# **BEVERLY HILLS COURIER** BHCOURIER.COM

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THE NEWSPAPER OF RECORD FOR BEVERLY HILLS

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## THE WEATHER, BEVERLY HILLS

ථ්	Friday	67°   53°
<del>\</del>	Saturday	68°   54°
	Sunday	63°   53°
	Monday	68°   51°
	Tuesday	59°   49°
	Wednesday	60°   50°
ථ	Thursday	61°   52°

# Lester Friedman Becomes Beverly Hills Mayor, Bob Wunderlich is Vice Mayor

### BY LAURA COLEMAN

In an historic reorganization, Lester Friedman was sworn in as the new mayor of Beverly Hills on March 31. Friedman, who was elected to the City Council in 2017 alongside newly installed Vice Mayor Robert Wunderlich, was sworn in by City Clerk Huma Ahmed as part of a virtual City Council meeting. "One of the things I really look forward

told the Courier following his swearing-in. "There is nothing that any one individual can do unless the team is there with you. In the short run, we know we need to meet all of the challenges that the coronavirus has brought us. But right around the corner ... we will deal with the post COVID-19 crisis."

to is working with my colleagues," Friedman

CITY COUNCIL SPECIAL MEETING | MARCH 31, 2020

City Clerk Huma Ahmed swears in Lester Friedman as the new mayor of Beverly Hills on March 31 during a virtual City Council meeting. Pictured (clockwise, from top left): City Clerk Huma Ahmed, new Vice Mayor Robert Wunderlich, City Councilwoman Lili Bosse, City Councilman John Mirisch, new Mayor Lester Friedman and Councilman Julian Gold.

## Courier Exclusive: Cedars-Sinai's Rekha Murthy, M.D. on the **COVID-19** Crisis

BY ANA FIGUEROA



Dr. Rekha Murthy

Rekha Murthy, M.D., is vice president of medical affairs and associate chief medical officer at Cedars-Sinai. She oversees patient safety, hospital epidemiology and infection prevention, among other duties. Prior to her current role, Dr. Murthy served for more than two decades as the medical director of the Department of Hospital Epidemiology. As a leading expert in hospital epidemiology. emerging infectious diseases and antimicrobial resistance, she has served leadership roles on state and national committees developing guidelines for infection prevention and control in hospitals.

(Dr. Murthy continues on page 9)

Friedman spent the previous year serving as Vice Mayor alongside John Mirisch, who completed his third term as mayor as part of Tuesday's virtual reorganization meeting.

Unlike Mirisch, who continued to go into City Hall amidst the COVID-19 pandemic, often finding himself alone on the fourth floor where the mayor's office is situated, Friedman said he didn't plan to continue that part of his predecessor's legacy.

"I think what we need to do is set an example for the community and I think that example is showing that we are following all of the social distancing rules," he said.

In anticipation of Friedman's originally planned swearing-in ceremony, which was slated to take place on April 6 at the Academy of Motion Picture Arts and Sciences before the pandemic forced its cancellation, the new mayor had planned to elaborate on his vision for the coming year.

Friedman told the Courier he had still yet to fully flush out the platform, called "Beverly Hills Together." He envisions it will integrate the schools, businesses and senior population for the betterment of the community.

(New Mayor continues on page 2)

## **Council Holds 10-Hour Video-**Conference

## BY LAURA COLEMAN

Following the installation of Mayor Lester Friedman and Vice Mayor Bob Wunderlich, the Beverly Hills City Council held a 10-hour video conference meeting addressing a bounty of issues via Zoom. **COVID-19 Update** 

As part of an update on state and local requirements related to COVID-19, the Council discussed various testing possibilities for the community and employees. There are now more than 4,045 cases of the Novel Coronavirus in L.A. County, including 45 in Beverly Hills and 68 in West Hollywood. (City Council continues on page 10)

#### NEWS

#### (New Mayor continued from page 1)

Starting with a meeting on April 1 the day after he was sworn in to lead the City Council, which included discussions on the newly formed COVID-19 Business Recovery Assistance Task Force, Friedman's mayorship will be marked by the City's immediate response to the pandemic, subsequently followed by how to help lead the City back to prosperity.

"We had a great economy in our City before this thing struck," he noted. "It's really nice that we have the reserves and that we've been fiscally prudent over these years so we are not going to be in as much trouble as some of the other cities."

Per the City's audited financial statements of June 30, 2019, its General Fund reserves were \$203.8 million, approximately \$167 million of which has been committed by the Council for various purposes.

"The crisis means a reorienting of what all of us had been thinking," Vice Mayor Wunderlich told the Courier following the swearing-in ceremony. "Our thoughts in the coming weeks are dominated in response to the COVID-19 crisis. Probably the highest priority is that we have to do what we can to protect the health of our population. We have to do what we can do to help stem the spread of the virus."

As the City more deeply understands the impacts of the pandemic on its population, businesses and finances, Wunderlich anticipated that the City would move forward in crafting a plan for economic recovery.

"As we move forward, we will need to expand protections to help residents and businesses," he said. "There are a lot of decisions that are going to have to be made over the coming weeks. We will have to have an emphasis on what we can do to help our community recover."

Before the swearing in the new Mayor and Vice Mayor, City Clerk Ahmed certified the March 3 election, which resulted in incumbent Councilmembers Dr. Julian Gold, M.D., and Lili Bosse being reelected for a third term to the City Council.

"Really what's on my mind first and foremost is the health and safety of our community and the health and safety of our world," said Councilwoman Bosse, who received 5,367 votes (38.48 percent of the vote). "Although we are physically apart, we need each other now more than ever."

"What I do want to tell our Beverly Hills family is that we are going to get through this and we are going to get through this even stronger," she added. "We are resilient, we are 'Beverly Hills Healthy City,' and we are a family."

Councilman Gold, who received 3,922 votes (28.12 percent of the vote), likewise reaffirmed his commitment to the City's success after Ahmed swore him in.

"As I was taking the oath, the part that struck me was the piece that said, 'To defend against all enemies foreign and domestic. And right now we are in fact in a fight with an enemy that we cannot see," he said. "It is an enemy that I think we will be able to conquer and I think we will be able to conquer it together. And as your newly elected Councilmember I vow that I am going to do everything I possibly can to protect the health of safety of this community." •

## Some Farmers Markets Set To Reopen in Los Angeles Area

#### **BY ANA FIGUEROA**

The Beverly Hills Farmers' Market has suspended operations and "there is no plan to reopen until the Safer at Home Order has been lifted," City of Beverly Hills Publicist Dana Beesen tells the Courier.

