

KINGSTON BOARD OF HEALTH
MEETING MINUTES
October 6, 2025

Present: Chairman Joe Casna, Vice-Chair Heidi Whipple, Members Dennis Randall, Sheryl Antoine, Rosemary Donahoe, and Health Agent Joyce Krystofolski.

5:00 p.m. Kingston Board of Health Meeting was called to order by Joe Casna.

BILLS:

- Bills from September 17 and October 1, 2025, reviewed.

ACCEPTANCE OF MEETING MINUTES:

5:02 pm Motion made by Heidi Whipple to accept the meeting minutes of September 15, 2025, as presented.

Second: Dennis Randall

5-0-0

VARIANCE REQUEST: 31 Charles Drive – Irrigation well

5:04 pm Motion made by Heidi Whipple to grant the variance at 31 Charles Drive as presented.

Second: Sheryl Antoine

5-0-0

HEALTH AGENT REPORT:

- Septic remains steady. More projects are going through. Composting toilet project being reviewed on the land conservancy trust which is part of the Wampanoag land off Bishop's Highway. A peer review was sent out on 363 Bishops Highway because it is quite a large system.
- Inspections are ongoing
- New Public Health Nurse has been hired. Hopefully she can start at the end of October/early November.
- Joyce went to court today on outstanding tobacco fines. A new statute took place this year and we are not allowed to mess with the fines and that is a State statute. The procedure going forward will be that Joyce will create a form letter stating what the violation is and the penalties. She will write a narrative as well should it go to a higher court for appeal and be part of an evidence packet. The statute stipulates that the penalties are issued by the Board. This will also make the Board aware of the violations.

DISCUSSIONS:

- Joe read a memo from Wage & personnel regarding increase in wages and submissions for changes. Joe mentioned that Lori Jones has been getting additional training to hopefully make a change in job title. Joyce clarified the memo regarding Wage & Personnel and KTEU position. A letter of recommendation from the Board will be drafted for the next meeting. Heidi states her concerns. Joyce said that she has calculated and adjusted for salary and explained the reclassification process to the Board.
- Sheryl stated that the school fields were sprayed for mosquitos.
- Heidi mentioned that flu shots are now available.
- Dennis would like to discuss adopting a policy of not going along with CDC guidelines and go along with the MDPH guidelines regarding vaccines. It will be added to the agenda for November.

NEXT REGULAR MEETING:

- October 20, 2025

APPOINTMENTS

5:30 pm Joe Casna read the Public Notice – “The Board of Health is holding a public hearing under Chapter 111, Section 31, for discussion and approval of their regulation Prohibiting the Manufacturing, Sale and Distribution of Kratom, Kratom Products, and Kratom Synthetics. The date of this hearing is set for today, Monday, October 6th, 2025, at 5:30, located at the Kingston Town House, 26 Evergreen Street, Room 200. “

Joe gave directions on how to give testimony in person and via zoom.

Joe and Heidi read the proposed regulation out loud.

Joe invited anyone that would like to speak regarding the proposed regulation. Open for public comments.

Testimony In-Person:

Kathryn Marini, 16 Ashberry Street, Plymouth (Gave a handout and a book to the Board). She gave her testimony in favor of the proposed regulation. She described the withdrawal symptoms from Kratom.

Matt, Plymouth resident – Gave testimony that 7OH is being sold under the name of Kratom and is very addictive.

Susan Sherman, 215 Main Street, Kingston – thanked the Board for taking it seriously.

Janet Wade, 1 Snapping Turtle Lane, Kingston - Gave testimony in support of the proposed regulation.

Michael Nastri, 41 Bog View Road, Kingston – leaf Kratom has been very helpful. He has seen the other side that everyone has mentioned. Leaf Kratom has helped him. He feels some attention needs to be paid to the difference between leaf Kratom and the extracts and 7OH. He also believes that leaf Kratom should be regulated and have an age restriction of 21+.

Smith, Rockland, MA – Gave testimony against proposed regulation but to regulate it for 7OH and not all Kratom. He knows veterans that use it for pain and others that use it to get off other substances. People will go to neighboring towns to get it if it's banned.

Testimony Via Zoom:

Misty Brown, Colorado – gave her personal testimony and is against banning Kratom. She is a Kratom advocate. Must differentiate between 7OH and whole leaf Kratom.

Dr. Heidi Sykora - Kratom advocate. Gave testimony that synthetic products are the issue. 7OH is not a Kratom product. Supports appropriate regulations. Advocates for safe, natural Kratom.

Jennifer Gillis, Tennessee – Kratom consumer and advocate. Gave testimony on how Kratom impacted her life. Supports age requirements, proper labelling, and lab testing. FDA has stepped in to educate the public.

Allison Smith, Washington, D.C. – Director of Government Affairs for the Global Kratom Coalition. Gave testimony regarding natural Kratom, natural Kratom products and concentrated synthetic products such as 7OH. Urges Board to protect adult access to natural Kratom products while restricting access to chemically synthesized 7OH.

Holly Trouville (iPhone (245), Dracut, MA – Gave testimony regarding her son that passed away February 2024 to Kratom after drinking Kratom seltzers. In favor of the proposed regulation.

Susan Eckert, Muskegon, Michigan – Gave testimony regarding her son that passed away from using Kratom powder. In favor of the proposed regulation.

Susan Kay, Havana, Florida – Advocate for banning Kratom. Member of Kratom Awareness Group. Gave testimony regarding her son that passed away after becoming dependent on Kratom. In favor of proposed regulation.

6:20 pm Motion made by Dennis Randall to close the Public Hearing.

Second: Heidi Whipple

5-0-0

Back to the Board for discussion. Joe stated this would be a Town regulation. Joe asked each Board member their vote:

Heidi: In favor.

Dennis: In favor. Elaborated on his decision.

Rosemary: In favor. Elaborated on her decision.

Sheryl: In favor.

6:28 pm Motion made by Heidi Whipple to accept the Kratom regulations as presented.

Second: Rosemary Donahoe

Joe asked if there was any discussion. Dennis stated that should the facts change and subsequent guidelines and information become available, they can amend and alter this regulation to reflect that.

5-0-0

Roll Call:

Sheryl Antoine: Aye.

Heidi Whipple: Aye.

Rosemary Donahoe: Aye.

Dennis Randall: Aye.

Joe Casna: Aye.

The Regulation was signed by the Board of Health

ADJOURN

6:31 pm Motion to Adjourn made by Dennis Randall.

Second: Sheryl Antoine

5-0-0

Lori Jones, Administrative Assistant
Kingston Board of Health

Approved: October 20, 2025