



Newsletter of the Center City Residents' Association

Vol. 7 No. 2 Summer 2017

Contents

Our Greene Countrie Towne

Singin' in the Rain 1
Gardens: Another Reason to Love Philadelphia... 15

City Lit

Summer Reading... 2
Food in Bloom 2

It's Academic

Greene Towners Greening Center City 2
TPS Students Get Lessons in Lobbying 4
Clearing the Haze of the High School Maze 4
Friends Select SummerSessions 5

President's Report

Who Watches the Watchers? 3

Town Square

Crosstown Coalition Update 7
CCRA Sponsors DA Debate at Saxbys Coffee 7
State of Center City 10
Zoning Questions Presented by Jeweler's Row.. 13

Living History

An Awakening of Historic Proportions 9
Make a Difference to Our Neighborhood! 9
Film Recounts Jane Jacobs' Urban Crusade..... 10
Postcard from the Revolution..... 11

Dining Scene

Outdoor Dining on the Schuylkill..... 13

Out & About

Celebration of Center City Living..... 14

CCCulture

Artist Leslie Sudock Supports Studio for
Adults with Developmental Disabilities 15
Summer Jazz Concert Series..... 17
NextMove Dance Presents Companies
from Europe, Africa, Asia and America 19

To Your Health

Yoga Practice Strengthens Mind and Body.... 17

Shop Talk

Too Much Stuff! 18
CCRA Merchant Members Discount Program 19

What's Going On

CCRA Summer Calendar 20

CENTER CITY RESIDENTS' ASSOCIATION

1608 Walnut Street, 12th Floor
Philadelphia, PA 19103
215-546-6719
centercity@centercityresidents.org
www.centercityresidents.org

Our Greene Countrie Towne

Singin' in the Rain

By Bill West

There was a knock on the door. I opened it, and there were two nice young men and my new rain barrel. They also had a bag with some tools and a few accessory parts. Fifteen minutes later the installation crew was done with its work; we smiled and shook hands, and they left.

And I had a 55-gallon plastic rain barrel hooked up to the downspout that drains my roof. Free rain barrel, free installation. Courtesy of the Pennsylvania Horticultural Society.

So what do you do with the water in the rain barrel? Well, you can use it to water your flowers. Probably not a good idea to drink it – hard to know how many birds have been pooping on your roof.

The main thing, however, is you're helping the planet. Yes, who knew? The PHS is into green stuff.

If you've noticed that we seem to be getting more intense rainstorms in Philadelphia, and that there's more local flooding – where the storm drains back up into the street and create pretty little lakes at intersections – well, you're not crazy.

And one of the answers is the rain barrel. Every 55 gallons in a rain barrel is 55 gallons that aren't gushing up through the storm grate down at the corner. By the way, I call it a little blue rain barrel, and it is. But it's not a toy. When it's full it

weighs about as much as a sumo wrestler. Don't ask me how I learned this.

The rain barrels are part of a larger program for stormwater management that emphasizes what is called green infrastructure, as opposed to gray infrastructure. Gray infrastructure means building new sewers and holding tanks and stuff, and pouring huge gobs of concrete. Using concrete

Continued p. 3



They only come in blue, but you're free to decorate. 2000 block of Moravian.

Bill West

Summer Reading...

By Bonnie Eisenfeld

The Grid and the River: Philadelphia's Green Places 1682-1876, by Dr. Elizabeth Milroy, explores the how and why of our city's amazing heritage of public parks and the preservation of open spaces. Department Head of Art and Art History at Drexel University, Milroy provides a thoroughly researched, illustrated narrative describing cultural attitudes and political processes leading to the preservation of Philadelphia's extensive open spaces. Philadelphia's public parks cover more than 10,000 acres and include woodlands, waterways, and historic properties. The book is available on Amazon and at the Free Library.

Food in Bloom

By Bonnie Eisenfeld

Center City resident Constance Kirker, co-author of *Edible Flowers: A Global History*, gave a talk about her recent book at the Free Library, Philadelphia City Institute branch on Rittenhouse Square, in April. Kirker discussed the cultural, symbolic, and religious connotations of edible flowers; how they have been an element of cooking in many of the world's cultures; and how flowers can be used in delicious and unexpected ways to enhance your food presentations.



Edible flowers enhance the eye appeal of ordinary foods.

It's Academic

Greene Towners Greening Center City

By Erika Goldberg, Greene Towne Garden Coordinator

In 1966 Greene Towne Montessori School's founding parents drew their inspiration in naming the school from William Penn's vision for Philadelphia to be a "greene countrie towne." Today, Greene Towne students and parents contribute to fulfilling Penn's dream for a healthy, green city.

Each year, during the days surrounding Earth Day and Arbor Day, students engage in activities that teach the importance of caring for the natural environment. Throughout the week, parents, students, and teachers work together to welcome a new growing season by planting, setting up worm composting, and caring for street trees in and around the school's two outdoor spaces.

Established by parent volunteers in 2003, the rooftop container garden and courtyard garden provide our young city-dwellers the opportunity to grow flowers, herbs and vegetables to enjoy. Since its inception, the program has expanded to include tending street trees and worm composting, keeping nearly 500 pounds of kitchen and paper waste from landfills each year. Children from 18 months to 6 years relish digging for worms, and squeal with delight when they find one.

This year, in addition to gardening and worm composting, Greene Towne Kindergartners tended 16 street trees near the school. Before putting on their garden gloves and heading out with trowels and garden forks, the 5- and 6-year-olds shared their thoughts about why trees are important and why we need to take care of them.

"Trees give us oxygen and clean the air." "We breath oxygen so if there were no trees we wouldn't have any air." "Trees give us food: nuts, maple syrup, apples, oranges, cherries, bananas, pears, avocados, mangoes and coconuts." "Trees are pretty and give us flowers." "Trees give us shade." "Trees give us wood and we make houses and beautiful wooden toys and our play structure is made of wood." "Our classroom furniture and work is made from wood." "They give us paper so we can draw and write stories and make crafts." Trees also make homes for squirrels and chipmunks and birds, "where they build nests way up high," and "Cats like to climb trees."



Greene Towners are proud of their tree-tending skills.

Students learned that trees "drink" water through their roots, difficult when soil in the tree pit is compacted. Students loosened the soil, allowing rainfall to reach deep into the ground for the roots to soak up. They spread mulch around the trunks to help retain moisture and keep roots cool during the hot summer.

Kindergartners drew pictures and wrote stories about the importance of caring for trees. William Penn's dream lives on in Greene Towne's students.

CCRA BOARD OF DIRECTORS

Charles Goodwin.....President
 Charles Robin..... Executive Vice President
 Barbara Halpern..... Vice President
 Emmeline Babb..... Vice President
 Frank Montgomery..... Vice President
 Harvey C. Sacks..... Vice President
 Philippa Campbell..... Secretary
 Dawn Willis.....Assistant Secretary
 Matt Schreck..... Treasurer
 Matt Fontana.....Assistant Treasurer

DIRECTOR (term ending)

Guy Aiman (2019)	Daniel Keough (2019)
Wade Albert (2018)	Dilek Karabucak (2018)
Janet Bender (2018)	Fran Levi (2017)
Elena A. Cappella (2017)	Philip McMunigal (2017)
Ellen Chapman (2017)	Jacob Markovitz (2018)
Becca Fischer (2019)	Lauren O'Donnell (2019)
David Gerson (2019)	David Rose (2018)
Samuel Gordon (2019)	Jennifer Tintenfass (2019)
Richard Gross (2017)	Mark Travis (2017)
Victoria Harris (2018)	Ben Waxman (2017)

COMMUNICATIONS & OPERATIONS

MANAGER

Travis W. Oliver

HOUSE TOUR CHAIR

Kathleen Federico

COUNSEL

Stanley R. Krakower

ZONING CO-CHAIRS (sit on Executive Committee)

Charles Loomis
 Tim Kerner

PAST PRESIDENTS (active)

Margaret Mund	Eugene Dichter
Jeff Braff	Samuel Weinberg
Adam Schneider	Wm. J. D. Jordan
Vivian Seltzer	Lenore Millhollen
Pamela Rosser Thistle	Kristin Davidson
George R. Brodie, Jr.	

