

MARCH 19, 2020



THE BEACON HILL TIMES

T H E R E A R E N O T I M E S L I K E T H E S E T I M E S

BOOK YOUR POST IT
Call Your Advertising Rep
(781) 485-0588

Neighbors, customers and friends,

With our lives being changed on a daily basis by the Covid-19 pandemic, we want to update you on some changes that we are making at the Independent Newspaper Group.

Our office will remain open during regular business hours, Monday thru Thursday, 9:00 a.m. to 5:00 p.m. and on Friday from 9:00 a.m. to 4 p.m.

Customers can contact us at 781-485-0588 or by the emails at editor@reverejournal.com, dmrph4@gmail.com or deb@thebostonsun.com.

The full print edition will be online on Thursday morning at beaconhilltimes.com.

Our web pages will be updated with the latest new regulations and news from our elected leaders as soon as the news is made public.

We urge everyone to adhere to the rules and recommendations of our elected officials and the CDC in fighting this pandemic.

Stay safe
Your friends at the
Beacon Hill Times



Jennifer Hill, owner of Blackstone's of Beacon Hill and its sister establishment KitchenWares by Blackstones.

Blackstone's and KitchenWares to consolidate under one roof

By Dan Murphy

Blackstone's of Beacon Hill and its sister establishment, KitchenWares by Blackstones, will soon consolidate their respective businesses under one roof at 46 Charles St.

"KitchenWares physical location at 215 Newbury St. is disappearing at the end of the month, but both brands will still be represented by their names," said Jennifer Hill, owner of both businesses.

Blackstone's of Beacon Hill is scheduled to temporarily close its Charles Street storefront on March 22, for renovations, and when it reopens the weekend of March 28, one half of the 520

square-foot retail space will be dedicated to Blackstone's while the other half of the store will serve as KitchenWares' new location. Exterior and window signage will reflect the change by representing both brands as well.

"We'll be closed, but we'll still be open for neighborhood needs," Hill said. "Just knock on the door, call or email, and I'll be there to provide items from both stores."

Hill said the consolidation of Blackstone's and KitchenWares was somewhat inevitable considering how well the two businesses complement each other.

"Customers will get a better experience in a more-enhanced

(BLACKSTONE Pg. 7)

Hill House shutter Mt. Vernon Street facility until March 31

By Dan Murphy

In response to growing fear over the coronavirus outbreak, Hill House temporarily shuttered its Mt. Vernon Street facility and suspended its on-site activities at noon on Thursday, March 12, and it will remain closed until March 31.

"We have always stated, the

health and safety for our community members is our number one priority," Lauren Hoops-Schmieg, executive director of the nonprofit community center, wrote in a March 12 email. "While there haven't been any reports of any of our staff or participants having been exposed, we do recognize there seems to be a good deal of overlap

(HILL HOUSE Pg. 2)

The Write Transition

From Investment Banker to Published Novelist

Story & Photos by Marianne Salza

For Jeanne Blasberg, award-winning and best-selling author of "Eden" and "The Nine," success is personal fulfillment, creative expression and forming connections.

Blasberg explained her journey as a writer during the March 10 Beacon Hill Women's Forum presentation, "The Write Transition: from Investment Banker to Published Novelist," at The Hampshire House.

"If you are brave enough to put yourself out there and be an artist, create, and finish a book – regardless if anybody else reads it

– that is success," Blasberg insisted. "Define success as something achievable and meaningful."

After graduating from Smith College, Blasberg became an investment banker on Wall Street, and a strategic planner for Macy's, but her passion has always been writing. From an early age, Blasberg kept a journal, which inspired her first novel, "Eden," a story of reproductive rights and child adoption, released in May 2017.

Blasberg became a research associate for Harvard Business School, where she wrote case studies for a retail class.

(WRITER Pg. 6)



Paul Stookey, BHWF board member, and Jeanne Blasberg, author.

BEACON HILL CIVIC ASSOCIATION COMMUNITY CORNER

Coronavirus Update from the Beacon Hill Civic Association

To our Members and the Residents of Beacon Hill:

As we respond to this evolving coronavirus ("COVID-19") situation, which the World Health Organization declared a pandemic last Wednesday, concern for the

health of our Members, the residents of Beacon Hill, the general public, and our staff is our top priority. Our hearts and thoughts go out to the people who have been affected by this unprecedented challenge and we appreciate all of the healthcare workers, local communities, and governments in Boston, Massachusetts

and around the world who are on the front line working to contain COVID-19.

Please know that the Beacon Hill Civic Association ("BHCA") is vigilantly monitoring the COVID-19 situation around the clock and have put certain pre-

(BHCA, Pg. 2)

ER Docs, major hospitals preparing for potential surge of patients

By Seth Daniel

Numerous public gatherings, meetings and conferences were abruptly cancelled over the last 10 days, and at the same time, major hospitals in the area were preparing for a potential surge of Coronavirus (COVID-19) cases – all this while financial markets in the United States and abroad show instability and unprecedented travel restrictions took effect last weekend.

At Boston Medical Center (BMC), numerous precautions were implemented in the past week to prepare for a surge of patients from Greater Boston neighborhoods and elsewhere – it being one of the few Trauma 1 medical facilities in New England.

Outside the emergency room at BMC on Albany Street, a temporary medical tent was set up in preparation for triage – if need be.

“BMC is planning for a surge in patients, as the COVID-19 pandemic continues to evolve rapidly,” said David Kibbe, a spokesman for BMC. “BMC has set up a tent outside the hospital to prepare for potential scenarios related to COVID-19. While the tent is currently only being used for drills, it could be used as a testing location or additional Emergency Department space should we get a large number of patients requiring screening and testing for COVID-19.”

While those preparations are playing out, there is also concern in the medical community for adequate supplies at hospitals like BMC.

“We have adequate personal protective equipment supplies on hand for our staff,” said Kibbe. “Given the worldwide impact of this outbreak, we share the concern across health care about potential shortages of medical supplies, including N95 respirators. To ensure that we are able to protect our staff and provide safe care for patients, BMC has taken steps to conserve personal protective equipment, including N95 respirators, surgical masks and precaution gowns.”

Already, two weeks ago, the hospital had restricted employee travel.

Patients at BMC or its health centers, under federal guidelines, are being asked if they have had a fever or cough or having traveled in the last 30 days. They are also asked if they have had any close



Major hospitals like Boston Medical Center (BMC), are preparing this week for a potential surge in patients with coronavirus. Here, outside the emergency room, they have set up a triage and testing tent to aid in any potential surge. Right now, it is being used for drills, but is being prepared for real use.

contact with a confirmed COVID-19 case. These questions are asked during a phone call or during an appointment.

