What's Inside

Nelly Childress

Daul Coyne gives us a final account of the lobby renovations and informs residents of the forthcoming renovations of the lower lobby. He comments on the HVAC project, stating that "the HVAC system replacement represents the most complicated, expensive stretch that will last over several years, but it is not the only project in line." And he enumerates the projects anticipated for the next 10 years.

Terry Kowalski reports on the Election Committee's review and recommendations for the procedures to be followed in the election of Hopkinson House Owners' Association council members. Important: owners' participation!

Allan Domb offers a simplified account of the new tax reform as it affects real estate transactions.

Read about one of your neighbors, Dennis McGlade that **Concha Alborg** titled "the Landscape of a Mind."

"We don't often connect events at Independence Hall with World War I" says Lynn Miller. Read about the current exhibition in the Liberty Bell Pavilion, "a reminder of how our icons of independence were mobilized in the war effort."

Becky Krasley guides you in watching TV through the streaming services on the internet — a must for those addicted to TV!

Communications of a different kind are in **David Roberts'** article. He suggests that "to communicate effectively we should stop at times to examine and think about the words we use."

"Asparagus was enjoyed by ancient Egyptians, Greeks, and Italians. It often plays a prominent role at spring feasts," says Jane Hickman. She offers a recipe for an asparagus frittata, followed by a fennel and orange salad and Becky Krasley's Mimosa Mocktail, for a tasty and easy spring brunch.

HOUSE HOUSE

The Newsletter of Hopkinson House • Spring 2018



Message from Council

Paul Coyne



The final renovation of the lobby involved the new plants. They will be watered, changed about every four months, and failing plants will be replaced by the provider.

The lower lobby renovations will start with new automatic doors. The committee met with the glass security doors' manufacturer representatives on February 14.

The scope of the lower lobby's changes is in the cart storage area, to provide seating space, asbestos removal, new floor covering and improved lighting. People may have noticed several light fixtures being tested.

The new equipment for the laundry room was scheduled to be installed on Thursday, March 1st. The laundry room was closed for the day while the new equipment was installed. Notices were posted around the building the week before.

continued on Page 2

Occasional Photos by David Roberts





Washington Square, Spring 2017

Nelly Childress, editor Concha Alborg Mindy Bartscherer Janet Burnham

Jane Hickman Terry Kowalski

Becky Krasley Lynn Miller **David Roberts**

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Message from Council

continued from Page 1

With the help of the electrical engineering firm Holstein and White, the design and building of some of the basic electrical infrastructure includes the design and the preparation of the Computer Assisted Design (CAD), documents and preliminary HVAC load documents. This leaves us with a wire with no plug and no receptacle and still stuck at the starting line.

It looks like the work of Holstein and White is the thin base of the ongoing HVAC project.

The next step in this project is to decide what form of HVAC will best fit our needs. The Engineering Committee will review the options available and best suited to our unique situation. With the committee's recommendations and 10 years of reviewed recommendations, we will have

acted with due diligence. That choice will then open the next steps towards RFPPs, to bids, etc., followed by Council's decision/ approval; the clock will be ticking towards a 2023 final installation. The HVAC system replacement will represent the most complicated, expensive stretch over several years, but not the only project in line for this decade.

This will begin a decade of projects on our calendar. Note that 2018 alone will address the following:

Since there is no commitment yet to any particular HVAC solution we will also see this year a new roof (actually 6 separate ones.) The engineering committee

has generated a list of firms that have done HVAC projects in buildings of Hopkinson House's magnitude and age. Hopefully we will see a "Request for Proposal" before the year-end. The scope of this project is, as expected, complicated.

At least we get to grow our Capital Reserve Fund!

2018 Projects

•	Machinery	\$180,000

2. Fire safety and security

\$10,000 \$145,000

3. Building and grounds

\$0

5. Chillers — partial overhaul:

4. HVAC System/Air Conditioning

This will need to be done if a decision to replace the HVAC system isn't reached.

Oops! While our report to the right that Ross Shelter was serving as Interim Manager of Hopkinson House was accurate, our forecast that he would continue in that position

Residents Corner

job came towards the end of February. -Editor, on the House

seems to have been in error. Ross assumed the position in

December, but we've since learned that his last day on the

Residents wishing to make comments/ observations on the current will be published in the issue may send them to: "The Editor," nsmedchildze @comcast.net.

