

# Neighborhood places to keep your interest

by Byron Fink

Walking back to Hopkinson House after seeing a movie at the Ritz Five, I passed a window on Walnut Street near Third that read **Polish American Cultural Center**. I said to myself: "This qualifies as a *Place of Interest*."

For some time I have been making a mental list of My Favorite Places of Interest Within Easy Walking Distance of Hopkinson House. Now's the time to make a written compilation. So, here it is. Of course it isn't an exhaustive aggregation—I'm sure that there are places that have escaped my attention—and I know that a few have been covered in past issues of *On the House*. (Then, too, my list does not include Philadelphia's familiar high-profile powerhouses. You

know the ones I mean: Betsy Ross House, Independence Hall, National Constitution Center, Elfreth's Alley, etc. Marvelous places, all, but I have my own favorites.)

My list covers a mish-mash of Museums, Exhibition Halls, and Enjoyable Places Worth Visiting. Maybe in a future issue of *On the House* I'll be allowed to describe Favorite Places that are somewhat farther away but still (theoretically) walkable.

## Curtis Center

6th & Walnut Streets  
215-238-6450

In the east lobby on 6th Street, like a gigantic pointillist creation, Louis C. Tiffany's extraordinary, 51-foot-wide mural, "*The Dream Garden*", made from 100,000 pieces of iridescent

# on the HOUSE

The Newsletter of  
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Ben Franklin statuary (left) and a Renaissance ceiling at Philadelphia's Public Ledger Building.



glass, was inspired by and expanded from a small painting by Maxfield Parrish. I have visited it many times. In

the west lobby, on 7th Street, the Curtis Center atrium I find the most ravishing in the world. Its airiness, its marble columns resembling palm trees and its gently-cascading fountain make it a place of beauty and calm.

## Editorial: What's inside

by Nelly Childress

You will find in this issue information from **Council** on the hallway renovation project and also about the swift response of Hopkinson House to the arrival of bedbugs with a "tip sheet" on keeping them out of your individual units. **Management's** recycling column is a must-read.

I am somewhat sad when summer shows signs of ending: regretting the lazy days of swimming, reading, sipping cool drinks and recharging my batteries - Absolutely Wonderful! But only for a while! Fall means, to most of us, resuming activities while awaiting and preparing for the holiday

season. See articles by **Byron Fink**, **Lynn Miller**, **Ralph Rodriguez**, **Susan Tomita** and **Scott & Nelly Childress** intended to refresh your memories of theaters, musical and artistic venues, museums, interesting sites and restaurants in our neighborhood. These articles were definitely not written as advertisements!

**David Roberts'** nutrition article on sugar is most informative—a good sequel to his "praise of fat" that appeared in the summer issue. Don't miss **Ralph Rodriguez'** article giving tongue-in-cheek advice on the management of out-of-town visitors.

Another new feature is a Hopkinson House social and activities calendar (October–December). ■

## National Liberty Museum

321 Chestnut Street  
215-925 2800

Offering 200 permanent and changing exhibits, this beautiful museum in a historic building has a powerful, complex glass sculpture by Seattle artist Dale Chihuly. The museum is adjacent to the Chemical Heritage Foundation, which is located at 315 Chestnut Street, (215) 925-2178.

# on the HOUSE

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# Introducing architectonics

by Ralph Rodriguez

As Philadelphians it is our duty to uphold our special traditions in the management of out-of-town visitors. The Londoner must find an out-of-the-way Indian restaurant—and practice not sweating while eating the specialty of the house that brings his guests to their knees in an agony of burning tongue and tears. The Roman host must be well practiced in pointing the car vaguely down the avenue, at terrifying speed, while directing his full attention, and field of vision, to the conversation in the back seat. The Parisian host must remember how to stare down the waiter while returning the excellent bottle of wine for some obscure failure to

“bloom” in the mouth. And, of course, the New Yorker must perfect looking rueful yet disdainful when the conversation, as it must, turns to what the price of his studio apartment would buy in Dubuque.

In each case the goal is clear: make the out-of-town guests feel that they have somehow made a mistake by living in a leafy suburb with excellent schools in a four-bedroom, three-bathroom, two-car garage home.

In Philadelphia, we bring to the task the old standbys about walking everywhere, the symphony being only eight blocks away, and that the local restaurants are uniformly excellent. If the out-of-town guest is a bit dense, you may be forced to

directly bring to his or her attention your vanishing carbon foot print. The advanced host may consider only outlining the aerobic benefits of outrunning the flash mobs and the insights you daily gain into the Empire of Byzantium by keeping up with local politics.

At some point, there will be the forced march of the out-of-town guests through Society Hill. The kids will be texting, so we can pretty much ignore them; but what of the parents who will be forever asking about parking and privacy? Here is where the Philadelphian brings out his “my architecture is better than your architecture” gambit. As in any interaction where the goal is to win,

SEE VISITORS, PAGE 21

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## Message from Council

# Welcome news and unwelcome guests

by Jason Norris

With the summer drawing to a close, Council is happy to report that the hallway renovation project—approved unanimously by Council earlier in May—is well under way. Although changes may not yet have taken place on your respective floor, our management team has been coordinating the behind-the-scenes efforts including, among other things: soliciting bids for various elements of the design, obtaining necessary approvals, and preparing the building for construction. As such, we anticipate that temporary protection and fan work will begin on or about September 20, with the renovation of the 31st floor beginning on or about September 27. Of course the preview board is still

available in the lobby.

This summer also marked the arrival (and departure) of some unwanted guests for a handful of residents. Although the sources from which our bed bug visitors arrived are unknown, Management took swift action to coordinate a response to minimize the infestation of bed bugs. As a result of these efforts and the diligence of the affected residents, the problem has been contained. With the increase in bed bug infestations across the country (including upscale hotels, stores, and apartments), it is up to each of us to remain diligent and take precautions to protect against bringing bed bugs into our building. Echoing the earlier letter from Management on the subject, the following tip sheet provides

### Bedbug Tip Sheet

Please read carefully and follow the recommendations concerning bedbugs given in the four-page “Message From Management” distributed in August.

1. Learn to identify the signs of bedbugs. If you suspect that you have them, call the office (215-923-1776) immediately.
2. **Do not use pesticide bombs or foggers—they can make conditions worst.** A pest management professional will be needed.
3. To prevent and contain bedbugs:
  - A. Seal wall cracks and crevices.
  - B. Clean and remove clutter, particularly in bedrooms and around upholstered furniture.
  - C. Inspect beds, upholstered furniture and rugs.
  - D. Vacuum carpets, floors, bed frames and furniture often. Bag and seal vacuum bags in plastic before disposing of them in the trash room.
4. Inspect suitcases before packing when leaving hotel rooms. When back home, keep luggage **off** your bed and upholstered furniture (leaving luggage in your bathroom until you unpack may be prudent if space permits).

some guidance on the steps to avoid introducing bed bugs to your individual units.

Thank you for your time, and I look forward to the next update. ■

## Message from Management

# Changing, clarifying House’s recycling policy

by Judi Forte

This column is being dedicated to recycling. The items which can be recycled have changed since August 1, 2010.

