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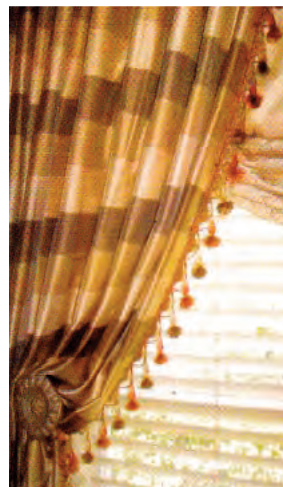
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Three Trips To India

Joseph Quinn

India!

What is it about this vast subcontinent that has sparked the imagination of travelers and drawn them over the centuries to explore (and often exploit) its infinite riches?

Based on my three trips to India, I would begin with something almost impossible to describe in words: sensory overload, whereby the senses are stimulated by a dizzying kaleidoscope of colors, sounds and smells, not all of which may be pleasant to the delicate sensibilities of Westerners. Yes, it can be disorienting, but also intoxicating.

There you are, in the midst of noisy, chaotic traffic, dodging livestock and their casual droppings, your head whipsawing around to take in the blur of activity on the streets, your eyes gorging on the technicolor heaps of vegetables and spices, your nostrils inhaling a tempting aroma of street food—and you realize you are experiencing life at its highest pitch.

India not only nourishes the senses, but also the physical body, mind and soul. On my three trips to India I have experienced and gained some understanding of India's rich artistic, architectural and spiritual traditions.

In 2012 I saw the classic sites of the so-called Golden Triangle — Delhi, Agra, and Jaipur; visited ashrams in Rishikesh; witnessed the mesmerizing aarti ceremony on the banks of the Ganges in Varanasi.



In 2014 I went back to explore the foothills of the mist-shrouded Himalayas on a trip that included Dharamshala ("little Tibet," home of the Dalai Lama in exile), and remote village temples where Buddhist traditions still prevail. A highlight was a visit to the vast Golden Temple complex in Amritsar. Nearby, on the Wagah border between India and Pakistan, I marveled at the elaborate and raucous gate-closing ceremony that occurs every evening. In the conflict-prone area of Jammu and Kashmir, I relaxed on a peaceful houseboat on Lake

Dal, and explored the verdant landscape, including the stunning Nishat and Shalimar Gardens.

This past October I visited Goa, Mumbai and the southwestern state of Karnataka, including Bangalore and Mysore, with a side-trip to the Nagarhole nature preserve on the banks of the serene Kabini River. Along the way there were stops at some spectacular Hindu temples, monuments and historic ruins in Hampi, Hassan and Badami.

I think this trip included the most diverse sights and

activities of all. Mysore, in the midst of its annual Dasara festival, dazzled with millions of lights, a visit to the grand palace and elephants on parade.

Goa offered the respite of idyllic beaches along the Arabian Sea, and a change of pace with Portuguese-influenced colonial architecture, and Catholic churches similar to those found in Western Europe.

During a whirlwind tour of Mumbai we hustled from the Sassoon docks as the morning seafood catch arrived, to Victoria Station, elaborate relic of the Raj era, then on to a local commuter train. Our destination was Dharavi, for an enlightening walking tour of this poor but industrious neighborhood featured in the film *Slumdog Millionaire*.

Unexpected adventure is always around the corner in India. When our tour bus broke down, it could have been a disaster. No problem. The guide hailed a passing soda delivery truck and our gang of ten piled into the back of the pickup for the ride to the next destination.

Simple, unexpected pleasures can be found everywhere. Our local guide took us to the elementary school he attended. We sat in a classroom where the pupils proudly showed us their notebooks and enthusiastically responded to their teacher's math questions.

Did I mention the luxurious Ayurvedic spas?

continued on page 17



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Three Trips to India

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Two things impressed me the most on my trips to India. One is the strength of the spiritual traditions — Hindu, Muslim and Christian — that thoroughly pervade Indian society. You see it everywhere, from vast ancient temple complexes still standing after hundreds of years, to small, elaborately decorated temples dedicated to a patron god or goddess and visited every day by local residents.

The other is the friendliness and genuine hospitality of people everywhere, especially in the smaller towns and villages. A wave and cheerful “Hi!” is the typical greeting from children everywhere. Happily, we spent a good portion of our time not

just taking photos (let’s face it, it’s almost impossible to take a bad photo in India), but posing for photos and getting into selfies with local families.

