



What's Inside

Lynn Miller, www.lynn-miller.net

Our Council president, **Theresa Kowalski**, has a positive report on the progress made on the building's HVAC project. She also tells us about preparations to create a strategic plan for Hopkinson House.

This is the first issue of *on the House* when **Melissa Port** has addressed us as our new manager. Yet she is already a familiar face to many after having served previously as our assistant manager. She provides us with essential information and reminders of events to come in the weeks and months ahead.

For our Residents' Corner, two community members have written tributes to two of our neighbors. **Bari Shor** notes the (brief) television appearance of a long-time resident who is still very much a presence in our building. **Diana Burgwyn's** tribute is to a late resident who was the subject of an article in our Summer 2022 issue.

The pandemic kept the Washington Square Citizens' League from its usual varied activities for much of the last two years. But it is back with new leadership to serve residents of Hopkinson House.

Victoria Kirkham tells us the fascinating story of the

enormous work of art that greets us every time we approach our elevator lobby. You'll learn of its connection to our building's architect and how the mural's evolution paid tribute to the city's artistic history. Happily, this is the first of at least a two-part article on the subject. So do tune in to the winter issue yet to come.

If you don't already know them, get acquainted with a highly accomplished couple, Ron and Libby Kaiser, in a profile by **Concha Alborg**. You'll get a sense of how mutually supportive they have been for each other through many years of marriage.

The mid-term elections are fast upon us. **Martha Cornog**, in the first of two articles she has supplied for this issue, tells us who the candidates are and how to be sure you can vote for those you support while voter registration remains open.

In his beautifully illustrated travelogue, **Joseph Quinn** takes us on his recent journey through northern India. You can share in his experiences, which included a meeting with the Dalai Lama.

Resident **Michael Neff** is an artist whose favorite subject matter stands right in front of us. His illustrated

on the HOUSE

The Newsletter of
Hopkinson House • Fall 2022



essay shares his love of the sycamore trees that rise into the sky throughout Washington Square.

Jane Hickman also shares exotic history with us. But in her case, it is by taking us on a guided tour of a number of ancient cultures whose artifacts are on exhibit at New York's Institute for the Study of the Ancient World.

Also since ancient times, humans have used canes and crutches, and not only

because they prove helpful to the halt and the lame.

Martha Cornog returns to tell us about these implements, their utility and social implications.

Finally, our **Chef's Corner** provides mouth-watering recipes courtesy of our regular contributor, **Johanne Lamarche**. In addition, Hopkinson House resident **LC Steinig** shares her award-winning recipe for vegan mac and cheese. Enjoy! ■

Occasional Painting by Michael Neff



A seasonal painting by Hopkinson House resident Michael Neff. Find more of his paintings on page 18.

on the HOUSE

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

Message from Council

Theresa Kowalski



It's October 2022 and hard as it may be to believe, Hopkinson House is almost halfway through its HVAC replacement construction. The north side units will be finished by the end of this year, and then the work crews will turn the corner in January 2023 and begin the south-facing units.

With the HVAC project well on its way, the advisory committees appointed and starting to work, and the 2023 budgets under development, council is starting preliminary work towards developing a strategic plan for Hopkinson House.

Strategic planning is **a process in which an organization defines**

its vision for the future and identifies the organization's goals and objectives that will achieve that vision. It provides a framework for helping an organization decide how best to allocate its limited resources.

One of the first steps for developing a good strategic plan is starting with an environmental analysis, both internal and external. A good vision statement should be based on reality, so we must know who we have living here, whether they're owners or renters, their ages, employment situations, length of time here, etc. We also need a good grasp of the state of the physical plant, as well as a thorough understanding of our resources, both financially and managerially.

After an internal analysis, solid research needs to be done on the external environment quantitatively and qualitatively; with a large number of the residential construction projects in Philadelphia now being apartment buildings rather than condos, how does that bode for an existing condo

building at 60 years old? How do the skyrocketing inflation and mortgage interest rates affect the ability of buyers to purchase in the building? Is there a difference in age or life cycle situation among those who actually purchase? All of this information forms the underpinnings of a solid strategic plan and development of a vision statement.

This preliminary research and development of a vision statement is what will happen first, and council will begin recruiting soon for members of the committee who will be asked to explain their work experience in these areas and who show a good understanding with the entire process. Look for a recruitment letter and an application to come out in October.

Finally, since the newsletter will not be published again until the new year, may all of you enjoy the fall and winter holidays, and the social events in Hopkinson House to mark them. See you in the new year... ■

Residents' Corner

Residents wishing to make comments or observations on the current issue may send them to: "The Editor," lynnm3@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 will be published in the next issue of the newsletter.

Anonymous comments will not be accepted.

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

Our Man at the Art Museum

Last summer, Philadelphia Museum of Art hosted a retrospective exhibition of the work of Sean Scully, who, at age 77, is one of the world's leading abstract painters. It was the largest of 13 such exhibits taking place in museums around the world. On July 17, that show was featured in a CBS

presentation, "The Geometry of Abstraction." It included a shot of our Hopkinson House neighbor, Jim Siegel—who is a regular PMA guide—leading a tour of the exhibit. See it at www.cbsnews.com/news/abstract-artist-sean-scully-the-shape-of-ideas/

—Bari Shor

Message from Management

Melissa Port



When asked to write something for *on the House*, it was suggested that I introduce myself to the community, as this is my first time writing for this publication. I am hopeful, however, that most residents already know me, as I have been with Hopkins House for over a year now as the Assistant Manager. But I suppose taking on the role of General Manager warrants a reintroduction.

My goal as General Manager is simple: to continue making our community a welcoming and safe place to live, for all. I believe strongly that communication is essential to accomplishing this goal, as well as ensuring that our residents feel their needs are being addressed and that their voices are heard. This seems particularly important, and challenging, during major construction.

We are fortunate, then, and have such a hard-working and supportive management staff. Stephanie McCool remains a steadfast assistant, always ready to aid our residents with a smile. We also have a new face in the office, Office Manager Jason Love.

Jason is already proving a natural fit for our management team. Please stop by our office and welcome Jason into our wonderful community!

The arrival of fall means cooler temperatures, pumpkin spice everything, and plenty to look forward to at Hopkins House. Much needed building maintenance is now complete, including the long-awaited window washing, pool repairs, and façade work.

We are scheduling our yearly shredding event, sometime in early November. We will have both paper shredding and electronics disposal. Our office will issue details in an upcoming Friday reminder.

The previous COVID-19 and flu vaccine clinics were so successful, our office is planning the next event with our local pharmacy. We will have flu shots, COVID-19 vaccines, and boosters, so be on the lookout for instructions on signing up for the clinic later in the season.

