The Newsletter Committee wishes our readers a Happy, Healthy, and Prosperous New Year.

What's Inside

Nelly Childress

If you are wondering what is going on in the lobby, and when it will ever end, read Council's Message.

The resident services desk and management office are being updated, especially the mailroom, with a dedicated package room that will accommodate the myriad packages of all sizes that are delivered every day.

Please consider the recommendations in the Manager's Message.

Concha Alborg interviewed Hopkinson House resident Giema Tsakugisowsa. Her mother, Anisa, a centenarian who lived with her until quite recently, was born in Mongolia before the Russian Revolution and moved to Philadelphia after World War II. Giema's and her mother's historical backgrounds are worthy of a book.

Read Lynn Miller's report on the oldest jewelry district in the nation on the block of Sansom Street between 7th and 8th Streets that is now being targeted by developers for demolition and new construction: a 29-story condominium tower with 109 apartments.

David Roberts recounts his recent experience with "medical miscommunication" and admonishes, "next time you are in a hospital, be alert and don't be afraid to question anything that doesn't seem right. It may not be."

In another article,

David Roberts alerts us to
phony sweepstakes and
to telephone warnings from
supposed representatives
of debt collection agencies
or of the IRS who, for a
fee, offer to resolve your
problem. These scammers,
he says, learn from experience; they have more
success with the elderly.

What do I do with those plastic bags? You can recycle them, says Mindy Bartsherer.

Chef Luigi suggests for January a calorie-free soup to get rid of the Holiday's extra pounds!

HOUSE HOUSE

The Newsletter of Hopkinson House • Winter 2017



Message from Council

Paul Coyne



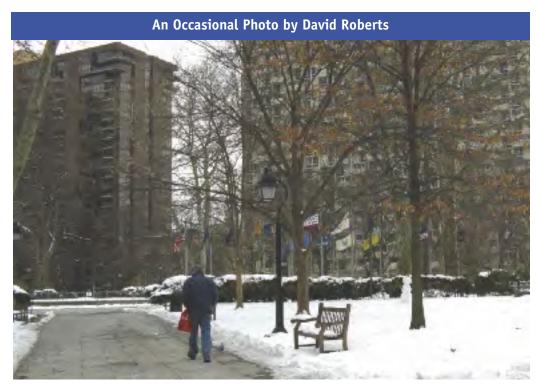
This is an updated version of the presentation made at the November 2016 Annual Budget Meeting. Needless to say, the budget is a most important factor in evaluating our corporation especially since owners are

observing with mixed emotions the work in progress in Stonorov's lobby. It is reasonable to ask what this will cost and when the bill will be presented.

Let us consider what has been accomplished in maintaining a state-of-theart historical building, and what remains to be accomplished.

The installation of the new fire-alarm system with improved safety technology: \$150,000

continued on Page 2



A Winter Scene in Washington Square

Message from Council

continued from Page 1

House

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Wahsita

Find past issues of *on the House* at www.thehopkinsonhouse.com

Five hundred light bulbs replaced with LED bulbs with significant future cost saving: \$7,000

Replacing the condensate tanks in the lower boiler room: \$44,000

Replacing the twin freshwater boilers due to leaks. One of the boilers having been condemned made replacement imperative. \$200,000

Renovation of apartment 1009, owned by Hopkinson House, resulting in higher rental income: \$15,000

Maintenance/repair/replacment of some swimming pool tables and chairs: \$3,000

Lobby renovation involved preliminary planning with designers and engineers, negotiating with the various trades involved, and obtaining approval from the city. While the existing desk and offices were being "deconstructed" the

Resident Services Desk and the Management Office had to be relocated. A makeshift desk was constructed and equipped with the electronic equipment necessary to their functions. Unnecessary files were weeded out.

The Mailroom is open, well designed and efficient; offices are bright and professional-looking with new carpets. The marble top to the Resident Services Desk was installed on December 12th. The terrazzo floor of the entrance, lobbies, east and west halls has been repaired and polished. The bronze figures of the Four Seasons around the elevators were refreshed and look as they did when installed.

Regarding the mailroom, it is interesting that each mailbox has ten identical keys. Each will be checked by inserting it into the lock to prove that it is working, Two keys will then be given to the owner in an envelope,

two will be kept at the desk, and the remaining keys will be stored in the safe.

The Resident Service
Desk was completed before
Christmas. The work on
the east and west lobbies
is close to completion. The
north lobby is scheduled to
be finished after the holidays.

