

Editorial: What's inside

by Nelly Childress

It occurred to me that it may be useful if we preface each issue of *On the House* with a short outline of what is being published.

This summer's issue contains recommendations for peaceful coexistence in a multi-family building such as the dos and don'ts on the balconies; many reminders; and interesting news items such as how to save money when purchasing energy-efficient appliances, and many more. You will find them in the **Message from Management**. Regarding our front yard, the SHCA's Washington Square Affair was a great success; several Hopkinson House residents were on the Committee chaired by Andrea Layden. Read the report by **Byron Fink**. Why has Hopkinson House been listed on the Philadelphia Register of

Historic Places? See **Lynn Miller's** article. Want to know more about your neighbors? A profile of a young, interesting and exceptional neighbor is authored by **Enny Cramer**. For those curious about the Philadelphia political apparatus, the organizational structure of the major political parties and how it works, read the article by **Larry Meehan**. Another first in Philadelphia is CHAD around the corner from Hopkinson House at Seventh and Samson Streets. **Susan Tomita's** article discusses the first charter high school for architecture and design in the nation. Summer means vacations. How about Jordan and Damascus, Syria? See **Faith Abbey's** comments on her trip. To all those who are interested in nutrition, healthy diets and weight-loss, read the article by **David**

on the HOUSE

The Newsletter of
Hopkinson House • Summer 2010



Roberts entitled "In Praise of fat: A modern myth unravels."

Editor's Note: It is a fact that for the past 30 years, two generations of physicians have advocated low-fat diets that were fully supported by the American Heart Association, the American Medical Association and the U.S. Department of Agriculture; while during that time Atkins and his followers advocated low-carbohydrate diets.

Recently, even the strongest fat-limiting advocates have had to admit that not all fats are alike, and proponents of low-carbohydrate diets have recognized the health benefits of eating certain foods that are relatively light carbohydrates. To learn more you may consult <http://heartdisease.about.com/cs/riskfactor/a/lofatlocarbs> and http://www.huffingtonpost.com/Andrew-weil.../healthy-eating_b_629422.html. ■

The Newsletter Committee congratulates Jason Norris, Sidney Jacoby, Lisette Tarragano and Rosemarie (Roe) Durkin on their election to the 2010-11 Council. Thanks also go to Joanne Wallace who was appointed by Council to complete Frances Rhodes-Larkin's term.

We also express our gratitude to David Roberts who held office on Council for five years and to Byron Fink who served several terms.

Hopkinson House's third "H": historic



Photography: David Roberts.

Our home in late May 2010, as seen from Washington Square.

by Lynn Miller

If you own a unit or units at Hopkinson House, you likely received a letter last spring from the Philadelphia Historical Commission. The letter was meant to remind you that our building is listed on the Philadelphia Register of Historic Places. That may have been more a surprise than a reminder for owners who supposed historic designations went to more antique buildings than ours. Others may have been puzzled if they thought

we had long been part of the Society Hill Historic District, and wondered if this created some new category or obligation.

To take the second matter first, it did not. Hopkinson House is an integral part of the Society Hill Historic District, which was added to the National List of Historic Places back in 1971. The city's Historical Commission followed suit in 2000. Our residence is included in both

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on the HOUSE

In the News

A woman of firsts

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by Enny Cramer

No, this is not an article about an exotic dish, served in one of Philadelphia's new restaurants. Neither does it deal with a rare tropical disease. On the contrary, it is the name of one of the most delightful, interesting and charming women I ever met. Intelligent beyond belief, and a neighbor to bat!

For the past few years Stavropoula Tjoumakaris—Stav, as she prefers to be called—has been living in the Hopkinson House with her husband Sidney Jacoby, a hand surgeon at Thomas Jefferson University (TJU), and one of our newly elected Council members. The past year they moved to my floor, the 6th. They needed a larger apartment to have space for their new baby, and Stav's mother. Mother is temporarily staying with the young family to help take care of the baby, Jon Avedon, now eight months old.

The couple met in Medical School at TJU and were married three years

ago. Their honeymoon was in Greece, on the islands of Santorini and Sifnos.

Stav was born and raised in Thessaloniki, Greece. Her father is chief radiologist in a hospital in N.W.Greece. Her mother, who is from Constantinople (Istanbul), is known for her skills in Byzantine cuisine. Her only sister is a University Professor of Greek and Latin, and the mother of three children. So, intelligence clearly runs in the family!

At the age of seventeen Stav graduated from a Greek high school and moved by herself to the U.S.A. to continue her education at an American

SEE IN THE NEWS, PAGE 15

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Message from Management

Reminders in the face of “early” summer

by Judi Forte

Summer arrived earlier than anticipated, with late May and early June temperatures well into the 90s. Most of us love the summer weather and the opportunity to enjoy the world outside. But, when you live in a multi family building such as Hopkinson House, summer brings its own set of issues, which are not unique to Hopkinson House. One of the most serious issues is the continued practice of tossing cigarette butts from the balconies. These butts become airborne and can land anywhere. There have been reports of burned patio furniture and mulch fires. A fire is a high price to pay for not extinguishing your butts in a covered ashtray.

Remember that all balcony umbrellas must be closed when they are not in use and taken down when there is the danger of a storm or high winds. **All loose or removable objects must be removed from the balconies during periods of high winds.** And please remember that bird feeders are not permitted on the balconies.