Finally, it is also time for bicycle registration. Management will be issuing reminders on the process in late October for those residents who wish to safely store their bicycles.

I look forward to a busy and productive season here at Hopkins House. I am very thankful for the opportunity to be a part of this vibrant community. ■

Happenings Around Hopkins House

Lynn Miller

Washington Square Tours and Tree Labels

Sherley Young, co-chair of the SHCA Washington Square committee, will lead a tour of the square on October 21 at 3:00 p.m. Registration at www.PhilaAthenaeum.org.

The summer 2022 issue included an article, "Our World-Class Arboretum," which noted that mature trees had all had labels affixed to them. Now, a number of labels on trees in the square have been stolen. They will be replaced next spring. The vandal has been caught.

Second Annual Sunday in the Square

On a perfect Sunday in September, residents and neighbors were treated to the second annual Sunday in the Square, presented by the Athenaeum of Philadelphia and the Independence National Historic Park service. A varied musical program followed Philadelphia's current poet laureate, Airea D. Matthews, reading some of her own work. The appreciative audience sprawled on blankets and lawn chairs throughout the performance.



Saxophonists Valentin Kovalev and Alwen Huang perform a Beethoven transcription.



The Brass and Percussion Ensemble of the Play on Philly High School were among the presenters.



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Washington Square Citizens League Is Back

Lynn Miller

After a two-year hiatus due to the pandemic, the Washington Square Citizens League (WSCL) has resumed its varied activities this fall.

All residents were invited to an event on September 11, when new officers were elected and information was shared about the organization's mission as well as forthcoming events.

The WSCL was created more than a quarter century ago as a non-partisan vehicle to motivate the residents of Hopkinson House to engage in the political and social issues of the day. Two residents, Nelly Childress and

the late Nancy Snyder, were its co-creators. They wanted to encourage members to explore topical issues and lobby their legislators as a way of increasing citizens' influence at every level of government. From the beginning, programs included periodic presentations by local experts and government officials. Early on, discussion groups led by member volunteers added to the mix. Over time, a film discussion group took root, as did two book clubs and a theatre group. In keeping with its mission, WSCL oversees voter registration at an appropriate time prior to each election cycle.

Member dues are all of \$10 per year. At the September event, treasurer Martha Cornog collected dues for the coming fiscal year (July 1, 2022 – June 30, 2023). David Kurkowski was elected as the organization's new president. Several discussion group topics were announced for the near future. The first, led by David Kurkowski on September 19, examined the stakes and main issues in the mid-term elections this November. On October 10, Curt Johnson led a discussion of racism in America. The topic on October 31 is the debate over "wokeness" and cancel

culture. Following the election, the November 14 discussion group will engage in a post-mortem on its outcome and implications for the nation over the next two years. The discussion group meets in the upper solarium at 7 p.m.

Meanwhile, the book club, crime novels, and reel discussion groups all have meetings scheduled. Check the bulletin boards in both lobbies to learn about them. ■

If you would like to join the WSCL community, contact Martha Cornog in apartment 2512, or at Martha.cornog@gmail.com.



President David Kurkowski, center, is flanked by past presidents Curt Johnson and Larry Meehan.



Past presidents Susan Tomita and WSCL co-founder Nelly Childress at the September event.

Photos by Lynn Miller

Nick Meli, Jr.

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From Paris to Philadelphia: Crowell's Mural

Victoria Kirkham

How many times have you looked at our lobby mural, *Philadelphia Panorama*? Have you wondered who those people are? Who painted it? And what his connection was to our architect, Oskar Stonorov?

The third question is easy to answer, because at far right the artist signed it on a stepladder, as if to claim ownership both of the larger scene and the folding apparatus that would have served conveniently in making the mural: "L. Crowell 1963."

For many years after moving to Hopkinson House in 1987, I thought that long-ago construction workers must have thoughtlessly installed the pipe chase over the upper right corner of the mural, cutting off the semi-airborne figure's top half. Now I see this as a self-portrait planned to "hide" the painter's features and cleverly reverse convention in an amusing *trompe l'oeil* rivalry of paint and plaster.

Hopkinson House was completed in 1962, and Crowell (pronounced CROW-el, as in the bird) dates his mural 1963, so the conduit came first. Awkwardly perched between a kneeling and standing position and wearing rumpled work trousers, he extended his picture under the hanging building element to gain a patch of wall in the bottom right-hand corner, precisely where artists traditionally sign.

Crowell's "trick the eye" game here recalls two

panel paintings by Charles Willson Peale, the grandfather of Philadelphia painters: *The Staircase Group* (1795) with his sons Raphaëlle and Titian ascending a spiral staircase into a dark, cramped interior, now in the Philadelphia Museum American Wing; and his famous self-portrait, *The Artist in His Museum* (1822), at PAFA. In the latter, Peale stands full-length, formally attired in black stockings and tails, to lift an elegant gold-fringed drape and reveal the single deep room that holds his amazing collection of natural and man-made wonders. Crowell, in amusing counterpoint, dresses down, unveils an entire city populated with portraits, and chops off his own head. According to his son Nicholas, who has been generous in sharing images and information for this article and a sequel to come, Crowell did indeed have a sense of humor. Peale was but one of many artists who influenced him. Others named by Nicholas are Cézanne, Corot, Caravaggio, and El Greco.

Like Peale, the bird hovering with feet poised for landing at the lower left is all black. Conspicuous above bright green grass and against the aquamarine stone, it shines with touches of color other than black. Tiny white blossoms on what might be intended as a *luzula nivea* or lucius plant connect with the bird, its size magnified by beautifully outspread wings.

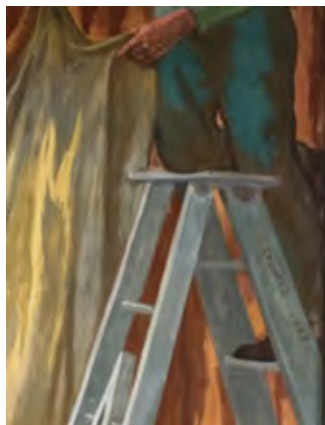
Crows, although entirely black, may appear to display



Lucius Crowell, *Philadelphia Panorama*, 1963. Photo: Web



Lucius Crowell in his studio. Photo courtesy of Nicholas Crowell.



Lucius Crowell, Self-Portrait. Photo: Victoria Kirkham



Tommy, a lucius(?) plant, and Mr. Crow(ell). Photo: Victoria Kirkham

colored highlights due to differing textures of their tiered feathers.¹ Surely this creature, beak aimed at the

plant, has flown into the painting as a symbol of the family name. Together, continued on page 9

¹David Sibley, "Why a Crow Might Appear to be not 'All Black,'" online at "Birdwatching: Your Source for Becoming a Better Birder."