Some of the remaining orders will be received in late December or early January delaying the completion of the project. \$1,100,000

The failure of one of the two power sources to our switchgear forced us to hire an emergency power service. We became dependent on a single line that we share with a number of buildings. We were at risk of being without electricity. Within five hours of our call for help we had, on site, a truck with coils of wire, a crane, a flatbed truck with an emergency generator, a fuel truck for the generator and

continued on Page 5





Removal of mailboxes.



New mailboxes installed.

Message from Management

David Smith



n Wednesday, March 15, 2017 at 7:00 p.m. a meeting is scheduled to discuss the HVAC project. The project is in its early planning stage. Nothing has been approved or will be approved any time soon by Council.

The Hopkinson House Annual Meeting and Election is scheduled for Thursday, April 20, 2017 in the Solarium at 7:00 p.m. If you would like to run for a Council seat, please fill out a Candidate Data Sheet which will be mailed to you in March, and place your name on the ballot. Council terms are for two years and Council members must be

available to attend one meeting per month. All nominees must be in good standing with the Association.

We expect to reopen the bicycle room sometime in March. Bicycle owners will receive notification from the Management Office.

Insurance

Please be sure to have your insurance carrier send a copy of your updated 2017 information certificate to the Management Office. The certificate can be mailed to Cathyhhoa@comcast.net or faxed to 213-829-1510.

Emergency Forms

A 2017 Emergency Form will be distributed to all owners and residents to be completed and returned to the Management Office. Be sure to give your telephone number and email address if you have one.

Trash Disposal

The proper disposition of garbage is to bag it and tie the bag before throwing it in the trash chute. The same procedure applies to sanitary napkins/diapers. These unsanitary items affect the employees who empty the trash.

Entry Permits

All residents are to complete entry permits for their guests, contractors, and anyone they wish to have access to their apartment. It is suggested/recommended that residents stop at the Resident Services Desk to do so rather than rely on email or through messaging.

Work Orders

Work orders must be processed through the Resident Services Desk that is manned 24 hours a day, 7 days a week. The Management Office and the Maintenance Office do not accept work orders.

Renovations

If planning renovations in your apartment, please pick up a Renovation Requirement Packet at the Resident Services Desk. Owners and contractors must complete the forms in the package and the contractor must provide an insurance certificate with a minimum of \$2,000,000 liability coverage. Work may not begin in the apartment until the renovation package has been approved by Tony Kelly, Building Chief Engineer. Tony can be reached through the Resident Services Desk at 215-923-1776, Ext. 110.

Packages

When placing an order for package delivery, make sure that you give the correct address to the vendor.

When you are notified that you received package(s), please retrieve them from the Resident Services Desk in a timely fashion.

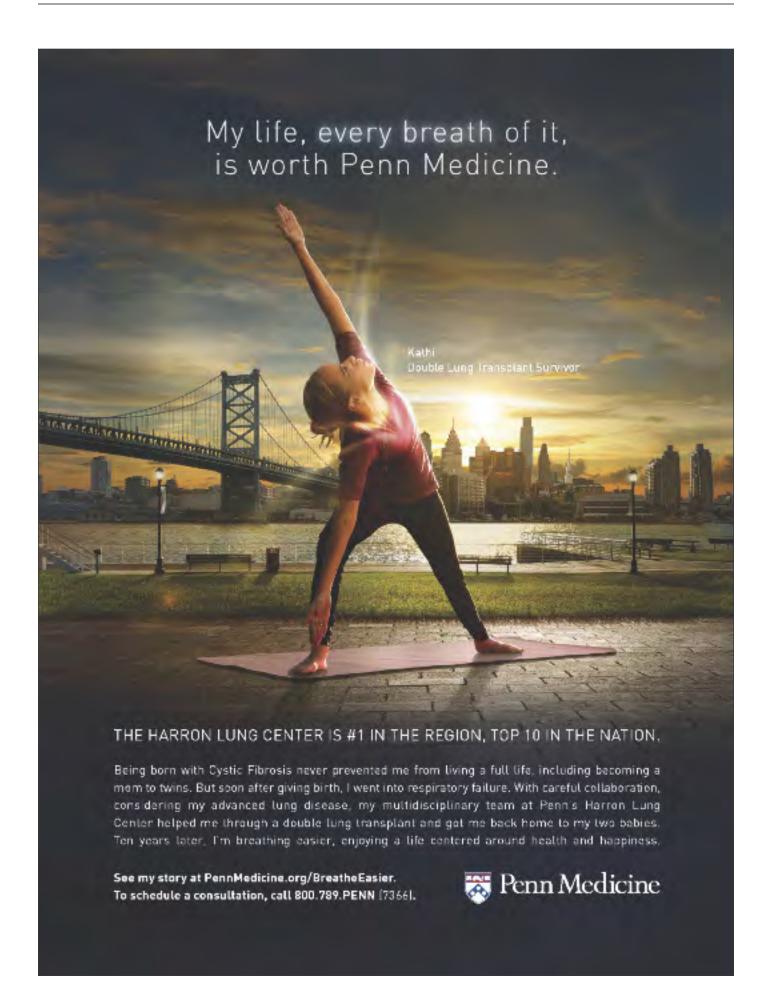
2017 Holiday Dates: No Move-Ins, Move-Outs, Contractors or Deliveries