Those who do not have a computer can place their comment in an envelope addressed to "Editor, on the House" and give the envelope to the employee at the Resident Services Desk. Your comments next issue of the newsletter. Anonymous comments will not accepted.

The editor reserves the right to reject opinions/ comments, etc., if they are deemed inappropriate or can involve the association in legal troubles.

New Staff, New Positions

on the House, the Hopkinson House newsletter, welcomes Ross Shelter who has been appointed to the position of Interim Manager of Hopkinson House. Marcus Mayo, CAMCO's Chairman of the Board made this announcement in a December 2017 letter addressed to Hopkinson House Residents. As you already know, Ross had been working in a part-time capacity at Hopkinson House since June of that year. We are looking forward to his contribution to our "Message from Management" column.



Ross Shelter, Interim Manager



Loic Nicou, Front Desk/Door

Decisions, Decisions...

Voting for HHOA Council Seats to Use New Procedures

Terry Kowalski

By this time, you've probably received your first notice of the annual meeting of the Hopkinson House Owners Association (HHOA) to take place on April 19th, 2018. The main business of this meeting is the election of this year's four open Council seats.

In 2017, Council approved the formation of an Election Committee to review election procedures used at Hopkinson House and to make recommendations for future elections. The Election Committee used the following sources to guide it in its work:

- Current and past election procedures used by the HHOA;
- Owners' Association code of regulations;
- Association bylaws from other similar associations in Philadelphia;
- Pennsylvania, California and Florida state Homeowners' Association regulations;
- Professional association best practice recommendations.

In the HHOA, voting for Council Members is the best opportunity owners have to influence how the building is managed, how the money is spent, and how projects are prioritized. Owners want to feel confident — in the election results, and that elections were conducted ethically and with integrity. The elements of a good election process include the following:

Voter intent

Owner's votes are cast as the owner intended, and votes are counted as they were cast.

Ballot secrecy

Voter anonymity means that any ballot cannot be directly traced back to or linked to the voter.

Transparency

All election business should be transparent, whether it is ballot design or voting systems. Once polls close, counting is conducted openly, able to be observed by others.

Integrity

Integrity is preserved when the Election Committee and Council limit opportunity for administrators to act with unchecked discretion, especially about when, where and how voting is conducted. Members of the Election Committee and Council should never use their positions to express partisan support or opposition.

The current HHOA voting process was evaluated according to the principles listed above, in addition to a few others. Recommendations were developed based on them specifically to increase voter confidence in council elections.



It probably sounds more daunting to read about this than it actually will be in practice. Owners will continue to get routine mailings about candidates and the elections between now and April, when the annual meeting is scheduled. There also will be periodic, informal "help" sessions set up in the main lobby or the upstairs solarium at different times, staffed by the Election Committee, to help answer any questions you may have about completing your ballots, how to turn them in, and the new procedures in general.

Recommendations to Council:

- *Clarify the correct legal meaning and use of "proxy" voting.

 Redesign the ballot to be a simple ballot, but continue to offer proxy voting correctly. Redesign the voting system to accommodate this correction.
- *Initiate a 2-envelope system. An inner envelope marked "ballot" will contain the voters completed ballot. This will be placed inside another envelope with the owner's name and unit number on the outside and the owner's signature across the back seal. That outer envelope will be placed into the ballot box.
- Have the election committee run the elections with safeguards in place to ensure integrity.
- At the end of the annual meeting, announce election winners only. All results will be available in the management offices.
- Develop a documented process for challenging/ disputing results of the election.

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Note that reserving space in multiple issues will give you a discount. For more information, or if you have questions, please contact Terry Kowalski directly at 484-557-0945. Published the first week of the month in March, June, September, and December.



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Tax Reform and Real Estate

Allan Domb

People have been asking how the new real estate tax law passed in December 2017 will affect us as real estate owners and investors. Therefore, I wanted to simplify the details of the tax reform in an effort to help you better understand how you may or may not be impacted.

Exclusion of Gain upon Sale of Primary Residence

The most important fact about this is that no changes were made to the current law. Under the current law, homeowners who have used their property as a primary residence for any two of the past five years are able to exclude gains of up to \$250,000 (\$500,000 for married couples filing jointly) upon the sale of the home.

