

on the HOUSE

The Newsletter of
Hopkinson House • Spring 2016



Birds of a Feather

David Roberts

What's Inside

Nelly Childress

The first steps leading to the HVAC project are in progress according to Council President **Paul Coyne**! Details are in the Council's column as well as more information on the front plaza and the courtyard.

David Smith, CAMCO General Manager, Agent for HHOA, reminds us of a most important date: Thursday, April 21st—the Hopkinson House Annual Meeting and Election. He also calls attention to many of the regulations that apply to living in a high-rise building.

Read **Lynn Miller's** reflections on changing lifestyles since Hopkinson House was built in 1963.

Concha Alborg introduces Elena Matero, an artist and a teacher who moved to Hopkinson House a couple of years ago. A fascinating individual.

Many Hopkinson House residents know Jimmy Lees, described by **Lynn Miller** as “the ever-helpful

—and voluble—
deliveryman for UPS.”

Larry Meehan prepares us for the April 26th Pennsylvania Primary Election. Residents of Hopkinson House are part of the Philadelphia 5th Ward, 3rd Division and vote in Hopkinson House Solarium.

If you are unable to go to the polls, the next article gives the necessary information on voting by absentee or alternative ballot—start right away.

Should we fear the Zika virus? asks **David Roberts**. There are so many unknowns!

Chef Luigi is offering **David Roberts' bread** recipe as part of David's article on the history of, and the chemistry involved, in bread making. Most interesting is the pleasure he takes in the process, and how he still marvels, after 30 years of baking, “at the way a brief stay in the oven transforms a gray lump of dough into a fragrant, crusty loaf of bread.” ■

The word *aviation* is based on the Latin word *avis*, meaning *bird*. Not surprisingly, many of the concepts of aviation are derived from observations of the anatomy and actions of birds. Aircraft have bodies and wings and tails, and aerial maneuvers often mimic those of birds in flight. In wartime, squadrons of aircraft fly in formation, like migrating geese, and there are aircraft that dive-bomb, like hawks swooping down on their prey.

When there is a storm approaching, you have probably noticed that great flocks of birds take to the sky and soar and wheel in perfect formation. Sometimes they land for a brief rest before heading to the sky once again.

On a late afternoon in February, when a snow-storm was on its way towards us, I watched a flock of birds soaring and diving. Suddenly they landed on the roof of a low building to the south of Hopkinson House. I grabbed a camera and snapped them while they were still landing. In the photo I can spot three birds on final approach and another, at right, about to land. A few seconds later, before I could snap another shot, all the birds had disappeared from view. They were flighty!

I think the birds were starlings but any ornithologists or bird watchers among our readers would be most welcome to correct me at droberts144@comcast.net. ■

Farewell to Winter



Message from Council

Paul Coyne



The 2020 goal of the HVAC project is inching forward toward the days when we will enjoy our HVAC units. The engineering, planning and design are as follows, addressing the ramp project first:

- ♦ Install temporary traffic signals to regulate traffic in and out of the garage
- ♦ Remove the glycol from the lines used to melt the snow from the ramp
- ♦ Excavate and replace the 5.5 inch garage ramp concrete-ware slab to waterproof the new switchgear room
- ♦ Make room and prepare the installation area for the HVAC project

- ♦ Construct the new switchgear
- ♦ Get switchgear/HVAC on line
- ♦ Remove old and install new switchgear
- ♦ Run wiring to every floor in the building
- ♦ Run cable to individual apartments
- ♦ Run wiring inside individual apartments
- ♦ Install P-tack units

Sometime around 2020 you will have complete control of your apartment's heating and cooling system.

Allow 12 to 16 weeks to complete the work on the garage ramp concrete-ware slab including the removal of the concrete-ware pad that will take five to seven days. The ramp project will be done in two phases, one for each side of the ramp.

There will be no pedestrian use of ramps during construction.

With the approach of the warmer weather, the first buds are beginning to pop up. Some exciting changes in the front plaza planters are in store, thanks to the Landscape Committee and the new landscape designer/gardener. The plants in the large planters have made it through the winter successfully and will display annual and spring-time flowers by the time this newsletter is published.

The moat to the east of the bridge around the fountain pool will be excavated to fix the longtime leaks into the garage; the moat is as deep as the fountain pool. Picks and shovels—the old fashioned way—will be used to get to the leaks. It may take two men three days to empty the area of the soil. The D&A Masonry contractors will clean up the area, find and fix the leaks, install waterproofing and replace the expansion joints. They will water test the area and return the soil and plantings.

The damaged marble face of the bridge leading into the south courtyard will be replaced and handrails will be installed on both the east and west sides of the bridge. The handrails will mirror those on the stairs that lead to the upper courtyard.

The water for our chillers and boilers is usually tested by Klenzoid Chemicals. They periodically take samples and send them to the laboratories for testing. We recently added our potable water (drinking water) for testing. Results showed that it is safe. ■

on the House

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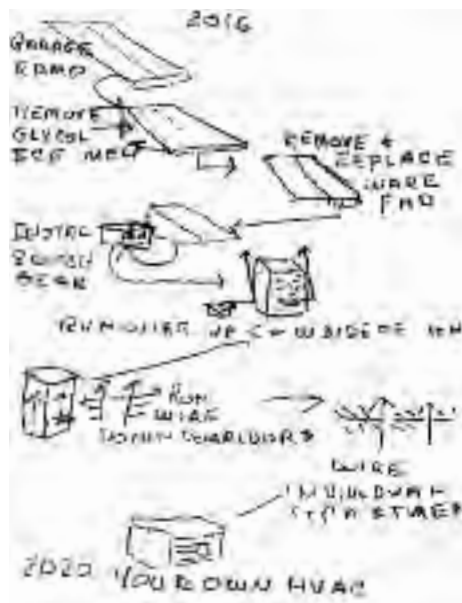
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Find past issues of *on the House*
at www.thehopkinsonhouse.com



Picture by David Roberts



Message from Management

David Smith



The birds are chirping, the flowers are blooming, and the weather is beautiful...spring has finally arrived!!