Even the rosier-tinted specs cannot hide some of India endemic social and political issues: caste, racial, gender and economic inequalities abound.

Nevertheless, tourism is India’s largest service industry, accounting for over six percent of the country’s GDP. Over eight percent of the total population of about 1.3 billion is employed or impacted by the tourist industry. So, for the adventurous traveler, the welcome mat is always out. ■



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Saving Philadelphia's History

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a skyscraper residential tower in the middle of the block after demolishing four buildings. It was part of a much larger area zoned commercial, where the sky literally is the limit in allowing what can be built there. PAGP has led the fight against the plan to decimate those blocks. They now expect a verdict in their legal appeal very soon. Across Washington

Square to the east, the Dilworth House remains under threat. Our Society Hill Civic Association has been in the forefront of the effort to save the building, while a developer seeks to tear down all or most of it for more high-rise residences. In both these cases, the active opposition of preservationists to efforts to erase important pieces of our heritage may yet prove vital.

As Paul Steinke reminded us, that battle is unending. It in fact becomes more strenuous in this period when Philadelphia is undergoing a building boom. It's no longer just abandoned plants and vacant lots that are the targets of developers. Now their visions for new projects extend even to viable properties where people and businesses are thriving.

While new development can and should be a boon to our city, saving important parts of our physical heritage is also what makes Philadelphia distinctive and worthy of its designation in 2015 as the first World Heritage City in the United States. For more on the work of PAGP, go to www.preservationalliance.com. ■

Small Feet, Big Footprint

continued from page 11

on the Philadelphia School Board with fellow student Julia Frank. Both are non-voting members, but will review and weigh in on all non-confidential matters under consideration. Both Girl Scouts and Boy Scouts now offer plenty of badges about, e.g., environmental stewardship, disabilities awareness, and citizenship in the world. So get ready for many more junior movers to shake things up.

Our future belongs to these committed young people. At that WSCL discussion group, Faith Abbey spoke of her 7-year-old grand-niece, who gave her dolls to an ESL student's child. Faith added afterwards, "I think children relate to individuals when they decide to give." Yet surely adults do also. How many formerly disengaged people transform themselves into dedicated fundraisers and even estab-

lish foundations when a family member comes down with cancer or Parkinson's or Alzheimer's? Certainly, kids can learn from others the connection between one needy person and a cause worth working for. Curt shared that he'd been on marches with his adult son and 5-year-old grandson. The youngster, he remembered, chanted along with the crowd and waved a sign like an old hand.

Dorothy Harris added that a granddaughter had become a Deputy City Attorney in California, whose first case years ago was won against a landlord exploiting his tenants. Dorothy beamed: "She wanted to do something for other people." Then another granddaughter decided at age six to become a lawyer, too. She's in college now, and on her way. ■

Further Reading

Start Now! You Can Make a Difference!
by Chelsea Clinton. Philomel, 2018. (Grades 2-5)

Marley Dias Gets It Done, And So Can You!
by Marley Dias. Scholastic, 2018. (Grade 5 up)

You Are Mighty: A Guide to Changing the World,
by Caroline Paul. Bloomsbury, 2018. (Grade 6 up)

Volunteering Smarts, by Sandy Donovan.
Lerner: Twenty-First Century Books, 2013.
(USA Today Teen Wise Guides; Grade 8 up)

Children as Volunteers: Preparing for Community Service,
by Susan J. Ellis, Anne Weisbord, & Katherine H. Noyes.
3rd ed., Energize, Inc., 2003. (For adults who want to involve interested youngsters in service activities.)