Mortgage Interest Deduction

Prior to December 15th, 2017, the mortgage interest deduction for a primary or secondary residence was \$1,000,000. Now, under the new law, the mortgage interest deduction is limited to interest on debt up to \$750,000. You will also no longer be able to deduct interest on home equity loans unless the proceeds

are used to substantially improve the residence.

State and Local Tax Deduction

No more than \$10,000 of state and local taxes, including property taxes, can be deducted annually.

Estate Taxes

The amount of transferred property that is not subject to estate tax has been increased from \$5.6 million to approximately \$11.2 million per person.

1031 Exchanges

The law maintains the ability to do a 1031 exchange, which defers paying tax when simultaneously selling and buying real estate. The change that did occur is that you will no longer be able to exchange personal property as part of a 1031 exchange.

Capital Gains Rates

While the law changes rates for ordinary income, it does not change the rate for long-term capital gains.

Business Interest Deduction

Businesses will continue to have the ability to deduct interest on debt incurred from the acquisition of commercial real estate, with some limitations. These limitations include not being able to deduct net interest that exceeds 30% of earnings before interest, tax, depreciation and amortization. Additionally, real estate owners can opt out of this limitation but will then be required to depreciate property based on a 40-year schedule for nonresidential property and 20-years for qualified interior improvements.

Pass-Through Entity Income

The law creates a new deduction to give small businesses a tax break in response to the decrease in corporate tax rate. Partnerships, S-corporations, sole proprietorships and limited liability companies can take advantage of the deduction which is 20% of qualifying income, with limits.

Carried Interest

Starting in 2018, there will be a three-year holding period required in order to get the long-term capital gains rate for carried interest, which is the profits interest that a general partner gets (and is taxed at a capital gains rate as opposed to the higher ordinary income rate.)

The impact of this tax reform will be different for everyone. As such, while I am happy to try and guide you on this topic, further questions are best directed to your tax advisor.

With that said, please know that I am always available to discuss your real estate needs as it relates to selling, investing and rentals. Since 1980, I have been involved in more condominium transactions than any other agent in Philadelphia. Today, I continue to focus my practice on helping buyers and sellers achieve their real estate goals, and I would be happy to meet with you to discuss yours.



Allan Domb is the owner of Allan Domb Real Estate, which specializes in the sale and rental of condominiums in Center City Philadelphia.



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Dennis McGlade: The Landscape of a Mind

Concha Alborg

he first thing that caught my eye upon entering Dennis McGlade's beautiful apartment was the vibrant flowers in full bloom by his patio doors, particularly the triple blossom scarlet amaryllis. Never mind that he has a northern exposure and it was the middle of February. This should not have been surprising considering that Dennis is a world-renowned landscape architect, and he embodies his profession in heart and mind.

Dennis is originally from Chicago and has lived in Philadelphia since he attended the University of Pennsylvania, where he received a master's degree in Landscape Architecture. During over thirty years with the design firm OLIN, conveniently located in the nearby Ledger Building, he has participated in more than twenty projects, including the J. Paul Getty Center and Sculpture Garden in Los Angeles, California, and the revitalization of the Metropolitan Museum of Art's Fifth Avenue Plaza in New York City. Dennis has lived in Hopkinson House since last summer, where he already had friends, and he has promptly become a member of the Landscape Committee. As such he has researched the history of our building and looks forward to improving the use of the south courtyard, for example. He moved here from Bella Vista, where he lived next to

Cianfrani Park. Here he loves his treetop view of Washington Square and the nearby Magnolia Garden.

In fact, Dennis is a lover of many of the parks in Philadelphia. He sang the praises of Bartram's Garden, among others, for its historical significance. It is one of the first botanical gardens in North America. The Bartrams were friends of Benjamin Franklin and sent native plants to England. Dennis recommends visiting this garden, arriving at its dock by taking a boat ride on the Schuylkill River.

Although Dennis is a modest and private person, he has received an impressive list of awards and honors, including the American Society of Landscape Architects Landmark Award for the J. Paul Getty Center in 2017, and the Smithsonian's Cooper-Hewitt National Design Award for Landscape Design in 2008.

