

# What's Inside

Nelly Childress

President of council **Paul Coyne** reports that plans for the renovation of the building's lobby areas are well underway. Checking the punch list for the completed front plaza work and spring planting are presently in sight. These are only some of the topics discussed in the Message from Council.

**Judi Forte's** Management column reminds residents of the rules and regulations for enjoyable/comfortable condo-living. Recommendations for those who are moving in or out are included. Read the paragraph about clogged drains in either the kitchen or the bathrooms. Owners, please remember to attend the Hopkinson House Annual Meeting on April 16th.

**Susan Tomita** invites you to take a look at the recently revamped Hopkinson House website.

Two residents have had interviews published in the *Philadelphia Inquirer* in the past two months, on February 25th and March 1st.

**Bob Devoe** writes about Muriel (Bo) Ettlinger, a long-time resident who was an active member of the first Councils for many years. She was an energetic member of the swimming pool and will be missed by many.

"Read any Good Books Lately?" is the title of the article describing the downsizing of the Hopkinson House Library written by **Bob Devoe**.

April 2015 marks the anniversary of the assassination of Abraham Lincoln. **Lynn Miller** writes about an exchange of letters between Edwin Booth (owner of the Walnut Street Theater and brother of John Wilkes Booth) and Eli K. Price, a distinguished Philadelphian later appointed to the newly created Fairmount Park Commission.

Election Board officers at the Hopkinson House Polling place are looking forward to seeing you on May 19th. Please read the article entitled: "Pennsylvania 2015 Primary Election."

**David Roberts** talks about the joys of dieting while eating well.

"Surrounded by Stuff" is the title of an article by **Janet Burnham**, who reports on the Penn Village panel discussion, hosted by HHOA in the Solarium. Downsizing is the word! Really worth reading.

**Chef Luigi** offers a salad recipe for the coming warm/hot days. ■

# on the HOUSE

The Newsletter of Hopkinson House • Spring 2015



## Occasional Photos by David Roberts



Close view of tulips in our back garden.



Azaleas in Washington Square.

## Philadelphia Orchestra Discounts

**Thanks to our neighbor Terry Kowalski, Hopkinson House residents now have their own Discount Program for tickets to the Philadelphia Orchestra.**

Discounts will be available for all standard, family and holiday concerts; only a few special premium concerts, clearly marked on the Orchestra's website and materials, are not included

in the program. Discounts will vary from 10% to 40% depending upon seat location, dates and supply of tickets. Discounted tickets can be bought online, by phone at 215-893-1999,

or at the Kimmel Center box office by using the specific code. The code for the Hopkinson House discount program is **HHOA**. It is already activated, and ready for you to use now!

# on the HOUSE

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 at [www.thehopkinsonhouse.com](http://www.thehopkinsonhouse.com)

## Message from Council

Paul Coyne

With spring upon us, we can look again to some minor activity on the front plaza, including checking the punch list for the completed front plaza project and to see that our gardens come alive.

Building engineer Anthony Kelly, the contractors, and the project engineer will perform a site inspection of the completed work to ensure compliance with specifications and will record any replacements or repairs needed. The building engineer and building manager will meet with the on-site project engineer and the contractors in order to reach agreement about how to address each item on the list.

From now until 2017 we will be looking to the renovation

of the building's lobby areas, the repaving of the garage ramp, and the installation of the new switch gear.

The Design Committee has been working throughout the winter with Shephard Restoration Engineers, Inc. on the projected renovation of the lobby areas. Hopkinson House Owners' Association Council expects to see the final plans at its May meeting. Assuming it is approved, the master plan will be displayed in the back lobby shortly after that meeting. The plans will go for bids, and then the renovation project will start.

At the March Council meeting the members had a first look at **BUILDINGLINK**, a computer-based system that will act as a bulletin board and will be used to log the small mountain of packages delivered daily into the building, enter and track work orders, enter exterminator visits, etc.

This will allow analysis and management of a multitude of functions and allow us to move from paper to computer-based entries. It will help residents to see, in a glance at a large-screen television in the mailroom, if they have



a package from Santa and at the same time consult the scrolling bulletin board.

By the time you receive this, renovation of our website—[www.thehopkinsonhouse.com](http://www.thehopkinsonhouse.com)—should be completed, thanks to the efforts of Susan Tomita and Larry Meehan. They have updated the website, focused its scope, and assured that a volunteer web-master can easily be trained to operate it. A hearty “well done” to both Susan and Larry.

Council formed a new committee, **The Quality of Life Committee**, composed of all the Council members. Its goal is to deal with issues that can affect the quality of life in the building. Downsizing our trash is one of the numerous projects anticipated.

