### What's Inside

**Nelly Childress** 

The days are getting shorter and fall is at our doorsteps, the trees are turning yellow, the children are already back at their school desks, and we have been working on this newsletter.

Paul Coyne, Council President, reports and explains, for those interested, on why the July power failure occurred and how it was handled. As you, dear readers, can see there is a lot of noise and movement in the lobby, read what has been going on, what's coming, and much more.

CAMCO General Manager **David Smith** reminds us of the 2017 budget meeting on December 8th, as well as of the do's and don'ts at Hopkinson House.

Concha Alborg writes about the well-known Renaissance Woman Victoria Kirkham, University of Pennsylvania Professor Emerita of Italian Literature and Film in the Department of Romance Languages, a recipient of many honors and awards, and a long-time resident of Hopkinson House, active in our community.

Read the clever article by Lynn Miller on "Everything you Need to Know...
About..."

If you are not already hooked on Pokémon Go, read the article by **Mindy Bartscherer** on its presence in Washington Square.

Janet Burnham and Terry
Kowalski recount their
expedition to Old City.
They wrote, "The most
difficult aspect of our walk
was pulling away from each
of the new, more recently
established shops and
establishments and their
owners all of whom have
special stories, and delight
in talking about their unique
and artistic offerings."

David Roberts comments on the development in the Zika story in the United States, specifically the means of transmission of the virus in Southern Florida.

Louis Del Soldo gives us three delicious recipes for homemade soups from "cans in the pantry."

# HOUSE HOUSE

The Newsletter of Hopkinson House • Fall 2016



# Message from Council

Paul Coyne



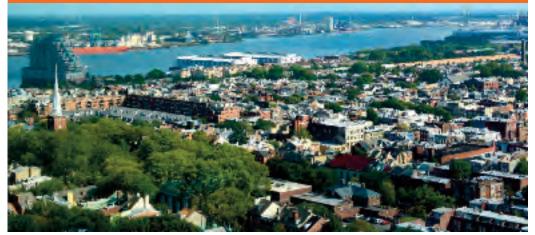
As residents of Hopkinson House well know, there was a power failure on July 26th. Before going into details some background information may be in order.

The electricity supplied by PECO enters our building through two cables with 13.2 kilowatts (KW) of power each. The lines enter

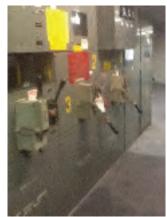
the building through two enclosures in the ceiling of the basement. Each cable is identified by a name or a number. In the event of a power failure or interruption of services we can switch from one source to the other. (See Picture 1)

Going back to the July power failure, it was due to the switchgear involved in the incoming 2279 PECO line that is located in the basement east of the present bicycle room. A short circuit tripped the over current devices outside the building. PECO's over current device was reset two or three times in an effort to close the circuit. Whether the reset was manual or automatic is continued on Page 2

#### An Occasional Photo by David Roberts

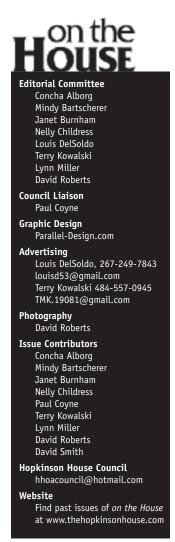


A lovely view of Society Hill, Queen Village, the Delaware River, and New Jersey from our mail room in the solarium. The twin funnels of the SS United States can be seen on the far right.



Picture 1: Control panel for the two 13.2 KW lines

## Message from Council continued from Page 1



not clear. As a result, on the same evening, the building's RCR ELECTRICAL contractor installed a temporary 1.15 MW mounted emergency generator trailer. In about six hours the cables and electrician were picked up, the trailer with the transformer and with a temporary primary 13.2 KW switchgear arrived, as well as the mobile crane that hoisted the transformer and temporary switchgear onto the northeast corner of the building.

The temporary switchgear was subsequently moved to the switchgear room, ready to be hooked up to the generator in the event of an emergency. Two electricians were on site 24/7. This interim solution reviewed and approved by PECO allowed the use of the incoming 2279 line, and the emergency generator was returned to Maryland. (See Picture 2)

#### Switchgear Project

The present switchgear equipment is over 50 years old, and spare parts are impossible to obtain. Replacing

the present switchgear equipment now instead of for the 2020 HVAC project as previously planned is anticipated. New switchgears usually take about three months to be built and installed, but the lead-time to delivery may be longer since all parts have to be manufactured. As soon as PECO approves the permanent fix we hope to begin the process around January 2017.

Final cost for the July power failure and the following chain of events has not yet been estimated, hinging on our insurance company.

#### **Lobby Renovations**

As of September 15th we are into the third week of construction and have completed 90% of the demolition. The service desk in the lobby, the mailroom and the management offices have been torn down. The entire service desk operations are now temporarily located in the north lobby as well as the package room. In the next two weeks the east corridor will be demolished to accommodate several door openings.