CENTER CITY QUARTERLY

Nancy Colman..... EDITOR
 Bonnie Eisenfeld..... CONTRIBUTING EDITOR
 Bill West..... PRODUCTION EDITOR
 Donna Strug, Andres Nicolini..... PHOTOGRAPHERS

Cover Photo Credits: (1) Didier Phillispart (2) Emily Grant
 (3) Nancy Colman (4) Bonnie Eisenfeld

Newsletter Ad Rates

4 Issues	Members	Non-Members
Full Page	\$ 1,350.00	\$1,425.00
½ Page	\$ 750.00	\$ 825.00
¼ Page	\$ 375.00	\$ 450.00
1 Issue	Members	Non-Members
Full Page	\$ 450.00	\$ 475.00
½ Page	\$ 250.00	\$ 275.00
¼ Page	\$ 125.00	\$ 150.00

For information and deadlines, please call 215-546-6719.

President's Report

Who Watches the Watchers?



Charles Goodwin
 CCRA President

Quis custodiet ipsos custodes? – who watches the watchers? – is a question debated since Plato's *Republic* (or so says Wikipedia), which (oddly enough) predates Juvenal's satires – the usual source of the quotation – by four or five centuries. It's really two

questions: who *should* watch the watchers; and who *does* watch the watchers?

CCRA is one of the watchers. Who watches us?

The answer to the *should* question is you. Often, the answer to the *does* question is that there can never be enough. People think we speak for you; do you know what we're saying?

In Philadelphia, "Registered Community Organizations" (RCOs) like CCRA provide community input to government land-use decisions in three ways. First, applicants for zoning variances must present their plans at a public RCO meeting – our zoning committee meetings – for comment. The RCO then makes a recommendation to the Zoning Board of Adjustment (ZBA), the city board that hears variance requests. The RCO's recommendations carry weight with the ZBA, but aren't binding on the ZBA and can serve as the basis for an appeal.

Second, for major projects that don't need variances, RCOs must convene a meeting for public input. The RCO then offers suggestions to the builder and to the Philadelphia City

Planning Commission (PCPC). The builder is free to ignore both the RCO and the PCPC but often takes reasonable suggestions to heart.

Finally, in Philadelphia, certain land-use issues (putting something on the sidewalk, closing an unused street) require a City Council ordinance. Sometimes, builders try to avoid the variance process (and the risk of potentially interminable court proceedings) with a request to the district council member for legislation. CCRA is fortunate that our two council members' response to such a suggestion is to tell the builder to work with CCRA.

CCRA faces a simple problem: public participation in this vehicle to gather public input can be thin on occasion. The overwhelming majority of CCRA members are quiescent.

Optimists would say that CCRA does so good a job speaking for you that (almost) no one complains. Pessimists would say that we've been written off as hopeless. Cynics would say that no one cares. The comments on Plan Philly and elsewhere suggest we're imperfect. CCRA's growing membership suggests we do something right. Both facts suggest that the cynics are wrong.

We are fallible trustees for this community. You need to inform us. You need to speak out. We're only as good as you make us. You need to come out to meetings and speak for our community. Unless you do, you may commit the future of our community to individuals who may be completely unaware of your concerns.

We are a vehicle. You are the driver. Where are you going?

Continued from p. 1

to deal with all the rain that's on the way would cost a couple of bazillion dollars. Green infrastructure costs a lot less. Green infrastructure means blue rain barrels.

All set to get your free rain barrel? Well, hold up. You've got to get yourself educated first. Go to the website (http://www.phillywatersheds.org/whats_in_it_for_you/residents/raincheck) and sign up for one of their information sessions. Don't worry. You'll actually learn stuff. I know I did. And at the end you can fill out some papers and schedule your installation.

Two more things. First, the information sessions also have a road show. If you're in a community group that would like the Horticulture Society to visit you with a Powerpoint presentation and a bunch of sign-up sheets, contact Rosemary Howard, assistant program manager: rhoward@pennhort.org, 215-988-8767.

Also, the program does a bunch of stuff beyond rain barrels like rain gardens and permeable pavers. These will cost you money, but the prices are very attractive.

Clearing the Haze of the High School Maze

By Fran Levi

CCRA's Education and Family Committee presented "The High School Daze" – an informational program to help parents plan for their children's high school application process – on Thursday, March 30, at Trinity Memorial Church. Committee co-chair Judy Heller introduced a diverse panel that provided a comprehensive overview including understanding their child's development, identifying educational opportunities, and navigating the various application processes, like guiding their child through visiting and selecting a high school.

Discussing "seventh- through ninth-grade development markers," Kathryn Snyder, a board-certified art therapist and licensed professional counselor stated, "By seventh grade, attendance, behavior and grades begin to matter." While parents should consider what is important to their child, "parents have to be the auxiliary brain for their children." Snyder reminded parents that there is a "slot for every child," and opportunities for change if their child is not happy with their high school choice.



From left, panelists Kathryn Snyder, Eileen Dwell, Anne Hall and Tina Kluetmeier, and Education and Family Committee Co-chair Judy Heller.

Eileen Dwell is a member of the Education and Family Committee and has been a panelist at previous school daze programs. A retired Philadelphia public and suburban elementary and secondary school principal, Dwell supervises Temple University student teachers as well as subbing as a Philadelphia School District principal. She explained the

multitude of considerations when evaluating the various high school options available to your child. She believes, "Shadow days are wonderful!" When visiting schools Dwell suggested some questions that should be asked. Do they have A.P. classes, drama, etc.? How available do teachers make

Continued p. 5

Friends Select SummerSessions: Where the City Meets Your Kid

By Desiree Harmon, SummerSessions Director and Middle School Dean

New this year, Friends Select has expanded its SummerSessions Program to include three course tracks: FSS City Academy, FSS City Lab, and FSS City Institute. Themed "Where the city meets your kid," the program runs from June 12 through July 28, and is available to all incoming middle- and upper-school students, and faculty.

The course offerings for students provide an opportunity to stay engaged with academics, sports and various aspects of Center City Philadelphia over the summer. Through the course "Humanities in the City," faculty will learn how to use local resources to enrich the humanities classroom.

"We are excited to grow our upcoming summer program to include students and



Friends Select School's SummerSessions provide a summer learning experience inspired by its Center City location.

faculty in and outside of our community," says Michael Gary, head of school at Friends Select. "My goal is for Friends Select's education to be as accessible to as many as possible, and this will bring us

one step closer to being a private school with a public purpose."

For more information and to register, visit friends-select.org/summersessions

TPS Students Get Lessons in Lobbying

By Matt Eskin, Assistant Head, The Philadelphia School

In early March, 10 middle school students from The Philadelphia School had the opportunity to meet with staff at Senator Casey's and Senator Toomey's Philadelphia offices. They lobbied Senator Casey to continue to press assertively for pay equity for women, and they asked Senator Toomey to live up to his campaign promise to expand the reach of background checks for gun purchases.

Their visits were the culmination of a 10-week middle school elective course called "Let's Go Lobbying," which was created in recognition of the fact that the nation's fervent political climate had not escaped our students and classrooms. Surrounded by young people whose voices are missing from American political discourse, the teachers decided to develop a course that would empower students to confidently and knowledgeably share their concerns with the policymakers who are influencing their futures.

"The overarching idea," said teacher Jake Hunter, "is to have the students – as non-voting yet well-informed, concerned minors – understand that they have a right and obligation to participate in political discourse, and that their concerns and opinions deserve consideration by our nation's elected officials."

The students – sixth-, seventh-, and eighth-graders – worked collaboratively



TPS middle schoolers meet with staffers at Sen. Casey's Philadelphia office.

in teams of five. While teachers designed the "architecture" of the elective, students were responsible for setting up appointments with their senators' offices; identifying and researching an issue of concern; interviewing guest experts (lobbyists, legislators and civic leaders) to learn lobbying techniques and to identify issues; and preparing, role playing, and presenting their request for action (orally and in writing) to the senators' staffs.

After their 30-minute meetings with Senator Toomey's PA Director, Colonel Bob DeSousa, and with Senator Casey's Field Representative, Geoffrey Mock, the students reviewed their experiences and

discussed how seriously and respectfully their presentations had been received. They also had an opportunity to brief Mayor Kenney the following day, when he visited the class and recommended issues he would like them to research and present to state representatives at the State House in Harrisburg, where they were to spend a day in late May.

"We plan to keep this class going year after year," says teacher Lois West, "and we hope we can work with other local schools to empower as many Philadelphia middle schoolers as possible to make their voices heard."

Continued from p. 4

themselves to students? Do students work in cooperative groups? Parents, she said, should understand "nothing is perfect, but children are more resilient than you think."