Council had hoped to be able to publish the scope and a reasonable guesstimate of costs for projects up to and beyond 2020. We hope that this will be possible for the July issue of the newsletter. ■

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# Message from Management

Judi Forte



**W**ow!!! What a winter. Mother Nature was in control until the very end. This past winter has done all of us in. Between the ice, the snow and the sub-zero wind chills, we are all worn out and ready for the first signs of spring. I can't believe I am using these words two years in a row. There is a lot of spring cleaning to do to get the building shining again, but we have a great house-keeping staff and they are up to the task. They have our heartfelt appreciation for all

of the snow and ice removal they have done over the past several months. We also want to thank members of the front desk and maintenance departments who stayed here and made sure we had coverage during the many snow events and for keeping the equipment running in first-class condition so we all stayed nice and warm in frigid temperatures.

## **The pool season will be here before we know it.**

Membership information, pool hours and 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. Non-resident extended family members, summer visitors,

### Annual Meeting Date

**The Hopkinson House  
Annual Meeting and Election  
will be held in the Solarium, on  
Thursday, April 16th, 2015,  
at 7 pm.**

friends, etc., are not eligible to be included in the membership. They are guests and can only make use of the pool facilities with the purchase of a guest pass and the unit owner or resident accompanying them to the pool. A day pass will also allow you to purchase guest passes.

## **Clogged Drains**

If you have a clogged kitchen or bathroom drain, please do not put Drano or Liquid Plumber down the drain. Please contact the Resident Services Desk and request a work order for the maintenance department. Besides causing damage to the pipes and the rubber seal around your garbage disposal (if the clog is in the kitchen sink), it is dangerous to the maintenance staff when they are finally called to clear the clog. This substance is corrosive and when they plunge or snake your drain, it splashes back onto them and can cause serious injuries.

## **Balconies**

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.**

*continued on page 5*

## Smoking Reminders

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. **At this point in time, Renters are no longer grandfathered under the smoking ban, which went into effect September 2012. All leases have reached at least one renewal period since the ban. Renters are not permitted to smoke anywhere in the building or on the grounds.** Owners who bought 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.

We receive many complaints about smoke infiltrating units from adjoining units and from across the hall. We ask that those smokers in the building who are grandfathered under the ban and continue to smoke in their units be considerate of their neighbors. If smoke from your unit is infiltrating the hallway or another unit, you are required to install an air filtration system to prevent the smoke and odors from penetrating other units.

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

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Message from Management, continued from page 3

### Scheduling Moves

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 \$200. 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.

**Moves are not permitted on Sundays, legal or religious holidays. A complete list of**

**Deliveries are not permitted on Sundays, legal or 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.

**black-out days for moves and deliveries is in the Winter 2015 issue of *on the House*.** 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, so please plan well in advance. Moving companies get booked up as well, and moving dates will be limited. This could cause additional expenses if you are unable to move out on your planned day.

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.

### Keeping the Peace

The two most common noise complaints that we receive are because of uncarpeted units and TV volume. **The Hopkinson House Community Rules require all units to have 80% carpeting in the living room, dining room, bedrooms and halls.** The bathroom and kitchen are not required to be carpeted. Landlords are responsible for their tenants complying with this rule. **Exercise equipment should not be used after 10 p.m. or before 8 a.m.**

TV volume is to be kept at a level at which it does not interfere with the peace and quiet of neighboring units. If you have difficulty hearing a lowered TV, think about investing in a head-set for



your TV. If you are prone to falling asleep with your TV on, please remember to set the sleep timer.

And please turn on your bathroom fans only when needed. Leaving them running continuously causes the sound to travel to other units and becomes quite annoying.

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

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# It's All There, for You

Susan Tomita

Take a look: the Hopkinson House website was recently revamped, with you, your guests, and potential residents in mind. You'll find useful, easy-to-find information at its usual address, [www.thehopkinsonhouse.com](http://www.thehopkinsonhouse.com). It's also mobile-friendly.

New features include a site-wide search tool and a link to Google Maps. The search tool and shortcuts appear at the foot of every page. The top menu bar quickly takes you to the website's five main pages (and sub-pages), highlighted below.

## Home

The virtual welcome mat opens with photos and short introductions to life at Hopkinson House. A drop-down menu links to writings on the building's history, architecture, and artwork. Driving directions get you to our building garage.

## Amenities

This page lists Helpful Telephone Numbers and describes the Front Desk, Doorman, and Concierge Services. The Swimming Pool, Parking Garage, Laundry Room, Cable TV Service, Solarium, and Library are explained in detail. Information on Businesses at Hopkinson House appears as well, as do links to outside services and establishments, such as public transit, supermarkets, and movie theaters.

## Resident Information

The drop-down menu leads to four pages. **Community Living** orients new residents, beginning with Move-In Procedures. Topics include Trash Disposal, Hallways, and the No-Smoking Rule, which merit

periodic review by everyone. **Rules and Regulations** provides the Community Rules and Renovation Requirements as downloadable documents. **Maintenance Services** sets forth the building's maintenance policy and provides the Labor and Parts Price List and a compiled Contractors List. **Forms and Documents** groups on one page all of the forms and documents available on the website.

