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Greater Harrisburg's Community Newspaper

April 2009

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Congratulations on a wonderful publication. I work in The State Museum of Pennsylvania where I picked up your recent issue, and I am very impressed with your community newspaper. It is informative, well written and interesting to read. Best of luck to you.

**Dawn Dutcher**  
Program Educator  
The State Museum of Pennsylvania

I am so glad to have found your paper at my library in Dillsburg. I look forward to reading it each month. Your positive reporting is certainly something we all need.

**Shelby Pizzarro**  
Dillsburg

I read TheBurg last night and loved it! There were so many subjects covered that are relevant to my life and thoughts these days. And they were covered in a way that was enjoyable to read (i.e.: not some stiff, factual info). Congratulations!!!

**Madelyn Lawson**  
Harrisburg

*Correction: In our March story on Stock's on 2nd (p.16), we incorrectly reported when the restaurant's lounge was added. The correct year is 2002.*

*Cover image: 100 block of Locust Street, Harrisburg*



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### Want a Reason to be Hopeful? Check Out Midtown Harrisburg

*TheBurg Staff*

Things are tough out there. Wall Street is bearish, with even its well-funded, hyperactive investors averse to taking risks. But along Harrisburg's main streets, the entrepreneurial spirit is alive and flourishing.

This is particularly true along 3rd Street in Midtown, where two enterprising food enthusiasts opened shops in December. The Soup Spot's Randy Straub prepares a variety of soups daily, while breads 'n spreads' Shana Woomer bakes her breads and muffins and sells them with coffee, sandwiches and salads.

These establishments are featured in this month's issue and join other recent openings in the area, such as the Downtown Café in the Payne-Shoemaker Building and the 3rd Street Deli, which offers breakfast and lunch out of the former burger joint near the Fulton Bank.

Some economists anticipate the birth of a new economy once the nation emerges from the recession. We await this future with great expectations. And we believe the new entrepreneurs along 3rd Street will be part of the new economy's backbone — helping, as they say, to lift all boats.

Small businesses help the economy flow, creating jobs and generating sales for their suppliers, which in turn generates more jobs and offers new investment opportunities. The small businesswoman

and man are vitally important to the rise and fall of a neighborhood, a community and an economy.

In our travels throughout the Midtown area, people who grew up in or around the city in the 1950s and 1960s recall the shops and stores along either side of the corridor between Forster and Reily streets, the sidewalks busy with shoppers and neighbors.

Such memories are hard to fathom for younger generations accustomed to what is now considered acceptable — big box stores out in the suburbs, offering everything from groceries to major appliances to car parts, covering vast tracts of land and mostly reachable only by vehicle.

While these stores serve their purpose, their size and location limit the establishment of a sense of community that small business long has provided along a city street. But then, big box stores are strictly about commerce.

Small businesses are about commerce, too, but they are also about the fabric of a community. They are our neighbors. And, fortunately, even in tough economic times, more and more of these neighbors are deciding to set up shop in Midtown Harrisburg, re-imagining this urban neighborhood and sparking new life in a once-neglected place.

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## City Makes Plans for Stimulus Funds

Congress passed the federal economic stimulus plan a little more than a month ago, but Harrisburg already is making plans for its share of the pie.

According to city officials, Harrisburg is slated to receive \$1.4 million from the U.S. Department of Housing and Urban Development as the first part of its stimulus funds. Of that amount, HUD has assigned almost \$450,000 to the Community Development Block Grant Program.

Harrisburg plans to use that money to rehabilitate vacant, but restorable houses, continuing a decades-long effort to improve its housing stock. These houses then will be sold to low- and moderate-income people, which is how similar HUD funds have been used in the past.

The remaining money — about \$855,000 — will be directed towards homelessness prevention. The city expects to use these funds, in part, to help senior citizens and lower-income homeowners pay for basic, necessary home repairs, thereby enabling them to keep their homes. The city also is checking to see if these funds can be used for job training, according to Mayor Stephen Reed.

The city expects to have a draft of its plans for the funds available soon and open for public comment.

## Homelessness Targeted

Harrisburg and Dauphin County groups will receive \$1.2 million in grants that will allow them to continue major programs aimed at curtailing chronic homelessness.

The federal grants, which are not part of the stimulus funds, will go to the following organizations and programs:

- \$258,209 to DELTA's Transitional Housing program.
- \$236,815 to the Shalom House's After Care Rental Assistance Program.
- \$192,398 to the YWCA's YW-Works Singles program.
- \$375,492 to the Dauphin County Shelter Plus Care Program.
- \$143,250 to the Dauphin County HMIS Program.

## City Extends Bulk, Regular Trash Pickup

Harrisburg has initiated a bulk trash program, expanded regular trash pickup and formed a nuisance abatement squad, under recently announced changes to its sanitation programs.

Starting Apr. 6, the city will begin a city-wide bulk pickup drive on a district-by-district basis, starting with South Allison Hill. Circulars in English and Spanish will be delivered door-to-door to homes a week in advance of the pickup, advising residents when crews will be in their neighborhoods. Items placed at curbside will then be picked up during the scheduled week.

Once one district is finished, crews will move to the next district until the city has been covered. It is expected that the entire city will take 18 weeks to complete.

Bulk items eligible for pickup include sofas, chairs, tables, mattresses, appliances and other large items. However, such items as concrete, plaster, drywall, tile, bricks, paint, tires, automobile parts and large amounts of wood are prohibited.

The bulk pickup will be conducted by a new, five-person "neighborhood nuisance abatement squad." After the pickup is completed, the squad will focus on other projects, such as the removal of illegally dumped materials, graffiti removal, the boarding up of vacant structures and other neighborhood nuisance abatement and beautification work.

In addition, effective immediately, city residents are allowed to include smaller bulk items with their trash during regular, weekly pickups.

These items should weigh no more than 80 pounds and not be bigger than four feet by five feet, in order to fit into the back of trash collection vehicles. Items can include smaller chairs, tables, boxes, bags of clothes and other burnable, non-metal items.

Larger bulk items, such as large appliances and mattresses, continue to be prohibited from regular pickups. After the city-wide bulk pickup drive is completed, these larger bulk items can be picked up on a call-in basis. Fees for this call-in, pick-up service have been cut by 50 percent, said Mayor Stephen Reed.

Lastly, the city's Public Works office now has a secretary to handle telephone inquiries. Citizens seeking information may call 236-4802.

## Rehab Continues in South Allison Hill

Harrisburg has issued a grant of about \$220,000 to continue housing rehabilitation work in South Allison Hill.

The work will be performed by work crews of the Tri-County Housing Development Corp., which is based in the neighborhood. Preliminary work has already commenced at the site of 338 S. 17th St., a long-vacant and blighted structure.

Because the neighborhood is the Mount Pleasant National Historic District, all rehabilitation and upgrade work will follow the city and national historic preservation standards, said Mayor Stephen Reed.

## Flood Control Project Slated to Commence

Harrisburg is moving forward with a flood control project intended to curb overflows of Paxton Creek.

Neighborhoods around the creek, most notably the 1000-block of Maclay Street, flood regularly during heavy rains, forcing streets to close several times a year.

The project entails building retention ponds along the upper reaches of Asylum Run, a tributary that dumps much of its water into Paxton Creek in the northern section of the city. The retention ponds will collect water, slowing the downstream flow and reducing water volume during storms.

The project's design work already has begun, and construction should begin within a year, said city officials.

The flood control project is fully funded by a \$300,000 state grant and a \$239,000 federal grant.



Paxton Creek near Maclay Street, where floods should diminish once a control project is done.

## Partner Registry: Few Takers So Far

From proposal to law, the measure had moved relatively quickly, adopted by the city council unanimously last year before Mayor Stephen Reed enacted it with a stroke of his pen shortly after the arrival of 2009.

But same-sex couples, whom the life partner registry would most benefit, have been seemingly slow to register with the city, even though doing so would allow their employers to qualify them for health benefits that heterosexual married couples enjoy.

"I'm getting a lot of calls, but not a lot of action," City Clerk Beth Ann Gabler said.

To date, just two couples have registered, including the author of the law, Councilman Dan Miller and his partner. Unmarried straight couples also can register.

Miller cited two reasons why more couples have not signed up. First, the city has not had a concerted publicity effort about the measure. Secondly, some people may be wary that public access to the registry could lead to harassment or discrimination by those intolerant of gays.

Miller said the registry also is relatively new — it has only been available a little more than two months — and that it may be just a matter of time before more couples begin to take advantage of it.