“For any patient considered at risk for COVID-19, clinicians will undertake actions to protect the patient, hospital staff, and other hospital patients,” read their website. “This includes putting the patient in a private room and providing masks for both the patient and care team. Staff has undergone training for possible cases of COVID-19, and BMC regularly conducts staff drills and training for infectious diseases.”

State Rep. (and doctor) Jon Santiago works in the BMC emergency room (ER) and also serves in the legislature representing the South End and Lower Roxbury.

He worked in the ER last weekend, and will continue to work shifts every weekend in March. Uniquely, he will be treating patients on the frontlines in the ER, and also thinking about legislation to address the emerging, multiple challenges associated with what is now a medical pandemic.

“As an ER doctor and an elected official, my oaths to protect the public is no more important than now,” he said.

“I do know it’s going to get significantly worse before it gets better,” he said. “We’ve had a sluggish federal response. Medically, right now we really have to summon out the best in each of us and empower our neighbors and communities and let them know there are things you can do to protect yourself. It can be things like washing your hands. If you’re

sick, please stay home. If you’re an older person with chronic diseases like diabetes or lung problems, you should be particularly cautious. Likewise, if you are a young, healthy person and have especially mild symptoms or no symptoms, it would behoove you to take precautions also because it will be those folks who will be transmitting the disease, maybe in a careless fashion.”

From a public policy perspective, Santiago said he and others are working on several measures. One is how to legislate in a safe fashion so that the virus isn’t transmitted during lawmaking sessions.

“I am sitting on an internal working group right now,” he said. “We are looking at our approach to legislating in these trying times.”

He noted the State Legislature approved a \$15 million bill to provide more emergency funding for coronavirus responses statewide late last week.

The federal government announced a second round of emergency funding by the Centers for Disease Control (CDC) on March 11. While Massachusetts already received \$500,000 in federal funding, the state will also receive an additional \$11.46 million in federal funds from the CDC. The CDC has instructed state health officers to move forward with distributing that money immediately to those on the frontlines.

“Our state, local, tribal and territorial public health partners are on the front lines of the COVID-

BHCA (from pg. 1)

cautions in place to ensure that the members of our community and the general public remain healthy and safe, while the BHCA continues to serve the needs of the residents of Beacon Hill, as we have done for almost 100 years.

Following the many recommendations to limit the spread of the virus, and in the spirit of care for our community, the BHCA has decided to close its office at 74 Joy Street, Beacon Hill, to the public beginning on Monday, March 16, 2020, and instead, our staff will be working remotely for the next two weeks, up until March 30, 2020, and all public meetings will also be held remotely where possible. Prior to March 30, 2020, we will be reevaluating the situation, and if we think it is in the best interest of our Members and the community, our office staff will continue to work remotely and public meetings will continue to be held where possible by conference call.

During the next two weeks, all BHCA community meetings scheduled to take place at 74 Joy Street will be held virtually by conference call. You can find out more about those meetings on our website - bhcvic.org - where you will also find the appropriate call-in numbers for each meeting, as well as links to any materials to be reviewed during the meetings. Please check our website frequently for the latest updates on meeting schedules and other important public information.

During the coming weeks, the BHCA will continue to answer emails and telephone calls, sign

contractor parking permits, and do all the things we do for you on a daily basis. Please contact Patricia Tully, Executive Director, directly at 617-838-1661 or email us at info@bhcvic.org, with your questions and comments. We will answer promptly.

For the latest public information on COVID-19, please go to the following sites:

For City of Boston information, click here.

For Commonwealth of Massachusetts information, click here.

For Centers for Disease Control information, click here.

The BHCA will continue to follow the guidance from the U.S. Centers for Disease Control (“CDC”), the City of Boston and state public health officials and we will share updates with you as appropriate. It is very important, however, that each of us follows the CDC protocols and strive to do all we can to prevent transmission of this virus. As we walk around our treasured Beacon Hill in the coming days, please continue to practice safe behaviors in social situations. Also, with many kids home from school, now is the time for Beacon Hill families to be together and do activities together safely as a family.

Thank you for your patience and understanding as we move forward as a community - together. Be safe!

Eve Waterfall
Chair
Robert A. Whitney
President

HILL HOUSE (from pg. 1)

in our community with [the Eliot and Park Street schools].”

Hoops-Schmieg, wrote that by coordinating Hill House’s closure with school vacation, the decision would aid medical professionals and elected officials in trying to lower the risk of spreading the virus. She added that Hill House would also undergo a “deep clean” as an added precaution.

During the closure, Hill House staff is working from home and continues to plan for the upcoming baseball league, among other activities.

“Our Program staff is looking into ways we might be able to offer complementary online classes with some of our favorite instructors,” Hoops-Schmieg wrote. “They would be password-protected for those registered in those classes.”

Over the next couple of weeks, Hoops-Schmieg told this reporter that staff would post recipes, activities and ideas on how to keep kids busy, as well as online music lessons and cooking classes, among other potential offerings, on Hill House’s social media pages.

“We’re working out the logistics on how to make this available to our members,” she said.

Moreover, Hoops-Schmieg wrote there are “several potential makeup weeks built in to [Hill House’s] schedule,” and barring any further interruptions, the non-profit plans on running spring programming in its entirety beginning March 31.

“Should there be any extension of the suspension of programming, we will notify you immediately,” Hoops-Schmieg wrote.

ADVERTISE IN THE BEACON HILL TIMES
PLEASE CALL 781-485-0588

Real Estate Transfers

BUYER 1	SELLER 1	ADDRESS	PRICE
BACK BAY			
Shek, Yuanfu	Shapiro, Janice	124 Beacon St #6F	\$860,000
Menzin, Joseph	Beacon Mainsail 4 LLC	142 Beacon St #2	\$6,375,000
Lemle, Jake	Brian T Carty RET	193 Beacon St #1	\$2,900,000
Heritage Unit 1202 NT	1202 Heritage LLC	300 Boylston St #1202	\$6,250,000
Yoder, Maureen B	Kreidie, Abdul R	1 Charles St S #PH104	\$2,395,000
Krusser, Kevin R	Hudson Holland Jr T	167 Commonwealth Ave #1	\$1,150,000
Shields, William M	Ostrow, Steven A	191 Commonwealth Ave #33	\$2,225,000
Hollingsworth, Sophie H	Pope, Gregory S	34 Commonwealth Ave #4	\$1,476,000
Balafas, Georgia	13-3 Gloucester St LLC	13 Gloucester St #3	\$1,000,000