Contractor work, deliveries and moves are not permitted on Sundays or legal and religious holidays throughout the year. We are posting these 2017 holiday dates for your convenience. No exceptions can be made.

M.L. King, Jr. Day Monday, January 16 Presidents' Day Monday, February 20 Passover Tuesday, April 11 Good Friday Friday, April 14 Memorial Day Monday, May 29 Independence Day Tuesday, July 4

Labor Day Monday, September 4 Rosh Hashanah Wednesday, September 21 Yom Kippur Saturday, September 30 Thanksgiving Thursday, November 23 Hanukkah Wednesday, December 13 Christmas Day Monday, December 25

New Year's Day Monday, January 1, 2018



Message from Council continued from Page 2

replacement switchgear on site. We are in the final stages of a settlement with our insurance company. \$500,000

PECO recommended that we push up the date to replace the entire switchgear as soon as possible. Instead of scheduling replacing the switchgear as anticipated in February, we ordered the building of new switchgear and are beginning the basic steps for the installation in what we used to call the bike room. \$1,000,000

The marble of the bridge to the courtyard was damaged and has been replaced along with adding handrails to increase safety: \$53,000 It was necessary to replace the garage ramp because it was badly leaking and the drainage system needed replacement. The ramp was leaking into the former bike room (soon to become the switchgear room.) As you know 13.2KV and water aren't compatible.

The two sides of the ramp were separately closed, controlled by a traffic light and a flagman. The project was completed three weeks ahead of schedule.

\$350,000

Each of these projects will significantly increase the value of your investment, and most importantly there were no assessments. Council's long-term budget plan for the HVAC project is to build a capital reserve fund.

On either Wednesday, December 21 or Thursday, December 22, a "completion walk-through" will be performed. This will determine the completed or nearly completed projects in order to resume the daily routine of operations/ functions.

The paneling in the mailroom and service area, the new lighting, furniture and carpets [for the north lobby only] will be installed in January or February in the lobbies.



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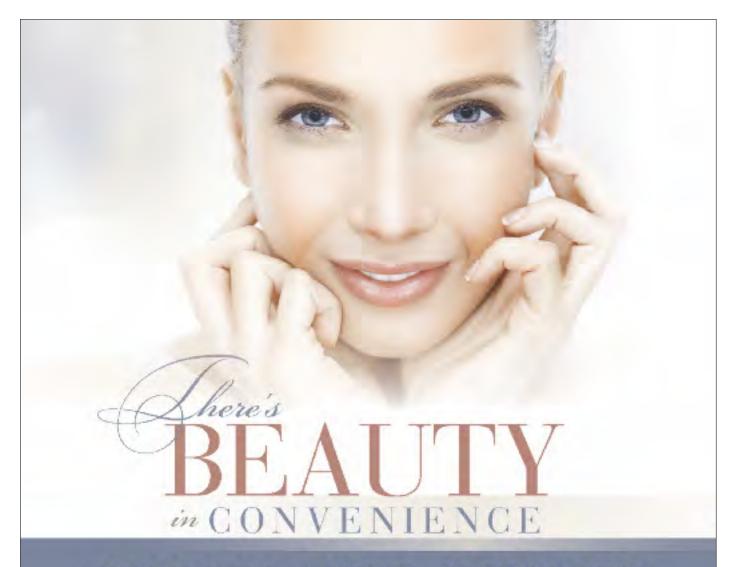
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Getting to Know Our Neighbors Giema Tsakuginow: Taking Care of Her Centenarian Mother

Concha Alborg

When I spoke on the phone with Giema Tsakuginow about interviewing her mother, Anisa Tsakuginow, for on the House, Giema quickly sent me lots of information. After all, her mother, was born before the Russian Revolution, moved to Philadelphia after World War II and had met the Dalai Lama and the President of Mongolia, among many other dignitaries.