### What you have been recycling

#### Plastic containers:

- #1 Soda, water bottles
- #2 Milk jugs, detergents, shampoo bottles

**Metal:** tin and aluminum cans, empty aerosol cans, and empty paint cans

**Glass:** jars and bottles

**Mixed papers:** newspaper, magazines, mail (junk and

personal), phone books, food boxes (remove plastic liner), no food-soiled paper or boxes, computer paper, flyers, wrapping paper (no foil or plastic wrap), soda and beer cartons

### The following items may now also be recycled

#### Plastic containers:

- #3 Rigid plastic containers and juice bottles
- #4 Plastic tubs and lids from butter, margarine or similar products
- #5 Yogurt containers and deli trays
- #6 Plastic cups, plates and

to-go containers  
#7 Many mixed plastic containers and plastic products

These are just some examples of what you can recycle, so look for the number on any plastic container to be sure. *Please be sure to wash out all food and beverage containers before putting them in the recycling bins.*

**Cardboard:** empty and flattened

### What you cannot recycle:

**Metal:** aluminum foil, pots/pans, paper clips

**Glass:** light bulbs, window glass

**Mixed paper:** hardback books, tissues, paper towels, napkins, wax-coated cups or containers, food-soiled paper, file folders  
**Plastic:** styrofoam, plastic bags, PVC pipe, packing inserts or “peanuts”

**Other:** chemicals, rubber, wood, and ceramic or porcelain plates and cups

For further information on Philadelphia recycling, go to <http://www.philadelphiastreetstreets.com/recycling.aspx>.

From Council, Management and staff at Hopkinson House, have a safe and wonderful coming holiday season. ■



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# Is sugar the poison in the pantry?

by David Roberts

Seventy years ago, when I was a child, most overweight people were elderly. I never saw a person of any age who today would be considered obese. Adult-onset (type 2) diabetes was unheard of. Infectious diseases, especially pneumonia, tuberculosis, and polio, were common causes of death but their role as killers has since been diminished by vaccines and antibiotics.

The infectious diseases have been largely replaced, as threats to life and health, by what is often called *the metabolic syndrome*. The victims of this syndrome typically suffer from the deadly trio—obesity, type 2 diabetes, and cardiovascular disease. The increasing incidence of the metabolic syndrome in recent years has been characterized as an epidemic, and there has been much debate about its cause.

## Carbohydrates and health

In the early 1800s fat people were often advised to decrease their consumption of potatoes, in those days the only affordable source of carbohydrate for most people. In the middle 1800s this advice was echoed and expanded in Paris by Dr. Claude Bernard, who is often described as the father of scientific medicine. Bernard gave public lectures in which he discussed the causes and control of increased body weight. On the basis of empirical observations he attributed excessive weight to the consumption of sugary and starchy foods, and advocated eating less of these foods as the way to lose weight.

After attending Dr. Bernard's lectures an English surgeon, William Harvey, returned to England where he conveyed Bernard's advice to his patient, William Banting, a recently retired upscale undertaker who was very concerned about his obesity. Banting had undertaken strenuous exercise, including rowing, to no avail. Harvey designed a diet for Banting that was low in sugar and starch but high in meat, fish, and game. Banting diligently followed the diet and lost 50 pounds in about 18 months. He felt much healthier and was so pleased that he wrote and published a pamphlet describing the diet and its great benefits.

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In the early 1800s fat people were advised to decrease consumption of potatoes, the only affordable carbohydrate for most people.

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The news of Banting's success spread widely. In England, dieting to lose weight became known as "banting." In Germany the great statesman, Bismarck, used a version of Banting's diet to shed 60 pounds in less than 12 months.

In the years following World War II the distinguished English nutritionist, Professor John Yudkin of London University, claimed that the metabolic syndrome was caused by the excessive consumption of sugar. Dr. Yudkin was often seen

on British TV (by me among others) declaring that table sugar was the only poison in the modern diet. He wrote a book called *Pure, White and Deadly: The Problem of Sugar*, which was published in 1972 but is now out of print. I have a battered copy of the American edition, which was renamed *Sweet and Dangerous*.

In chapter 10 of his book Professor Yudkin summarizes experiments performed by himself and others on the effects of feeding table sugar, starch, and fats to laboratory and farm animals, birds, and human volunteers. In all species, eating sugar as the source of carbohydrate caused not only weight gain

Eating starch did not produce any of the changes indicative of cardiovascular disease (greatly increased triglycerides, sticky platelets, arterial plaque.) This led Yudkin to conclude that starch is relatively benign compared to table sugar, even though starch is digested to glucose in the intestine. Eating large amounts of fat and cholesterol raised blood cholesterol and caused a slight increase in triglycerides but it induced none of the more specific changes.

Only about a third of the men in the experiments reacted adversely to sugar, suggesting a genetic difference in susceptibility. Female rats were resistant to the cardiovascular changes as were women of reproductive age, indicating a protective effect of female hormones.

Professor Yudkin, who confessed to being a reformed sugar addict, recommended a diet that limited carbohydrate intake to 60 grams (about 2 ounces) per day. This was adopted by others—The Air Force Diet, The Drinking Man's Diet, etc. In about 1975 a professional colleague recommended the low-carbohydrate diet to me, explaining that it avoided stimulating the production of insulin and the resulting conversion of blood glucose to fat. I was impressed both by the rationale and by the fact that I would be able to eat as much as I liked of everything else, especially steak. I bought a small carbohydrate-counter book and proceeded to eat accordingly. I lost several pounds in the first week and 38

SEE SUGAR, PAGE 26



# WOLF

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# First Friday: Still alive after 20 years

by Susan Tomita

Rain or shine, art galleries in Old City stay open from 5 to 9 p.m. on the first Friday of each month. First Friday originated in 1991, formed by the nonprofit Old City Arts Association which continues to host the free cultural event.

Once a busy commercial waterfront district, the Old City neighborhood in the early 1970s saw its industrial and warehouse buildings begin to be restored and converted into artists' lofts. As a thriving arts community grew, art galleries, design firms, and performance groups moved in, and restaurants, shops, and nightlife emerged in the 1980s and 1990s.

Today, from roughly Front to Third Streets and from Market to Vine, you'll find more than 40 galleries housed in large and small spaces. First Friday is an opportunity to showcase a wide range of new works and new artists, see what's happening on the art scene, and experience the latest in Old City dining, retail, and theaters. It's a mingling of casual browsers, serious buyers, and students from the city and suburbs.

*Note: You can pick up gallery guides and other literature at many of the Old City galleries, or refer to the daily newspapers' weekend sections, weekly entertainment papers, and the Old City Arts Association website (<http://www.oldcityarts.org>) for gallery listings.*

The galleries tend to be the least crowded during the first two hours, from 5:00 to 7:00 p.m. This is your chance to inspect paintings unobstructed and take your time walking around the sculptures. It's also an excellent time to talk to gallery folk and artists without having to shout or feign hearing. In a calm setting, even the most formidable-looking proprietors and artists are approachable.

First Friday peaks during the last two hours, from 7:00 to 9:00 p.m. You may have to bob and weave your way through the galleries, some of which are tiny or narrow. Lines form outside of the most popular galleries, and waves of people spill out onto the street. In August, the crowds were rather thin. In September, Fringe Festival-goers and college students upped the First Friday population.

The arts community is seeing less foot traffic, slower sales, and fewer collectors—attributable to the sluggish economy, no doubt. A number of stalwarts have had to change locations over the years, such as ArtJaz, which recently moved across the street, and the 3rd Street Gallery, which continues to thrive on Second Street. Gone are the First Fridays of free wine, cheese, and crudités year round. Some galleries now hold mostly invitation-only receptions and schedule important receptions on non-First Fridays.