BEACON HILL			
Bond, Matthew P	Allison, Ali M	18 Garden St #4	\$890,000
Reid, Thomas A	Lighthouse RT	9 Hawthorne Pl #5M	\$740,000
6 Louisburg Square NT	Wait Linda L Est	6 Louisburg Sq	\$9,500,000
Allen, David G	Lallas James C Est	26 Mount Vernon St #5F	\$589,000
Li, John	Topic, Savo	55 Phillips St #1	\$567,500
Oppelt, Drew	Knopf, Claude C	79 W Cedar St	\$2,500,000
Kelly, Brian	Qu, Ning	43 Westland Ave #401	\$810,000
Swan, Joan H	Blair, Wesley K	8 Whittier Pl #14A	\$605,000

BAY VILLAGE/SOUTH END/KENMORE			
Freeman, Hannah H	Britt, Adam D	3 Lawrence St	\$2,995,000
Tomovski, Filip	Celona, Jennie M	50 Fenway #2	\$815,000
Garvey, Harold J	Nevin FT	39 Hemenway St #4	\$399,000
Shaw-Olofson, Hayes	Hendrix, Meredith	47 Milford St #3	\$2,150,000
Shrivastava, Alok	Nesbit, Peter T	16 Miner St #505	\$850,000
Lonbiz LLC	Rabbony, Farhan	108 Peterborough St #4H	\$446,500
Sathappan, Venkatachalam	Qiao, Wen	137 Peterborough St #21	\$645,000
Davidson, Robert	Macculloch, Brad	291 Shawmut Ave #3	\$1,770,000
Wisbach, John	Dipiro, Theresa A	94 Waltham St #2	\$875,000
Harper, Michael A	Wagner, David	1313 Washington St #323	\$909,188
Singh, Satish K	JP Property 1 LLC	3521 Washington St #417	\$790,000
Singer, Hannah M	JP Property 1 LLC	3531 Washington St #218	\$479,000
Wheeler, Alistair	JP Property 1 LLC	3531 Washington St #226	\$870,000
Lantsman, Stan	JP Property 1 LLC	3531 Washington St #313	\$450,000
Velichkov, Vessel	JP Property 1 LLC	3531 Washington St #322	\$760,000
Amos, Jason M	JP Property 1 LLC	3531 Washington St #324	\$675,000
Cobos, Camilio J	JP Property 1 LLC	3531 Washington St #403	\$770,000
Thakur, Mrudangi	JP Property 1 LLC	3531 Washington St #509	\$665,000
Schoeller, Richard	JP Property 1 LLC	3531 Washington St #511	\$1,293,500
Tavener, Jordan	JP Property 1 LLC	3531 Washington St #513	\$785,000
Cao, Senhao	JP Property 1 LLC	3531 Washington St #517	\$1,050,000
Rohatgi, Ankit	JP Property 1 LLC	3531 Washington St #519	\$980,000

WATERFRONT/DOWNTOWN			
Sper, Emily	Ward, Lisa	717 Atlantic Ave #5D	\$782,000
Jackson LLC	Douglas C&K B Gribbel	99-105 Broad St #2D	\$680,000
Deborah B Taylor T	Larose, Cynthia J	142 Commercial St #506	\$745,500
Park, Andrew S	15 Linden LLC	1 Franklin St #1704	\$2,090,000
T&T Millennium LLC	Mueller, Mark	1 Franklin St #PH3D	\$4,880,000
Nfsre 1 Winthrop LLC	MM Real Estate LLC	1 Winthrop Sq	\$75,000,000

Attention to Detail

BY PENNY CHERUBINO

THIS WEEK'S ANSWER



The tiled detail in the last clue is on 20-26 Charles Street built in 1924 and designed by architect Richard Arnold Fisher. Historic New England has a 1925 brochure for this building as, "The Lincolnshire, transient and residential hotel." The hotel offered a, "... handsomely decorated lobby, lounge, library and writing room cover one entire wing of the second floor with many attractive and interesting architectural effects."

Do you have a favorite building or detail you would like featured? Send an email to Penny@BostonZest.com with your suggestion.

THIS WEEK'S CLUE



EDITORIAL

THE COVID-19 EPIDEMIC: A WAKE-UP CALL FOR THE U.S. HEALTHCARE SYSTEM

In the aftermath of the terrorist attacks on Sept. 11, 2001, Americans forever were forced to change the manner in which we traveled. The strikes on the World Trade Center and the Pentagon made clear that the screening system we had in place at airports at that time was inadequate for meeting the threat posed by a determined international terrorist organization.

Long security lines at every airport in this country, as well as around the world, soon became the norm, as new protocols were put into place for our protection against future attacks. Americans didn't -- and still don't -- like them, but all of us understand that the inconvenience and expense of the enhanced security measures are essential for our safety.

Similar to the issue of inadequate airport security before 9/11, the onset of the world-wide, COVID-19 pandemic has exposed the gross shortcomings of the American health care system's ability to confront a major health emergency of the magnitude we are facing today.

The U.S. is far less capable of dealing with an influx of patients afflicted with coronavirus than every other industrialized nation in the world (as well as many poorer nations). Relative to our population, we have far fewer doctors, nurses, hospital beds, and acute care capabilities than countries all across the globe that already are struggling with the onslaught of COVID-19.

With our emergency rooms already at 75-90 percent of capacity at any given time, it will not take much to overwhelm every hospital in every city in every state if this pandemic comes even close to a worst-case scenario.

In addition, a huge percentage of our population has no direct access to quality health care that could identify early exposure to the virus. For example, federal emergency officials have urged every citizen to call their doctor first, rather than just reflexively coming into the doctor's office, if they suspect they are becoming ill. However, about 25 percent of our fellow Americans -- about 75 million of us -- do not have a primary care physician either because they do not have health insurance or are underinsured. So what are those people supposed to do -- other than flood into emergency rooms?

The bottom line is this: America's healthcare system is under stress even in the best of circumstances. It is neither designed nor capable of ensuring the optimum health outcomes for most of our citizenry and excludes a large percentage of our population altogether even in ordinary circumstances. And ironically, we spend more on our healthcare by far -- and get less for it -- than any other nation on earth.

Hopefully, the current crisis will serve as the equivalent of a 9/11 wake-up call so that we can make significant changes to our healthcare system in order to ensure that every American has access to quality healthcare for the protection of our people, both individually and collectively.



~ MARCH 19, 2020 ~

GUEST OP-ED

We need to take care of each other

By Cardinal Seán P. O'Malley

As a people, community, and as a nation we are being forced into a stance of social distancing to ward off a potential health disaster. Even as we embrace a methodology of physical isolation, we must reject any stance of alienation and individualism. Our motivation cannot be fear and self-preservation, but a sense of solidarity and connectedness. What is being asked of us is for the common good, to protect the most defenseless among us.