Dennis considers himself an introvert, even though, according to him, "projects are about people." He needs to interact with the people involved in each project. Thus, two of his favorite projects are the Swarthmore College Alice Paul Hall and the David Kemp Hall, because he had a chance to interact with the students who were an intrinsic part of the projects. Dennis uses musical terms to describe his work: he sees himself choreographing spaces for people to walk



Dennis McGlade

through as if in a dance with meter and repetition.

Dennis still enjoys working part time at OLIN. He would miss his partners too much if he were to retire completely, but he doesn't miss the extensive travel he used to have to do for his work. He still serves on juries and panels as he will do in the forthcoming Philadelphia Flower Show, March 3rd-11th, which focuses on water as an element of landscape design and promises to be spectacular.

Welcome, Martha!



Martha Cornog with a Welcome Basket from the Society Hill Civic Association.

Pictures by Concha Alborg

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The Great War, Woodrow Wilson, and Independence Hall

Lynn Miller

le don't often connect events at Independence Hall with World War I. The Great War — as it was known until a second global conflict broke out a generation later — devastated Europe exactly one century ago and brought the United States into its greatest international conflict until that time. But the current exhibition in the Liberty Bell Pavilion at Sixth and Chestnut Streets is a fascinating reminder of how our icons of independence were mobilized in the war effort.



World War I-era poster using Independence Hall and the Liberty Bell.

While war raged in Europe, President Woodrow Wilson campaigned for reelection in 1916 on the slogan "he kept us out of war." Yet, only weeks after beginning his second term, he appealed to Congress on April 4th, 1917, to declare war on Germany. To announce that event in Philadelphia, the centennial bell in the tower of Independence Hall was rung for thirty minutes, summoning citizens to gather there

and sign cards pledging their loyalty to the United States. From that point on, Independence Hall became a recruitment and induction center for men to enter the armed forces.

In 1915, two years before the U.S. became a belligerent, Independence Hall had already given birth to a proposal for a radical plan for the post-war world. A conference held there advocated a League to Enforce Peace. Former President William Howard Taft, whom Wilson had defeated for re-election in 1912, headed that effort. Once Wilson shifted from a policy of neutrality to lead the nation into battle, he sought to make it "a war to end all wars." The American effort was quickly ramped up to the point that, once large numbers of recruits were sent into battle in France, it tipped the balance in favor of a victory by the Allied forces. Then, on January 8th, 1918, Wilson's address to Congress included his famous "Fourteen Points" of war aims, the last of which was the pledge to create a League of Nations, for which the groundwork had already been laid in the Independence Hall conference of 1915.



President Woodrow Wilson at Independence Hall on July 4, 1919.

While the war ground to its conclusion in 1918, Germany's ally, the Austro-Hungarian Empire, arrived at the point of collapse. In keeping with Wilson's call in his Fourteen Points for national self-determination, the representatives of twelve nations about to be carved out of the old middle-European empire convened at Independence Hall. There, on October 26th, 1918, they signed a Declaration of Common Aims to proclaim their commitment to create their new nations. The delegates' reverence for the ideals of liberty enshrined in the Declaration of Independence was symbolized when they dipped their pens in the same Phillip Syng inkstand used by those meeting here in the 18th century to create America's founding documents. The first signer was Thomas Masaryk, who would soon become the first president of the new nation of Czechoslovakia. A replica of the Liberty Bell was cast and shipped to Prague, where it remains to this day in the capital of what is now the Czech Republic. Memorials to these events, as well as the original of the Declaration of Common Aims, are part of the exhibit now on display at the Liberty Bell Pavilion, along with wartime recruitment posters and other memorabilia.

Interested Friends of Independence National Historical Park were treated to a program launching the new exhibit in mid-February. The event

— held in the charming VIP Room on the second floor of the pavilion between Independence Hall and Congress Hall to the west — featured a mock radio broadcast interview of President Wilson. Using authentic texts from the president's speeches and public statements, the audience was reminded of the fears throughout the nation in the war's early stages that dangerous foreign elements were attempting to turn public opinion toward one side or the other in the European conflict. "Hyphenated Americans" was the vogue term for the foreign-born who might be disloyal to the United States. As Wilson himself put it, "any man who carries a hyphen around with him carries a dagger to use against the nation."