According to The Williams Institute at UCLA Law School, which has studied issues of same-sex unions, 510 same-sex couples live in Dauphin County. The institute based its figures on the U.S. Census report.

Because neither the state nor federal government has enacted laws providing for same-sex unions, employers that want to provide benefits have little on which to qualify gay couples. The registry offers a foundation on which to base policy.

"This just standardizes it," Miller said. "If you meet these requirements, you qualify as a domestic partnership."

To register, unmarried couples who live or work in the city pay a \$25 fee, fill out and sign a form and provide at least three documents affirming their relationship, such as common ownership of property or lease, driver's license with the same address and joint bank account.

The form can be picked up at the Office of City Clerk, in the Martin Luther King, Jr. City Government Center at 10 N. Second St., Suite 1, or downloaded from the city council website, [harrisburgcitycouncil.com](http://harrisburgcitycouncil.com).

## City to Participate in Energy Reduction Plan

Harrisburg has inked a deal to reduce peak-time electricity use in several city-owned buildings in exchange for as much as \$75,000 a year.

The agreement covers three buildings: the Martin Luther King Jr. City Government Center, the McCormick Public Safety Building and the Bureau of Water and Advanced Wastewater Treatment Facility.

The city reached the five-year deal with PJM Interconnection, which coordinates the transmission of electricity throughout the region. PJM runs a program that allows major users, such as local governments, to voluntarily reduce consumption at certain peak times, so that power can be better supplied to other parts of the electric grid.

During an activation, most electrical usage will be curtailed at the affected facilities. The city can refuse any request from PJM, as participation is voluntary.

Harrisburg will receive \$75,000 per year for its participation in the program. If it refuses any request in a year, the amount will be reduced by one-fifth.

In a typical year, the city receives one request to reduce power consumption, and the average request lasts about four hours, according to Mayor Stephen Reed.

The agreement with PJM runs through mid-2014, potentially saving the city as much as \$375,000.

## Fire Apparatus Debuts

The city recently unveiled two new pieces of firefighting equipment, a tower and a wagon, as well as a new water rescue boat.

The new "Tower 1" is a 2008 Pierce 75-foot tower, which will replace a 1990 Mack model. The tower has more compartment space and a 15,000-watt generator for better lighting at fire scenes, in addition to other upgraded features. It was named in honor of former Fire Chief Don Konkler, who retired in January after 34 years of service.

The new "Wagon 3" is a Pierce 1,500-gallon-per-minute pumper, which replaces a 1987 Sutphen model. The Fire Bureau also received a new water rescue boat, which was fully funded by the Pennsylvania Volunteer Firefighters Assistance Grant program. The boat is capable of traveling at speeds of nearly 40 miles per hour with a 1,000-pound load.

## Ask an Officer ...

Officer Delon K. Henry has been on the force 11 years and in the School Resource Officer (SRO) Unit for four years.



Question: Why does the city have a curfew?

*"The City of Harrisburg has a curfew law for anyone ages 18 and under, specifically designed to keep our youth safe during the evening and nighttime hours. Youth are not permitted to be out on their own between 10 p.m. and 6 a.m. on Sunday through Thursday and from 12 a.m. until 6 a.m. on Friday and Saturday. A violation of the curfew law can result in fines of between \$200 and \$500 for the juvenile involved, the juvenile's parents or business operators."*

Harrisburg police welcome questions about the department. Please send them to [pdurantine@theburgnews.com](mailto:pdurantine@theburgnews.com) or TheBurg, P.O. Box 676, Harrisburg, PA 17108.

## Harrisburg Council Meets

Citizens of Harrisburg, come see your local legislators in action.

The city council meets every second and fourth Tuesday of the month at 6 p.m. in the Council Chambers, Room 101, Martin Luther King, Jr. Government Center, 10 N. 2nd St. For changes to the schedule, check the council's website, [harrisburgcitycouncil.com](http://harrisburgcitycouncil.com).

## Did you know ...

... Harrisburg's founder, John Harris, was born in Yorkshire, England, in 1673?

... the Walnut Street Bridge, built in 1888, is the oldest steel-span bridge in the nation?

... Harrisburg served as a central location to assemble and dispatch Union troops during the Civil War?

## City to Host State Environmental Meet

Pennsylvania's Department of Environmental Protection will conduct a conference Apr. 26–28 to educate and improve communication among members of environmental justice communities, community organizations, private sector organizations and government officials.

The conference was organized by the DEP's Environmental Justice Advisory Board and the Office of Environmental Advocate, along with Drexel University. It will be held at the Sheraton Harrisburg-Hershey Hotel, 4650 Lindle Rd.

Also sponsoring the conference are the departments of Transportation, Public Welfare, Education, Health, Community and Economic Development, as well as SimmonsCooper, Cooney & Conway, Waste Management and individual donors.

Environmental justice means fair treatment and meaningful involvement regardless of race, color, national origin or income with respect to the development, implementation and enforcement of environmental laws, regulations and policies.

## New Website Helps People Lower Rx Cost

Gov. Ed Rendell has introduced a new, state-run website to help consumers find the lowest local prices for more than 300 popular prescription medications.

Rendell said PaRxpricefinder.com is one of the state's economic recovery and relief initiatives designed to help families through these tough economic times.

Consumers who use the website will be asked for their town or zip code and the distance they're willing to travel to buy their medications. Users will be asked to provide the name of their drugs, or just the first letter if they are unsure of the correct spelling. A list of pharmacies in the designated area selling the specific medicine will be shown, starting with the lowest price first. Consumers will be able to click on the pharmacy they choose for information.

Prices shown are based on prices provided to the Commonwealth. They are updated weekly. Pennsylvania joins 11 other states that offer such a resource.

## Proposal Strikes at Sex, Gender ID Bias

The General Assembly is considering a measure that would ban discrimination in Pennsylvania based on sexual orientation, gender identity and expression. The bill passed a key House committee this winter and is pending in the chamber.

If House Bill 300 is enacted into law, it would amend the state's Human Relations law, which currently prohibits discrimination on the basis of race, color, religious creed, national origin, ancestry, age, sex, disability and familial status.

"Ensuring that Pennsylvanians are free from discrimination is crucial, especially in difficult economic times," said Human Relations Commission Chairperson Stephen Glassman. "Discrimination in employment, housing, public accommodations and education is illegal in Pennsylvania, but lesbian, gay, bisexual and transgender people are currently excluded from these protections."

The bill defines sexual orientation as actual or perceived heterosexuality, homosexuality or bisexuality. It defines gender identity or expression to mean actual or perceived gender identity, appearance, behavior, expression or physical characteristics whether or not associated with an individual's assigned sex at birth.

"Our statistics show that discrimination complaints rise sharply when the economy is in decline," Glassman said. "As economic stresses increase and people look for someone to blame for their difficulties, frequently the targets are those who are perceived as different. Passing this bill would serve as a timely illustration of our commitment to protecting Pennsylvania's most vulnerable citizens and ensuring equal opportunity for all."

## City's Falcons: Ready for Their Close-Ups

A live, 24-hour webcast of two Peregrine falcons that nest on a ledge on the Rachel Carson State Office Building has resumed for the season.

State environmental officials have streamlined the web navigation and provided easier access to the live video feed of the falcons. The site drew more than 3 million visits from Internet users last year, making the falcons celebrities worldwide.

In each of the past three years, the female falcon has laid a "clutch" of five eggs. The eggs should begin to hatch around Mother's Day, May 10, and the young falcons, or "eyases," will begin to take their first flights, or "fledge" around Father's Day, June 21.

This will be the fifth year this pair of falcons has nested at the building on 4th and Market streets. The female has laid eggs there since 2000 with two different males.

Pennsylvania's Peregrine falcon population has increased since the early 1990s as a direct result of reintroduction efforts such as the one at the Rachel Carson building. More than two dozen pairs of Peregrine falcons now nest at locations across the state, but the raptors remain an endangered species in the state.

To date, the nest has produced 39 eggs, of which 36 hatched, producing 16 males and 19 females. Of these, 22 falcons survived — 10 males and 12 females.

The falcon webcam can be found at [www.dep.state.pa.us/dep/falcon/](http://www.dep.state.pa.us/dep/falcon/).

**Live from Harrisburg: a falcon sits atop its nesting area in a recent webcam shot.**



You may have noticed that work is nearing completion on the \$107 million Pennsylvania Judicial Center, located at the corner of North Street and Commonwealth Avenue. The state's appellate judges — from Supreme Court to Commonwealth Court — and their staffs expect to occupy the 441,000-square-foot building around September. An artist's rendering shows what the finished building will look like (right).