Anne Hall worked in urban education in San Francisco and Oakland, California, before moving to Philadelphia in 2003, where she earned a Master of Science in Psychological Services at the University of Pennsylvania's School of Education. Since the fall of 2004, Hall has been the school counselor at Independence Charter School. She emphasized the four important factors that parents and students should be aware of by seventh grade. Grades

should be A's and B's with maybe one C. Attendance records should reflect no more than five excused absences. Behavior is important, and the student should not have any suspensions. PSSA test scores are important. Hall's advice: "Be on top of things. Preparation is very important."

Tina Kluetmeier, also a member of the Education and Family Committee, is an education consultant with over 20 years' experience with community-based organizations and universities in the United States and abroad. With first-hand knowledge of "navigating the high school maze" as the parent of an eighth- and 10th-grader

who attend Philadelphia public and charter schools, Kluetmeier explained how she and her husband attacked the decision-making process. "In eighth grade our children had to write down what they wanted in a high school. For both of our children the social piece was very important to them, and we recognized this."

Following the panel's presentations, members of the audience asked questions. Several parents expressed their appreciation for the program, which they said helped relieve some of the stress they felt about planning for their child's high school experience.

OCF REALTY WELCOMES NEIGHBOR AND CCRA MEMBER

ANDY NICOLINI

Whether you are selling, buying, downsizing to a condo, or simply want to have a friendly conversation about selling before you buy or your home's current value, be sure to contact your neighbor, Andy Nicolini

Center City Homeowner
Block Captain
Community Gardener
CCRA volunteer &
past board member
Se habla español



484.483.3114
andy@ocfrealty.com



OCF Realty specializes in zip codes, not dollar signs. This community-centric approach combined with our Naked Philly blog and OCF Coffee Houses, is what makes OCF Realty one of the most innovative, approachable and transparent real estate offices in Philadelphia.



OCF REALTY • WWW.OCFREALETY.COM
1936 WASHINGTON AVENUE • PHILADELPHIA, PA 19146

Crosstown Coalition Update

By Steve Huntington, Crosstown Coalition Chair

Crosstown Fosters Grass Roots Legislation

In the last issue of the *Quarterly*, the Crosstown heralded the passage of Coalition-initiated legislation – Bill 160825 – an ordinance handed up from the grass roots of the Crosstown’s 23 neighborhoods, not passed down from the polity to the people.

It’s happened again. Introduced by Councilman Bobby Henon (who also introduced the aforementioned grass roots bill – thank you and thank you again!), Bill 170285 actualizes an RCO (Registered Community Organization) request presented by Crosstowners in personal visits to 13 Council offices last summer. Currently, political wards and civic associations may qualify as RCOs. Even so, wards are exempted from six rules requiring that neighborhood RCOs (like CCRA) ensure community representation and due process – publicly announced, open, regularly scheduled meetings; member-elected leadership, etc.

The Bill applies these six rules to all RCOs – civic associations and wards alike. Further, the Bill addresses the problem presented by residents who wish to work within a ward RCO but are politically registered either as independents or as members of a party other than that of the ward. The proposed legislation requires that both wards and community-

based RCOs open their “organizational membership” to “residents, property owners, business owners or operators and/tenants” within the declared boundaries of the RCO.

Crosstown PREVAILS on Electric Charging Stations

In another first, the Crosstown prevailed in a sharply contested Council vote on Bill 1700930’s moratorium on sidewalk-mounted, plug-in, vehicle-charging stations, which, prior to the enactment of the moratorium, provided vehicle owners with 24/7 exclusive use of adjacent curbside parking spaces. Thirty-five of 59 registered charging stations are from three zip codes – 19130 (14 permits), 19147 (11 permits) and 19106 (10 permits) – and none are registered in communities where on-street parking is not at a premium, such as East Falls, Mount Airy or Chestnut Hill.

The Bill, cosponsored by Councilmen David Oh and Squilla, passed after the Crosstown voted to support its passage, 14 to two with four abstentions. The Coalition hand-delivered letters in support of the Bill to each Council chamber, and CCRA former President Jeff Braff presented the Crosstown position in City Council on April 7 immediately before Council voted 11 to six in favor of the Bill. The 11 council people who voted to support the bill: Bass, Blackwell, Clarke, Greenlee, Henon, Johnson, Oh, O’Neill, Parker, Sanchez and Squilla.

Update: Billboards on the Parkway

If no news can be taken as good news, it appears the Crosstown efforts, encapsulated in a March 15 letter to the *Inquirer*, have stymied the placement of ads as large 1200 square feet, on two Ben Franklin Parkway buildings. The proposal has not resurfaced since it originally appeared last November.

Crosstown Candidate Questionnaire

The Coalition has distributed questionnaires to the political candidates running for office over the last three election cycles. All responded. In March the Crosstown presented a questionnaire to the 10 individuals appearing on the May 16 ballot – the three seeking their party’s endorsement for Controller, and the seven candidates in the District Attorney primary. As of this writing, seven candidates have provided responses. The replies are distributed to each Association and placed on the Crosstown website.

Third Annual Education Summit

For the third consecutive year, on April 29, the Coalition hosted a forum – this year on the 42nd floor of the Comcast Center – for Friends of Neighborhood Education (FONE), providing workshops on how to build community support for local primary schools.

CCRA Sponsors DA Debate at Saxbys Coffee

By Daniel Keough, Government Relations Committee

Six Democratic candidates for the Office of Philadelphia District Attorney convened on Saturday morning, April 15, at the headquarters of Saxbys Coffee at 2300 Chestnut Street, to debate tough questions for a tough job. Former Philadelphia *Daily News* and Philly Mag editor and current co-founder of Philadelphia Citizen Larry Platt moderated.

All candidates were invited; Jack O’Neill, Joe Khan, Larry Krasner, retired judge Teresa Carr Deni, Michael Untermeyer and Rich Negrin attended. About 40 people

listened to the candidates discuss issues including civil forfeiture of property; cash bail and how to eliminate it; the opioid/heroin problem (a one-year increase of 30 percent in Philadelphia, resulting in 900 deaths in 2016); and this question submitted by an audience member: how to reform the administration process of the district attorney’s office to benefit the community more effectively.



DA candidates attending the forum, from left: Larry Krasner, Teresa Carr Deni, Joe Khan, Rich Negrin, Jack O’Neill and Michael Untermeyer, and moderator Larry Platt.

At The Philadelphia School

depth of understanding comes from exploring and discovering, from making mistakes and achieving success. Students benefit from a school community that recognizes the richness that arises when people of different cultures, histories, and worldviews teach and learn from one another. It is the place where students say,

"Here I learned to be the best possible me!"



TAKE A TOUR

Small group tours
available most
Wednesdays and
Thursdays at 9 AM
To reserve a place,
contact us at
215.545.5323 x 222.



The Philadelphia School
CITY COUNTRY CLASSROOM

2501 Lombard Street | Philadelphia, PA 19146
215.545.5323 tps.school.org

A progressive independent school educating children in preschool through 8th grade

An Awakening of Historic Proportions

By Dane Wells

Shock waves ran through Philadelphia when Horsham-based developer Toll Brothers announced they had purchased a group of buildings in what is known as Jeweler's Row, with the intention of demolishing them to build an apartment tower. They had every right, for the zoning code allows them to build high density, and Jeweler's Row had not been placed on the City's Historic Register, which would have provided some protection.

This episode, which, as of this writing is still being played out, was a rude awakening. Paul Steinke, the new Director of the Preservation Alliance of Greater Philadelphia, swung into action with petitions and legal efforts. The issue was not just the destruction of an important part of the historic cityscape. Equally important were other areas and buildings potentially left vulnerable due to the 2012 zoning mapping.

It is well known that numerous important historic buildings are not listed on the City Register. For several years, a valiant group of volunteers have been working to list additional buildings, to supplement the city's understaffed Historic Commission. Obviously more help is needed.

Pip Campbell, Chair of CCRA's Historic Preservation Committee, and others, have been working with the Preservation Alliance and other organizations to find ways for civic groups to participate in this designation effort (see sidebar). Mayor Kenney has appointed an Historic Preservation Task Force comprised of community representatives and City employees, and promised more funding

and support for the Historic Commission. A bill has been introduced in City Council to increase funds for the Commission by charging fees for historic reviews. There is an effort going forward to develop training in learning how to write nominations for the Register.

So why should we care about Historic Preservation? What follows is an update of an earlier *Quarterly* article, which, in light of recent developments, has even more meaning today.

Why Preservation?

