Welcome to the September issue of Kingston Living: By now I’m guessing most of you, including myself, have stocked up on all the regular school supplies. Will there be new school shoes or slippers, classrooms, or kitchen tables? I don’t even dare to guess. So much can change by the time the September issue hits your mailbox, I’d like to send a big heartfelt Thank you to our school committee members, along with our principals and educators. I know it has not been easy on all of you and I for one appreciate all the time and hard work you have put in for our kids. Regardless if you are sending your children to school in person or choosing to keep them home for remote learning, I wish you all the best start of a new school year.

This month we meet the softball loving Craft Family. They are truly some of the nicest people you could ever get to know and they give back to the town in a big way. Both mom and dad volunteer with KYBSO and do so much for the game of softball in Kingston. I thoroughly enjoyed getting to know their history. One thing is for sure Kingston hit a homerun with the Crafts.

We are lucky to have received another submission from The Kingston Garden Club. This month Dorothy Ocksrider gives us a history lesson on the Faunce School where the garden club holds their meetings. Dorothy is 85 years young and a longtime member of the KGC. Thank you, Dorothy! There is also a special Thank you message from the Harbor Master recognizing how the town pulled together in our recent storm/power outage.

If you would like to contribute an informative and or educational article, recipe, artwork, your child’s writing, a book review, your thoughts, ideas and photos to: Jdillon@bestversionmedia.com.

To learn more about becoming an expert contributor, contact BVM, Samantha Wiebersch at swiebersch@bestversionmedia.com

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To learn more about becoming an expert contributor, contact BVM, Samantha Wiebersch at swiebersch@bestversionmedia.com
a highly respected town coach, who has put in countless hours on the fields, schooling Kingston girls in the art of softball. Daughter Anna Craft is an avid softball player who has been playing since she was eight years old. Anna was part of the 10 U Kingston Kannon team that won States in 2018 and you may spy her name on one of the banners hanging at the fields. The Craft family also includes 25-year-old Paige. Paige is Jay’s daughter from a previous marriage, she has grown up with Jenn and they have always been a unified family unit. You may notice Paige is not pictured in the photo on the cover, but as a 25-year-old young lady, she is busy with her own life and work schedule. Although she was absent for this photoshoot, she is very much a part of the Craft clan. Paige does not play softball but is a very gifted artist and catches her sister’s games when she can. Last but not least is beautiful Ginger, the family’s six year old Boxer. Ginger is not just there to look pretty and be a good girl, (mind you she is very good at that) but she is also a fully trained service dog.

Jay and Jenn were set up on a blind date by friends and met for coffee. One thing led to another and the two were married in October of 2012. The Crafts live close to the High School and share a residence with Jay’s parents, Pete and Linda. Jay was adopted as a baby and says he couldn’t have been loved more by any other parents. Jay shared with me that his dad Pete used money from a bowling competition for his adoption fees. He has always been a very loyal son and looking out for his parents is still very important to him. Jenn fits right into that mindset because she is also very family orientated and looks out for those she feels close too. Jenn told me she loves living on the same grounds as her in-laws because it’s not only great for Paige and Anna to be so close to their grandparents, but it makes it easier for Jay and Jenn to help with the property maintenance and any needs Pete and Linda might have as they get older.

Jay is a graduate of Silver Lake here in Kingston and was already enlisted in the ARMY before he earned his diploma. Jay’s father was in the service and the Crafts have military family ties that lead back to the Civil War. Jay said, “I just knew it was always something I wanted to do”. After completing Boot Camp Jay was stationed in Germany and spent his first overseas tour in Vilseck Rose Barracks. While in the service Jay attended Central Texas College, where he focused on general studies and diesel mechanics. Jay continued

Anywho who has been down the bumpy dirt road that leads into the Opachinski sports complex, better known to us Kingston families as Pottle Street Fields, has more than likely seen one of the members of the Craft Family. To say this family is softball obsessed is an understatement. Dad, Jay Craft serves on the Softball Committee and is the director of field and facilities for KYBSO (Kingston Youth Baseball and Softball Organization). It is fairly common to see Jay whipping between the fields on the Sand Pro, AKA 3 wheeler. Mom Jennifer Craft is

The Craft Girls Paige and Anna

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RESIDENT FEATURE

Being Yourself With The Crafts

BY JULIE DILLON | PHOTOS BY VANESSA LARA: SUNFLOWER PORTRAITS

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through her entire youth being on the Pembroke girls All-Star team. Jenn made the varsity team as a freshman at Silver Lake and continued playing in college. Jenn went on to study Exercise Science at Mount Ida College and spent her career working in the field of physical rehabilitation with the elderly. Until our recent predicament of living in a pandemic society, Jenn was working at Wingate at Silver Lake as a Rehab Technician. Jenn made the difficult decision to leave Wingate to keep her immediate family safe during this health crisis. Both Pete and Linda, Jenn’s in-laws have health issues that make them immunocompromised. Jenn told me “this was the best decision for my family.” As mentioned earlier Jenn is a well-respected town coach and is also employed as the head freshman coach at the high school. Additionally, Jenn spends time as Anna's assistant coach for her club softball team with the South Shore Chaos organization. I told you they were fanatics! Jenn, like all of us, is unsure what the upcoming school year will bring and how that will affect sports, but she tells me she is looking forward to a season either in person or virtual. Jenn is a wonderful person and neighbor and being one of the lucky ones able to call her a friend, I can attest to the fact that she is one of the most giving people you will ever meet.