*First Friday patrons overtake 2nd Street (top) and nearby shopping and art establishments, such as Gallery Pii (bottom) at 342 Race Street.*

Has First Friday lost its cachet after 20 years? For many gallery stakeholders, the buzz has changed since its heady beginning. It's no longer a unique cultural event in the city or the region. Even Lancaster and Doylestown sponsor their own First Fridays, as do most major cities across the country.

But First Friday in Old City still functions like a neighborhood open house. New galleries, such as LGTripp, do open. The Clay Studio added outdoor demonstrations to attract

passersby. Proprietors I spoke with recently insist that participation in First Friday is still a must. First Friday remains an important destination for artists, students, and buyers to engage in conversation and learn from each other.

On First Friday sidewalks, you see fashionistas, babystrollers, and suburban gawkers. You hear street musicians, tourists, and panhandlers. You also find all manner of artwork, jewelry, trinkets, and indescribables displayed on tables, crates, and bedspreads. Welcome to the outdoor galleries at Old City's monthly event, where artist/proprietors are as willing to explain their work as are their indoor counterparts.

In this downbeat economy, a vibrant open house by the arts community is like a ray of sunshine. First Friday remains free and nearby. It's worth a visit, especially if you haven't been to it lately. Check it out while it lasts. ■



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# A look at our local theater companies

by **Ralph Rodriguez**

Within a short walk of Hopkinson House is a wide range of theater options. Two large neighborhood venues primarily present Broadway revivals. The 2010–11 season at The Forrest Theatre (1114 Walnut Street) includes *Les Misérables* and *Mary Poppins*. Contact <http://www.forrest-theatre.com>. The main stage of the Walnut Street Theatre (825 Walnut Street) has a 2010–11 season that includes “Miss Saigon” and “White Christmas.” Contact <http://www.walnutstreettheatre.com> or (215) 574-3550.

The Arden Theatre (40 N. 2nd Street) showcases local talent in presentations of theatrical classics and new works in a large, modern space carved out of an old post office. Expect Kurt Weill rather than Andrew Lloyd Webber and Eugene O’Neil rather than Neill Simon. The 2010–11

season includes *A Moon for the Misbegotten* and *Wanamaker’s Pursuit*, a new play by Cuban American playwright Rogelio Martinez about Philadelphia’s Nathan Wanamaker in 1911 Paris. Contact <http://www.ardentheatre.org> or (215) 922-1122.

The Lantern Theater (923 Ludlow Street) is located on a side street adjacent to St. Stephen’s Church (19 South 10th Street). Like the Arden, the Lantern presents classics and new works. The space here is small, funky and soulful but innovative stage design and directing make lemonade. The theater is on the second floor (no elevator). The 2010–11 season includes *Uncle Vanya* and a play by contemporary Canadian playwright Morris Panych, *Vigil*, in which an elderly and well-to-do Aunt may not be as near death as advertised. Contact <http://www.lanterntheater.org> or (215) 829-0395.

Independence Studio on 3 is housed within the Walnut Street Theatre (825 Walnut Street) in a living room sized space on the third floor reached via a tiny elevator located just past the Walnut Street Theatre box office. The intimate space highlights the energy and commitment of the frequently young performers. The 2010–11 season includes *The Glass Menagerie* and *The Ugly One*, a farce on the theme of plastic surgery by contemporary German playwright Marius von Mayenburg. Contact <http://www.walnutstreettheatre.com> or (215) 574-3550.

Society Hill Playhouse (507 South 8th Street) has been in operation for over a half century. A first floor cabaret seats 99 and has offerings including jazz and comedy. The main stage space seats 250 and is located on the second floor (no elevator). The 2010–11 season includes *My Mother’s*

*Italian, My Father is Jewish and I’m in Therapy*. Later this season a world premiere, *The Bridge Club* by the Bay Area’s Richard Raskind, explores the relationship of a man and woman who meet on the Golden Gate Bridge while calculating the distance to the water below. Contact <http://www.societyhillplayhouse.org> or (215) 923-0210.

Shubin Theatre (407 Bainbridge Street) is located in a 43-seat storefront space. The rolling season includes productions from varied local companies. This summer, Quince Productions presented *Beirut* by Alan Bowne, written in the 1980s about a love affair between a man with a mysterious unnamed illness (AIDS?) and an uninfected woman in a Manhattan of quarantined neighborhoods. Contact <http://www.shubintheatre.com> or (215) 592-0119. ■

## Neighborhood places to keep your interest

PLACES, FROM PAGE 1

### **Pennsylvania Hospital**

8th & Spruce Streets  
(215) 829-3000

These unique, serene grounds must have been soothing to 18th-century patients who would probably have been terrified at the prospect of needing to go to a hospital. The cornerstone, laid by Benjamin Franklin in 1751, when we were still the subjects of an absolute monarch, reads, in part, “GEORGE THE SECOND HAPPILY REIGNING (FOR HE SOUGHT

THE HAPPINESS OF HIS PEOPLE)... THIS BUILDING WAS FOUNDED FOR THE RELIEF OF THE SICK AND MISERABLE.” The grounds also include a “Physic Garden” with the types of herbs, trees, and shrubs that were grown for medicinal purposes in the 18th century.

### **Atwater Kent Museum**

15 S. 7th Street  
(215) 685-4830

Temporarily closed, the museum will reopen in 2011 as the Philadelphia Museum

of History at Atwater Kent. Founded by one of the earliest manufacturers of household radio receivers, the museum houses a great collection of Philadelphia history and memorabilia.

### **Polish American Cultural Center**

308 Walnut Street  
(215) 922-1700

This cultural organization has a small but interesting permanent exhibition introducing viewers to heroes of Polish history: Chopin, Marie Curie, Paderewski, etc.

It is open 10:00 a.m. to 4:00 p.m. Monday through Saturday and presents special events and offers guided tours daily.

### **Fireman’s Hall**

147 N. 2nd Street  
(215) 923-1438

In a restored nineteenth century firehouse at Second and Arch Streets—just up Second Street from Elfreth’s Alley—the Fireman’s Hall exhibits the largest collection of colorful antique fire-fighting equipment in America. Bring the kids!

SEE PLACES, PAGE 17

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# Welcome to Restaurant Row East

by Lynn Miller

Your intrepid reporter recently forced himself to eat his way around our neighborhood so that he could bring you a report on the principal restaurants in our area. For an urban center that, 40 years ago, was whimsically depicted as a city of gracious dining—at least, if you dined in your own home—Center City Philadelphia today surely has about as many restaurants per square foot as any other comparable quarter on the planet. That includes our immediate neighborhood, where dining out can be a satisfying, even a memorable, experience. And there's plenty to choose from.

I meandered just west of Washington Square for a start, then ambled north to Walnut and Chestnut and back to the Square again, through the heart of what is now center city's Restaurant Row East. I ignored the fast-food joints, and waddled before I made it south of Hopkinson House. If I'd been even more gluttonous, I could easily have added another dozen to those below by widening the circumference of my circle by a few blocks. Here is the reaction of one gourmand(?) to many of our nearby restaurants.

**Ristorante La Buca.** 711 Locust Street. The old standby may be a *caverne* down a long staircase beneath an ungainly brown-brick building, but this ristorante Italiano has always had airs not possible in South Philly, where its parents came from. Here, the *pesce* are wheeled to your table so you can select your *branzino* after staring it down on its bed of

ice. But if fish are not your catch, you can choose from *vitello*, *pollo*, *manzo*, or *agnello* for a subterranean feast, \$16 to \$30, plus extras. Lunch (ca. \$10.95), like dinner, is available every day. But go at midday for *spaghetti al tonno* or *cannelloni al Medici* if what you don't want is a hot dog on a bun. Select your wine from a nice list of Italian or California vintages.