What caught my attention, however, was that in all of the pictures of Anisa in the limelight, there wasn't a single picture of Giema. "I was in the background, translating," she said. If you look carefully in the picture below of Anisa with Governor Wolf, Mayor Kenney, and President Tsakhiagiin Elbegdorj, you can see the back of Giema's head on the right. "Actually, I never saw my mother shake the President's hand," Giema told me. That's when I

decided that this profile would be about Giema, the daughter of the centenarian, who, like many others, has put her life on hold to care for a loved family member.

Granted that the illustrious centenarian is the one with a Facebook page—which the daughter maintains and speaks six languages: Russian, Mongolian, Bulgarian, Serbian, Ukrainian, and some Polish, but no English, thus the need for a translator. Indeed, Anisa has had a hard, long life. She was the 17th child, but the only one to survive the crossing of the Black Sea from Russia to Istanbul, Turkey. Her family immigrated first to Sofia, Bulgaria, where two younger siblings were born and Anisa grew up. She married Saran, who had been a Cossack in the Imperial White Army of the Russian Czar and fought against the Communist Red Army during the

Russian Revolution. After World War II, they lived in displaced persons camps in Germany and eventually settled in Philadelphia in 1959, where they lived in what is now known as Northern Liberties.

Anisa is a devout Buddhist. and credits her religion for her long life. She prays daily at her altar with shrine objects that have survived from her family exodus. Anisa didn't have a formal education and had to clean offices at night to take care of her youngest child Giema while her husband worked in a factory during the day. One of her sons has passed away and another lives in Germany. For a time she lived in California with another daughter who is now in her eighties and has retired. Giema is much younger, she is "the American daughter," a late-life child.

After she graduated from college, Giema was a photo editor for over twenty years in New York City. She worked for prestigious publications such as Condé Nast, and Newsweek, and the publisher Random House. But with the changes in the publication industry and her own unwillingness to work in a big corporation, she settled in rural Virginia and continued working as a freelance artist. She moved to Philadelphia and settled in the Hopkinson House in 2010 to work for the Philadelphia Museum of Art, where she was the Permissions Officer.



Giema and her mother Anisa

Three and a half years ago, Giema brought her "Edje" (which means revered, elder mother in Mongolian) to live with her. (See the picture above of mother and daughter in the airplane from California). Taking care of a centenarian proved to be a big commitment, and soon Giema's full-time job was jeopardized. She lost her job after she exhausted all of her Family Medical Leave Act benefits. Now she considers herself "a curator of a priceless human being." She has no regrets whatsoever and values having time to take care of her mother; she is grateful to have her mother's company and doesn't take it for granted.

Anisa has been in a wheelchair since she broke her hip, but is mentally alert and full of life. Giema keeps her mother engaged; they both watch the news together, grow tomatoes in the sunny balcony and love the Washington Square neighborhood. Giema tells me proudly that Philadelphia has over 500 centenarians; more than 200 will turn 100 this coming year and that her

continued on Page 11



Anisa Tsakuginow meeting the President of Mongolia in Philadelphia.



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Jewelers Row May Take a Toll

Lynn Miller

ast August came the ✓ startling announcement that another residential tower may soon rise in our neighborhood, this time where we might least expect it: across Washington Square in the heart of Iewelers Row. That block of Sansom Street between 7th and 8th Streets has been home since about 1850 to the nation's oldest jewelry district. After New York's, it's the largest in the nation. I feel a little jolt of energy every time I walk into its red-brick street and catch a glimpse of the chaotic mix of business being done there. In a neighborhood that's rapidly transforming into a posh high-rise residential quarter, Jewelers Row is a rare and distinctive hold-out from the area's bustling commercial past.

The history of Jewelers Row is the history of Philadelphia. In 1791, Robert Morris, who had largely financed the Revolutionary War, owned the entire block from 7th to 8th and Walnut to Chestnut Streets. There he began building the grandest mansion in the city, onedesigned by Pierre L'Enfant, who would soon design the nation's capital. But Morris lost his fortune and landed in debtors' prison. The block was sold in 1797 to William Sansom, who immediately demolished the unfinished house and commissioned the building of row homes along the southern portion of the lot. Sansom's resulting row was the first speculative housing development in the nation.



The targeted buildings are Numbers 702 (second from left) through 710 (the building on the right with rows of three arched windows).