The script's writer showed fascinating parallels between the mood of public fear that played out during the World War I period and that during the administration of John Adams in the last years of the 1790s, when these same historic buildings served as the nation's capital. At the end of the 18th century, the attacks on American neutrality during the wars of the French Revolution prompted Adams to support the Alien and Sedition Acts, which made extreme criticism of government officials into seditious, and therefore criminal, behavior. During his first term, Wilson vetoed an immigration act in 1915 that contained a continued on page 11





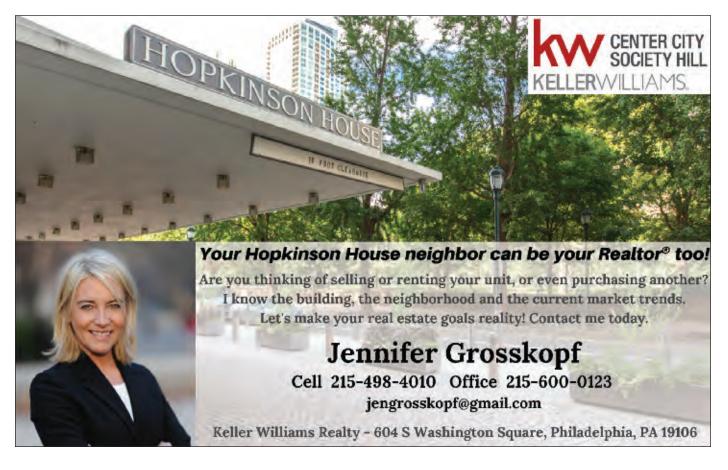
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The Great War, Woodrow Wilson, and Independence Hall

continued from Page 9

literacy test for any who sought American citizenship — a veto that was promptly overridden by Congress. Yet, four days after the U.S. declaration of war, an explosion at the Eddystone Arsenal outside Philadelphia prompted passage of the Espionage Act. In the next year, the Sedition Act strengthened that legislation, making it a federal offense to use "disloyal, profane, scurrilous, or abusive language" about the Constitution, the government, the American uniform, or the flag.

President Wilson regarded the law as a necessary "compromise" with more extreme demands.

Fear of enemy aliens in our midst remained pervasive until the Allied victory was assured. As the park ranger reminded his audience, our National Park Service does not get involved in current political issues. Therefore, parallels to our own era were left to hang in the air.

For more information on the Friends of National Independence Historical Park, visit Friendsofindependence.org



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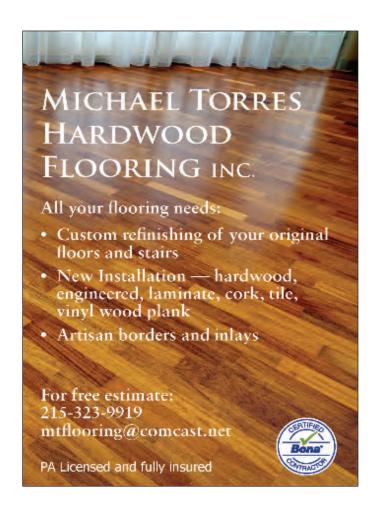
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Keep Calm and Stream On

A guide to watching TV with internet streaming services

Becky Krasley

If you have not heard Ithe phrases "Netflix and Chill,""I Chrome-casted it," or have not heard someone ask a friend "Can I borrow your Hulu log-in?" chances are you have not realized that the media habits of Americans have been drastically changing. In fact, "about six-in-ten of those ages 18 to 29 (61%) say the primary way they watch television now is with streaming services on the internet, compared with 31% who say they mostly watch via a cable or satellite subscription and 5% who watch with a digital antenna, according to a Pew Research Center survey conducted in August."¹

Streaming services on the internet can best be defined as using an online service to deliver a continuous flow of audio/video data. Simply put, streaming is the new broadcasting and 'data' is just a technical term for your favorite TV show or movie. Streaming offers an alternative way of watching content through your cable provider as well as a way to watch more content. Through different streaming services, you are able to access current cable TV listings in addition to new original content.

There are several benefits to streaming which include

watching wherever and whenever you want. Watching on-the-go away from home is possible using Wi-Fi or cell phone data, and streaming also allows you to watch TV shows or movies in real time, whenever you want. Unlike cable television, you do not have to tune in at a specific time to watch a scheduled media program; you can select to watch on your own time for however long you want — stop, pause, re-watch, keep watching a full TV series, the control is in your hands!