Until our local market comes back online, residents can nonetheless venture to other local markets next week. At least two dozen of them in the Los Angeles area have received the green light from health officials, after submitting approved social distancing strategies.

Requirements include limiting entry to no more than one person per 50 square feet at a time. Markets must also operate only one entry and one exit and one person to handle cash payments who does not also handle food. Select markets are listed below.

Farmers markets approved to open Sundays:

- Melrose Place Farmers' Market at Melrose Avenue and La Cienega Boulevard;
- Brentwood Farmers' Market at Gretna Green Way and San Vicente Boulevard;
- Larchmont Farmers' Market at Larchmont

## www.bhcourier.com

## Boulevard (first Sunday of the month);Historic Downtown Los Angeles Farmers' Market at 209 W. Fifth St.;

- •Encino Farmers' Market at 17400 Victory
- Blvd.; • Studio City Farmers' Market at 2052 Ventura
- Blvd.

## Farmers markets approved to open Tuesdays:

• Sherman Oaks Farmers' Market at 14006 Riverside Dr.

Farmers markets approved to open Thursdays:

- Westwood Farmers' Market at 1030 Broxton Ave.
- Farmers Markets approved to open Fridays: • The Venice Farmers' Market at 500 Venice Blvd.
- Farmers markets approved to open Saturdays:
- West Los Angeles Farmers' Market at 11338
   Santa Monica Blvd. ●

# Don't pass over Passover from The Nosh.

## Appetizers

**Chopped Chicken Liver** 11.99 Garnished with chopped egg yolk & onion

Whitefish Salad 17.99 lb Green and red onions, red bell peppers

Egg Salad 8.99 lb

**Baba Ga-Nosh** 12.49 lb Roasted eggplant with olive oil & spices

Organic Hummus 11.99 lb

Charoset 9.99 lb

**Gluten-Free Potato Latkes** Ig 3.99 ea / sm 28.99 dozen Apple sauce and sour cream

## The Bounty

**Herb-Roasted Whole Chicken** 19.99 ea Shelton's free-range whole chicken roasted to perfection in our signature herb rub

Amazine Prime Brisket 18.99 lb Braised in onions, tomatoes, celery, carrots & herbs. Served with au jus or gravy on the side.

**Sliced Hot Turkey Breast** 14.99 lb Cut 1/4 thick

**Chicken Schnitzel** 14.99 lb Pounded chicken breasts coated in matzoh meal and pan-fried until crispy

## Soup and Salad

Free Range Chicken Soup 8.99 qt With carrots, parsnips and celery...the real deal!

Large Matzoh Balls 1.99 ea

Vegetable Soup 8.49 qt

**Quinoa Salad** 5.49 pp

## Sides

Matzo Kugel 7" round 9.99 / 9" round 12.99 Onions and mushrooms

**Apple Matzo Kugel** 7" round 9.99 / 9" round 13.99 With apples, dried apricots and golden raisins

Potato Kugel 7" round 9.99 / 9" round 12.99

Roasted Asparagus 12.99 lb Olive oil, thinly sliced lemons

Balsamic Roasted Vegetables 10.99 lb

Roasted Rosemary Potatoes 8.99 lb

Mashed Potatoes 8.99 lb

## Desserts

Macaroons: Plain 11.49 lb / Chocolate Dipped 11.99 lb / Dulce de Leche 11.99 lb

Chocolate Caramel Matzo Crack 10.99 lb





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# News

## Beverly Hills Launches Virtual Community Services Website

#### BY CAROLE DIXON

The City of Beverly Hills continues to follow the Safer at Home Order to help combat the spread of COVID-19, but that doesn't mean its Community Services are suffering.

Recognizing that residents want to stay engaged within the community and worldwide, the City has created a Virtual Community Services website, <u>CommunityLifeBH.org</u>, that features an array of online programs, services, activities and resources to keep minds active mentally, spirits nourished, and physical pursuits on point, all while remaining at home.

The website offers fun, interesting, educational and interactive online resources for Arts & Culture, Recreation & Fitness, Enrichment & Learning, Library & Social Services, and even a Virtual Farmer's Market with Farm-To-Home delivery.

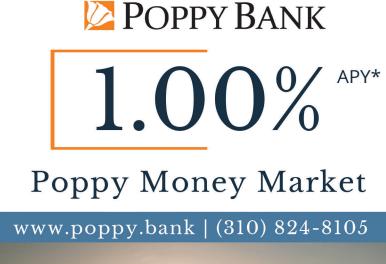
With cooking taking on a new essential passion for most households, it's possible to zoom in on the Beverly Hills Farmers' Market farmers and vendors during a virtual market tour. Just search the list to contact the farmers or vendors directly for delivery or shipping.

The library services function will transport bookworms virtually to the Beverly Hills Library, as well as to other online activities such as Kanopy for movie streaming; Hoopla for digital movies; music; e-Books, Mind Games for Seniors and Storytime from Space.

Those in need of social services during this challenging time can find help as part of City's Human Services and Social Safety Net for the most vulnerable residents, as well as information on mental health, housing and homeless services.

According to Jenny Rogers, Community Services Director, "The City's Community Services Department has been working to develop creative ways to provide the community with critical and essential services and enriching and engaging community programs, events and activities while people are homebound. As part of the effort to fight the spread of COVID-19, we are inviting community folks to 'Artmake, Recreate & Library in Place!,' providing our community with an array of resources to support the physical, emotional and spiritual health of our residents."