## Radius: Completing the Circle between Craft Creation, Sales

*TheBurg Staff*



Steve Strouse works on one of his Shaker-style creations at Radius.

For a little shop on the corner, Radius is actually on the edge of the circumference of the State Museum, the canister-shaped building at the corner of 3rd and North streets.

Inside is an example of a successful marriage of convenience — the State Museum needed a full-time staff to run its museum shop and Harrisburg Area Community College needed somewhere to display and sell the craftwork of its art students.

Four years ago, they opened Radius, a retailer offering merchandise related to the latest exhibit, as well as the permanent exhibits, and handmade jewelry, dishware, glass, Shaker-style boxes, art, sculptures and furniture.

Not all crafts are from HACC students. Shortly after opening, it became apparent that there were not

enough crafts, even from faculty, to display. So, the school decided to invite craftsmen from across Pennsylvania to sell their work in the shop.

The store provides a six-month consignment, said Jessica Watson, the curator of arts and assistant manager. Only certain student crafts are bought, such as Redware, a form of Pennsylvania pottery made of red clay. "If they make something we want, we will purchase it outright," Watson said.

As a gallery, Radius features craft themes for two-month periods. This month, it's showcasing Pysanky, Ukrainian egg decorating with a wax-resist method. The designs are not painted on, but written with beeswax.

Artisans are brought in to demonstrate how they make their crafts. Steve Strouse of Bellefonte, a furniture maker who builds the shop's popular Shaker boxes, has been among those who each month sets up a workbench in the shop.

Strouse has been pleased with how the shop handles his work.

"The people who are here are real knowledgeable about the crafts," Strouse said. "It's been a real nice place for me to sell."

The shop works with the Pennsylvania Guild of Craftsmen, which labels some of the crafts for sale with its quality-stamp of approval. The shop carries the work of 60 craftsmen, five HACC instructors, six students and six former students.

"We're really trying to help promote the craftsmen," Watson said. Other than arts festivals and fairs, "They really don't have a venue."

One of the shop's two part-time clerks is Nancy Conlon of York Haven, a former HACC student who does jewelry and glass. "I like to meet the other artists," she said.

Radius, though, is more than a shop for art students' handiwork. It also serves as a retail and marketing model for business majors.

"We are a learning tool for them," she said.

This gallery and museum experiment appears to be working, said Morgan T. Muth, the shop manager. "Sales have grown each year."

Watson said the next goal is to reach profitability in order to provide scholarships to students and give back to the State Museum.

*Radius Gallery: 300 North St., 717-787-5590, [www.hacc.edu/radius](http://www.hacc.edu/radius)*

## Want a Treat? New Owner, New Ideas at Area Pet Store

*M. Diane McCormick*

Jolly, the aged golden retriever, used to flop by the door at Abrams & Weakley. These days, she's home with her owner, Judy Weakley.

"We miss our carpet," said Kristen Zellner.

Zellner is the new owner of Abrams & Weakley, the compact pet supplies store with the big sign on N. 6th Street in Susquehanna Township. Since the Riverside resident bought the store in January from Weakley, Jolly doesn't greet customers anymore. But Zellner has kept everything else that makes the store popular — quality products and attentive service — while boosting selections of organic and natural pet foods.

"It's better health through proper nutrition," said Zellner. "If you eat good stuff, you're gonna feel good."

Natural biscuits, grain-free cat foods, and natural salves fill the shelves. Bins are loaded with organic dog treats. Three freezers (three!) are stocked with the newest in pet care — raw, frozen meat and vegetables that retain the healthy enzymes normally cooked out of other foods.

"It's a raw diet for dogs and cats," Zellner paused. "And ferrets."

Stocking quality goods helps Abrams & Weakley compete against the box-store pet retailers. When tainted food from China sickened and killed thousands of American pets, "there was nothing here that was recalled," Zellner said.

Zellner started working part-time at the store about four years ago. As Weakley's health declined, Zellner played a bigger role. Passing the business to Zellner has been "in the works for about two years," she said.

"Judy just wanted the business to be in good hands," Zellner said. "I don't think she was interested in making a lot of money. She built this business for 24 years. There are so many customers who rely on it."

They include Riverside resident Patti Rizio, a.k.a. "Rizi," owner of Animal Animals in-home pet care. For years, the pet sitter has gotten advice and referrals from Abrams & Weakley. When her clients have questions about pet nutrition, Abrams & Weakley is the place for answers, she said.

"A lot of dogs get ear infections and skin infections, and the ear infections, I know, stem from food," Rizio said. "They're paying all sorts of good money for their pets, so why would they give them cheap food? I usually suggest they go talk to Kristen at Abrams & Weakley."

Zellner will continue to upgrade the store's selection, Rizio said. "I think the changes have just begun," she said. "It'll keep people who walk in coming back for more."

Abrams & Weakley is a strong supporter of local animal causes, including Castaway Critters, a Perry County haven for older dogs, and Susquehanna Service Dogs. Zellner, the owner of four rescue dogs, used to work in teaching and the mental health field. Now, she's in pet care to stay.

"It feels good," she said. "I don't want to go back into the real world and get a job again."

*Abrams & Weakley: 3963 N. 6th St., 717-232-3963, [abramsandweakley.com](http://abramsandweakley.com)*



Kristen Zellner (right) serves West Shore customers Pauline and Hayden Brown.

## Yes, Soup for You!

### Family Ladles Out Bowls of Warm Goodness in Midtown

*TheBurg Staff*

**G**ood soup is comforting, inexpensive food that makes people feel better. So, a new soup restaurant in Midtown has picked a perfect time to open — just when people can use an affordable lift.

Randy Straub and his mother, Melanie, owners of The Soup Spot at 912 N. 3rd St., offer customers six choices of soup daily — three are always vegetarian, Pennsylvania Dutch and Cajun-style. Three others are of Chef Straub's desire and imagination.

He makes chicken corn soup to serve the Pennsylvania Dutch palate, a Stromboli soup and a chocolate-covered soup for Valentine's Day, among others.

"We do all kinds of weird soups," Randy said. "I have no recipes. I go by what I feel like making."

For instance, for Super Bowl week, in honor of the Pittsburgh Steelers, he made black and gold soup — steak soup with French fries, yes, French fries.

Randy smiled slyly. "I had Arizona Cardinal soup, too, but nobody ate that."

The Soup Spot occupies an old store front that previously was a vacant office just a few steps away from Forster Street. The Straubs invested nearly \$60,000 in renovating the place for soup-making. As a restaurant, it is strictly take-out, but, as the business grows, they have plans to expand to offer seating for customers who want to dine on the premises.

The third partner in the business is Robin Johnson, Melanie's sister and Randy's aunt. Robin does the books. The trio also own Pennsylvania Bayou, a Harrisburg caterer that offers a full menu, but specializes in Cajun and Pennsylvania Dutch cuisine.

Melanie helps Randy make the soups. She does the standard, old-fashioned soups and leaves "the crazy stuff" to her 34-year-old son, who underwent formal training for the culinary arts. So she doesn't take complete credit for Randy's cooking talents.

"I started him out, and the Pennsylvania Institute of Culinary Arts finished him off," Melanie said.

The Soup Spot also offers salads and sandwiches. It's open 10 a.m. to 6 p.m., Monday through Friday. It's closed weekends.

*The Soup Spot: 912 N. 3rd St., 717-232-7687; TheSoupSpot@yahoo.com or www.MySpace.com/TheSoupSpot.*

## Coffee, Cake, Urban Renewal

### New Cafe Joins Other Businesses in Rapid Midtown Revival

*TheBurg Staff*

**N**ear the corner of 3rd and Reily streets, where workers are busy erecting a multi-story building across the street from the Harrisburg Area Community College's Midtown campus, stands a new coffee shop and luncheonette: breads 'n spreads.

Its tan exterior is the color of well-baked bread; its interior is warm and inviting, just the way owner Shana Woomer wants customers to feel in the spacious area at 1419 N. 3rd St., where breakfast and lunch is served seven days a week.

She wants them to enjoy their coffee and one of her breads baked on the premises at their leisure. Under twin, oval-shaped windows, two overstuffed chairs sit in front of a large aquarium. A small bookcase offers books to peruse while enjoying a sandwich.

One morning over coffee, Woomer said, "I felt there was a need for this type of thing — a coffee shop with something affordable for breakfast and lunch."