Historic preservation is not just an exercise to save a few buildings for historians and preservationists to admire. In addition to saving historic and iconic structures for posterity, this process of retaining blocks of older, smaller, mixed-vintage buildings can help cities achieve sustainable development goals and foster great neighborhoods.

Jane Jacobs' 1961 book, *The Death and Life of Great American Cities*, launched a national conversation. Jacobs asserted that urban renewal, popular in the 60s, replaced richly textured streets of small, mixed-age buildings with blocks of much larger new structures, drained life from neighborhoods, and deadened urban centers. Jacobs observed that "Cities need old buildings so badly it is probably impossible for vigorous streets and districts to grow without them."

The National Trust for Historic Preservation in 2014 released *Older Smaller Better*, a report by Preservation Green Lab. Using

data from three cities, it provided the most complete empirical validation to date of Jacobs' long-respected, but largely untested hypothesis: That neighborhoods containing a mix of smaller buildings of diverse ages support greater levels of positive economic and social activity. (link: http://www.preservationnation.org/information-center/sustainable-communities/green-lab/oldersmallerbetter/report/NTHP_PGL_OlderSmallerBetter_ExecSummary.pdf)

I think many of us in the Rittenhouse-Fitler Historic District, which includes most of CCRA, would agree, and the Jeweler's Row scenario is proof. Historic Preservation is in our best interest – individually and as a community. If it doesn't add appeal or value to your property, it certainly stabilizes value. Time and again it has proven to be a wise investment. Let's look at some of the reasons.

Community Branding

Sophisticated companies put a lot of thought and resources into creating a brand; it is good for business. Cities and neighborhoods can brand also, albeit differently – think of San Francisco's "Painted Ladies," and Jeweler's Row. A community's brand helps attract good investment and ownership, and steer decision-making by community leaders to benefit the area. It also gives us a sense of place, connecting us with our heritage. In cities like Charleston and Savannah, blessed with good historical fabric, preservation has played a significant role in community branding. Jeweler's Row is famous – even a tourist attraction

Continued p. 10

We Can All Make a Difference to Our Neighborhood!

A majority of CCRA's footprint is protected historically through the City-designated Rittenhouse-Fitler Historic District. However, many blocks were not included in the Ritt-Fit District and, like Jeweler's Row, remain unprotected historically. Members of CCRA's Historic Preservation Committee are launching an initiative to identify properties to recommend to the Philadelphia Historic Commission for designation.

With the assistance of historic-preservation experts, volunteers from our neighborhood will be trained to survey neighborhood streets and visually identify potentially historic properties, as well as to prepare drafts of designation nominations. We plan to start with blocks of Chestnut, Sansom and Walnut Streets, from Broad to the Schuylkill River. If you would like to participate in these efforts or just want to learn more, please contact Pip Campbell through CCRA or via email at pipcamp@aol.com. We need lots of help, and welcome anyone who is able to contribute, even if just for a short time.

– Pip Campbell, Chair

– and the density of the trade is great for business. It is one of a wide variety of tools available to neighborhood organizers; good preservation is not exclusive to big fancy buildings and rich neighborhoods.

Stupid-neighbor insurance

Suppose your next-door neighbor builds something really atrocious. Conventional wisdom says your property value will drop. In a sense, your foolish neighbor has unwittingly robbed you of asset value. Historic-district management seeks to avoid this by setting guidelines for everyone to follow. Consider them insurance, protecting your property’s value against the errant decision of a neighbor. Now I wouldn’t call Toll Brothers stupid, but if their priorities could be called self-interested, is the community left in the dust?

Stable, if not rising, building values

Communities with good architectural fabric (be it big and fancy or small and simple) seem to rebound from downturns faster and better than similar areas with bland or repetitive design. We can see that right here in Center City. Preserving the distinctive character of our urban center can act as a buffer against the more drastic boom-and-bust cycles that have plagued other cities subject to rapid, unregulated overdevelopment. This is one reason we all have an interest in maintaining our historic fabric.

Knee-jerk builders and developers don’t like it (it doesn’t fit their formula)

Preservation is not easy; one must

be observant, clever and resourceful. Regrettably, many builders, contractors and developers are more comfortable with a simple, formulaic approach to their work. There are, however, those that enjoy the challenges of preservation; to find them in Philadelphia start with the Preservation Alliance (www.preservationalliance.com), or ask an architect with preservation experience.

But my building isn’t historic

Not all buildings in an historic district need be historic, and different levels of historic importance can be assigned to those that are. In fact, a little variety on the block is a nice feature. Also, only in some rare cases do historic commissions care what you do inside a building; it is what is seen from the street that counts. That said, if your building has a lot of interior historic fabric, removing or spoiling it may decrease the building’s value for the next buyer. If you must remove historic interior fabric, then at least consider selling or donating it to a number of specialized salvage companies or organizations that can give it a new life.

A clever architect can design a modern infill building to complement historic neighbors, which actually may be better than trying to imitate them. Historic guidelines are often skeptical about making things look like something they aren’t. Well designed, modern infill is preferable to phony historic. This writer is carefully watching the Bart Blatstein renovation of the old McIlhenny Mansion on Rittenhouse Square; perhaps this will be a successful mix of new and old.

Just because it is old, does it mean it is important?

There are different levels of historic – some buildings, usually specifically “listed,” built by a notable architect, or with a special history, might require very exacting and well-researched historic preservation. Other buildings might just “contribute” to the overall context of the district, and a more casual level of preservation might be acceptable. In the case of Jeweler’s Row, for the most part, it is not the quality of the architecture that is important; it is the history and the density of the trade.

The most important concept is that the building blend in and complement the block, and that it not detract from the standards of the historic district. Not every building has to be a showplace.

Preservation is very “green”

The *Older Smaller Better* study also makes a strong case for the sustainable aspect of historic preservation. First and most obviously is the fact that a lot of material is kept out of landfills. Preservation work is more labor-intensive than new construction, and this means more jobs in the *local* economy. Also, more supplies tend to be local, sometimes from nearby salvage yards – again, a boost to the local economy. Furthermore, maintained historic areas have better day-to-day economic statistics than other areas do.

Most importantly, as the report notes, good preservation is a “gift to the street” that benefits the neighborhood as well as the property owner. It creates a finished building that you and your neighbors can be proud of for years to come, and it is doing real good for the neighborhood, not just creating eye candy.

Stay tuned...

You may be able to help the Ritt-Fit District avoid a Jeweler’s Row disaster. There are areas we should be worried about in our neighborhood. Contact Pip Campbell at picamp@aol.com if you are interested in helping.

Film *Citizen Jane* Recounts Jacobs’ Urban Preservation Crusade

To mark the 100th anniversary of Jane Jacobs’ birth, the documentary *Citizen Jane: Battle for the City* was released in April in theaters across the country to broad critical acclaim. The film traces her evolution as an advocate for historic preservation and thoughtful, human-scaled urban planning, and details her long and often bitter rivalry with philosophical foe Robert Moses. Scranton native Jacobs takes on other male powerhouses of grand-scale modern development like Philadelphia’s Edmund Bacon, in a time when women were scarcely acknowledged — much less validated — for their professional or intellectual accomplishments.

—Nancy Colman

The State of Center City

Paul R. Levy, president of the Center City District, describes the amazing growth and density of restaurants, arts, visitors, hotels, and jobs in Center City Philadelphia in his article, “The State of Center City,” published in the Philadelphia *Inquirer*, April 16, 2017. http://www.philly.com/philly/opinion/20170423_The_state_of_Center_City.html

To read the full report, “State of Center City, 2017,” visit: <http://centercityphila.org/research-reports/socc>

– Bonnie Eisenfeld

Postcard from the Revolution

By Bonnie Eisenfeld

Editor's Note: *By now, the long-awaited opening of the Museum of the American Revolution has been well publicized – the pomp and circumstance surrounding its public debut on the 242nd anniversary of the “Shot heard ‘round the world,” with dignitaries cutting ribbons and making speeches, and historic re-enactors marching in full regalia. But we offer here another perspective, that of our longtime writer and contributing editor Bonnie Eisenfeld, whose unique evaluation gives us a compelling reason to explore this latest treasure in Philadelphia’s historical trove.*

Several impressions came to me as I visited the new Museum of the American Revolution twice in April – press preview and members’ preview. I noticed the contrast between learning history in school by memorizing significant names and dates in a textbook, and experiencing history visually and with a bit of chaos.

In my history textbooks, white men seemed to be the only participants. At the museum I learned that women, people of color, and Native Americans participated in the Revolution. In our classrooms, the Revolution was over by a certain date in the school semester. The museum’s introductory film tells us that the American Revolution lasted eight years and is still moving forward, its principles being embraced by segments of the American population and nations around the world.