In the warm weather, residents like to spend more time on their balconies and entertain their guests outside. Sometimes, the entertaining goes into the early morning hours when most of the residents are asleep, only to be awakened suddenly by loud voices or noises coming from a neighboring balcony. Please remember that your voices carry when you are on

your balcony and to use your inside voices so as not to disturb your neighbors' rest.

The use of barbecue grills is prohibited in high rise buildings by order of the Philadelphia Fire Department.

Moves in and out of the building are permitted Monday through Saturday. No moves are permitted on Sundays and religious and legal holidays. **Moves may start at 10:00 a.m. and must be completed by 4:00 p.m.** After 4:00 p.m.,

change. The charge to reserve the freight elevator is \$150 and it is non-refundable. Your move date cannot be confirmed until this fee is paid. We do not accept cash. **Payment is by check or money order only.**

When you are moving, the elevator will be at your disposal to transport your furniture and belongings. Our mission is to get the move finished as quickly as possible. However, the freight elevator is also used to transport contractors,

Office.

Trucks over 12 feet in height will not be permitted into the garage. Large moving trucks have to park on Sixth Street and the movers will have to transport furniture and belongings up the ramp to the truck.

Take your bike from the bike room before leaving. Unclaimed bikes are disposed of periodically.

Make arrangements with Comcast to return your cable modem, digital boxes and remotes.

PECO is offering ways to save money with PECO Smart Home Rebates. PECO is offering rebates up to \$100 toward the purchase of certain appliances. Since last summer, retail stores and contractor purchases have been eligible. Rebate forms are available online at <http://www.peco.com/SmartIdeas>.

If you participate, you should receive your rebate check about six weeks after PECO receives your form. It is retroactive, so if you bought your appliance anytime after July 1, 2009, we understand that you can still get a rebate as long as you have the original store receipt. Here are some of the rebates PECO is offering:

- Energy Star refrigerator: \$75
- Energy Star clothes washer: \$100
- Energy Star dishwasher: \$50

While you are getting paid for buying a new energy efficient refrigerator, why

SEE MANAGEMENT, PAGE 18

Balcony umbrellas must be closed when they are not in use and taken down when there is the danger of a storm or high winds.

there is limited staff in the building and the freight elevator operator has gone home for the day. Non-employees of the building are not permitted to operate the freight elevator.

The summer months are the busiest time of the year for moves. Only one move per day is permitted and the schedule gets booked up weeks in advance. If you are planning a move, please reserve the freight elevator as soon as you suspect that you may be moving. You can always cancel or change the move date if your plans

deliveries and bring the trash down from 31 trash rooms. This is likely to occur during your move, but your move will not be delayed because of other building activities.

Some residents do not begin to pack their boxes until the moving truck arrives. This not only delays your move, it may also cost you more money if the movers are being paid by the hour. It is in your best interest to pack your boxes and organize your belongings before the movers arrive.

Be sure to file a change of address with the Post



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In praise of fat: A modern myth unravels

by David Roberts

Many decades ago, when I was a child, most people believed that meat, eggs, and dairy products were highly nutritious – health foods. We lived on a farm that produced fruit and vegetables for sale. We also had hens, which gave us eggs and chicken meat, and we had cows, usually two. After our father died my mother milked the cows. I passed most of the milk through the cream separator, which yielded cream to eat or to make into butter. My mother often let me make the butter by beating the cream with wooden paddles. The fat-free milk from the separator was considered unfit for human consumption and so we gave it to the pigs to drink. I don't remember whether the pigs liked it.

Nowadays, people deliberately buy fat-free milk, cheese, and yogurt, and remove the fat-rich skin from chicken before they cook it. Whatever happened? The short answer: a lot of uncritical, simplistic thinking. "Eating fat makes you fat." "Eating cholesterol gives you high cholesterol." Pathologists detected cholesterol in arterial plaque, and it was assumed that the cholesterol caused the plaque and that eating cholesterol was to blame. No valid evidence was produced to support any of this but the idea was taken up by journalists and dietitians, and it was accepted by busy physicians who didn't have time to question it.

As a result, the egg and dairy industries were seriously set back, and the production of prime beef became uneconomical. Why buy all

the expensive grain required to produce fat beef when people have been frightened into avoiding it? The beef producers happily joined the campaign for lean meat. It cost them less. The pork producers followed their lead. More than a decade has passed since I could buy pork chops fat enough to sizzle on the grill. I occasionally find a choice beef steak but never a prime one. There are restaurants that serve prime beef, at a high price, obtained from farms that raise prime beef at a high cost. The rise in the price of corn due to the demands of the corn-ethanol industry has not helped.

In 1964 I was doing research at the Lister Institute of Preventive Medicine in London, when an important document appeared in the Institute's library. It was the 1964 Report of the Surgeon General of the United States, the one that confirmed the role of smoking as a cause of lung cancer, heart disease, and other maladies. This information was already well known but the Report made it official for purposes of US government policy. What caught my attention, however, was another article in the same document that described a study of the habits of men who had successfully passed the age of 80 – octogenarians. One of their most common habits was eating at least 14 fried meals a week.

This association of fried food and longevity does not prove that fried food is good for you. The study was an anecdotal one and not controlled, and there was no information on the habits of

their contemporaries who had died before reaching 80. The study did, however, cast serious doubt on the idea that fried food and fat are bad for you.

During the decades that followed publication of the Report, numerous clinical

studies have shown that eating fat and cholesterol is harmless. In the early days of concern about cholesterol, scientists in San Francisco examined the effects of eating eggs, a relatively rich source

SEE FAT, PAGE 19

Ah summer! A time to be lazy but patriotic—to enjoy fireworks and parades, free concerts, all that the city offers our historic area around the 4th of July.