A reminder: The Hopkinson House Annual Meeting and Election will be held on Thursday, April 21st at 7 p.m. in the Solarium.

Pool Opening May 28th

As always, the pool will open the Saturday of Memorial Day Weekend, May 28th. This year, Sparkling Pool Services has been contracted to provide full service for all of our pool needs. Membership information, pool hours and pool rules and regulations will be available the first week in May. Please be advised that you must be a full-time resident of Hopkinson House in order to be eligible for single or household membership. Extended family members, summer visitors, friends, etc. are not eligible to become a part of the membership—they can visit the pool as a guest and must purchase a guest pass and be accompanied by the unit owner or resident. Residents and unit owners can purchase day passes which will allow them to purchase guest passes for friends and family.

On Your Balcony

With the onset of warm weather, more and more residents will be using their balconies to dine and relax. Please exercise caution when watering your outdoor plants. Do not let the water overflow the drip pan under the planter. Do not sweep dirt or water off the balcony. Your neighbor below does not want to be doused with water or have dirt fall on them or their meal.

Shade umbrellas may be used on the balconies with certain restrictions. On November 24th, 2008, the HHOA Council amended the conditions under which umbrellas may be used. Umbrellas may be used on the balconies between May 1st and October 31st. From November 1st through April 30th, umbrellas may not be used on the balconies. They must be taken down and securely stored away during this time. During any periods of high winds, all loose or removable objects, including patio umbrellas must be removed from the balconies. Plants, pots, receptacles and other movable objects are prohibited from being placed on or maintained on the ledges of the balconies. The height of planters, pots, receptacles and all loose or movable objects must be below the height of the balcony wall. Owners and residents are prohibited from mounting, installing or otherwise attaching any item to the balcony. Owners and residents may not drill holes or otherwise alter the face of the balcony.

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

Smokers

A reminder that smokers who are grandfathered under the Hopkinson House Smoking Ban may not smoke on their balconies or on Hopkinson House property. You must confine your smoking to the inside of your units. Owners and Residents who bought or rented their units after the ban went into effect, and their guests, may not smoke anywhere on Hopkinson House property, including the inside of their units. This ban went into effect on September 1st, 2012.

Hopkinson House is a smoke-free building in all of the common areas.

Moving Along...

We are heading into the busiest moving time of the year. Please book your moving date as soon as possible and confirm it with a check for \$150. Only one move per day is permitted Monday through Saturday between the hours of 10 a.m. and 4 p.m. We are sorry that we cannot make exceptions to this rule.

If you delay, you may not get the moving date that you need. Remember that most moves occur on the last day of the month when leases expire.

When you have boxes to discard, please do not leave them in the trash room. Break the boxes down and call the resident services desk at 215-923-1776 ext. 110 to have housekeeping pick up the boxes.

Pest Control Tuesdays

As part of our Spring Convectector Servicing, maintenance proactively treated inside each convectector with exterminating supplies. This has been done in the past and is something we chose to do throughout the community. Pest Control Technicians is our exterminating provider and is here every Tuesday. If you have a need, please contact the front desk so your unit can be treated.

We are happy to announce that a new member of the Hopkinson House Staff will start working in the Management Office this spring! More details will follow in the coming weeks.

From Council, Management and Staff at the Hopkinson House, have a safe and wonderful spring. ■

Deliveries are not permitted on Sunday or legal and religious holidays. When ordering furniture, appliances, etc., please be sure that the company you are buying from does not schedule the delivery on any of these days.

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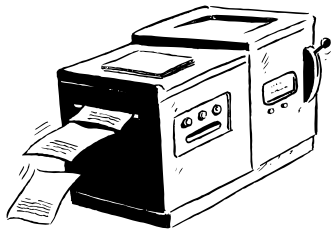


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Adapting our House to Changing Life Styles

Lynn Miller

Hopkinson House is more than half a century old. When the building first opened in 1963, the latest office technology included electric typewriters and mimeograph machines that turned out copies from gelatinous purple stencils.



Messages were left on bits of paper thumbtacked to a corkboard.

At home, when you made a local call, you could skip dialing the area code on your telephone—a landline



tethered to the wall. You communicated with the outside world either

by that phone or through snail mail, though we didn't call it that since Western Union was the only faster alternative for dispatching the written word, and telegrams were reserved for emergencies.

You pretty much know how all that's changed today. As one result, the management of our very large residential building is increasingly challenged by the huge increase in the number of packages delivered to our front desk every day. Mail in the old days was limited to the U.S. Post Office and

its parcel post. Then came UPS and FedEx. Now we shop online and expect the gizmo we ordered from Amazon to show up thanks to some courier or other 24 hours later. So many of us have come to expect it, in fact, that our little mail room isn't just stuffed to its gills, it's overflowing on most days, with everything from your order of groceries, pillows and chairs, to sets of new car tires just waiting in whatever space can be found until you come home and pick them up.

