

## What's Inside

Nelly Childress

**Paul Coyne's** Council and **Judi Forte's** Management columns are a must. Remember the headaches you or your parents had when owning a house? Read their columns and you will find how these headaches are being handled, by your elected volunteers on Council, with the support of Management and Staff.

Getting to know one of our special residents, by **Concha Alborg**, is delightful reading.

For those interested in the results of our ward's division election returns, read the comments of **Enny Cramer**, one of our friendly Committee Persons.

"Little Birds, Big Lessons" by **Janet Burnham** is refreshing, entertaining and from the heart! These birds are really extraordinary.

The arrival of the Tall Ships in Philadelphia was the occasion for an article by **Lynn Miller** about the frigate

*L'Hermione*, the stunning replica built in France with the same techniques available in the 18th century. The original *L'Hermione* was the ship that carried the Marquis de Lafayette on his second trip to America in 1780.

If interested in some of your neighbors' publications, artistic performances, etc., try checking the column "In the News." Also, if you are aware of a resident that should be acknowledged, please contact **Nelly Childress**, 215-627-3471 or email: [nsmcdchildze@comcast.net](mailto:nsmcdchildze@comcast.net).

Pictures of events at Hopkinson House are always fun.

On a more serious note, read the article on nutrition by **David Roberts** with the intriguing title "Are We Herbivores or Carnivores?"

Following up on nutrition, **Chef Luigi** recommends fellow resident **Millie Korn's** chicken recipe that is simple and tasty. Try it. Bon Appétit! ■

### Occasional Photo by David Roberts



Taken in summer, 2014.

# on the HOUSE

The Newsletter of  
Hopkinson House • Summer 2015



## Message from Council

Paul Coyne



complete its examination of the submitted legal documents, HHOA won its case at the hearing on all counts.

### Planters

The east and west front planters overflowed during the severe rain storms in early spring. It took five days for the water to drain. Upon investigation, the drains were found to have functioned as designed but with a slow flow suggesting the existence of an impediment slowing the movement of the water through the soil. When the electrical and water outlets were exposed, a sample of the light tan-colored soil was dense, moldable, heavy and clay-like. Samples of the soil were then sent for analysis to Penn State University and to the landscaper's analyst. Spring planting being upon us, the landscaper suggested, while waiting for the results, using additional drains and supplementing the planting material with peat moss to lighten the soil at no expense to Hopkinson House. By the time this newsletter is published, the results of the soil analyses will be known and the planters redecorated with flowers and plants.

continued on page 2

### IRS vs. Hopkinson House

Hopkinson House Owners' Association was informed by the IRS that it was delinquent, in the 2008 and 2009 tax returns, for its Capital Reserve Funds as well as with other issues. The Association was levied a charge of \$400,000 which included the amount of the alleged unpaid taxes and penalty fees.

Based on recommendations from Bob Morlock, CPA, representing HHOA on 2008-2009, and from Todd Luft, CPA, an expert in condominium tax, HHOA challenged the IRS and requested an appeal hearing with Bob Morlock, Todd Luft and attorneys Gary Krimstock and Lowell Radar representing the Association. On May 17, 2015, after seven years during which IRS requested and was granted extensions to

# on the House

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Find past issues of *on the House*  
at [www.thehopkinsonhouse.com](http://www.thehopkinsonhouse.com)

## Message from Council, continued from page 1

### The Structural Beam

The main reason for the front plaza restoration was the leaks from the planters through the bricks which eroded the concrete beam across the front of the building. The leaking had to be stopped before the beam could be repaired.

The beam was seriously damaged with exposed rebar in several areas and damaged concrete along its north face. Repairs began several weeks ago and are proceeding nicely. The process involves air-hammering loose concrete, clearing the rebar, applying an epoxy material that acts as a bonding agent for the new masonry material, and a rust-inhibitor for the rebar. This process is then followed

by the application of a quick-drying masonry material.

Similar damage was discovered on several lesser beams under the east planter during the repair of the structural beam and was added to the project in hand.

### Garage Ramp Work Scheduled

The present leaks in the driveway allow considerable water infiltration into the bicycle room at the east end of the garage, as well as at the base of the ramp. The installation of an electric substation behind the bicycle room is planned for 2017. A suitable transformer with significant voltage capacity is then scheduled to be installed in this unfavorable environment. Eliminating the ramp-induced leaks is now of the highest priority.

The project will require intricate scheduling that will cause hardship for everyone in the building. The garage has only one ramp for access and egress of vehicles. The work requires the removal and preparation of the surface, followed by the pouring of the concrete; then, for at least 27 days, waiting for the concrete to cure. This is planned to be done one lane at a time.

### Courtyard Trees Damaged

Last winter's fierce weather caused the loss of some special trees in the courtyard. One in the east planter, two on the fence and one in the west planter died. The Landscape Committee will be looking into how or whether to replace them.