Although Independence Day has come and gone, a poem by one of our neighbors that appeared in the July 2010 issue of *Chronicles: A Magazine of American Culture* is reprinted below with the author's permission:

INDEPENDENCE DAY

By Eric Sellin

Freedom is a light for which
Many men have died in darkness.
--Lines engraved on a monument
In Washington Square, Philadelphia

Seated on a bench in the square, feeding crumbs to
the birds,
The poet looks up at the green canopy of leaves
With its random patches of sky and searches for
words
With which to forge lines in which one might
believe.

But he senses, around him, too many distractions;
The tweeting of the birds and cries of children at
play,
And--on another plane--death's persistent
abstraction
That haunts this city square, by night and by day:

The muffled moans of witnesses of olden days
Who lie in their unmarked graves, here in this
square,
Where a monument and its graceful flame aver
Something vaster than a poet's hollow praise

For those who died in darkness that we might know
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It's education by design at CHAD

by Susan Tomita

Philadelphia is known by many as the "City of Firsts." Our neighborhood has been home to many of the country's "firsts" since colonial days—the first successful lending library, first scientific institution, first hospital, among others.* Another "first" opened in our neighborhood more recently, at Seventh and Sansom Streets: the first charter high school for architecture and design in the nation, in 1999.

The Charter High School for Architecture and Design (CHAD) is one of the forerunners of a movement to use the design process for creative and analytic thinking in a college-prep curriculum. CHAD was founded by the Philadelphia Chapter of the American Institute of Architects as its Legacy 2000 Project to create an independent, non-profit charter school.

We don't want all our students to become architects. More and more studies are showing the measurable, positive impact of design on people's social, physical and mental health. We'd like them to leave CHAD with an appreciation for how design can improve their lives and the lives of others.—Tony Bracali, AIA, CHAD Board

* These "firsts" were The Library Company of Philadelphia (1731), the American Philosophical Society (1743), and Pennsylvania Hospital (1751).

Member, quoted on the CHAD website, <http://www.chadphila.org>

A multi-disciplinary team of contractors, lawyers, and planners worked with the Philadelphia AIA member architects to turn the concept of CHAD into an actual school for 400 students. The

is central to the curriculum, and used as the instrument to help students develop:

1) creative problem-solving skills, 2) visual and spatial literacy and competencies, and 3) an appreciation for and understanding of the physical environment and its impact on our quality of life." CHAD has high

A Google search of CHAD brings up about 14,300 hits.

Many articles about CHAD also mention DASH, the elite Design and Architecture Senior High School in Miami established in 1990. *U.S. News and World Reports* ranked DASH #15 of the top 100 high schools



The Charter High School for Architecture and Design (CHAD) at the corner of 7th and Sansom streets.

board of trustees consists of architects, designers, community leaders, parents, and educators. CHAD's teachers are practicing architects, designers, and artists, as well as professional educators in English, Spanish, history, math, physics, and the other subjects of its standard core curriculum.

Today, CHAD has more than 500 students in grades 9 through 12. The average class size is 25. As explained on CHAD's website, "Design

expectations of its students in academic endeavors and conduct, as set forth in its student/parent handbook.

CHAD's facilities include computer labs, design studios, academic classrooms, a lunchroom, and exhibit spaces. The city itself also is a classroom. Integral to the curriculum are field trips, behind-the-scenes visits, and mentorships with professionals in the design and construction fields, as well as broad parental involvement.

for 2009; CHAD did not make the cut. (Interestingly, a Google search of DASH turns up only 13,500 hits.) The two schools share a similar philosophy and approach. Unlike CHAD, however, DASH, is a public magnet school with a highly selective admission process. As a Pennsylvania charter school, CHAD must have open admissions.

Charter schools are a hot topic of conversation, articles, and studies in

SEE SCHOOL, PAGE 21



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Questions and responses in Jordan, Damascus

by Faith Abbey

Anyone who has been a part of a tour group knows that you are an observer, not a participant in a country's life and culture, so these are a few of my responses to what I saw on my recent trip to Jordan and the city of Damascus.

Those Romans really knew how to build a city. Of course, they borrowed from the Greeks, but their city planning is rivaled only by Disney World. With better taste. Their understanding of space, proportion, and grandeur are all evident at Jerash, the largest Roman antiquity site outside of Italy. Do you think they knew how dramatic those columns would look against a bright blue sky 2000 years later?

We pass the largest Palestinian refugee camp in Jordan on the outskirts of Amman. No longer does it have tents, but concrete houses, electricity, running water, paved streets, it is very permanent looking. When I asked so innocently if their reason for remaining in the camp was primarily economic, I was told "only for some. They are waiting to go home." Two or three generations later. It gives a human face to a political conundrum.

I am surprised to see what seems like 99% of the women wearing head scarves and 89% the full length, long sleeved dark coat on the streets of Amman. This is more than I have seen in any Muslim city I have visited previously. The men are dressed in casual western dress. It seems so unfair; why do the women accept this male view of their place? And yet, as a member of the generation that was first challenged and then changed by



Clockwise from top left: Remains of the Roman Temple of Heracles in Jordan; a woman in the streets of Damascus; desert transportation.

the feminist movement perhaps I can understand a little better than the younger members of our group how easily customs are continued. I understand, that is, until I see 10- and 11-year old little girls wearing the scarves and the implication of it makes me angry.