In some ways the present, surrealistic atmosphere is similar to what we experienced after the attack of Sept. 11. We were shaken from our complacency and confronted with the reality that changed our lives overnight. Likewise, today we see the real risk to countless numbers of elderly and infirm persons, to healthcare workers, indeed to our hospital system, and even the economic well-being of millions of people whose lives have been upended by the necessary closings and precautions.

Just as after 9/11 we need to come together as a people with a profound sense of solidarity and community, realizing that so many people are suffering and fearful. We need to take care of each other, especially by reaching out to the elderly and the most vulnerable.

Although we cannot celebrate public Masses at this time because

we wish to follow the directives of the government, I want to assure all of you that we, your priests, are offering Mass each day for all of you. You are all spiritually united in these masses where we pray for the living and the dead. Our priests in the parishes are there and can be contacted. We are trying to use social media and Internet streaming as a means of sharing communications.

I am grateful to all of our priests and parish staffs and the 3,000 Catholic school teachers and administrators who are all working diligently to be able to serve our people in these challenging circumstances. Please remember that your parish communities depend on the offertory collections and will need your support going forward to carry on their crucial work.

Let me share with you an account I read many years ago that made quite an impression on me. A group of rowdy university students on the train in France spotted an old man sitting alone praying his Rosary. The students who prided themselves on their sophistication and scientific outlook began to mock the old man who seemed unperturbed by their hazing. Suddenly a passenger jumped to his feet and rebuked the students: "Stop bothering Dr. Pasteur." The students were shocked and embarrassed. That old man praying the Rosary was Louis Pasteur, a national hero, a rock star, whose research and

inventions have saved millions of lives. Pasteur discovered the principles of vaccination and pasteurization. Arguably, he did more than any other person in the history of medicine by his remarkable breakthroughs in understanding the causes and prevention of diseases.

I share this story to preface my request to pray the Rosary each day. Many of us remember growing up praying the Rosary every evening as a family. In the history of our people, during the wars, famines, plagues, and persecution, the Rosary has been the powerful prayer of the Catholic people as we see in the example of the eminent scientist Louis Pasteur. Even if we cannot go to Mass, the Rosary is always accessible to us. It is a prayer that puts us in touch with God as we reflect on the mysteries of the life of Christ and the Blessed Virgin. It is a prayer that can be prayed by the simplest present and the smartest scientist.

St. Ignatius of Loyola once said that we must work as if everything depended upon us, and pray as if everything depended upon God.

It is indeed encouraging to see how many people are visiting our churches for personal prayer and adoration during this time of enforced social distancing. May this strange Lent that we are living, help us to overcome the physical distance by growing closer to God and by strengthening our sense of solidarity and community with each other.

THE BEACON HILL TIMES

PRESIDENT/EDITOR: STEPHEN QUIGLEY

MARKETING DIRECTOR: DEBRA DIGREGORIO
(DEB@REVEREJOURNAL.COM)

ART DIRECTOR: SCOTT YATES

FOUNDING PUBLISHER: KAREN CORD TAYLOR

© 2007 INDEPENDENT NEWSPAPER GROUP

PHONE: 617-523-9490 • FAX: 781-485-1403

EMAIL: EDITOR@BEACONHILLTIMES.COM

WEB SITE: www.beaconhilltimes.com

SBA to provide small businesses impacted by Coronavirus up to \$2 Million in disaster assistance loans

SBA Administrator Jovita Carranza issued the following statement last Friday in response to the President's address to the nation: "The President took bold, decisive action to make our 30 million small businesses more resilient to Coronavirus-related economic disruptions. Small businesses are vital economic engines in every community and state, and they have helped make our economy the strongest in the world. Our Agency will work directly with state Governors to provide targeted, low-interest disaster recovery loans to small businesses that have been severely impacted by the situation. Additionally, the SBA continues to assist small businesses with counseling and navigating their own prepared-

ness plans through our network of 68 District Offices and numerous Resource Partners located around the country. The SBA will continue to provide every small business with the most effective and customer-focused response possible during these times of uncertainty."

Process for Accessing SBA's Coronavirus (COVID-19) Disaster Relief Lending

•The U.S. Small Business Administration is offering designated states and territories low-interest federal disaster loans for working capital to small businesses suffering substantial economic injury as a result of the Coronavirus (COVID-19). Upon a request received from a state's or territory's Governor, SBA will issue under its own authority,

as provided by the Coronavirus Preparedness and Response Supplemental Appropriations Act that was recently signed by the President, an Economic Injury Disaster Loan declaration.

•Any such Economic Injury Disaster Loan assistance declaration issued by the SBA makes loans available to small businesses and private, non-profit organizations in designated areas of a state or territory to help alleviate economic injury caused by the Coronavirus (COVID-19).

•SBA's Office of Disaster Assistance will coordinate with the state's or territory's Governor to submit the request for Economic Injury Disaster Loan assistance.

•Once a declaration is made for designated areas within a state,

the information on the application process for Economic Injury Disaster Loan assistance will be made available to all affected communities.

•SBA's Economic Injury Disaster Loans offer up to \$2 million in assistance and can provide vital economic support to small businesses to help overcome the temporary loss of revenue they are experiencing.

•These loans may be used to pay fixed debts, payroll, accounts payable and other bills that can't be paid because of the disaster's impact. The interest rate is 3.75 percent for small businesses without credit available elsewhere; businesses with credit available elsewhere are not eligible. The interest rate for non-profits is 2.75

percent.

•SBA offers loans with long-term repayments in order to keep payments affordable, up to a maximum of 30 years. Terms are determined on a case-by-case basis, based upon each borrower's ability to repay.

•SBA's Economic Injury Disaster Loans are just one piece of the expanded focus of the federal government's coordinated response, and the SBA is strongly committed to providing the most effective and customer-focused response possible.

For additional information, contact the SBA disaster assistance customer service center. Call 1-800-659-2955 (TTY: 1-800-877-8339) or e-mail disastercustomerservice@sba.gov.

HOSPITALS (from pg. 2)

19 response. The action we are taking today will continue to support their efforts to increase public health capacity where it's needed most," said CDC Director Robert R. Redfield, M.D. "These funds will allow public health leaders to implement critical steps necessary to contain and mitigate spread of the virus in communities across the country."

Like that, seemingly, everything was on hold or in a holding pattern.

For those looking to stay healthy, BMC indicated a few simple things everyone can do:

•Cover your sneezes and coughs with your sleeve, not your hand.

