogs. How many of them

are tuned into their dog, engaged with and interacting with their companion, and how many are multi-tasking? It's so sad to see a dog looking up at the person by their side, time after time, only to have the person they adore ignore them.

Yes, there are times when we all have to take a call or reply to a text. We suggest you stop walking when this happens, ask your dog to sit by your side, put one foot on the leash to hold the pup in place, and keep the distraction as short as possible. If you can find a place to sit on a bench while you're distracted, that's even better.

If this sounds overly restrictive, think about how you would react if you saw the professional you paid to walk your dog on the phone the whole time they were doing their job. You are a dog walker when you hold the leash

and should try to perform to the same standard you expect of others.

Obey the Laws

Massachusetts law requires all dogs over six months of age to be licensed in their local city or town. You'll need proof of rabies vaccination to obtain a license. In addition to assisting in reconnecting a lost dog with their family, an accurate count lets the municipality know just how many residents need recreation and other services for their dogs.

Dogs may not be off-leash in Massachusetts unless in a legal off-leash recreation area. Cities and towns may have different requirements for the length of leashes, how many dogs you can own or walk, and specific requirements of animal keepers. For example, in Boston, your leash must be ten feet or less in length. This ordinance effectively makes



If you have to take a call or reply to a text during a dog walk, pause and have your dog sit by your side or share a bench with the pup while you're distracted.

most extendable leashes illegal in addition to being dangerous to you, your dog, and everyone around you.

Pickup After Your Dog

You're required to pick up dog waste and dispose of it properly. It's so easy to carry a roll of pickup bags. Yet, we often find people who only had one bag, and the dog went

twice. We're happy to give them a bag from our stash when we notice their dilemma or they ask.

Extra bags are a great way to deal with scofflaws who don't pick up. We routinely pick up stray waste. We also offer a bag to someone who begins to walk away without picking up. We get their attention with the words,

"Excuse me, you dropped something!" This phrase always causes the lawbreaker to snap around to discover what they dropped. We hand them a bag and go on our way.

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

NatGrid submits plans for modernization of its energy distribution system in State

Special to the Transcript

National Grid submitted its Electric Sector Modernization Plan (ESMP), the Future Grid Plan, to the Grid Modernization Advisory Council (GMAC) outlining the critical investments needed in the local electric distribution system over the next five years and beyond to meet the Commonwealth's nation-leading climate change, clean energy, and equity goals as established in the 2050 Clean Energy and Climate Plan (CECP). As part of National Grid's commitment to delivering a fair, affordable, and

clean energy future for all its customers, the Plan outlines a comprehensive and flexible path designed to expand and upgrade the current electric distribution grid, ensure reliability, enable increased electrification, and empower smart customer choices and the transition away from a fossil-based economy.

"We are at an inflection point in the Commonwealth's energy future. We must continue to invest to achieve our shared goal of accelerating the adoption of climate and clean energy solutions by all customers and communi-

ties across Massachusetts. Today we've submitted a plan that strives to do just that," said Steve Woerner, President, National Grid, New England. "With electric peak demand expected to double over the next 25 years, driven by substantial growth in the use of electric heating and transportation, now is the time to build a future grid that is smarter, stronger and cleaner. We must harness our state's innovative and collaborative spirit to achieve an energy future that works for all."

A Focus on Key Smarter, Stronger, Cleaner Energy Goals

The company's Future Grid Plan details the broad areas of investment and the key role they will play in building a smarter, stronger, and cleaner energy future that:

- Empowers customers to make smart, clean energy choices that work for them;
- Creates a ready, reliable and more resilient grid capable of withstanding more extreme weather and evolving threats;
- Leverages innovation, drives efficiency, and supports greater system flexibility; and
- Enables a more just and equitable energy future that benefits all.

The Future Grid Plan is innovative, customer-cen-

tric, and equity-focused to help ensure that customers and communities across our diverse service area can participate in and benefit from the clean and electrified energy future, while maintaining high quality service and high reliability.

Future Grid Plan: Three Key Areas of Investment

Over the next five years, the company proposes to invest approximately \$2 billion in three key areas to build a clean energy future and meet the Commonwealth's electric-based approach to achieving net zero emissions, which is estimated to double current peak levels of energy demand:

- Network Infrastructure, such as new and upgraded power lines, transformers, and substations to make them stronger, more resilient, and ready to connect more clean and distributed energy and accommodate substantial growth in electric demand.
- Technology and Platforms, such as new planning tools, systems, and processes to drive smarter decision-making. This includes installing state-of-the-art data and monitoring systems to provide greater visibility into how the grid and interconnected devices are operating to ensure system safety and

stability, upgrading IT systems and communications networks to support two-way information flows and control, and providing greater system flexibility, security, and more timely information to customers.

• Customer Programs, such as new offerings and pilots to help customers reduce their carbon footprint, adopt cleaner energy solutions and drive smart energy use, better manage costs, and build community resilience and agency.

"By developing and submitting this Future Grid Plan as our Electric Sector Modernization Plan, National Grid is taking a critical step towards meeting the energy and climate challenges of today and the future," said Nicola Medalova, National Grid New England's Chief Operating Officer. "The Future Grid plan begins to define the scope and scale of what we collectively must do over the coming years and decades to combat climate change and enable a more electrified future, and the policy and regulatory changes needed to make it happen. This is a holistic plan that identifies the system investments and changes needed in the local electric distribution grid, its operations, and how it must perform to benefit all. Most importantly, it offers an opportunity to engage broadly, stimulate ideas, and gain input to ensure this proposal is supportive of and responsive to the needs and expectations of all our customers and communities."

The proposed investments in the Future Grid Plan support the goals set forth in the Commonwealth's CECP of expanding energy efficiency and demand response, advancing the smart electrification of heating and transportation, and accelerating the connection of solar, storage and other clean energy technologies to the local energy grid. The proposed Future Grid Plan builds upon investments that are already underway and approved by the Department of Public Utilities (DPU) in previous proceedings that have put us on a pathway to reducing emissions and increasing electrification.

Ensuring All Customers Are Heard, Engaged, and Benefit

The proposed investments in the Future Grid Plan align with feedback from customers and communities the company has received to date as part of an extensive engagement process in advance of this submission. The scope of this public engagement included outreach to our National Grid Customer Council, comprised of both residential and commercial customers, as well as public officials, local businesses, clean energy groups, nonprofits and community groups and organizations representing Environmental Justice Communities (EJCs).

The investments proposed in this Future Grid Plan are currently projected to have an average annual bill impact of approximately 2% over the first investment period and result in benefits to customers and communities across Massachusetts, including:

- Generating incremental economic activity of \$1.4 billion and 11,000 full- and part-time jobs by 2030.
- Enabling an additional 4 gigawatts of capacity by 2035, enough to support an additional 1.1 million electric vehicles, 750,000 electric heat pumps.
- Upgrading hundreds of feeders to enable the connection of more clean, distributed energy resources.
- Improving local air quality as more cars, buses and trucks are electrified.

National Grid has also proposed a new Equity and Environmental Justice Policy and Stakeholder Engagement Framework and, together with the state's other electric distribution companies (EDCs), a joint Community Engagement Stakeholder Advisory Council to empower communications and give more agency to communities to address historic inequities. The company has also proposed enhancing its existing Workforce Development Program to train the next generation of electric line worker from the diverse communities we serve and expanding partnerships to ensure we are reaching all members of our communities to educate and engage them in opportunities that will come from the clean energy transition.

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