Our Council President, Paul Coyne, tells you elsewhere in this issue how these changes in our life styles explain the need to remodel our front office space in the near future. In my recent conversation with him, he noted that the volume of packages delivered to Hopkinson House has tripled in the past three years. Now, on many days, that figure surpasses 100. It's double that number around the Christmas holidays. This means that our staff at the front desk currently has to handle some 38,000 parcels a year, and put those packages somewhere after cataloguing them.

But that's not the only space issue we face. We receive some four to five bins of U.S. mail daily. Now the Postal Service has mandated, first, that we need one drop box for the deposit of mail for every 30 individual mail boxes in a building like ours. That means we need to increase the current single mail slot to about 10. Second, we are required to increase the size of the apartment mailboxes from 5"x 6" to 4.5"x 8.5". All of this requires enlarging the mailbox area. That will be done by extending the space past the door on the east side where the copy machine and trolley carts are kept. The result will be an L-shaped mailbox lobby. An electronic billboard on the north wall will notify residents of packages to claim. Those notices will also be accessible on the Hopkinson House channel of your TV set.

To create the largest package room that can be carved out from the existing space, the two offices for our management behind the front desk will be converted to that purpose. To provide our general manager, David

Smith, and office manager Cathy Kavalkovich with new offices, space down the east corridor now used for storage and a meeting room will be transformed for them. What they'll lose, unfortunately, are nice views of our garden.

Finally, as part of all that rearrangement, the black granite resident services desk will be moved back a couple of feet to allow for easier movement in front of it. Now there's often a bottleneck there when residents and visitors are engaged with our amiable and helpful staff. The idea is to move that chit-chat out of the way of ambulatory traffic trying to move from front door or mail room to the elevators.

Once this facelift is finished, old Hopkinson House should be in much better shape to confront the next half-century. Perhaps by then, your packages will simply materialize inside your apartment without any intervention needed by couriers or staff. I wouldn't count on it—but neither did I imagine the miracles wrought by Google and the rest half a century ago. ■





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Getting to Know Our Neighbors

Elena Matero: Artist in Residence

Concha Alborg

Elena Matero has lived in Hopkinson House for almost two years. Like many of us, she decided to downsize after years of living in a townhouse, in the Fitler Square area. Although she enjoyed that neighborhood, she had her eye on Washington Square, where she loves to walk. The fact that she was teaching art at Saint Peter's School confirmed her destination. Most of all, she wanted a room with a view, and that is what she has, with a southern exposure to boot, perfect for her art studio. For her, "Art is a magic window to see and record in your own special way."

Elena is originally from Brooklyn. She considers herself a "New York gypsy" because she has lived around that city, which she still loves, in several locations. She earned a Bachelor of Fine Arts and a Masters in Design at the Pratt Institute and the New York Academy of Art respectively. While living in New York, she was a book illustrator and a graphic designer. It was Elena's brother, a professor at

the University of Pennsylvania, who suggested that she move to Philadelphia. Elena has two grown daughters who also work in the arts, and one of them lives in Philly as well.

Once in our fair city, she started by volunteering at the Pennsylvania Academy of Fine Arts and went to the University of the Arts, where she received a Masters in Art Education. Her first job here was at the Barnes Foundation, when it still was located in Merion, where she taught Pre K-12th grade, created tours for children and was part of the Outreach Program for the city schools. Elena has just retired from Saint Peter's School, although she really doesn't consider herself retired at all, since she now has more time for her painting. She also gives studio art classes and workshops. For her, "teaching has always been about inspiring children to see—not just look—and focus with attention on whatever is presented to them in the world."



Picture by Concha Alborg

Elena Matero

Her apartment, washed in light as she wanted, is colorful and artsy. The living room and dining room are furnished with Mission furniture and there are art collections in every corner: seashells, ceramics from the American Southwest, art deco lamps. She has made her cozy bedroom in a small alcove, leaving the large bedroom, with double windows, for her studio. Large bookshelves hold her art books, framed by Commedia dell'Arte masks, which she has made.

On the day I visited her, Elena was working on an oil painting of Mother Bethel African Methodist Episcopal Church, clearly

visible from her apartment window, which she started during our last big storm (see it in the picture). She was waiting for some more snow to finish it. Elena told me that seeing is very important for painting. She also does work in pastels, collages, still-lives, abstract pieces and book illustrations. The spacious studio table is in the middle of the room, covered with art supplies and several on-going projects. A sunny bouquet of Van Gogh-like flowers looks magical in its middle.

Elena showed me the beautiful card in shades of blue that will be her Christmas greeting next year. I hope I'm on her list! ■

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Our Man from UPS to Retire after 32 Years

Lynn Miller

The residents of Hopkinson House must say good-bye soon to that familiar face we see daily at and around our front desk. Jimmy Lees, the ever-helpful—and voluble—deliveryman for UPS, plans to hang up his uniform soon after he celebrates his next birthday.* He's been delivering packages to us since 1984, when he was little more than a kid, and Charles Dickinson-Marks was our manager. Jimmy says that the people in our building, as well as others he serves around Washington Square, have become like his extended family, and he will miss us. But his company has an excellent retirement

plan, and he thinks it's time to take on a job that's less physically demanding than the one that's kept him in shape all these years.