It all became very public on Saturday, August 20th: Sorting of dated electronic and other appliances, desks, chairs, paper shredder, and 50 plus years of paperwork, conserving the things worth saving, and finally, the small matter of moving all the mailboxes on the same day to the Solarium with no disturbance to the Saturday mail delivery. A crew worked in the upper Solarium to build the bases for the mailboxes. Meanwhile our postman, Charlie Hillman, supervised the removal and reinstallation of the mailboxes. (See Picture 3)

With the mailboxes cleared away, the mailroom and the back office spaces were rid of all partitions and paneling. The demolition cleared the spaces to bare walls. The only thing left undone is the wall that leads to the back offices. The wall will stand untill the I-beam needed to support the upper portion of the opening arrives. The glass doors in the east and west corridors are gone. continued on Page 3



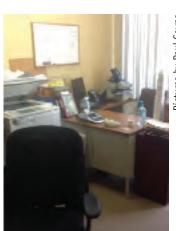
Picture 2: The replacement switch gear



Picture 3: Mailboxes in the upper Solarium



Picture 4: Deck office electrical lines being installed



Picture 5: Mr. Smith and Ms. Kavalkovitch shared space

Pictures by Paul Coyne

The electronic equipment for the temporary service desk is fully operational an amazing feat, judging by the necessary rewiring and reconfiguration. Our staff has taken hours to chase the lines in a snake pit of wires.

The back office space is empty and electric cabling is being installed. The most amazing thing is how huge the space is, it has close to 16-foot high ceilings, and the windows provide wonderful light. (See Picture 4)

Through the several days, from construction, to moving, to being completely operational, our staff has taken all the challenges with enthusiasm. David Smith and Cathy

Kavalkovitch are operating out of a compact space in the area leased by Nick Meli to be accessed through Nick's tool room, and furnished with two desks, filing cabinets, one copying machine, multi telephones and a folding metal chair from the solarium for guests. (See picture 5)

#### **Lobby Furniture**

Our collection of Ludwig Mies van der Rohe Barcelona chairs, the ones with the black straps in the back and black leather cushions, the ones that are so hard to get up from, the three Knowles couches, the stainless steel planters, and the glass tables, all from the 60s, will be replaced by more modern furniture. They

have served Hopkinson House well and it's time for them to be replaced. We had one dealer look at the furniture. His opinion was that, given their age and condition, they were not worth as much as we hoped. We are optimistic that another appraisal will be more favorable, and hoping to sell this well-used furniture soon.

Council recommended that the replacement furniture be higher off the floor and with arms. They further asked the Design Committee to provide several choices of furniture and carpeting.

#### Solarium

One hundred new Solarium chairs have been delivered. The chairs are sturdy with

padded seats and backs and slightly bigger than the chairs "we have learned to love."

#### The Marble Bridge to the South Courtyard

The marble and railing will take two weeks and should be ready in the second or third week of October.

#### Garage

A lot of time and energy has been spent on these problem/complaints. The facts, if presented in bullet form, would go on for many pages, so there is no need to enumerate. Council is addressing this question at the September meeting and reviewing the history, economics and operation of the garage that have brought us to this crossroad.

### Washington Square Citizens League

# Count Down to 11/8 with Neil Oxman

Tuesday October 18th, 2016 at 7:30pm

With three weeks to go, Penn's Village and The Washington Square Citizen's League invite you to hear Neil Oxman share his unique insights on this contentious race: "Dump Trump"; "Crooked Hillary"; What's Next?



A seasoned political strategist, Neil is a co-founder of The Campaign Group that has managed ad campaigns for more than 700 political races across the country. He has been the principal media architect of two presidential primary campaigns, has elected dozens of candidates to federal and statewide office and lectured extensively on media and political strategy at Oxford University, the University of Pennsylvania, and various other colleges.

We will meet in the Hopkinson House Solarium. Registration is required. Please register by emailing info@pennsvillage.org. If emailing is difficult for you, please call 215-925-7333. Light refreshments will be served at 7pm.

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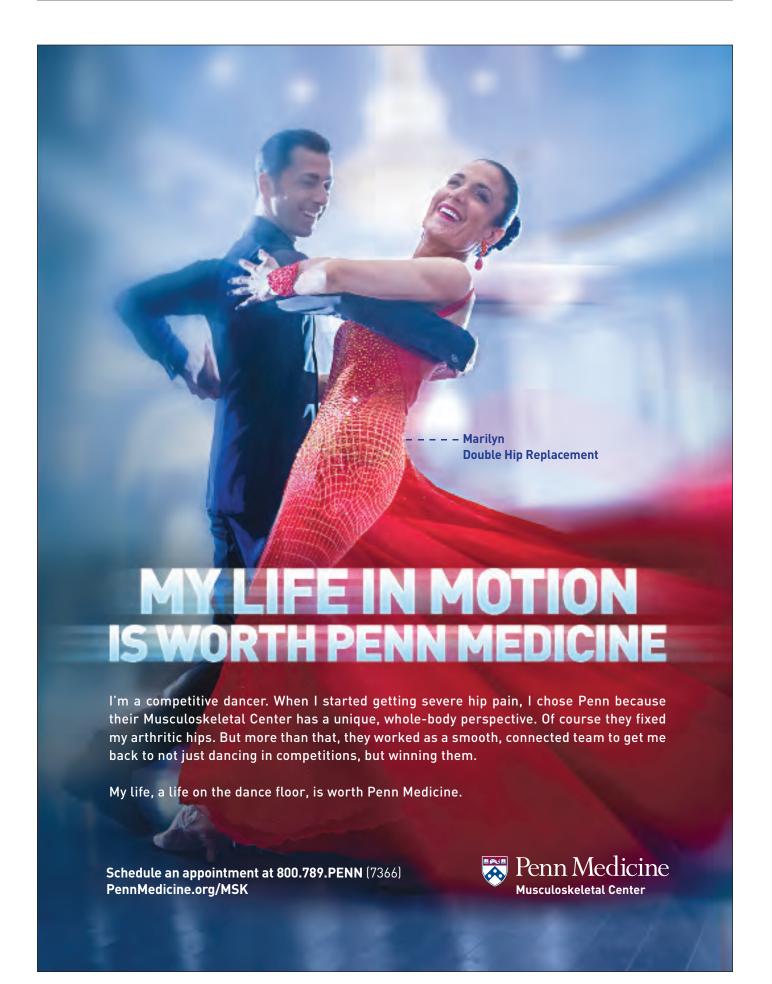
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**David Smith** 



ummer is officially over, and I am sorry to see it end. Hopkinson House pool members and guests enjoyed a wonderful pool season. I am sure that many of you have stored up memories from days and evenings at the pool and are counting the days until it re-opens next year. We recently asked all pool members to complete a brief survey regarding the 2016 Pool Season. If you have not done so already, please return the survey to the management office.