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From Paris to Philadelphia, continued from page 7

flower and bird are candidates in a rebus for Lucius Crowell. The dog, sign-posted by the tree trunk behind him, comes not from fantasy but straight from reality. Stretched out at rest atop the low wall, he silently collaborates by pointing his long nose at the plant and crow. His focus invites us to take note of what attracts his attention. And a “he” that handsome canine is, the black and white Sheltie, or Shetland Sheep Dog named Tommy, who belonged, as Nicholas informs me, to another of the artist’s sons, Geoffrey. Tommy, the vibrant crow, and the niveous flower (in Latin *lucius* means “light”) triangulate in the artist’s portrait gallery.

Joking and sign language aside, who was Lucius Crowell? His son Nicholas remembers him at work “adrift in oil paint, turpentine fumes, cigarette smoke, and classical music, as happy as a person can be pursuing what they loved.

He painted, sketched, water colored, ceramiced all day wherever he was in whatever style he was exploring.”

Beyond attending an impressive array of American art schools, Crowell sojourned and studied in Paris, as is clear from a preliminary sketch of our mural. It is a landscape, minus the portraits, that survives in the living room of the Stonorov country house in Charleston Township, Chester County, where Nicholas still comes for summer family visits.

Missing portraits are not the only difference between sketch and mural. The first background is more the City of Light than the City of Brotherly Love.

In the earlier version, an urban composite, towers the obelisk of Place de la Concorde behind the Schuylkill Waterworks and to the left of our Cathedral. We have the Parkway, inspired by the Champs Élysées,



Preliminary sketch of our mural, Stonorov house living room. Photo courtesy of Nicholas Crowell.

but no Arc de Triomphe, unmistakable in the Parisian profile, which Notre Dame marks in the distance. The first bridge could span the Seine, while the second resembles a misplaced Falls Bridge. Anchoring the warmly colored *Philadelphia Panorama* is our Museum of Art, and highest soars City Hall with its iconic William Penn finial.

As Nicholas has written in our email correspondence, “Oskar was up here frequently, so it’s possible

he said, ‘Nice mural but I think we need a redirection to Philadelphia.’”

To be continued in a future article: a Who’s Who in the portrait gallery, and the story of how this mural was nearly destroyed by our own residents and then not only saved, but scientifically preserved. The witty and talented artist speaks today through his son: “Dad died believing his Mural had been painted over. . . It hurt him very deeply as artists live for their Art.” ■

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Remembering Dr. Beatrice Mintz

Diana Burgwyn

I enjoyed reading Johanne Lamarche's tribute to Dr. Beatrice Mintz, who died this year at age one hundred.

Bea was a delightful friend, even to those like me whose knowledge of science, especially the highly sophisticated research to which she devoted her life, was primitive. We did not meet often, but when we got together for a visit or dinner out she would explain her work to me enthusiastically and patiently, drawing pictures of transgenic mice on restaurant napkins in the simplest of terms so that I would understand.

Bea was a discriminating art collector, owning works that she had bought in Paris

decades before, at a time when the oeuvre of such major figures as Picasso was still affordable. I remember the stark whiteness of the walls in her lovely apartment, with one masterpiece after another to revel in. It was truly a small private museum.

Bea Mintz never did win a Nobel Prize (the headline of the tribute referring to her as a Nobel Laureate was erroneous). But in the view of many leading scientists, she richly deserved that award. Once I told Bea my fantasy of going with her to the awards ceremony in Stockholm, never considering that I might not be invited or that she might not even win the

Nobel. What would I wear, I asked her. She played right along with my silliness.

Bea was a statuesque woman with a beautiful smile, and when she stopped dying her hair black and wore it in its beautiful whiteness, she looked magnificent. She loved to laugh. She enjoyed fine dining. She was a discriminating music lover and felt seriously deprived when her hearing loss made going to concerts less pleasurable.

And yes, she could be "prickly," as mentioned in the tribute. I once asked Bea about the wisdom of using animals in medical research. It was a foolish question to ask of a research scientist whose life's work

led to cures for major human diseases—yes, at the expense of other species. And she responded vehemently.

Bea Mintz hadn't come to her Hopkinson House apartment for many years when I tried to contact her at Fox Chase where she had both home and office, only to learn that she was suffering from dementia, a cruel fate for a scientist of such brilliance.

Every year when rumors surface of who might win a Nobel Prize or this or that achievement, I think of Beatrice Mintz. But I'm sure that the rewards most meaningful for her were not the many honors she did receive but the joy she found in her research. ■

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Getting to Know Our Neighbors

Libby and Ron Kaiser: Aging Together Enthusiastically

Concha Alborg, www.conchaalborg.com

Libby and Ron Kaiser met in 1969 when one of her dance students introduced them. They became engaged Memorial Day and were married on Labor Day—talk about a summer romance! They just celebrated their 52nd anniversary. At the time, Libby lived in Elkins Park, she had studied music and classical dance at Philadelphia Musical Academy (later Philadelphia College of Performing Arts and now University of the Arts). After receiving his bachelor's degree and masters in counseling at the University of Minneapolis, and some years in Los Angeles and Washington D. C., Ron had moved to Philadelphia to start his Ph.D. at the University of Pennsylvania in counseling psychology.

From the first years of their marriage, Libby and Ron lived in Elkins Park, close to Libby's parents, where they raised their two sons, Jeff and Brian. Libby had a dance studio in the basement of their home, where she taught children after school and adults in the evenings. She also taught dance to children—even preschoolers—at art centers, community centers, and nursery schools. After finishing his Ph. D., Ron worked in the health psychology field including as Director of Psychology at the Headache Center at Thomas Jefferson University, one of the most prestigious headache centers in the world, for twenty-five years.

During their busy lives, Libby continued to work with young children, creating dynamic and innovating programs to further educate them in the arts. She created “Toddler and Me,” a program in early childhood education for parents and their children. During thirty years, Libby was an advocate of the Lamaze Method of childbirth education. She proudly told me how both of her sons were born in less than an hour through natural childbirth.

When they moved to Hopkinson House in 2015, Libby was still working, despite the long commute and having to cart her own supplies to synagogues, churches and community centers all over Montgomery County. Ron didn't slow down either as he was planning to step down from Jefferson University. In fact, with his knowledge of positive psychology, he reinvented himself, becoming an expert on aging well, and published his research in his seminal book, *Rejuvenating: The Art and Science of Growing Older with Enthusiasm* (2018, Mental Health Gym). Some of his basic concepts are: *“Activity is better than passivity. Planning psychologically for our senior years is as important as planning financially for them. Both active retirement and choosing to work past normal retirement age are equally valid choices. Most important*



Hopkinson House residents Ron and Libby Kaiser

of all, growing older is not a spectator sport; it requires active participation for maximum benefit.”