## Management

This page leads to the **Management Office**, **Maintenance and Staff**, and the Hopkinson House Owners' Association (HHOA) governing **Council**. The descriptions of the various roles and functions are helpful, as are the staff photos.

## News and Events

This includes **Announcements** of building-wide interest, such as the HHOA Annual Meeting and Election; **Activities** taking place, e.g., in the Main Lobby or Solarium, including programs and events sponsored by the Washington Square Citizens' League for Hopkinson House residents; **Newsletter** issues of the quarterly *on the House* publication; and **Community Links** to websites of organizations that publicize regional and area events, to local civic associations, and to cultural institutions.

The revamped website was built by Attraction Website Design with guidance from the Website Committee—Nelly Childress, Paul Coyne, Bob Devoe, Larry Meehan and Susan Tomita. We look forward to receiving your comments and suggestions, which may be emailed to [Susan.Tomita@gmail.com](mailto:Susan.Tomita@gmail.com) ■

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# The *Inquirer* Interviews Two Hopkinson House Residents

Nelly Childress

In case you have not already read the two *Philadelphia Inquirer* articles, the columnists described our two fellow residents for their manifestations of individualism, one in her reaction to deceit, the other in his interest in assembling a “wonderland of objects.”

## Concha Alborg

On February 25th of this year, Catherine Laughlin published an interview with Hopkinson House resident Concha Alborg, a full-time writer and retired professor at Saint Joseph’s University. The interview centered on her recently published memoir, “Divorce After Death.” The title of Laughlin’s column was: “Concha Alborg: Surviving deceit after death.”

Following the death of her charming and beloved

husband of 20+ years, nothing prepared her, Concha said, for the discovery of his type of deception. But, she continued “my story ended up being better than any of my fictions.”

According to Laughlin, Alborg’s next book will be a memoir in Spanish about her parents’ relationship during the Spanish Civil War. It will be their exchange of letters while her father was fighting in what is sometimes called “the dress rehearsal for WWII.”

## Byron Fink

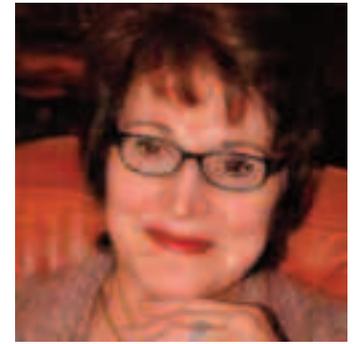
In the Real Estate Section of the March 1st issue of the *Inquirer*, Sally Freedman describes with awe what she refers to as the “collection of ‘wonderland objects.’”

These objects were lovingly acquired over the years by

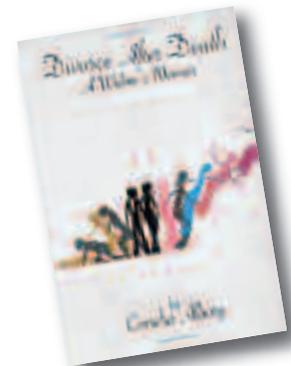
one of the first residents of Hopkinson House, Byron Fink, who moved into the building over fifty years ago.

A picture taken of his living room shows the beautiful and intriguing objects—fine glass, English biscuit tins (one from 1868), ceramics, paintings, posters, lamps and more—that fill every inch of space of the living room. Said Byron, “I want to live—truly live—among the things I love.” He continues, “I am not an investment collector, I am guided by passion. I usually decide quickly, and generally I have no regrets.”

Sally Freedman was so impressed that she even published pictures of the living room, kitchen and bathroom along with her interview. ■



Concha Alborg, author of *Divorce After Death*.



Byron Fink lives among a collection of ‘wonderland objects’ that he truly loves.

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# A Neighbor Passes

Bob Devoe

I cannot imagine life at Hopkinson House without Bo Ettlinger. Her death on January 19th tore away a vital nerve in the building's facade. She was the building's unofficial historian. Muriel (Bo) Ettlinger was a very young 90 when she died. She didn't look a day over 75.

She was my across-the-hall neighbor from the day I entered Hopkinson House in 1981. Every morning, as I opened my door to take in my newspaper, I would *sotto voce* voice a "good morning, Bo" greeting. I still do.

She was elected to the first Council in 1980, and served as secretary until 1985. Being a very opinionated and dynamic thinker, she had more than a few disputes with the president (Victor Lang), but all within the normal flow of debate and discussion which characterizes Council sessions. When Bo retired from the Council, Mr. Lang went out of his way at the Annual Meeting to publicly praise and thank her.

A soul dedicated to her work, she would always head for the Council's monthly meetings with a large plastic mug of coffee in hand. She knew the meetings would run long and late.