#### 2017 Operating Budget

Although it hardly seems possible, CAMCO, the Council and the Finance Committee are working on the 2017 operating budget. With all of the major projects and continually rising costs, every effort is being made to make prudent decisions regarding how your money is spent. These decisions are made with the assistance of engineers and consultants who are tops in their fields. An update of the capital reserve study

will be completed later this year. This study is an important working tool when undertaking capital improvements to the building. The 2017 budgets will be presented to the membership on Thursday, December 8th, at 7:30 p.m. in the solarium. Those who are unable to attend in person will be able to watch the presentation on the in-house channel 98.

#### **Deliveries**

The front desk staff may not accept delivery of dry cleaning, furs or any hanging clothing. Please make arrangements with your dry cleaner and/or your furrier to have these items delivered directly to your unit when you are at home.

Staff members will not accompany them to your unit.

UPS, FedEx, USPS and DSL packages should be picked up within 24 hours of their delivery. We are unable to hold these packages for any extended length of time. Please make arrangements to pick up your deliveries promptly. HHOA is not responsible for loss or damage to packages delivered to the building.

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.

#### **Emergency Information**

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. New residents have this form in their move-in packet. Please complete the form and return it to the front desk as soon as possible after moving in. It is also helpful for us to have your e-mail address on file.

The two greatest enemies of high rises are fire and water. Hopkinson House has a state-of-the-art fire alarm system, which will go off at the first indication of smoke or a fire and we have round-the-clock staff here to help in any emergency.

Water, on the other hand, needs the observance of both staff and residents. Occasionally, a resident may see a small puddle on the kitchen floor and assume that they splashed water while working at the sink. In actuality, it may be a leak in their dishwasher or garbage disposal which

will penetrate through the ceiling of the unit below, where the residents may or may not be at home. If they are at home, we are lucky. The front desk will get a phone call and will immediately dispatch the maintenance staff to that unit to ascertain the cause of the leak and get it stopped.

However, if the residents are not at home, water will continue to leak down into lower units until someone who is at home sees it and calls the desk. My point in all of this is to remind you to be observant of water, whether in your kitchen, in your bathroom or by your convector units. The sooner a leak is caught, the less damage will be done to your and your neighbor's units.

#### Another caution with water:

Always close your windows and balcony door when you are leaving your apartment. Storms can come up quickly and unexpectedly while you are out, and wind-blown rain can ruin your window treatments and floors.

#### Call 911 Directly

If you are experiencing a medical emergency and need an ambulance, please call 911 directly. Do not ask the front desk to make this emergency call for you. This wastes valuable time. The dispatcher will ask specific questions about your symptoms that only you are able to answer. A call placed through the front desk may delay the ambulance arrival time.



Hopkinson House Council, Management and Staff wish you a safe and healthy holiday season.



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#### **Getting to Know Our Neighbors**

### Victoria Kirkham: A Renaissance Woman's Brilliant Career

Concha Alborg

ictoria Kirkham moved to Hopkinson House in the spring of 1987. After renting for years in West Philadelphia, this was the first place she owned. As a single woman, she liked the security and loved the historical neighborhood, the proximity to Washington Square and, very important to her, the architectural significance of our building. Years later she would write an article for this publication on Oskar Stonorov and his collaboration with Jorio Vivarelli, the sculptor of the Four Seasons (the bas-reliefs adjacent to the elevators,) and Adam and Eve in the courtyard.

A Professor of Italian Literature and Film in the Department of Romance Languages at the University of Pennsylvania, Victoria found that her books were quickly invading her entire apartment. Luckily for her, the apartment next door became available in the nick of time, and she was able to purchase it and quickly fill it with bookshelves. Ever since, she has enjoyed having two balconies and hearing the children playing in

the neighboring churchyard cemetery. To her it's a very happy sound that symbolizes the continuity of life!

Victoria's life was abruptly interrupted twenty years ago when she was diagnosed with ovarian cancer. I admire her openness in discussing her struggle and her desire to include it as part of her journey in this profile. She sees herself as an advocate and an example to others who have had similar experiences. She thinks there is still a stigma and secrecy surrounding this illness. Having excellent hospitals nearby and the support of her family were invaluable in her path to a complete recovery.

Ever since she was a young girl, Victoria wanted to be independent and have a career. Encouraged by her parents, who were both academics, she earned a degree from Wellesley College and a Masters and a PhD from Johns Hopkins University. She has published extensively and has received many honors and awards, including several sabbaticals, and Fulbright,



Victoria Kirkham

National Endowment for the Humanities, Guggenheim and Rockefeller Fellowships. Much of her research has taken place in Italy, particularly in Florence, as it relates to her expertise in Italian Renaissance studies. Vicky is fluent in French as well as Italian and has traveled throughout Europe.