During the COVID-19 epidemic, Ron continued to counsel patients through Tele Health, reaching easily a population who didn't have to commute. His clients included older adults of pre-retirement age looking to retire without declining. Presently, Ron has branched out with his podcast “Rejuvenating with Dr. Ron Kaiser.” So far, he has offered some 153 diverse weekly programs, such as: “Aging with Healthy Eyes,” “Change your Habits, Change your Life,” and “The Power of Vitamin E.” His guests have been authors, doctors, yoga teachers, and many others in the health professions. Our neighbors can access Dr. Kaiser's podcasts through Apple Podcasts.

Both Libby and Ron enjoy many of the cultural activities that Philadelphia has to offer and they share them readily with their two grandchildren: Sofia and Matthew, both of whom are achieving well in high school and also playing ice hockey. Libby's interests in childhood education have evolved into creating memoir albums for their grandchildren with all sort of mementos and photographs. She also works in the Elections Committee as Majority Inspector.

When I asked Libby and Ron what their goals were for the future, they agreed enthusiastically: Hopkinson House is an ideal community to “age in place,” to share their active life-style as long as possible. And Ron added: “Being together and being happy is very important.” ■

Election Day: Tuesday, November 8

Martha Cornog

Once again, it's time to pick your politicians. Who do you want to represent you in the government? If you don't vote, people who do vote will pick the folks who control your future. Voting is just downstairs in the Hopkinson House lobby. Or you can vote by mail. So if you're not registered, register before the October 24 deadline! (See Election Resources below.)

This November 8, you choose five key people: the Governor and Lieutenant Governor of Pennsylvania, one of Pennsylvania's two Senators in Washington, our area's Representative to the U.S. House of Representatives, and our Representative to the Pennsylvania House of Representatives in

Harrisburg. Now let's look at who's running.

Governor of Pennsylvania

Meet **Doug Mastriano**, Republican candidate for the Governor of Pennsylvania.

On abortion, he has this to say: *"My body, my choice' is ridiculous nonsense... Make all abortion illegal."*

"[As Governor,] I get to appoint the Secretary of State, and that Secretary of State is going to clean up the election laws. We're going to reset. In fact, [regarding voter] registration, [everybody's] going to have to re-register—we're going to start all over again... [The Secretary of State has] the power to make the corrections to elections, the voting logs, and everything."

Mastriano supported Trump's 2020 election

Stop the Steal campaign by praying that Congress would "disregard" those election results, attempting to appoint fake electors from Pennsylvania, and busing protestors to D.C. on January 6, 2021.

He also wants to make same-sex marriage illegal, has argued that the Constitutionally mandated separation of church and state is a "myth," and wants to reduce regulations controlling fossil energy production.

Electing Mastriano as Governor would also elect the Lieutenant Governor: Republican Carrie DelRosso, now serving in the Pennsylvania House of Representatives.

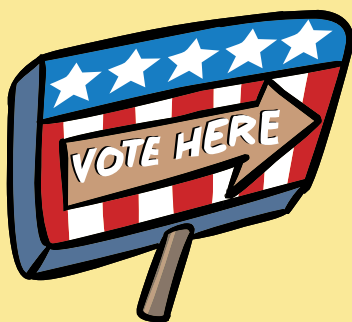
His rival for Governor: Democrat **Josh Shapiro**.

"... [T]he work we need to do... all that rests on making sure we've got a free election, where when you pick candidate A or candidate B, your vote actually counts."

"Abortion is health care."

Shapiro is a self-described progressive Democrat and wants to protect voting rights as well as reproductive rights, and raise the minimum wage. He has said that, if elected governor, he will defend abortion access in Pennsylvania. He also supports banning discrimination against LGBTQIA+ people and favors promoting growth in clean energy. Running with him for Lieutenant Governor is Democrat Austin Davis, presently serving in the Pennsylvania House of Representatives. continued on page 13

Election Resources



Register to vote:

www.pavoterservices.pa.gov/Pages/VoterRegistrationApplication.aspx

Check your voter Registration Status:

www.pavoterservices.pa.gov/Pages/VoterRegistrationStatus.aspx

Apply for a mail-in ballot to be mailed to you:

www.vote.pa.gov/Resources/Documents/PADOS_MailInApplication.pdf

WHYY's detailed plan-ahead guide:

whyy.org/articles/pennsylvania-election-2022-voter-guide-deadlines-candidates/

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Election Day: Tuesday, November 8

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U.S. Senate

Our next Senator: **John Fetterman**, or **Mehmet Oz**?

Current Pennsylvania Lieutenant Governor Fetterman, a Democrat, has stated that abortion “is between a woman and her physician.” He favors more rehabilitation and clemency for model prisoners, and ending the death penalty. He also endorses transitioning to green energy, expanding health care, supporting police while controlling use of deadly force, and securing LGBTQIA+ rights.

His rival Oz, a retired celebrity cardiothoracic surgeon with no political background, had his own talk show in which he promoted “pseudoscience” treatments like faith healing

and paranormal approaches. This drew criticism from the medical world. He has recommended that hydroxychloroquine be used to treat the COVID-19 virus although clinical trials found it ineffective and possibly risky. He supports reducing environmental regulation on the fracking industry, and says he would vote to repeal the Affordable Care Act if elected. He is against most abortion, although he reluctantly supported it before becoming a Republican candidate. He favors federal protections of same-sex marriage.

U.S. House of Representatives

In the U.S. House, Democrat **Dwight Evans** has represented our state’s 3rd

Congressional District (formerly numbered as the 2nd district) since 2019. All members of the House are elected for two-year terms, so Evans is up for re-election. He supports education, gun control and criminal justice reform, environmental protection, abortion and reproductive rights, and civil rights for minorities including the LGBTQIA+ communities. He voted to impeach Donald Trump in January 2021 for inciting the January 6 attack on the U.S. Capitol.

Evans has no Republican rivals, but is running against **Christopher Hoeppe**, a member of the Socialist Workers Party, who is not favored to win the district.

House of Representatives in Harrisburg

Democrat **Mary Isaacson** has represented us in the Pennsylvania House of Representatives since 2019 and is up for reelection. No one is running against her. Her office helps citizens with state government-related issues like taxes, licenses, and healthcare. She backs reproductive choice, including abortion access, and supports the LGBTQIA+ community. Isaacson also favors increased school funding, gun violence intervention programs, and transitioning the state to a green economy.

