Some Hill restaurants offer takeout and delivery during trying times

By Dan Murphy

While some Beacon Hill restaurants that have opted to remain open during the COVID-19 crisis aren't generating a substantial profit, they are providing a much-appreciated service for those in the neighborhood who aren't particularly adept in the kitchen.

“We went from $50 a day to a $100 to now several hundred dollars a day,” said Babak Bina, who along with his sister, Azita Bina-Seibel, owns and operates Bin 26 Enoteca at 26 Charles St. “It’s not profitable, but it’s a way for us to try to continue to increase our takeout business and provide a crucial service to people who want prepared meals locally.”

Bina, who said takeout previously accounted for practically “none” of the restaurant’s business, added, “We have switched into high gear in a few days…and hope to provide some variety in [neighbors’] everyday meals that is wholesome and delicious from Bin 26.”

While Bin 26 Enoteca continues to offer delivery via Uber Eats, two of its sister establishments haven’t fared as well: jm Curley (RESTAURANTS Pg. 6).

Hidden Gardens Tour cancelled

By Dan Murphy

One of the longest-running and most-enduring recurring events in the neighborhood, the Beacon Hill Garden Club’s Hidden Gardens Tour has been cancelled on May 21 due to concerns over the COVID-19 pandemic, but it will return on May 20, 2021.

“We regret canceling the Hidden Gardens Tour of Beacon Hill this year but with the COVID-19 pandemic,” Kate Enroth, the group’s president, wrote. “It would be impossible to plan and safely hold such a large event. We will take a break for now and then plan a special tour for May 20, 2021, which follows our tradition of the third Thursday in May. We wish all our neighbors and friends of the Garden Club to be well, stay safe and stay home please.”

Executive Order

Mayor Marty Walsh and Governor Charlie Baker continue to update the public with new announcements as the coronavirus outbreak continues to develop.

Governor Baker on Tuesday announced an extension of his previous executive order requiring the closure of all non-essential businesses as well as the stay-at-home advisory until May 4. The orders were previously set to end April 7. “This order also extends the 10 person limit on social gatherings until May 4 as well,” the governor said.

The state will also put out an updated list of businesses and organizations that will continue to operate during this period of time, which can be found at mass.gov/covid19.

“Those actions will improve our ability to mitigate the spread of COVID-19 and the impact the surge has on our healthcare system,” Baker said.

The governor said he recognizes the “high cost” this has on small businesses and on residents who have to stay away from their loved ones for even longer.

“If we can limit face-to-face, person-to-person contact now, we can slow the spread and get back to work as soon as safely as we can,” he said.

Additionally, the governor said that hotels, motels, and short term rentals like Airbnbs are to be used “for limited purposes” (Baker Pg. 10).

BHCA Updates

Because of current conditions, the BHCA will host a virtual Annual Meeting on May 18th to which members will be invited. We will be sending joining instructions the day before the meeting. This will be a voting meeting only.

(BHCA, Pg. 7)
Plans for new 10K road race scrapped amid covid-19 concerns

By Dan Murphy

A proposed new 10K road race that would’ve traversed Beacon Hill this summer has been scrapped for at least the remainder of 2020 amid concerns over spread of covid-19, according to the organizer of the would-be event.

“We have been the work of pursuing the permitting and community engagement for an event in August, this was prior to the current, ever-changing landscape with covid-19,” Aaron Nemzer, director of events for DMSE Sports, Inc., a Woburn-based outfit that plans and coordinates road races, said in an official statement. “Our partners at lululemon hold a number of events globally, but out of an abundance of caution, and to follow guidance by public health agencies and experts, they have made the decision to hold off on events until it is safe to do so. This included cancelling two existing races they sponsor in Canada. In light of the current situation, we’ve put plans for a Boston race on hold as well.”

DMSE Sports, Inc., had previously begun initial outreach with the city and in the neighborhood on a plan to partner with lululemon, a Vancouver, B.C.-based manufacturer of athletic wear and accessories, to present “lululemon Boston 10K,” a new 10K road race scheduled for Sunday, Aug. 23, beginning at 7 a.m.

The proposed race route would have started at Copley Square and gone down Dartmouth Street to Commonwealth Avenue eastbound before turning onto Arlington Street. From there, runners would pass Beacon and Charles streets as they traversed the Beacon Hill neighborhood. The race would then have crossed the Longfellow Bridge onto state property, according to a March 18 email from Nemzer to the Beacon Hill Civic Association that was obtained by this publication.

Only the very beginning (first 1 mile or so) is actually in the Beacon Hill neighborhood,” Nemzer wrote. “As such we will be through the neighborhood within roughly 50 minutes of starting the race.”

Colin Zick, a BHCA board member and chair of its Parks and Public Spaces Committee, had previously expressed concern with the event being broached at a time when the city is preoccupied with handling the covid-19 crisis, calling the timing of the proposal “tone-deaf.”

Beacon Hill is also already inundated events like the “lululemon Boston 10K” during the summer months, Zick added, and unlike other road races, the organizer of this event had yet to offer any mitigation funds to the neighborhood.

Zick said the primary purpose of the event would seemingly be to promote the lululemon brand at a time when the effort could be better focused on helping those in need. “It’s not a charity event as far as I can tell,” Zick told this reporter prior to the event organizer announcing its cancellation.

“It’s more like, ‘Let’s use public resources for private gain.’” In his email to the BHCA, Nemzer wrote, “There will be a charitable partner associated with the race, although the partner and terms of this partnership were otherwise left unspecified.”

“It’s the right call – an angle is there that there will be a crush of demands for events in the summer and we need to be careful to balance the desire to get out again with care and concern for our public space,” Zick wrote upon learning that plans for the road race had been abandoned for the time being.

City Councilor Kenzie Bok applauded the event planner’s decision not to move forward with the proposal.

Office of Economic Empowerment launches digital financial resources amid COVID-19 outbreak

The Massachusetts State Treasurer’s Office of Economic Empowerment has launched a new digital tool for residents in Massachusetts experiencing financial changes due to the COVID-19 outbreak. With the goal of providing relevant financial education for families, the Office of Economic Empowerment created a new page on Mass.gov with timely free resources available to the general public.

The page, HYPERLINK “https://www.mass.gov/financial-resources-for-covid-19”⊥ “blank” HYPERLINK “https://www.mass.gov/ma-financial-resources-for-covid-19”⊥ “blank” features state-of-the-art financial education tools designed by Everfi, an education technology company. The page also includes critical resources on identifying scams and fraud during this time, directions to file for unemployment, and much more. The Office of Economic Empowerment is committed to updating the page regularly with new materials as they become available.

“I think it’s a relief because everyone is so focused on the COVID-19 crisis now that it’s now hard for all of us to make plans for the summer,” Councilor Bok said. “The strong view in the neighborhood I represent is that there have been a proliferation of these types of races in recent years, and it really doesn’t make sense to keep adding dates in the summer when neighborhood streets are going to be blocked without any good reason.”