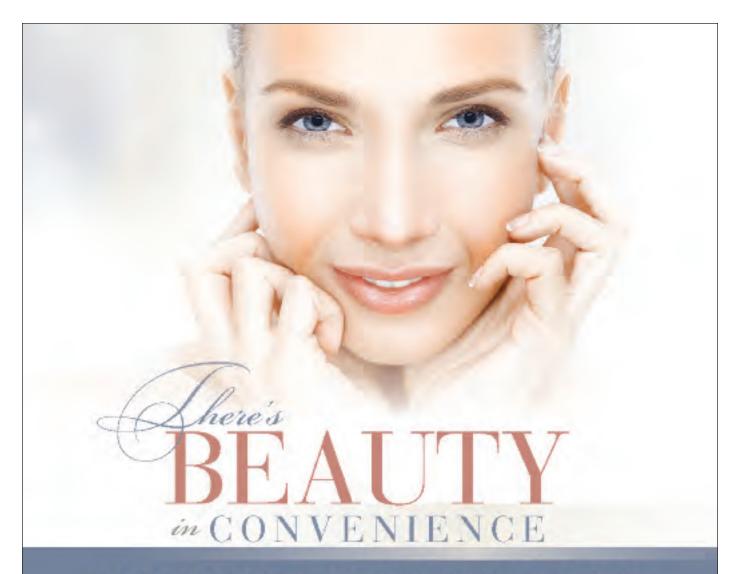
Since her retirement from the University of Pennsylvania in 2011. Victoria has continued her research and is working on a book about the marriage

of Laura Battiferra and Bartolomeo Ammannati. two Renaissance courtiers.

Vicky is also active in our community. She has long served and chaired the Landscape Committee. Currently, she expertly leads discussions for the film groups of the Washington Square Citizens' League, the Cosmopolitan Club of Philadelphia, and Penn's Village. As the Renaissance woman that she is, she can often be spotted swimming laps in our rooftop pool during the summer months.







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# Everything You Need to Know-and Some Things You Don't Need to Know-About the Election

Lynn Miller

ave you heard? We're going to elect a new president of the United States? OMG!

One of the great things about living in America is that you're never more than a broadcast or a headline away from the next—or last—election. We're swallowed up in campaigns and their aftermath every day, week, month, and year of our lives. It's hard not to grow cynical about a democratic process that never gives us a moment's rest from politics.

But it's my goal here (a rotten job, I know, but somebody has to do it) to shame those of you who haven't decided whether you'll vote into actually voting, and to remind all the rest (and you do make a nice majority among Hopkinson House residents) why you must do so.

Here's the thing: You, along with your fellow citizens across the country, drive everything else that keeps our nation ticking. Nothing works unless you do your part to start the clockwork. The elections that result always have consequences for all our lives. This one looks more consequential than most, given the differences in the agendas and the résumés of the two major candidates for president. They're not exactly Tweedle-dum and Tweedle-dee.

In case you haven't heard, let me explain. In one corner is a businessman/

showman who's never held any kind of public office, but who got famous doing television shows ("You're fired!" his best-known line) and making lots of money when he wasn't going bankrupt trading in real estate and casinos pretty much everywhere you look. In the other corner is a long-time politician who spent eight years in the White House (lawfully, if basically as second fiddle), a term in the Senate, and four more years in Washington as the nation's Secretary of State where, rumor has it, lots of e-mails were in play. You might call it the more traditional résumé for a president. Did I mention that, if this candidate wins, we'll also have elected the nation's first female president?

Their agendas are different, too, though I won't confuse you by explaining just how, since all I want to do here is to get you to do your bedrock duty, which is to vote. I pin the immediate fate of our democracy on persuading you to do just that. The two candidates I've mentioned of course aren't the only ones pitching to make it to the highest office in the land, nor is the presidency by any means the only contest. We've a senator to choose in Pennsylvania (we could have the first female senator from our Commonwealth), along with a Congressperson (notice my politically correct use of gender, because we could also elect, but probably won't, our

first female representative from Pennsylvania's First Congressional District). There's a whole list of lesser officials with competing agendas on offer.

I might point out that it's nothing new to have two major-party candidates competing for the presidency. That's actually been the case every four years since George Washington left office in 1797. His two elections were both unanimous. What I mean by that is, he was elected unanimously by the Electoral College that actually elected the president—as, uh, the Electoral College still does, but that's another story. (Don't ask!)

No, your vote matters, especially in Pennsylvania, since we're one of a handful of states that's regarded as a "battleground." I don't think that means you actually have to fear a gun battle at the polls. I dunno. I could be wrong, since Trump did suggest that he wanted to send "observers" to polling places "in certain neighborhoods" in Pennsylvania to make sure people don't "just keep voting and voting and voting." I don't think he had Hopkinson House in mind, though, come to think of it, he might have, if he knows the way most of our voters usually cast their ballots, even voting only once.

Our democracy is not among those that make it a legal requirement to vote. Wouldn't that be nice?

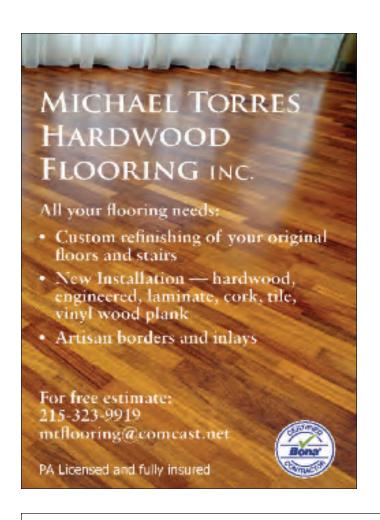


Then I wouldn't have to waste your time pleading like this. Anyway, just do your democratic duty. It's a whole lot easier than paying taxes. More fun, too. And it's the basic obligation of every eligible American.