To let loose and burn off a little steam, check out Art & Soul, for inspiring music, dance, live performances and acts of human kindness. In Arts & Culture, visit The Broad Stage at Home, Artistic Short Films on Vimeo





## Growing stronger together.

\*Annual Percentage Yield (APY) on advertised Poppy Money Market is accurate as of March 31, 2020 and is subject to change without notice. APY on Poppy Money Market is guaranteed for six months from the date of account opening. APY assumes all principal remains on deposit for 365 days. Interest will be compounded daily and paid monthly. A minimum daily balance of \$10,000 is required. Balances below the minimum daily balance requirement in Poppy Money Market will incur a monthly service charge of \$10.00 and decrease the APY to Poppy Bank's standard rate sheet. Withdrawal transactions or transfers by automatic means, check or electronic transfer are limited to 6 per month. Electronic Statements must be activated to avoid a \$2.50 paper statement fee. Fees, or withdrawals of principal or interest, could reduce earnings. Minimum opening deposit is \$10,000 and must be NEW MONEY ONLY. Offer good only at the Los Angeles/Westwood, Menlo Park, Milpitas, Orange County/Costa Mesa, Pleasanton, and Roseville locations. This promotion is subject to change anytime, without notice.

and Van Gogh Up Close. In Recreation, there is access to preschool activities, arts & crafts; a virtual Harry Potter escape room; adult & senior health, wellness, yoga and fitness classes. Those interested in staying engaged can follow this essential service @ CommunityLifeBH on Twitter, Facebook and Instagram.

# Home Learning Underway at BHUSD

BY BIANCA HEYWARD

On March 21, the Beverly Hills Unified School District (BHUSD) announced the closure of schools due to the COVID-19 pandemic. Since then, teachers are embracing the district motto, "Education Reimagined." The "reimagining" is taking a form most educators, parents and students never contemplated. A new phase of "Home Learning" officially began on March 24 and is currently expected to continue at least through May 5.

Under the new Home Learning program, students are doing exactly that. Learning at home by keeping up with schoolwork and interacting with their teachers in a collaborative online setting. Students are using BHUSD email, Google Hangouts/Meet, Google Classroom, Zoom, and various specialized online programs to stay in touch with teachers and keep up on lessons.

Home Learning is very much a joint effort in which teachers and parents are working together to keep students on track. Attendance is taken each day and homework is submitted electronically.

It's unlike anything the district has ever dealt with before. Thus far, it is progressing as well as can be expected.

"Every family is dealing with individual yet similar challenges, it's an unprecedented time having everyone at home right now," Rebecca Starkins, Director of Public Relations, told the Courier. "Our teachers are balancing their own families with teaching. Our families are balancing working and supporting their children. We are so grateful to have a very close community here at BHUSD and everyone is rallying around one another to offer support, which is incredible to see."

The Courier spoke with the parent of a kindergarten student at Hawthorne School, who has adjusted the schedule handed out by her child's teacher. "Today, we did math at 5 p.m. but usually my child is out of school at 2 p.m. There were so many other things for me to do that that's the time we did it," she told the Courier. As long as her daughter completes her work and spends the designated amount of time on third-party apps such as Seesaw, a digital portfolio that empowers home learning, the parent is more comfortable home schooling at her own pace.

Older students used to working with online programs have no problems navigating them at home. But for parents, it can be unchartered territory. Apps such as Zoom are popular tools used by teachers. The principal at Hawthorne, for example, is hosting Thursday night "pajamarama" night via Zoom.

Parents unfamiliar with the apps are quickly playing catch-up. Some are finding themselves overwhelmed having to incorporate teaching duties, often for more than one child, in an already stressful environment. In an effort to help things progress as smoothly as possible, BHUSD personnel are communicating with parents on a daily, and sometimes hourly, basis. Administrators are working together, making adjustments based on feedback by parents and students. A new online tech support chat box on each school website is available from 7:30 a.m. to 4 p.m. for anyone in need of immediate help.

Despite the school closures, BHHS students are still able to access mental health services, such as virtual counseling provided by the Norman Aid Student Support Center. Additionally, the roughly 600 students who are signed up to receive district lunches can still receive them. Wearing masks and gloves, the BHUSD Food Services team is giving out between 60-80 free to-go lunches daily to students. Between the hours of 10:30 a.m. and noon, cars line up outside Horace Mann Elementary School to receive a brown paper bag lunch on a drive-thru basis.

Another parent at Hawthorne told the Courier that her five-year-old daughter has a good understanding of the health and safety measures put in place due to COVID-19. However, she has difficulty grasping social distancing precautions, asking her parents why she can't see grandma or why her playdates are over FaceTime. "I asked my child, 'What is the first thing you want to do when the Coronavirus is gone?' She said, 'I want to go back to school.'"

Editor's Note: As the Courier was going to press, the BHUSD issued the following statement:

"Governor Newsom announced that families and educators should operate 'with the expectation now that schools will not reopen, but classes are in' for the rest of the school year." On March 31, the State Superintendent of Public Instruction Tony Thurmond released a similar sentiment. We have been advised by the Los Angeles County Superintendent of Schools that school district closures require local board action. We take these recommendations seriously and will update you shortly."

## Galleries and Museums Go Virtual

#### BY CAROLE DIXON

The Gagosian gallery in Beverly Hills recently wrapped up an online virtual Art Basel Hong Kong show signaling a new way to view and even buy art, at least for the time being during COVID-19.

Works by Georg Baselitz, Jennifer Guidi, Tetsuya Ishida, Jia Aili, Takashi Murakami, Mary Weatherford, Tom Wesselmann, and Zeng Fanzhi can be viewed via <u>gagosian.com</u> or the Art Basel app.

Other local galleries are following suit, such as Annenberg Space for Photography, which is offering an audio tour of "Vanity Fair: Hollywood Calling." Led by the calming voice of Vanity Fair's creative development editor and exhibit co-curator David Friend, the audio tour features engaging behind-the-scenes stories about how the selection of celebrity portraits from the pages of the magazine was compiled.

Friend's narration includes the stories behind Annie Leibovitz's iconic image of a pregnant Demi Moore; Jackie Nickerson's chartreuse cover of Lupita Nyong'o; Steven Meisel's memorable portrait of Madonna, and more. Browse the full audio tour at <u>https://annenbergphotospace.org/</u> vanity-fair-hollywood-calling-audio-tour/.

While Art Angels on Beverly Boulevard

has decided to inject a little cheer into the neighborhood with a vibrant exterior butterfly mural by PUNKMETENDER, they are also offering an online viewing room for all their existing artworks at <u>https://www.artangels.net/.</u>

Bergamot Station, with over 20 galleries in its Santa Monica creative arts complex, is taking the normal Saturday night wine viewing parties online. "Love in the Time of Corona" is an ongoing social distancing virtual exhibit that debuted on March 28 via live streaming on Zoom, Facebook and Instagram. The artwork price list is available at <u>bGGalleryshop.com</u>.