In the building's pre-condo days, she was the unofficial "den mother" to the many KYW staff members who made Hopkinson House their home. She served many years as the executive assistant to the general manager at KYW (the station then was located at 5th & Market Streets.) She always wore her KYW jacket with pride.

When newly-appointed Hopkinson House manager Charles Dickinson-Marks instituted a fire-marshall program in 1984, Bo was one of the first volunteers. She knew resident involvement was a key to successful management-resident relations.

At the Annual Meetings, Budget Meetings, and occasional Town Meetings, she was always ready with a question about financial statements and managerial policies. She cared, and she did not hesitate to make her concerns known. She was a totally independent thinker and situation analyst.

Like most of us, Bo enjoyed summers at our rooftop pool. Her style of swimming was unique. Wearing frog flippers on her feet, she would swim her daily laps effortlessly with a sidestroke style. Whether the water was calm or rough, she cut through it with a mermaid-like gracefulness. The pool was her summer oasis; how appropriate, therefore, that she celebrated her 90th birthday last summer at a rousing party there.

At her funeral service, her friend and neighbor Barbara Inkeles offered a light but touching eulogy. Barbara spoke about Bo's devotion to the Philadelphia Orchestra and the Philly Pops, her politics ("a Republican living in a neighborhood of Democrats"), her avid reading, and her parental concern for the multitudes of people in her life.

Her husband, Paul, had died before I knew her, and I seldom asked her about their life together. Nor did I seek to know about her personal



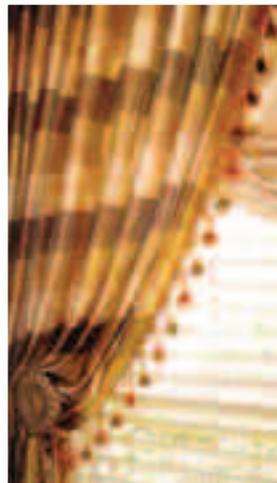
Picture by Joanne Calabria

Muriel (Bo) Ettlinger 1925-2015

life beyond the stories she shared with me. Just knowing her was a joy. And not once did I ever see her lose her cool or her temper; she met every crisis (including post-midnight fire alarms) calmly.

She was, and always will be, my friend and neighbor. She was one of our "essentials." ■

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# Read any Good Books Lately?

Bob Devoe

*Ah, but my Computations, People say,  
Reduced the Year to better reckoning? — Nay  
'Twas only striking from the Calendar  
Unborn To-morrow, and dead Yesterday.*

[RUBAIYAT, Omar Khayam]

Downsizing is the key word for the Hopkinson House Library in 2015. Adapting and applying the wisdom of Omar Khayam, we are reducing the inventory by purging the shelves. The next time you visit the library, take out a book. It might not otherwise be there in the future. As we purge, we are primarily conscious only of the need to diminish our numbers. Even a "classic" is neither sacred nor safe. The library is overstocked. Donations over the thirty years of its existence have been shelved with one guiding principle: to make the books available to residents. Regardless of category, the books should ideally be shared.

Of course, it does not truly work that way. Some books are runaway "best-sellers;" others are simply no-sale. The buyer bought the book, read it, and then decided to donate it. But few, if any, prospective follow-on readers are interested in that book. So it sits, and sits, and sits, "waiting for Godot." *Sic transit gloria mundi.*

Thus, the time has come to purge. Bit by bit, little bit by little bit, the shelves are being reduced. First to be reviewed and reduced were the fiction novels, both hardbacks and paperbound. Art books, music, religion, and other non-fiction categories (including poetry collections) have also been reduced.

Histories and biographies have been overhauled. The result of this purge has been (and will be) a lessened need for the unsightly double-shelving which impeded readers' access to these books.

Because mysteries and crime thrillers have been the library's prime product over the years, special attention and concern is being given to these books and their authors. The leading writers — David Baldacci, John Grisham, James Patterson, Catherine Coulter, Patricia Cornwell, Janet Evanovich, to name a few — will continue to be available. Lesser-known authors (no names mentioned) will diminish or disappear. We will retain a representative sample, but no author or book in this genre is sacred or exempt.

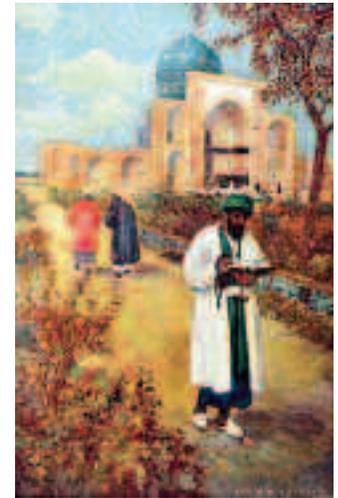
Donations from residents are always welcome, because they keep the inventory updated and current. However, we ask that magazines, cookbooks and "self-help" books not be donated. These, in addition to textbooks, are outdated the day they are published. This military-style downsizing operation is being assisted by two knowledgeable volunteers, Carol Rosenblat and Kuna Yankel. We also thank Walton Martin of our Housekeeping Department for continual assistance.