When asked what has been the biggest change in his routine over the decades, his answer, not surprisingly, is in the huge increase in the number of packages he has to deliver. It's gone from a comparative handful to around sixty per day, not counting the Christmastime rush. That means more overtime pay for him, but lots more labor, as well.

Jimmy is quick to acknowledge how much help he gets from our own desk staff. They relieve him of the

critical job of cataloguing all the packages he carries in daily, then notifying residents when they have a parcel. The trade-off is an enormous amount of banter and good-natured ribbing between them as soon as Jimmy wheels his handcart through the front door.

Weekday mornings at Hopkinson House may be quieter, but far less entertaining, once Jimmy takes his leave. We wish him all the best for his life's next phase! ■

*Ps-s-st! Jimmy's birthday is April 11th, if you want to wish him a happy birthday.



Jimmy Lees

Picture by David Roberts



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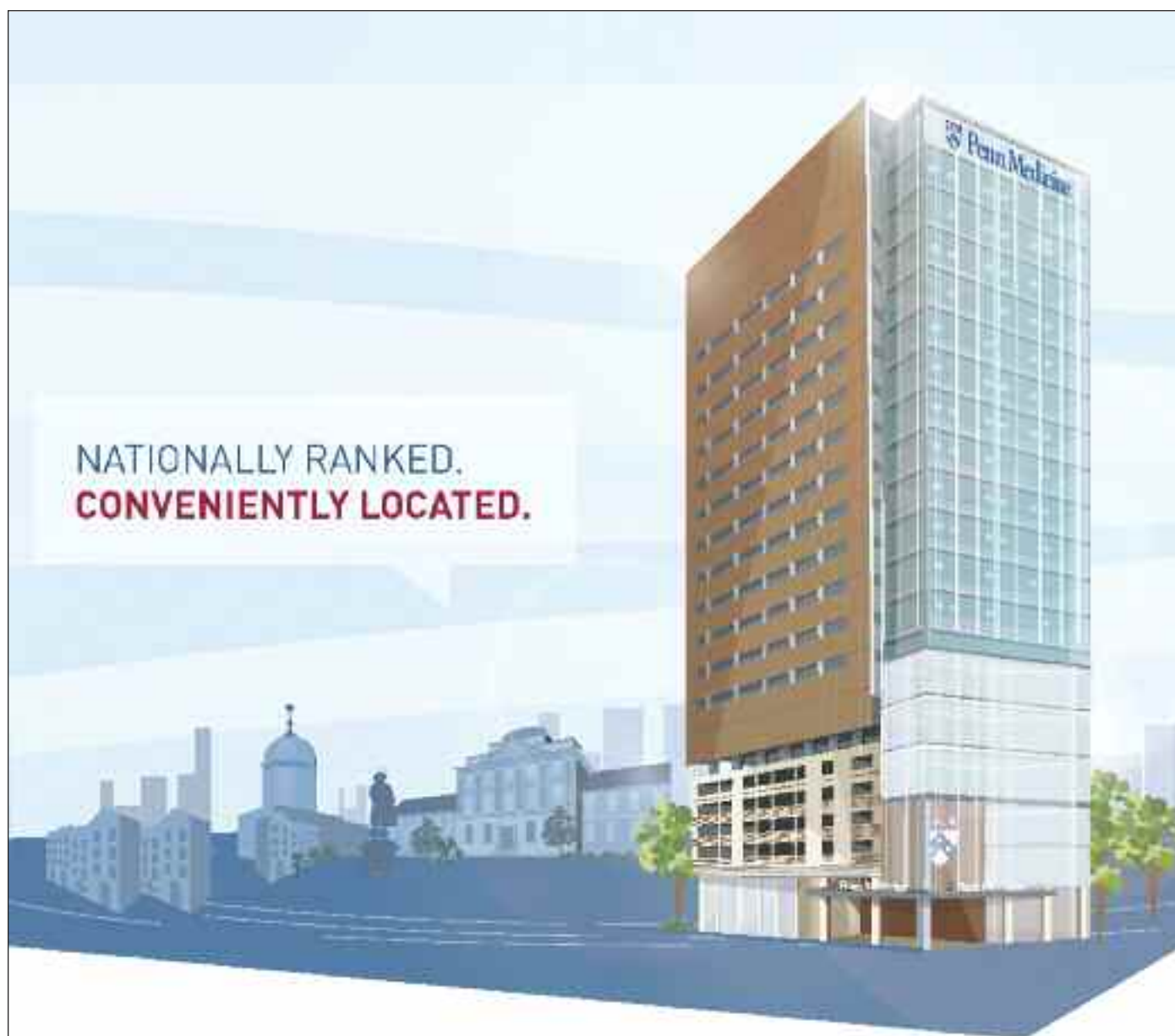
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Prepare for the April 26th Pennsylvania Primary

Larry Meehan

It has been hard to avoid unrelenting news coverage of the presidential race this year, but Pennsylvanians also will select candidates for the following offices on April 26th: one of the two seats in the U.S. Senate; all seats in the U.S. House of Representatives and the Pennsylvania House; half of the seats in the Pennsylvania Senate; and the state offices of Attorney General, Auditor General, and Treasurer.

Note that while only registered Republicans and Democrats may vote for the candidates in their respective parties, all registered voters are free to oppose or support two proposed amendments to the state constitution. The first would raise the retirement age for judges from 70 to 75. The second would be the final step in abolishing the Philadelphia Traffic Court.