Here's my final plea: For U.S. citizens who are residents of Hopkinson House, there's absolutely no excuse not to vote. All you have to do is press the "down" button on the elevator on November 8th, get off in the lobby (I know, we used to vote in the solarium, but not this time, so don't let that little change throw you off). Then you give your name to the nice people working at the polls, and do your duty to yourself, your fellow citizens, the Constitution, and the U.S.A. Whether solarium or lobby, bad weather is no excuse.

Our very own Washington Square Citizens' League makes it easy as pie to register to vote, since they set aside times in advance of every election to help you do it in the lobby (register, I mean). See their announcement on Page 3. They take care of absentee ballots, too, taking them to the Board of Elections for you by this year's deadline of November 1st.

See you at the polls! ■



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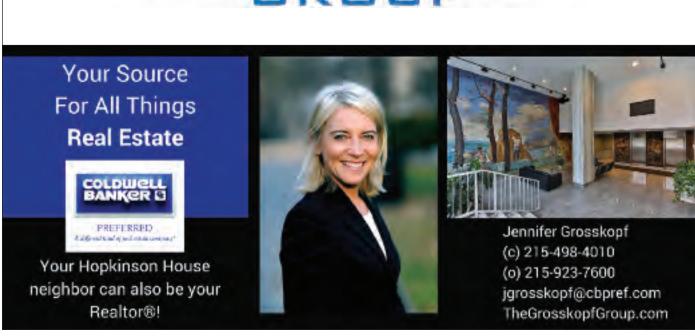
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# **Pokémon Go Comes to Washington Square**

Mindy Bartscherer

y husband, Peter, and I have taken to walking around Washington Square in the evenings as a chance to catch up on the day and get in a few more steps towards our daily walking goals. Recently, the evening scene has changed! Rather than the occasional other late-night walkers, there were scores (yes, scores!) of folks walking around the fountain, along the paths and by the Memorial. They were in small and large groups, pairs and singles, each one engrossed in their phones, tapping away, looking around, talking to each other and often taking off to another part of the park. Our curiosity was roused! Eavesdropping on a few conversations and finally directly asking some questions, we found out what was going on: Pokémon Go had come to Washington Square!

Seeing the diversity of people playing and the excitement they were experiencing, I decided to give it a try. I researched the basics on my computer and learned that Pokémon Go is a game using an app that I could download to my phone, either iOS or android, and join in on the fun. Pokémon Go is a navigational app (like Google maps, or the GPS in your car) that presents you with an interactive map showing you where you are and where you are going. It highlights points of interest marked as Pokéstops. It also incorporates the use of Augmented Reality (AR).

More about that in a little while. In order to play the game, you designate yourself as a Pokémon trainer, with the objective of the game being to capture Pokémons.

Pokémon is short for "pocket monster," creatures created almost 20 years ago in the Pokémon series which now encompasses video games, TV shows, films, a trading card game and more. Pokémon Go is the first part of the series to take the game outside and into the world by having the players, or trainers, hunt for Pokémon. It turns out that Washington Square is a hub for Pokéstops, places to find and capture Pokémon!

There are Pokéstops all over the world in places of interest and landmarks like Washington Square. Game players are motivated to visit these spots in order to find Pokémon, and when they do, they are presented with information about them. In this way, Pokémon Go has educational and personal enrichment potential.

It also has positive social potential. I met Laura, who came to Washington Square from New Jersey with her daughter in order to get more pokéballs and other items used to capture Pokémon. She said it was well worth the trip and bridge toll, because the park has so many pokéspots. She was happy to speak with me and share game tips. During my various walks and observing Pokémon players, I noted folks of all ages talking, sharing their interest

and being led into conversations beyond the subject of the game. There were, of course, many teens and young adults, but also children with their parents, young couples, mature couples and groups of friends out for some exercise and fun.

The people you see walking around are trainers looking for Pokémon. If they stop you might see them flicking their finger on their phone screen. They are likely "throwing" a Pokéball at a Pokémon hoping to capture it. Capturing is not quite as easy as a flicking of the finger of course; Pokémon are tricky! They can escape! The trainer may need to use different sizes of Pokéballs. razzberries, or other tools to improve the odds of success, and Pokémon like to hide trainers need to look in various hiding places such as the brush or in the water.

Pokémon can evolve to become more powerful, which then leads trainers to earn more experience points increasing their trainer level. The more Pokémon caught, the greater distance walked, and the more challenges completed means that trainers can earn achievement levels. As the trainers catch the Pokémon, they collect them in their Pokédex! The Pokédex gathers all of the information about the Pokémon species you've caught or encountered. The goal is to find and collect all of them and then use them in a battle.

At some point, experienced trainers are asked to join one of three teams; Mystic,



Mindy Bartscherer

Valor or Instinct. The teams work together to train and battle Pokémon with the goal of being in control of a Pokégym and protecting it from attack. Whew! It's complicated! But of course that is part of the fun. It's so much fun, that it's estimated that Pokémon Go has been downloaded over 500 million times around the world since making its debut in July, and that players have walked nearly 3 billion miles!