La Buca is anything but trendy. The unchanging décor of dusty grapes hanging from trellises, plus the rather elderly male and Italianate staff—in tuxedos, no less—may make you think you've fallen into a time-warp. But the waiters are polite and knowledgeable, and

organic veggies such as cold heirloom beet borscht and fresh fruit. Lunch is served Wednesday through Saturday, dinner Tuesday through Saturday. Happy hours are from 5:00 to 7:00 p.m. Tuesday through Friday, when drinks are \$6. The menu in late summer offered, among a dozen choices, pan-roasted corn purée (\$14), trout with a rainbow of vegetables (\$18), and a sautéed Long Island breast of duck (\$28).

Leave behind the pleasant but undistinguished dining space inside when you can chow down in the gorgeous garden (assuming cooperative weather and no prior booking by a wedding party). There,

(nothing of the Furness-designed bank chamber remains except for the main dining room's soaring space). In place of stuffed swordfish and octopus on the walls, you're now greeted by a giant Art Deco mural of people having fun—probably on someone else's dime. A snazzy Jazz Age bar greets all comers. Lunch is served Monday through Friday (\$7-\$22), and dinner every night of the week.

The dinner menu offers a sizeable selection of poultry and fish as well as the expected glorious hunks of red meat. You can spend \$44 for Dover sole or a 16-ounce steak au poivre. All side dishes are extra. The wine list is extensive and expensive. There are nicely appointed rooms for private parties. Do have a swank night out here, especially if rich Uncle Elwyn is picking up the tab. If not, you can always go for the amazing 10-oz. Kobe burger lunch special for only \$6 and enjoy the luxe without the swag.

**Fat Salmon.** 719 Walnut, replacing the former Shinju Sushi bar. Décor has gone upscale to the very top, with a wavy, light-caressed wall to make you think you're at the shore or on an ocean voyage at twilight. The place is utterly Japanese in its orientation, though with both Japanese and Korean chefs, dishes are finished with a distinctive flair somewhere beyond Nippon. For six pieces of sushi and only \$9, try either the Fat Salmon special roll, which combines cucumber, tomato, cream cheese, and salmon with apple sauce, or the Katsa Maki,

SEE RESTAURANTS, PAGE 22

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Center City today surely has about as many restaurants per square foot as any other comparable quarter on the planet.

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the rooms' tired charms exude authenticity straight from Calabria. The kids may find it all a little weird, but your Aunt Giuseppina should be charmed.

**"M" Restaurant at Morris House.** 231 S. 8th Street. Tucked in beside the elegant 18th-century house that is now a boutique hotel, M offers thoughtfully prepared dishes with a menu that changes weekly, entrees priced from \$19 to \$25. M's comestibles draw heavily from local producers, and feature

the Old Philadelphia ambience is palpable, its splendor growing with every glass of wine beneath the canopy of trees. Bring your cousins from Nebraska and they'll talk about it long after they're back on the farm.

**Chops.** The grand old PSFS Bank at the corner of Walnut and 7th Streets was transformed into Oceanaire a few years back. Now it's a glamorous steak-and-chop house with the previous occupant's ocean-liner décor more or less still intact



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# Social & Activities Calendar at Hopkinson House October 2010

A special insert to  
*On the House*

- October 4 Washington Square Citizens' League\*\*  
Afternoon Discussion in the Solarium  
1:30-3:00 pm: "The Tea Party Movement: Who, What,  
and Why"  
Discussion Leader: Faith Abbey  
Contact Nelly Childress (215-627-3471)
- October 5 Exercise Class with Byron Fink  
And every In the Solarium 10:15-10:45 am  
Tuesday & Thursday Just walk in
- October 18 Washington Square Citizens' League  
Afternoon Discussion in the Solarium  
1:30-3:00 pm: "Is the Constitution a 'Sacred Cow'?"  
Discussion Leader: Paul Coyne  
Contact Nelly Childress (215-627-3471)
- October 24 Washington Square Citizens' League  
Sunday Reel discussion of "serious" films at the Ritz  
Meet at 4:00 pm for convivial exchanges in which your  
opinion counts.  
Contact Larry Meehan ( 215-925-6464)
- Date & Program Washington Square Citizen' League  
To be Announced Evening Program in the Solarium  
7:00-7:30 pm a social with light refreshments  
7:30 pm Program  
Contact Nancy Snyder (215-627-3471) or  
Jay McCalla (267-455-7015)

\*\* Washington Square Citizens' League at Hopkinson House is a not-for-profit, non-partisan organization. Started in 1996 by residents for residents of Hopkinson House, it is dedicated to motivating residents of Hopkinson House to become engaged in the political and social processes of the day

# **Social & Activities Calendar at Hopkinson House November 2010**

A special insert to  
*On the House*

- |   |  |
|---|--|
| November 1                                    | Washington Square Citizens' League**<br>Afternoon Discussion in the Solarium<br>1:00-2:30 pm "General Election in Pennsylvania"<br>Our Democratic and Republican Committeepersons<br>will give the reasons why their candidates are best<br>for Pennsylvania and particularly for Philadelphia."<br>Contact Nelly Childress (215-627-3471) |
| November 2                                    | Pennsylvania General Election<br>In the Solarium, 7:00 am-8:00 pm  |
| November 2<br>And every<br>Tuesday & Thursday | Exercise Class with Byron Fink<br>In the Solarium 10:15-10:45 am<br>Just walk in   |
| November 15                                   | Washington Square Citizens' League<br>Afternoon Discussion in the Solarium<br>1:30-3:00 pm "Postmortem of National Election"<br>Discussion Leader: Lynn Miller   |
| November 21                                   | Washington Square Citizens' League<br>Sunday Reel discussion of "serious" films at the Ritz<br>Meet at 4:00 pm for convivial exchanges in which your<br>opinion counts.<br>Contact Larry Meehan (215-925-6464)   |
| Date & Program<br>To be Announced             | Washington Square Citizens' League<br>Evening Program in the Solarium<br>7:00-7:30 pm a social with light refreshments<br>7:30: pm Program<br>Contact Nancy Snyder (215-627-1731) or<br>Jay McCalla (267-455-7015)   |

\*\* *Washington Square Citizens' League at Hopkinson House is a not-for-profit, non-partisan organization. Started in 1996 by residents for residents of Hopkinson House, it is dedicated to motivating residents of Hopkinson House to become engaged in the political and social processes of the day*

# Social & Activities Calendar at Hopkinson House December 2010

A special insert to  
*On the House*

December 6	Washington Square Citizens' League** Afternoon Discussion in the Solarium 1:30-3:00 pm "The Environmental, Economic and other Consequences of the Marcellus Shale in Pennsylvania" Discussion Leader: Mauriel Holland Contact Nelly Childress (215-627-3471)
December 2 And every Tuesday & Friday	Exercise Class with Byron Fink In the Solarium 10:15-10:45 am Just walk in
Date To be announced	Hopkinson House and Washington Square Citizens League Holiday Parties

\*\* *Washington Square Citizens' League at Hopkinson House is a not-for-profit, non-partisan organization. Started in 1996 by residents for residents of Hopkinson House, it is dedicated to motivating residents of Hopkinson House to become engaged in the political and social processes of the day*

# An invitation to *On the House* readers



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## Greetings to occupants of **The Hopkinson House**

Many Center City residents are not aware of or don't remember a well established major home appliance store in the heart of the city. **AIRS Appliances** – Center City's "**Best of Philly**" store for luxury and traditional appliances for over 60 years will be hosting a "Re-introduction" party for those residents of **The Hopkinson House** on **Thursday October 14<sup>th</sup>** from **6:00 to 9:00 PM**. Come join us at our state of the art showroom 1119 Chestnut Street featuring extensive collections by Wolf, Subzero, Viking, Dacor, Liebherr, Capital, Bluestar, Miele, and many more.