The Getty compound continues its online education in the form of art books, exhibitions, podcasts, and videos. Delve into "Michelangelo: Mind of the Master" or "Bauhaus: Building the New Artist." Also, check the Behind the Scenes at the Getty vertical for more fascinating reads. <u>http://</u> <u>blogs.getty.edu/iris/.</u>

For car buffs, the Petersen Automotive Museum has its famous vault tour of 250 rare and historic vehicles now available online. A donation is suggested for viewing. <u>https://</u><u>www.petersen.org/vault/.</u>

Art for the Whole Family Families looking for ways to expand their minds and discover new cultural experiences digitally can look no further than The Natural History Museums of Los Angeles County (NHMLAC). The organization that also includes La Brea Tar Pits and William S. Hart Museum just launched the NHMLAC Connects portal for exploring natural and cultural wonders safely and digitally from home.

With the mission to inspire discovery, culture and responsibility for our natural worlds, the museums are opening new doors to natural history virtually while physical doors are closed. Think social distancing but with dinosaurs and mammoths and connecting with nature and community science in your own home.

Visitors to the NHMLAC Connects portal can learn about recent paleontological discoveries by NHM scientists, such as the world's tiniest dinosaur. Specific family-focused activities include how to make a fossil skull puppet with a clothespin and opportunities to go behind the scenes with time-lapse videos of exhibition installation including the only Tyrannosaurus Rex growth series featuring a baby, juvenile and sub-adult.

With more than 35 million objects and specimens in their collections, the museums are also rich with local history and culture. From creating and building alters to naming streets and the story behind Aunt March's cape from the 1949 version of "Little Women," the fact-finding information is endless from your living room sofa. <u>https://nhmlac.org/connects.</u>



PUNKMETENDER mural at Art Angels

## Nate'n Al's in the News

#### BY BIANCA HEYWARD

On March 29, residents stood outside Nate'n Al's Delicatessen, a Beverly Hills landmark, after the restaurant announced that after 75 years, the doors to its Beverly Drive location would be closing permanently. The news was met with a rush of patrons calling in orders for what they believed was the last time. The Courier was at the landmark deli as a steady stream of people came to place orders in person, unable to call because the line was busy. Residents posed for photos and recorded videos in front of the door, recalling their fondest memories at the beloved staple. A long-time favorite of celebrities such as Larry King, many high-profile figures expressed surprise and sadness at news of the sudden closure. But, a clarification by Nate'n Al's the next day assuaged the panic. While it is still unclear if and when the beloved deli will re-open at another location, social media postings indicated that the owners hope to keep the Nate'n Al's tradition alive.



An Instagram statement read:

"The media has incorrectly reported that Nate'n Al's is 'gone forever.' As we originally stated, we couldn't fully guarantee the safety of both our customers and employees for take-out and delivery during this pandemic we have chosen to cease that service. Our current lease is expiring shortly, and we have encountered major difficulties with the city of Beverly Hills who would have been our new landlord on Canon Drive. It is the intention of the current ownership to get through this crisis like every other restaurant and make the right decisions at the right time. Our goal is to keep the Nate 'n Al's tradition alive."

Former mayor John Mirisch recalled going to Nate'n Al's as a child with his grandparents. He noted, "Maybe more than any other venue in our City, Nate'n Al's was a place where we all could meet, no matter what part of the City you lived in."

Mirisch said he was "glad to hear that the closure isn't meant to be permanent. My personal hope is to keep the Nate 'n Al's tradition going in Beverly Hills forever."•



Photos by Bianca Heyward



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10m Amonthe

Stay Safe. Be Kind.

Thomas J. Blumentha President & CEO

# The Home Scene

## Three Italian Recipes You Can Master by Giacomino Drago

## BY CAROLE DIXON

Giacomino Drago and his brothers own a number of beloved restaurants in the Los Angeles area, including a handful of favorites in Beverly Hills. During these trying times, Il Pastaio, Piccolo Paradiso, Il Segreto and Yojisan are temporarily closed but Via Alloro and Sushi House Unico remain open for takeout and delivery.

"We had to close for safety and merged to keep one place in Beverly Hills and Bel Air for the community," Drago told the Courier.

During the forced downtime, the family is making improvements to the restaurants and working on recipes. Three classics are found below.

"This has been life-changing, but those beautiful days will come out again," Drago told the Courier.

### Spaghetti al Pomodoro Basilico

1. Bring a large pot of salted water to boil (1 tablespoon of salt for every 2 quarts of water). 2. When the water boils, add the spaghetti pasta in a strainer and into the boiled water until the pasta is al dente.

3. While the water is heating, in a heated pan add the tomato sauce and basil. Heat for 2-3 minutes.

4. Then, add a touch of butter and continuously mix.

5. When the spaghetti is ready, add it into the pan.

6. After, add some parmesan cheese and butter, and mix.

7. Finally, serve the pasta on a plate.

## Panzanella Salad

Diced Tomato	2 Ounces
Diced Cucumber	1 1/2 Ounces
Sliced Red Onions	1 Ounce
Squared Ciabatta Bread	2 Ounces
Red Wine Vinegar 1 Ounce	
Virgin Olive Oil	2 Ounces
Iodized Salt	1 Pinch
Ground Pepper	1 Pinch

1. Mix all ingredients together in a clean stainless bowl. 2. Put it on a deep white bowl.

2 pcs - 12 ounces

3. Ready to serve.	
Ossobuco	

**Ingredients:** 

• veal shanks

<ul> <li>Kosher salt</li> </ul>	
<ul> <li>freshly ground pepper</li> </ul>	
<ul> <li>all-purpose flour</li> </ul>	½ cup
<ul> <li>extra virgin olive oil</li> </ul>	¹∕₂ cup
<ul> <li>carrots, peeled and</li> </ul>	

small diced 2 pcs

# **SAFER AT HOME ORDER**

On March 21, 2020, the County of Los Angeles Public Health issued the Safer at Home Order for Control of COVID-19.

Violation of or failure to comply with this Order is a misdemeanor crime.

## Effective immediately, the following is enforced:

- All public and private group events and gatherings are **prohibited**.
- It is important to stay at home, except to travel to and from essential businesses.
  - Essential businesses include: grocery stores, pharmacies, food pick-up locations, banks, pet food stores, gas stations.
- **Social distancing** is to be done. Members of the public must be separated by at least **6 feet** from others.