### Council Meeting

Opening the Quality of Life Committee to residents was mentioned at the May Council Meeting. The Design Committee presented ideas on how to address the choke point at the front desk, while preserving Oskar Stonorov's design, and how to resolve other current problems: 1) the mountains of boxes that collect at the side of the front desk and along the north wall of the mail room; 2) bringing the mail room up to the current Postal Service specifications; 3) efficiently reorganizing the office spaces; 4) providing easy access to storage and carts.

### Punch List

Upon completion of the front plaza renovation, final inspections were conducted on January 9th, 14th and February 9th by Shepherd Restoration Engineers Inc, and Anthony Kelly, HHOA chief building engineer. Twenty-three items were cited as requiring remediation. The items included splashes from concrete on the aluminum flashing, replacing the concrete on the west side of the east planter, and repairing 1) a leak into the garage, 2) concrete crack on the west of the walk-off mat at the entrance door, and 3) damaged marble on the east planter tangent to the common wall with the Gallery to our east. There was some concern with the slow pace of concrete curing for two sections of the paved area on the west and the new concrete pour adjacent to the planter on the east. In both cases it was recommended that we give these areas more time to cure. ■



Paul Coyne points out the damage to the concrete beam.

Picture by David Roberts



The repaired concrete beam.

Picture by Paul Coyne



# Message from Management

Judi Forte



**T**his article is a reminder of summer policies for both long-time and new residents. We have many new residents who are not aware of the policies, and this may be the first time that they have lived in a high-rise situation.

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 this one, summer brings its own set of issues, which are not unique to Hopkinson House.

## Smoking Ban

We still get occasional reports about residents smoking on their balconies and cigarette butts being tossed from a balcony and landing on someone's furniture. In September 2012, the Hopkinson House Council passed a no smoking resolution, which grandfathered owners who lived here prior to September, 2012.

Tenants, no matter how long they have lived here, and new owners, are covered under the ban and may not smoke in their units. No one is permitted to smoke in the common areas or within 20 feet of the building. Even grandfathered smokers may be subject to fines if their neighbors experience smoke or smoking odors from their

unit. We recommend that all smokers invest in an air purification system which will help to eliminate smoke traveling beyond their unit.

## Plant Watering and Cleaning Balconies

When you are watering the plants on your balcony, don't let the water overflow the drip pan. This is an ongoing problem. Your neighbor one or several floors down may be sitting on their balcony enjoying a meal when your water overflow hits them on the head or ruins their food. This also applies to washing your balcony. Use only a broom and damp mop and don't sweep the debris over the side of the balcony. We realize that the material used for waterproofing attracts dirt more easily than the prior product. That

is due to the non-skid product used in the waterproofing material which is mandated by the City. Apply a mild bleach solution with a damp mop to clean a balcony floor.

## Balcony Umbrellas

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

## Barbecue Grills

**The use of barbecue grills is prohibited in high-rise buildings by order of the Philadelphia Fire Department.** continued on page 5

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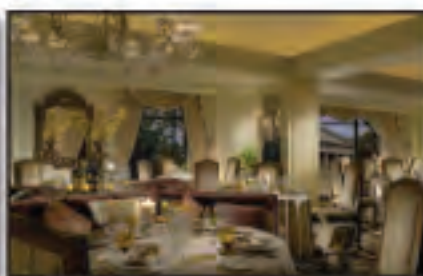
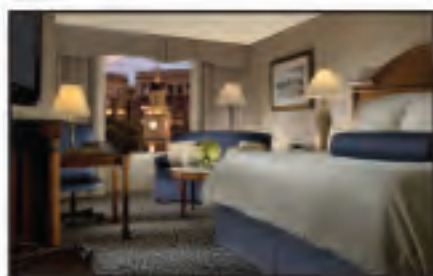
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**Message from Management**, continued from page 3**Conversation Courtesy**

In warm weather, residents like to spend more time on their balconies and entertain their guests outside. Sometimes the entertaining goes on into the early morning hours when most of the residents are asleep, only to be wakened suddenly by loud voices or noises coming from a neighboring balcony. Remember, your voice carries when you are on your balcony. Use your inside voice so as not to disturb your neighbors' rest. We also remind everyone that residents are entitled to use their balconies to entertain guests and have normal conversations, without the threat of a neighbor shushing them or calling the Resident Services Desk, especially before 10 p.m.

**Emergency Contact Form**

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. Currently, we have email addresses for only about 50 percent of the building residents. The ability to send information electronically saves on labor and material costs and saves trees. Forms can be obtained at the Resident Services Desk. These forms can also be sent to you electronically at your request. Email [cathyhhoa@comcast.net](mailto:cathyhhoa@comcast.net).

**Proper Disposal of Trash**

Please dispose of trash only between the hours of 8 a.m. and 9 p.m. Monday through

Friday; and 11 a.m. and 9 p.m. on Saturdays, Sundays and holidays. All trash must be bagged and tied in bags small enough to fit through the door of the trash chute without jamming it.