One factor which will have a large bearing on the library's future is a continuing

increase in wi-fi user traffic. The room (and indeed, the entire solarium) is serving as an unofficial wi-fi station/outlet for the building.

Plans for the library include indicators and case markers for the twelve bookcases in the room. Robotics are not envisioned, but we will continue to strive for easier access to the various sections and collections. The room will also continue to serve as a meeting room and a reading room.

It's your library, friends. Use it, use it often, use it well. ■



At the Tomb of Omar Khayam, by Jay Hambidge

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## Edwin Booth, Eli K. Price, and the Assassination of Abraham Lincoln

Lynn Miller

April 14th marks the 150th anniversary of the assassination of Abraham Lincoln by John Wilkes Booth. In 1865, John Wilkes was 26, the youngest son in a distinguished acting family, the only one of his siblings who had been an ardent supporter of the Confederacy during the Civil War, which was then drawing to a close. Robert E. Lee had surrendered his troops at Appomattox five days earlier. John's older brother, Edwin, was already regarded as the finest Shakespearean actor in America. For years, the two brothers had feuded over their differing loyalties to North and South. Following the assassination, Edwin disowned John Wilkes and refused to allow the name to be spoken in his household.

Edwin had bought Philadelphia's Walnut Street Theatre two years earlier, and on that fateful day in the spring of 1865 was living at 526 Walnut Street across from Independence Square. Three days after the assassination and before his brother had been caught and killed on a Virginia farm, he wrote an agonized letter to his friend and lawyer, Eli K. Price. Its language, elliptical and opaque, expresses the conflicted thoughts of a man in anguish: "As you have been my counsellor, personal and professional, my mind inclines to you in any case of doubt or difficulty," he begins. "You are aware that the South is my Mother endeared by the ties of birth and every coincident association which a common brute could scarcely disregard.

"The North is my wife commanding ties and associations even more endearing. If there be any one man more interested than another in preventing any hostile separation or animosities—or could be more favorable to a cordial reunion of the relations which should subsist between them I am that man—Every impulse of my heart rises up against any act of violence or defiance of the law.

"...My doubt is as to the good taste or propriety of any outward prominent manifestations in connection with this mournful emergency by one thus situated. My desire is to do right and 'fear not those who can only kill the body.'

"...My visitations and associations must to some extent be renewed—I desire to avoid the possible exhibition of insincerity any where or in any respect. The insincerity in these manifestations ought to consist in a concession apparently to a timidity I do not feel—I know you will appreciate the confidence and propriety of all these presentations for your counsel and your kindness.

"My arrangements for a mission of mercy South have been all delayed by these considerations.

Very truly,  
E.T. Booth"

Price clearly knew Booth well enough to understand his veiled references. His immediate response was clear and strong:

"I have your letter of this date, asking my advice.



Eli K. Price

I know well your feelings and motives, and that they are good. The door is now open, as I suppose, for you to go to Richmond. You cannot but do good; and can do no harm. You will see there your former acquaintances, and may be able to do much to conciliate, and restore our torn and bleeding country to peace and Union. There is more occasion than ever for all kindly offices. The South has lost its best friend, and the most willing and able to restore peace and union, in the mad and wicked assassination of Mr. Lincoln. Consider yourself in the hands of God to do all the good you can find to do; remembering to warn the South that this last awful event, more thoroughly than war, unites the north. If there be no submission now the retribution will be stern and terrible.

I am, your friend,  
Eli K. Price"

Edwin Booth's trip south may have brought him comfort as he spoke with friends and relatives there. He remained so distraught, however, that he retired from the stage for nearly a year. Eventually, he was again acclaimed in the theatre, and found that the public did not hold



Edwin Booth

him responsible for his brother's crime.

Eli Price, the man who offered Booth this compassionate advice, was a distinguished Philadelphian. Eleven years earlier, as a member of Pennsylvania's state Senate, Price had led the effort to bring about the 1854 Act of Consolidation, which made what had been the little city of Philadelphia coterminous with Philadelphia County, extending the city's boundaries from two to 129 square miles, where they remain today. With that act, Philadelphia's population had nearly quintupled to more than half a million citizens by the time of the Civil War.

In 1867, some two years after this response to Booth, Price was appointed to the newly created Fairmount Park Commission. There he would be largely responsible for adding nearly 3,000 acres to the tiny park that had been created more than half a century earlier at the Water Works. His second great legacy to Philadelphia is the Fairmount Park that we know today.

Note: The author came across this Booth-Price correspondence in the Price family papers, which are housed at the Historical Society of Pennsylvania. ■



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# Pennsylvania 2015 Primary Election

Nelly Childress

**E**lection Day is Tuesday, May 19th.

Your polling place is the Hopkinson House Solarium — an elevator ride up!