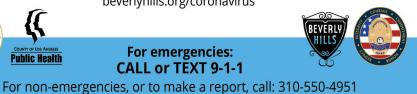
While it is encouraged for individuals or families to engage in outdoor activities, only do so when social distancing is possible and be mindful of others in the immediate area.

Permissible outdoor activities include: hiking, biking, walking, running, playing in your yard.

> For more information visit: beverlyhills.org/coronavirus

> > For emergencies:

CALL or TEXT 9-1-1



• celery, small diced 1 Stalk

• yellow onion, small diced	l ½ pc
• garlic, roughly chopped	1 cloves
	0

- tomato paste 3 ounces • dry red wine (such as Chianti) 1/2 cup
- veal stock 6 cups • whole peeled plum

## **Procedure:**

• Preheat the oven to 350 . Tie each veal shank once around the circumference so that it holds the bone and meat in the center. Season the veal shanks with salt and pepper. In a shallow bowl, dredge the veal shanks in flour, and pat off the excess.

Heat the extra virgin olive oil until shim-• mering in a large enameled cast-iron casserole dish over medium. Add the veal shanks, and cook until well browned, about 5 minutes per side, adjusting the heat as needed to avoid burning the flour. Remove the shanks from casserole, and set aside.

• Add carrots, celery, onion, and garlic to the same casserole, and cook over medium-high, stirring constantly, 2 to 3 minutes. Add the tomato paste, and cook for 5 minutes. Deglaze the casserole with the red wine. Bring to a boil, and cook until the wine is reduced by

tomatoes, drained and crushed 14.5 ounces rosemary 1 sprig • bay leaf 1 pc • parsley, chopped,

- plus more for garnish 4 flat • lemon zest, for garnish 1 tbp

half, about 2 minutes. Stir in the veal stock and add the crushed tomatoes, rosemary, bay leaf, and parsley.

• Return the veal shanks to casserole, and bring to a boil over high. Once the liquid boils, cover, transfer to the oven, and cook for 2 hours to 2 hours and 30 minutes, until the meat is fork-tender and falling off the bones.

• Remove the herbs from the braising liquid and discard. Using a skimmer or large spoon, skim off any grease or foam that rises to the surface. Season with salt and pepper.

• To serve, cut and discard the twine from each shank. Transfer veal shanks to individual serving bowls, and ladle about 3/4 cup of sauce and vegetables over each shank. Garnish with lemon zest and chopped parsley. You may serve it with polenta, risotto, or pasta prepared with only oil, butter and parmesan cheese.



Piling activities to create the supports for the Wilshire/Rodeo Station box will continue on the north side of Wilshire Bl from Beverly Dr to Crescent Dr and is anticipated to be completed by the end of April. Once work is completed on the north side, the K-rail and work zone will move to the south side of Wilshire Bl.

## **TRAFFIC ALERT**

Two lanes will be open in each direction on Wilshire Bl at all times. Beverly Dr will be open with one lane in each direction during work in the intersection on the weekends.

## **WORK HOURS**

Work will occur seven days a week. Please visit metro.net/purple for detailed work hours.

\*Construction is dynamic and is subject to change.

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# Let's Support Our Restaurants



# **Health and Wellness**

## Tips for Coping During the COVID-19 Crisis

BY EVA RITVO, M.D.



Beverly Hills Courier columnist Dr. Eva Ritvo is a psychiatrist with more than 25 years' experience practicing in Miami Beach. She is the author of "Bekindr-The Transformative Power of Kindness" and the founder of the Bekindr Global Initiative, a movement to bring more kindness in the world. Dr. Ritvo received her undergraduate and medical degrees from UCLA, and psychiatry residency training at Weill Cornell Medicine.

Anxiety is rampant and we must all do our best to cope during this challenging time. Here are a few tips that I hope will help you cope.

Stay inside if you can. Our anxiety is a warning system and right now we need it to keep us safe. Heed the warning.

Make sure you are getting enough rest. Sleep is the base of the wellness pyramid. Some find it helpful to stick to a routine. Others are worn out from the worry and need more time in bed.

Eat fruits and vegetables in a balanced fashion. Avoid empty calories. Talk to your doctor about vitamins or other supplements. Stay properly hydrated.

Eliminate or keep alcohol to a minimum. Make sure you are getting enough information to stay safe and follow the advice



Dear Friends, Colleagues, and Clients:

Like all of you, The Rochelle Maize Luxury Estates Team is adapting & being responsive to the news we are receiving regarding the Covid-19 Virus. We remain hopeful that there will be an end in sight, and that the precautions society is taking right now will curb the spread in our communities.

We will continue serving our clients, finding you places to call home, showing properties, and closing escrows. Please know that we are taking the necessary precautions to protect you and our community.

We will now be holding Virtual Open Houses. We have Virtual Reality videos for our listings, so you can see these gorgeous properties without leaving your house. Visit Instagram & Facebook to see more! We can also arrange private showings by appointment and/or video conferencing.

Stay safe & healthy,

Rochelle

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of experts. Then turn off the news. Same advice for financial worries.

Although for most of us, we can't work out the way we used to, we must find safe alternatives. Use YouTube and Instagram to help you find ways of staying fit in your own home. Ask friends for tips and consider sharing work out time with friends via Zoom or FaceTime.

Reach out to friends, family and your community. Use this time to tell people how important they are to you. Companies are setting up Zoom meetings and people are connecting in creative ways.

It is necessary to let our feelings out alone or with a friend, family member or professional. A wide variety of emotions are coming up and they shift throughout the day. Many therapists are available for online consultation. Limit the number of people you interact with that will distress you.

Be kinder than ever. Help a neighbor, friend or local organization but maintain everyone's safety as a top priority. Donate to an organization. Use Charity Navigator to guide you or consider Global Giving and Relief International. When we help others, we also help ourselves.

Meditate. You can begin very simply with an app called Headspace or Calm. You can Google "Five Minute Meditation" on YouTube or any length you desire.

Humans are designed to connect via touch so being apart is unnatural. We secrete oxytocin when we touch and it promotes our health. You can release your own oxytocin by wrapping yourself in a warm blanket, bath or shower. Hugging a pet has the same effect.

We can counteract our distress over our loss of control by straightening up what we can. Completing tasks gives your brain a boost of dopamine so even simple tasks can give us a quick boost. It is a great time to clean and organize your home. You may find your concentration is decreased so be realistic in your expectations of yourself.