In that same decade, while what today we know as Independence Hall served as the seat of the Federal government, skilled metal workers settled nearby to create the engraving plates essential to the nation's business. When the capital moved to Washington, D.C., in 1800, many of these workers evolved into jewelry making. Over the next decades, publishing, which also needed engravers, moved in as well. Henry C. Lea's medical publishing company at 706-8 Sansom Street was the publisher of Gray's Anatomy for buyers worldwide. By the end of the 19th century, publishing houses had grouped around Washington Square, leaving Sansom Street to the jewelry industry.

Today, this is still an industry creating highvalue products in a city that has largely lost its industrial base. Jewelers Row

now houses some three hundred businesses, many tucked away on upper floors, where gem-cutters, silversmiths, and other artisans work, serving the commercial jewelers below. Some live in apartments next to their workplaces. Their proximity to their customers, many of them argue, is what allows them to succeed. Yet, they are the workers most likely to be displaced by the Toll Brothers project, which will demolish five buildings near the 7th Street intersection on the south side of the block if the project goes through.

Toll Brothers at first announced a 16-story tower, but in December nearly doubled its planned height to 29 stories with 109 condo apartments. From the first announcement, alarm bells rang in the preservation community. Even though Jewelers Row is listed in the National Register of Historic Places,

it missed being placed in the Philadelphia Register, and it is the City of Philadelphia that makes and enforces municipal codes. In fact, some 97 percent of the city's buildings are unprotected by any historic designation, according to Paul Steinke, executive director of the Preservation Alliance of Greater Philadelphia (PAGP), which has been fighting the Toll plan. "Jewelers Row is symbolic of a new reality," says Steinke, "which is that occupied, functioning, taxpaying buildings with businesses and residences already in them for a century or more are now being targeted by developers for demolition and new construction." Since the August announcement, the PAGP has sponsored a petition drive which has gathered several thousand signatures of citizens

continued on Page 11

THANKS A MILLION

(for all your support and loyalty)

Thank you thank

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thank you thank

At this holiday season, we would like to extend our appreciation to The Hopkinson House for all of your support during the past few years. We could not have accomplished this without YOU!

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Finding Home Again, This Time on Washington Square

Sally Friedman published an article in the Philadelphia Inquirer's Residential Real Estate

section about how Hopkinson House residents Sam and Kuna Yenkel discovered this

fine location with park and city views, and were able to make changes in their apartment that

allowed for interesting art-filled spaces. You can read the article by accessing:

www.philly.com/philly/business/real_estate/residential/20161204_Finding_home_again__this_time_on_Washington_Square.html

Jewlers Row continued from Page 9

opposed to the Toll plan, and appealed to the Zoning Board to reject the demolition permit. Yet, the board had already given the project the go-ahead because the area had long been zoned to permit the tallest, most dense construction. Toll's permit was "by-right," since it conformed to code and required no variances. In October, the Zoning Board rejected the appeal from the Preservation Alliance, and Mayor Kenney, in a news conference, expressed his frustration with the fact that the city could do nothing to turn back the Toll project.

The PAGP also nominated two of the targeted buildings, 704 and 706-08, for listing on Philadelphia's Register of Historic Places. But on November 10, the City's Historic Commission

refused to accept the recommendation of its own panel to list the properties, delaying that decision for ninety days on grounds that Toll had filed the demolition permit before the commission began considering the Historic Places listing. "Voting today," said the chairman, "would confuse the public and muddy the waters." Toll Brothers now has the authority to demolish the buildings within six months from a start date in November.

As long as demolition holds off, opponents of the project consider their options. Because of the building's proposed size, Toll's plan will automatically trigger the Civic Design Review process, giving city planners some say. Although no architect's drawing has yet been made public, Toll

spokesmen have said that they intend to build fifteen feet back from the existing façade of buildings, and to plan for commercial spaces along the street—presumably to lure back those displaced by the demolition. Their promise to "maintain the existing cornice line" is a puzzle, since nearly every building has a cornice at a different height from those of its neighbors, which, some would argue, is part of what gives the block its eclectic charm.

The PAGP is considering its legal options to stave off demolition. A recent precedent from West Philadelphia seemed encouraging. When Common Pleas Court had to decide on a similar effort to stop demolition of 4046-4048 Chestnut Street, it reversed earlier interpretations of

City code and concluded that demolition should be stayed for buildings nominated for Philadelphia's Historic Register until the Historic Commission actually voted on them. However, that stay was lifted by a judge in mid-November, evidently closing a door that might have been open for two of the Sansom Street properties. Some hold out the hope that Toll can be persuaded to build their tower on one of the vacant lots nearby.