She makes her own breads and muffins — banana and pumpkin breads are quite popular. She likes to experiment — blueberry muffins with coconut, for instance. The sandwich breads and pretzel rolls are from Ciao Bakery on Chestnut Street.

Originally from Tyrone, Pa., Woomer moved to Washington, D.C., after college and took a job working for the financial company, Motley Fool. When she decided that she wanted to move closer to her family, she scouted Harrisburg. It was her first visit.

"I fell in love with it," she said, noting she bought a brick home in Midtown. "I have a lifestyle here I would never have in D.C."

In the dining area, where tables spread over a spacious hardwood floor, a wall is filled with framed photos of the city that Woomer has taken while exploring her new hometown.

She chose to open near the busy corner of 3rd and Reily because of its potential from all of the development — from HACC's campus to the four-story, retail and office Campus Square building under construction.

Woomer started her business in mid-winter, but she has big plans for the warm weather, as well. Before summer hits, she hopes to offer outdoor seating in a side courtyard.

*Breads 'n spreads: 1419 N. 3rd St., 717-695-7713. Open every day, 8 a.m. to 6 p.m.*



**Soup's on: Randy Straub in the kitchen where he concocts his delicious, nutritious masterpieces.**



**New home, new business: Shana Woomer in her cafe, surrounded by her photos of Harrisburg.**

# From the Ground Up

## Who's in Your Corner?

### House Hunting This Spring? Understand the Roles & Duties of Real Estate Agents

Ray Davis

I purchased my first home in 1980, despite the improperly abandoned septic tank, a wet crawl space with moldy insulation and a few other problems undiscovered until well after closing.

Those were the days when buyer agents, seller's property disclosures and home inspectors did not exist. Buyer beware? Indeed, in the old days, that was the case.

Today it is hard to imagine buying a "pig in a poke" like we all did way back when. Thankfully, and for good reason, times have changed.

One of the greatest changes in the real estate industry came with Buyer Agency, which allows buyers to have contractual representation by a real estate agent.

At an initial interview, the state Real Estate Commission requires that all licensed real estate salespersons provide to consumers and potential clients a simple disclosure called a Consumer Notice, often referred to as the "green paper." Recently, while showing a home to consumers I had never met, they asked if I would require them to sign the green paper, like the last agent who had shown them a house.

The law does not require an agent to obtain a signed Consumer Notice from a consumer before they are shown a property, unless the buyer and agent enter into a substantive conversation about real estate. A substantive conversation might include discussion about financing or the buyer's personal circumstances.

In an effort to enable consumers of real estate services to make informed decisions about the business relationships they may have with real estate brokers and salespersons, the Consumer Notice outlines the different types of agent and consumer relationships.

The seller agent and agent's company work exclusively for the seller and act in the seller's best interest. All confidential information relayed to the agent by the seller must be kept confidential. The only exception is that the agent must reveal known material defects about the property.

The seller agent must make a continuous and good faith effort to find a buyer for the seller's property.

The buyer agent and agent's company work exclusively for the buyer, act in the buyer's best interest and owe the buyer client-confidentiality. The buyer agent must make a continual and good faith effort to find a property for the buyer.

The dual agent and the agent's company work for both the seller and buyer. A dual agent may not take any action that is adverse or detrimental to either party. A licensee must have the written consent of both parties before acting as a dual agent.

Regardless of the business relationship, real estate agents have a responsibility to:

- Exercise reasonable professional skill and care
- Deal honestly and in good faith
- Present in a timely manner all written offers
- Comply with the Real Estate Seller's Disclosure Law
- Account for escrow and deposit funds
- Disclose all conflicts of interest and financial interests
- Provide assistance with document preparation



Ray Davis is a real estate salesperson with RE/MAX Realty Associates, Inc. He has lived in Harrisburg since 1986 and has been a realtor for 17 years. [rdavis@capitalareahomes.com](mailto:rdavis@capitalareahomes.com).

- Keep the consumer informed about the transaction
- Advise consumers to seek expert advice on matters that are beyond the real estate agent's expertise.

Finally, the Consumer Notice discloses that contract terms, fees, commissions, broker cooperation fees and the scope of the agent's activities and practices are negotiable.

Before you disclose any financial information to a real estate agent, be advised that unless you select a business relationship by signing a written agreement with an agent, the agent is not representing you. A business relationship is not presumed. Remember, however, that real estate agents are licensed by the state and must be fair and professional to all they encounter. It's the law.

A basic understanding of the rules of the real estate game will help make your experience enlightening and enjoyable. Happy spring — happy shopping!

## TheBurg "House of the Month"



Even among the imposing houses of Bellevue Park, this whimsical Victorian beauty stands as a landmark. The seven-bedroom Gothic-style mansion was built by J. Horace McFarland, a wealthy printer, environmentalist and national leader of the "city beautiful movement," which sought to add green spaces and natural elements to the country's crowded urban centers. A century ago, McFarland played a key role in improving Harrisburg, then suffering from severe congestion and blight. He led an effort to build parks, pave streets and treat raw sewage.

### Sunset Mural Rises Again in Midtown



Stephen Fieser in front of his mural, now indoors at Midtown Scholar Bookstore.

Exposed to sun, wind and rain, the giant mural that hung outdoors in the heart of Midtown for five years has been moved inside, where the climate is controlled and viewers can admire it over coffee, cakes and books.

"Sunset in Riverfront Park," a popular public artwork, can now be found at 1302 N. 3rd St., site of the new location for the Midtown Scholar Bookstore, which reopens in May with a coffee bar. The mural had been outside the store's old location near 3rd and Reilly streets.

Eric Papenfuse, owner of Midtown Scholar, commissioned artist Stephen Fieser in 2003 to design and paint the eight-foot high, 66-foot-long mural, which depicts people and several historical characters from across the centuries at play in the park.

At the time, the neighborhood where the old bookstore stood was just starting its renewal, and, "We wanted a public art project that would encourage people to look at the neighborhood differently," Papenfuse said.

GreenWorks Development bought the bookstore's building, but left ownership of the mural to Papenfuse. The company's president, John Tierney, said the old building would be leased for

commercial space.

GreenWorks is playing a significant role in Midtown's renaissance. Among other projects, it is restoring the old laboratories at 3rd and Reilly into the Midtown Learning Center for Harrisburg Area Community College.

As an illustrator of children's books and magazines, Fieser has sketched along the riverfront for 30 years, as long as he's been a Midtown resident. To the artist, the city's shoreline holds a historical context for his mural.

"It's a key feature of the City Beautiful Movement," he said.

The "City Beautiful Movement" began in Harrisburg in the late 19th and early 20th centuries, but quickly became a national effort to transform urban blight and improve the quality of life in cities. Improving Harrisburg's riverfront, then marred with slums, trash and sewage, was a key goal of the movement locally.

In its new home, the mural is impressive in its size and its artistry — the people and the river are all in motion across the canvas. It now overlooks the large common area of the bookstore, where a stage will be set up on weekends for musical performers.

The mural remains in excellent condition, despite facing the elements for several years.

### Spring Cleanup Sweeps into South Allison Hill



Clean Streets founder Shawn Westhafer, in mid-cleanup from a past project.

As a first-year student at Widener University School of Law in Harrisburg, Shawn Westhafer started cleaning up city streets as a project for the school's Environmental Law & Policy Society. The experience inspired him.

"While doing it, I realized the kind of positive impact it has on a neighborhood," Westhafer said.

Now, two years later, this 26-year-old Midtown resident has created a nonprofit, Harrisburg Clean Streets Project, conducting two cleanups a year — spring and fall. This season's neighborhood cleanup is South Allison Hill.

Along with Widener, YWCA of Greater Harrisburg and the Business Association of South Allison Hill, Westhafer wants volunteers to show up at Harrisburg Discipleship Center, 333 S. 13th St., at 9 a.m., Saturday, Apr. 18, rain or shine, for the cleanup.

Westhafer said cleanups have a three-fold purpose: beautify the neighborhood; raise awareness that litter and dumping are significant problems; and help instill a sense of pride and self-worth in the community.

He welcomes anyone able to pick up litter or hold a garbage bag. South Allison Hill's cleanup area will be bound by Cameron, Market, 18th and Paxton streets.

As in every cleanup, the number of streets that receive attention is directly proportional to the number of volunteers, Westhafer said. "Thus, every hand is helpful," he said.