Create new routines. For example, exercise at the same time each day. Try to be productive during certain hours and relax at other times. Eat at similar times each day. We must strive for a "new normal" as we spend our days at home.

Engage in positive activities. Read a book. Listen to soft music. Dim the lights. Watch the sunset or be in nature if you can do so safely. Watch a TedTalk. Brush up on a foreign language. Take a deep breath. Journal. Puzzles, games, cooking, magazines, and humor all provide much needed respite from the stress.

Avoid big decisions right now. Your thinking might not be the clearest due to the excess cortisol.

Try to stay away from conflicting with others. We need one another now more than ever. If you lose your cool, forgive yourself and make amends.

Think about and express gratitude. In these challenging times, we most focus on what we are grateful for. Express gratitude to those around you as it will lift their mood as well.

Right now it seems that these times will never pass, but they will. We are a remarkably strong and resilient community. We must support each and every one of us and we will find a path out of this darkness. Keep hopeful and enjoy the small blessing within each day. Try to laugh, enjoy your food and connect with those you love for in the end, that is clearly what matters most.







www.hw.com/summer

APRIL 3, 2020

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## NEWS

#### (Dr. Murthy from page 1)

Despite the considerable demands on her time in the wake of the COVID-19 crisis, Dr. Murthy nonetheless agreed to speak to the Courier about the evolving pandemic, best practices for sheltering at home and the overall outlook for the Los Angeles area.

Beverly Hills Courier: The situation with COVID-19 is changing so rapidly, it's hard to keep up with all the news. As someone directly overseeing the local response to this pandemic, what can you tell us about how Southern California is faring?

Dr. Rekha Murthy: Based on what's happened in our community, we've certainly seen a continued increase in the number of cases. And it's important to note that a shift has occurred from the standpoint of public health. We're no longer taking the approach of what we would consider occasional travel exposure to the virus. We've shifted to widespread community transmission. That's pretty significant and it's the reason for new measures, such as Safer at Home and social distancing.

What about the lack of testing? Is this still an issue?

There have been a lot of shifts in availability of testing and recommendations are rapidly changing. Also, because of the wide-spread community transmission, the role of testing has changed. It's mainly now for those already admitted to the hospital and for healthcare workers. Outpatient testing has been reduced, due to issues with availability of supplies and materials needed to perform the tests, including Personal Protective Equipment (PPE).

Aren't there new, more simplified versions of the test available now?

Most of the tests to date have been swabs collected from the upper airway that have to be collected by someone trained to do that. There are now some home tests that can be helpful in a home care setting, in ERs and Urgent Care. Newer tests coming down the road are looking at immunities and antibodies. Much like we do for other illness, such as measles or chicken pox, these tests can tell us if someone has recently had the infection and if they have antibodies to it.

If someone has developed antibodies to the virus, does that mean they are in the clear?

We don't know. We can't yet tell if someone who has had it has long or short-term immunity. The antibody test doesn't necessarily tell us if someone is protected and for how long. However, it might be used to show how many people, such as healthcare workers on the front lines, have evidence of immunity. That might mean that they maybe are at less of a risk for getting it. We're evaluating everything at this time.

We all see the dire situation in New York City, with hospitals at the breaking point and resources stretched to the limit. How are hospitals such as Cedars-Sinai adapting to deal with the influx of patients?

We have supplies and equipment for the moment. We're very carefully monitoring all of our supply chains and are focusing on training and preparation. Many efforts have been put in place, such as the cancellation of elective surgeries and restricted hospital visits. The number of patients coming into the ER has dropped significantly.

The big concern is what is happening in New York, but in California and Los Angeles, we've put a number of interventions in place. We've also had the benefit of lead time that they didn't have in New York. We have implemented very strong actions from a public health perspective, encouraging and asking everyone to comply with Safer at Home orders. The sense is that these are the right things to do.

What advice do you have for those who are staying at home, but believe they have developed symptoms?

They should isolate as quickly as possible, ideally in a separate area where they can maintain distance from others. Make sure to constantly wash your hands, cover your cough and wipe down any surfaces that you may have touched. Be careful not to share items like linens and dishes. Do all of that for the period of illness, up to two weeks.

It's important to remember that most people will have mild symptoms and can be treated with Tylenol, fluids, rest and self-isolation. They should recover as they would with any cold or flu. There is no treatment or vaccine for this virus. So, really the best advice is to self-isolate, do the symptomatic care at home and practice social distancing to reduce the spread to other people and reduce the burden on the health care system. At what stage should someone

seek medical intervention?

If patients aren't improving at home, if they begin to feel worse or have trouble breathing that is suggestive of pneumonia, then contact the primary care provider. By "trouble breathing," I mean difficulty breathing performing normal activities that never caused shortness of breath before. For example, if they can't get from one room to another. The primary care provider may advise them to go to an Urgent Care or Emergency Room if they are really ill. If they are hospitalized, it would be for a pneumonia that's worsening.

Obviously, it's hard to predict the exact course this pandemic will take here in Southern California, but can you give us your general sense of where we are headed?

From the standpoint of public health measures, it's difficult to plan out beyond the next four to six weeks. That's partly because what we're experiencing locally is different from what other places have done. There is no doubt that in the U.S. and in California, all of the data suggest we are on the upswing. The trends of increased numbers are very concerning. We have to prepare for things to get worse before they get better. We are certainly preparing for battle. We're really ramping up in case the numbers continue to rise. But at the same time, we're watching to see if the interventions we've implemented slow down the pace of new cases. That is the key message here. We have to make sure that we reduce the number of cases occurring. That means social distancing. Keep away from other people as much as possible. Stay away from anyone coughing. Wash your hands, disinfect surfaces, wipe down packages. Pay attention to hygiene. And avoid touching your eyes, nose and face. We need everyone's help. We need to slow the spread of this illness in the community.

Any other advice you can give to the community at large that is at home, worried and beginning to get stir-crazy?

Be patient. This may be a long

## Cedars-Sinai Joins Trial of COVID-19 Drug

#### BY ANA FIGUEROA

Cedars-Sinai has joined a global effort to test an experimental antiviral drug as a potential treatment for COVID-19. The institution is one of dozens taking part in the clinical trial, sponsored by the National Institute of Allergy and Infectious Diseases of the National Institutes of Health (NIH). The goal is to evaluate the efficacy of remdesivir, an investigational drug developed by the biopharmaceutical company Gilead Sciences Inc., based in Foster City, California.