This dramatic diorama depicts captured Colonial soldiers forced to fight against their former comrades by their British captors.

At the time of the Revolution colonists were not all of one mind that the American colonies should separate from England. Enslaved people and native nations were not in agreement among themselves about whether to support the British or the colonists. Did we learn that in school? Hard to say, with all the flag-waving and whatnot.

I realized that someday, our times will be history. People of the future may not

realize that we were not all in agreement about everything that happened. Will students even be required to read history in the future? Will they get all of its contradictions or will it be packaged into neat linear events? I hope they will get a nice museum dedicated to the survival of democracy, as beautiful as the Museum of the American Revolution.



Broadway star Sydney James Harcourt, of the original cast of Hamilton, backed up by students from the Philadelphia High School for the Creative and Performing Arts, treats the crowd to a spirited selection of tunes from the hit show at the opening ceremonies.



Items in the gift shop with quotations from Abigail Adams.

Searching For A ~~Good~~ ^{Great} Plumbing, Heating & Air Conditioning Company?



REASONS TO CALL US FOR ALL YOUR PLUMBING, HEATING & COOLING SERVICE

PROUD MEMBER



Winner 2009-2015



1. REPAIR GUARANTEE If a repair fails during the first year, we will repair it again for **FREE**
2. JOB DONE RIGHT We will fix it right the first time *Or You Don't Pay*
3. NO SURPRISES GUARANTEE We will give you a price up-front before starting the work. Once we start the job the price will not change, even if it is more work than we anticipated.
4. FAIR PRICE GUARANTEE No need to shop around. Our pricing is from our Flat Rate Book. If ever in doubt, always ask your contractor to show you their flat rate book to show how they arrived at the price.
5. SECURITY GUARANTEE Our technicians are background checked, drug tested, uniformed and wear company identification so you never worry about who is working in your home.

CENTRAL A/C TUNE-UP \$89.00*

A 53 Point Professional Tune Up For Your Central Air Conditioning system that Guarantees your A/C against breakdowns this summer or it's FREE

*SYSTEM MUST BE FULLY OPERATIONAL TO PERFORM TUNE UP

ANY DRAIN CLEARED \$199.00*



*Does not apply to main sewer or water lines

ANY PLUMBING, OR CENTRAL A/C SERVICE \$55. OFF

Limited to members of Center City Residents Assn. May not be combined with any other offer.



Joseph Giannone

PLUMBING • HEATING • AIR CONDITIONING

215-383-2957

www.calljg.com

DI BRUNO BROS. CATERING & EVENTS



BEEFSTEAK TOMATO & BURRATA SALAD



CACIO E PEPE



BEEF & GOAT CHEESE RAVIOLI, BASIL BUTTER

WEDDINGS, PARTIES, *and more!*

LIVE ACTION STATIONS • FAMILY-STYLE DINING
REHEARSAL DINNERS • PRIVATE EVENT SPACE

DIBRUNOCATERING.COM | 215.665.1659

Of Edmund Bacon and Jane Jacobs: The Zoning Questions Presented by Jeweler's Row

By Steve Huntington

The debate surrounding the 29-story tower proposed for Jeweler's Row, in the 700 block of Sansom, raises two types of planning issues – historic preservation and zoning; the Jeweler's Row plot is zoned CMX-5, the highest-density category, so that the zoning question as to the merits of changing the current low-rise/mid-rise streetscape to 29 stories would exist even if the block lacked its colorful historic past.

Not surprisingly, Paul Steinke, Executive Director of the Preservation Alliance of Greater Philadelphia, called Jeweler's Row “a wake-up call” to a “planning and zoning apparatus” he described as “out of sync with contemporary needs in a historic city.” The Jeweler's Row zoning issue is particularly timely in view of the Association's current efforts to revise CCRA's zoning map, which currently designates as CMX-5 our section of Sansom Street from 15th to 19th, along with the parallel blocks of Chestnut and Walnut.

If Jeweler's Row had been zoned to reflect the current streetscape, the replacement buildings would have been capped at 60 feet, not 350 feet. The CMX-5 zoning classification permits a floor-area ratio (FAR) of 12 – if the building footprint comprises the entire lot, the construction may rise 12 stories. With bonuses for amenities such as public art and underground parking, the FAR can increase to 16. Where the building's footprint does not consume the lot's entire surface, as with the Jeweler's Row tower, the height can nearly double the 16-floor-bonus limit.

The discrepancy between the low-rise storefronts found on Jeweler's Row and its

ultra-dense zoning classification is but the latest chapter in a half-century debate between two schools of urban design. Top-down planners in the mold of Philadelphia's Edmund Bacon and New York's Robert Moses advanced sweeping visions of urban renewal, and bottom-up planners exemplified by Jane Jacobs – whose 1961 book, *The Death and Life of Great American Cities* – extolled the chaos and serendipity found in the urban status quo.

Top-downers espouse the pyramid theory, asserting that density should be maximized in the city's core and diminish as distance increases from the core. Per the pyramid theory, the as-built environment adjacent to the City core is a place holder for urban expansion – as the City grows, so low-rise, less-dense development adjacent to the core disappears. The pyramid theory explains why CMX-5 development is mapped out for low-rise buildings in CCRAville: the Brooks Brothers store on the 1500 block of Walnut Street; Di Bruno Bros. on the 1900 block of Chestnut; or the Joseph Fox bookstore at 1724 Sansom. Pyramid-plan proponents assert that the City's core, invariably the center of the urban transportation scheme, is best suited to handle high-density development. In Philadelphia, City Hall is at the heart of the core, at the confluence of subways, trolleys and commuter rail. So for those who subscribe to the pyramid theory, an excellent case can be made for replacing CMX-5 on the blocks in CCRA land adjacent to City Hall from 15th through 19th on Chestnut, Sansom and Walnut – each zoned CMX-5.

Where Bacon and Moses perceived cities with an aviator's overview, Jacobs saw

the city from the sidewalk, through the eyes of an urban mother raising children in the colorful chaos of Greenwich Village in the 50s. She viewed with suspicion “urban renewal” schemes, concluding that “renewed” neighborhoods based on planner's sketchbooks lacked the liveability of crowd-sourced communities grown organically. A Jacobs acolyte walking the lively sidewalks of Chestnut or Walnut or Sansom between 15th and 19th, with their hodgepodge of residential, retail, office, low-rises and high-rises, would suggest that the CMX-5 zoning overlay contradicts the urbanist's version of the Hippocratic oath: “If it ain't broke don't fix it.”

Both approaches have earned critics. Top-downers are accused of creating empty dead zones (Bacon's Penn Center and its West Market extension at 6 pm). Bottom-uppers are seen as encouraging not-in-my-backyarders, impeding market forces supporting density, thereby inflating downtown living costs and driving out the middle class. (Contrast prices in mega-zoned San Francisco, Boston and Washington D.C. with the affordability found in less-regulated southwestern cities like Houston and Phoenix.)

If truth resides somewhere between the two approaches, then the ongoing zoning-remapping process in CCRA land presents a dilemma. Should the zoning envelope encourage the placement of dense high-rise projects in the serendipitous mix found on Chestnut, Walnut and Sansom west of Broad? If not, which of these blocks should be protected by a zoning envelope that reflects the current as-built streetscape?

Dining Scene

Outdoor Dining on the Schuylkill

Chef Jose Garces' newest restaurant, 24, built with the Center City West neighborhood in mind, offers a casual setting with an energetic approach to Garces' signature brand of Latin-inspired hospitality. Located at 2401 Walnut Street, 24 is ideally situated to serve nearby residents, employees and students.

The menu focuses on wood-fired pizza, pasta and other Italian specialties at affordable prices. 24's patio overlooks the Schuylkill River Banks, with sweeping views of the University City skyline. The outdoor space can seat up to 40 guests, and includes a standing area with a drink rail. Aperitivo Time is 4:30-6:30pm on the patio, with complimentary snacks, \$9 select pizzas, \$7 cocktails, \$6 wine, and \$5 beer.

The restaurant is open 8am - 9pm, Sunday through Thursday; 8am - 10pm, Friday & Saturday. Eat in or take out. Website: www.24Philly.com; Phone: 215-333-3331; Instagram/Twitter: @24phl



24's patio overlooks the Schuylkill River Banks with sweeping views of the University City skyline.