Watch for local online candidate guides, plus mailers from the candidates and political parties. ■

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A Spiritual Journey to Northern India

Joseph Quinn

During several past trips to India, I somehow missed Ladakh, situated on the highest northern plateau of that country. I was finally able to satisfy my curiosity this past summer thanks to a pilgrimage sponsored by the Tibetan Buddhist Center of Philadelphia.

Ladakh is revered for preserving the most authentic elements of Buddhist culture and spirituality outside of the Tibetan Autonomous Region, controlled by China since 1959. In and around the capital city of Leh are some of the oldest and best-preserved “gompas” (Buddhist monasteries) in the world.

As a prelude to my visit, I traveled overland from New Delhi to Leh with a trusted guide and nerves-of-steel driver—an 800-mile, ten-day journey. My itinerary included stops at several cities that gave me insight into northern India’s social, cultural and religious diversity.

Since the Beatles put it on the tourist trail with their visit to the ashram of Maharishi Mahesh Yogi in the late 1960s, **Rishikesh** has remained a magnet for students of yoga and transcendental meditation. [Fig. 1]

The sacred Ganges draws thousands of Hindu pilgrims to the adjoining town of **Haridwar**. They come to immerse themselves in a rite of purification and be mesmerized by the nightly spectacle of the



Our pilgrimage group with His Holiness Tenzin Gyatso, the 14th Dalai Lama. Your author is second from the left on the back row.



Figure 1: Courtyard of an ashram in Rishikesh, where devotees study yoga and meditation.

Ganga Aarti ceremony honoring fire as the source of light and energy in the world. [Fig. 2]

Chandigarh was planned and built from scratch between 1950-60 to serve as the joint capital of the northern Indian states of Punjab and Haryana. It was created by



Figure 2: Hindu pilgrims bathing in the Ganges at Haridwar in a rite of purification.

Charles-Édouard Jeanneret (1923-1989), AKA Le Corbusier, arguably the greatest exponent of mid-twentieth-century modern design. Nothing could be more unlike the crowded chaotic conditions of most Indian cities than Chandigarh, with its calm rational grid of sectors

designated for living, shopping, and entertainment. The crowning achievement is a massive government complex displaying Corbusier’s stylistic signatures of concrete, glass and angular grid patterns, with a few abstract designs in

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A Spiritual Journey to Northern India

continued from page 14



Figure 3: The High Court building, part of the government complex designed by Le Corbusier in Chandigarh.



Figure 4: Shimla is the hill town where government functionaries spent their summers during the British occupation of India.



Figure 5: Buddhist student monks studying Sanskrit scriptures in the Namgyal monastery, Dharamsala, home of the Tibetan government in exile since 1959.

Photos by Joseph Quinn



Figure 6: One of Leh's busy pedestrian streets.

bright primary colors to relieve the uniformity. [Fig. 3]

Shimla flourished as a “hill station” and cool summer retreat for the British while they occupied India until 1947. Strolling along the sedate, shop-lined Mall you can imagine what it must have been like to live in this outpost of colonial privilege. The imposing Viceregal lodge hosted a long train of British Governors-General. Now it's the headquarters of the Indian Institute for Advanced Studies (IIAS) where scholars from around the world gather to discuss and analyze India's social, cultural, and political issues. [Fig. 4]

Since 1959, when Chinese Communists brutally expelled thousands of Buddhists from Tibet, **Dharamsala** has been the home of the Tibetan Government in Exile

and the primary residence of Tenzin Gyatso, the 14th Dalai Lama. Here traditional Tibetan culture is honored and thrives. The streets are filled with maroon-robed monks who study, teach, and live in the Namgyal monastery, the center of Buddhist activity. Losang Samten, lama of the Tibetan Buddhist Center in Philadelphia and organizer of the trip to Leh, gave me a personal tour of the austere functional monastery where he lived and studied as a youth. We were able to observe the current generation of monks-in-training at a Sanskrit scripture lesson. [Fig. 5]

As you approach **Ladakh**, the familiar vegetation of India, especially lush and green during the rainy season, gives way to a barren, rocky landscape,

continued on page 17

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A Spiritual Journey to Northern India

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Figure 7: Likir monastery, late 11th century.

and endless vistas of Himalayan mountains in stunning sizes, shapes and colors. The thin clear air heightens all the senses.

Due to its remote location and high altitude (11,500 ft.), **Leh** was until recently a destination for hardy trekkers and footloose backpackers, and then only during warmer months (winter temperatures can drop to -15°F). Now every summer a robust tourist infrastructure welcomes travelers who flood the pedestrian malls and explore narrow twisting alleyways discovering hidden gift shops and restaurants offering local and international fare. [Fig. 6]

But many come to Leh, as we did, to absorb its vibrant Buddhist heritage, best

experienced by visiting still-active monasteries, parts of which date back to the 11th and 12th centuries. [Fig. 7]

Buddhism encourages detachment from unnecessary material trappings and removal from the distractions of daily life, the better to meditate on eternal truths, like the causes of suffering. For dedicated practitioners, such as ordained monks and nuns, this requires physical distance from civilization and sometimes extreme isolation. Hence, Buddhist monasteries are built in inaccessible places, usually perched on a high plateau or embedded in a steep mountainside. Some have evolved into small villages that include living, learning and worship



Figure 8: Thikse monastery, founded about 1500.

spaces. They are best appreciated from a distance, when they appear mirage-like, high above us, awesome in their lonely grandeur. [Fig. 8]

Today we can enter their mysterious precincts where our senses are ravished by a myriad of paintings and statues, incense, butter lamps, and gifts for the deities of flowers, food, and beverages. Even the silence has a transforming power. Each monastery is an illustrated textbook of Buddhist history and a refuge where its members can study, pray, meditate, and nourish their spiritual growth.

The Way to Leh offered us personal contact with that tradition. Every summer His Holiness

the 14th Dalai Lama leaves the drenching rains of Dharamsala for his home in Leh where he addresses huge public gatherings. By special arrangement he also receives guests on the porch of his residence, where he greets each visitor personally. Our pilgrimage culminated in such a reception. We were able to offer a word of gratitude, make a petition, receive a blessing, or just share a quiet handshake. Eye-to-eye with him, I experienced what I think believers of all faiths long for in these uncertain times—a flash of mental clarity and a glimpse of what might be called... Enlightenment. ■

Photos by Joseph Quinn

Further Resources

Andrew Harvey, *A Journey in Ladakh: Encounters with Buddhism*, Mariner Books, 2000.

Losang Samten, *Ancient Teachings for Modern Times: Buddhism in the 21st Century*, 2010.

Partha Banerjee, *Ladakh: The Essential Guide*, Milestone Books, 2018.