Remdesivir is a member of a class of antiviral drugs designed to inhibit an enzyme that certain viruses, including the one that causes COVID-19, require for replication. In animal studies, remdesivir has shown signs of counteracting other types of coronaviruses that caused two prior outbreaks of deadly respiratory diseases, known as SARS and MERS, according to Victor Tapson, M.D., Cedars-Sinai site director for the NIH trial.

In a few anecdotal cases, significant improvement has been reported in COVID-19 patients who were administered remdesivir, said Tapson, who directs clinical research at the Women's Guild Lung Institute at Cedars-Sinai. But individual cases are not enough to prove the drug works, he explained.

"We need randomized, controlled studies to verify that remdesivir is both safe and effective," Tapson said. "That is why this clinical trial is so important."

Cedars-Sinai plans to enroll up to 30 hospitalized COVID-19 patients for the trial. One group will receive 200 milligrams of remdesivir

many acts of kindness arising from our current situation. People want to help in so many ways. We have people bringing food to our staff. Members of the community are helping one another. They are developing new social platforms. I do think we are going to experience very tough times, but I believe we are going to get through it. You've spent your entire career in the field of epidemiology. Did you ever think you would experience something like COVID-19?

battle. Be kind to yourself and to

others. One of the positive things is

that we've seen and heard about so

After 30 years of a career in infectious diseases, I have given many talks about the Spanish Flu. I never imagined I'd be living through this. I think we will all be looking back on this period. COVID-19 will have an impact on many generations to come. But at the same time, we have so much available to us that wasn't here 100 years ago. The scientific and medical community have made so many amazing advances. It's inspiring to see how far we have come.

administered intravenously on the first day, followed by a once-a-day maintenance dose of 100 milligrams for the duration of hospitalization, up to 10 days. The control group will receive injections of a placebo drug that appears identical to remdesivir but lacks the active ingredient.

At the end of the trial period, the investigators will compare outcomes of the treatment and control groups on clinical severity, hospitalization and mortality. Tapson emphasized that the trial involves many contributors, including critical care and infectious diseases experts, pulmonologists, anesthesiologists, critical care nurses and pulmonary fellows and residents.

In an NIH news release announcing the multicenter clinical trial, Anthony S. Fauci, M.D., director of the National Institute of Allergy and Infectious Diseases and a member of the U.S. Coronavirus Task Force, stressed the trial's significance.

"We urgently need a safe and effective treatment for COVID-19. Although remdesivir has been administered to some patients with COVID-19, we do not have solid data to indicate it can improve clinical outcomes," Fauci said. "A randomized, placebo-controlled trial is the gold standard for determining if an experimental treatment can benefit patients."

The drug is not yet approved by the Food and Drug Administration for marketing to the general public. At present, there are no specific FDA-approved therapeutics to treat people with COVID-19.• (City Council continued from page 1)

"The health crisis continues to evolve and change," Policy and Management Analyst Cindy Owens told the Council. Worldwide, over one million people have contracted the virus with more than 53,000 already dead as a result of COVID-19. While there is currently no possibility of local testing, Owens said it was imperative that people stay inside for 72 hours after they are fever-free and at least seven days from the first onset of symptoms.

With over 100 elderly and vulnerable residents receiving meals through various programs, the City is also looking at the possibility of taking over one of its shuttle buses to ramp up home delivery. City staff also continues to take actionable measures to assist the City's senior population. Hotels To Defer TOT Remittance

With Beverly Hills hoteliers experiencing unprecedented losses of guests due to COVID-19, the Council approved deferment of the Transit Occupancy Tax (TOT) remittance due date for the months of February, March and April. As a result, the hotels have the option to wait an additional four months (following the month in which the tax is supposed to be collected) to remit taxes to the City.

Several hotels have temporarily closed as a result of the pandemic, including Avalon Hotel, the Beverly Wilshire, Luxe Rodeo Drive, and Montage Beverly Hills. Those that do remain open are operating well below 30 percent occupancy (compared to an average annual range of about 75 percent to 90 percent over the past seven years), with several reporting five percent to 10 percent occupancy.

Over the past year, TOT revenue has generated on average \$4 million per month for the City. "The loss of TOT revenue is also devastating to the City as it must continue to provide vital services even as revenues drastically decrease," a City staff report stated. Wilshire Boulevard to Close for Metro Construction

On April 2, portions of Wilshire Boulevard closed for three months in order to expedite work on the Metro Purple Line Extension project. As part of the closure of Wilshire Boulevard between Crescent Drive and Beverly Drive and Beverly Drive at Wilshire Boulevard, and adjusted hauling hours for the Metro Purple Line Extension Wilshire/ Rodeo Station construction, a spokesperson for Metro agreed that the street could reopen at any time as long as there is a five-day notice given before the proposed time of reopening. The Council agreed to the closure due to the reduced vehicular and pedestrian traffic throughout the City because of the COVID-19 emergency.

"This is truly a unique circumstance that will allow for minimal disruption in our City," said Mayor Lester Friedman. The work will include new hauling hours between 7 a.m. and 9 a.m. and 4 p.m. and 7 p.m. All other authorized work hours and days will remain in effect. For more information, visit www.beverlyhills.org/purpleline.

Rent Stabilization Commission Shapes Up The City Council approved appointments



## PROTECT YOURSELF FROM FRAUDSTERS

With the ongoing public concern surrounding the Novel Coronavirus (COVID-19), fraudsters are using emails to transmit malware. These emails appear to come from legitimate government health officials about local Coronavirus breakouts, virus prevention, and live mapping websites. Malware is software intentionally designed to cause a data breach to your computer and access personal information.

To protect yourself STAY ALERT and follow the below tips:



Attachments

Always verify that the email is from a known or valid source, Double-checking that it ends with a .org or .gov.





verification.

Whether someone knocks on your door or walks up to you in a public place, be cautious with your donations, if they are requesting cash, gift card, or by wiring money without proper permits or credentials, do not do it.