If we get through next February without the sight and sound of wrecking balls across the square, there may be a chance that this block, adored by residents and revered by tourists, will survive. Stay tuned. Go to www.preservationalliance.com to support the effort to save those buildings.

Giema Tsakuginow continued from Page 7

mother is the oldest member of the Mongolian Buddhist community in the city.

Anisa never went back to her country of origin, but Giema, who grew up speaking Mongolian at home, always wanted to visit. She went in 2013 and fulfilled one of her life-long dreams; next she wants to go eagle hunting on a horse in Mongolia. In 2017 the Philadelphia Orchestra is going to perform in Ulaanbaatar to commemorate 30 years of democracy in that country. Perhaps Giema will be able to accompany them. I know she would be the best translator!

Author's Note: Sadly, Anisa Tsakuginow passed away on December 10, 2016, after I had finished writing this profile. May she find peace in eternal life, and may Giema find some consolation knowing that she was a wonderful, dedicated daughter to the very end of her mother's life.



2016 Holiday Party







Pictures by David Roberts and Bari Shor





Christmas Tree Lighting



Menorah Lighting and Hanukkah Celebration





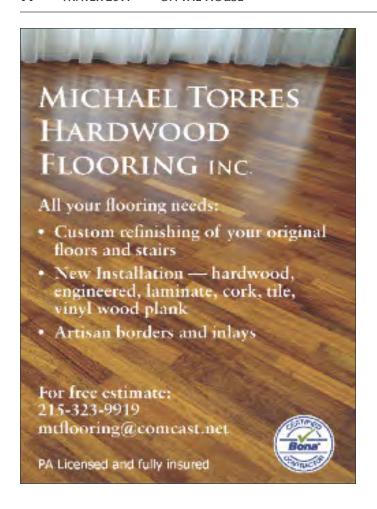




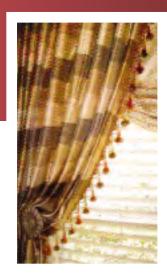
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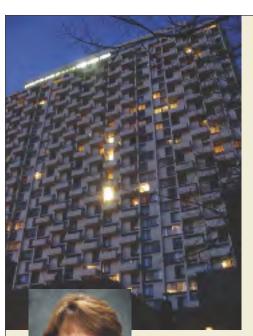
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The Hazards of Medical Miscommunication

David Roberts

In the summer 2016 issue of on the House my article on medical English quoted work at Johns Hopkins University Medical School showing that there is a high mortality rate due to medical errors. Many of the deaths result from communication failures when patients are transferred from one hospital department to another. I warned, "If you are the subject of such a transfer, make sure the second department knows exactly what it is expected to do for you." I had no idea that, a few months later, I would encounter that situation myself.

In September a surgeon replaced my right hip joint with an artificial one. A few days later I was transferred to a rehabilitation center

for recuperation and for physical and occupational therapy. Before I was considered fit to go home I had to show the occupational therapists that I could wash and dry a load of laundry and fry an egg. Fortunately I didn't have to show them that I could eat the egg. (It was stale and it spread all over the pan.)

In the rehab center I was initially puzzled by two procedures. They weighed me every day, and, at about 4 o'clock every morning, a technician bled me for bloodsugar assay. After a few days the staff noticed that my blood sugar was always normal, and so they decided to review with me the medical record that they had received from the hospital.

The record said that I had heart failure—hence the daily weighing—and that I had diabetes. Both statements were completely untrue. The record also said that I had a wound in the groin that would need attention and that I was allergic to fish and coffee, all completely untrue.

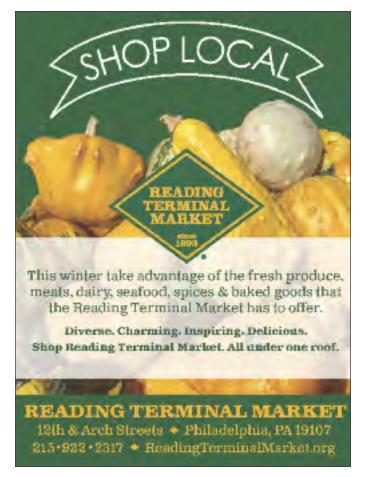
The rehab staff wondered how these errors had entered my record. They concluded that part of the record of another patient had somehow found its way into mine. The record was, however, correct in stating that I had had a hip joint replaced and needed appropriate therapy. Perhaps the hospital had sent the whole record of another patient who had had a hip joint

replaced; it is a common operation.