The Polls will open at 7 a.m. and close at 8 p.m.

If you are not registered to vote in the 5th ward, 3rd division, the Washington Square Citizens' League will have, for your convenience, a registration table in the lobby of Hopkinson House on Thursday, April 9th, from 4 a.m. to 7 p.m., and on Saturday, April 11th, from 10 a.m. to 1 p.m.

## Judicial Offices

### Supreme Court, Superior Court, Commonwealth Court

Pennsylvania's appellate court system has three tiers. At the top, three of seven Supreme Court seats are open. There is one seat open on the Superior Court and one on the Commonwealth Court. State judges serve 10-year terms.

Judges completing a term and seeking another are subject to a retention election in which voters

determine by a yes-no vote whether the judge will be seated again.

### Court of Common Pleas

The Courts of Common Pleas are the general trial courts in Pennsylvania.

Judges serve 10-year terms.

### Philadelphia Municipal Court

The Municipal Courts try civil and criminal cases in Philadelphia. About three percent are appealed to the Courts of Common Pleas. A Traffic Division within the Municipal Courts adjudicates moving violations.

## Executive and Legislative Offices

### Mayor

### City Council

All 17 seats — 10 by district and 7 at-large, representing the entire city — will be on the May 19th ballot.

### City Commissioner

Three commissioners comprise the County Board of Elections, a bipartisan agency charged with overseeing elections in Philadelphia. The three seats will be on the May 19th ballot.

### Register of Wills

The Register of Wills oversees inheritance and marriage-license issues.

### Sheriff

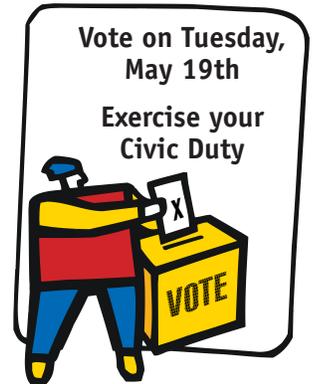
The Sheriff manages court-ordered property foreclosures in Philadelphia and provides security for city courtrooms.

There may also be questions on the ballot for voters to consider.

Washington Square Citizens' League plans to sponsor meeting(s) in the Solarium between now and May 19th to keep voters informed.

Remember, it is not only a privilege but also a civic duty to vote. When asked what it means to be a citizen in a democracy, someone responded: "Democracy means that the government derives all of its authority from the people, and all of the people have a voice in government policy — not just selected elite or self-appointed partisans — but all the people."

Looking forward to seeing all of you at the polls! ■



**Polls will be open from 7 a.m. to 8 p.m.**

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# Eat, Drink, and Be Merry and Well

David Roberts

On several occasions Jesus urged his disciples to “eat, drink, and be merry,” because life is a gift to be enjoyed. I hope our readers savor their meals in this spirit, especially if they are dieting. So many delicious foods are richly nutritious, and not fattening, that dieting can be a pleasure.

## Enjoying the low-carbohydrate diet

If you like eating animal products—meat, fowl, fish, eggs, and dairy products (other than milk itself, which contains the sugar lactose)—the low-carb diet should be easy for you to enjoy. These foods are all highly nutritious and not at all fattening; they contain no sugar or starch and, therefore, will not stimulate the production of insulin and the conversion of blood sugar to body fat.

You may add fruit, vegetables, salads, and bread, up to 60 grams of carbohydrates daily, with the help of a carb-counter book, or omit these foods altogether if that is your preference; the animal products provide almost everything you need. A possible exception is vitamin C but, if you eat absolutely no carbohydrate (how boring!), you don't need vitamin C.

Even if you eat only small amounts of sugar or starch you should include a low-carb source of vitamin C in your diet, e.g., tomatoes, strawberries, or a member of the cabbage family, or eat an orange and add the carbs (12-15 grams) to your daily total.

## Cooking *al dente*

If you cook pasta, rice, or vegetables until they are soft and mushy, they will be fattening, because, in the resulting predigested state, their starches will be liberated quickly when eaten, and digested rapidly to glucose. Most of their fiber will be reduced to a digestible form with similar unhelpful results, and a lot of their vitamin content will be destroyed.

To avoid this outcome, cook pasta, rice, and vegetables *al dente*; stop the cooking when they are still firm and chewy. In addition, buy rice that is brown (unpolished). Apart from the fact that brown rice has more flavor, its intact husk slows the digestion and release of the starch within. Moreover the husk contains nearly half of rice's meager protein, and virtually all of its vitamin B1. In parts of Asia, at different times, the replacement of white rice with brown has been successful in eliminating beriberi (vitamin B1 deficiency) and type 2 diabetes.

If you make soup from meat and vegetables you will have noticed that cooking the meat and vegetables together from the start results in mushy overcooked vegetables. This is because the meat requires a long cooking time. The answer is to cook the vegetables separately for a short time, and add them to the soup just before serving, or to add the vegetables to the soup half an hour before you take it off the heat. Either way the vegetables will be more enjoyable, more nutritious, and less fattening.