Keep these deadlines in mind as the election approaches:

•
March 28th

Last day to register to vote in the primary

•
April 19th

Last day to apply for a civilian absentee ballot

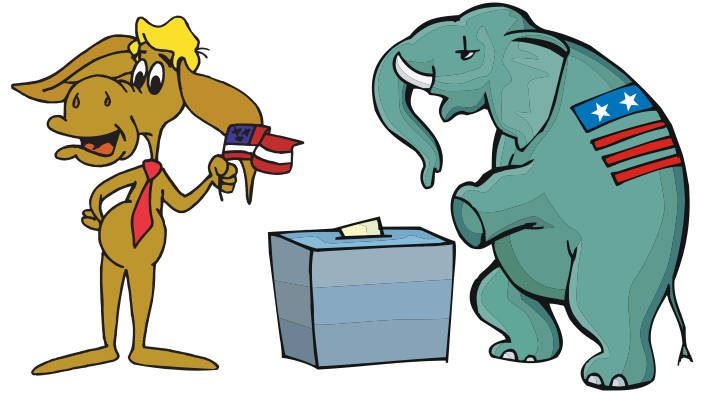
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April 22nd

Last day for the Board of Elections to receive voted civilian absentee ballots

Presidential Candidates and Delegates

Ted Cruz, John Kasich, and Donald Trump will battle it out for the 71 Pennsylvania delegates to the Republican Convention, which will take place in Cleveland July 18th to 21st. Seventeen delegates (14 At-Large plus three Republican National Committee members) will go to the winner of the popular vote and are pledged to that candidate at least through the first ballot at the convention. The remaining 54 delegates (three from each of 18 congressional districts) will be elected by voters.

There will be 210 Pennsylvania delegates to the Democratic Convention in Philadelphia from July 25th through July 28th. The 198 pledged delegates will be allocated to Hillary Clinton and Bernie Sanders based on the number of votes that each candidate receives. The remaining delegates are unpledged, or "superdelegates." They consist of the 13 Pennsylvania Democratic National Committee members, Governor Wolf, Senator Casey, the five Democratic members of the House of Representatives, and an extra delegate for a "distinguished party leader." Altogether, the state of Pennsylvania has 21 superdelegates. Superdelegates from all states will constitute about 15% of the total at the convention.



Other Key Primary Races

The Pennsylvania race drawing the most national attention is the Democratic contest to choose the candidate to challenge U.S. Senator Republican Pat Toomey. The candidates are John Fetterman, the mayor of Braddock; Katie McGinty, a 2014 gubernatorial candidate and former Secretary of the state Department of Environmental Protection; Joe Sestak, a former Admiral and 7th District Congressman; and Joseph Vodvarka, a small business owner making his third run for the Senate.

There is a lively battle going on to be the successor to departing Attorney General Kathleen Kane. Supporters of Republicans Joseph Peters and John Rafferty will decide who will face the winner of the Democratic nomination sought by John Morganelli, Josh Shapiro, and Stephen Zappala.

The 175th Pennsylvania House District features a rematch of the last primary

contest for the Democratic nomination. Our representative, Mike O'Brien, will again face Sean Sullivan. The Republicans are not offering any candidates for this seat.

Uncontested Primary Races

In the race for the First Congressional District, both Democratic Congressman Bob Brady and the Republican candidate, Deborah Williams, are running unopposed for nomination. The same is true in the First State Senatorial District, where Democratic Senator Larry Farnese will eventually face Republican John Morley. The other "shoo-ins" are the unopposed candidates for state Auditor General, current officeholder Democrat Eugene DePasquale and Republican John Brown, and for the candidates for state Treasurer, Democrat Joe Torsella and Republican Otto Voit. ■

The author thanks the Committee of Seventy for much of the information that appears here.



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2016 Philadelphia Primary Elections

Absentee & Alternative Ballots Applications

Citizens of the United States residing at Hopkinson House and registered to vote will cast Primary Election ballots in the Solarium. If voters are unable to go to the polls because of illness or disability, or have to be away from their municipality of residence due to their occupation, business, other duties (including leaves of absence for teaching, vacations, and sabbatical leaves), or are away at school, college or university, they may vote by “Absentee Ballots.” Others also may use absentee ballots to observe a religious holiday, including those who are in the military services of the United States, or Philadelphia county employees with duties on Election Day related to conducting the election.

To obtain an absentee ballot one should request an “Application for Absentee Ballot” from the Philadelphia Board of Elections, City Hall Room 142, Philadelphia, PA 19107, tel. 215-686-3943. The request must be received by the County Board of Elections no later than 5 p.m. the Tuesday before the election—April 19th. **POSTMARKS ARE NOT HONORED.** The completed absentee ballot should be returned to the County Board of Elections no later than 5 p.m. the Friday before the election—April 22nd. **POSTMARKS ARE NOT HONORED.**

Emergency Absentee Ballots are to be used if an emergency (an unexpected trip or illness, for example)

arises after the deadline for absentee ballot applications. Applications for emergency absentee ballots may be obtained from the County Board of Elections in person, by mail or by phone. The applicant **must** attest to the fact of the emergency before a **notary public**. Emergency Absentee Ballots must be returned to the County Board of Election no later than 5 p.m. the Friday before the election—April 22nd. **POSTMARKS ARE NOT HONORED.**

If an emergency occurs after 5 p.m. on the Friday before Election Day, but before the close of polls at 8 p.m. on Election Day, a voter may still receive an Emergency Absentee Ballot by filing the appropriate paperwork with the Philadelphia Court of Common Pleas. **Acceptable paperwork** would be an Emergency Absentee Ballot Application or a letter or other signed document that includes the same information required on the Emergency Absentee Ballot Application.