In addition, you will be able to experience **Exquisite Designs**, a bathroom showroom located inside the store. They specialize in high quality bathroom furniture and fixtures; and work with the finest lines in the industry including TOTO, Lacava, Dornbracht, Duravit, Hansgrohe, and many more.

There will be an open bar with hors d'oeuvres prepared by **Grenville Catering** as well as other delightful gourmet dishes made on "live" display units for you to enjoy, all while viewing the two level showroom. To further enhance our 60<sup>th</sup> anniversary party, there will be live music (3 pc combo), free gift bags and a **free raffle for a 32" Color TV** suitable for wall mount. Come and join us to see all of these fabulous appliances for their beauty and value.

Remember; before there were "**luxury**" appliances, there was **AIRS Appliances**. The kitchen is the "social center" of your house – which you should be proud to display when equipped with gorgeous and functional appliances.

Food, Drink, Music, Free Raffle, Fabulous Showroom..... **Just a Party and No sales!**  
Please **RSVP by Friday October 8<sup>th</sup>** to **AIRS Appliances** - 215-568-1010.

1119 Chestnut St.  
Philadelphia 19107

---

***Before there were luxury appliances, there was Airs...***



# Our end-of-summer Big Band party



Left: Refreshment table with George Koch, Larry Meehan, and Paul Coyne (from left). Right: The Big Band from the Valley's orchestra (top) and singers (bottom).



by Nelly Childress

On September 19 in ideal weather, the Big Band from the Valley entertained residents and their guests scattered around the splendid display of flowers and under the watchful eyes of Stonorov's reclining sculpture.

A lively program, under the baton of Bob Deddy with lovely vocalist Marge Miller, emboldened many to dance spontaneously. Rosina Coltellaro engaged in a solo performance to the exuberant tune of "Zorba's Dance" by Mikis Theodorakis. Others

danced to such tunes as "Copacabana" and "Boogie Blues;" few were those who could sit still. Refreshments were plentiful and tasty. All had a jolly time—even the children—listening to "Moonlight Serenade," "In the Mood," "The Lady is a Tramp,"

a rousing John Philip Sousa's "Stars & Stripes Forever," and more. Many thanks to resident volunteers of HHOA's Special Events Committee: Connie Pearlstein, Paul Coyne, Bari Shor, Larry Meehan, Susan Tomita, Lynn Miller, and George Koch. ■

## Neighborhood places to keep your interest

PLACES, FROM PAGE 9

### National Museum of American Jewish History

5th & Market Streets  
(215) 923-3811

Soon to be in its new building, a grand opening is planned for Friday, November 12.

### The Bourse Building Atrium

21 S. 5th Street  
(215) 625-0300

This atrium is a dazzling triumph, soaring eight floors

all the way up to the full interior height of the building. Each of the lower three floors is a loggia with exuberant wrought-iron railings. It's great. I love it and pop in for a look every time I pass by. Lots and lots of places to grab a bite and have a coffee.

### Public Ledger Building Lobby

6th & Chestnut Streets

The 6th Street entrance is a small lobby with a gorgeous renaissance ceiling

and a larger-than-life stone statue of Benjamin Franklin that once stood at 6th and Chestnut facing Independence Square. I often make a deliberate detour when passing by, to gaze admiringly at the ceiling and to wave my hand at Ben Franklin, who most assuredly deserves his Renaissance ceiling. The building once housed the now-gone Philadelphia *Public Ledger* newspaper, which had inaugurated the era of mass-

circulation newspapers with the invention of the rotary press in 1846. Another Philadelphia first! However, the Philadelphia *Record*, the *Evening Bulletin*, and the *Public Ledger* are gone. Who remembers them today?

### Historic Philadelphia Center

6th & Chestnut Streets  
(215) 629-4026

Scheduled to open at the southwest corner of 6th and

SEE PLACES, PAGE 19

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Equipment  
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# Fall music east of Broad Street

by Scott & Nelly Childress

*On the House* is not the place to look for the blockbuster musical events that take place on Broad Street and west thereof, but there are performances that occur closer to our neighborhood.

**The Philadelphia Chamber Music Society** (PCMS 215-569-8080) presents The Parker Quartet, song, flute, violin, and cello recitals at the **American Philosophical Society**, 427 Chestnut Street (Franklin Hall) (Around \$23). PCMS also offers the AVA Ensemble, Tokyo

Quartet, Juilliard Quartet and other recitals at the **Independence Seaport Museum**, 211 Columbus Blvd, as well as a flute recital at the **Settlement Music School**, 416 Queen Street. **The Philadelphia Chamber Ensemble** (215-542-4890) will perform, early November, at **Old Pine Presbyterian Church**, 412 Pine Street (Around \$25.00).

Other musical presentations can be found at the **Theater of the Living Arts (TLA)**, 334 South Street (215-922-1011), including pop, rock,

alternative, and metal music, among many others. To name some bands: Dead Kennedys, Big Band, The Sword; Best nights: Thursday through Friday; Bar. The same type of music can be heard at the **Trocadero Theater**, 1003 Arch Street (Chinatown) (215-922-6888). To name some performances: Ingrid Michaelson, Nevermore [progressive metal, pop, rock], Local Natives [pop, rock]. Another venue is the **Electric Factory**, 7<sup>th</sup> & Willow featuring Gwar, The Hooters, Blonde Redheads, Lifehouse and more. **The Painted Bride Art Center**, 230 Vine Street, (215-925-9914), jazz, will present Dave Holland Big Band in December.

For those interested in bars and restaurants featuring music the **Khyber**, 56 S. 2nd Street (215-238-5888) is reported to be one of Philadelphia's finest dive bars. It is made for music lovers, with music almost every night. **The Irish Time**, 629 S. 2nd Street, is for live music and a place to eat. Every Thursday join legendary fiddler Harold Dunn and friends for a traditional Irish music session. Bring your instruments and join in. **Tin Angel/Serrano's**, 20 S. 2nd Street (215-928-0770) is described as an intimate venue with bar-type music—Susan Werner, Richie Havens, Lloyd Cole and others. ■

## Neighborhood places to keep your interest

PLACES, FROM PAGE 17

Chestnut in mid-September, the Historic Philadelphia Center will present the 3D film *Liberty 360* in the brand new in-the-round PECO Theater. Just think: our own IMAX (well, sorta) right here, two blocks from home. I'm sure the movie will be wonderful when seen through their state-of-the-art 3D glasses which, I've been told, will look like the eyeglasses designed and worn by our pal Benjamin Franklin.

### Charming Gardens and Charming Streets Society Hill

I love exploring Society Hill on a beautiful fall day.