On the Web

Teens Deserve a Voice in Government...

www.philly.com/philly/opinion/commentary/teens-deserve-a-voice-in-government-so-why-wont-most-politicians-listen-opinion-20181125.html

Children Organize Nuclear Protest

www.washingtonpost.com/archive/local/1982/04/14/c/hildren-organize-nuclear-protest/10711b8d-7cd3-4ecf-b3d7-e850b7e33c57/?utm_term=.15fc065a1e9a

Growing Kid Activists 101: 19 Ways Parents & Educators Can Introduce Children to Social Justice

www.thebarefootmommy.com/2017/08/5-young-activists-will-inspire-kids/

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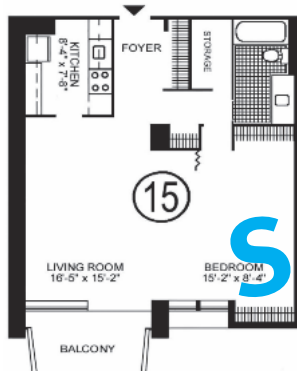
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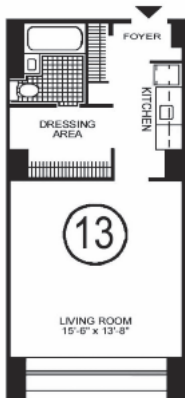
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South Facing One Bedroom

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Poulet Sauté Provençale

Jane Hickman

This quickly-made chicken dish has an interesting legend behind it. It was originally called Chicken Marengo and was made for Napoleon on the day he defeated the Austrians in 1800, near the village of Marengo in northwest Italy. His cook sent out assistants to find ingredients for a meal. They came back

with generally what is listed below; in addition, crayfish from a local stream and fried eggs were added to the dish. Reportedly, Napoleon said it was one of the best meals he had ever had. When the General returned to France, he asked his chef to replicate it, but the chef left out the crayfish and the eggs and made a few other

changes to make it a true dish of Provence. The total cooking time for this dish is only about half an hour. It is best served with rice, a French baguette, and a glass of dry white wine. For leftovers, cut the chicken off the bones, add to the stew and refrigerate for the next day. ■

Chefs' Corner

Note: If you have a favorite recipe, we would love to test it and put it in this column. Send your recipes or requests to jhickman@upenn.edu. Thank you!

Sautéed Chicken with Tomatoes

Yield: Four Servings

Ingredients

- 2½ - 3-pound chicken, cut into serving pieces
- Salt and freshly ground pepper to taste
- 3 tablespoons olive oil
- ½ pound mushrooms, left whole if small; or halved or quartered, depending on size
- 1 bay leaf
- ¼ teaspoon dried thyme
- ¾ cup finely chopped onion
- 1½ teaspoons finely chopped garlic
- 2 tablespoons flour
- ½ cup dry white wine
- 1 cup crushed tomatoes
- ¾ cup fresh or canned chicken broth
- 6 flat fillets of anchovies, chopped
- 24 bottled, small, pitted, green olives, drained

Directions

- 1 Sprinkle the chicken pieces with salt and pepper.
- 2 Heat the oil in a skillet and add the chicken pieces, skin side down. Cook over moderately high heat 3 to 5 minutes until golden brown. Turn the pieces and continue cooking about 3 minutes until golden brown on the second side.
- 3 Add the mushrooms and continue cooking. Add the bay leaf, thyme, onion, and garlic. Cook, shaking the skillet and stirring the chicken pieces so the other ingredients are evenly distributed around and between the pieces.
- 4 When the chicken has cooked about 10-12 minutes (total cooking time, start to finish), remove the chicken pieces to a serving dish.
- 5 Sprinkle the ingredients left in the pan with flour, stirring to blend evenly.
- 6 Add the wine and tomatoes and broth.

Stir and bring to a boil.

- 7 Return the chicken pieces to the skillet. Add the juice that has accumulated around them. Add anchovies, salt and pepper to taste. Cover closely and simmer 5 minutes.
- 8 Add the olives and continue to cook 5 minutes.



Photo by Jane Hickman

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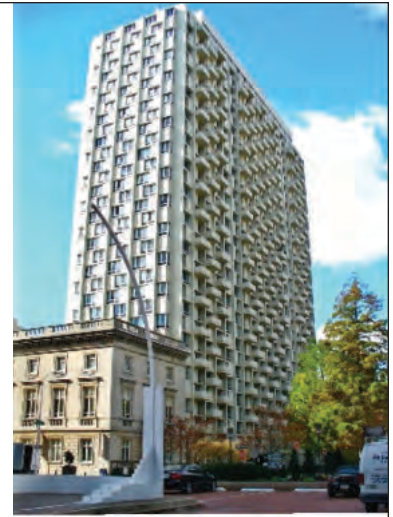
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