Tenzin Gyatso, *His Holiness the 14th Dalai Lama, The Four Noble Truths*, Harper Collins, 2013.

Tibetan Buddhist Center of Philadelphia, <https://www.tibetanbuddhist.org/>

Sycamores

Michael Neff

I've liked sycamores since I was a little boy. They shaded my street with a golden glow. I idly peeled their bark while talking to friends. They are romantic. Sycamores are the Philadelphia tree, and their name goes back to the Native Americans of the region, like Wissahickon or Shackamaxon.

Wrong!

I often paint in Washington Square, and I befriended what I thought were the ancient, giant sycamores in the park. Then one day new arboretum tags appeared, claiming they are London plane trees. I went to the reference books (i.e., the internet) and found that the experts define a few slight differences between the species. *Finicky*, I thought. And they say the name comes from the ancient Greek!

The London plane, they say, is a European hybrid created in the 1600s from the American sycamore and the Oriental plane trees. The bark of both trees exfoliates, but the under bark of the London plane is largely olive green, while that of the sycamore is a mix of white, cream, green, and gray. As a painter in the park, I study the color of the bark, and using the experts' criterion, I humbly suggest that some of our London planes are real sycamores. Even if I'm wrong I'm sticking to my fantasy that ours are the same trees through which the Leni Lenape stalked their prey: the yellow ochre sycamores.

Critics say that Thomas Eakins' paintings reflect the golden light of Philadelphia. I assume the sycamores contribute to that. Even in July, a dense row of sycamores,

like those on the road alongside the Art Museum, emits a burnished glow.

What pigments should one use to paint the mottled trunk of a sycamore? Old Holland olive green dark watercolor is a good start, mixed with some Old Holland cold grey. A little light green needs to be added and some purple in the shadows. Some burnt sienna for the dark parts and Naples yellow for the new growth bark. The sycamore trunk is always peeling, in spots, shedding bark, revealing its new skin, in a pattern like camouflage. The yellow under-bark is poetic, suggesting constant renewal.

The tallest tree—with the greatest girth—within the walls of the Square is the sycamore near the corner of Seventh and Walnut. Behind the benches on the north side of the central circle is a venerable

sycamore whose lower trunk is one great burl that then branches into twin trunks that grow tall.

A wonderful tree that I think of as the "Candelabra" is closer to the Sixth Street side. It raises its many branches, each big enough to be a large tree on its own, some extending horizontally for great lengths.

Near the Sixth and Walnut corner is an amazingly tall, straight one with spreading limbs at the top, like a dancer.

There's something very approachable about sycamores. One can lean on or hug a sycamore whereas the rough, ridged, powerful bark of an oak or a gingko evinces respect, perhaps awe, or strength. The sycamore is always tender-skinned, revealing itself.

And sycamore *is* such a nice word. ■



Sycamore with Feathery Green Trees



Sycamore Bark



Very Large Sycamore



Sycamores Among Other Large Trees in the Park



Massive Trunk of a Sycamore



Dancing Sycamore



Sycamores in the Sun



Trident Sycamore



Candelabra Sycamore



Large, Burled, Split Trunk Sycamore

Artifacts from Southeastern Europe: A New Exhibition Worth Seeing

Jane Hickman

Many museums have galleries filled with objects from ancient Greece, Rome, Egypt, and the Near East. The Institute for the Study of the Ancient World (ISAW), in New York, goes in a very different direction with a new exhibition that focuses on Southeastern Europe. *Ritual and Memory: The Ancient Balkans and Beyond* includes 200 objects from 17 lending institutions in 11 different countries, including Albania, Bulgaria, Hungary, Croatia, Serbia, and more. Most of the objects, which date from approximately 5000 BCE to 300 BCE—spanning the Neolithic through the Iron Age—have rarely if ever been seen in the United States.

Among the impressive objects on display are 21 stylized female figurines and 13 model chairs, all under 3½ inches in height,



Figure 1: This group of female figurines and model chairs was placed inside a clay vessel about 7,000 years ago. Scholars believe they represent a Council of Goddesses; the larger figures may represent older divinities. 4900-4750 BCE. Neamt County Museum Complex, Romania.

that were found inside a vessel at what may have been a sanctuary site in Romania. Almost 7,000 years old, the ceramic figures have been described as a Council of Goddesses. Although all of the females

share a similar shape, a closer look reveals differences in their faces and bodies. [Fig. 1]

Another set of objects, a clay architectural model buried with a hoard of gold jewelry, is also from

Romania; the hoard includes small wire rings that form a chain, beads, and “ring idol” pendants, in the style of the first gold pendants found in various parts of Europe. [Fig. 2]

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Figure 2: The architectural model on the right was buried with the hoard of gold jewelry on the left. The gold “ring idols” in the hoard are perforated circular pendants in a style found throughout southern Europe into Greece. 4500-4000 BCE, The Museum of Gumelnita Culture, Romania.



Figure 3: The male (left) and female figurines are seated on thrones and may represent leaders or divinities. The male holds a sickle or a boomerang-type weapon over his right shoulder. 5000-4500 BCE, Koszta Jozsef Museum, Hungary.

Artifacts from Southeastern Europe

continued from page 20



Figure 4: An exhibition case contains (from left, bottom) five “violin” shaped marble figurines, a gold and stone axe, three gold daggers, and (top) a bronze sword and dagger. 2800-1300 BCE, Archaeological Museum in Tirana, Albania (marble figurines, bronze sword and dagger); Montenegro Museum (axe); National History Museum of Romania (gold daggers).



Figure 5: Just over a foot in height, this clay face pot contains a face on either side of its neck. The decoration on the pot may represent a head band and hair. 5200-5000 BCE, Budapest History Museum, Hungary.

A pair of 5th millennium BCE clay figurines from Hungary represents a male and a female sitting on thrones. Each figure is decorated to indicate their sex and authority: the male wears a belt and bracelets and the female is dressed in elaborate textiles that cover her body from just under her breasts. The position of the arms and the angle of the head of these figures resemble Cycladic folded arm figurines that are found in the Aegean. [Fig. 3]

Ritual and Memory illustrates the idea that

borders between countries are a modern invention. In the past, cultures and associated rituals were fluid. As different groups interacted, cultural beliefs and practices were shared and sometimes adopted. These artifacts show us that ancient societies may have been more interconnected than we might imagine today.