As we make our way south to Petra, we stop at Mt. Nebo with the overview of the Jordan Valley. It's too hazy to really see the modern city of Jerusalem and one wonders if Moses had some second thoughts about leaving Egypt. Is that when he broke the tablets?

Much of the history of Jordan is told or confirmed in the Biblical writings. But to hear it told from the point of view of the Ammonites, Moabites and Edomites

reminds me that written history, perhaps especially ancient history, has a purposeful agenda. And to have the period referred to as the Iron Age gives weight to the time line of these events. Our tour director's love of puns is catching.

Petra is the focal point for all of us on the trip and it lives up to expectations and more. The center of the Nabatean Kingdom which extended from at least Damascus to the Sinai, it was the Mecca for its citizens. Today it is a monument to the amazing combination of nature and man, creating great beauty, a lasting monument to a temporal power. Some lesson there? Just as the crusaders' castles were another attempt to insure their power and permanence, so heavily fortified on their hills, they too were overcome by time and events.

While Petra was the ceremonial center, Little Petra was the commercial center for the caravans to stay and trade goods and news. Just as the royals had elaborate tombs at Petra, the wealthy had separate dining rooms and accommodations at Little Petra. The Goldman-Sachs executives of their day?

We were told the "true" Bedouins were in the south

SEE MIDDLE EAST, PAGE 23

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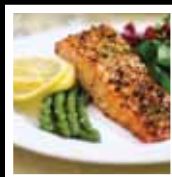
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“Washington Square Affair” diary

by Byron Fink

Tuesday, June 8, 8:30 a.m. A splendid, festive, party tent has been erected on the lawn of Washington Square just south of the central fountain. The tent—a dazzling white in the morning sun—is to house the fund-raiser party planned for Thursday, June 10 by the Society Hill Civic Association. I’ll begin my countdown with frequent visits to see how things progress.

Wednesday, June 9, noon. The weather doesn’t look so nice; it’s overcast and humid. Will there be rain? With the party only one day away, I hope the weather will improve.

Nevertheless, the tent is abuzz with activity. Round tables are being strategically positioned throughout the tent, chairs placed a bit haphazardly. (Relax. I’m sure the party-people know what they’re doing.)

Thursday, June 10, 6:00 p.m. What luck! The weather is cooperating. It’s been a gorgeous day, leading into a perfect-weather evening. The 14 victuallers from some of our best-known restaurants—Chifa, Chops, Cooperage, Downtown Club, Effie’s, Fork, Roz, La Buca, La Scala, Marathon, Morimoto, Panorama, Paul, Supper, Union Gourmet Catering—have set up their preparation-and-serving worktables. Wine and beverage stations have been established.

A reception table sits adjacent to the tent’s main

entrance to collect attendee tickets from the lucky people who were able to obtain them (all the tickets had been purchased weeks in advance). A small band fills the tent with its music. Smiling people head into the tent to sample the food and wines. Three Revolutionary Period re-enactors—two young women in floor-length, pleated dresses made with yards and yards of brocaded fabric, and a well-fed Colonial citizen who is sporting his best knee britches, a golden vest, and a woolen frock coat—are welcoming and chatting with the guests.

7:00 p.m. Hundreds of people are enjoying themselves within the tent—which is spacious enough to easily accommodate the crowd—and strolling around under the trees of the square (“Please do not bring food or drink outside the tent”, the guests have been beseeched).

9:00 p.m. People are leaving the tent, bidding adieu and heading home. Perhaps some are humming Cole Porter’s “What a Swell Party This Is,” which he wrote, appropriately enough, for *High Society*, his musical based on *The Philadelphia Story*.

Wednesday, June 16, 10:00 a.m. This morning’s *Philadelphia Inquirer* has an item which reads, in part, “As many as 350 guests attended The Washington Square Affair, chaired by Andrea Layden. The benefit

raised about \$50,000 for Society Hill Civic Association, which provides

funds to help preserve and improve the nearly seven-acre park.” Well done, SHCA. ■



Top to bottom: Millie Korn (right) at the reception table; the affair’s main tent; Byron Fink (left) interviewing a well-fed Colonial citizen.



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The organization of city political parties

by Larry Meehan

Recent reports of an intense battle for control of the Philadelphia Republican Party have shined some light on a political apparatus that most voters know little about and care about even less—the organizational structure of the major political parties. What is that structure, and how does it work?

At the top of the pyramid are Vito Canuso, who chairs the Republican City Committee, and Congressman Robert Brady, Chairman of the Democratic City Committee. These city committees run the party organizations, manage their finances, endorse candidates for elective office, fill vacancies

when necessary, and nominate candidates for special elections. The membership consists of the party ward leaders, who elect their respective committee chairs.

Philadelphia is divided into 66 wards, and each ward includes from 10 to as many as 50 divisions. (Occasionally the term “precinct” is used to mean the same thing as “division.”) There are 1,684 divisions in the city, and each one contains at least 100 and at most 1,200 registered voters.

All residents of the Hopkinson House are in the Third Division of the 5th Ward. The Republican Ward Leader is Mike Cibik, and the Democratic Party Ward Leader is Michael Boyle.

Committee people representing each of the ward’s divisions (two per division) make up each Ward Executive Committee. Committee people run for election every four years, and shortly after each election, they meet to select the ward leader.

Even though they are elected, committee people are not public officials. A more accurate description would be “party officers”. Their duties include assisting voters on Election Day, promoting voter registration, circulating nominating petitions, attending ward meetings, questioning and endorsing candidates, and informing and making recommendations to voters

regarding the candidates.