Besides the need to spread out these events across the city so other neighborhoods can benefit for them as well, Councilor Bok said unlike Project Bread’s “Walk for Hunger” – an annual event to raise money and awareness for hunger relief that she has participated in for much of her life - the proposed “lululemon Boston 10K” didn’t seem to support any “important issue” or raise money for “critically needed.”

“When we approve events like this, they should serve a higher purpose, and we should hold them to a higher bar,” Councilor Bok added.

Man arrested in connection with stabbing near State House

By Dan Murphy

A 30-year-old Boston man was arrested March 25 after allegedly stabbing another man during an altercation near the State House, according to Boston Police.

Don Woodward has been charged with assault and battery by means of a dangerous weapon (knife), and was scheduled to be held on a $5,000 cash bail.

At about 6:24 p.m. on March 25, officers assigned to Area A-1 responded to assist State Police who had stopped an individual armed with a knife, later identified as Woodward, near the State House.

A witness on the scene told State Police Troopers he had observed two males fighting in the area, and that one of them brandished a knife, which he used to slash the other man’s neck.

State Police stopped a man matching the suspect’s description and recovered a knife from him. At that time, the victim, an unidentified 31-year-old Boston man, fled the area on foot towards Beacon Street. Officers located the victim suffering from a laceration to his neck on the Boston Common. Boston EMS transported the victim to a local hospital, where he was treated for a non-life-threatening injury.

Manhole explosions rock Charles Street, disrupt Red Line

By Times staff

Manhole explosions rocked Charles Street near Mass General Hospital on March 24, temporarily shutting down the Charles/MGH MBTA station.

At approximately 3:15 p.m., last Tuesday, firefighters responded to a report of smoking manholes near 209 Charles St., the Boston Fire Department tweeted, causing “multiple explosions” and the ground around the manhole to buckle.”

The fire chief reportedly told a reporter prior to the event organizer announcing its cancellation.

“It’s more like, ‘Let’s use public resources for private gain.’” said State Treasurer Deb Goldberg, “This website is designed to offer resources that will assist everyone with everyday life challenges.”

The Office of Economic Empowerment is dedicated to providing financial education for residents of Massachusetts. In 2017, the Office launched MyFinancialLifeMA.org, a first-of-its-kind website providing student loan management strategies and tools that can help guide users through each stage of life.

On day one of becoming Treasurer, Goldberg created the Office of Economic Empowerment (OEE), led by a deputy treasurer with the deliberate goal of implementing a range of economic empowerment initiatives that include closing the gender wage gap, increasing access to financial education, improving college affordability, and investing in STEM careers and education.

“Office of Economic Empowerment launches digital financial resources amid COVID-19 outbreak

The COVID-19 outbreak has had an impact on all of Massachusetts, so it is important that we provide support during this unprecedented time,” said State Treasurer Goldberg. “This website is designed to offer resources that will assist everyone with everyday life challenges.”

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Real Estate Transfers

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Attention to Detail

By Penny Cherubino

THIS WEEK'S CLUE

The detail from the oriel window in the last clue is on 28 Myrtle Street and was built by John M. Perkins for John P. Perkins in 1877. Among the forms in this property's city files is a rarely seen “Survey and Inspection of Buildings” report compiled by the city as a “New Building Final Report” upon completion of the build.

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 ANSWER

BUYER 1
SELLER 1
ADDRESS
PRICE
Mone, Nell B
Mone, Thomas J
38-40 Saint Botolph St #47
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Vandalism
03/23/20 – A victim reported he parked his Subaru Impreza on Branch Street at about noon March 22, but when he returned to his vehicle at around 11:30 a.m., the next day, its passenger’s side window was broken, and unknown suspect(s) had rummaged through the glove box, but no property appeared to be missing at this time.

Larceny
03/24/20 – At approximately 2:42 p.m., a Garden Street resident reports she had three packages delivered to her home - one of which containing nutritional supplements was stolen while the other two packages were left unopened.

Video footage from her security camera shows a female suspect stealing the package before fleeing on foot.

From Boston Police Area A-1
COMMUNITY SERVICE OFFICE: 617-343-4627
DRUG UNIT: 617-343-4879 • EMERGENCIES: 911
Massachusetts bar examination postponed

The Board of Bar Examiners, in consultation with the Supreme Judicial Court, will continue to closely monitor public health and safety guidelines, including prohibitions against large gatherings, related to the COVID-19 pandemic. In the event that limitations on large gatherings continue to interfere with a fall administration of the Massachusetts bar examination, alternative means for testing of applicants for Massachusetts bar admission will be devised and announced.

The Massachusetts Board of Bar Examiners (BBE) is established by G.L. c. 221 §§35 & 36 to evaluate the qualifications of persons seeking admission to the bar of the Commonwealth of Massachusetts.

Bok steps up to help residents in need

As the City residents come together to help each other during this crisis, elected officials are among the many who can serve as a resource and someone to reach out to. The Times checked in with District 8 City Councilor Kenzie Bok to see what she has done and will be doing to assist residents both in her district and across the city.

“One of the things I’ve been thinking about since this started is the need to set up a bigger system for delivering food to folks,” Bok said, because a lot of the families and seniors that are already food insecure are going to have to go out to get food. Many of those places are now shut down, and many residents are following guidelines to stay in their homes, she said.

Bok said that an added element of the outbreak is that now there are even more people at risk of food insecurity due to loss of jobs. “For the last few weeks, I’ve been working with different parts of the City administration to get a more robust food delivery,” she said.

Last week, Bok teamed up with Fenway Cares, an alliance of local Fenway organizations such as the Fenway Civic Association and the Fenway Community Center, to run a pilot program in the Fenway that delivered boxes of fresh produce to people who signed up.

Bok said she chose the Fenway to pilot the program “because that’s a neighborhood that I represent and know well and know a lot of people who rely on those ordinary food programs that have shuttered.”

Fenway Cares partnered with local produce distributor Katsiroubas Bros. Produce as well as Fresh Truck to deliver 318 boxes of fresh produce at no cost to residents over the course of two days, including to senior developments and one of Pine Street Inn’s supportive housing buildings. Residents could sign up both online and by phone to have the boxes delivered to them.

Bok said the Fenway distribution was a way for her to see what the best method of food delivery was, as well as the best method to see what the need is.

She said the pilot was “very successful,” and garnered a lot of positive feedback. “There are a lot of people looking out for their neighbors,” she said, and “food doesn’t solve the biggest systemic problems, but it’s the first step.”

While the City remains in crisis mode, providing food, shelter, and health services to residents is the main focus right now, Bok said.

Bok said she was so impressed with the “great core of volunteers” in the Fenway who donated gloves and used hand trucks to help deliver the boxes.

As a result of the success of the pilot, the City of Boston funded a Katsiroubas Bros. and Fresh Truck Partnership, which will receive about $500,000 from the new Boston Resiliency fund. This money will allow the produce delivery program to expand beyond the Fenway to residents across the city.