These were major errors but they caused nothing worse than inconvenience and unpleasantness, especially being woken for unnecessary bleeding at 4 a.m. every morning. One can readily imagine other errors that could result in death or permanent disability such as the erroneous prescription of a powerful drug with serious side effects, or an order for a high-risk surgical procedure that is not needed, such as the removal of a healthy limb or organ.

Next time you are in a hospital, be alert, and don't be afraid to question anything that doesn't seem right. It may not be.









More Scams to Recoginze and Avoid

David Roberts

In last winter's edition of on the House I warned of two forms of scam that were being inflicted on the elderly. In one, the perpetrator posed as a representative of the Publishers Clearing House and notified his victims, by mail or telephone, that they had won, or were eligible for, a huge win in the Publishers Clearing House Sweepstakes, but they needed to send a check for a modest amount to cover the cost of delivering the prize.

Several things identified this as a scam:

- 1. The victims probably didn't ever fill out and submit the necessary entry form;
- 2. Publishers never asks people to send money; and
- 3. The address for sending the check was not in New York but in some unlikely town such as Kansas City.

In the second scam that I described, a notice suddenly appeared on your computer screen warning that your computer had become infected with a virus. The notice included a telephone number to call to get the virus removed. On calling, you were asked to pay a fee for the cost of removal. In

reality, of course, the only notification that a computer has acquired a virus would come from your antivirus system. The kind of people who send viruses would never notify you because they don't want you to know.

Current scams

Phony sweepstakes are still a common vehicle for scam artists. Sometimes the names are obviously bogus. For example, the leading source of real sweepstakes is the Publishers Clearing House, whose primary business is selling magazine subscriptions. In one scam, the phony organization is called the Sweepstakes Clearing House, which obviously makes no sense but could mislead some people into thinking that they are dealing with the Publishers Clearing House.

My research has found that there are many genuine organizations conducting real sweepstakes. Unfortunately this makes it easier for the scammers. However, these organizations all have several characteristics that usefully identify them as genuine. Like Publishers, they all require you to complete an application form to be eligible for a prize. Also, like Publishers, they will never

ask you to send money to make you eligible for a prize or to cover the cost of sending you a prize. If an impressive document comes in the mail, announcing that you are eligible for a large sweepstakes prize but asking for a check for, say, \$20, in order to collect it, you will know that it is phony and that all your check will pay for is the scammer's lunch or gasoline for his car. There is no sweepstakes and he has no money for prizes. Once you send a check to one of these scammers, you have identified yourself as an easy victim. You can then expect to hear from a number of phony sweepstakes, all asking you to send money so you can be a winner. All these requests are probably from the same fraudulent individual or group. There is no limit to the number of different sweepstakes one person or group can invent. The notices that come in the mail are always printed on forms that look very official and impressive although, if you examine them closely, you will see that they often look like photocopies.

Why do these people usually choose us old folk for their schemes? Does senility make us gullible?

Perhaps, but there's another likely factor. If, like myself, you have been retired for many years on a fixed income you will be aware that your money is losing value. A dollar will not buy what it would have bought at the time you retired. You may have no way of supplementing your devalued income and would welcome a check for, say, \$75,000. If you were desperate for more money you might suppress your suspicions and go along with the scam. Whatever the explanation, the fact is that the scammers learn from experience; they have more success with the elderly.

New scams

Recent scams have come by telephone, sometimes as a message left in the answering system, with a telephone number to dial for help. The caller advises that he or she represents a debt-collecting agency or the IRS and, for a fee, offers to resolve your supposed problem, which often includes the threat of an appearance before a grand jury. As soon as you hear something like that, hang up the phone or cancel the recorded message. It is bogus. After a few failed attempts the perpetrator will stop calling you. ■





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What Do I Do With Those Plastic Bags?

Mindy Bartscherer

Recently a fellow resident asked if we can recycle the myriad thin plastic bags that we get from the grocery store, drugstore... basically everywhere. The long and the short of it is, yes! Plastic bags are recycled into many different products, such as composite lumber, resin that is then used to make new bags, packing pillows and bubble wraps, containers, crates and pipes. Those plastic bags are referred to as plastic films, stretch films or thin polyethylene plastic. If plastic films stretch when you pull them with your fingers, they are fit for recycling. Most clean and dry plastic films are 100% recyclable at participating retail and local drop-off locations.