Since he began the cleanups, the number of people turning out has ranged from 40 to 75. They've been undertaken in diverse neighborhoods from downtown to Uptown, where the largest number of volunteers turned out.

"I've never seen so many people gather just to pick up trash," Westhafer said.

The community appears to embrace Westhafer's efforts. Jason Rissler, weed-and-seed coordinator for the YWCA, which is located in South Allison Hill, said, "He's been a tremendous asset for our own neighborhood. It's certainly a well-needed program."

Westhafer currently is finishing his law degree, but he remains committed to the cleanups. In January, he incorporated the nonprofit and has created a website, [www.cleanstreetsproject.org](http://www.cleanstreetsproject.org).

Cleanups usually take about four hours. For the Apr. 18 cleanup on South Allison Hill, volunteers will be provided gloves, bags and water with refreshments at the end. For more information on the cleanup, visit [cleanstreetsproject.org](http://cleanstreetsproject.org).

## Green Season in Harrisburg City, State Busy Prepping Parks

M. Diane McCormick



**Bag it:** workers spruce up Capitol complex lawn.

Spring comes to Harrisburg. The hillside azaleas bloom at Italian Lake Park. The lights go on at the Seventh and Radnor softball fields. Reservoir Park prepares to welcome guests for concerts and shows. And of

course, Riverfront Park is set to blossom, welcoming its daily coterie of joggers, dog-walkers, bicyclists, and downtown workers taking lunch breaks.

The city of Harrisburg operates 17 parks and playgrounds — green havens from the urban rat race. The Parks and Recreation Department maintains the parks year-round, but spring is especially busy. It's just like cleaning up your backyard, except that this backyard is 450 acres with another 1,200 acres for the city's Greenbelt.

The year-round maintenance cycle begins in mid-March, according to the department. Maintenance staff — 11 employees and two managers — start by picking up and carting away bulk trash, leaves and branches. Then they fill in depressed areas, maybe spots where a truck drove over mud, and plant grass seed.

Garden work comes next, when workers clean debris, edge and weed the gardens and lay mulch. After the greenery is prepped for spring, the man-made items are tended to. The department primes and paints tables and buildings and paints wooden posts.

When the grass starts growing, you know what comes next — mowing, and more mowing. It takes about two weeks to mow all the parks, setting up a cycle that continues through mid-November. And sometime after the first mowing, there are plantings to get ready — young trees and shrubs, or new flowers to add patches of color.

In addition to keeping the parks spiffy, maintenance workers have many other duties, said Matt Coulter, mayoral spokesman.

"The city is also responsible for trimming and pruning 50,000 shade trees," he said. "Our parks staff also deals with 1,500 park permit requests per year and over 250 events per year, in addition to mowing grass and other duties. Also, parks crews have to check and maintain our park swings, sliding boards and spring animals."

Of course, in Harrisburg, the city isn't the only entity overseeing parks. The state has its own vast greenery to keep cut, clipped and trimmed. Around the Capitol complex, state workers currently are tending to the 70 acres of landscaping: weeding and seeding lawns, recycling felled trees and leaves and pruning the complex's 40 different types of shrubs and nearly 700 trees.

One thing the state won't be doing this year: putting in new plantings. As usual, the bad economy is to blame. Said Ed Myslewicz, press secretary to the Department of General Services, "We're working within a very tight budget."

## Churches Celebrate Easter

Easter, as the most important religious event of the Christian liturgical calendar, is a moveable feast. It can fall on any Sunday between late March and late April. This year, Easter falls on Apr. 12.

Easter Sunday always seems to draw crowds of church-goers, regular parishioners mixed in with those who attend only once or twice a year. So, make sure to arrive early to get a good seat. Happy Easter, everyone!

### City Churches

Market Square Presbyterian Church, 20 S. 2nd St.: 11 a.m. (717) 257-1270

St. Patrick Cathedral, 212 State St.: Sat., 8 p.m.; Sun., 7:30 a.m., 9:30 a.m. (interpreted for the deaf), 12:15 p.m. (717) 232-2169

St. Michael Lutheran Church, 118 State St.: 10 a.m. (717) 234-0092

Grace United Methodist Church, 216, State St.: 11 a.m. (717) 238-6739

Pine Street Presbyterian Church, 301 N. 3rd St.: 8:30 a.m. and 11 a.m. (717) 238-9304

Salem United Church of Christ, 231 Chestnut St.: 10:15 a.m. (717) 232-7145

St. Stephen's Episcopal Cathedral, 221 N. Front St.: 7:30 a.m.; 9 a.m.; 11 a.m. (717) 236-4059

Zion Lutheran Church, 15 S. 4th St.: 10:15 a.m. (717) 234-4064

### Outskirts

Cross Point Church, a United Methodist Community, in Colonial Park, 430 Colonial Rd.: 8 a.m. sanctuary; 9:30 a.m. contemporary; 11 a.m. sanctuary; 11 a.m. PRISM in Sholter Hall. (717) 545-1911

Cross Point Church in Rutherford, 6570 Mifflin Ave.: 9:30 a.m. blended. (717) 564-3394.

St. John's United Methodist Church, 165 Firehouse Rd, Grantville: 7:45 a.m. and 10:15 a.m. (717) 469-2489

Highspire United Methodist Church, 170 2nd St., Highspire: 10 a.m. (717) 425-9249

Centenary United Methodist Church, 1010 Orchard Dr., Steelton: 8 a.m. and 10:30 a.m. (717) 939-7700

## Passover Services to be Held

Passover starts on Apr. 9 and continues through Apr. 15, but on the Jewish calendar the holiday begins at sunset the previous day. Observing Jews will celebrate the Passover on the evening of Apr. 8. This is done typically at home with a family Seder.

### Passover Service Times, City Synagogues

Beth El Temple, 2637 N. Front St.: Apr. 9, 9 a.m.; Apr. 10, 9 a.m. and 6 p.m.; Apr. 11, 9 a.m. and 7:22 p.m.; Apr. 12, 9 a.m. and 5:30 p.m.; Apr. 13, 7 a.m. and 5:30 p.m.; Apr. 14, 7 a.m. and 5:30 p.m.; Apr. 15, 9 a.m. and 5:30 p.m.; Apr. 16, 9 a.m. and 5:30 p.m. (717) 232-0556

Temple Ohev Sholom, 2345 N. Front St.: No special services scheduled. (717) 233-6459

Kesher Israel Congregation, 2500 N. 3rd St.: Apr. 8, Shacharis: 6:30 a.m.; Mincha: 7:20 p.m. and Maariv: 7:45 p.m.; Apr. 9, 9 a.m.; 7:20 p.m. and 7:50 p.m.; Apr. 10, 9 a.m. and Mincha: 7 p.m.; Apr. 11, 9 a.m. and Mincha: 7:15 p.m.; Apr. 12, 8 a.m. and 7:25 p.m.; Apr. 13, 6:30 a.m. and 7:25 p.m.; Apr. 14, 6:30 a.m. and 7 p.m.; Apr. 15, 9 a.m. and 7:25 p.m. and 8 p.m.; Apr. 16, 9 a.m.; Yizkor: 11 a.m.; 7:25 p.m. and 8:30 p.m. (717) 238-0763

## Junior Achievement: Shaping Our Future Leaders

Tom Russell

**H**ave you ever witnessed the spark that lights up a child's eyes when she has learned something new? At Junior Achievement, we're all about that spark, and our volunteers experience it each each time they enter the classroom.

Kids believe they can be whatever they want when they grow up. And they're right. But getting there isn't always easy. Junior Achievement can help.

Preparing our children to be productive and effective consumers, workers and citizens in our community is at the core of Junior Achievement's business and education partnership. JA programs help prepare young people for the real world by showing them how to generate wealth and effectively manage it, how to create jobs that make our communities more robust and how to apply entrepreneurial thinking to the workplace. Students put these lessons into action and learn the value of contributing to their communities.

JA's unique approach allows volunteers from the community to deliver the JA curriculum, while sharing their experiences with students. Embodying the heart of JA, more than 1,800 south central PA volunteers transform the key concepts of JA lessons into a message that inspires and empowers students to believe in themselves, showing them that they can make a difference in the world.

It's clear that we are facing one of the most challenging economic times of our

generation. Now more than ever, kids need to be inspired. They need to learn financial responsibility, ethical decision-making and work values. They must learn how to effectively manage money, not only so they can avoid the financial pitfalls into which so many adults have fallen, but also because our kids will someday run our businesses, our government and our financial institutions. Junior Achievement is part of the solution. JA has the right programs to teach kids financial literacy, work readiness and entrepreneurship, in-place and ready to go ... and we are on track to reach 35,000 students in south central PA this school year!