“That pilot came together very quickly,” Bok said. “I can’t speak enough about how much it matters that there were a group of volunteers who were ready to help. It’s a testament to the tight-knitness of that neighborhood.”

Across the rest of her district, Bok said that her Mission Hill aide, Henry Santana, is a graduate of the Tobin School “and has been doing a lot of support since the closure of BPS.” She said he has helped families get Chromebooks, has helped with tutoring, and has just generally looked out for the school community. “He’s been amazing on that front,” she said.

Additionally, Councilor Bok’s office has been fielding questions and requests from constituents and trying to work out a system for people to help those in need, as many have reached out to her office wondering how they can help.

Her office is also calling seniors throughout the district starting this week. She said they started by calling some of the leaders of senior buildings and checking in with different housing communities, but moving forward they hope to reach out to seniors on a more individual level and have volunteers who are ready to assist with that.

“I’m spending my time working on housing related issues,” Bok said, as that is her area of policy expertise. She is specifically focused on taking care of large senior and public housing buildings during this crisis.

Lastly, she and the rest of the City Council have to prepare for budget season in new ways, as their traditional ways can no longer be executed.

Bok said she is proud of Boston communities for coming together and “springing into action” to take care of each other during this time of need.

“We’re still in the crisis, emergency part of this,” Bok said. “We’ve got to provide.”

THERE ARE MANY HEROES IN THE BATTLE AGAINST COVID-19

The current crisis in which we find ourselves has been compared to a war. But instead of an opposing army, our enemy is a novel virus that is 1/900th the width of a human hair and that can be transmitted in ways that are both stealthily insidious and ruthlessly efficient.

As with any battle, it is the soldiers on the front lines who are doing the hard fighting and bearing the heavy burden of loss.

In this case, the army responding to take on COVID-19 consists of our first and second-level responders – the police officers, firefighters, EMTs, nurses, doctors, and other health care and emergency workers – as well as the truckers, grocery store and pharmacy clerks, utility company employees, municipal employees, and the countless others whose jobs have been deemed “essential” in order that their fellow Americans can maintain some semblance of normalcy.

Although these heroes perform many disparate tasks, the one thing that they have in common is that they literally are putting their lives, as well as the safety of their loved ones, on the line by exposing themselves to possible infection when they deal with any member of the public.

For our first and second-level responders, the danger has been particularly acute. The tragic stories making the headlines about nurses and doctors who have died because of exposure to COVID-19 have cast into stark reality the very real, life-and-death battle that these heroic Americans are facing every minute of every day that they are on the job.

Thanks to a level of unpreparedness by our nation that is nothing less than shocking – from the lack of available test kits that could have identified those first cases that ensnared so many unsuspecting victims, to the scarcity of necessary protective and life-saving equipment (masks, gowns, and ventilators) – our first and second responders have been left defenseless in their battle against this onslaught.

As one emergency room nurse in New York aptly put it, “We are being asked to fight a war without any ammunition.”

We know we join with our readers in thanking all of our heroes for their selfless service to our nation and upon whose continued devotion to duty our very survival is dependent.

THIS WILL BE A LONG HAUL

It has become evident to everyone that the effort to hold back COVID-19 is not conducive of either an easy or a quick fix.

This is going to be a long and difficult ordeal that will test the fabric of our nation, both collectively and individually.

No one among us is immune to the effects of this plague. It will reach into every corner and crevasse of society, regardless of age, gender, fame, or wealth.

The $2 trillion relief bill that Congress approved last week is just the beginning of what promises to be the unlimited spending of vast sums in effort to hold back COVID-19 pandemic, the Massachusetts bar examination will not be administered on July 28 and July 29, 2020 as previously scheduled. The bar exam has been postponed until fall, on dates to be determined.
Downtown parks a source of respite amid uncertainty

By Lauren Bennett

As so many other things remain uncertain and the Commonwealth enters its second week under a stay-at-home advisory, many residents have taken to the City's many parks as respite.

The Sun spoke with Friends of the Public Garden’s Executive Director Liz Vizza about what changes the organization has had to make to its spring schedule, as well as how people can stay safe while still enjoying nature.

The Friends of the Public Garden's Annual Meeting scheduled for April 2 has been rescheduled to be combined with the Members Reception on October 27. Also delayed are the openings of the Brewer Fountain Plaza and seasonal bathrooms on Boston Common “until further notice.”

Duckling Day, which was scheduled for May 10, has also been cancelled, as well as the Green and White Ball that was scheduled for May 1.

Though the COVID-19 outbreak has put many events and activities on hold, “nature knows it’s spring,” Vizza said. “Even though we are not doing things, nature is doing her things.”

She said that people visiting Boston parks such as “use common sense” by staying SIX FEET distant from others and washing their hands before and after going outside. Those who feel sick should remain in their homes.

The Friends of the Public Garden advocates for 83 acres of Boston’s parkland consisting of the Boston Common, the Public Garden, and the Commonwealth Avenue Mall.

“Never in our 50 years have we felt like our parks are more important than they are today,” Vizza said. She added that she hopes everyone “plays by the rules” so these parks will remain open for use during the outbreak.

Mayor Martin Walsh announced that he had to tie up basketball hoops to discourage discouraging sports from being played, as they do not coincide with social distancing guidelines. The Mayor recognizes the importance of open space and allowing Bostonians to take some time outside, but guidelines must be followed so everyone stays safe.

Vizza said that between the Common, Public Garden, and Commonwealth Avenue Mall, there are “a lot of nooks and crannies” where people can safely distance themselves from others while still finding the peace that nature can offer during this stressful time.

Vizza also said that the Boston Common Master Plan is moving forward, as the team has received feedback from nearly 8,000 residents at different public events over the past few months. She said they have garnered enough public input to incorporate people’s interests into goals, and match them with the objectives of the project team.

She did say that another public meeting scheduled for May will be moved, but the team is still meeting virtually to discuss the Master Plan and how to proceed.

The team learned that 55,000 residents consider these downtown parks their backyard, and though they will be more user-friendly, inviting, and active in the future, for now, they are a vital source of tranquility for residents.

“We love our fun events, but in the absence of the that, the parks are doing what they do and we get to go out there and love it,” Vizza said. “In this moment of patience, the parks are telling us what we need to get healed and calm.”

Boston nonprofits among recipients of Lenny Zakim Fund early emergency grants

By Times staff

To best assist communities throughout the Commonwealth now reeling from the challenges of covid-19, The Lenny Zakim Fund has fast-tracked its annual grant-making process and delivered $576,000 to 36 community nonprofit organizations working at bridging inequities throughout Massachusetts, including several in Boston, according to a press release.