Occasionally a ward will decide to support a candidate other than one endorsed by the City Committee. In those instances, the ward leader may be taking a risk that the party leadership will encourage someone to challenge the ward leader in the next election. The same may apply within a ward regarding positions taken by a particular committee person. While some ward leaders tolerate little dissent, others permit open disagreement with the ward majority’s endorsements.

The author is a Democratic committee person in this division. And no, he does not fix parking tickets. ■

On duty at the House pool this summer

Get to know our life-guards! Some information for sun-worshippers and swimmers who frequent Hopkinson House swimming-pool—the best pool! Wonderful location, dazzling view and so pleasant!

These young people are on duty (of course in shifts) from 10:00 or 11:00 am to 10:00 pm (in July) every day of the week weather permitting.



Lou Di Domenic, head lifeguard, manages a high school cafeteria. He enjoys reading, traveling and “the shore.”



Brion Smith graduated in 2010 from Temple University’s business and management school with a degree in Finance. He likes to organize closets.



Erica Ungarini is a student at Temple University’s business and management school in Finance. She is also a basketball player.



Kathryn Ross is a Classic Literature graduate, is a triathlon runner, and enjoys traveling.



Christian Gunsenhouser loves music and life. He is a fitness buff.



Aja Uhlman is a student at Saint Basil Academy in Jenkintown. She loves good conversation and traveling.

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A woman of firsts

IN THE NEWS, FROM PAGE 2
University. She graduated *summa cum laude* from Stockton College of New Jersey and from Thomas Jefferson University Medical School.

While in Medical School she was chosen for the Alpha Omega Alpha, the U.S. Honor Medical Society. Her residency was in neurosurgery followed by a one-year fellowship in cerebrovascular and endovascular neurosurgery becoming thus the first female dually trained neurosurgeon in the country.

In the city of firsts she is now the first female attending neurosurgeon at TJU!!

One would think that all these "firsts" would go to

one's head. But not Stav's. She talks about her achievements the way the rest of us would mention our high school graduation!

Stav told me she had a very happy childhood in Greece, and it seems obvious that she is currently a happy wife and mother.

Aside from her professional activities Stav loves to swim. She has an interesting hobby collecting fountain pens. Apparently there are several shops on Walnut Street, where she can expand her collection.

We are lucky to have such an exceptional, beautiful young woman as our neighbor. ■



Mailbag

Editors:

Although the danger of throwing lighted cigarette butts is duly noted in the rules of Hopkinson House, there is a fairly permanent disregard of this advice. The

accompanying photograph shows a recent arrival on the carpet of a balcony below that of the smoker. A burn mark is easily seen, and the carpet in question has about eight other burns. The occupants of the apartment are considering selling the attractive random burn design for use in balcony covers at Hopkinson House.

Anonymous



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Hopkinson House's third "H": historic

HISTORIC, FROM PAGE 1 those designations. Last spring's letter pointed out that property owners within the historic district may not make significant alterations to the exterior of their property without approval. At Hopkinson House, that presumably means that apartment owners should not expect to enclose their balconies or paint the exterior walls outside their bedrooms red; nor will they likely get away with flashing neon signs hanging from balcony railings.

But, of course, such restrictions have been in place since we became a condominium, and are spelled out in our association rules. So, relax; practically speaking, these historic designations don't further restrict what unit owners may do. The interior space is what you own, and that is still your castle. It is the responsibility of our council and management to ensure that the appearance of our building's exterior is maintained.

But why is our comparative stripling of a building regarded as historic? The answer lies in how our history relates to the redevelopment of Society Hill. According to the National Register, Society Hill has had many "periods of significance" over more than three centuries. The first was from 1650 to 1699, when European settlement here got underway; the latest occurred from 1950 to 1974, when our building's story began. From the start, Hopkinson House has been recognized as a keystone in the redevelopment of Society Hill

and as an outstanding example of the work of an important modernist architect, Oskar Stonorov.

When Mayors Joseph Clark and Richardson Dilworth, with Philadelphia's powerful urban planner, Edmund N. Bacon, launched the resurrection of our neighborhood in the 1950s, the idea was to restore and add to the housing stock, much of it dating from the late 18th century, to attract home buyers back to a district that had become virtually a slum. Over the previous century, affluent Philadelphians had migrated

associate of Louis Kahn, he had also employed a young Robert Venturi in his offices. When he designed Hopkinson House with its distinctive stair-steps of balconies, Stonorov created an iconic building visible from various entry points to center city, and one whose open ground-floor entrance made it a welcoming presence on the square. He also provided comfortable living spaces with an abundance of closets, public areas adorned with sculptures and a garden, as well as a solarium and swimming pool with dazzling views atop the building. Shortly after its

listed on the National Register and the Philadelphia Register is a good thing, maybe giving the district the sort of snob appeal that's equivalent to seeing your family's name in both the Social Register and Burke's Peerage. Residents of Hopkinson House may conclude that this double listing adds to the desirability of owning a piece of our building. Certainly, it is a kind of guarantee that the residence we cherish will be maintained in its cherished state for as long as our city endures.

You can read the ordinance enumerating the powers of the Historical Commission in section 14-2007(5) of the Philadelphia Code. Among the ordinance's criteria for an historic listing, numbers 1, 3, and 5 are particularly relevant to Hopkinson House. For more on the work of the Historical Commission, visit <http://www.phila.gov/historical>, or visit the Commission's offices at Room 576, City Hall, weekdays, 8:30 a.m. to 5:00 p.m.