Those who are unable personally to pick up or submit any of the absentee-type ballots may designate a representative to deliver the absentee ballot to the voter and then have the same individual return the completed absentee ballot to the County Board of Elections. They are to complete the “Designation of Agent to Assist Disabled Voters in delivering Completed Absentee Ballot and Certification of Designated Agent Forms.”

Registered voters who are disabled at age 65 or older and who are assigned to an *inaccessible polling place* are qualified to vote using an **Alternative Ballot**. They can obtain an Alternative Ballot Application from the County Board of Elections, City Hall Room 142, Philadelphia, PA 19107 or call 215-686-3943. Alternative Ballot Applications must be received by the County Board of Elections no later than 5 p.m. the Tuesday before the election—April 19th. **POSTMARKS ARE NOT HONORED;** applications **must** be in the office before the deadline. In case of an emergency, Alternative Ballots **can be submitted**.

Completed Alternative Ballots, including Emergency Alternative Ballots **must be returned** to the County Board of Elections no later than the close of the polls, at 8 p.m. on Election Day. **POSTMARKS ARE NOT HONORED;** the Ballots **must** be in the County Board of Elections.

If necessary, registered voters may authorize a representative to deliver an Alternative Ballot and return the completed ballot to the County Board of Elections. The “Designation of Agent to Assist Disabled Voters in delivering Completed Absentee Ballot and Certification of Designated Agent Forms” has to be completed by the voter. ■

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Should We Fear the Zika Virus?

David Roberts

For the first two months of our lives we are embryos, undergoing the transition from a minute cluster of cells to a tiny but complete human being with all organs and limbs in place. It is during this two-month period of rapid change that we are most vulnerable to noxious influences, particularly those substances and viruses that cause damage that leads to birth defects (teratogens). The most notorious of these teratogens is the drug *thalidomide*, the drug that was given to pregnant women in the late 1950s and early 1960s to treat or prevent morning sickness. As you will recall, the effect of *thalidomide* on the embryo was to block the formation of arms and legs.

We are now confronted by another teratogen, a virus known as Zika, that produces an even more devastating birth defect, a shrunken skull and brain (microcephaly), which makes normal human life impossible. I am *pro-life* but I would not hesitate to make an exception for the victims of this cruel defect.

Zika is a mosquito-borne virus that is endemic to certain tropical or subtropical countries in Central and South America, the Caribbean, Southeast Asia, Africa, and the South Pacific. Although there have been many cases in USA, including women giving birth to babies with microcephaly, there has evidently been no spread within this country. In the 14 months from January 2015 to February 2016 there were 84 cases

reported in USA but all were infected while abroad. The infection did not extend into the communities where they lived. If members of our present mosquito population bit any of the 84 travelers after their return, they apparently failed to spread the infection; our mosquitoes evidently are not capable of transmitting the Zika virus.

Apart from the effect on the embryo, the infection is very mild, producing symptoms in only 20 percent of cases. The symptoms include fever, joint pain, rash, and conjunctivitis (pink-eye). The virus is usually present in the system for no more than a week. There is no vaccine or cure at present. The Pope recently authorized contraception as a control measure but the strategic use of the insecticide DDT would probably be far more effective, as it has proved to be in another mosquito-borne infection, malaria.

Should we fear Zika?

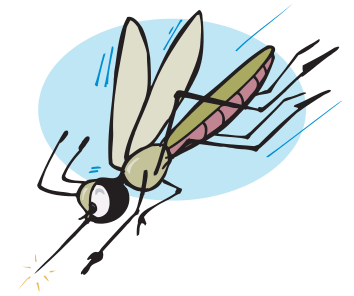
For the vast majority of American residents, the answer is no! If, however, you are a pregnant woman, and especially if your condition is very recent, you should avoid travel to those countries where Zika is endemic. If you are pregnant, and wish to travel abroad, check whether the country you plan to visit has Zika. Ask your travel agent or inquire online, e.g., www.cdc.gov/zika. The carrier mosquitoes are very aggressive and attack in daylight as well as at night. There are no precautions



Map source: www.cdc.gov/zika/geo/active-countries.html

that can be guaranteed to protect you or your precious cargo.

You may wonder how the women who live in the affected countries are able to produce healthy babies. The answer is simple. Zika infection earlier in life induces a lasting immunity. Investigation of the cases that do occur would probably show that the affected women had recently moved from districts where, for climatic or other reasons, the carrier mosquitoes were absent or uncommon. As a result these women would not have been infected and therefore would not have developed any immunity to protect them when they moved to or visited a place where Zika infection was prevalent.



Late-breaking news

There is mounting evidence suggesting sexual transmission of the Zika virus. The virus has been identified in semen as long as two months after men recovered from infection. Furthermore, CDC (Centers for Disease Control) has disclosed that, of the 84 travelers recently continued on page 17



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Should We Fear the Zika Virus? continued from page 15

returning infected from abroad, fourteen men have apparently infected their sexual partners. Non-sexual means of transmission have been ruled out. For example, mosquitos would have infected other family members, or neighbors, and evidently this did not happen. In each case, only the sexual partner was infected.

This would be a serious matter if the women also became pregnant; their embryos would face the likelihood of infection and deformity. At the time of writing, March 1st, several of the fourteen infected women have been reported pregnant, with one case

so far of microcephaly. In this situation the Pope's prescription would be very appropriate. If a man were infected or at risk of infection, abstinence or suitable contraception for several months would be highly advisable.