Large items which will not fit in the trash chute can be removed by contacting the Resident Services Desk at 215-923-1776 ext. 110.

***Do not leave trash on the tops of the trash cans, in the halls outside the trash rooms, or by the freight elevator.***

**Remember to Recycle**

Place newspapers, magazines, catalogs, unsoiled paper, boxes and non-food cartons (nothing with food particles), recyclable trash (glass, cans, and plastic,

rinsed clean) in the red and yellow bins in the trash room. The City of Philadelphia practices single-stream recycling. It will be sorted at the recycling plant.

All bagged and tied trash as well as food cartons and containers are to be put down the trash chute after being properly bagged. If the trash chute is closed, place all trash (bagged, not loose) in the gray trash bin. **Cat litter should be placed in a plastic bag, sealed and disposed of through the trash chute, and not left in the trash bin or on the floor of the trash room.**

***Have a safe and wonderful summer.***

—The Management and Staff  
at Hopkinson House

**Move Ins and Move Outs**

**M**oves in and out of the building are permitted Monday through Saturday. No moves are permitted on Sundays, religious or legal holidays. **Moves may start at 10 a.m. and must be completed by 4 p.m.** After 4 p.m., 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. There are no exceptions to this policy. **If you are planning a move, please reserve the freight**

**elevator as soon as you think that you may be moving.**

You can always cancel or change the move date if your plans change. The charge to reserve the freight elevator is \$200. This is a fee, not a security deposit. 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, deliveries, and to bring trash down from 31 trash rooms,

as well as various other building functions. 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 Office.
- Trucks over 12 feet in height will not be permitted into the garage. Larger moving trucks have to park on Sixth

Street, and 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.

If you have boxes to discard, please do not leave them in the trash room or by the freight elevator. Leave broken down boxes in your foyer, call the Resident Services Desk at 215-923-1776 ext. 110 and ask to have housekeeping pick up the boxes in your unit.



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# Getting to Know our Neighbors: Aleezé Sattar Moss, PhD

Concha Alborg

Aleezé Moss has lived in the Hopkinson House for almost ten years. When she moved in with her husband, Michael, they had a toddler, Owen, and were planning to stay only one year. But they liked it here so much that now Owen is 12 years old and his sister Kaya is eight. In many ways, Aleezé and her family are perfect urban pioneers. Owen uses public transportation to go to Masterman School on Spring Garden Street, where he will be in seventh grade next year, and Kaya walks over with her parents to nearby McCall School, where she will start third grade. Owen plays baseball in the famous Taney City League and his sister plays soccer and takes art les-

sons at Fleisher Art School. The family enjoys the pool in our building, the pop-up gardens in the city during the summer and being able to walk everywhere. Camping, hiking and going to the Jersey Shore are some of their other favorite activities.

Aleezé was born in Dhaka, Bangladesh, to a Muslim family, although she is not religious. She grew up bilingual in Bengali and English, which was very useful when she came to study at the New School for Social Research, New York City, where she earned a PhD in Anthropology. While she was studying in the city she met her husband, and they moved to Philadelphia to be close to his parents who live in Society Hill Towers, where



Picture by Concha Alborg

Aleezé Sattar Moss

Aleezé and her husband were married in a Jewish ceremony. Later the family travelled to Bangladesh for a traditional reception and an extensive trip through India.

One of the few things that Aleezé misses is not living near her extended family, so her children can grow up with their cousins as she did in her country of origin. This summer the whole family will travel to Italy for a family vacation with her parents. This is something different from other years when they have visited in Philadelphia or Aleezé and her family have gone to Bangladesh.

Aleezé is passionate about her job. Since 2009, she has been the Associate Director of the Mindfulness Institute at the Myrna Brind Center of Integrative Medicine at Jefferson University Hospital. Mindfulness is a meditative process that quiets the mind and relieves physical distress. It was created by Jon Kabat-Zinn, who took the ancient practices of mindfulness meditation and incorporated it into a secular curriculum. Through mindfulness one

