

KINGSTON BOARD OF HEALTH
MEETING MINUTES
August 18, 2025

Present: Chairman Joe Casna, Vice-Chair Heidi Whipple, Members Dennis Randall, Sheryl Antoine, Rosemary Donahoe, and Health Agent Joyce Krystofolski, State Representative Kathy LaNatra and Police Chief Brian Holmes.

5:07 p.m. Kingston Board of Health Meeting was called to order by Joe Casna.

BILLS: Bills from July 31, 2025, reviewed.

ACCEPTANCE OF MINUTES:

5:03pm Motion made by Dennis Randall to accept the meeting minutes as presented for July 21, 2025.

Second: Sheryl Antoine

5-0-0

SPECIAL TOPIC: Kratom – State Representative Kathy LaNatra and Police Chief Brian Holmes.

State Rep. La Natra handed out some information regarding Kratom. It is being sold in smoke shops and stores such as Cumberland Farms. It is highly addictive. Technically not an opioid but has effects like an opioid. Some towns have banned it. There is a Bill at the State House for a young man that overdosed. Kingston has the opportunity to ban it. She wanted to provide the information to the Board. Each town in her district is looking at this. Chelmsford, Belchertown, Lowell and Dracut have regulations. Dennis suggested a public hearing regarding a regulation to ban the sale of this product.

Chief Holmes added that he would like to see it prohibited at the State level. Each person can have a different reaction. It is equated to crystal methamphetamine. It behaves like an opioid, and it behaves as a stimulant. It comes in pill form, teas, etc. Joyce stated right now Kratom is being sold arbitrarily. Rosemary stated that it should not be sold to anyone under 18 years old. Dennis suggests drafting a regulation. Once the language is complete, schedule a public hearing. Heidi stated this sounds like a gateway drug and to move this in a rapid manner. The Board will look at other towns' regulations. Rep. LaNatra stated someone she knows bought a pill from a local store that was sold as an energy pill that contained Kratom. Joyce will address this at the next grant meeting.

5:25 pm Motion made by Dennis Randall to prepare draft regulations for the control/prohibition of Kratom and Kratom products at the next Board meeting on September 8, 2025.

Second: Sheryl Antoine

5-0-0

A public hearing will be scheduled for September 29, 2025.

HEALTH AGENT REPORT:

- Septic has been steady.
- 273 Pembroke St. - the house that was condemned has been sold.
- 28 River Street is in the process of being cleaned up by the owner. There is another abandoned house at 3 Marsh that she will be doing a correction order for.
- Complaints: noise from Napoli's vent and trash issues at Cranberry Court.
- Still have outstanding issue at 360 Country Club Way. Trash still not picked up. A letter was sent to Mr. Tonsberg to attend a hearing on September 15th.
- MHOA – both Joyce and Lori are signed up for the conference in November.
- 22 Main Street – illegal apartments, illegal septic – unclear where septic is going, illegal electrical, illegal plumbing. Meeting with Town Council on Thursday on how to proceed. Tenants have found other living arrangements. Allegations of 50-gallon drums sunk and holding sewage. Close to waterfront. Question of it being released into storm drains.
- Beach testing has been great.
- Remain at low risk for EEE and West Nile Virus. One town had a rise in risk level. Heidi asked Joyce to have schools and athletic fields sprayed.
- Lori attended the Kingston Police Night Out and handed out Tick Removal Kits.

DISCUSSION:

- Garbage Grinders – Dennis provided the PSA for garbage grinders/disposals. Heidi and Joyce made some corrections and changes. The PSA will be posted on the Town website and BOH Facebook page.
- How to Proceed with Unpaid Fines – How to proceed with unpaid tobacco violations and food reinspection fees. Joyce is working with Town Council regarding the tobacco violations and would like to move to have a hearing to revoke tobacco permits. Will schedule hearing on September 15th.

NEW BUSINESS:

- Rosemary stated that the Board is not a member of the MOHB and would like to renew.

5:51 pm Motion made by Rosemary Donahoe for the Board to renew with MAHB and pay the invoice for that.

Second: Sheryl Antoine

5-0-0

NEXT REGULAR MEETING:

- September 15, 2025

ADJOURN

5:53 pm Motion to Adjourn made by Dennis Randall.

Second: Heidi Whipple

5-0-0

Lori Jones, Administrative Assistant
Kingston Board of Health

Approved: September 15, 2025