•Wash your hands frequently to reduce the spread of germs. Wash with soap and water for at least 20 seconds. If soap and water are not available, you can use an alcohol-based hand sanitizer.

•If you feel sick, stay home, and

avoid travel.

•Avoid close contact with people with flu-like symptoms whenever possible.

Vulnerable populations need to be considered as outbreak spreads

While many are thinking about schools, public gathers and civic meetings when it comes to the spread of the coronavirus, some medical professionals are beginning to be concerned about precautions in the homeless community, the jails and homeless shelters.

Emergency Room doctor and State Rep. Jon Santiago said he is concerned about how hospitals like Boston Medical Center (BMC) might be able to help those populations if there is an outbreak.

"BMC Emergency Room is the largest ER in town," he said. "We see a number of disproportion-

ately impacted communities and homeless folks. As a physician, we need to be extremely cognizant of how we educate these patients and making sure they have safe places to go. I would like to know what our homeless shelters are doing. What about the jails? I wonder if undocumented immigrants feel safe enough to seek care, or if they might be scared ICE will pick them up."

Right now, the response is very new, and what is happening with vulnerable populations is not necessarily being discussed yet.

"These are people that live in close quarters," said Santiago. "They are also people who are already suffering from a whole host of diseases. It's going to be challenging for sure. I do have faith in our doctors and nurses and public health officials."

BEACON HILL BEAT

From Boston Police Area A-1

COMMUNITY SERVICE OFFICE: 617-343-4627
DRUG UNIT: 617-343-4879 • EMERGENCIES: 911

Larceny

03/09/20 – At around 11:30 p.m., the manager of a Boylston Street restaurant reports U.S. currency was stolen from the office safe. The manager said this included money from this evening's shift, along with past deposits that were removed from the safe. No video footage is available from inside the establishment.

Larceny - Shoplifting

03/10/20 – A Charles Street market reported a female suspect stole liquor from the downstairs area at approximately 4:57 p.m. A surveillance video shows the suspect concealing a bottle of liquor under her jacket before fleeing the store on foot.

Want Neighborhood News delivered right to your hands?



Subscribe to The Beacon Hill Time's Newsletter and never miss a thing!

Visit thebeaconhilltimes.com or scan the QR Code

SERVICE DIRECTORY

BEACON HILL PLUMBING & HEATING
Meeting all your mechanical needs
24/7 emergency service
617-723-3296

JOHN J. RECCA PAINTING
Interior/Exterior Commercial/Residential
Fully Insured
Quality Work
Reasonable Rates
Free Estimates
reccapainting@hotmail.com
781-241-2454

VISIT WWW.BEACONHILLTIMES.COM

Mammograms Save Lives.

All women over 40 should have a mammogram once a year. Breast cancer found early offers the best chance to be cured. Free or low cost mammograms are available.

For more information and answers to any of your cancer questions, contact us any time, day or night.

www.cancer.org
1.800.ACS.2345



BREWSTER & BERKOWITZ REAL ESTATE
Charles Street Meeting House
121 Mt. Vernon Street Boston, MA 02108
617-367-0505 www.brewberk.com

Sally Brewster Betsey Barrett
Ron Berkowitz Toni Doggett

WRITER (from pg. 1)

"It's where I got my first case of the writing bug. That was the last job I had before I stayed at home full-time with my kids," said Blasberg. "I saw how fulfilling it was to create something. The Harvard Business cases had to be true, entertaining, and have structure."

Blasberg enrolled in writing classes when her children were young. She was constantly engaged in the literary community, searching for mentors, conversing with fellow writers and attending bookstore events.

"We are centrally located for many adult education programs," explained Blasberg. "The opportunity to be a continual learner in this city has made me a happy person."

The wife and mother of three does not only write in her Chestnut Street home office on Beacon Hill, but also has a pen in her hand while on the road, and is especially productive on planes and trains during family adventures.

Blasberg, who is a competitive squash player, avid traveler, and lover of hiking and skiing,

encouraged listeners to follow their dreams, regardless of their age. Her advice to authors is to explore the world, communicate with people face-to-face, and show others how hard you are willing to work to relate to readers.

Blasberg was often overlooked and rejected when she began sending her manuscripts to publishing companies. Most agents will receive several hundred compositions every week, and Blasberg's were tossed into the "slush pile." It was not until she began approaching agents in person that she gained traction.

"We live in an amazing time to be an author because there are a lot of avenues for getting your work into the world," Blasberg revealed. "There are a lot of readers willing to read indie authors, and booksellers willing to look at debut novelists. Don't take 'no' for an answer."

Although having an agent to promote a book is invaluable, it is also feasible to publish a piece through independent press - the traditional route is not the only option.

Blasberg partnered with She Writes Press -- a female-owned press in Berkeley, Calif., that publishes female authors -- to release her two novels. Established businesswomen with resources and fascinating lives invest in their print run and own their inventory.

"The publishing world is changing quickly, and authors are making big decisions about distribution," noted Blasberg, whose novels have been published in English, French, and German as e-books and audio-books.

She has also created visual trailers for "Eden" and "The Nine" to share with publishing and film agents and readers.

"It's the first performance of the dialogue and narratives," said Blasberg. "We live in a time when people are looking for stories. Content providers want print, audio and visual. Part of the fun is the different ways your story comes alive."

Visit www.JeanneBlasberg.com to view "Eden" and "The Nine" book trailers, learn about upcoming events, and join discussion groups.

City closings and delays

WHAT YOU NEED TO KNOW

- All Boston Public Schools are closed from March 17 through April 27. Read the press release. With schools closed to students, the City will continue to provide free breakfast and lunch meals to all Boston students. View a map of meal sites for children and youth.

- All Boston Public Library locations are closed until further notice.

- All Boston Centers for Youth & Families pools, gyms, and fitness centers are closed. By this Wednesday, March 18, all BCYF programming will be suspended. Only select BCYF centers will be open for youth meal distribution during school closures.

- Starting on March 17, the City is suspending all regular activ-

ity at construction sites in Boston.

- Starting on March 17, the MBTA is reducing its services. Visit the MBTA website for more details.

- Governor Baker issued an emergency order limiting gatherings to 25 people and prohibiting on-premises consumption of food or drink at bars and restaurants, beginning on March 17 and effective through April 5. The Governor's order will be in effect in Boston beginning March 17. Read the City of Boston Licensing Board advisory.

- The 2020 Boston Marathon has been postponed until Monday, September 14, 2020. For more information, please visit the Boston Athletic Association (BAA) website.

Visit boston.gov for full listings and updates.