The National Register of Historic Places operates entirely independently from the city's Historical Commission, although a designation by one encourages the other to follow suit. The National Register is administered by the National Park Service, and was created by act of Congress in 1966. For Pennsylvania sites, the National Register is overseen by the Pennsylvania Historical and Museum Commission in Harrisburg. For more information, go to <http://www.nps.gov> or <http://www.nationalregisterofhistoricplaces.com>. ■

Society Hill has had many "periods of significance" over more than three centuries.

from this neighborhood to Rittenhouse Square, Chestnut Hill, and the Main Line. It was thought that an attractive high-rise residential tower—the first in Center City—would add to the population on the neighborhood's western edge, and help connect it to the commercial and historic district to the north. Its location on Washington Square would enhance its appeal. (Dilworth made his commitment to Society Hill personal by building his own residence next to the Athenaeum on the east side of Washington Square.)

Stonorov was already a leading architect at the time he was commissioned to build Hopkinson House. A friend of Frank Lloyd Wright and an

completion in 1963, all of its 536 apartments were filled (some residents had moved in while work was ongoing, in 1962), thereby proving that high-rise dwelling could work in Philadelphia. As a result, I.M. Pei's Society Hill Towers soon were added to the eastern end of the neighborhood.

It was in this way that Society Hill's redevelopment flourished, thanks to judicious modern additions to an historic quarter. For its listing on both the city and national registers, the neighborhood was evaluated as one whose deep historical roots have been well maintained and built upon to create an urban quarter with structures from many periods that deserve to be preserved.

Most think that being

Reminders in the face of “early” summer

MANAGEMENT, FROM PAGE 3 not get paid for your old one? PECO has a Smart Appliance Recycling program. They will pick up your old refrigerator, recycle it and give you \$35. To get this check, schedule a pickup of your old working refrigerator online at <http://www.peco.com/SmartIdeas> or call them at 1-888-573-2672. When you schedule the pickup, be sure to contact the

Resident Services Desk so they can schedule the freight elevator.

In July, Comcast will set up a table in the lobby to meet with the residents and go over the services they have and upgrades to that service that they may want. They will, at that time, explain the digital boxes which are going to be installed in all of the units in July. If you do not already have a digital

converter box, you will need one to receive the channels. Two digital boxes will be available per apartment at no cost. If you already have a digital converter box, you will no longer be billed for up to two boxes. High definition boxes for HD reception are available for an additional charge. More information will be distributed as it is received.

Frequently, we hear from

a resident that the smell of cigarette smoke is invading their unit and they ask that we install a threshold on the door of the unit from which the smoke is emanating. The heating and cooling systems in this building operate on outside air. The outside air is brought into the building and either heated or cooled. It flows through the building by way of the air handlers in the hallways. The air then goes under the unit doors and exits the building through the vents in each unit. This keeps the air flow in the building balanced. Installing thresholds which will prevent odors from being released into the halls will also block the air flow of the heat and cooling in the building and cause the heating and cooling systems to work less efficiently, so installing thresholds is not an accepted course of action. Instead, we ask that the smokers in the building take responsibility for their habit and use air filtration systems in their units to eliminate the smoke before it can get into the hallways. Some buildings in the area have begun to prohibit smoking everywhere in their buildings including inside the units.

One of the simplest ways to save energy is to close your drapes in the summer when the sun is coming in and to open your drapes in the winter to allow the sun to come in. Every little step that is taken by a resident can be multiplied by 536 units. It can make quite an impact on

SEE MANAGEMENT, PAGE 21



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In praise of fat: A modern myth unravels

FAT, FROM PAGE 5

of cholesterol. They divided volunteers into two groups. One group was fed eggs and the other was not. After a time they switched the treatments between groups. Each time a group started eating eggs, their blood cholesterol fell slightly. When eggs were withheld from a group, their cholesterol rose slightly. Given what we now know about the liver's role as the source of the cholesterol in our blood, those results are not surprising.

In recent years I have encountered reports of nine clinical studies conducted in the U.S.A. and Japan, comparing very-low-fat diets with normal diets for their effects on health and longevity. In every study the death rate was slightly higher in the group given the very-low-fat diet. On the internet I searched for clinical studies demonstrating ill effects from eating saturated fat. All I found were reports by authors who had searched for such studies and failed to find any.

There have been several studies examining the effects of low-carbohydrate diets, usually by comparing them with low-calorie diets and normal diets. Fat intake was restricted for the low-calorie groups but not for those on the low-carbohydrate diets. In these studies, those in the low-carbohydrate group lost the most weight and showed the most improvement in their blood lipoproteins – a decrease in protein-bound triglycerides (VLDL, “very bad cholesterol”) and an increase in high-density lipoprotein (HDL, “good cholesterol”) – in spite of their

liberal consumption of fat.

In sum, there has been a wealth of studies showing that fat not only is not bad for you but is actually good for you. Let us review the ways fat contributes to our health:

1. Mechanical benefits of eating fat

When we eat fat the stomach empties more slowly. This gives a feeling of fullness, a satisfaction of appetite, and this reduces the amount we eat. It also slows the release of sugar and starch into the intestine. This, in turn, slows the absorption of sugar and thereby limits the release of

thence into the intestine, where the bile helps digest the fat. Regular, fat-induced discharge of bile prevents the bile in the gall bladder from becoming stagnant and forming gall stones. It is, therefore, hardly surprising that vegans, who eat little fat, have a relatively high incidence of gall stones.