CCRA Celebrates Center City Living with Tribute to Greenfield's Dan Lazar

CCRA's annual Celebration of Center City Living, held May 15 at the Academy of Vocal Arts, offered members a festive way to support our neighborhood public school, Greenfield Elementary, with a fun take on the theme "School House Rock." Dan Lazar, principal of Greenfield, was the recipient of this year's Lenora Berson Community Service Award.

Celebrants rocked out to music by Stone Age, a local group that graduated from the garage band of its school days and now



Celebration attendees enjoy wine tastings compliments of Moore Brothers Wine Company.

plays the classic rock of the 60s through the 80s, with a bit of Motown, Soul, Blues and Country Rock thrown in.

Along with raising some money for CCRA and the kids of Greenfield, partygoers got schooled in the finest wines, with complimentary pourings from **Moore Bros.**, and munched on snacks and desserts from **Di Bruno Bros.**

As those of you in attendance can attest, CCRA had a terrific party on May 15. CCRA is donating 15 percent of the ticket revenue (\$1,560.75), as well as all decorations (30 composition books; 288 pencils; 200 pieces of multi-colored pastel sidewalk chalk; 30 glue sticks; 12 multi-colored plastic sand buckets; and 12 multi-colored wooden rulers) to the school.

CCRA wishes to thank: **Gold Level Sponsors** AT&T and Brandywine Realty Trust; **Bronze Level Sponsors** Boyds Philadelphia, Clemens



Greenfield School principal Dan Lazar was this year's Lenora Berson Community Service Award recipient.

Construction Co., Firsttrust Bank, and First Presbyterian Church; and **In-kind Sponsors** AVA, Di Bruno Bros., and Moore Brothers Wine Company.

SHOP LOCAL

READING TERMINAL MARKET
since 1893

This winter take advantage of the fresh produce, meats, dairy, seafood, spices & baked goods that the Reading Terminal Market has to offer.

Diverse. Charming. Inspiring. Delicious.
Shop Reading Terminal Market. All under one roof.

READING TERMINAL MARKET
12th & Arch Streets ♦ Philadelphia, PA 19107
215•922•2317 ♦ ReadingTerminalMarket.org

Gardens: Another Reason to Love Philadelphia

By Bonnie Eisenfeld

“When the world wearies and society fails to satisfy, there is always the garden.”

— Minnie Aumonier

Over a period of five years, Greater Philadelphia Gardens has been working hard to brand Philadelphia as *America’s Garden Capital*. Thirty gardens are members of Greater Philadelphia Gardens, including two that were named among the top gardens in the nation. *USA Today Readers’ Choice 2016* survey ranked Longwood Gardens the best botanical garden in the U.S., and *FlipKey by TripAdvisor* ranked Chanticleer one of the top botanical gardens in the U.S. worth traveling for.

The 11-county Philadelphia area claims to have more gardens within 30 miles of the city than anywhere else in North America, according to Susan Crane, a member of the Marketing Committee for Greater Philadelphia Gardens and Director of Marketing for the Morris Arboretum of the University of Pennsylvania.

Eight of the member gardens are located within the city of Philadelphia: Awbury Arboretum, Bartram’s Gardens, Centennial Arboretum Horticultural Center, Morris

Arboretum, Philadelphia Zoo, Shofuso Japanese House and Garden, The Woodlands, and Wyck House. The Pennsylvania Horticultural Society is also a member. For information on Greater Philadelphia Gardens, go to: americasgardencapital.org/.

We know that walking is good for physical health, but its effect on mental health may not be as widely known. A 2014 research study conducted by the University of Michigan Health System found that group nature walks are linked with enhanced levels of mental health and well-being. Researchers partnered with academic organizations in the U.K. and studied nearly 2,000 people from the Walking for Health program in England.

Walking also contributes to the health of the economy. According to an October 2016 economic-impact study by Econsult Solutions, commissioned by Greater Philadelphia



Courtesy of Bartram’s Garden

Enhancing Philadelphia’s claim as America’s Garden Capital is historic Bartram’s Garden, which offers bird-walk tours, one of many programs held among 45 acres of woodlands, meadows, farmland and Early American buildings. In April, the Schuylkill River Trail marked the opening of Bartram’s Mile, another link in the chain that will join the Schuylkill Banks to Bartram’s Garden. Plans call for eventually extending the Schuylkill River Trail to Fort Mifflin, down by the airport.

Gardens, Philadelphia’s public gardens, arboreta, and historical landscapes attract an estimated 2.5 million visitors annually. In 2016, one-third of garden visitors came to this area from out-of-town and, on average, stayed two to three days. The total economic impact of the gardens is estimated at \$256 million per year and 1,500 jobs. The full report is available at: <http://americasgardencapital.org/economic-impact>.

CCCulture

Textile Artist Leslie Sudock Supports Art Studio for Adults with Developmental Disabilities

By Bonnie Eisenfeld

Textile artist and SAORI® weaver Leslie Sudock, of Philadelphia’s Ready to Hand Studio, organized an exhibition in February with the Naudain Street Art Collaborative to raise funds for the Center for Creative Works, an art studio for adults with developmental disabilities in Wynnewood, PA. Textile art, drawings, paintings and sculptures by disabled artists were exhibited and sold at the Naudain Street exhibition. Proceeds from sales helped to purchase a SAORI® loom with adaptive aids for people with physical disabilities at the Center’s Wynnewood location. www.centerforcreativeworks.org/

SAORI® weaving is free-style hand-weaving, originated in 1968 by Japanese artist Misao Jo. The Ready to Hand studio and gallery, on 22nd Street, teaches classes for adults and children. www.readytohand.org

Textile art is available for sale at the Ready to Hand studio, and all sales year-round benefit the Center for Creative Works’ special-needs artists. Ready to Hand continually raises funds to purchase equipment to enable more special-needs artists to participate at the Wynnewood location, and will be establishing a SAORI® weaving program at that facility. The Center needs community volunteers to assist weavers who come to the studio



Bonnie Eisenfeld

Artist Leslie Sudock with some of her work.

every week. Those wishing to volunteer or donate funds, please contact Leslie Sudock: saoriphiladelphia@gmail.com

Sudock’s studio will be open on Sunday, October 15, during the Philadelphia Open Studio Tour. She exhibits with the Naudain Street Art Collaborative.



Riverfront is a community of friends living cooperatively in an intergenerational building. Members reside in their own spacious condominiums, and share in private community spaces, where they enjoy weekly dinners, discussions, exercise, and entertainment.

To learn more about availability or to be on the Priority Wait List, contact us at info@friendscentercity.com or call 267-639-5257

Friends Center City – Riverfront
22 S. Front St. Phila., PA 19106
www.friendscentercity.com

Helping you to maintain your independence Providing you with peace of mind Convenient, with one number to call for all your service needs



Health, Home and Lifestyle Services
Exclusively for FitC Members
Email: info@friendscentercity.org
Call: 267-639-5257



We Are Now Serving Your Philadelphia Neighborhood

- Companionship
- Homemaking
- Medication Reminders
- Meal Preparation
- Personal Care
- Errands & Appointments
- Trained & Insured
- Background Checked

Call for your FREE C.A.R.E. Assessment.

(267) 499-4700
www.synergyhomecare.com



FITNESS WORKS

PERSONAL TRAINING

Private Studio or Onsite

Gian Costello

Certified Personal Trainer, ISSA
www.fitness-works.biz • 267-808-1522
giancostello@fitness-works.biz

**STRENGTH TRAINING
CARDIO • YOGA
WEIGHT LOSS
HEALTHY EATING
RITTENHOUSE AREA**

Yoga Practice Strengthens Mind and Body

By Cathy Layland

“It’s the most peaceful time of my week.”

“Aches and pains used to haunt me – now they’re few and far between, and I have the means to help myself.”

“The top shelf of my kitchen cabinets is within reach again, and it’s easier to look over my shoulder when merging into traffic.”

“I feel stronger. I feel limber. I’m comfortable in my body.”

“I can get down on the floor to play with my grandchildren... and I can get up again!”

There are as many reasons to do yoga as there are variations on the theme. We all know the directives:

- healthy eating
- regular exercise
- some sort of personal practice to relieve tension and stress
- healing therapies to increase overall health and well-being

In today's busy world, it can be difficult to find time to take care of yourself, and to decide among the various types of yoga available. What's most important is to find a style – and a teacher – you like, so that weekly yoga classes are a joy and not a chore. Are you athletic, always looking for a physical challenge to push your limits? There are numerous classes offering that kind of practice.