COLDWELL BANKER

RESIDENTIAL BROKERAGE

Open House: SAT & SUN 12:30-2PM



Beacon Hill | \$1,270,000
121 Portland Street - Unit 306

Enjoy living at the Forecaster. Beautiful move-in ready 2-bed, 2-bath city condo centrally located at the junction to the North End, West End, Beacon Hill and Waterfront areas. Open living dining/kitchen with customized finishes and cabinets, quartz counters, Bosch stainless steel appliances, buffet bar area with beverage center. High ceilings and large windows with southwest light throughout the day, exposed brick walls and wide-plank bamboo flooring. King-sized master suite with custom designed walk-in closet leading to the large master full bath. Second bedroom with outfitted closet close to the second full guest bath. Other amenities include in-unit washer/dryer, deeded storage closet and on-site garage parking available for purchase.



SANDRA ILGEN
REALTOR®

C. 617.406.9490
O. 617.904.2000
Sandra.Ilgen@NEMoves.com



JANIS PACHECO
REALTOR® ABR, CLHMS, CNS, SRS

C. 617.775.0590
O. 617.904.2000
Janis.Pacheco@NEMoves.com



DeLuca's Markets

11 Charles St. 239 Newbury St.

*Committed to continuing
to serve our neighbors.*

PICK UP OR WE DELIVER

(T) 617-523-4343

Email: Delucasmarket@gmail.comwww.delucasmarket.com

STAY IN AND TAKE OUT
HELP LOCAL BUSINESSES WHILE STAYING IN

*Deliveries * Takeouts * Home Services*
During this crisis, here are some Beacon Hill resources.

Consider taking out an ad to and to promote your business at this time, there are many people in Beacon Hill who do not go online and use the newspaper for most of their neighborhood information.

**WE'RE OFFERING THIS SPECIAL PAGE AS A RESOURCE FOR ALL SERVICES
IN TOWN THAT PEOPLE MIGHT NEED WHILE STAYING IN.
FULL-PRINT EDITION WILL BE AVAILABLE ONLINE THURSDAY**

THE SPECIAL IS A BUSINESS CARD AD FOR 2 WEEKS FOR \$80

Please reach out with any questions, deadline for Thursday Mar 26 is Tuesday the 24 at noon

Call 781-485-0588

Familiar face in neighborhood opens Charles Street salon

By Dan Murphy

A familiar face in the neighborhood can add business owner to her resume with the recent opening of Luxor Hair Studio at 137 Charles St.

Rosanna Miller, who worked for nearly seven years as a stylist at Adela's Hair Studio on Pinckney Street, is the owner and lead stylist of the new salon, which offers full-service haircuts and styling for men, women and children, including hair coloring; balayage

(a hair-dyeing technique that incorporates hand-painted highlights); shampoo and blowout; and more.

Joining Miller as advanced stylist is Lisa Yanes, a Boston native and Suffolk University graduate who has worked in salons owned by her family members practically her entire life. She and Miller previously worked together in Back Bay and quickly developed an easy rapport. "When Rosanna said she wanted to open a salon, I wanted to support her," Yanes said.

As for what makes Luxor

unique from other area salons, "We're eco-friendly and use the best hair products that don't damage your health or the environment," Yanes said, adding these include products from Kevin Murphy and Moroccanoil.

And Miller said they are both happy to continue serving their established customer base in the neighborhood.

"We're here to serve the community, and we love spending time with our clients, who are like family to us," Miller said.

Luxor Hair Studio will hold a grand-opening celebration at a yet-to-be-determined future date that will include refreshments and hors d'oeuvres, as well as a raffle for a gift basket.

To learn more about Luxor Hair Studio, or to book an appointment, call 857-239-9065, email Hello@luxorhairstudio.com or visit luxorhairstudio.com.

BLACKSTONE (from pg. 1)

storefront," Hill said.

For instance, the Charles Street location would soon offer the high-quality brands knives now found at KitchenWares, including cutlery by Wusthof, Henkel, Mac, Global and other top brands.

In addition, the Charles Street store will offer a quicker turnaround for knife sharpening, and long-term plans for 2020 include offering delivery services via Uber Eats.

Hill said the Charles Street store would also offer wedding registry and online ordering for all items.

"We want the new store to be a referral spot for people with cooking questions," Hill said. "We'll also offer cooking classes and demos once we're up and running. It's all about the in-store experience."

Moreover, Hill hopes that the faithful customers who have patronized KitchenWares since it

opened in April of 2010 will make the trek to the new Charles Street location.

"It's a pleasant walk through the Esplanade and the Public Garden and not really too far from Newbury Street," Hill said.

For more information, call 617-227-4646, email jennifer@blackstonesbeaconhill.com or visit blackstonesbeaconhill.com.



Lisa Yanes, advanced stylist, and Rosanna Miller, owner and lead stylist of Luxor Hair Studio.



"Having been dear friends with Jillian and Steve for many years, it was the obvious choice to work with them to purchase my new home. They are just as professional as they are fun. I'd recommend them to anyone buying or selling in Beacon Hill."

*— Ali, Owner of Sloane Merrill Gallery
75 Charles Street, Beacon Hill*

REIG + LOSORDO

Jillian Reig and Steve Losordo
rlgroup@compass.com
617.960.6080



THE BEACON HILL TIMES

Never miss a story!

You can keep yourself informed and stay
up-to-date by reading online at
beaconhilltimes.com

THE
INDEPENDENT
NEWSPAPERS
ONLINE ADVERTISING
AVAILABLE

Size: 160x600 IAB
\$300⁰⁰ per month/per site

**3 SPOTS AVAILABLE
ON EACH SITE
JUST A CLICK AWAY**

Combo Rates available!
Buy any 3 sites, get 4th FREE

12 COMMUNITIES TO CHOOSE FROM

- reverejournal.com • winthroptranscript.com
- lynnjournal.com • everettindependent.com • eastietimes.com
- chelsearecord.com • charlestownbridge.com • beaconhilltimes.com
- northendregionalreview.com • thebostonsun.com
- jamaicaplainingazette.com • missionhillgazette.com

Traffic reports available upon request

Call your Rep. at 781-485-0588

Sales Rep Ext

Deb x101 Kathy x110 Maureen x103 Sioux x125 Peter x106

First Come - First Served

Now You can be
UPFRONT & CENTER

With our
STICKY NOTE
on the Front Page

Perfect for: Community Reminders,
Schedules, Coupons, Sales,
Announcements, Programs and more!