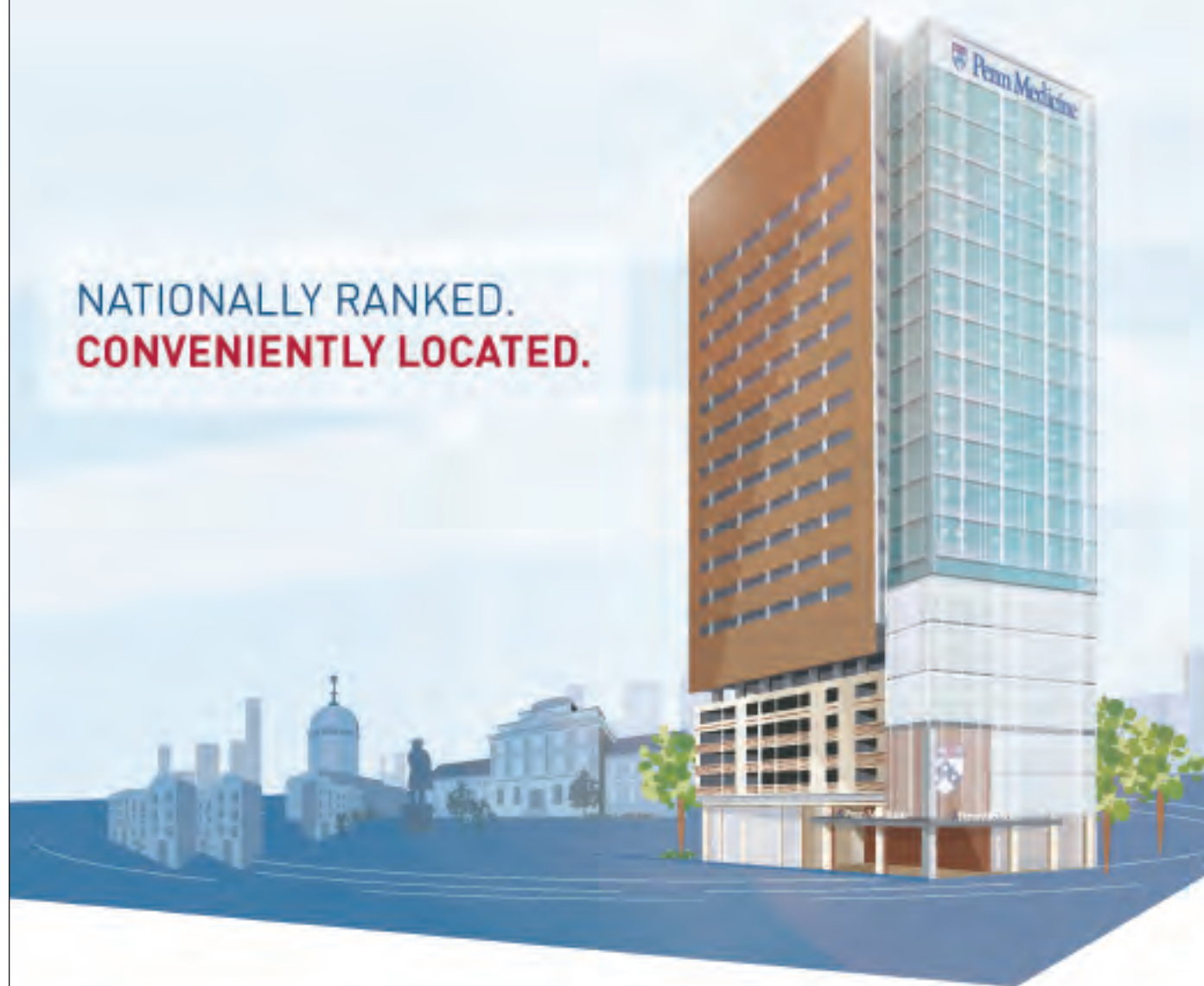
can experience greater vitality and well-being. The program is recommended for people who suffer from pain, stress, anxiety, fatigue, depression, illness, insomnia and other chronic conditions. Typically they learn to pay attention to their lives as they unfold with an attitude of curiosity, kindness and non-judgment. There are eight-week courses four times a year offered at 1013 Chestnut Street on Tuesdays mornings, Wednesdays evenings and Sunday mornings. For more information contact the Center at 215-503-6741 or their website: [jefferson.edu/mindfulness](http://jefferson.edu/mindfulness). Aleezé loves that her job is so convenient to the Hopkinson House. She also works with individual clients at their homes. Feel free to contact her at [aleeze.moss@jefferson.edu](mailto:aleeze.moss@jefferson.edu). As part of the Mindfulness Program there is a one-day meditation silent retreat, which seems contradictory to Aleezé's personality, which is bubbly and open. In fact she is looking forward to a five-day silent retreat in Pendle Hill, Pennsylvania, in the near future! ■

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# Local Primary Elections May 2015

Enny Cramer

As your friendly Democratic Committee Person (third Division of the fifth Ward), I am happy to be able to let you, my neighbors, know that once again, we surpassed the city of Philadelphia in registered voter turnout!

The City's turnout was 27 percent whereas ours was almost 40 percent. This is good, but not good enough, considering how easy it is for our Hopkinson House voters to do their democratic duty, i.e. take the elevator up to the solarium and vote.

The above data include both Democratic and Republican registered voters. As this was a primary election, the number of Independent voters was negligible, both here and

citywide, owing to the fact that this election's questions (the only part of the ballot open to Independents in a primary), not being legally enforceable, were hence not interesting. Our Ward did not even take a stand!

For your information, the number of registered Democrats surpasses the number of registered Republicans by five to one, lower than the city's seven to one. Interesting! Makes one wonder....