Now, let's talk about what augmented reality (AR) brings to the game. Augmented reality is the ability for your smart phone to put an image onto the screen that is not really there. Augmented reality is often easier to understand than explain; many people see a common application of AR every week on TV during NFL football games. AR technology is used to display the scrimmage line and the first down line on the field; the line is not really there, but it is inserted on the screen using AR technology. Similarly, AR technology is used to draw the green, yellow and red continued on Page 13

#### Pokémon Go continued from Page 11

lines in the backup screens on most new cars using backup cameras; the lines are not actually there in reality, but are inserted by the camera.

Pokémon Go uses this capability. If you go into the park and look around, it looks as it does every day—people, babies, dogs, benches and paths. If you hold up your phone to take a picture of the fountain, you see the fountain. If, however, you are looking for Pokémon and are using AR, when you look at the fountain you may see a Pokémon sitting on the edge! It is the game's ability to use Augmented reality to place the Pokémon image onto the screen that is new and fun.

Augmented reality can also be used as a virtual tour

guide in museums or while walking around the city. I found Pokémon not only in Washington Square, but also Independence Mall, City Hall, Penn's Landing, and the Schuylkill River trail. There are thousands upon thousands of places.

When you're next on vacation in South Carolina or Europe, you'll find them there too! And you'll find other people looking for Pokémon. It's interesting to hear what Pokémon they have found and where they have found them. Maybe you'll find trainers on the same team as you, and you can work together to battle for Pokémon and increase the prestige of your Pokégym!

In Washington Square, Pokéstops are found at the Revolutionary War Memorial, Tom Foglietta Dedication Memorial, Centennial Moon Tree, St. Bardo Church Memorial Tree, the fountain, the Bud Blumenthal Memorial Bench, and the plaque for the Congregation of the Dead. At each of the stops was a photo with information about the spot.

Pokémon Go is not without its controversies, however. It has been blamed for accidents and injuries to trainers whose attention is on their phone screens rather than their surroundings. There have been Pokémon stops located on private property, and in religious or sacred places. The company responsible for the game, Pokémon Go, has worked with these locations to remove the Pokémon stops.

Frank Lee, an associate professor and cofounder of the game design program at Drexel University, had this to say about Pokémon Go as a game:

"It's not just augmented reality, it's augmented reality, plus location-based gameplay, plus extensive mapping data to transform our world into super-reality where Pokémon can exist. Absolutely, I can see this as a fundamental shift and transformational in mobile games"

So, that's the skinny on what all those people in the park are doing. If you decide to go exploring too, download the app, name your trainer, hit the park, and look for me, OoHSailor, trying to capture another Pokémon!



### **Events in the Courtyard**

# WSCL Biennial Election and Reception









Nick Perri Jazz Ensemble Performance













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### **Old City Is New**

Janet Burnham & Terry Kowalski

n a particularly pleasant summer afternoon, we took off to Old City, strolling through Independence Park and heading north on 3rd Street, expecting to revisit the familiar galleries, boutiques and restaurants we have appreciated for years. Wrong! The most difficult aspect of our walk was pulling away from each of the new, more recently established shops and establishments and their owners, all of whom have special stories and delight in talking about their unique artistic offerings. Many shops have "Best of Philly" signs proudly displayed in their windows!

We first passed by Little Lion, at 3rd and Chestnut, just opened earlier this year and bearing the nickname of Alexander Hamilton. It was, alas, too early for happy hour, but the locally grown, fresh comfort food and seasonal, herbal cocktails should not be missed.

Select Shop 215 also opened in the past year, and their textiles, kitchenware, jewelry, art, stationery and accessories are unlike those seen anywhere else. Dog, cat and bird lovers, make sure to bring your credit cards.

People Prints, immediately across the street, is picking up on one of the newest and fastest growing printing trends—3D printing, in this case, of people! Stop by for a look at the amazing, perfectly created miniature figurines of real people created using the on-site 3D equipment. The samples

in the window attest to the fact that this is a favorite stop of young people leaving the Old City night-clubs, especially National Mechanics, occupying William Strickland's 1837 building right next door.

Next, we dropped into **Ruff Life** for some four-legged love. Here, some very young entrepreneurs took over a totally empty space and created a doggie daycare, where everyone, human and other, was having a great time.

A few doors up, at Parisa Rugs and Design, we enjoyed meeting Parisa Abdollahi who, influenced by a childhood spent in Iran and Switzerland, considers each rug a piece of art, "poetry to the eyes." Listening to her and examining the rugs, you understand why she's one of the vendors with a "Best of Philly—Rugs" sign displayed! With her young daughter and puppy playing on the floor, Parisa is happy to discuss what she sees in each of the vintage or contemporary rugs.

If shopping for clothes in boutiques appeals to you more than chain stores and malls, you'll be happy to find North 3rd Street and North 2nd Street lined with independent shops like Third Street Habit, stocking Indie designers and a great selection of denim; Vagabond, with its trendy printed dresses intermixed with modern clothes, ceramics and baskets; and a great favorite, **Erdon**, stocking entire collections by avant-garde



Little Lion at 3rd and Chestnut Streets should not be missed.





Select Shop 215 has accessories unlike those seen anywhere.

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Spa Terme Di Aroma, an elegant haven for escaping from the stresses of our days and times.

Art galleries in this area devoted to different media are too numerous to list. Old City is well-known for its First Friday evenings, during which many of the galleries are open that evening, serving refreshments to the strolling crowds.

Moderne Gallery is widely recognized for high-quality, vintage 20th-century furniture and Minima features contemporary design.