Another group of objects includes a bronze dagger and sword, a stone and gold axe, and three gold daggers. The gold daggers, part of a hoard of 12 gold

weapons, are of particular interest, as gold is too soft for use in a weapon. These daggers must have served a ritual purpose and were likely a form of adornment like jewelry. Displayed in the same case are violin-shaped marble figures that are remarkably similar to Early Cycladic figurines from the Aegean; the figurines from Albania are an indication of long-distance trade and contact with cultures to the south. [Fig. 4]

One of the most intriguing objects in the show is a

carefully made clay vase with a human face on two sides. It was found in a pit by archaeologists, but its purpose is unknown. Scholars have said it may have been used in a ritual or served as protection for a single household. Or perhaps it was used in daily life as nothing more than a lovely vase for flowers. [Fig. 5]

The Metropolitan Museum of Art is only a few blocks from ISAW. Fill your day with art by traveling to New York and visiting both of these institutions! ■

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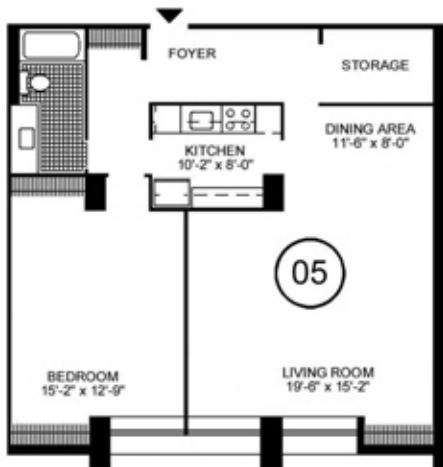
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Ritual and Memory will be on view until February 19, 2023. Admission is free.

COVID-19 restrictions are in effect. All visitors must show proof of vaccination and booster and a valid government-issued photo ID, such as a driver's license. Masks must be worn in the galleries.

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A Helping Leg—or Wheel

Martha Cornog

Great Aunt Katherine walked with a cane, a T-shaped bamboo cane cunningly wrapped with rattan to impart a graceful shape to what supported her considerable weight. People would stop her on the street to admire that cane, which made her arthritis easier to bear.

More recently, a youth with hip pain wrote Miss Manners. The letter-writer was living with parents and wanted to get a cane. But, the writer continued, “my parents are the type to tell me to ‘walk it off,’ even though a cane would help me a great deal with my pain.” What a different reaction from how Aunt Kay’s bamboo support was received! Miss Manners advised the letter-writer to sell the implement to the parents as a “walking stick,” which in the past was considered a “chic accessory for both ladies and gentleman” unrelated to usefulness. [Fig. 1]

Indeed, it was. In fact, several kinds of mobility helpers have over the centuries acquired a high-status vibe rather than being considered merely an uncool necessity for feeble seniors. The value of a walking stick, also known as a staff, shows in the idiom “the staff of life” with first known use in 1638. Usually applied to bread, the phrase is so well known that we don’t notice how odd it seems. Bread, a food, is equated with a non-edible object, both deemed equally indispensable for carrying on as a living human.

Such walking supports have been used for millennia by hikers, sheep herders, and mountaineers—and the ruling classes. Around 1300 BC, Egyptian pharaoh Tutankhamun owned hundreds of canes, due apparently to a foot deformity. From the 17th century on, canes and walking sticks came in dizzying design opulence, show-off status symbols for both men and women, as Miss Manners noted. Clocks, carved animal heads, and gems might adorn them. And beyond status appeal, canes might have blades hidden inside for use against street bandits.

Staffs of office date back at least to the Rod of Asclepius, a Greek god associated with medicine. The snake-encircled Rod has become a symbol used in modern medical contexts

like the Star of Life, a graphic designating ambulances and other emergency medical services. In fantasy sagas, wizards such as Gandalf (*The Lord of the Rings*) carry staffs of great power. [Fig. 2]

The crutch is a variation of the cane, more utilitarian and without a status vibe. Crutches, too, date back to ancient Egypt in a T-shaped design that turns up in period illustrations of *A Christmas Carol*’s crippled child, Tiny Tim. Modern Y-shape crutches don’t seem to come with artful designs, but you can buy pretty crutch wraps and pads on Etsy.

Now a cane is one leg extra, but these days a walker or rollator gives you four legs more—or four wheels. Walkers appeared in the early 1950s, after a British patent was awarded for a



Figure 2: The Star of Life represents emergency medical services, such as ambulances.

“walking aid.” 21st-century walkers boast gussy-ups like gliders in different shapes, a place to sit, backrests, cup holders, cell phone holders, and pouches for magazines or a sweater. Another rolling device called a knee-scooter can support the shin of an injured leg while the other leg pushes.

A baby walker helps the youngest humans move around, some holding the child in a seat suspended over a wheeled base. Others are simply

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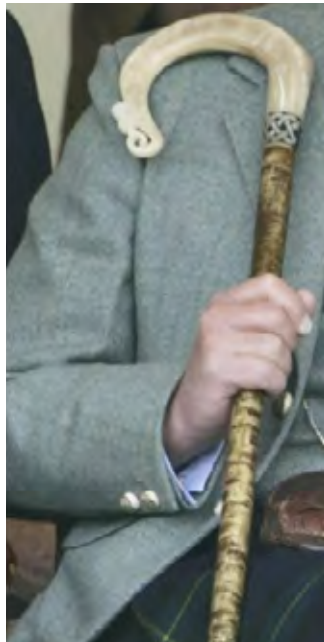


Figure 1: Walking stick presented by the Welsh Guards to Britain’s Prince of Wales for his 70th birthday.



Figure 3: Jesus in a baby walker, *The Hours of Catherine of Cleves*, c. 1440

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A Helping Leg—or Wheel

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large push-toys, the kid toddling behind while hanging onto the handle. A 15th-century Dutch manuscript depicts the infant Jesus in a baby walker made of wood [Fig. 3].

Wheeled chairs for transporting people date to sixth century China, although they were not self-propelling by the seated person until 17th-century Germany. Today's wheelchairs come in numerous designs, increasing in technological complexity up through motorized wheelchairs and mobility scooters. The *ne plus ultra* of such chairs must be that of the late disabled physicist Stephen Hawking. A computer, speech synthesizer, and remote controls for external media, all incorporated into

one techno-magical chair, made Hawking's award-winning work possible. The chair sold at an auction later for \$390,000, with proceeds going to the Stephen Hawking Foundation and the British-based Motor Neurone Disease Association.

Animals of the 21st century, too, can rely on walking aids similar to knee-scooters and wheelchairs. In the 1960s, a veterinarian started the K9 Carts company, which creates devices allowing injured pets to reclaim mobility. "Dogs, cats, snakes, anything. People fall in love with them," Dr. Lincoln Parkes has said. Major products include wheeled appliances that substitute for injured hind legs, and handheld slings

that allow a pet owner to bear some of an animal's weight for temporary injuries. Not just dogs and cats but pet chickens and hedgehogs have been given new mobility through these products. [Fig. 4]

For people lying down, stretchers, litters, and gurneys (with wheels) also help us get around, usually manned by rescue or medical people. An early stretcher, likely made of wicker over a frame, appears in a manuscript from c. 1380.