Lastly, our Division not only includes Hopkinson House, but also some of the surrounding homes and condominiums, e.g. Saint James Court, the Lippincott Building, and residents with addresses on South 5th, 6th,



May 4th Meet-and-Greet

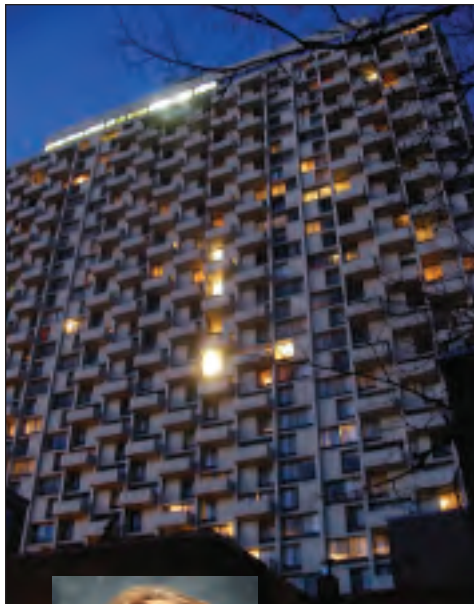
Five Republican and six Democratic Philadelphia City Council at-large candidates attended the meet-and-greet sponsored by Washington Square Citizens' League (WSCL) on May 4th in Hopkinson House's solarium.

Pictured addressing the group above is candidate Helen Gym. The meeting was attended by members of WSCL and other residents of the building, who were delighted at the opportunity to talk with the candidates.

and 7th Streets. Hopkinson House residents, however, make up over 95 percent of

our Division's eligible voters. So, we hope for higher returns in November. ■

Picture and text by Susan Tomita



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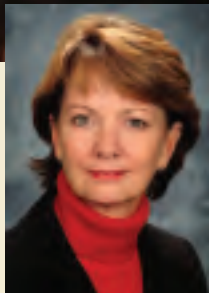
#### New Rental Listing

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# Little Birds, Big Lessons

Janet Burnham

**I** am a member of a flock. My flock mates are Boo and Taj, two teenaged, cheerful, wise male cockatiels. They have taught me so much about what matters. I will share some of the things I have learned, knowing that when you see me in the elevator, you may want to wait for the next one.

**Every day is a new beginning.** Welcome the sun with a glorious song. If it is cloudy, sing anyway. If you were angry last night because you had to sleep in a cage, that was yesterday, and today is today.

**Take care of those you love.** My best hair days are those when a feathered friend decides I need to be groomed. It is more problematic when

my cuticles need tending. Make sure your loved ones are OK. When they are out of sight, develop a special chirp that inquires “are you good?”

**Be joyful.** We all have bad days. If it’s a good one, let others know it. Wiggle your tail and burst into song.

**Be curious.** Our Center City world is full of old and new exciting things. Let’s not take it for granted. Unfortunately, in my case, this fascination with the unexpected can be my tax forms or the Oriental carpet I inherited from my parents. However, the simplest things can create such wonder. Never underestimate the interest in a box from Staples. Amazon cartons are better because they tend to be bigger.

**Be vigilant but not timid.**

Yes, there are hawks in Washington Square. We know they are beautiful, but we do not like them. Fly away but do not let it spoil the fact that our front yard is a national park!

**Happiness is sharing.** Yes, bird treats are desirable, but the best goodies are the ones we enjoy together. Noodles are preferred because you can eat and play with them at the same time. Have fun with the simplest of life’s tasks.

Boo, Taj and I cannot end without a thank-you to the wonderful people who work at the Hopkinson House. They know that when entering 1402 there could be someone with feathers taking a stroll across the living room floor or admiring himself in a mirror by the door. Kindness means everything. ■



Boo and a sunflower



Taj samples some broccoli

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A HIDDEN GEM INSIDE THE HOPKINSON HOUSE AT WASHINGTON SQUARE

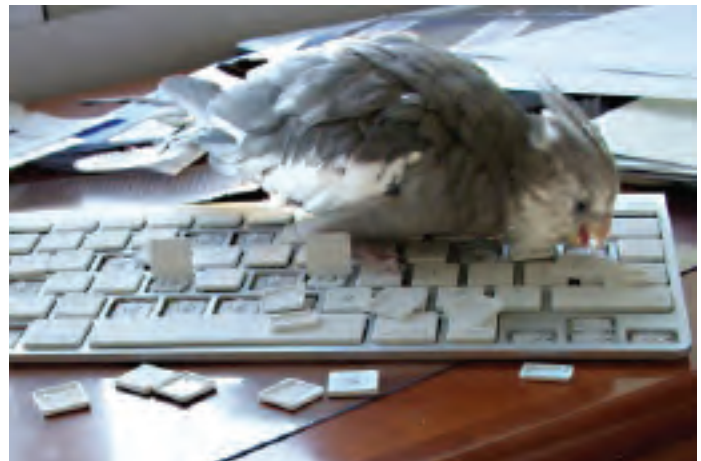
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*“May my heart always be open to little birds who are the secret of living”*