In order to start streaming, you need a few key things: internet connection, a device to watch on (i.e. TV, laptop, tablet or even smartphone), a streaming device and subscription to a streaming service. You can stream TV shows and movies on a laptop, tablet or smartphone, but one of the most popular ways to stream is through a device called an HDMI stick, which is a USB-type plugin that allows you to stream Wi-Fi on your television screen. All you have to do is connect the stick to the HDMI plug of your TV, follow a few easy instructions and you will be able to utilize your home Wi-Fi to stream whatever you want. Popular streaming sticks worth checking out

include Amazon Fire Stick. Google Chromecast, and Roku. Moreover, by 'popular,' I mean they are relatively cheap and incredibly easy to set up and use. To get started, download Netflix, Hulu or HBO apps to access their streaming services or visit their websites to stream on your home computer. Now you have all the tools to watch some of the most widely viewed and discussed shows of today, not available on cable TV. See the below suggested list, and happy streaming!

 Netflix: Stranger Things (science fiction-horror web television series)

- +Hulu: The Handmaid's Tale (Golden Globes 2018, Best TV Drama Series)
- +HBO: Big Little Lies (Golden Globes 2018, Best TV Limited Series)

Bonus Streaming Tips:

Streaming subscriptions often cost less than \$10 you can share your login with multiple users or family members. If you pay for HBO in your current cable package, the HBO app is free. If you are already streaming these apps on your laptop or tablet, a streaming stick will allow you to mirror the service on your TV.

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¹Pew Research Center, About 6 in 10 young adults in US primarily use online streaming to watch TV, September 13, 2017.



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Troublesome Words and Phrases

David Roberts

We like to use long words and phrases when a single word would suffice. We also tend to use impressive words and phrases that don't mean what we think they mean.

The rule of law

This is a political rather than a legal term, and it is one of the most misused phrases in English. The rule of law is perhaps best understood by contrasting it with its opposite, the rule of man. In countries where the rule of man is in force. a person with authority can have you imprisoned or put to death with no trial, or a show trial, because he dislikes you or what you say, or because he sees you as a threat. These are countries that have political prisoners, usually thousands of them North Korea, Venezuela. Cuba, etc.

The rule of law prevails in free democracies, where one can be imprisoned only by a court of law after a dueprocess hearing. In USA, for example, neither the president nor anybody else can order you imprisoned. You may be sent to prison only by a judge acting on the advice of a jury of your peers although, if the judge

and prosecutor agree, you have the right to forego the jury and let the judge decide. In countries that have the rule of law, nobody is above the law and there are no political prisoners.

People who should know better talk about enforcing the rule of law when they should simply say enforcing the law. People also talk about having or establishing *a* rule of law, a term that is impressive but meaningless. What they should say is, having or establishing a system or body of laws. If they really mean establishing the rule of law —liberty and democracy with the law in command — they should say so. In USA the rule of law is provided by and protected by the Constitution.

Damages or Damage?

In the wake of a hurricane we are told that there are eight billion dollars of damages. No, there are eight billion dollars worth of damage. Damage means destruction or impairment. Damages are something quite different, a payment ordered by a court after the hearing of a civil case. Damages are awarded to a plaintiff in compensation for harm inflicted on him by the defendant. The defendant pays the damages.

Begs the Question

People often say, "begs the question" when they mean something quite different —"raises the question." The presence of clouds raises the question, "will it rain?" So, what does it mean to beg the question? If one makes a statement based on a questionable premise, hoping that the premise is true, one begs the question. Politicians do it often. Raises the question is a useful phrase. Begs the question is tricky and is better avoided; even if you use the phrase correctly you will probably be misunderstood. It is a concept of formal logic best left to the philosophers.

Chairs and Chairpersons

Have you ever attended a meeting conducted by a chair? When Sheila Bair was the chairman of the Federal Deposit Insurance Corporation (FDIC) she always corrected anybody who described her as the chair or the chairperson. The job had the title, chairman, and she insisted that that was what she was. There are numerous organizations, such as city councils, that are listed as having a woman chairman. Chairwoman is unsuitable because it could be misread as charwoman, leading to unfortunate misunderstandings.