There is no evidence of direct transmission of Zika virus from women to men. Direct infection of women by men will probably always account for only a small minority of cases and, therefore, control of Zika infection will still depend mainly on dealing with the carrier mosquito, *Aedes aegypti*. This mosquito is also the vector of dengue fever and yellow fever, mak-

ing its eradication or control even more worthwhile.

Guillain-Barré syndrome

Guillain-Barré syndrome is an auto-allergy of the nervous system manifested by paralysis that is permanent in some cases. It usually appears during influenza epidemics and is apparently triggered by the influenza virus. Rare cases follow other infections, and Guillain-Barré is being diagnosed in people infected with Zika virus in Central and South America. This may be a reason to avoid travel to countries where Zika infection is endemic, even if you are not a pregnant woman. ■

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Occasional Photos



Above: Tulips, azaleas, and dogwood in the grounds of Pennsylvania Hospital.

To the left: Tulips and yellow pansies in Hopkinson House courtyard.

Taken in 2015 by David Roberts.

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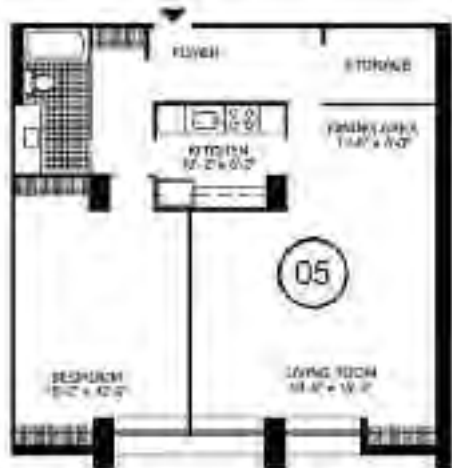
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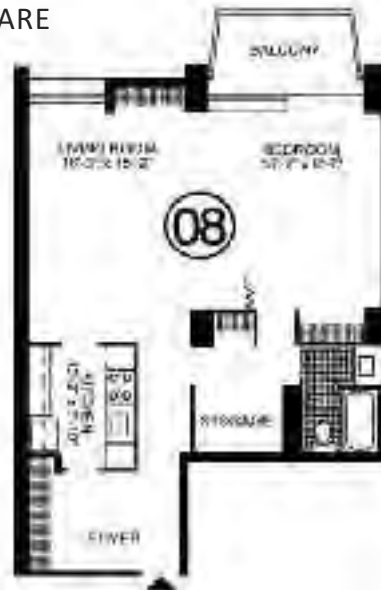
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Would You Like to Make Your Own Bread?

David Roberts

**Chef Luigi's
Corner**

A feast for the senses

As dough rises, the fermentation fills your abode with a pleasant odor, which is later followed by the richer and more intense aroma of baking. The pleasure peaks when you remove the loaves from the oven and set them on racks to cool. After 30 years of baking I still marvel at the way a brief stay in the oven transforms a gray lump of dough into a fragrant, crusty loaf of bread.

How did we get here?

The story of bread begins in the early Stone Age, when people first became aware of cereals—grasses with edible seeds. They began cultivating the grasses, selecting the most productive variants, and this culminated in the rich variety of prolific cereals we have today—wheat, corn, rye, barley, rice, etc.

Our ancestors learned to grind the cereal grains to a coarse flour or meal, which they mixed with water and heated to make gruel. In poorer African countries a gruel made from corn meal is still the main food.

Enterprising cooks found that they could take a thick gruel or dough, flatten it and bake it on a hot stone to make an unleavened flatbread. Today there are scores of recipes for flatbreads, which are prominent in the cooking of the Mediterranean, the Middle East, and the Indian subcontinent. Visit any middle-eastern or Indian restaurant to try such flatbreads as matzo,

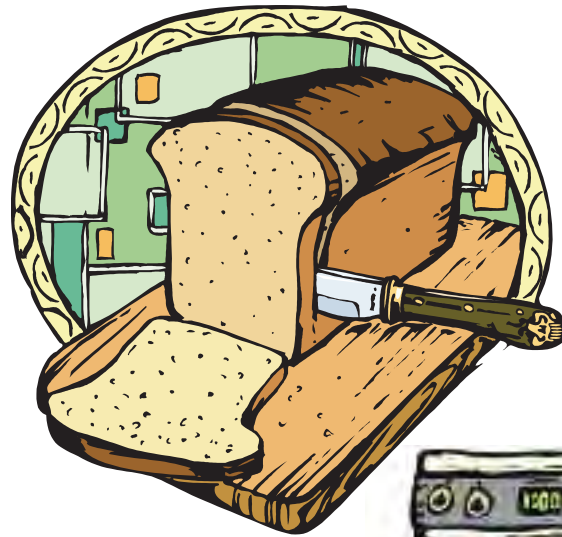
chapatti and papadum. Naan is leavened with yeast and so is not a traditional flatbread but that is probably why it is so good to eat.

It was later discovered that dough, covered and left for a few days, began to bubble and rise—to ferment. Heating the fermenting dough produced leavened (risen) bread—sourdough. When a little of the fermenting dough was saved and mixed into the next batch of dough, the fermenting started immediately and the bread could be baked much sooner. Nowadays, instead of removing dough to use as “starter”, bakers keep a bucket of starter that they feed frequently with fresh flour and water. The King Arthur Flour Company of Vermont (www.kingarthurflour.com) sells an excellent starter that has been in continuous use for over 250 years.