3-inch-by-3-inch Sticky Note
Req. 3-week advance placement



Example Page
Sticky Note represented
by Black box

Four Options to Choose From

7,000 COPIES 2-COLOR \$600	7,000 COPIES 4-COLOR \$700	12,000 COPIES 2-COLOR \$800
12,000 COPIES 4-COLOR \$900	4-COLOR STICKIES CAN BE A COMBINATION OF COLORS. 2-COLOR STICKIES CAN BE MADE WITH ANY 2 COLORS	

Call or Email Your Rep Today!

781-485-0588 ext. 103:Maureen 106:Peter 101:Deb 110:Kathy 125:Sioux

Reading on a Screen?? Click on Your Rep's name to start sending them an email!

MBTA announces schedule revisions that started March 17

In response to coordinated efforts to slow the spread of COVID-19, the MBTA implemented several changes to service levels effective with the start of service on Tuesday, March 17.

These changes were made based on guidance from public health professionals and were developed according to several criteria that seek to protect the health and safety of MBTA employees and customers, as well as recent reductions in ridership. Acknowledging guidance that recommends people avoid large crowds, the MBTA is operating at levels that support social distancing.

“The MBTA plays an important role in slowing the spread of the coronavirus while continuing to provide critical services to medical professionals and other employees in key industries that rely on public transit,” said MBTA General Manager Steve Poftak. “While some of these changes are inconvenient, they maintain a responsible balance between pro-

tecting the health and safety of the MBTA workforce and our customers, and our goal of continuing to run safe and reliable service without major disruptions.”

As this situation evolves, the MBTA will continue assessing ridership needs with a particular focus on workforce access for hospitals, as well as food distribution locations operated by the City of Boston. As part of that ongoing assessment, the T will continue monitoring customer volumes and make service adjustments accordingly; this means if the T experiences an increase in ridership, capacity will be added as necessary.

A comprehensive list of schedule changes can be found at mbta.com/coronavirus.

RAPID TRANSIT:

•On the Blue Line, trains can be expected to arrive approximately every nine to 13 minutes. On the Orange Line, trains can be expected approximately every nine to 11 minutes.

•On the Red Line between Alewife and JFK/UMass Stations, trains can be expected to arrive approximately every seven minutes. Red Line trains on the Ashmont and Braintree branches will run approximately every 14 minutes.

•Green Line trolleys will run every seven to 13 minutes on the branches, with more frequent service on the trunk.

BUS:

•MBTA buses will operate on a Saturday schedule with a number of exceptions. Select express bus routes 325, 326, 351, 352, 354, and 501 will operate according to regular weekday schedules.

FERRY:

•Ferry service will be cancelled until further notice. Ferry customers who board at the Hingham and Hull terminals are encouraged to use RB-0162” \t “_blank” West Hingham or Nantasket Junction Stations on the Greenbush Commuter Rail Line as an alternative.

COMMUTER RAIL:

•All Commuter Rail lines will operate on reduced schedules, which can be found at mbta.com. On all lines, Commuter Rail schedules are being modified to support targeted periods of peak travel while providing options for off-peak travel throughout the day.

MATTAPAN LINE:

•The Mattapan Line will run trolley service approximately every 12 to 26 minutes.

THE RIDE:

•The MBTA will continue to operate full service on the RIDE. The MBTA encourages RIDE customers to plan their trips accordingly and follow the guidance of public health officials while in close contact with older adults or people with underlying health issues.

CHARLIECARD STORE:

•The MBTA’s CharlieCard Store is located at 7 Chauncy Street within Downtown Crossing Station. Normal hours of oper-

ation are 8:30 a.m. to 5:30 p.m. Monday through Friday. In the event that hours of operation change, customers should check MBTA.com for updated service hours.

In addition to encouraging good hygiene practices and social distancing, the MBTA is continuing its enhanced cleaning and disinfecting protocols, which includes:

•Disinfecting all fleet vehicles – buses, trolleys, subway cars, Commuter Rail coaches, ferries, and RIDE vehicles – every twenty-four hours.

•Disinfecting all MBTA customer business site locations, including the RIDE Eligibility Center, every twenty-four hours;

•Cleaning all high-contact surfaces such as handrails, fare gates, and fare vending machines in subway stations once every four hours.

Money tips to stay safe from Coronavirus

By Jill Gonzalez,
WalletHub analyst

•Ask Your Bank for Help

“Many banks and credit unions have stated they are willing to offer assistance to people who face temporary financial hardship due to the coronavirus,” said Jill Gonzalez, WalletHub analyst. “These might include measures like being able to skip a payment, having temporarily lower rates, getting fees waived or having a credit line increase. If you find yourself struggling financially, call customer service to make your case. Make sure to clearly and politely articulate the reasons for your hardship.”

•Focus on Maximizing Savings

“Most people’s jobs aren’t immune to the coronavirus. So, it’s a good idea to set aside as much money as you can from each paycheck in case coronavirus impacts your ability to work or causes you to have additional medical expenses,” said Jill Gonzalez, WalletHub analyst. “Even beyond the current situation, it’s always good to have an emergency fund. Avoid panicking about stocks, too, and just remember that it’s only a matter of time until the virus runs its course.”

•Take Advantage of Travel Insurance but Know the Limits

“If your travel provider cancels

a trip because of the coronavirus, a ‘trip cancellation or interruption’ policy might help you get your money back,” said Jill Gonzalez, WalletHub analyst. “Some credit cards offer this benefit for free, though issuers have been cutting back in recent years. Keep in mind that if you cancel your own trip out of fear of the virus, your insurance policy probably won’t cover you unless you have coverage for canceling ‘for any reason’ or doctor’s orders to quarantine yourself.”

•Use Credit Cards, Not Cash

“Though there’s not much evidence to show that touching cash spreads coronavirus, it’s theoretically possible, and the Federal Reserve has been quarantining bank notes from Asia. China also burned some of its currency that had been circulated through the Wuhan area,” said Jill Gonzalez, WalletHub analyst. “Using a credit card’s contactless capability may help give consumers more peace of mind. Plus, credit cards can be used for online purchases, allowing consumers to avoid shopping at crowded stores. In addition, consumers that decide to stock up on essential items and spend more than usual in the coming months can recoup some of that expense, and get some extra time to pay, by using a rewards credit card.”