Boston grant recipients in the Child and Youth Development and Education category include BalletRox, which provides year-round dance programs for Boston Public Schools students; the Chica Project, a nonprofit that operates in Boston, Lynn and Lawrence to empower Latinas and other Latinx women and girls of color; Empowerment: People of Inclusive Communities, a Boston- and Worcester-based nonprofit that engages people with disabilities; Families Creating Together, a nonprofit that provides multicultural, multilingual, intergenerational programs in the arts for children of all abilities and their families; Institute for Pan African Cultural Education; Level: Ground Mixed Martial Arts; One Space Our Place, a nonprofit that offers elementary, middle and high school students who are legally blind the opportunities to participate in team sports, the arts, community service and mentoring; PiE RSquared, which offers free math tutoring to students of all ages; and Sibling Connections, a nonprofit foster care service that operates in Boston and statewide.

In the Access to Food, Housing and Economic Security category, Boston grant recipients included the Boston Affordable Housing Coalition; and Sitters without Borders, a nonprofit that offers free and low-cost evening babysitting services to low-income parents attending college in the Greater Boston area.

Boston grant recipients in the Organizing and Support for Immigrants and Refugees category includes the African Bridge Network, the East Boston-based Center for Cooperative Development and Immigrant Family Services Center.

In the Violence Prevention, Criminal Justice Reform and Family Outreach category, Boston grant recipients included Saheli, which operates in Burlington and Greater Boston; and We Are Better Together.

Boston grant recipients in the Health Promotion and Accessibility for All category included Greater Boston-based Adaptive Sports New England; Autism Sprinter; Hands to Heart Center — Yoga for the People; and Resilient Sisterhood Project (Boston), while Greater Boston-based SpeakOUT Boston was a grant recipient in the LGBTQIA Community Support and Organizing category.

“The global pandemic and our new normal has laid bare the structural inequities that exist in our society,” LZF Executive Director Eric Esteves said in a press release. “As we consider our 25-year legacy as an organization focused on social, racial, and economic justice, we must continue to listen to those closest to the problems and support them as they implement solutions. LZF aids those who demonstrate the will and potential to make a difference — but may lack the necessary resources. These resources have suddenly become more urgent than ever before.”

For 25 years, The Lenny Zakim Fund has been committed to identifying, listening to, and supporting grassroots community organizations operating “below the radar screen” of many large charitable and government funding sources. Grant recipients include community-based organizations providing services in diverse ways within a variety of very vulnerable populations. This year, more than half of the organizations receiving LZF grants are led by people of color.

In response to the COVID-19 public health emergency, the Fund has more than doubled its pool of emergency grants to $156,000 thus far, with the goal of raising at least $100,000 more in order to increase its ability to support grassroots community organizations in the coming weeks and months.

The fund has identified both current and former grant recipients who are worried about the programs they have had to suspend or cancel, funds lost, balancing critical staffing decisions, and the vulnerable individuals/families they serve who are now even more isolated and at-risk, according to Esteves.

“We do not know how long this uncertainty will last, but what I do know is that small, grassroots organizations are even more important now than ever to the communities they serve,” Esteves stated.
in Downtown Crossing and its steakhouse, Bogie’s Place, made just $50 in takeout over the course of a week.

“There was no light at the end of the tunnel, so we were forced to shut down,” Bina said, especially since many of those restaurants’ regular patrons who are employed at downtown businesses are no longer coming into work each day.

Cheers at 84 Beacon St. and 73 Chestnut also gave up on offering takeout after a week, which Markus Ripperger, president and CEO of their parent Hampshire House Corporation, attributed to the fact that “the experience that worked in the restaurants didn’t work at home.”

Antonio’s Cucina Italiano at 288 Cambridge St. is providing takeout Monday through Saturday from 11 a.m. to 9 a.m. by calling ahead at 617-367-3310 while offering a 20-percent discount on all dinner orders.

But owner Steven Colarusso said the restaurant is only doing a fraction of the business it was before the covid-19 crisis struck Boston.

“We’re sustaining and keeping our main workers on in the kitchen,” Colarusso said. “Just to keep them all working is the game plan.”

Colarusso said the future now largely hinges on what relief the federal government provides to small businesses like his.

Florina Pizzeria and Paninioteca at 16 Derne St., which is now offering takeout and delivery, and encouraging customers to order online at Florinapizza.com, or call ahead to 617-936-4494 and pay by phone, has seen its sales cut in half since the covid-19 pandemic struck Boston.

“In the beginning of the week, we’re really slow; but towards the end of the week, things pick up,” said Barry Proctor, who co-owns the pizzeria with John Cucinatti. “We’ve received a lot of support from our loyal customers from the neighborhood, and the nighttime is busier because they’re home.”

Proctor said he is also appreciative that customers picking up take-out orders from the restaurant are respectful of practicing social distancing with not only its staff, but also other customers.

But the lunchtime crowd before the covid-19 largely consisted of those working at nearby businesses and in nearby office buildings, and that customer base has nearly vanished.

“The absence of offices and businesses that are open has really hurt our lunch business,” Proctor said. “At this point, we’re just trying to keep business afloat and the doors open and not just completely lose our staff, so they can pay their bills, too.”

Harvard Gardens at 316 Cambridge St. is now offering delivery via Grubhub and takeout (call 617-523-2272 to place an order) daily from 11:30 a.m. to 8:30 p.m., and Nicole Russo, PR representative for the Lyons Group, which operates the restaurant, wrote, “They have done enough business in the neighborhood to continue it for now.”

In addition to starters, pizzas, salads, sandwiches, entrees and desserts, Harvard Gardens is also offering Make Your Own Nachos Kits and Make Your Own Tacos Kits – both of which come with the essentials and your choice of chicken or pulled pork – for takeout and delivery. The restaurant is also discounting all food orders by 50 percent from 1 to 4 p.m. Monday through Friday and providing a free roll of toilet paper with every order.

Harvard Gardens, meanwhile, did its part to pay forward yesterday afternoon, April 1, by offering bagged lunches to all Mass General Hospital doctors and nurses.

“It is the restaurant’s way of thanking the hospital for their hard work, courage and service during this awful time,” Russo wrote.

Peregine at The Whitney Hotel on Charles Street is currently offering “Family Meals” – a selection of fresh and handmade options that changes each day – by calling ahead by 5 p.m. at 617-826-1782 for orders that can be picked up between 6 and 8 p.m. “We always offered takeout, but it wasn’t really part of our business model,” said Joshua Lewin, proprietor of Peregine, as well as another restaurant, Juliet in Somerville. “We’re trying to be incredibly streamlined.”

Today, there are three employees on hand at Peregine, compared to the typical 15-person service staff that was typically on hand, and the restaurant is currently scrambling to keep up with demand.

Yet Lewin said the restaurant is currently only generating about 8 percent of its income prior to the covid-19 crisis, although a decision by Gov. Charlie Baker last week that allows the restaurant to offer takeout beer and wine could boost that number to 16 percent.