When I asked Jay to tell me something about his wife to include in this article he stated “What do you say about the woman that literally saved my wife to include in this article he stated “What do you say about the woman that literally saved my life? Jenn is compassionate, caring, tolerant, and understanding. She is loving, honest, and incredibly hopeful. It is Jenn’s hope that guides our family”.

Paige was born and grew up in Germany. She holds dual citizenship in the United States and her home country, Germany. Paige moved to Kingston to be with her dad when she was 16 and graduated from Silver Lake. She is no longer living in Kingston but is still on the South Shore. She is building her life here and still stays very close to her family. Anna is eleven and headed into the 6th grade at Kingston Intermediate School. We obviously know she is in love with, you guessed it … Softball, but Anna also loves skateboarding/longboarding, swimming and doing crafts with her mom. Anna’s main position on the field is pitching but she definitely knows every part of the game. Jenn told me “Jays OCD perfection has rubbed off on Anna and it’s a very good thing”. Both Jay and Jenn say Anna has always been psychically active and from a young age, has successfully accomplished hard tasks. She has a ‘never quit attitude’. From what I have learned from this family, it sounds like Anna gets a lot of good qualities from both her parents.

As a family, the Crafts enjoy hiking, fishing, cooking, backyard fires, and camping together. They love all things outdoors and taking Ginger on long walks in the trails behind their house. They grew a sizable garden together this year and are in the process of building a patio in the backyard. The crafts have a “Believe in yourself” motto and have always taught Paige and now Anna to put their best foot forward, “Be yourself and Do you”. If you are in need and they can help, you can count on the fact that they will. They tell me they love all their neighbors and hope to stay right where they are for the long haul.

I feel lucky to call the Crafts my true friends and I feel honored they allowed me the opportunity to feature them as Kingston's September family. If you happen to be down at Pottle Street, say hello to the Crafts, you will be glad you did. I guarantee you will be greeted with a genuine smile. I wanted to take the time to wish Jenn, Anna, Linda, and Ginger, a Happy Birthday. All of these lovely ladies have birthdays in September. I also need to send a shout out to Ginger, the sweetest boxer girl around. What a ham for the camera. I hope you scored lots of treats!
Five-Minute Breakfasts for School Days

BY KADY PARKER

Take your finger off the toaster pastry! And step away from the freezer! School day breakfast doesn’t have to come from behind the frozen peas. On any day of the week, you can whip up these delicious and quick recipes in just about five minutes.

Granola and Fruit Parfait
In a sundae glass, layer fruit (berries are nice), granola and yogurt or ricotta cheese. Throw in a few slivered almonds or chocolate chips if you wish.

Microwave Egg Scramble
Spray the inside of a microwave-safe coffee mug with nonstick spray and crack in an egg or two. Beat with a fork and then zap for 45 seconds on high. Remove from microwave, stir, and place back in for 30-45 seconds longer, or until eggs are set. Top with shredded cheese and salsa.

Avocado Toast
Toast a slice of your favorite bread. Top with half an avocado, mashed. Then, top with whatever you like: everything bagel seasoning, red pepper flakes, tomatoes, a poached egg—even sliced strawberries are divine.

Sunrise Smoothie
In a blender, add a frozen banana, a handful of frozen mango chunks, some shredded coconut and a half-cup of orange juice. Blend and add in more orange juice until desired consistency is achieved.

Jazzed-Up Instant Oats

Tips To Keep Kids Teeth Healthy

BY DR. BRITTON HOLLIS, HOLLIS DENTISTRY

We all want our children to be healthy - during childhood and beyond! But many don’t realize that dental health issues can lead to many other health conditions. Because of that, it’s important to create healthy habits in childhood that will last a lifetime.

So, how can you ensure your children have healthy teeth and gums? These 9 simple steps can help:

1. Start early. Even before your baby’s first tooth comes through, use a damp cloth to gently rub the gums. This removes any harmful bacteria, and makes brushing easier as they grow. When their first tooth breaks through, switch to an infant toothbrush, and be sure you don’t send your baby to bed with a bottle. Milk and formula leave sugar on teeth, which can cause decay at an early age.

2. Don’t share germs. Don’t share utensils, sippy cups, bottles, pacifiers or other items with your children or allow them to be shared with others. Be sure to thoroughly clean items that will be in your baby’s mouth to prevent bacterial infections such as thrush.