To describe a person who presides over a meeting or an organization as a chair is silly — that's what he or she sits on — and chairperson is an ugly word. Personally I think the term chairman should be discarded and replaced with a gender-neutral term. Neutral words for managerial positions are abundant president, vice president, director, managing director, general manager, head, plant manager, overseer, supervisor, lead or leader,

etc. A person who presides is literally a president. So why not call the head of any organization the president? In a company the board of directors would be presided over by the president. If it's a large company the chief operating officer could be called the executive vice president, the vice president, the managing director if he is a board member, or the general manager if he is not. In any case, the language is always changing and time will no doubt settle the issue. Our owners' association has a president, who is also the chief executive officer, but the Council's committees have chairmen. A committee could instead be presided over by a head, a leader, a convener, etc.

I Could Care Less

Americans often say, "I could care less." English speakers in British countries, and Americans who choose their words thoughtfully, say "I couldn't care less," which is logical. If one could care less it means that one cares considerably and therefore would be able to care less — the opposite of what was intended. If one could not care less it means that one doesn't care at all or cares so little that it would be impossible to care less. "I don't care," by comparison, is shorter, simpler, and unambiguous. Its meaning is obvious and it will not be misunderstood.

To communicate effectively we should stop at times to examine and think about the words we use.

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Tasty and Easy Spring Brunch

Jane Hickman

A sparagus was enjoyed by the ancient Egyptians, Greeks, and Italians. It often plays a prominent role at spring feasts celebrating Passover or Easter. The frittata — Italy's version of a crustless quiche — is perfect for brunch. Add a simple fennel and orange salad, and some crusty bread.

Hoppy Hour@Hopkinson House —Brunch Edition

Becky Krasley

Mimosa Mocktail

Class up your weekend brunch with a non-alchoholic mimosa.

Asparagus Frittata

Serves 6, adapted from the Penn Museum's cookbook Culinary Expeditions.

Ingredients:

- 1/2 pound fresh asparagus
- 3 tablespoons butter, melted
- ¼ teaspoon salt
- 1/4 teaspoon pepper
- 1 pinch nutmeg
- 1 pinch cinnamon
- ½ cup grated asiago cheese
- 3/4 cup shredded prosciutto ham (leave this out for a vegetarian frittata)
- 6 eggs beaten well with 3 tablespoons heavy cream
- 3 tablespoons grated parmesan cheese

Directions:

- 1 Preheat oven to 350°.
- 2 Cut asparagus into 7" spears, discarding woody ends. Blanch 4 minutes in boiling water and plunge into ice water bath to stop cooking.
- 3 Pour melted butter into 8x8" baking dish and spread to cover bottom and sides.
- 4 Arrange drained asparagus spears in neat alternating layers. Sprinkle with salt, pepper, nutmeg, cinnamon, asiago, and prosciutto.
- 5 Pour egg mixture over asparagus. Sprinkle with parmesan cheese.
- **6** Bake 30 minutes until eggs are set and top is golden.

Ingredients:

Any orange juice & grapefruit juice (8oz fresh squeeze if you're fancy)

1 8oz can LaCroix sparkling water, orange flavor Fine sugar (Optional)



Mimosa Mocktail

Directions:

- 1 Rim champagne flute with orange slice.
- 2 Dip champagne flute into fine sugar (optional).
- 3 Pour about 40z sparkling water half way up the champagne flute.
- 4 Fill rest of the glass with juice of choice (a combo of both is recommended).
- 5 Top with orange peel slice for decoration sip, enjoy, and repeat!

Fennel and Orange Salad

Serves 6, adapted from the Penn Museum's cookbook Culinary Expeditions.

Ingredients:

- 3 medium fennel, trimmed and cored
- 1 lemon, juiced
- 1/2 cup olive oil
- 3 oranges, zested and segmented
- 3 ounces pecorino cheese, shaved with a vegetable peeler
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions:

- 1 Using a mandoline, slice fennel very thin. Place in large bowl with lemon juice and oil. Cover and rest at room temperature for 30 minutes.
- 2 Add orange segments, cheese, salt, and pepper. Toss lightly and serve with a sprinkle of orange zest.



Asparagus frittata, Italian version of a crustless quiche.

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