“Some things are more important than revenue right now, but obviously that puts the business at incredible risk,” Lewin said. “We haven’t furloughed any staff ... but we still need revenue to keep the jobs viable, which we’re trying to do for as long as possible.”

Besides The Upper Crust Pizzeria, which is now offering pickup and delivery from its 20 Charles St. location, other options in the neighborhood now include Mooo..., the steakhouse at the XV Beacon Hotel at 15 Beacon St., for delivery via caviar.com, as well as the Anna’s Taqueria location at 242 Cambridge, which is offering takeout and delivery, with delivery available on several apps, including DoorDash and Grubhub, according to the Eater Boston website.

Other temporarily shuttered neighborhood restaurants, including Panificio at 144 Charles St., The Sevens Ale House at 77 Charles St. and the Tip Tap Room at 138 Cambridge St., have launched GoFundMe campaigns to help benefit out-of-work employees, according to Eater Boston.

Meanwhile, Bin 26 Enoteca, as well as jm Curley and Bogie’s Place, are now offering discounted gift certificates, with 50 percent of proceeds going towards relief for their currently furloughed employees.

But Babak Bina said many customers are insisting on paying full price and requesting that staff receive the amount of the discount, or not even claiming the discount, or not even claiming the gift certificates they purchased and donating the full sum to employees.

Bina is also grateful for and encouraged by the many supportive emails he has received from customers nationwide and said he has also personally called each of his employees twice to check in on them during these uncertain times.

“We’re in uncharted territory at this point, but if we all row together, we can point this ship in the right direction and survive,” Bina said. “The most important thing is to continue to spread the word of camaraderie, compassion and supporting each other.”
BHCA (from pg. 1)

The Beacon Award, normally presented at the BHCA Annual Meeting, has been postponed for now.

We ask that you to support our local businesses in any way you can. They need our help now more than ever. Go to our website at bhcivic.org to see how you can help.

Our neighbors at Suffolk University entered into an agreement with the City of Boston to house to repurpose 172 beds in their Somerset Street dormitory, to help ease congestion and increase social distancing in existing shelters in Boston. This facility will be managed in collaboration between the Pine Street Inn and the Boston Public Health Commission. This facility is not for quarantine, but rather to relieve pressure for regular use of existing shelters.

For other up-to-date information at city, state and federal levels, use the following links:
https://www.boston.gov/
https://www.mass.gov/
https://www.cdc.gov/

If you would like to receive our BHCA News eblast, write to us at info@bhcivic.org and we will add you to our list. The BHCA website (www.bhcivic.org) is also a good source of up to date information. We are holding committee meetings when possible through video conferencing. The website will have information as to how to join in as applicable.

We are working remotely and our phones are connected, so feel free to call us at any time! Stay well and see you soon!

Calling All Kids!
Would you like to make someone smile? We are inviting neighborhood kids to make a card for our neighbors who live at Beacon House on Myrtle Street. A pre-made card or one you make yourself will be enough to brighten someone’s day and let our neighbors know that they are in our thoughts. Write your message in your card and put it in an envelope. Address it to the BHCA at 74 Joy Street, Boston, MA 02114, and note “Beacon House” on the back of the envelope. You can mail it to the BHCA or drop it in our mail slot at the Joy Street door. We will deliver the cards to the Beacon House! Thank you!

Join us!
If you haven’t yet become a member of the BHCA, we invite you to join online at www.bhcivic.org/become-a-member.

Your input in quality of life issues on the Hill is important to us, and we rely on you our neighbors to bring your comments and concerns to our attention. By joining our membership, you strengthen our numbers and add credibility to our purpose as advocates for Beacon Hill. Please call our office at 617-227-1922 or email the BHCA Executive Director at patricia.tully@bhcivic.org with any questions, comments or concerns, or to learn more about how you can get involved in your community.

“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
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**Neighborhood Roundup**

**Hill House Kiddie Kamp open for enrollment**

Hill House, Inc. located at 127 Mount Vernon St., is currently enrolling for its Kiddie Kamp, which is specifically for kids aged 3-5 and the perfect combination of new and exciting experiences in a safe, familiar environment. Join a staff of counselors for a summer full of games, crafts, stories, songs, age-appropriate athletics and outdoor fun. Your child will build confidence, independence and friendships.

For more information on Kiddie Kamp, or how to register - some weeks are at 80-percent capacity, so don’t wait - contact Chelsea Evered at 617-227-5838 or cevered@hillhouseboston.org, or visit hillhouseboston.org.

**Hill House Spring Baseball League registration now open**

Hill House, Inc. located at 127 Mount Vernon St., has opened up Baseball and Softball League registration. Members of the community can now register for its new Red Sox Rookie League for 4-year-olds, T-Ball (ages 5-6), and AA Baseball (ages 6-7). AA Baseball (ages 8-9) and Majors League (10-12-year-olds). Hill House also offers Girls Softball for 6- to 8-year-olds and 9 to 12-year-olds. All leagues are coed, and the season will begin the first week in April.

Visit http://www.hillhouseboston.org/Athletics/Baseball.htm for more details.

For more information on the Hill House Little League, contact Hill House Athletics Director Marshall Caldera at 617-227-5838 or mcaldera@hillhouseboston.org.

**BSNJ Community Children’s Chorus**

The Boston Society of The New Jerusalem (BSNJ) Community Children’s Chorus is a comprehensive musical training program for children in Grades 3 to 7.

Your child will be participating in a program that promotes: the love of music, expressive singing, teamwork-cooperative learning, building new friendships, self-assessment and the fun of being in an outstanding program.

The groups meet at 140 Bowdoin St. on Saturday mornings. Tuition is free for any child with a Greater Boston-area address. All levels of singing ability are welcome. To register, contact Carlton Doctor at 617-523-4575 or visit www.churchonthehillboston.org (click on “music.”)

BSNJ/The Church On The Hill sponsors this initiative, but we are not promoting any religious ideology.

**‘Coloring for Adults’ at the West End Branch Library**

The West End Branch of the Boston Public Library, located at 151 Cambridge St., presents “Color Your World: Coloring for Adults” on Fridays from 2 to 4 p.m.

At this time, the library will supply coloring pages, colored pencils, markers and crayons, or bring your own supplies if you prefer. Feel free to drop in between these hours.

Call 617-523-3957 for more information.

**Spanish/English Language Exchange**

The West End Branch of the Boston Public Library, located at 151 Cambridge St., presents the Spanish/English Language Exchange/Intercambio de Idiomas En Ingles y Espanol on Mondays from 3 to 5 p.m.

At this time, English speakers can practice Spanish and Spanish speakers can practice English in this fun, informal conversation class.

Call 617-523-3957 for more information.

**BSNJ Community Children’s Chorus**

The Boston Society of The New Jerusalem (BSNJ) Community Children’s Chorus is a comprehensive musical training program for children in Grades 3 to 7.

Your child will be participating in a program that promotes: the love of music, expressive singing, teamwork-cooperative learning, building new friendships, self-assessment and the fun of being in a well organized program.