The starchy root vegetables—potatoes, parsnips, yams, and sweet potatoes—are different; they must be fully cooked to be edible.

## Alternative diets

The following diets all probably depend for their success on a reduction of carbohydrate intake.

**Nutrisystem:** This Pennsylvania company develops and evaluates its diets in collaboration with staff of Temple University's medical school. In its advertising, Nutrisystem claims that its dietary system is based on “the science of the glycemic index.” The glycemic index is a measure of the tendency of a food to raise blood sugar, something only carbohydrates do, so a diet based on the glycemic index is a low-carb diet. One of the diets is designed to reverse type II diabetes although the regular weight-loss diet also should provide that benefit.

The Nutrisystem diet works. For a modest fee the company ships all your meals and snacks to your home. They are fully cooked, and sealed for storage at room temperature; refrigeration is not required. I have heard that the food is unexciting but the diet is cheap and very effective, and you don't have to plan meals, shop for food, or cook. You not only take off weight but also save a lot of time.

**Smaller portions.** This diet is simple. You eat the same dishes but in portions that are one third smaller. A colleague used this diet to shed about 50 pounds over several

months. In his case it was easy. His mother prepared his meals under the direction of his father, a practicing physician. He simply ate what his mother set before him.

On this diet you eat one third less of everything including carbohydrates. I believe its success is due to the reduced carbohydrate consumption but, whatever the explanation, the diet works.

## *Eat only when hungry.*

On this diet you stop eating when you cease feeling hungry. This requires you to feel hungry at the start and to lose the feeling before you finish the dish. This works for some people, but can be tricky. You have to have the necessary feelings at the right times. Eating slowly may help.

## Years ago we told you so.

On February 10th the federal government's Dietary Guidelines Advisory Committee revealed that it was canceling its 40-year-old warning against the consumption of cholesterol, which they now concede is harmless. At the same time, a retrospective study of published research, by reviewers in USA and the UK, has found that there was never any valid evidence supporting the assertion that eating saturated fat is unhealthy. It is, in fact, a vital nutrient meeting a variety of needs. Both cases typify what happens when scientists whose ambition exceeds their competence consort with politicians who are eager for a new cause to espouse.

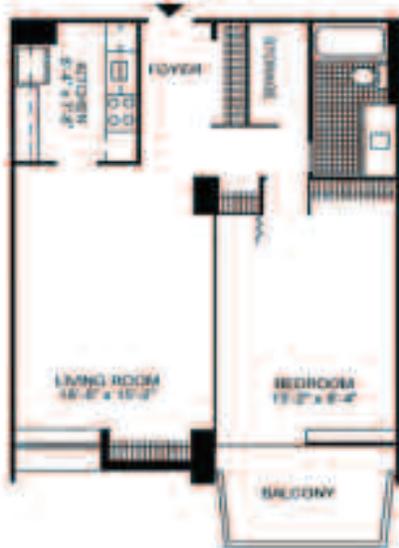
*continued on page 21*

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## Diet and Health

continued from page 19

As we have discussed before in this newsletter, the harmless nature of dietary cholesterol and saturated fat was established by rigorous experimental work, much of it published before the anti-fat crusade began. The distortion and damage to the food industries and to our culinary arts, caused by that crusade, are thus disgraceful and inexcusable. A lean, dry pork chop anyone? Or how about preparing the sauce from nonfat sour cream made creamy with such charming ingredients as modified food starch, propylene glycol monoester, and xanthan gum? For its creamy texture, by contrast, natural sour cream depends entirely on butter fat, the most wholesome and nourishing of all the edible fats and oils.

### Do you eat to live or live to eat?

If you have a puritanical attitude to eating, you may eat to live and not for pleasure. You may not be happy, but you should be healthy if you choose your foods wisely. I suspect, however, that most of our readers are happy hedonists; eating is a pleasure and we like to eat, drink, and be merry. In that case we can enjoy the foods of animal origin *ad lib*, add as much fruit, salads, vegetables, and bread as we can fit within that 60-gram daily carbohydrate limit, and stay trim and healthy.

The photo shows a simple dish I like to cook that illustrates my attitude to food and how I apply it. On the plate is a half-pound top loin ("NY strip") steak, brushed with olive oil and then cooked on a very hot

grill pan for about 3 minutes—1.5 minutes a side—which cooked it medium-rare. The vegetables—thin slices of potato, chopped onions, and whole cherry tomatoes—were fried together in olive oil, half a cup in a 10-inch fry pan. The potatoes and onions were cooked for 6 minutes—3 minutes a side—and the tomatoes for 3 minutes. The short cooking times, with high heat and no water, ensured maximum retention of nutrients, and wonderful flavors.