The formal garden behind Morris House on 8th near Locust; the Pennsylvania Hospital garden path, just south of Spruce, that takes me from 7th to 8th Street; on Spruce Street east of 5th adjoining the Society Hill Synagogue, the park-like street that leads past a kangaroo sculpture to Lawrence Street and thence to the ancient cemetery of Old Pine Street Church; these are the types of outdoor vistas that are unique to Society Hill. The charm of small streets such as Panama and American and Delancey and so many others makes our neighborhood a stroller's delight. ■

## Advertise in on the HOUSE

Standard ad sizes	From your computer files	From flat art, our designs or if changes are needed
Full page 7×9.25"	\$200	\$220
Half page 7×4.75"	\$150	\$165
Quarter page 3.5×4.75"	\$100	\$110
Eighth page 3.5×2"	\$75	\$83

For ad reservation and payment questions, please call Nancy Snyder at (215) 627-1731.

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# Introducing architectonics

VISITORS, FROM PAGE 2

knowledge is power and a few well chosen terms will establish your dominance and more refined aesthetic sensibility. Never refer to windows, but bring your guest's attention to the "fenestration." Be sure to point out the "cornice" (the trim bit where the wall meets the roof). Also, please remember that the glass over the door is a "fanlight," the front of the building is the "façade," and any brick that looks a bit wonky can be advertised as "Flemish bond." Major points go to him who knows the age of the building. This is absurdly easy and requires nothing more than counting the number of window panes which you will naturally refer to as "lights." Six-over-six is Colonial, multiple panes on the top sash and one on the bottom is Victorian and one pane top and one bottom is 20th century. When the amount of glass on a building begins to exceed the amount of solid wall, you are in the post-WW2 era and can say "modern."

The restoration of the neighborhood in the 1960s and beyond included the introduction of many new town houses and other structures. Most advertise their 20th century roots with lots of glass—or blank walls where there should be glass; but scattered here and there are reproduction Colonial townhouses that look the part until you walk through the front door and

find a split-level inside. These impostors provide you with an easy method for re-establishing your dominance, should your guests try to out fenestrate you. Allow your visitor to enthuse about the cornice on some town house or other and then quietly say: "I'm afraid that's a 20th century repro." Since only a professional could tell the difference, it doesn't matter if this is true or not. Your discernment will now be unquestioned and you can launch into your dissertation on 20th-century architecture.

Inform your guests that Hopkinson House is a mid-century modern building (basically the 1950s and 1960s). If they have not yet been fully vanquished, you can toss in the fact that the building is in the tradition of the Bauhaus School established in Germany before WW2 and expresses the belief that "less is more" (Mies van der Rohe) and that a home is "a machine for living" (Le Corbusier). The architect of this building has "enlivened the facade" through the irregular placement of the balconies

and the building's white painted brick alludes to the white stucco International Style villas of France.

Finally, inevitably, we come to the preformed concrete block walls of the Hopkinson House hallways. Here you might resort to "amusing and utilitarian." Or if all else fails: "an homage to the brutalism of 20th century Philadelphia architect Louis Kahn."

Good luck and don't forget the wise words of our own Benjamin Franklin: "Guests and Fish begin to smell after three days." ■



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# Welcome to Restaurant Row East

**RESTAURANTS, FROM PAGE 11** where you get a crab stick, cucumber, avocado with spicy sauce, plus white fish tempura with eel sauce.

Lunch specials average \$10.50 and include a bewildering variety of sushi with miso soup or salad. For dinner, dine on Unaju (broiled eel), Chirashi (a variety of raw fish on sushi rice), or share a lavish sushi/sashimi spread with your significant other for \$48.50. There's more flair here than you expect for a joint where you can eat in or take out—and BYOB. Half a block from our own Square, you may forget you're not in Ginza.

**The Cooperage.** Here's a relative newcomer inside the Curtis Building next to the 7th Street entrance. Since last spring, you've seen their outdoor booths on the 7th Street sidewalk in good weather. This is a wine and whisky bar with a surprisingly interesting menu of sandwiches—po'boys and pulled pork are yummy—as well as other casual fare with a Cajun twist, such as gumbo ya-ya and chipotle-bourbon barbecued boneless wings. Or for dinner, how about an ancho rubbed flank steak (\$18)?

The bar's the main event, perhaps on its way to becoming a singles' spa, but the table service is attentive, friendly, and professional. You can satisfy your hunger without breaking the bank—unless you succumb to sampling too many of the offerings from the wine list. Take a flashlight to read the menu, which appears to have been banged out on an old Remington typewriter badly in

need of a new ribbon. Brunch, lunch, and dinner, plus a nifty little take-out coffee nook, open in the mornings.

**Jones.** 700 Chestnut Street. This one you know, for at least ten years now. Molded chairs, space-age chandeliers, and buff-brick walls suggest 1950s retro, as maybe does the no-reservations policy at what has long been a popular mid-day eatery. Meatloaf and Thanksgiving turkey dinner every day are among the stars, for not a lot of money. Naugahyde booths are retro, too, along with what's playing on the nickelodeon. Lunch—mac and cheese, Cobb salad,

a few years back), but has nonetheless become a popular eatery for businesspeople and tourists, thanks to reliable food at reasonable prices. Plate glass windows reveal standard-order booths behind Venetian blinds. Tables hunker down on the sidewalk in fine weather.

Offerings include all the red-sauced pastas your Nonna Sofia used to make, along with the calamari, scampi, etc., that you can't fish out of the Delaware. The varied pizzas—thick-crust, served on a tripod at table—are a tasty choice. And there's a three-course chef's special dinner for \$30 that changes every day.

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You can satisfy your hunger  
without breaking the bank—  
unless you succumb to  
sampling too many of the  
offerings from the wine list.

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and much more—is served Monday through Friday.

Dinner every day. Home delivery, reasonable prices, conversation just possible above the chatter. Oh, and French lessons in the restrooms, who knows why? This could be for your cousin Minnie if she pines for the good old times of her youth.

**La Scala's.** Also at 7th and Chestnut Streets, catercorner to Jones. This is Jones' Italian equivalent for comfort food, though with the nostalgia missing. It has all the ambience of a fast-food joint (which this space was

La Scala's also offers space for parties, events, and meetings. Weekday happy hours lure the after-work crowd.

**Delicatessen.** Head a few steps west and you'll find this Jewish variant on comfort food at 703 Chestnut. You maybe haven't dropped in for a pastrami on rye since the new owner took over what used to be Kibitz in the City. The minimalist new name should assure you that it's still a classic, with such old dinner stand-bys as chicken pot pie (\$15) and brisket (\$16). Or try the Chanukah salmon with a latke crust (\$17). For

lunch, traditional sandwiches abound, as do smoked fish platters and salads. But The New School portion of the menu globalizes matters a bit with such selections as a bagel with lox and sweetened wasabi cream cheese.

Delicatessen is open every day, starting with breakfast—or brunch on week ends—though dinner, from 4:00 to 8:00 p.m., is available only Wednesday through Saturday. You can eat in or take out, naturally, while you reminisce about the old neighborhood.

**Aqua.** Next door at 705 is this Malaysian/Thai restaurant that wandered to our neighborhood from Chinatown several years ago. Open for lunch and dinner every day but Sunday, the southeast Asian fare is an interesting blend of Chinese, Indian, and other regional cuisines. Although some of the dishes will be familiar to the aficionado of Cantonese and Szechuan cooking, you can also order an Indian pancake appetizer, Roti Telur, filled with egg, onion, and served with potato curry. Follow that with a green papaya salad (with shrimp, carrots, and ground peanuts), then dig into Kari Ayam (chicken cooked with lemon grass and chili paste, then simmered in coconut curry). Prices range from \$6.50 to 20.95.

Aqua has a little water feature in the back that distinguishes it from the usual Chinatown restaurant. Tables and chairs are standard chrome-and-plastic. It can get noisy on a busy weeknight.