The rehearsals take place at 140 Bowdoin St. on Tuesday afternoons. Tuition is free for any child with a Boston address. All levels of singing ability are welcome. To sign up, please contact Mr. Doctor at 617-523-4575 or visit www.churchonthehillboston.org (click on “music”).

The Church on the Hill sponsors this initiative but we are not promoting any religious ideology.

**ESL conversation group resumes meeting at West End Branch Library**

The West End Branch of the Boston Public Library, located at 151 Cambridge St., welcomes the English as a Second Language (ESL) conversation group every Tuesday from noon to 1:30 p.m. Come and practice your English language skills with other newcomers and a facilitator.

**West End Playgroup meets Tuesday mornings**

The West End Branch of the Boston Public Library, located at 151 Cambridge St., welcomes the West End Playgroup on Tuesdays from 9:30 to 10:30 a.m. through the fall and winter.

This is a free drop-in time to let kids play and adults chat with one another. Small toy donations are welcome.

Get homework help at the West End Branch Library

The West End Branch of the Boston Public Library, located at 151 Cambridge St., offers homework help every Thursday from 4 to 6 p.m.

Get help from a Boston Public Schools teacher. No appointment necessary; simply drop in with your homework.

Call 617-523-3957 for more information.

**Compassionate Friends group reaches out to bereaved families, parents**

The Boston Chapter of The Compassionate Friends (TCF) meets at Trinity Church on the first Tuesday of each month from 6 to 7:30 p.m.

TCF is a national self-help, mutual-assistance organization offering friendship, understanding and hope to bereaved parents and their families. Call 617-539-6424 or e-mail tcf@bostoncfd.org for more information.

**Introduction to laptops, eReaders and iPads at the West End Branch Library**

The West End Branch of the Boston Public Library, 151 Cambridge St., offers an introduction to laptops, eReaders and iPads by appointment only. Get the most out of your eReader or Laptop. Receive tips and guidance during these one-on-one sessions. Call Branch Librarian, Helen Bender at 617-523-3957 or e-mail hbender@bpl.org to set up an appointment.

**Yoga for seniors at the West End Branch Library**

The West End Branch of the Boston Public Library, 151 Cambridge St., presents yoga for seniors every Tuesday from 5:30 to 6:30 p.m. Classes are led by Tatyana Nekrasova, a certified yoga instructor.

**Volunteer at Spaulding Rehab**

Stay active, meet new people and be connected with your community by volunteering at Spaulding Rehabilitation Hospital. Staff members will match your skills and interests to a volunteer opportunity. The hospital is currently recruiting volunteers, ages 18 and up, and for two- to three-hour-a-week shifts for a minimum of six to 12 months commitment. Visit www.spauldingnetwork.org for more information.

After-work tai chi group at the West End Branch Library

The West End Branch of the Boston Public Library, 151 Cambridge St., welcomes after-work tai chi group every Thursday from 5 to 6 p.m. Come and try this low impact energy exercise with yang-style tai chi instructor Arthur Soo-Hoo.

**Be a friend to elderly in need**

FriendshipWorks seeks caring people to offer help and support to isolated elders in the Boston area. Volunteers are needed to provide companionship and assist elders with tasks such as reading, cooking, organizing, or going for a walk - lend an hour each week and gain a friend and a new perspective. Volunteers also needed to escort elders to and from medical appointments. No car is needed and hours are flexible. For more information or to apply online, visit www.fw4elders.org or call 617-482-1510.

Local residents needed to drive cancer patients to and from treatment

The American Cancer Society is in great need of Road to Recovery volunteers to drive local cancer patients to and from their chemotherapy and/or radiation treatments. An integral part of treating cancer successfully is making sure cancer patients receive their treatments, but many find making transportation arrangements a challenge. The American Cancer Society provided more than 19,000 rides to cancer patients in New England last year, but needs more volunteer drivers to keep up with the demand for transportation.

Make a difference in the fight against cancer by becoming a volunteer driver for the American Cancer Society’s Road to Recovery. Drivers use their own vehicle to drive patients to and from their treatments. The schedule for volunteers is flexible, and treatment appointments take place on weekdays, primarily during business hours. If you or someone you know is interested in becoming a volunteer driver for Road to Recovery, contact your American Cancer Society at 800-227-2345 or visit www.cancer.org.
Lottery sales down nearly 30 percent since beginning of March

By Seth Daniel

State Lottery officials reported this week sales have dropped off steeply on lottery products across the board, and that if drop continues, it could have a major effect on Local Aid payments to cities and towns this year.

That news comes just as worrisome municipalities begin to put together City or Town Budgets in one of the most uncertain times on record. Budgets always have relied on Local Aid payments from the state, which come from a variety of sources. However, lottery disbursements were always a steady and reliable stream within the Local Aid formula – even in tough times.

However, the lottery products are mostly based on physically going to a retailer, and with many stores closed and social distancing in place for those that aren’t, it’s a tougher sell. That combined with tremendous job loss in the last four weeks has led to steep declines.

“The health and well-being of Lottery employees and residents of the Commonwealth are our top priority and the Lottery will continue to follow the guidance and orders of state and federal officials regarding public health and safety,” said Michael Sweeney, executive director of the Massachusetts State Lottery, on Tuesday. “Representative of the whole economy, Lottery revenues have decreased significantly over the last three weeks. This will affect the revenue returned to the state and could potentially impact unrestricted local aid returned to cities and towns. The decreased sales and revenue production will also negatively impact the small business owners who are increasingly under financial duress. As an in-store cash-only business, with a stay-at-home advisory currently in place and many of our retail partners being closed, we anticipate that these figures will continue to be drastically lower than usual.”

Since the week beginning on March 1 – which featured fairly “normal” Lottery sales, the overall Lottery products are down 29 percent. That meant sales went from $111.6 million during that week, to $78.9 million the week beginning March 22.

Overall, Keno sales are down the most, dropping 52 percent since the beginning of March. Instant tickets were down 24 percent, while numbers game sales were down only 17 percent.

Below are the weekly sales numbers from the Lottery for March:
- March 1-7: $111.6 million
- March 8-14: $110.2 million
- March 15-21: $88.7 million
- March 22-28: $78.9 million

The decreased sales could drastically lower than usual.

OBITUARIES

Robert Lamere
Retired Attorney

Robert K. Lamere of Kingston and Seminole, FL, formerly of Duxbury, Beacon Hill, and Key West, FL and a long time past resident of Milton died of cancer in Seminole, Florida on March 26. He was 94 years old.