Courtesy WalletHub

LEGALS

LEGAL NOTICE COMMONWEALTH OF MASSACHUSETTS THE TRIAL COURT PROBATE AND FAMILY COURT

Suffolk Probate And Family Court
24 New Chardon St.
Boston, MA 02114
CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF CONSERVATOR OR OTHER PROTECTIVE ORDER PURSUANT TO G.L. c. 190B, § 5-304 & § 5-405
Docket No. SU20P0492PM
In the matter of: Tina Nebhnani Of: Boston, MA
To the named Respondent and all other interested persons, a petition has been filed by Aylam Anatharaman of Houston, TX in the above captioned matter alleging that Tina Nebhnani is in need of a Conservator or other protective order and requesting that (or some other suitable person) be appointed as Conservator to serve Without Surety on the bond.
The petition asks the court

to determine that the Respondent is disabled, that a protective order or appointment of a Conservator is necessary, and that the proposed conservator is appropriate. The petition is on file with this court. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 04/09/2020. This is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. IMPORTANT NOTICE The outcome of this proceeding may limit or completely take away the above-named person’s right to make decisions about personal affairs or financial affairs or both.

The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.
WITNESS, Hon. Brian J. Dunn, First Justice of this Court.
Date: March 11, 2020
Felix D. Arroyo, Register of Probate

Boston, MA 02114 (617) 788-8300
In the matter of: Tina Nebhnani Of: Dorchester, MA
To the named Respondent and all other interested persons, a petition has been filed by Beth Israel Deaconess Medical Center of Boston, MA, in the above captioned matter alleging that Tina Nebhnani is in need of a Guardian and requesting that Aylam Anatharaman of Houston, TX (or some other suitable person) be appointed as Guardian to serve Without Surety on the bond.
The petition asks the court to determine that the Respondent is incapacitated, that the appointment of a Guardian is necessary, and that the proposed Guardian is appropriate. The petition is on file with this court and may contain a request for certain specific authority. You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 04/09/2020. This day is NOT a hearing date, but a deadline date by which

you have to file the written appearance if you object to the petition. If you fail the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date. IMPORTANT NOTICE The outcome of this proceeding may limit or completely take away the above-named person’s right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.
WITNESS, Hon. Brian J. Dunn, First Justice of this Court.
Date: March 11, 2020
Felix D. Arroyo, Register of Probate

LEGAL NOTICE

Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
CITATION GIVING NOTICE OF PETITION FOR APPOINTMENT OF GUARDIAN FOR INCAPACITATED PERSON PURSUANT TO G.L. C. 190B, §5-304
Docket No. SU20P0491GD
Suffolk Probate and Family Court
24 New Chardon Street
PO Box 9667

VISIT WWW.BEACONHILLTIMES.COM

COVID CORONAVIRUS DISEASE 19

What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



For more information: www.cdc.gov/COVID19



What to do if you are sick with coronavirus disease 2019 (COVID-19)

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider’s office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all “high-touch” surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider’s office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

COVID-19 cases in Massachusetts as of March 17

Confirmed cases of COVID-19 218

Total Number of Cases by County

Barnstable	2
Berkshire	14
Bristol	5
Essex	8

Hampden	1
Middlesex	89
Norfolk	43
Plymouth	5
Suffolk	42
Worcester	8
Unknown	1

FRESH AND LOCAL

Potatoes are international

By Penny & Ed Cherubino

Potatoes are often associated with Irish cuisine. Anyone who has had a well-made shepherd's pie, colcannon, champ, or tucked into a bowl of Irish stew will happily sing the praises of the root vegetable's contribution to a meal.

However, as we approached this subject, we found that while we loved all of these, some of our favorite potato dishes were from other places around the world.

Potatoes Pop Up All Over

The index listing for potatoes in Mark Bittman's book, "The Best Recipes In The World," takes up most of a page and includes reci-

pes from France, Eastern Europe, China, Korea, Japan, India, Spain, Italy, France, and Scandinavia. Originally the potato came from the south of Peru in the Andes mountains where they have cultivated nearly 3,000 species and varieties.

"Indian-ish" by Priya Krishna offers more than a dozen recipes for potatoes inspired by traditional Indian food but with a special twist that her mother gave their family food as she used the ingredients she could find, and followed the health-conscious attitude she adopted when she came to this country.

For example, the aloo gobi in most Indian restaurants starts with

potatoes and cauliflower that are deep-fried or stir-fried. The Indian recipe roasts the vegetables in olive oil. It's now our favorite version of the dish. Other potato recipes she shares in her book are an aloo paratha and potato raita.

We always joke when a plate with heaps of French fries on the side is placed before us. What will you eat first? For both of us, it will be a fry. That's even when we know that instead of stunningly-crisp outside and meltingly-soft inside twice-fried perfection, these will be the limp once-fried frozen version. There is something about potatoes that calls to us.

A Kitchen Helper in Lean Times



We may not have 3,000 varieties of potatoes as they have in Peru, but our choice of potatoes has expanded in recent years.

James Earl Jones is quoted as saying, "Even during the rationing period, during World War II, we didn't have the anxiety that we'd starve, because we grew our own potatoes, you know?"

Whenever money and food are scarce, potatoes quickly become a cook's friend. Today, when many of us are trying to reduce food waste by using up all of what we purchase, potatoes can be the start of a tasty meal.

Leftover meat can be stretched into a tummy-filling hash. You can put a pile of homefries next to a couple of eggs and a salad for supper. Writing about this reminded us that we haven't had salmon croquettes or cod cakes for a while. Both can be made with fish remaining from another meal or in the case of salmon with a can from the pantry. The phrase, "put another potato in the pot," refers to the ability of potatoes to stretch

a meal to feed another person.

In his book "Fifty Foods" renowned food writer Edward Behr included potatoes as one of the raw ingredients he considers essential to his kitchen and garden. He writes, "With their quietly rich, nutty flavor, potatoes flatter strong foods and are an unsurpassed carrier for delicious fat."

It's that habit of combining potatoes with fat that has made them an outcast in many people's diets. But, as in the aloo gobi recipe above, you can change the fat to a healthier one. Yogurt can substitute for mayonnaise, olive oil can replace butter, and baking can replace frying to put this healthy delicious root vegetable back on your table.

Do you have a question or topic for Fresh & Local? Send an email to Penny@BostonZest.com with your suggestion.



"With First Republic's help, we're educating and inspiring a new generation to keep our nation's history alive."

MASSACHUSETTS HISTORICAL SOCIETY
Catherine Allgor, President



FIRST REPUBLIC BANK
It's a privilege to serve you®

(855) 886-4824 | firstrepublic.com | New York Stock Exchange symbol: FRC
MEMBER FDIC AND EQUAL HOUSING LENDER

You Ready
for a
Spring Fling

with

THE BEACON HILL TIMES

WILL BE OFFERING 2X5 COLOR ADS

ONLY \$175

LIMITED SPACE AVAILABLE

CALL US AT (781) 485-0588

OR EMAIL

DEB@THEBOSTONSUN.COM