3. Be a role model. Kids imitate those around them, so be a role model and demonstrate good oral health habits. When you brush and floss with your child, it becomes a daily routine instead of a chore.

4. Avoid sugary food and drinks - especially in school lunches. When sugar sits on teeth, it causes decay. Model healthy eating habits for your kids and talk to them about the link between sugar and cavities. Everyone needs a treat now and then, so teach your kids to limit their desserts and brush after eating sugary treats.

5. Visit the dentist. Ensure your children visit the dentist twice a year, and show your kids that you keep your dental appointments as well. Over time, this will become a ritual, and your children will continue their regular hygiene visits into adulthood. Children should have their first dental appointment within 6 months of their first tooth or their first birthday, whichever comes first, and then twice a year after that.

6. Talk. Talk to your kids about what they can expect at the dentist. At their dental visit, talk to your dentist about any concerns you have such as crowding, thumb sucking, losing teeth, mouth guards for sports or grinding. Also talk to your dentist or pediatrician about fluoride and let them know whether or not your child gets fluoride from town water supplies. If not, you may need to consider a supplement.

7. Teach proper brushing and flossing. Brush twice a day for at least 2 minutes for healthy teeth. You can set a timer and brush together with your kids. Provide young kids with a small, soft-bristled toothbrush. Show them how to brush all surfaces of their teeth with a very small amount of toothpaste. Once kids understand how to spit, rather than swallow the paste, they can use a pea-size amount. When teeth have grown to touch each other, teach your kids to floss twice a day.

8. Consider Sealants. Talk to your dentist about the option of having your child’s teeth sealed. Sealants can help prevent cavities and resulting fillings. The ultimate goal is to install good habits. If your kids are used to eating healthy foods, brushing & flossing twice a day, and visiting the dentist twice a year, these habits will last a lifetime.
Do you have a child in K-12th grade? Do they have a talent that they would like to showcase? I would love any artwork, book reviews, poems, or anything of interest!! Please submit to me @jdillon@bestversionmedia.com

Drawing done by Jacob Thurston. Jake is a 6th grader at Kingston Intermediate School. “This is one of my favorite drawings, it is a dragon crocodile mix and I used Copic and Chameleon markers to color and a Castle fine-liner to fine line it.” - JT

Great Job Jake, Keep up the good work!!
On Tuesday, August 4th the Kingston Harbor floats/racks were struck by hurricane Isais. Although the extent of damage to boats is yet to be determined, significant damage did occur to the floats/racks the boats were moored on.

I would like to thank the Harbor Deputy and Assistants, boaters, police and fire departments for their generous efforts during this emergency. Further, I would like to acknowledge the friends and families that provided food, refreshments, and support throughout the evening and the following day.

Thank you again for your help and continuing support.

Dennis Carvalho, Kingston Harbormaster
Staying Safe From Scams
By HOLLY NIGHPELLI OF THE KINGSTON COUNCIL ON AGING

All too often, our seniors fall victim to a variety of scams that aim to take money and other valuables away from them. Many times, the “scammers” go to lengthy measures to make themselves sound or appear legitimate. A new wave of scams surrounding the COVID-19 pandemic are appearing throughout the country targeting older adults, since they are considered at greater risk if infected with the virus.

Here are some reminders to keep safe and protected:

• If you receive a suspicious phone call - **HANG UP!**
  - If you are being contacted by a verified government agency, they will never threaten you or demand on the spot payment through cash, gift cards or wire transfers.
  - **Government agencies will never contact you by phone, email, text message, or social media to ask you for financial information.**
  - **NEVER** give out your Social Security number, Medicare number, or personal information over the phone or in response to an email or text message.

To avoid problems when you shop online:

• Check out a new seller before you buy. Type in the name of a seller in a search engine with words like “scam”, “complaint”, or “reviews”.
  - Pay by credit card. If you get charged and do not receive the product, contact the credit card company and file a dispute.
  - Keep copies of the product description, price, receipt, and emails between you and the seller including any messages about shipping delays.

Sources: Social Security Administration, Senior Medicare Patrol, Federal Trade Commission

The Kingston Council on Aging is currently staffed while the Senior Center building is closed to the public. Normal business hours are:

- Monday 8:30 am – 4:30 pm
- Tuesday 8:30 am – 7:30 pm
- Wednesday 8:30 am – 4:30 pm
- Thursday 8:30 am – 4:30 pm
- Friday 8:00 am – 12:00 pm

The Kingston Council on Aging is offering a virtual program in partnership with Massachusetts Senior Medicare Patrol (SMP) titled “Protect Yourself from Medicare Fraud” on September 23, 2020 at 11:00 AM. This is a free presentation, open to the public, but registration is required. Please call the Senior Center at (781) 885-0511 to register.