2. Nutritional benefits of fat

Fat consists mainly of triglycerides. Each triglyceride molecule has a glycerol backbone with three fatty-acid chains attached to it. Some of the fatty-acids are omega polyunsaturated fatty-acids,

are a structural component of fat and are obtained by eating fat. Fat, however, also has an indirect nutritional benefit. It carries the fat-soluble vitamins, A, D, E, and K. Fat is required for the absorption of these four vitamins from the intestine.

3. Benefits of frying

Along with grilling and roasting, frying is a method of cooking with dry heat. Dry heat cooks quickly and seals in the nutrients, thereby avoiding the leaching and hydrolytic destruction that hot water tends to produce. Steaming shares some of these benefits but it does not create the delicious flavors and crisp surfaces that result from the scorching effect of dry heat. Have you eaten potatoes or other vegetables fried or roasted in goose fat? (Mamma mia!)

A note of warning: Oils high in polyunsaturated fatty acids, e.g., safflower oil and salmon oil, should not be used for frying. The very high temperature of the oil converts the polyunsaturated fatty acids to the *trans* form, which appears to be toxic. Olive and peanut oils, butter, and the fats of animals and birds, are all low in polyunsaturated fatty-acids and therefore are safe to use in frying. (The temperature within the frying food is far too low for oils in the food to be affected in this way.)

4. Fat and palatability

Cooking is one of the oldest and most basic elements of our culture. The creation of palatability is a high craft, almost an art. Appetizing food

SEE FAT, PAGE 23

In nine clinical studies conducted in the U.S.A. and Japan, the death rate was slightly higher in the group given the very-low-fat diet.

insulin, the hormone that promotes the conversion of blood sugar to body fat. For this reason premium ice cream, which contains much sugar but also a lot of butter fat, has a low glycemic index in spite of its high sugar content. You can eat a moderate amount of premium ice cream without worrying about weight gain. A four-ounce serving imposes the same glycemic load as a medium-sized orange or peach.

There is another mechanical benefit. Eating fat stimulates the gall bladder to contract and empty its bile or gall into the bile duct and

mostly omega 3 or 6. Both are essential to health, rather like vitamins, but most foods contain more omega 6 than omega 3, usually by a ratio of about 6 to 1. In cereal grains the ratio is much higher—about 60 to 1 in corn, for example. As a result, feedlot cattle and farmed fish, both of which are fed mostly corn or corn products, have a relative deficiency of omega 3 in their fat. By contrast, pasture-fed cattle and ocean salmon have plenty of omega 3 in their fat. Buy wild salmon and, if you can find it, pasture-fed beef.

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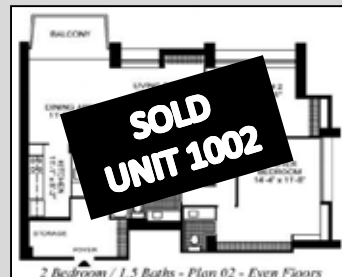
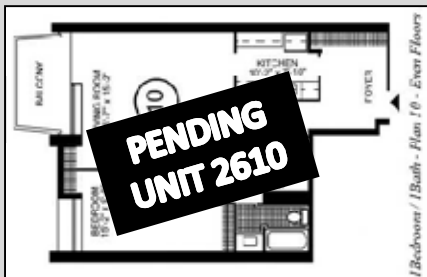
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SCHOOL, FROM PAGE 7
Philadelphia and nationwide. Since the 1990s, the nation has gambled that independently operated public schools would improve children's opportunities for academic success in innovative alternative learning environments. In a first detailed national study of charter schools published last year, Stanford University research found that 37 percent of charter schools showed academic gains that were worse than their traditional public school counterparts, while only 17 percent of charter schools reported academic gains that were significantly better than traditional public schools (<http://credo.stanford.edu>). The news was not good for charter school advocates and taxpayers.

Philadelphia's decade-long experiment with charter schools is the subject of a penetrating study by the Pew Charitable Trusts released in June 2010 (<http://www.pewtrusts.org/philaresearch>). Its survey of parents found that parents tend to think in terms of individual schools, not educational systems. Overwhelmingly (95 percent), charter school parents were somewhat or very satisfied with the quality of their child's education; 82 percent said they would be very likely to recommend their school to other parents—compared with 46 percent for parents with children in district-run schools and 76 percent for Catholic-school parents.

In Philadelphia, the

independently-run charter schools have become the schools of choice for many who care about quality education but cannot afford to pay tuition. Fourteen percent of students in Philadelphia are enrolled in charter schools—that's more than 33,100 students, outnumbering those in Catholic schools.

But there is skepticism about charter schools, no doubt fed by local headline news of financial mismanagement at several charter schools and test results that compare unfavorably with traditional district-run public schools. According to the Pew study, "The school district's increased focus on improving quality — as opposed to expanding choice — portends a future in which applicants

wishing to open new charter schools will face tougher standards and in which existing schools will have to show academic results."

Pennsylvania Department of Education's 2009 Adequate Yearly Progress Report (AYP) showed that CHAD met all of its target goals in graduation rates, performance in reading and mathematics, and test preparation after missing goals in the previous year. Details on AYP are available at <http://paayp.emetric.net>. Of course, there are many ways to evaluate a school's effectiveness. In a city in which the average daily attendance rate is 63 percent, CHAD's 99 percent rate is impressive, as is its 100 percent graduation rate. Post-graduate success stories

are recounted in print and videos on its website and are the focus of numerous articles.