JA programs are for all students, in kindergarten through grade 12, and are offered to all schools. These programs, which are correlated to Pennsylvania academic standards, are hands-on, age-appropriate and sequential. JA's elementary school programs are the foundation and include six sequential programs, each with five sessions that include a variety of hands-on activities. The elementary curriculum culminates with the capstone program, JA BizTown, giving fifth and sixth grade students the opportunity to put their learning to practical use as they run a miniature city.

JA's middle grade programs include financial literacy, economics and business curricula for grades 6-8. JA's vision is to give students at this critical juncture in their academic careers a first-hand understanding of the economic issues they will confront upon high school graduation. Further, the dynamic interaction between volunteer and student promotes active learning and brings theory to life.

JA's high school programs provide in-depth lessons for students in grades 9-12 and include hands-on opportunities such as JA Finance Park and the JA Titan Challenge. The dynamic interaction between the volunteer and the students is strengthened at the high school level, continuing to promote active learning while applying concepts to real life situations to answer the question of "why" these skills are necessary.

In the greater Harrisburg area, 10,000 students will have Junior Achievement in their classroom this school year. In Harrisburg



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*Tom Russell is the president of Junior Achievement of South Central PA. To volunteer, call (717) 303-3312 or visit [www.jascpa.org](http://www.jascpa.org).*

city, every second and third grade student will experience the power of active learning with a JA volunteer. These programs are just the beginning. With additional support, JA can provide programming for all students in Harrisburg city. Together, we can motivate students to learn by providing them with solid, practical skills that will prove invaluable as they confront the economic and personal decisions of life.

No matter what your profession, your life experience and determination to succeed means you can serve as a role model. JA is still in need of many volunteers this spring and this fall. Junior Achievement provides the keys to your success: the training, the curriculum and a classroom ready to meet you. All you need is your enthusiasm, your life experience and a willingness to teach children to shoot for the stars. You will be impressed by the impact JA has — not only on the students, but also on yourself!

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## Library Renovations Start

Starting this month, renovations to the East Shore Area Library will begin.

These renovations will include: an extension of the parking lot on the east side, improved access and better lighting in the west parking lot, replacement of the HVAC system, construction of several new offices and a small meeting room.

The library will remain open during this time. The large meeting rooms downstairs will be closed for the duration of the project.

The East Shore Area Library is located at 4501 Ethel St., Harrisburg. For updates on the renovation, visit [www.dcls.org](http://www.dcls.org).



**A student works on a newspaper as part of a Junior Achievement project.**

## The Founding of Harrisburg

### The Harris Family's Vision and Bequest

Jason Wilson



Courtesy: Dauphin County Historical Society

In this scene, John Harris Sr. is tied to a mulberry tree by a group of American Indians who planned to burn him near his settlement on the Susquehanna River. Indians friendly to Harris (right) saved him in a nick of time.

Viewing modern Harrisburg, it is difficult to imagine what the city of almost 300 years ago would have looked like, but its founder had no problem envisioning its stature.

Just prior to 1700, an English brewer named John Harris arrived in Philadelphia, where he helped to clear land and open streets for the establishment of the city.

Within the next few years, through high-level contacts he made in Philadelphia, he obtained a license to purchase lands

and to trade with the Indians. Around 1718, he arrived along the verdant, eastern side of the Susquehanna River. At first a roving trader, he soon set up a trading post and ferryboat service to the western shore.

As the city's founder, John Harris was an astute man, one of vision. He located his trading post at the intersection of the fertile east/west Cumberland Valley and the north/south Susquehanna. His land acquisitions soon totaled about 800 acres,



The restored John Harris mansion today, originally built in 1766 and later expanded.

the site of current downtown Harrisburg.

It was always his hope that the city he founded would someday grow to prominence because of its early and logical location as a transportation hub — Harris' ferry provided passage to many German and Scot-Irish immigrants heading westward to settle in America's vast frontier. Harrisburg today is a crossroads for all compass points.

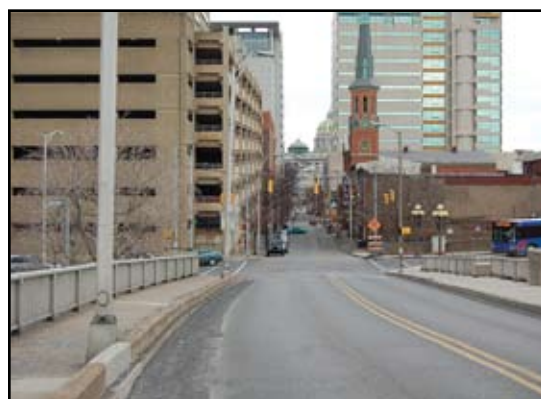
When John Harris, Sr. passed away in 1748, there was only the trading post and ferry that existed in Harrisburg. It was John Harris, Jr. and his son-in-law William Maclay who planned the city and first laid out lots in 1785. For a short period, Harrisburg was known as "Louisburg" in honor of King Louis XVI of France (who was the son of Louis, Dauphin of France), but John Harris, Jr. insisted the name be changed to honor his late father. Harrisburg became the county seat of the newly formed Dauphin County on March 4, 1785, largely through Harris' urging.

In one of his final acts, Harris, Jr. ensured his city's longevity by donating approximately four acres of ground to be held in trust if the state legislature saw fit to use it as the site of Pennsylvania's capital.

Harrisburg became the Commonwealth's capital city in October 1812, largely due to the efforts of John Harris Sr., in choosing the location, and John Harris Jr., in planning the city and having the foresight to provide land for the state government buildings.

Jason L. Wilson is a research historian for the Capitol Preservation Committee.

## Then and Now



In 1911, the spire of Zion Lutheran Church dominated downtown Harrisburg (left). The skyline has completely changed today, as these contrasting views from the Mulberry Street Bridge attest.

## Fine Dining, Lower Bill

### Veteran Restaurateur Urges Patrons: "Bring Your Own!"

Stephanie Kalina-Metzger



**Locker room fun:** Nick Dunphy checks out a few hidden, potent gems stored in his new restaurant, The Cellar.

**S**lainte! It's commonly used as a toast in Ireland and in Scotland meaning "Good Health" and is one of the many monikers emblazoned on the lockers at Nick Dunphy's The Cellar, a BYOB (bring your own bottle) restaurant in Camp Hill.

Dunphy is a long-time area restaurateur who also owns and operates the Caddy Shack in Mechanicsburg, which will celebrate its 20th anniversary this year. Other restaurants previously owned by Dunphy include the informal Dunphy's House of Bull (once located at The Cellar site) and Maxwell's Café, a Harrisburg fine dining establishment.

This is Dunphy's first BYOB endeavor, and he is taking the concept one step further by encouraging customers to bring and store their own bottles in the lockers located on the first floor at the rear of the restaurant.

According to Dunphy, "I got the idea off the top of my head. I hated going to BYOB restaurants because I don't drink wine, and the restaurants did not have the proper mixers. I also did not like driving home with an open bottle, thus the idea was born."

Since opening in October 2008, Dunphy has rented 34 of his 80 lockers. Says locker owner Don Powell, "It's a great concept — I love the fact that I can store my own alcohol right here, and it keeps my entire bill low since my bar tab is zero," which makes a lot of sense in these economic times and may be one reason why The Cellar is doing so well right now.

Locker owner and regular customer Rick McBride agrees. "The locker concept is so innovative. I can entertain friends and family with alcohol that you don't find in most bars."

According to Dunphy, the customers also enjoy personalizing their lockers, some choosing to use their initials and some their first and last names. Others use the opportunity to display their sense of humor or whimsy with names like "Up-Twist" and "Hoof and Mouth."

But it isn't all about the lockers. Chef Matt Hickey carries a collection of culinary cornucopia to The Cellar. Many people will remember him as the Executive Chef at Politesse in Shipoke, where he spent several years before he joined Nick Dunphy at Maxwell's Café.

When Dunphy opted to put that restaurant on the market, Chef Hickey decided to take the opportunity to succumb to his wanderlust. He headed to India for a year, and from there spent the next few years in Southeast Asia and North Africa. He claims that his travels heavily influence his use of ingredients and technique. As a regular patron of this region's international markets, he muses, "People don't realize how lucky we are to have such an abundance of local, international ingredients."