**Chifa.** Jose Garces' rich and clubby eatery

(*comidas Latinas* with a dash of Chinese) is next, at 707 Chestnut, and a smart destination for the venturesome diner. There are sidewalk tables in good weather, a central bar inside along with Chinese blue-and-white porcelain décor and votive candles clinging to the walls. The lattice-partitioned booths hint of an opium den. The menu is divided into cold and hot small plates (\$6 to \$45). The staff suggests three per person, all meant for sharing, plus a list of several larger specialties, also to share and capable of being tweaked to suit the diner (\$22-\$45). A chef's tasting menu is priced at \$45, \$55, or \$65, and may be accompanied by a "wine flight"—so you can soar, or flee?—from \$20 to \$35 per person. Almost anything you order will be distinctive enough to remind you why the owner/chef has become one of the nation's hottest culinary stars.

The medium-sized wine list starts at ca. \$30. *Pan bono* is *pro bono*; small homemade rolls served with a peppery/sweet spread. Service is so competently crisp it may be a little daunting to those unfamiliar with the Garces treatment. If you're used to his tapas-inspired menus, you may know how to order. Still, twelve small plates for four diners may be a little much unless you're ravenous. Save seventy bucks to start and order ten. Add on from there as your tummy and pocketbook allow.

**Union Trust Steakhouse.** 717 Chestnut Street. What started out as a fantastic and opulent Victorian bank many moons ago lost an entire wing to a parking lot in mid-20th century. Even after that dismemberment, the space

that long housed Jack Kellmer Jewelers was still glorious. But with the coming of Union Trust, the glamour of the neighboring banking hall got turned up several dazzling notches. You can now dine beneath a gilded, coffered ceiling in a space that Ziegfeld would have died for, or take it all in from the bejeweled mezzanine while swilling your martini and slurping oysters on the half-shell. Appetizers include crispy calamari (\$11), Kobe short ribs (\$15), or the none-too-kosher scallops wrapped in bacon (\$16). Steaks range from the 6-ounce filet mignon (\$28) to the shiitake-rubbed Kobe strip (\$65). One of the shellfish towers might suit your fancy:

theatrical you just might spot the ghost of a Follies chorus line after that second or third martini.

**Morimoto.** This spot at 723 Chestnut may offer the most rarified culinary treats of all the elegant restaurants in our quarter. Once inside the glowing chartreuse doors that pierce the concave exterior, you find yourself in a space where soft lights infuse the very tables where you dine. Chef/owner Masaharu Morimoto learned his craft from Japan's master chefs before he ventured to New York, then Philadelphia, where the haute cuisine of the West now influences his offerings. The Zensasi (lunch) menu features such jewels as toro tartare served with caviar

tempura vegetables is \$37.

You'll find sushi and sashimi appetizers for less than \$10, and a raw bar serving a sharable combination for from \$55 to \$75. Maybe you should save the chef's choice, anyway, for when that Japanese partner in your latest joint venture visits on his expense account. You can get lunch Monday through Friday, dinner every night. Attire is, in keeping with the atmosphere, "upscale casual."

Had enough high-toned glamour? Across Chestnut Street are two down-home eateries (depending on where you call home) that can bring you and your wallet back to earth. At 714, **El Azteca** offers essentially Tex-Mex fare in a slightly seedy room that might have come from the border at El Paso. You know the drill: tamales, tacos, enchiladas, chiles, and refried beans, done up in combinations that are sure to fill your belly—if not give you heartburn—all at bargain prices. Almost next door, at 704, the stuck-in-time Germano-Irish-Italianish **Las Vegas Tavern** that for eons displayed dill pickles in the window has undergone a makeover, bringing it a little nearer in appearance to its more trendy neighbors. At least, it *looks* now as if it might be at home in its namesake city. Expect only tavern fare here, such as pot stickers, buffalo bites, burgers, soups and salads, to be washed down with a cold pint or two.

**Szechuan China Royal.** 727 Walnut. They've been our neighborly eat-in-take-out-or-deliver Chinese emporium forever. Chopsticks optional.

Now, rest up for an assault on all the fooderies to our south! ■

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## You know the drill: tamales, tacos, enchiladas, chiles, and refried beans, done up in combinations that are sure to fill your belly.

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\$50 brings you one made of different varieties of oysters, or you can go to the top with the Ultimate Tower, presumably meant for sharing, with its king crab, lump crab, clams, oysters, and shrimp, yours for \$125.

But you don't actually have to break the bank here. Lunches offer salads starting at \$11, burgers from \$12, and a Liberty Cheesesteak for \$20 that gives you prime rib-eye, caramelized onions, and parmesan whiz—not exactly your lunch truck greaser. Or you can merely nibble and sip and mostly feast on your surroundings. The place is so

and fresh wasabi (\$26), or thinly sliced carpaccio where you choose from whitefish (\$16), octopus (\$18) or Kobe beef (\$25). Dinner (Omakase) delivers a chef's choice of a multi-course tasting menu from \$80 to \$120 per person, or à la carte entrees that let you choose from Duck Duck Duck (Madras roasted duck breast confit, risotto, duck egg, Mandarin oolong reduction) for \$32, or Sugi-ita salmon (Japanese cedar-wrapped organic salmon in a maple shiitake broth, with organic egg and yamaimo), \$26. The dry-aged New York strip steak with



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# News

## Around the House



A long-time resident, Lynn Miller is the author of several non-fiction books ranging from international politics to the French cultural legacy in Philadelphia. *Crossing the Line* covers cleverly a 150-year history of a fictitious Philadelphia family, under the background of 9/11, terrorism, the Iraq war, not to mention creationism, human cloning and relationships.

Not satisfied to have published a 351-page book, Lynn Miller is also one of several abstract artists of Bucks County exhibiting at the Abstract Expressions Contemporary Art Gallery, 70 High Street, Mount Holly, N.J. 08060. The exhibit is on view September 17 to October 30, 2010. Gallery hours: Fri. 1:00–7:00 p.m., Sat. 12 noon–7:00 p.m., and by appointment, (609) 267-7513.



James McClelland, a prolific writer, is the author of a handsomely illustrated book

entitled *The Martino Family: A Legacy of Art*. It is the story of a late 19th-20th century Philadelphia family of artists as productive as the Peals, the Wyeths, and the Calders. Relatively unknown, the seven Martino brothers' work can be found today in many prominent museums of the country. This book delves into the creative accomplishments, and passion for fine arts of the amazing Martino family, a family of immigrants who settled in Philadelphia to raise nine children.



Two new people you may have seen on duty in the lobby recently are replacing doormen Dwight Morris and Omar Moore. They are Jeffrey Simmons (left) and Mark Fields (right). ■

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# Is sugar the poison in the pantry?

**SUGAR, FROM PAGE 5**  
pounds over about 6 months. I have lived happily on a slightly more liberal ("maintenance") version of the diet for the past 35 years.

Cardiologist Robert Atkins MD points out in his book, *Dr. Atkins' diet revolution* (1972), that the rapid initial weight loss of the low-carbohydrate diet is due mainly to the shedding of stress fluid. This causes a desirable drop in blood pressure. Dr. Atkins went further than the 60-gram diet to recommend, at least initially, a diet of zero carbohydrate. When you eat no sugar or starch you obtain energy by burning body fat. After you have reached your desired weight Dr. Atkins recommends a maintenance diet similar to the 60 gram diet.