Any plastic bag or wrap with the "How2Recycle" label can be deposited into the recyclable bins. Colored material is not a problem for recycling, but labels, tape and other adhesive strips should be removed. The integrity of the bag is not important—the recycler just wants "clean" plastic.

The plastics listed below can be recycled in addition to plastic shopping bags:

- bread bags
- case overwrap
- dry cleaning bags
- newspaper sleeves
- ice bags
- produce bags
- cereal bags
- ziplock and other reclosable bags, but not zippered ones.

The following plastics are not fit for recycling:

- tears like paper
- crinkles loudly when it's mashed in the hand, like candy wrappers, flower bouquet wrap or chip bags
- thick, stiff plastic like pet food bags or bedding bags
- silvery or metallic, like some snack or printer ink cartridge packaging
- dirty, has crumbs, or is wet
- anything that says that it is degradable or compostable and recyclable. Currently, these bags do not belong in the drop-off bins. Recyclers reprocessing bags do not want the products they are making to degrade over time.

Unfortunately, at present, plastic film bags should not be mixed with other recycling. They need to be taken to drop-off locations.

Some of the nearby drop-off locations are Whole Foods Markets, Acme, Target, and Lowes.

One more hint: Recyclers want your plastic bottle caps and container lids. Just squish the bottles and twist the bottle caps back on before tossing them in the bins.

For more information consult the following websites:

www.plasticfilmrecycling.org www.plasticsmakeitpossible.com www.iwanttoberecycled.org www.recyclenation.com www.recyclenowphila.org

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On the House normally comes out four times per year. This year, there will be five issues because the date of publication will be moved forward by one month. The remaining 2017 issues will be published in March, June, September and December.

To reserve space, send an email to Terry Kowalski at TMK.19081@Gmail.com. Indicate the ad size and the number of issues. Note that reserving space in multiple issues will give you a discount. For more information, or if you have questions, please contact Terry Kowalski directly at 484-557-0945.

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Washington Square Civic League Dinner at La Buca



Washington Square Civic Leaguemembers and friends enjoyed dinner at La Buca on November 14.













January Diet: A Practically Calorie-Free Soup



ears ago when I was on **I** Weight Watchers, they offered a pointless vegetable soup that I used to make. In the years since then, I

took to making Marcella Hazan's, Minestrone, which was much tastier but also had many more calories. Recently, I combined both

recipes to make a soup that is low in calories, but is high in flavor compared to the Weight Watchers pointless original.

Minestrone Soup

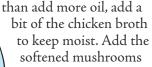
A note on the ingredients: The recipe I offer is only a suggestion. Ingredients can be increased or decreased, depending on taste or availability. Spices or any additional vegetables can be added.

Ingredients

Olive oil spray

- 1/2 ounce porcini or other dried mushrooms, soaked in warm water until they soften
- 2 medium onions, sliced thin
- 1 cup diced carrots
- 1 cup diced celery
- ½ pound white mushrooms
- 2 small zucchini
- ½ pound string beans
- 1 cup canned Italian tomatoes, preferable San Marzano
- 1/2 head savoy cabbage, hand- or food-processor grated
- 4 cups chicken broth (more if needed or just add water)
- 1 rind of a piece of parmigiano reggiano salt and pepper to taste

Spray soup pot with olive oil spray. Add onions and cook until soft. Add carrots and cook for 2 or 3 minutes. Add celery and cook for 2 or 3 minutes. If the ingredients get dry, rather





and cook a few minutes more. Add the zucchini and then the green beans, cooking each a few minutes. Again, if ingredients dry out, add a little more chicken broth. Remove porcini from liquid. Strain porcini liquid through a coffee filter or paper towel, and add to soup. Cook for a minute more, and then add the canned tomatoes. Add the remaining chicken broth and the rind from the parmigiano reggiano. When the broth has warmed up, add the shredded savoy cabbage. Cook for six minutes. Cover pot and cook at a simmer for at least one hour, or more if you have the time.

Additional ingredients if you're not worried about calories:

- 2 small potatoes, peeled and diced
- 1 can Cannellini beans, rinsed, or
- 1/2 cup dried beans soaked overnight and cooked with bay leaf and garlic for about ½ hour to 45 minutes
- ½ cup frozen peas
- 3 tablespoons of butter
- 1/2 pound white mushrooms grated parmesan cheese



If not using the soup in one sitting, cool it and refrigerate. It will last for at least four days.

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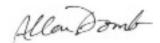




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