The modern way

In the early 19th century an adventurous baker obtained some of the frothy layer floating at the top of a vat of beer and tried using it to start the fermentation of bread dough—with great success. The fermenting went much faster than in sourdough, and the flavor of the bread was quite different, not sour, but sweet and yeasty.

Later in the century, Louis Pasteur discovered that, in both the beer and the bread, the fermenting was done by a yeast now known as brewers yeast.



This yeast differs from the wild yeasts in sourdough in its ability to ferment maltose, the sugar in both malted barley (used to make beer) and bread dough. In sourdough the wild yeasts cannot ferment maltose but the lactobacillus of sourdough can, so the lactobacillus is the main fermenter of sourdough, making lactic acid to produce the typical sour flavor.

Let us make bread

Unless you are an experienced baker you should start with white yeast bread. The recipe is very simple—flour, water, yeast, and salt—but the quality of the ingredients is very important.

Flour. A high-quality bread flour is better than all-purpose flour. The King Arthur Flour Company's bread flour is made entirely from hard spring wheat and has given me the best results. The Acme store on 5th Street does not currently sell bread flour, so I buy it on line (www.kingarthurflour.com)



Water. Chlorine kills yeast cells and inhibits fermentation. Chlorine can be removed from tap water by boiling the water ahead of time and letting it cool. For faster fermentation the water can be heated again, to 100-110° F (lukewarm), before adding it to the dry ingredients.

Yeast. Active dry yeast, and the more finely dispersed quick-rise yeast, are both stocked by most grocery stores. Both are good. Keep them sealed and refrigerated.

Salt. Use plain salt. Excessive salt inhibits dough formation, so do not exceed the recommended amount. Do not omit the salt or you will produce dough with a very difficult texture, like super glue.

continued on page 22

Would You Like to Make Your Own Bread? continued from page 21

Picture by David Roberts

Two loaves of white yeast bread, just removed from the oven. The pans they were baked in are seamless with smoothly rounded inside corners, and a non-stick finish, all to prevent sticking.

To make two 1.5 pound loaves

2 pounds white bread flour
Have at least 3 cups chlorine-free water ready
2 tablespoons yeast
2 teaspoons salt

Thoroughly mix the dry ingredients, with the beater in a stand mixer, or by hand with a spoon in a large bowl. Add the water while mixing until you have dough with a fairly firm texture and a slightly sticky surface. This usually takes 2 to 2.5 cups of water. If the dough is too wet, add extra flour, a heaping tablespoon at a time, until you are happy with the texture.

If you use a stand mixer, replace the beater with the dough hook and knead the dough for a minute or two. Don't overdo it. Too much kneading tends to overdevelop the gluten structure, giving the bread a tough or heavy quality. Whether you made the dough in a stand mixer or a bowl, transfer it

to a floured surface and knead it briefly by hand.

The dough is now ready to ferment. Transfer it to one large or two smaller containers, big enough to let the dough increase in volume by a factor of 3 or 4. Spray the dough lightly with chlorine-free water and cover it with plastic wrap or a wet towel, or loosely apply the lid if the container(s) have one.

Chemistry

Important chemistry is now underway. As soon as the flour is mixed with water, the enzyme amylase, which is naturally present in flour, begins to break down the starch, which consists of long chains of glucose molecules, to shorter chains and ultimately to the sugar, maltose, a disaccharide made of two glucose molecules. The yeast ferments the maltose to make carbon dioxide gas and alcohol, just as it does

in beer. The alcohol vaporizes away during baking, and so does the carbon dioxide and some of the water in the dough.

While the starch is being broken down and fermented, the two major proteins in flour, gliadin and glutenin, combine to form a network of the fibrous protein, gluten. The gluten network provides the structure of bread, and traps the bubbles of carbon dioxide gas, to give bread its open, airy texture.

Time to bake

In one to two hours the dough will have increased in volume about 3-fold and will be ready to shape into loaves. You may press the dough into two 8.5 x 4.5 inch bread pans, or form it into round boules or long torpedo shapes, and place them on a cookie sheet greased with oil or butter or sprinkled with corn meal. Spray the loaves lightly with water and cover them as before.

In about an hour, when the dough has increased about 3-fold, the loaves are ready to bake. To make them look good you may sprinkle the loaves lightly with flour, or coat them with a film of beaten egg to produce a glossy finish. Then make one or more shallow slashes with a sharp knife or razor blade to allow expansion and avoid irregular splitting of the crust during baking.

I generally use bread pans and the "cold-start" method, which produces a crisp crust. I place the pans on a shelf in the cold oven, and I set the timer for 45 minutes and the temperature for 400° F. When baking is complete I transfer the loaves to a metal rack to cool (photo).

If you use a cookie sheet, place the sheet with the loaves in the oven and follow the same procedure. If you use a baking (pizza) stone, sprinkle it with corn meal, place it in the oven, and heat the oven to 400° F. Put the loaves on the hot stone and bake them at 400° for 40 minutes.

Note. The quantities, times, and temperatures suggested are not federal laws, but are yours to experiment with. The non-stick finish in bread pans cannot tolerate temperatures above 450° F, but baking stones can. The picture shows two loaves just removed from the oven. The pans they were baked in are seamless with smoothly rounded inside corners, and a non-stick finish.

Buon appetito! ■

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