Says Hickey: "Our main goal is to be as local and sustainable as possible. We use meat and produce from small farms and co-ops in Dauphin, York and Lancaster counties. We bring in a wonderful goat cheese from artisan goat cheese manufacturer Camelot Valley, located in York County."

The Cellar's diverse menu changes seasonally to take full advantage of fresh, local ingredients, but Dunphy makes sure that customer favorites like the rich Cellar macaroni and cheese (a decadent dish containing jumbo lump crab, lobster rigatoni, gruyere and chevre) are available year round. Otherwise, the restaurant's selections can best be described as fun and eclectic, reflecting a wide range of gourmet meat, pasta, seafood and vegetarian dishes.

So forget the grim economic news. Choose your favorite people, your favorite bottle and head down to The Cellar and ... Slainte!

*The Cellar, 433 North 21st Street, Camp Hill, PA 17011*  
[www.thecellarbyob.com](http://www.thecellarbyob.com)

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## Civil War Museum Marches toward Goal

The National Civil War Museum's annual fundraising campaign ends April 15. The 2009 Preserve Our History Campaign's goal is \$100,000, which would be divided into three categories of support: museum operations, conservation of artifacts and new museum initiatives.

Of the total goal, \$50,000 will be directed toward museum operations that support exhibit development, archival upgrades and educational presentations. Approximately \$40,000 will be directed toward the conservation of two specific artifacts: the battle flag of the 23rd Pennsylvania and a ball gown that was worn by the wife of a prominent federal judge at Abraham Lincoln's 2nd Inaugural Ball. The remaining amount will contribute to museum initiatives, such as opening the museum one night per week to the public.

Museum CEO David Patterson said the campaign already achieved about 17 percent of its goal of \$100,000 by early March. "We remain hopeful that, despite a difficult economy, individuals will continue to support this wonderful educational institution dedicated to preserving Civil War history."

Donors may contribute in many ways, including a new billing option in which pledges can be broken down into smaller payments. To contribute, contact Lynn Smolizer or visit the museum's website: [www.nationalcivilwarmuseum.org](http://www.nationalcivilwarmuseum.org).

### Rosemary's Rosemary Chicken

The Right Touches Turn a Dinner Staple into an Italian Classic, Perfect for Easter

*Rosemary Ruggieri Baer*

I like to think Italians view food and cooking a little differently than other cultures. While many might counter this position, for me and my family, food means so much more than mere sustenance. Food preparation for traditional Italians is a gift lovingly shared with family and friends. Food is a link between generations and a way to celebrate life's most momentous occasions. For me, cooking and serving Italian food for my small family every Sunday is the most important part of my week.

For us, Sundays aren't just about eating dinner together. They are about sharing several hours in the late afternoon and evening, chatting and sharing news of the week, reading the Sunday Times, watching a favorite sports team, gobbling up bruschetta and ordering a favorite cocktail from the chief bartender in the house. In the winter, there is time for a fire in the fireplace and in the summer a glass of wine on the porch. Without realizing it, I suppose, we are carrying on the Italian custom of Sunday repasts that linger for all of a Sunday afternoon.

One of my favorite things to make for Sunday dinner is roast chicken. Now, like homemade pasta sauce, cooking a whole chicken may be something you have shied away from. Perhaps you have seen those little birds snarling at you at the grocery store or farmers market while you have gone straight for the chicken cutlets. But roasting a whole chicken (or two) is easy, and endless recipe variations are possible once you have mastered the technique.

Our favorite is Rosemary Lemon Chicken, although I can't claim the recipe as my own. I found it many years ago in a Food and Wine cookbook but have added a few little twists of my own over time. Fragrant with fresh rosemary (a Mediterranean native plant), bathed in fresh lemon juice, and stuffed with garlic, this dish is an Italian classic. I slow-roast this chicken a fairly long time, but frequently baste it with a little white wine and cover it with aluminum foil to keep it moist.

Start with 1 or 2 fresh chickens, about 4 to 4½ pounds each. This size is considered small compared to roasting chickens or capons, but I find them very tender and less fatty than heavier "birds." Wash the chickens under cool running water and dry thoroughly with paper towels. I stuff the cavity with a few extra towels to absorb the moisture and let them rest a few minutes. When completely dry, salt and pepper the inside of the breast cavities and place in a heavy roasting pan large enough to avoid crowding.

You will need 2 fresh lemons, 1 large sweet onion (Vidalia or Texas sweet), a large bunch of fresh rosemary, a few cloves of peeled garlic and good extra virgin olive oil. Peel and chop the onion and cut one of the lemons into large chunks. Stuff the chicken cavities with the onion, some garlic cloves and lemon pieces, along with several rosemary sprigs. Brush the chickens well with the olive oil, making sure all the nooks and crannies of the birds are covered. Squeeze the juice from the remaining lemon evenly over the chickens.

Wrap kitchen twine under the backs of the chickens, catching the wings and the legs together to secure them. This is called trussing and will hold the chickens together while roasting. Tuck rosemary sprigs anywhere you can: between the wings and body of the birds, under the drumsticks and a few even on top. Salt and pepper the chickens well and pour a little bit (maybe ½ inch) of white wine in the bottom of the roasting pan. Cover the chickens loosely with a tent of heavy aluminum foil and place in a pre-heated, 350-degree oven.

I allow about 2 or 2½ hours for the chickens to roast, basting with the pan juices and wine in the bottom of the pan every 30 minutes. This keeps the chicken very moist. Remove the foil the last ½ hour of cooking to allow the chickens to brown. You will love the aroma that fills your house as the chickens cook.

While the chickens are roasting, scrub some little red potatoes (halving or

quartering them if large); toss them with some more olive oil and place in a medium baking pan. Chop any remaining rosemary sprigs and sprinkle over the potatoes. Salt and pepper them well and place in the oven with the chicken for the last 1½ hour of cooking time.

When the chickens are done, remove the roasting pan from the oven and let them rest for about 10 minutes. Then carve the meat from the bones and arrange on a serving platter. Pour the pan juices over the meat on the platter and decorate all with extra rosemary and perhaps a few lemon slices. Serve with roast potatoes and a green vegetable (asparagus is nice in the spring). I have served this dish to company, as well as family, to rave reviews. It might even make a lovely Easter dinner for a small gathering.

And ... when you stroll past the poultry section of your favorite market, those little birds will no longer be snarling. They might even be smiling!

### Break Out a Barbera

Need something nice to accompany Rosemary's Italian-style chicken? Try a Barbera, a medium to full-bodied red that goes well with savory chicken dishes. These 2006-vintage wines offer good value:

- Vietti Tre Vigne: bold, rich and complex
- Michele Chiarlo: good balance, structure
- Shannon Ridge: crisp, smooth and light

— Lawrance Binda

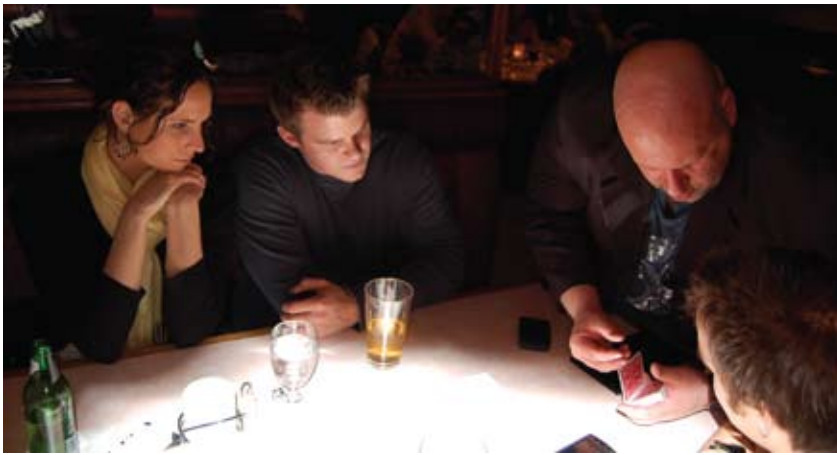


*Rosemary Ruggieri Baer, a first generation Italian-American, grew up in Harrisburg and has spent her life perfecting her mother's country cooking.*

## Pick a Card, Any Card

### Pepka: Now You See It, NWYUDN'T

*Peter Durantine*



Pepka, third from left, dazzles a table of diners recently at Scott's Grille.

Watch the hands of the magician, Pepka.

They are large, thick-fingered, yet they handle a deck of cards nimbly. At his request, a woman at the nightclub table selects a king of hearts. Amid the shuffle it disappears; only to re-appear stuck to his forehead.