DO NOT open your door to any individuals claiming to represent government services, such as the Health Department. Immediately report this to the Police Department for

BEVERLY/

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Be cautious of suspicious attachments

replying to an email or text message.

and links in emails; think before

**REPORT SUSPICIOUS EMAILS, SOLICITORS, OR ACTIVITY TO THE POLICE BY CALLING 310-550-4951** 



For information about the Novel Coronavirus (COVID-19), visit:

www.beverlyhills.org/novelcoronavirus

for nine members to the newly established Rent Stabilization Commission. The following applicants were selected for the three groups that will be represented in the commission: "Landlord" will be Remmie Maden, Neal Baseman and alternate Frances E. Miller; "Tenant" will be Kathryn Jacoby, Gwendolyn Owens and alternate Kathy Bronte; and "At Large" will be Lou Milkowski, Donna Tryfman and alternate Ryan D. Gurman.

In tandem with approving the new members, the Council appointed Lou Milkowski, the only member who has previously served as a commissioner, to serve as the commission's inaugural chair.

West Hollywood Poised to Lease Log Cabin

The City is now in negotiations to lease the Beverly Hills-owned property at 617-621 N. Robertson Blvd., which includes the iconic "Log Cabin," to the City of West Hollywood. Following a declaration to reclassify the parcel as "surplus land," the Council approved a short-term commercial lease agreement with an option to purchase for the price of \$5.75 million with the City of West Hollywood. The base rent for the entire lease term is \$1. The decision concludes a contentious fight to preserve the facility after the City sent a letter to the

#### Dear Readers.

During these challenging times, we stand together with all of our fellow business owners and residents. In order to best serve our community, we will be sending out online News Alerts from the Beverly Hills Courier.

Register now at NewsAlerts@BHCourier.com.



## **Virtual Beverly Hills Community Services** is coming to you!

As the City of Beverly Hills and the community follows the Safer at Home Order for Control of the Novel Coronavirus (COVID-19), we know you want to stay engaged within our community and worldwide.

We've created an online library of resources to the arts, education, enrichment, wellness, social services, farm-to-home and more! Stay engaged, our offerings are coming to you live online via Zoom & Facebook Live!

Check us out at www.CommunityLifeBH.org.

Until we meet again, stay safe and stay active, at home! Follow us on: 🕤 🗩 @CommunityLifeBH





Lions Club of West Hollywood, which had allowed dozens of recovery meetings each week to take place inside the structure for the past several decades despite not having a lease agreement in place, to vacate the premises by March 31. Going forward, the West Hollywood Recovery Center would manage the Log Cabin.

City May Ticket People Who Gather

With people continuing to gather in public, despite the "Safer at Home" directive issued on March 20 by the County of Los Angeles Department of Public Health to control the spread of COVID-19, the City Council explored the prospect of ticketing people who disobey the social distancing mandate.

"We haven't issued citations yet, but we're getting close to a point where we probably need to consider that," City Manager George Chavez told the Council.

City Attorney Larry Wiener said there were multiple options afforded to the City, including ticketing people \$100 for a first offense, \$500 for an infraction or \$1,000 for a misdemeanor. After noting that people had been playing soccer at Roxbury Park, Councilman John Mirisch stated: "People who are willfully ignoring this, they deserve quite frankly to be ticketed. I really think we need to be vigilant." •

## **Fun & Games**

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## **Police Blotter**

The following incidents of assault, burglary, petty, grand and motor vehicle theft have been reported. Streets are usually indicated by block numbers.

## **BEVERLY HILLS**

## **BURGLARY**

3/30/2020 9100 Block of OLYMPIC BLVD. 3/30/2020 1100 Block of SCHUYLER RD.

## PETTY THEFT

3/27/2020 200 Block ofN. CANON DR.3/28/2020 9000 Block ofWILSHIRE BLVD.3/31/2020 9800 Block of WILSHIRE BLVD.

## GRAND THEFT

3/27/2020 SUNSET BLVD. / N. CANON DR.

MOTOR VEHICLE THEFT 3/30/2020 400 Block of S. CRESCENT DR.

## WEST HOLLYWOOD

## ASSAULT

3/28/2020 1000 Block of N. HAYWORTH AVE.

## **BURGLARY**

3/28/2020 8200 Block of FOUNTAIN AVE. 3/28/2020 1400 Block of N. KINGS RD.

MOTOR VEHICLE THEFT 3/27/2020 1500 Block of N. FORMOSA AVE. 3/29/2020 7500 Block of HAMPTON AVE.

## PETTY THEFT

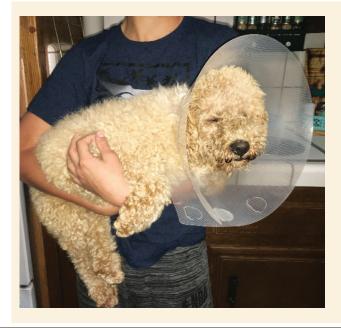
3/27/2020 1600 BLOCK N. POINSETTIA PL.

3/27/2020 7100 Block of SANTA MONICA BLVD.

3/28/2020 1200 Block of N. FULLER AVE.

3/28/2020 1600 BLOCK N. MARTEL AVE.

3/30/2020 7200 Block of W. SUNSET BLVD.



Maddy is a five-year-old poodle who weighs 11 pounds. She is looking for a place to call home and a new family to love. If you're interested in Maddy, please call Shelter of Hope at 805-379-3538. www.shelterhopepetshop.org

# **Beverly Hills Market & Deli**

Fine Grocery (310) 274-2229



Deli Catering (310) 657-FOOD

# In Continuing To Support Our Beverly Hills Community We are open for all seniors From 7 a.m. to 8 a.m. only.

Our store hours are 7 a.m. to 6 p.m. Monday through Saturday and Sunday 8 a.m to 5 p.m.

Join our Facebook page and Instagram and watch as our weekly specials are posted.

Call us for Curbside Pickup or Delivery

310-657-FOOD

Be Kind, Be Well

**BHDELI.COM | WE DELIVER** 

303 N. Crescent Dr., | Beverly Hills | CA 90210



# Classifieds



# Classifieds



# Classifieds



# HH HILTON & HYLAND From our family to yours

Our community's health and well-being is of utmost importance to us, as such, Hilton & Hyland is currently taking all necessary precautions to keep our clients, staff, and neighbors safe.

Please shelter safely in place.

We deeply appreciate your continued business, and we are here to support you with any of your real estate-related needs.

ERLY HILLS

**Rick Hilton** Chairman

CAÑON DR

Jeff Hyland President

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1 310.278

PORTFOLIO INTERNATIO

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