— E.E. Cummings



Taj impersonates Bill Gates

## IN THE NEWS

Neighbor **Michael Moore** had an exhibit "Paper Trails" at the Cerulean Arts Gallery Studio in May. According to Moore, "I try to make drawings that become credible fiction embodied within the fact of forms." Harry Philbrick, Edna S. Tuttleman Director of the

Museum, Pennsylvania Academy of Fine Arts, said, "Michael Moore makes art rooted in the careful observation of the world we live in, and a dedication to the act of making a mark .... The only fact that we see in Moore's work is actually the marks themselves — the images



Michael Moore, *Fancy Flight*, Ink on paper

are, of course, the fiction. His marks are made by dipping wooden sticks whittled into irregular points into black ink and then drawing. The line starts as a dot, and stretches, skitters, elongates into a line. Stop, dip, repeat. Thus a drawing emerges."



Lynn Miller

On April 14th on the front page of the *Philadelphia Inquirer* appeared an article by our neighbor **Lynn Miller** entitled: "From Phila., a letter from assassin's brother," a most interesting article on "the Philadelphia connection to John Wilkes Booth, the assassin of Abraham Lincoln, that's worth noting as we mark the 150th anniversary of the assassination."

For the exciting arrival of the Tall Ships in Philadelphia on June 25, Lynn Miller's article entitled "Ship a Reminder of Ally During the Revolution" was posted on Philly.com on June 19th. This article is on

the Marquis de Lafayette's second trip to the United States on the frigate *L'Hermione* — its replica is among the Tall Ships — to fight with and consequently participate in the victory of the American revolutionary forces.

We are looking forward to the imminent publication of **James McClelland** and **Lynn Miller's** book *City in a Park, A history of Philadelphia's Fairmount Park System*. How Philadelphia's early efforts at conservation led to the country's greatest park is described. You can find more information about the book in Google. ■



James McClelland

## EVENTS

### Kurt Perez Retirement

It was a joyful event and a nice party for Kurt's retirement. After 27 years on the job he will be missed by residents and employees.



Kurt and Office Staff

### Washington Square Affair

The affair, held on June 10th, was, as usual, an elegant one sponsored by Society Hill Civic Association: a remarkably beautiful day, a mild breeze, and strolling violins. Perfect! Hopkinson House residents who attended, agreed.



Byron Fink and his friend Jane Biberman



Violinist entertaining guests



## EVENTS

## Washington Square Citizens' League Mixer

On June 14, WSCL celebrated another year of excellent programs offered to residents of Hopkinson House: a speaker series and discussions of books, films, plays, and topics of current interest. The celebration

was in our Italianate courtyard. The weather was nice and somewhat breezy, then rain with thunderstorms, fortunately late, disrupted those still enjoying the early evening. A reminder of Beethoven's Pastoral Symphony! ■



Ann Artz at the Registration Station



Shirley Silverman, Dorothy Harris, Gloria Thal, Rose Marie Aceto



Faith Abbey & George Koch at the bar



Ann Artz, Susan Tomita, The Savins, Shirley Silverman



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# Celebrating Lafayette: *L'Hermione* and the Tall Ships

Lynn Miller

A parade of tall ships sailed up the Delaware to Philadelphia late in June to dock at Penn's Landing for three fascinating days. The center of attention was the meticulous reproduction of *L'Hermione*, the gorgeous blue-and-gold frigate that carried the Marquis de Lafayette back to America for the second time at the height of the Revolutionary War in 1780. The replica was constructed in France in what became a seventeen-year project, using the same techniques available in the 18th century. She was launched from the port of Rochefort in May to much acclaim in the French press, then sailed across the Atlantic to begin her American sojourn.

*L'Hermione's* first port of call early in June was at Yorktown, Virginia, the site of the decisive battle in October, 1781, in which Lafayette had played a key role. The ship then journeyed to Mt. Vernon, just as Lafayette had done more than once to pay his respects to George Washington, the man who had become his surrogate father and whose name he had bestowed on his infant son. Before joining eleven other tall ships for the parade into Philadelphia, *L'Hermione* greeted visitors in Alexandria, Annapolis, and Baltimore. Then came a four-day sail back down Chesapeake Bay, around the Delmarva Peninsula into Delaware Bay to Philadelphia. Following the festivities here, the frigate had seven additional ports of call in North America, including New York,

Newport, Boston, and finally, the tiny French islands of St. Pierre and Miquelon at the mouth of Fortune Bay in Newfoundland.

At Penn's Landing, you could board the tall ships for a fee or, for a greater fee, even sail on one. Big spenders were wined and dined in Lafayette's honor, either at the Seaport Museum or Old City Tavern. Throughout the visit, a festival featuring *L'Hermione* included demonstrations about ship-building, conversations with sailors, even music appropriate to the late 18th century, and — oh, yes, an exhibit about Lafayette in America.

Americans today may wonder why towns, cities, counties, parks, plazas and dozens of other landmarks across the country bear this man's name. But when you look at what he did for the cause of independence, it is clear that Lafayette deserves to stand as the first great non-American hero of our nation.