But if you are looking for a more gentle experience, then seek a teacher who suggests, “Less is more,” and “no-pain, no-gain is a lie.” If you have physical limitations – whether due

to age, injury, or just the nature of your body – it’s important to find a teacher experienced and skilled in working with those needs. There are many ways – keep searching until you find the one that’s right for you.

Make it a priority to attend a weekly class or two. This will be the foundation of your personal path to well-being. Practicing on your own, between classes, exponentially increases the benefits. Certain postures and movements will resonate, prompting a sense that “this is really good for me right now.” So you’ll fit this one posture or movement into your day – maybe every day, maybe a few times a week. After a while, another will call to you, and you’ll add it to your “me” time. Before long, you’ll have a “must-do” set that’s exactly suited to your needs.

But don’t get stuck! Allow your personal practice to evolve over time. Some themes will work for a long, long time, others for just a while; and then one day you’ll realize it’s done its job, and another will take its place. Make it *yours*; allow it to change with you.

Also important is confidence in your teacher: Does she display knowledge, not just of postures and sequences, but also of the human body – the anatomy and physiology of how things work, and of the human spirit – the heart/mind/body/soul connection? Is he “in tune” with his students and does he easily adapt the work for individuals’ capacities? Do you feel you are striving to meet an expectation, that you are there to perform,

to achieve the goals of the class or the teacher? Or, do you feel comfortable, are you encouraged, to make every class your class?

In our classes we have a saying: *Striving does violence to the body and disturbs the spirit.* With slow, deliberate movement, focused attention and intention, breathing your way toward a posture or an adaptation of a posture, you give your body the time and space to recover its capacity. Moving gently and firmly towards a harmony of suppleness and strength, you discover wellsprings of energy and develop a balanced way of being. By merging the body and the mind, the soul follows. In this way of practice, the goal is never a posture. The goal is to find something in the spirit of the posture that meets your needs: to adapt it, to take from it, never to force yourself into a shape or movement, but rather to explore what it has to offer. Make it yours.

Late Spring, with fresh air and long sunny days, is the perfect time to begin a new yoga practice. Why not start today? Find the style, and the teacher, that’s right for you!

Cathy Layland specializes in customizing practices for individuals. (ahealingplace@ahealingplaceonline.com; 215-327-4007.) She currently offers gentle, mindful yoga, chi kung and tai chi at Balance Health Center on 20th Street near Sansom. (www.balancehealthcenter.com; 215-751-0344)

CCCulture

Summer Jazz Concert Series

The Free Library, Philadelphia City Institute branch on Rittenhouse Square, will host its third annual summer jazz concert series every Monday in August from 6:30 to 7:30 p.m. in the meeting room, lower level (no elevator). For more information, please stop by the Reference Desk, or call 215-685-6621.

August 7: The Fisher Brothers

August 14: The Dayen Hall Quartet

August 21: The Daniel Bennett Group

August 28: Hidden Treasures Jazz Group

The Philadelphia City Institute branch invites you to receive a free online newsletter, listing lectures, discussion groups, concerts, movies and other events and programs for adults, teens and children at this location – free and open to the public. Also included are announcements about closings and other news. Go to <https://libwww.freelibrary.org/locations/philadelphia-city-institute>, click on the blue “newsletter” icon, enter your email address, and click “sign up.”

–Bonnie Eisenfeld

CCRA Business Members Directory

CCRA invites you to become a Business Member, and publicize your business or organization in our Business Members Directory, published in alternating issues of the *Center City Quarterly*, and weekly in the CCRA eNewsletter online. Updated listings are available anytime on the CCRA website. If you don’t see a category for your business, we will create a new category for you.

To become a Business Member, to get your business listed in the Directory, to place an ad in the *Center City Quarterly*, or for more information, please go to www.centercityresidents.org.

Too Much Stuff! Where to Sell or Donate Things You Don't Want

By Bonnie Eisenfeld

You have seen articles about how to get rich quick. But most of us could use one about how to get *rid* quick. Everyone talks about decluttering. How many people actually do it unless they have to move? If you are serious about purging, but don't know what to do with all that stuff, read on.

To move resalable items out quickly, call in an eBay agent, who will photograph, price, post and ship items on eBay for you and take a commission, sometimes up to 45 percent. An experienced eBay agent knows what will sell and what won't. (If you have very valuable items, call in an auction house.)

If you want to donate items and it's inconvenient for you to carry them, Amazon offers the Give Back Box – <http://givebackbox.com/amazon> – a free shipping label you can paste onto a shipping carton; fill the carton with “gently used” clothing or household items, take it to the U.S. Post Office, or give it to your mail carrier. It will go to Good Will or one of their other partner organizations.

Local churches and similar organizations collect items for their annual jumble sales and books sales but you don't have to wait. If you want to deliver items in person, there are places in the city ready to accept items all year. It's best to call ahead to check on what specific items fit their current needs, the hours they are open, and current location. Things change.

Books and Recordings

Friends of the Free Library's Book Corner, 311 N. 20th St., accepts used books, CDs, DVDs, records and VHS tapes. Call 215-567-0527. Sales proceeds benefit the Free Library of Philadelphia.

Specialty books can go to targeted recipients. If you have legal books, basic skill books, or vocational trade books, Books Through Bars, at 4722 Baltimore Ave, collects books for prisoners. Call 215-727-8170. <http://booksthroughbars.org/>

Do you have books in Yiddish? The National Yiddish Book Center in Amherst, MA, collects them. Call 413-256-4900. <http://www.yiddishbookcenter.org/> (The U.S. Post Office has a special rate for items sent to libraries.)

Finding special niches for selected books can be fun to do if you have the time. I donated a collection of books by H.L. Mencken to the H. L. Mencken House in Baltimore, and I donated a collection of books on alternative medical care to an integrative-medicine M.D. Hardest to get rid of were textbooks older than two years, but eventually someone from Craig's List came and got them.

Clothes, Accessories, and Jewelry

Career Wardrobe, 1822 Spring Garden Street, accepts women's and men's clothes suitable for office wear, and uniforms for women in medical and service fields. Shoppers can purchase clothing at 50 to 70 percent off retail. Call 215-568-2660. <http://careerwardrobe.org/donate/clothing-donations/donation-guidelines/>

The Broad Street Ministry, 315 S. Broad Street, accepts certain clothing which they give to people in need. Call 215-735-4847. <http://www.broadstreetministry.org/>

If you have valuable jewelry, you will probably want to compare offers on Jewelers' Row. Consignment stores accept good clothing, accessories and jewelry for resale, and you will get a percentage of the sale price. Thrift stores accept clothing, furniture, and household items to resell, using the proceeds for their causes. A popular one in Center City is the Philly Aids Thrift Store at 710 S. 5th Street. Call 215-922-3186. <http://phillyaidsthift.com/>

Furniture: Habitat for Humanity's ReStore, at 2318 Washington Ave, a discount home-improvement store, sells gently used furniture and home goods. They offer free pick-up. Call 215-739-9300. <http://www.habitatphiladelphia.org/restore>

Specialty items: Recently, I donated a box of odds and ends to Spiral Q, an organization that uses reclaimed materials for community art projects such as life-size puppet parades and theatre productions. Here is a link to their page showing what supplies they need: <http://www.spiralq.org/supplies-equipment/>

Musical instruments: Musicopedia, an organization that provides music

opportunities for children, at 2001 Market Street, accepts musical instruments. Call 215-829-9522. <https://musicopia.net/instrument-donation/>

Tools: If you have tools in good useable condition, you can donate them to the West Philly Tool Library at 1314 S. 47th St. Call 215-833-3190.

Historical photos and documents:

You can even donate old family photos and documents (if no one in your family wants them) to the Historical Society of Pennsylvania, 1300 Locust St. All photos must be labeled with names and dates. Call the Director of Archives and Collections Management at 215-732-6200. <https://hsp.org/>

Selling or donating items online: You can sell or donate many items through Craig's List. <https://philadelphia.craigslist.org/> This method works especially well for free items (look for the Free section). You post your items on Craig's List along with your email address which they anonymize. You can include preferences in your post such as “I want to donate this item to a non-profit organization or a school.”

When you get responses, you can choose which person to give the items to and tell them when and where to pick up. If you live in a building with a doorman, you do not even have to meet the person if you don't want to. Just leave the package marked with the recipient's name with your doorman for pick-up.

Through Craig's List, I found a young man who collects manual typewriters and teaches kids how to type. He wrote me a thank-you note on the typewriter I gave him. I also sold a stained glass window to two very nice people who were converting their house to a B&B. And I found a man who refurbishes old computers for use by a Federal program for ex-offenders.