In his cardiology practice Dr. Atkins found that his diet not only reduced the weight and blood pressure of his patients, and reversed their type II diabetes if they suffered

from it, but also made them feel better and improved their cardiac health. These results enabled Dr. Atkins to decrease his patients' use of prescription drugs, a very desirable outcome.

A hundred years ago the average American ate less than one ounce of table sugar per day. Since then, sugar has become cheap and plentiful. Our consumption of sugar has increased enormously, to an average of nearly a third of a pound per person per day. If a third of a pound is the average, it follows that half of the population eats more and many people eat much more sugar than that. The resulting obesity is all around us. If you glance into the shopping carts of obese people you will see mostly candy and sweet, starchy foods.

When people eat sugary or starchy foods their systems respond by producing insulin. The insulin lowers the concentration of blood glucose

and keeps it under control, by directing the conversion of glucose to body fat. Sustained high consumption of sugar and starch causes prolonged overproduction of insulin, which leads to a condition known as insulin resistance. The cells normally controlled by insulin cease to respond to insulin. Insulin and glucose then accumulate in the blood. This is type 2 diabetes. In contrast with a type 1 diabetic, whose pancreas cannot make insulin, type 2 diabetics produce large amounts of insulin but it fails to control their blood glucose. The condition is usually treated by the injection of even more insulin or by drugs that make the cells more responsive to the insulin already in circulation. These drugs tend to produce worrisome side effects.

It would seem that the best treatment for type 2 diabetes would be to remove the cause, to stop the consumption of sugar and starch, allowing the blood glucose concentration to return to normal and the cells to regain their sensitivity to insulin. According to surgeon William Harvey it was well known to English physicians in the 1860s that a carbohydrate-free diet of meat and dairy products caused sugar to disappear from the urine of diabetics. In his practice, Dr. Atkins confirmed that a low-carbohydrate diet reversed type II diabetes.

table sugar produces all the signs and changes of early cardiovascular disease in man, animals, and birds. In their experiments starch did not. They knew that table sugar (sucrose) is digested to an equal mixture of glucose and fructose and that starch is digested to glucose alone but evidently they did not notice the connection between fructose and the cardiovascular changes. Other scientists have subsequently shown that pure fructose does induce those changes.

When fructose is absorbed from the intestine it is recognized as foreign and removed by that great defending organ, the liver. After a large intake of fructose the liver goes into emergency mode. It converts the fructose to triglycerides, binds them to protein, and expels them into the blood as very-low-density lipoprotein (VLDL, "very bad cholesterol.") All the other early changes of cardiovascular disease are also observed, supporting the view that the fructose part of the table-sugar molecule is responsible for its cardiovascular toxicity.

The absorption of fructose has little effect on blood glucose concentration. As a result, fructose has a very low glycemic index (GI). Before the toxicity of fructose was discovered, high-fructose corn syrup (HFCS), a 55:45 mixture of fructose and glucose, was shown to have a lower GI than table sugar, apparently making HFCS a good substitute for table sugar. HFCS soon became the main sweetener in manufactured foods. Now that the toxicity



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## A hidden hazard in table sugar

As we have seen, Professor Yudkin and his colleagues showed that

of fructose has been revealed, however, the further use of HFCS is in serious jeopardy.

Fructose has another problem for a significant minority of people. Whether they eat fructose as such, in certain fruits for example, or whether it is formed by the digestion of table sugar, these people cannot absorb fructose from the intestine. It remains in the intestine where it attracts water by osmosis, leading to bloating, cramping, and diarrhea, but people who cannot absorb fructose obviously are spared its cardiovascular effects.

### Progress interrupted

In his thoroughly researched book, *Good Calories, Bad Calories: Fats, Carbs and the Controversial Science of Diet and Health* (Anchor Books, 2008), Gary Taubes, the accomplished science writer, reviews everything that has been done and written on diet, weight, and health in recent centuries. Among other things, Taubes discusses the efforts of many people over the past 40 years to show that the eating of fat causes the metabolic syndrome. This has involved politicians of all parties, and politicized physicians and scientists, who have spent hundreds of millions of dollars on trials involving tens of thousands of volunteers and have proved nothing beyond the fact that very-low-fat diets tend to be lethal. Those responsible for the trials were frustrated and mystified by the fact that people died despite the successful reduction of their blood cholesterol. ("... cure the disease and kill the patient. Francis Bacon, 1625.) These vast trials were well

designed and conducted, and they effectively destroyed the idea that fat is bad for you, not exactly what their sponsors had intended.

During this time, Professor Yudkin and Dr. Atkins were ridiculed and reviled but the soundness of their actual experiments and observations has never been seriously questioned. In his book, Taubes suggests that the campaign against fat may have had an emotional origin—it may have been part of a reaction to the excesses of the 1960s. Taubes points out, however, that the whole issue had been resolved earlier, in the

contained mostly triglycerides, and the amount of VLDL in the blood was closely related to the development of cardiovascular disease. Elevated VLDL and the associated cardiovascular changes were induced by the eating of carbohydrates but eating fat had no such effects. Gofman's work evidently was unknown to Professor Yudkin and Dr. Atkins but its rediscovery has nicely validated their work. (Dr. Gofman had a varied career. During World War II he developed the technique for separating plutonium that was later used to make the hydrogen bomb.)

and take a blood sample for the relevant tests. Ask him or her to repeat the procedure, say, one month later and note the differences. You and your physician may both be astonished by your progress.

If you are being treated for diabetes you **must** first consult your physician. The drug you are taking, whether insulin or something else, is intended to reduce your blood glucose. The low-carb diet does the same thing, and the combined effect of diet and drug may take your blood glucose dangerously low. Your physician should monitor you closely and may reduce your drug dose or even eliminate the drug. That is the best outcome always.

Here are four effects of table sugar that are treated with a drug:

1. The accumulation of stress fluid causing increased blood pressure. Diuretics are given.
2. Type 2 diabetes. Insulin and other drugs that decrease blood glucose are prescribed.
3. Lipoprotein imbalance and arterial plaque. Statins are prescribed.
4. Sticky blood platelets leading to coronary thrombosis and to stroke from blood clots in the brain. Aspirin is taken to inactivate the blood platelets. These are all powerful drugs with significant side effects. Surely it is better to remove the cause, to stop eating sugar.

In most countries our ancestors perforce lived on a diet that was low in carbohydrates, especially sugar. Given the biochemistry they bequeathed us, the low-carb diet is the correctly balanced diet for our needs, far better than a diet that has to be balanced with powerful drugs. ■

## In most countries our ancestors perforce lived on a diet that was low in carbohydrates, especially sugar.

1950s, by a brilliant physician and physical chemist, Dr. John Gofman.

Lipid (fat) molecules are enabled to float freely in the blood by their bonding to protein molecules. Using special techniques Dr. Gofman showed that these lipoproteins can be divided into three fractions according to their density—high-, low-, and very-low-density lipoproteins (HDL, LDL, and VLDL.) He found some cholesterol in all three fractions but most of it was in the LDL. He also found that the total amount of cholesterol in the blood was unrelated to the presence of cardiovascular disease. Dr. Gofman showed that VLDL

### Would you like to try the low-carb diet?

If you eat like a pig and are built like a broomstick you don't need this diet. Otherwise, welcome to the club! Go to a good bookstore and buy a carb-counter book. If your book gives total carbs, fiber, and net carbs, use the numbers in the net-carbs column. You will have fun finding interesting ways to put together 60 grams every day. After a while it will become second nature and you will use the book less.

It is a good idea to involve your physician in your experiment. Before you start, he or she should weigh you and take your blood pressure,

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