The son of the late Dr. Birney J. Lamere and Margaret (Kent) Lamere, he is survived by his beloved wife of 35 years, Ruth Isabella Gardner Lamere; his three children and their spouses: Kent and Jean Lamere of Milton, MA, David and Sandra Lamere of Altamonte Springs, FL, and Elizabeth Lamere of New York City and the late Alan Vega; his four step children and spouses, Elizabeth and John Oldham of Mattapoisett, Mary and Greg Brown of Fort Orange, FL, Beatrice and Ronald Gallagher of Duxbury and Gordon Edward Gardner and Jennifer Berg of Plymouth and the late Deborah Berg of Beacon Hill, Duxbury and Largo, FL. He leaves seven grandchildren and two great grandchildren and ten step grandchildren, all of whom brought him joy and made him proud. He was also the brother of John Lamere of Naples, FL and the late J. Richard Lamere of Duxbury and the brother in law of Mary Gardner and Michael Savino of Seminole, FL and Duxbury. He is also survived by his former wife, Margaret Norris Melgard of Lake Mary, FL.

In 1958 until his retirement in 1991, he retired for the second, and last, time in 2004 after serving as Senior Counsel for The Central Artery Tunnel Project.

Mr. Lamere was an enthusiastic participant in many aspects of local government and civic life in Milton, serving as Town Moderator from 1960 – 1982. He was President of the Milton Town Club and was a member of the Hoosic-Whissic Club. Even as an adolescent, he was the Milton High School and Milton Academy Sports Reporter for the Quincy Patriot Ledger (a position he later parlayed into a college job with the Boston Globe as Harvard “correspondent”).

After moving to Duxbury, he was a founder and Commanding Officer of The Duxbury EX NAVOS, the Ward Room Club, and a member of the Duxbury Yacht Club and the Romeo Club. He was a member of the Harvard Faculty Club and a former member of the Harvard Club of Boston.

Robert Lamere was an enthusiastic concert and museum goer, a world traveler with his wife, Ruth, and in younger days, a skier and golfer. He was at all times and every season a deeply devoted follower of Boston sports.

The family will have a small memorial celebration for Bob in Duxbury sometime in the summer. Burial will be private.

(In lieu of flowers, memorial contributions in his name may be made to Plimouth Plantation, a place to which he was devoted and where he spent many happy hours with Ruth at. Box 1620 Plymouth, MA 02360.)
Consumers facing financial hardships due to COVID-19 urged to contact local bank

The Massachusetts Bankers Association urged consumers who are facing financial hardships due to the COVID-19 pandemic to contact their financial institution for assistance. Local banks have pledged to work with their customers - individuals and businesses - to mitigate the financial impact of the current health crisis. 

“We strongly encourage anyone who is unable to make a payment on their loan, needs access to funds in a certificate of deposit or other relief to contact their financial institution for options to help them through this unprecedented situation,” said Daniel J. Forte, MBA President & CEO. “Local banks are ready and willing to help during these challenging times, but it is important that you reach out as soon as possible.”

Most local banks have already announced programs to assist consumers. For example, Greenfield Cooperative Bank is offering a “payment holiday” for residential and commercial loan customers; Berkshire Bank has established special relief programs for the LGBTQ and minority-owned business communities while Rockland Trust Company, Eastern Bank, Bank of America and many others have announced significant initiatives to support local residents and small businesses. MBA has created a COVID-19 Resource page on our website with additional information. We encourage you to visit www.massbankers.org.

In addition to relief on mortgages and other loans, banks are working with customers who may need access to funds in Certificates of Deposit (CDs), waiving fees for certain products or transactions, and increasing daily debit or ATM limits where appropriate. We anticipate that additional programs will be developed in the coming days and weeks to assist individuals and businesses as Congress considers a major economic stimulus package in Washington, D.C.

It is also important that consumers beware of scams and fraud, which tend to increase in uncertain times. MBA reminds consumers that the safest place for money is in their bank, where all accounts are insured up to $250,000. Many Massachusetts banks also have excess insurance to protect your funds. Large cash withdrawals are uninsured and at risk for loss; 95% of all transactions can be done on mobile/online banking, debit/credit cards or at an ATM, without the health risks of in-lobby visits.

“These are challenging times for Massachusetts families and businesses and local banks are doing our part to help ease the financial burden,” Forte said.

Baker (from pg 1)

only”—ones that serve “direct efforts related to the fight against COVID-19,” which includes nurses, doctors, workers part of the essential business community, and Massachusetts residents “who have been otherwise displaced.”

Baker said that restaurants may continue providing food for take-out and delivery only, and stressed the importance of social distancing when outside and inside grocery stores and pharmacies.

“The next couple of weeks are going to be critical in this battle,” Baker said. “People need to play their part.”

He thanked all the workers on the front lines, including nurses, doctors, first responders, public sector workers, the National Guard, and essential workers like grocery store employees. “The state is filled with remarkable people and remarkable communities,” he said.

Baker also talked about the 13 confirmed deaths at the Soldiers’ Home in Holyoke, six of which have been officially attributed to COVID-19.

Baker said that in the short term, a primary focus of the state will be on the residents of the Soldiers’ Home in Holyoke, and assured that the state “will get to the bottom of it.”

Mayor Walsh Announces Plan For Homeless Individuals

As of March 30, there were 5,752 confirmed cases in Massachusetts and 825 cases in Boston. Walsh said that 55 people have made full recoveries in Boston, and two Bostonians have passed away. Statewide, 48 people have died from the virus.

“We continue to work around the clock to slow the spread,” Walsh said on Monday afternoon.

Walsh urged people to remain in their homes, and only leave for essential items. He assured residents that water services will continue for all Boston residents, and urged people to reach out to their banks regarding mortgage and credit card payments, as many banks are offering programs to help. People can also reach out to the Boston Home Center, he said. He said that all eviction proceedings are halted until the crisis is over as well.

Walsh also said that the federal stimulus package will help renters and those with federally backed mortgages, and he will let people know what they can apply for as the city learns more about the package.

Walsh also announced a comprehensive plan for homeless individuals in the City, which includes the construction of a 38 bed isolation and quarantine facility next to the 112 Southampton Shelter.

Additionally, Suffolk University is repurposing one of its dormitory buildings to provide 172 beds to help aid with social distancing in Boston’s existing shelters. The facility will be managed by the Pine Street Inn and the Boston Public Health Commission. Walsh said that people should go to shelters and not directly to one of these facilities. At the shelters, staff will evaluate people and decide where they are needed.

Schools, Seniors, Parking, And Healthcare Updates

Walsh said that the City continues to serve students and families while Boston Public Schools are closed by distributing meals at over 70 sites across the city. Additionally, over 21,000 Chromebooks have been distributed to students to help with remote learning.

The City also continues to reach out to its senators to make sure they are receiving the support they need. Walsh said that senators who are having trouble accessing food should call 311; they can also call the Greater Boston Food Bank or Project Bread.

For transportation updates, Walsh said that a five minute pickup zone can be created for cars to park while picking up take-out food from restaurants, and those with resident parking stickers are allowed to park within their neighborhoods in metered spaces without payment or time limits. There will also be no ticketing for expired registrations, and still no ticketing or towing for street cleaning. Residents are still not allowed to park in handicapped spots or in front of hydrants or crosswalks.