If you have tips for readers or questions about where to get rid of certain items, send them to centercity@centercityresidents.org and put my name in the email.

2017-2018 Season Announced

NextMove Dance Presents WOW, Featuring Companies from Europe, Africa, Asia and America at the Prince

By Anne-Marie Mulgrew

Expect to be wowed by the physicality and artistry of Algeria's all-male **Compagnie Hervé Koubi**, making its Philadelphia debut (**October 12-15**). This troupe of 16 powerful dancers defy gravity in a unique blend of contemporary, hip hop, acrobatics, b-boying, capoeira and martial arts in choreography inspired by Orientalist painting and Islamic architecture in the full-length work, *Ce que le jour doit a la nuit (What the day owes to the night)*.

One of the most respected companies in America, the **Paul Taylor Dance Company (November 2-5)**, brings Taylor's greatest hits in a once-in-a-lifetime program featuring *Esplanade*, *Company B* and *Arden Court*. Audiences can experience the genius, humor and craftsmanship in works by America's iconic choreographer. "Paul Taylor Dance Company is perhaps the most beloved and respected modern dance company in the world, famous for Mr. Taylor's wit, its sunny expansiveness, its all-American optimism....," exclaims the *Dallas Morning News*.

Recognized worldwide for his works for Alvin Ailey American Dance Theater, Philadanco and Cuba's Malpaso Dance Company, Ronald K. Brown, dance-maker extraordinaire, makes a rare Philadelphia appearance with **Evidence/A Dance Company (December 14-17)**. Brown's choreographic talent blends African and contemporary movement into a joyful celebration of life.

Marking 20 years of bringing happy, fun and innovative dance theatrics to the stage, **BodyVox** performs *Urban Meadows (January 18-21)*. A compilation of its greatest works, this full-length work features the Velcro superhero *Captain Tenacity*, along with engaging films by Mitchell Rose. The work of Artistic Directors Jamey Hampton and Ashley Roland (who danced and toured worldwide with MOMIX, Pilobolus and ISO) reflects their dance heritage in creations of distinctive vignettes that are both compellingly human and humorous.

Rounding out the season are: Canada's hip and sassy **Les Ballets Jazz de Montréal** in the Philadelphia premiere of *O Balcao de Amor* by Itzik Galili (**February 15-18**); **Company Wang-Ramirez** makes its Philadelphia debut with *Monchichi (March 15-18)*; and **Nai-Ni Chen with The Ahn Trio** perform the full-length work, *A Quest for Freedom*, with live music (**April 19-22**). **MOMIX** closes the season (**May 10-13**) with its latest multi-media creations.

Tickets can be purchased at the Prince Theater box office, by phone at 215-422-4580, or online at <http://princetheater.org/next-move>. Performances are Thursdays at 7:30 pm; Fridays at 8 pm; Saturdays at 2 and 8 pm; and Sundays at 3 pm. For subscription information and additional information about the dance companies, contact NextMove Dance at 215-636-9000 ext. 109, or nextmovedance.org. Single tickets will be available in September. CCRA members can receive \$10 off single tickets sales by using the code SAVE\$10.

Shop Talk

CCRA Merchant Members Discount Program

Support our local merchants and save money too. These local merchants will provide a discount to any member who shows a current CCRA membership card and personal identification.

Baril (formerly Crow & The Pitcher)

267 S. 19th Street
(267-687-2608)

Dance Affiliates

\$10 off Dance Performances with your CCRA Membership; use promo code SAVE10.

Di Bruno Bros.

1730 Chestnut Street
(215-665-9220)
(uses separate card, check website for info)

Dom's Shoe Repair

203 S. 20th Street
(215-972-0098)

Eye Candy Vision

218 S. 20th Street
(215-568-3937)

Philly Foodworks

Use code "CCRA" to sign up for home delivery, and get \$20 discount on delivery charges

Home Helpers Philly

1835 S. Broad Street, Ste. 2
(215-334-2600)

Koresh Dance Company

2002 Rittenhouse Sq. Street
(267-687-1769)

Liberty Vet Pets

265 S. 20th Street
(888-458-8587)

Nature's Gallery Florist

2124 Walnut Street
(215-563-5554)

Photo Lounge

1909 Chestnut Street
(267-322-6651)

Twenty-Two Gallery

236 S. 22nd Street
(215-772-1911)

Raven Lounge

1718 Sansom Street
(215-840-3577)

Rim's Dry Cleaners & Tailors

2203 South Street
(215-546-1889)

Rittenhouse Hardware

2001 Pine Street
(215-735-6311)

Society Hill Dance Academy

2nd & Pine (215-574-3754)

Suga Restaurant

1720 Sansom St. (215-717-8968)

Ursula Hobson Fine Art Framing

1528 Waverly St (215-546-7889)

Astral Artists

Use promo code "CCRA" to receive a \$10 flat rate on all tickets to their concerts

What's Going On

CCRA Summer Calendar – Hot Town, Summer in the City

To get more news about events in Center City, sign up for (IN) Center City, the e-newsletter of the Center City District: www.CenterCityPhila.org/incentercity/signup.php

Parks on Tap: Philadelphia's traveling beer garden

20 weeks at 20 different parks
<http://www.parksontap.com/>
Wednesday, May 17, to Sunday, October 1
Wednesday and Thursday, 5 – 10pm
Friday and Saturday, 1 – 11pm
Sunday noon – 10pm
Closed Monday except some holidays

Rittenhouse Square Fine Art Show

Friday, June 2, and Saturday, June 3, 11am – 7pm
Sunday, June 4, 11am – 5pm

Philly Beer Week

Friday, June 2 – Sunday, June 11
<http://phillylovesbeer.org/>

Odunde Festival

23rd & South Streets
Sunday, June 11
<http://odundefestival.org/vendors.html>

Little Friends Festival

Rittenhouse Square
Wednesday, June 14, 5:30 – 7:30pm
friendsofrittenhouse.org/events/all/little-friends-festival

Ball on the Square

Rittenhouse Square
Thursday, June 15, 7pm – midnight
friendsofrittenhouse.org/events/all/ball-on-the-square

Young Friends Ball on the Square

Rittenhouse Square
Thursday, June 15, 8pm – midnight
friendsofrittenhouse.org/events/all/young-friends-ball-on-the-square/

Bloomsday

Readings from James Joyce's Ulysses
Rosenbach Museum & Library
2008 Delancey Place
Friday, June 16, 12 – 8pm
www.visitphilly.com/events/philadelphia/bloomsday-at-the-rosenbach/

Bastille Day Festival at Eastern State Penitentiary

Reenactment of the Storming of the Bastille during the French Revolution
2027 Fairmount Avenue
Saturday, July 15
Free (VIP tickets available online).
<http://www.easternstate.org/bastille-day>

Curtis SummerFest

Curtis Institute of Music
1726 Locust Street
Sunday, July 16 – Saturday, August 5
<http://summerfest.curtis.edu/>

Summer Jazz Concert Series

Free Library, Philadelphia City Institute branch
Rittenhouse Square
Meeting room, lower level (no elevator)
Every Monday in August, 6:30 – 7:30pm

The Philadelphia Young Pianists' Academy

and International Piano Competition
Curtis Institute of Music
1726 Locust Street
Tuesday, August 8 to Tuesday, August 15
<http://pypa.info/>

Fringe Festival

Thursday, September 7 to Saturday, September 23
fringearts.com

Peace Day Philly

Granny Peace Brigade will sing songs of peace
Ethical Society, SW corner Rittenhouse Square
Thursday, September 21

Schuylkill River Races and Regattas

Through end of November
boathouserow.org/schuylkill-river-schedule

Schuylkill Banks RiverBoat Tours Cruises

Walnut Street Dock, east side of Schuylkill River
Beneath Walnut Street Bridge
www.schuylkillbanks.org/events/riverboat-tours-1

Schuylkill Banks Events

www.schuylkillbanks.org/events/upcoming

Architectural Tours

Preservation Alliance for Greater Philadelphia
www.preservationalliance.com/what-we-do/architecture-walking-tours/
Center for Architecture and Design
www.philadelphiacfca.org/architecture-tours

Wanamaker Organ Concerts

Macy's, 13th & Market Streets
Monday, Tuesday, Thursday and Saturday,
Noon and 5:30pm
Wednesday and Friday, Noon and 7pm
Free. www.wanamakerorgan.com/events.php