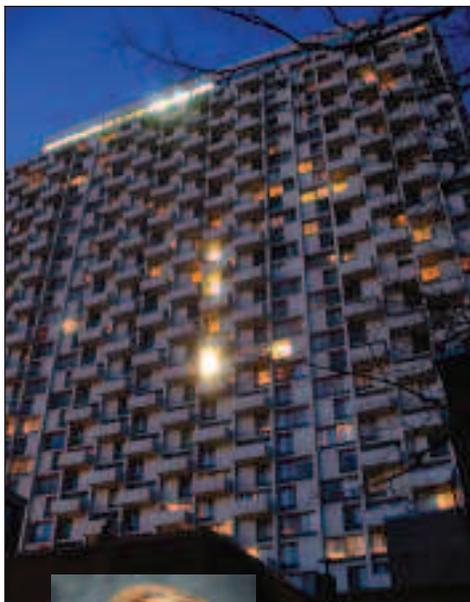
The tomatoes may be replaced by Brussels sprouts, carrots, green beans, or zucchini, each cooked for 6 minutes. In the dish shown in the photo the vegetables together contributed only about 20 grams of carbohydrate—one third of the daily allowance—and the steak none. The steak accounted for over 90% of the nutritional value of the

dish but the vegetables provided half the pleasure, and helped ensure a contented stomach. A glass of pinot noir, served at room temperature for a velvety mouth feel, added to the pleasure and the contentment. For complete contentment I finished with half an apple and two squares of very dark chocolate. Who said dieting is hard?

Buon appetito! ■



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## Surrounded by Stuff

Janet Burnham

We so enjoy living in our vibrant Center City community, with entertainment, culture, and good food just blocks away. We also treasure the award-winning design of our building and apartments. Yet many of us crowd our city-smart compact living spaces with so much stuff!

With this in mind, on February 25th, the Hopkinson House Owners Association hosted a Penn's Village panel discussion to consider why we do this, and what we might do about it, or at least get started.

Of course our things are important to us. Some possessions remind us of people and times that are and were important to us; others are beautiful and it makes us happy to look at them.

Sometimes we hang on to objects because they might one day be useful, but how many plastic containers, measuring cups or L.L. Bean sweaters will ever come in handy?

A tip for mining your wardrobe for possible give-aways: Hang all of your clothes with the hangers in the reverse direction. After you wear an item, return it to the closet with the hanger facing the correct direction. After six to eight months, perhaps the ones with hangers still in the reverse direction will be happy in a new home.

Similar principle with containers, utensils, boxes, etc.: The replacement cost of these items is low. If you make a mistake, and in the unlikely event that five years from

now you do need just that sized container, you can buy it.

Some of us have furniture, art or other significant objects that have, in addition to sentimental significance, monetary value. Does one of your children want it? Great. Put a sticker on the bottom of it that makes your wishes clear. If not, would a photo of it bring back the sweet memories that it evokes? If so, would you like to sell it? Asian pieces, fine art, and jewelry are hot, and Freeman's will assess for free. For less lofty possessions consider eBay, Craigslist or Amazon.

We have so many gifts from caring family and friends. If it doesn't move you, someone else may love it. Re-gifting is fine, as long as you truly believe the recipient will

be happy to have it. If not, donate or sell. It is lonely in your closet.

Hopkinson House resident questions were an important part of the evening. So many of us miss the Salvation Army Store. Thrift for Aids at 710 S. 5th Street is an alternative, as is Project Home's HOME Spun Resale Boutique at 1523 Fairmount Avenue. Motivated by your questions, Penn's Village will compile a list of options for members, including dispatching a friendly volunteer to help with removing and transporting donations.

Short sales pitch: Find out more about Penn's Village volunteer and membership options: pennsvillage.org, info@pennsvillage.org or 215-925-7333. ■

## Simple Lunch or Appetizer You Can Make in 5 Minutes



Louis DelSoldo

Here is an easy, delicious first course or luncheon dish that you can assemble in a few minutes. ■

### Bresaola con la Rucola (Bresaola with Arugula)

¼ lb. thinly sliced bresaola  
½ lb. baby arugula  
¼ lb. chunk of parmigiano reggiano  
a good olive oil

Serves two.

Arrange the bresaola so that it covers a small plate. Put a handful of arugula over the bresaola and shave three or four slices of parmigiano over the arugula. Drizzle with olive oil. Serve with good bread, and as this is an appetizer, I serve butter.



Picture by David Roberts

#### A note about the ingredients

Bresaola is an aged, salted, air-dried beef from the northern regions of Lombardy near the Alps. It is dark reddish in color and sliced very thin. DiBruno's carries the Italian version, which is delicious. But Valley Shepherd Creamery at the Reading Terminal Market

carries a domestic bresaola from New York State, which is also good. You will need slightly less than a quarter pound for two servings and it will cost a little under \$10. A note of caution, bresaola must be sliced the day you are serving it as it hardens when it sits.

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