Walking down Race Street and turning right onto 2nd, we lucky Center City Philadelphians sometimes take for granted treasures like Elfreth's Alley, the beautiful Christ Church, founded in 1695, where many Founding Fathers worshipped, our old friend The Book Trader and the Clay Studio rightly proud of having taken a leadership role in the revitalization of Old City. We nod to The Arden Theatre Company. Its perfect mission statement: "Dedicated to bringing to life great stories by great storytellers."

We end our walk in the rooftop lounge of the Monaco Hotel and plagiarize Klimpton's (owners of boutique hotels) description of why they are investing in our town: Our Founding Fathers knew they were onto something good when they landed here, and we've happily followed their lead.

Fueled by an admiration for Philly's rich past and ever-evolving present, we feel proud to have established roots in this friendly town full of passion and personality.

First Friday is a terrific time to explore Old City. We left out more than we included in this article.

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# Zika Virus: What the Summer of 2016 Taught Us

**David Roberts** 

C ince our discussion of the Zika virus in the spring issue of on the House, the news media have provided much dramatic reporting of new developments in the Zika story. They warned us that Zika epidemics in the American territories are evidence that the disease has taken hold on American soil, even though those territories are far from the mainland. Puerto Rico and the U.S. Virgin Islands are further east than the Dominican Republic, and American Samoa is in the South Pacific. They are American soil legally and politically but not physically. Hence the presence of a Zika disease outbreak in, say, Puerto Rico, has little bearing on the likelihood of an outbreak in Florida or Texas.

Nevertheless, the Centers for Disease Control (CDC) warned us that the disease was likely to establish itself on the American mainland, and there have been urgent calls for the development of a Zika vaccine.

#### History

The Zika virus was first isolated in 1947 in the Zika Forest of Uganda. It was recovered from a Rhesus monkey that was being used as a sentinel to detect the presence of the yellow-fever virus. Instead the monkey became infected with a previously unknown virus that was then named for the forest—Zika.

In the following 69 years the Zika virus has spread around the globe but always within

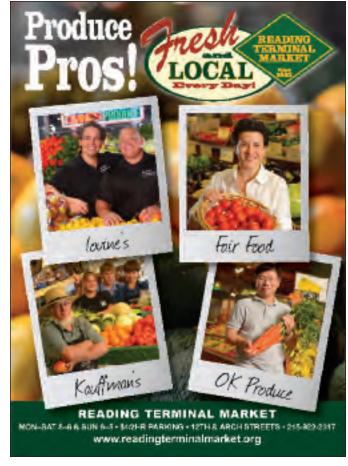
the broad band of the tropics. In all that time the Zika virus has never taken root in any country outside the tropics. As we discussed in the spring issue, cases of the disease in countries beyond the tropics have been confined to travelers returning infected from tropical countries, and their sexual partners.

#### Spread by mosquitoes vs. venereal transmission

The typical venereal disease depends for its persistence on chronically infected individuals of both sexes. who can continue to infect sexual partners for prolonged periods or indefinitely. After being infected with the Zika virus, men can continue shedding the virus in their semen for a few months but

this is probably insufficient to sustain or spread the disease in a population. There has been only one report of a woman infecting a man, and the circumstances were so unusual that this is an unlikely source of future spread. The virus was evidently transmitted via menstrual blood during sexual relations when the woman was in the acute stage of Zika infection. Compared to the mosquito, venereal transmission seems unlikely to become an important factor in the spread of Zika infection. It is almost certainly incapable of extending the disease beyond the range provided by the mosquito. When a traveler returns infected from the continued on Page 19







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#### Zika Virus continued from Page 17

tropics and infects his partner, the chain of infection seems to end there.

The main carrier mosquito, Aedes aegypti, is totally dependent on humans for the blood meals needed to develop its eggs. A. aegypti has no interest in other animals. As a result these mosquitoes cohabit closely with their human hosts. Unlike most other mosquitoes, they are rarely encountered in woods or open fields. Like other mosquitoes, however, A. aegypti becomes dormant at lower temperatures.

These characteristics make this mosquito relatively easy to control. Insect screens prevent them from gaining access to their human hosts, and any mosquito that is not stopped by insect screens will become dormant and hibernate at the cooler temperatures produced by air conditioning. In addition, removal of standing water around dwellings leaves them with nowhere to lay their eggs and develop their larvae. Conversely Zika infection is much more common in hot climates, especially in poor communities that cannot afford insect screens and air conditioning and that allow standing water to accumulate around their dwellings. There the mosquito thrives and, with it, the Zika virus.

#### Observations during the summer of 2016

As predicted, most Zika infections in USA this summer have been in travelers returning from tropical countries where

the disease is rampant, with limited spread to their sexual partners (see Table 1). For the first time, however, there have been a few dozen cases transmitted by mosquitoes. These were all within Miami and restricted to two small communities. There was a lack of insect screens and air conditioning in one of those communities. We have not yet heard about the other.

This is the first evidence that the Zika virus can be transmitted by mosquitoes in communities beyond the tropics. Apparently the slightly lower temperatures of the near subtropics are sufficient for *A. aegypti* if all the other conditions for transmission are met. The small number of cases, however, suggests that

widespread Zika infection in subtropical USA is unlikely. It should be noted that Miami is only about 200 miles from the Tropic of Cancer, close enough to have a near-tropical climate.