Will CHAD endure as one of the innovative "firsts" in our neighborhood? CHAD programs include not only mentoring by professionals and graduate students, but also CHAD students mentoring kids in middle school. It has an honorary board of nationally and internationally recognized leaders in design, education, and business. In today's culture of flash mobs, speed-dating, and pop-up stores, CHAD seems positioned for a long future, but only time will tell.

In the meantime, let's extend a belated welcome to another "first" in our neighborhood. ■

Reminders for an "early" summer

MANAGEMENT, FROM PAGE 18
the energy usage and costs in this building.

We hope that all of you have converted your lighting to CFL bulbs or LED lighting. The energy savings when using these bulbs is remarkable and you will eliminate having to continually change burned out light bulbs.

Hopkinson House, as required by the City of Philadelphia, participates in single stream recycling. This means that the recycled items are mixed together on the truck and are sorted at the dumping station. However, you will

see three different colored containers in the trash rooms for recycling. We still ask that you follow the instructions on the signs posted in the trash room for recycling. This separation in the trash room makes it easier and safer for the staff to pull out anything that may be unrecyclable or broken glass which cannot be recycled. **Please rinse out bottles and jars before putting them in the recycling bins. Unrinsed bottles can attract rodents and insects which can find their way into the apartments.**

If you have boxes to discard, please do not leave

them in the trash room. Call the resident services desk at 215-923-1776 to have housekeeping pick up the boxes.

If you have not completed and returned your emergency information form, please do so. The information on this form is vital in helping us to assist you in the event of an emergency. It is also helpful for us to have your e-mail address on file. Forms can be obtained at the Resident Services Desk.

From Council, Management and staff at Hopkinson House, have a safe and wonderful summer. ■

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In praise of fat: A modern myth unravels

FAT, FROM PAGE 19

contributes to our happiness and mental health but it also helps those who have lost their appetites through age or illness. The fat in good meat is almost solely responsible for its flavor and succulence. I surely am not the only person who has almost choked on lean meat, with its dry texture and lack of flavor. Also, as we have already seen, frying in various fats adds significantly to flavor and surface texture.

Concluding thoughts

Fat clearly is an important nutrient, and a moderately high fat intake is essential to good health. Furthermore, I have found no valid evidence that a higher intake of fat is harmful. In contrast with sugar and starch, fat does not induce the release of insulin and, therefore, does not promote

the conversion of blood sugar to body fat. Despite the barrage of misleading information we have been subjected to in recent decades, meat, eggs, and dairy products are still good for us. The phrase, “a healthy low-fat diet,” became a sacred chant, an incantation. This catchy phrase now stands exposed as

a contradiction in terms— an oxymoron.

About 15 years ago a professional colleague expressed his fascination with a TV documentary he had watched the previous evening, about people who had become allergic to almost all foods. Nutritional scientists designed

a diet for them, consisting only of beef rib meat supplemented by a range of micronutrients— especially synthetic vitamins and minerals. The rib meat was chosen for its high fat content. Patients given this diet received absolutely no carbohydrate. After several months on the diet they were all in obvious good health.

Disclaimer

I am a veterinary doctor with a PhD from a medical institute and a life-long fascination with the science of nutrition but I am not a physician. You have entrusted your health to your physician and you must respect his or her advice. You may discuss the ideas presented here with your physician, or give him or her the article to read, but you should then follow your physician's advice. ■



Health foods on display at Garces Trading Co., 1111 Locust Street.

Questions and responses in Jordan, Damascus

MIDDLE EAST, FROM PAGE 9

of Jordan, and as we travelled toward the desert of Wadi Rum, we saw Bedouin tent camps on the edges of villages and towns. The only discussion of their culture was a description of the role of coffee drinking in the reaching of agreements. There is a whole code of gestures and number of cups involved. It may take three cups of tea in Afghanistan, but accepting the third cup of coffee in the desert makes your host uncomfortable about your intentions. Still it would seem the Bedouins, whether by choice or not, are outside the mainstream of Jordanian society. Does every

country have its underdog?

The modern state of Jordan was formed by King Abdullah I uniting the Arab tribes of the region who were the ruling elite until the arrival of the mostly middle class, educated Palestinian refugees. Much of King Hussein's rule involved navigating between these two groups as they vied for political power. It's not easy being king.

Standing at the harbor of Aqaba and seeing the shores of Egypt, Israel and Jordan with Saudi Arabia just behind us is a reminder of how small the area is. It is a little like the boundaries of Vermont, New Hampshire and Massachusetts all touching each other, yet it is so very

different. The potential for co-operation and development is so great, and the plans to connect the Gulf of Aqaba with the Dead Sea are an example of what could be, if only.

The drive north past the Dead Sea and on to the Syrian border illustrated the varied terrain in this very small country; from arid, denuded, rolling hills to green fields, with jagged volcanic mountains as a back drop and beyond them desert, desert, desert. We were told the trees were all cut down to provide fuel for the railroad's steam engines, the railroad that Lawrence of Arabia and Prince Faisal blew up in their campaign to capture Aqaba

from the Turks in WWI. In Damascus we saw the engine on display outside the very grand Victorian station. We do choose strange monuments, sometimes.

Damascus is a sprawling 2 million and growing, busy, chaotic city. There isn't a driver in the city who understands the purpose of traffic lanes. And in the heart of it all is the old city, perhaps the oldest continually inhabited city in the world. The experience of layer upon layer of history, the ancient and contemporary woven together is a perfect metaphor for my experiences of the Middle East. ■

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