“It’s about all of us working together,” Walsh said. He said that while he knows kids and parents are getting “antsy,” families should talk to their children about the “seriousness of this.”

He reminded people again to stay at home, but going out for a walk and staying socially distant from others is “fine.” He said he doesn’t want to have to arrest or fine anyone, but said that everyone needs to follow the guidelines.

“We need to level this off; probably won’t see it for another couple of weeks,” the Mayor said.

Additionally, Massachusetts has partnered with Buoy Health, based in the South End, which can provide free health tools to residents. At buovy.com/mass, residents can use an online diagnostic tool to assess risk for COVID-19.

Other Baker Updates

Governor Baker on March 30 announced actions that would increase the health care workforce in Massachusetts, including expanding licensing for certain health care workers and initiatives to recruit volunteer medical professionals. Health care professionals who are licensed in other states or have allowed their Massachusetts licenses to expire within the past 10 years while in good standing can received expedited licenses to help out in hospitals.

Additionally, the Baker-Polito Administration’s COVID-19 Response Command Center is working to create dedicated facilities for people who are infected with the virus but are stable enough to not be in the hospital. This will free up hospital beds for those who need more critical care.

Baker also spoke about the federal relief package passed by Congress last week, calling it “a lot of good news.” He said that states are still waiting on guidance from the federal government about how to “implement and distribute these funds.”

Additionally, “our administration is committed to getting the resources to people who need them,” Baker said. Updates will be posted on mass.gov.

Baker said that the state continues to look for personal protective equipment (PPE) through a variety of different supply chains, and the national stockpile did send additional supplies over the weekend. He added that there is a “crucial need” for blood donations right now as well.

The surge in cases in Massachusetts has been calculated to start somewhere between April 7 and April 17, Baker said.

“For the most part people are doing a good job” of social distancing, he added, stressing the importance of doing so when going outside.

“We are about to enter what will be the most difficult period associated with this virus,” Baker said on Tuesday, adding that there is “no doubt in my mind...that you will all perform above and beyond.”

VISIT WWW.BEACONHILLTIMES.COM
COVID-19 Statistics for Massachusetts

COVID-19 cases in Massachusetts as of March 31

Confirmed cases of COVID-19: 6,620

+868 from the 30th

Massachusetts residents subject to COVID-19 quarantine by current status as of March 24

Total of individuals subject to quarantine: 3,802

Total of individuals who have completed monitoring (no longer in quarantine): 1,655

Total of individuals currently undergoing monitoring/under quarantine: 2,147

COVID-19 infection by age bracket

<table>
<thead>
<tr>
<th>Age Bracket</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤19 years of age</td>
<td>137</td>
</tr>
<tr>
<td>20-29 years of age</td>
<td>1,081</td>
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<tr>
<td>30-39 years of age</td>
<td>1,181</td>
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<tr>
<td>40-49 years of age</td>
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<td>50-59 years of age</td>
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<td>60-69 years of age</td>
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<tr>
<td>≥70 years of age</td>
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<td>Unknown</td>
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</tbody>
</table>

These do not reflect the most up to date numbers, as they were not reported by press time. Please scan the QR code to the left to see them.

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.?


Total Number of Cases by County

<table>
<thead>
<tr>
<th>County</th>
<th>Cases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barnstable</td>
<td>191</td>
</tr>
<tr>
<td>Berkshire</td>
<td>171</td>
</tr>
<tr>
<td>Bristol</td>
<td>306</td>
</tr>
<tr>
<td>Dukes and Nantucket</td>
<td>8</td>
</tr>
<tr>
<td>Essex</td>
<td>784</td>
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<tr>
<td>Franklin</td>
<td>61</td>
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<tr>
<td>Hampden</td>
<td>354</td>
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<tr>
<td>Hampshire</td>
<td>69</td>
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<tr>
<td>Middlesex</td>
<td>1,340</td>
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<tr>
<td>Norfolk</td>
<td>738</td>
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<tr>
<td>Plymouth</td>
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<td>Suffolk</td>
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<tr>
<td>Worcester</td>
<td>433</td>
</tr>
<tr>
<td>Unknown</td>
<td>333</td>
</tr>
</tbody>
</table>

For the most up to date information scan this with your smartphone at any time to visit the State’s website for all information related to the virus.

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.
FRESH AND LOCAL

Just add an egg

By Penny & Ed Cherubino

Eggs are back in style. More places offer you the option to “add an egg” (for an additional price) on some menu items. A current favorite seems to be a soft-cooked, in-the-shell egg with a gooey, runny yolk and set white. This is a 7-8 minute egg when made by the traditional boiled egg method.

Another way to achieve this degree of doneness is with a sous vide circulator which lets you bring the egg to a specific temperature and hold it for a reasonable amount of time. You also have the option of stopping the cooking by removing the eggs to an ice bath, refrigerating them to use as needed, and then reheating them to serving temperature. That perfect temperature is, of course, a matter of taste but for many cooks, it is around 145 degrees.

This cooking method produces a healthier alternative since you have not added saturated fat to the egg. We’ve learned that it’s not the eggs you eat that are a problem for your cholesterol levels, but the way you cook them and what you eat with them.

The Cholesterol Myth

Francisco Lopez-Jimenez, M.D. responding to a question about eggs and cholesterol on the Mayo Clinic website writes, “Chicken eggs are an affordable source of protein and other nutrients. They’re also naturally high in cholesterol. But the cholesterol in eggs doesn’t seem to raise cholesterol levels the way other cholesterol-containing foods do, such as trans fats and saturated fats.” He goes on to point out that eggs may help prevent some types of strokes and are protective of our eyes helping to prevent macular degeneration.

Anthony Komaroff, MD answering a similar question for the Harvard Health website explains, “The evidence that cholesterol in one egg a day is safe for most people comes from huge studies—many conducted here at Harvard Medical School—that have followed hundreds of thousands of people over decades.” He goes on to point out that what you eat with eggs is a more important factor in heart disease.

Many of us eat eggs with foods that are high in saturated and trans fats like butter, cheese, bacon, ham, white bread, and pastry.

Switch Your Egg Extras

Ed’s favorite egg dish is a French-style omelet. A few years ago Penny began cooking those in olive oil with just a smear of truffle butter across the top as she lands it on the serving dish. That switch to a healthier fat really makes a difference. The amount of truffle butter we use is so small that we keep it in the freezer and shave off a tiny dollop when needed.

We are more likely to have a vegetable or salad as a side dish for an egg-based meal. For example, we love egg salad but make it with reduced-fat yogurt rather than mayonnaise. We extend the salad with chopped celery, scallions and fennel and serve it on a slice of whole-grain bread.

Of course, like most folks, we occasionally indulge in a typical plate of eggs with all the usual fatty sides. However, we do this away from home so those foods high in saturated fats are not around the house to tempt us. As with any indulgence, we try to offset it with healthy eating.

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