**Table 1** summarizes the cases of Zika infection in USA in 2016 as recorded by CDC and reported on August 27th by the *Wall Street Journal*.

continued on Page 21

**Blood** transfusion

#### Table 1. Zika Infections Reported in USA in 2016

Reported in USA	in 2016
Means of Infection	Number of Cases
Travel to infected country	2,487
Sexual relations	22
Mosquito-borne in L	JSA 29

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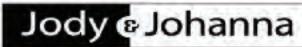
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# The Summer Olympic Games

At the Rio de Janeiro Games there was not a single report of Zika infection in athletes or visitors. This is not surprising. The event was described as "Summer Games" but in Rio it was winter, and the mosquitoes were dormant. Rio is far enough from the equator to have seasons and to put its mosquitoes to sleep in winter. Although Brazil is one of the countries worst affected by the Zika epidemic, the athletes and visitors were not at risk.

# Infection from blood transfusion

A person in the acute phase of Zika infection, with virus circulating in the blood, obviously should not donate blood. However, donations from the 80 percent of people who fail to develop symptoms when they are infected with Zika virus would also endanger the supply of blood for transfusion. The CDC has reported only one case of Zika infection from blood transfusion, but it has advised all blood banks to screen their blood for the Zika virus.

Blood transfusion is unlikely to be a major factor in the epidemiology of Zika infection, but having a baby with a shrunken brain and cranium is a terrifying prospect for a pregnant woman who needs a blood transfusion. Microcephaly is the reason we take the Zika virus seriously.

#### A Zika vaccine

Work has begun on at least two forms of Zika vaccine, but FDA approval of an effective vaccine is years away. The possibility of a vaccine has no bearing on the control of Zika infection in the foreseeable future.

# What did we learn in the summer of 2016?

The events of this summer confirmed that Zika infection is essentially a tropical disease, its occurrence determined by the biology of the carrier mosquito. In near-tropical areas such as southern Florida, very limited mosquito transmission of the virus evidently can occur in summer. The two small Miami outbreaks having been well contained, however, there was no

evidence to support the fear that those tropical mosquitoes might suddenly spread the Zika virus across temperate U.S.A. Actually, the tropical mosquitoes do not travel. Infected people do, but, when they reach a temperate destination, there are no mosquitoes capable of acquiring their Zika virus and spreading it.

The Zika virus is a recent arrival in the tropical Americas and the Caribbean. Hence the epidemics we are seeing in the susceptible populations of those regions. Once the infection becomes endemic, however, childhood infection will immunize those people and the disease will subside, as it evidently did years ago in tropical Africa and Asia.





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## **Easy Homemade Soups from Cans in the Pantry**



I often want to make soup, but I do not have the time to go to the market to buy the ingredients. I have discovered, however, that the well-stocked pantry can provide the ingredients to make a last-minute, delicious homemade soup without a trip to the market. The three soups here can be made from ingredients purchased weeks or even months before you make the soup.



Chicken Tortilla Soup ingredients.

#### Five Can Chicken Tortilla Soup

(Based on all the recipes.)

A note on the ingredients: I purchased all the ingredients for this soup at the Acme supermarket on 5th Street. (See photo) I got my tortilla chips at the taqueria on the northwest corner of 9th and Carpenter. Warning: they're addictive!

- 1 15 oz. can whole kernel corn, drained
- 2 14.5 oz. cans chicken broth
- 1 10 oz. can chunk chicken
- 1 15 oz. can black beans, drained and rinsed
- 1 10 oz. can diced tomatoes with green chili peppers, drained

1/8 tsp. cumin, or to taste
1/8 tsp. chili powder, or to
 taste

Open the cans and pour everything into a soup pot and simmer over medium heat until the chicken is heated through. Serve with tortilla chips (optional).

Serves 4 to 6 people.

#### Pastina in Brodo

(An even easier soup!)

A note on ingredients: Of course freshly grated Parmigiana is best, but grated cheese, even if canned, works in a pinch.

48 oz. chicken broth

3/4 cup pastina

(or acini di pepe, or orzo)

1/2 tsp. dried oregano

⅓ cup Parmigiana cheese

Bring broth to boil. Add oregano and pastina. Cook pastina in broth according to time suggested on package. Add grated cheese. Add pepper, if desired. Serve immediately.

Serves 4 people.

#### Zuppa di Ceci

(More complicated but delicious! Based on Marcela Hazan's Chick Pea Soup)

A note on ingredients: Any canned tomatoes that are a product of Italy are good, and San Marzano are the best. Fresh garlic is best, but jarred garlic keeps a long time and may be used.

- 2 16 oz. cans chickpeas, drained and rinsed
- 4 cloves of garlic
- 1/3 cup olive oil
- 1½ tsp. finely crushed, dried rosemary
- 2/3 cup chopped Italian
   tomatoes
- 3 cups chicken broth
- 1/2 lb. small pasta such as ditalini or ditaloni
- 3 tbs. grated Parmigiana cheese

Salt & pepper to taste Sautée garlic in olive oil over medium heat. When the garlic is browned, remove it and add the crushed rosemary leaves. Stir briefly, and then add the chopped tomatoes. Cook over medium heat for 20 to 25 minutes until the tomatoes separate from the oil. Add the chickpeas and cook for another 5 minutes, turning once or twice. Add one cup of broth and simmer for 15 minutes. (Up to this point, everything can be done in advance.)

Now purée about ½ of the basic soup through a food mill, or use an immersible blender to purée about that amount. Add remaining 2 cups of chicken broth. Bring to boil and add pasta. Cook according to directions on package. You might need to add some more broth or water. Taste and correct for salt. Serve immediately (the pasta will absorb broth and become soft if you let it sit).

Serves 6 to 8 people.



Chicken Tortilla Soup.

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