He came here originally in 1778 at age 19 against the wishes of his rich and noble family and of King Louis XVI. He did have the blessing of our envoy in Paris, Benjamin Franklin, who knew a gift horse when he saw one (the gift horse in this case consisted of Lafayette's own sizable contingent of soldiers, which he paid for, plus gold). Washington quickly concurred when he witnessed the boy's intelligence and military prowess. Within



Picture by David Roberts

*L'Hermione*, a meticulous reproduction of one of the ships that brought the Marquis de Lafayette to America, docked at Penn's Landing.

months, he persuaded Congress to give Lafayette, already a major general, the command of a division.

So on this return trip in 1780, Lafayette came with the approval of the Court, which had just been persuaded to go public with France's assistance to the rebels. Lafayette was given the privilege of informing Washington upon his arrival that General Rochambeau and six thousand French infantrymen would soon

join the fray. The young marquis had persuaded the French foreign minister that Rochambeau should serve under General Washington's command. A year and a half later at Yorktown, Lafayette's army blocked that of Cornwallis until Washington and Rochambeau were in place to begin the siege that, along with the blockade of the mouth of the Chesapeake by the French fleet, eventually led to Cornwallis' surrender and the final success of the American cause. ■

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# Are We Herbivores or Carnivores?

David Roberts

## Food Chains

In the animal kingdom there are food chains — sequences of species that eat other species. In the sea it is relatively simple. Most fish float in the water and can easily catch and eat smaller fish swimming or floating nearby. Small fish eat mainly plankton and they are eaten by larger fish which, in turn, are eaten by even larger fish. Large fish are often eaten by birds.

The largest sea creatures are not fish but mammals. The dolphin family — dolphins, porpoises, and whales — suckle their young and must come to the surface for air. Members of the dolphin family eat other mammals, fish, and birds but they also

eat plankton — tiny animals (zooplankton) and plants (phytoplankton) — and therefore they are not pure carnivores.

On land it is more complicated. The largest animals, the elephants, and the most advanced animals, the primates, are herbivores. The carnivores — the cat and dog families, including the great cats and certain species of bear — eat herbivores but rarely other carnivores, although bears love to eat salmon, which are carnivores.

Plants are at the start of every food chain; they make the animal kingdom possible. Without plants there would be no herbivores and without herbivores there would be no carnivores. The carnivores

would have nothing to eat but each other and therefore could not survive.

The plants are the most creative. They take carbon dioxide, oxygen, water, and simple nitrogen compounds in the soil, and convert them into the complicated molecules of life — proteins, fats, and carbohydrates. The herbivores are next in creativity. They eat grass and leaves and convert them into the array of much more complicated substances that are involved in the structure, metabolism, and actions of animals.

## The Herbivores

The herbivores have specialized digestive systems which include at least one part that is enlarged to form a vessel

that functions as a fermentation vat. There, bacteria and other microorganisms convert grass and leaves to all the substances needed for animal life. Best known is the second stomach or rumen of the ruminants — cattle, sheep, goats, deer, and antelopes, etc. The primates — apes and monkeys — have stomach compartments that function like the rumen, and horses have an oversized large bowel for the purpose.

## The Carnivores

Most carnivores have to hunt but, once they have killed a suitable herbivore, they have an easy time. The flesh of the herbivore provides them with everything they need, ready made — protein, fat, vitamins, minerals, etc. — all in the continued on page 19



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**Diet and Health** continued from page 17

correct, balanced proportions. The herbivores create all the good stuff and the carnivores kill them and take it. Plunder, jungle justice!

**Homo sapiens**

By culture and tradition man is an omnivore — we eat every kind of food. Our current eating habits have been strongly influenced by the fallacious teaching of the anti-fat crusade which, in practice, is also the anti-red-meat crusade.

Biologically, we are natural carnivores. Our digestive system lacks the fermentation compartment of the typical herbivore and, as a result, we are very inefficient at deriving nourishment from plants. The only plant foods that fulfill our most important needs — for protein and fat — are nuts and beans, and they do it less efficiently than meat.

Like the typical carnivore we can obtain a complete, balanced diet from meat alone, especially if we cook it fairly rare, thereby avoiding heat damage to vitamins and other delicate nutrients. There have been several well-documented cases where people, by choice or accident, have had nothing to eat but meat or fish or both, sometimes for years at a time. In every case it was reported that the people were unusually healthy. About 20 years ago a TV documentary depicted the case of a group of people who were allergic to almost all foods.

Nutritionists rescued them from their misery with a diet consisting entirely of beef rib meat. They were all obviously happy and healthy on their all-meat diet. Why rib meat? Perhaps because it is a rich source of fat.