Another centuries-old human-powered conveyance is the sedan chair. Kings and dignitaries, including England's Henry VIII, employed these, but such vehicles and their bearers could also be hired



Figure 4: A chicken walker

on the street in 17th to 19th-century Europe. Here in Philadelphia, the aging and gouty Benjamin Franklin travelled to meetings of the United States Constitutional Convention in a sedan chair carried by four prisoners from the Walnut Street Gaol. While Franklin became thereby mobile enough to help shape our country's independence, his bearers—ironically—gained no such mobility or independence themselves. ■

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Fall into Autumn

Johanna Lamarche

The weather is beginning to cool, days are getting shorter, and the leaves are starting to turn. That can only mean one thing—it's time for a new season

of recipes! I have a delicious dessert to share: a simple but elegant cake packed with warming spices and in-season fruit. Looking for something savory?

Our second recipe, courtesy of Hopkinson House resident LC Steinig, is an award-winning vegan mac and cheese recipe. ■

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 Johanne Lamarche, frenchgardener@comcast.net.

Upside Down Honey Walnut Pear Cake

Serves 8

The dynamic combination of in-season pears with honey, warming spices, yogurt and walnuts come together in this simple but elegant cake. Instead of the usual brown sugar on the bottom of the pan, a honey-orange-vanilla syrup

is poured over the pears before adding the batter. Flavor-packed in every delectable bite, it is sure to become a fall favorite. Serve with a dollop of yogurt if you're being good, or ice cream or whipped cream if not!

Ingredients

- | | |
|--|--|
| 2½ ripe but firm Anjou pears
cored, sliced ⅛" thick | 3 large eggs |
| ½ cup honey | 1½ cups flour |
| 2 tablespoons of fresh
orange juice | 1 teaspoon baking powder |
| ½ teaspoon vanilla | 1 teaspoon cinnamon |
| ½ cup chopped walnuts | 1½ teaspoon ground ginger |
| ¾ cup unsalted butter,
room temperature | ½ teaspoon ground
cardamom (optional) |
| ½ cup brown sugar | ⅓ cup Greek yogurt plus
additional Greek yogurt
for serving (I used
honey-flavored) |

Directions

- 1 Preheat oven to 350°F.
- 2 Generously butter a 9" round cake pan.
- 3 Place the pears in a concentric fashion, overlapping outer layers to fill in center.
- 4 In a small saucepan, heat the honey, orange juice, and vanilla until mixture is reduced by half and turns golden brown. Whisk frequently to prevent burning.
- 5 Pour the syrup over the prepared pears, distributing evenly. Sprinkle with walnuts.
- 6 In a medium bowl, cream the butter and sugar.
- 7 Add eggs, one at a time, mixing well after each addition. In a separate bowl, combine the flour, baking powder and spices.
- 8 Add the dry mixture to the batter in thirds, alternating with the yogurt.
- 9 Spread the batter over the pears and bake on a middle rack for 45 minutes until a cake tester comes out clean. Rest 10 minutes before inverting on a serving platter. Pour any remaining syrup from the pan over the warm cake.
- 10 Serve with a dollop of yogurt, whipped cream or ice cream, on the side.



The layered pears, topped with syrup and walnuts before baking.



A beautiful and tasty dessert for any season!

Say Cheese?

LC Steinig

We've come a long way with vegan cheese technology since I first went vegan almost 14 years ago. Back then, I tried really hard to convince myself that hummus was a good cheese substitute. Today, I can charcuterie board with the best of them.

With every advancement in the world of vegan cheese, the veganized version of my mom's macaroni and cheese also advances—advances enough to be, dare I say it, award-winning.

Picture it. West Philadelphia, 2016. The inaugural *Philly Vegan Mac Down*. The rotunda is packed with spectators lined up to taste each of the competitor's wares. I'm up against both home cooks and professional chefs alike. The judges are center stage tasting each cheesy bite and deliberating with all the gravity the occasion requires.

The tension is rising. After the macaroni have all been tasted and the People's Choice ballots have all been cast, the judges finish their deliberations and the emcee announces the winners.

Third Place. Not me.
Second Place. Not me.
People's Choice. Not me.
Grand Champion. LJ STEINIG! Yes! I did it!

But that wasn't enough for me. I returned to defend my title in 2017. I also smack talked a bit much for someone who did not even place. And still no coveted People's Choice award. But I had my big comeback in 2018. Once again, Grand Champion. Once again, *not* the People's Choice.

I've since retired from competitive macaroni and cheesing. I served as a judge for the 2019 *Philly Vegan Mac Down*, and there has not been another one since.



Photo courtesy of LC Steinig

The author/chef displaying her prize at *Philly Vegan Mac Down*.

But today I have a confession. My mom's macaroni and cheese recipe, the recipe I veganized and won two trophies with, is straight out of *Good Housekeeping Magazine*.

It's been modified since then in addition to its veganization, but the basics remain the same. Perhaps now it will be the People's Choice of Hopkinson House. ■

Vegan Mac and Cheese

Serves 8

Ingredients

- 16 oz box of elbow macaroni
- 2 tablespoons non-dairy butter (my favorite is Wayfare, and Country Crock has a new one out that is also great)
- 2 tablespoons flour
- 1 cup unsweetened non-dairy milk (any non-dairy milk you prefer, oat milk or soy are my favorites, but—and I can't stress this enough—it must be unsweetened and unflavored. Nobody wants sweet vanilla macaroni and cheese)
- Oregano, basil, thyme, garlic powder, salt, pepper to taste
- 3 packages of vegan cheese: one package shredded, two blocks cut into ½" cubes (Violife, Daiya, and Follow Your Heart are all good brands that are flavorful and actually melt)
- 1 heaping tbsp bread crumbs
- 1 teaspoon nutritional yeast or vegan parmesan

Directions

- 1 Prepare the macaroni according to the package, preheat the oven to 350°.
- 2 While the macaroni is cooking, over medium heat, melt the butter.
- 3 Whisk in the flour, making a roux.
- 4 Stir in the seasonings, then the milk, whisking constantly as it thickens.
- 5 Whisk in the shredded cheese, stirring constantly as it melts.
- 6 Drain the macaroni, pour in the sauce and the cheese cubes. Stir to combine.
- 7 Pour the macaroni into a baking dish, sprinkle with the breadcrumbs and nutritional yeast/parmesan.
- 8 Bake for 25 minutes. Broil for 2 minutes for more top crispiness.
- 9 Eat and enjoy!



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