Probably the best-documented case was reported in the early years of the twentieth century by the Icelandic-Canadian anthropologist and arctic explorer, Vilhjálmur Stefánsson, who, with colleagues, spent years living in a community of Inuit in the far north. These Inuit ate nothing but fish in the long cold period but added game to their diet in the short summer when they could hunt. They ate no fruit or vegetables, which they considered unfit for human consumption. Stefánsson and his colleagues were amazed at the robust good health of the Inuit. They shared the Inuit's food completely and were puzzled at their own good health and their failure to develop nutrient deficiencies, especially scurvy from an expected lack of vitamin C. Of course they didn't

know what we now know, that if we avoid eating carbohydrates we have little need for vitamin C, and we can satisfy that small need with the vitamin C in meat. Carbohydrates stimulate insulin production which, in turn, causes the body to lose vitamin C, a reaction you would not expect if we were herbivores.

**Should you become a carnivore?**

By all means, if you would enjoy it and can afford it. A diet of all meat or all animal products has the added virtue of excluding carbohydrates — sugar and starch — which we don't need and are healthier without. If you are bothered by the popular advice that we should eat five to seven servings of fruit and vegetables every day, be comforted by the likelihood

continued on page 21

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**Diet and Health** continued from page 19

that that advice is based on absolutely nothing. I think it was concocted by some over-zealous dietitian in a flight of fancy. The advice conflicts with most of what we know of human nutrition. All that we would gain from all those fruits and vegetables would be surplus vitamins and minerals, unwanted carbohydrates, and much undigestible fiber.

**Then what are we?**

There are two answers to this question. Biologically we are carnivores. We have the same simple digestive tract as a dog or a cat or a tiger, with no fermentation compartment to synthesize advanced nutrients. What we need we must eat.

The other answer is that culturally we are omnivores; we eat for pleasure and we

eat everything we can swallow, including foods that are not good for us. Biological evolution is much slower than cultural evolution. Whereas our culture, including our cooking, has advanced rapidly during the 11,000 years of the current interglacial (the Holocene) our biology has stayed essentially unchanged in that time. The evolution of large, complicated creatures is extremely slow, single steps taking many thousands of years.

A related factor is the enormous growth of the human population during this interglacial. The existing animal industries could not possibly feed seven billion people with meat and other animal products and consequently there is pressure for man to evolve to a more herbivorous form. We may see evidence of this — perhaps a second stomach

for fermenting plant material — by 250,000 AD.

**What should we do now?**

First, we should recognize that biologically we are carnivores. That should guide us to rational food choices. In the 18th and 19th centuries Americans ate far more meat than we do now. Records show that slaves were given the best steaks, not necessarily from kindness, but because well-nourished people can work harder.

The average expectation of life was much shorter in those centuries but that was due mainly to infectious diseases, which caused high death rates in infants and children; there were no antibiotics or vaccines to protect them. Those who survived childhood, however, tended to live as long as we do.

Obesity was much less common and adult-onset (type 2) diabetes was largely unknown. Although heart failure was common in the elderly as a natural part of aging, the term, “heart attack”, to describe coronary artery thrombosis, was not coined until early in the 20th century.

The advent of coronary artery disease coincided with the new availability of refined sugar, the consumption of which grew enormously in the 20th century, presenting the greatest of all challenges to our carnivorous metabolism. We defy our nature at our peril. If most of us cannot be pure carnivores, a low-carbohydrate diet is an excellent compromise, letting us combine the carnivore’s superior health with most of the joys of good cooking. Buon appetito! ■



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## Welcome, Guest Chef Millie Korn

In this issue we have a guest chef, our own Millie Korn, whose chicken recipe is simple and tasty. I made it and served it over brown rice as suggested. I also took Millie's advice to let it sit for a few hours before reheating and serving. I couldn't find the Swanson flavor enhancer, so I used Goya Sazon enhancer which I happened to have on hand. The dish turned out easy to make, beautiful to look at and delicious to eat. One of the wonderful things about it is that the peppers and tomatoes maintain their flavor in spite of cooking with the chicken in the broth. I highly recommend it, especially now that Jersey cherry tomatoes are available.



### Chef Luigi's Corner



Picture by David Roberts

### Chicken Millie

#### Ingredients - Serves 3-4

- 6 thinly sliced chicken cutlets (lightly floured)
- 1 large green pepper (sliced into strips)
- 1 pint cherry tomatoes (leave whole)
- 1 large red onion (thinly sliced)
- 2½ cups chicken broth (preferably Swanson's)
- 1-2 packages of Swanson flavor booster or some type of flavor enhancer

In a frying pan add olive oil and the sliced green pepper, cherry tomatoes and sliced red onion and cook until tender.

In a separate frying pan add enough olive oil to cover bottom of pan. Add the chicken cutlets and season with salt and pepper. Cook until lightly browned on both sides (about three minutes per side). Add the cooked peppers, tomatoes and onions to the pan.

Add the chicken broth and flavor booster.

Cover the pan with a lid and let cook on low flame for one half hour or until the chicken is tender. You may need to add more chicken broth to the pan.

Serve the dish with brown rice. The dish tastes better if made a few hours ahead of time and re-heated prior to serving.

Enjoy!!!

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