His eyes twinkle, a mischievous smile broadens his goateed face.

The woman says in laughter and astonishment, "How did he do that?"

He is Pepka, sleight-of-hand magician.

Don't call him "the great," or "the amazing," as magicians past had preferred and some today may still. That's "cheesy," said Pepka, a title that evokes an illusionist of the late 19<sup>th</sup> or early 20<sup>th</sup> century who might use such adjectives before or after his moniker.

It's a name Dave Pepka was born with, a name with Polish roots. This Pittsburgh native calls Harrisburg home, where he performs at restaurants and at private parties; his audiences are small, intimate.

He doesn't stand before large crowds, but mingles in the bar or visits tables where diners are sipping a drink before their entrée or enjoying coffee after a meal. He performs for adults, not children.

At Scott's Grille on Locust Street one evening, he keeps his audience amazed by his deft sleight of hand (he uses real decks of cards) and amused with his adult-humored patter.

Thirty-four-year-old Pepka is no David Copperfield or Criss Angel, pop-culture magicians who make giant things disappear before large audiences. That's not the form of illusion he prefers. As he explained, "If you put a girl in a box and the girl disappears, you would have to think there is something with the box."

Sleight of hand is how original magicians demonstrated their skill, making objects such as cards, scarves, paper, rings or coins

disappear; doing it before small audiences.

"This is what I feel is the purest art form," Pepka said. "It's the most natural."

To say Pepka does card tricks dismisses the 17 years he has spent developing his craft as a magician. He is ever-learning and perfecting — attending magician conventions in Las Vegas and studying sleight-of-hand masters such as the late Tommy Wonder and Dai Vernon, who, before his death in 1992, was known as "the Professor."

Their names, and others like Houdini, are legendary among magicians and magic enthusiasts, but fame does not a magician make. "It has nothing to do with how famous they are," Pepka said. "It is how skillful they are."

Part of Pepka's magic is his repartee and self-deprecating humor, which he keeps rolling as rings disappear in his hand or cards appear from unsuspecting pockets, as well as his approach to customers out for a dining experience.

"He does a great job," said Joanna Lembesis, proprietor of What If ..., a Hershey restaurant. "He can tell when someone doesn't want to be interrupted and when someone wants his attention."

He resides in a city apartment near the East Shore Y, where he works the night desk, using some of those quiet hours to hone his craft. He has been performing in the Harrisburg area for nine years.

Pepka's journey into magic began around age 12, when he learned to juggle while also learning, at the encouragement of his mother, piano, accordion and jazz trumpet. He enjoys jazz, Big Band music, poetry and Shakespeare.

"I've always been performing, one way or another, and magic was a growth of that," he said.

The magic bug bit when he saw the movie "The Sting," particularly the scene in which the Paul Newman character out-cheats a card cheater in a poker game. "That was much more fascinating to me than anything I would see David Copperfield do on TV," he said.

Pepka can be found downtown at Scott's Grille, 212 Locust St., Friday evenings; What If ... at 845 E. Chocolate Ave. in Hershey on Saturday evenings; and Tuscano, at 421 Friendship Rd., Sunday afternoons.

*For more about Pepka, visit [magicpepka.com](http://magicpepka.com).*



The lightning fast hands of Pepka: How'd he do that?

## They're SYKK People, and They're Entertaining

### Local Hip-Hop Group Makes a Mark

*Shakiyla Colden*

Many different genres of music have emerged in Harrisburg in the past few years, but recently one group of musicians has been making the city fall "SYKK" — that's pronounced "SICK" — with local artist envy.

That group is Sykkline Entertainment Inc., founded in 2003. The group is made up of a dozen individual hip-hop and R&B artists who sometimes perform together: Kontraverse, TashP, Tuck, Spitz, Jun Blaze, Lyrician, S.Jones, Staxx Calhoun, Young Trag, Pbosst, Yinnix and Lawless.

Over the past few years, their dedication has paid off immensely, as they've become increasingly popular in their genre.

"I am always striving for the best with Sykkline Entertainment, and always feel like we could be in a better place," CEO Daniel Lugaro Jr. said. "It doesn't stop here at the Hip-Hop Awards. We have to work harder as a team and make each project and each other better every day, every year."

In March, Sykkline Entertainment participated in the 3rd Annual Central Pennsylvania Hip Hop Music Awards at the Forum, where they picked up several awards.

One artist of the group, known as TashP, won 2009 Central PA Best Female Rap Artist at the awards ceremony. TashP said, "I feel good about winning the award; I was so overwhelmed that night. I've been rapping

for years and have an award already. To me that is amazing! Sykkline is like family; I feel safe around them. That's what I like about us "SYKK" individuals. Hopefully I can open at concerts for industry artists and perform in other states besides PA. I want to be successful."

The entire group at Sykkline triumphed as Central PA's Best Group of 2009. They were nominated for six different awards, taking home two of them. This is the second year in a row that they won the award for best group.

Fans from all over central Pennsylvania came to see Sykkline. One fan, Khalfani Speller, attended the show from Lancaster. "The name fits them well 'Sykk.' They were the hottest act that performed in the show."

Young H, of Da Underground Music Store in York, said, "I loved Sykkline's performance. Out of everyone there, those guys were one of the only groups with stage presence. With the number of members, the unity seems unmatched."

Another fan, Maria Martinez of Enola, said, "It's great to see local talent get out there and rock the mike. I think Sykkline was excited to have so many people supporting them this year."

Lugaro has high expectations for the group. "I feel Sykkline Entertainment will get bigger as time goes on. This year, we will be featured on satellite and Internet radio stations all over the country and hope to create a bigger buzz than the one we have created here in central PA."

In April, Sykkline's first album of the year drops — "Incredible," by Artist Kontraverse, with "Swagtastic," by TashP, following in November.

Sykkline also plans to put out a series of seven mixtapes called "The Plague," due in 2009. The group is pushing to become acknowledged all over Harrisburg, central Pennsylvania and the world.



Gettin' props: Members of Sykkline, Spitz, Kontraverse and TashP (from left), helping to put Harrisburg hip-hop on the map.

## Coffee House Features Texas Artist, New CD

Clover Lane Coffee House will host Austin-based singer/songwriter Danny Schmidt as part of his national tour promoting his new CD, "Instead the Forest Rose to Sing," just released on Red House Records.



The concert will take place at 1:30 p.m., Sunday, Apr. 5, at the Unitarian Church of Harrisburg, 1280 Clover Lane. The event is open to the public and is \$5 at the door.

The newly released album is a collection of songs interwoven together around the questions: "What is the value of our work? And what is 'wealth' exactly?"

Schmidt lived on a co-operative farm for many years, with a high value placed on collective self-sufficiency.

"We lived a very comfortable middle class lifestyle on what amounted to about \$6,000 per person per year," he said. "And when that figure was smaller, I didn't feel poorer, I felt prouder about our ability to organize and share our efforts and resources."

Schmidt will take questions from the audience at the end of the concert.



Sign of spring: "Little" Dale Kinsey of Harrisburg livens up the corner of 3rd and North with a little music on a mild day.

## Films that Feed Your Brain

### These Movies Entertain, But Don't Insult Your Intelligence

Kevyn Knox

Welcome to TheBurg's inaugural column on independent, foreign and classic cinema in Harrisburg.

With this column, I want to break away from the more box office-based rhetoric that the mainstream media feeds into when it comes to the movie industry. I want to veer away from such things as which movie topped the charts this week and who is wearing what on the red carpet.

Instead, I'll delve more into the world that is commonly known as art cinema. I want this column to be a bastion for all those film fanatics and cinephiles out there who seek something more from their movie-going experience than the latest over-hyped, over-marketed, over-wrought and over-paid Hollywood blockbuster. Not that I will shy away from Hollywood, for there are still some rather remarkable films coming out of the modern studio machine. But the definite emphasis will be on independent and foreign cinema playing in and around the Harrisburg area. With that said, let's get to the films themselves.

The first film I want to talk about is "The Class." This Oscar nominated French film that won the Palme d'Or at last year's Cannes Film Festival is finally making its way to the midstate area this month. It will play at Harrisburg's Midtown Cinema. Based on François Bégaudeau's book on teaching in an inner-city Parisian high school full of troubled and difficult kids, director Laurent Cantet has woven together an almost

pitch-perfect film of race and class relations in modern-day society. Whether it be Paris or New York City or even Harrisburg, "The Class" seems to be dead-on in showing how teachers and students relate not just to each other, but to their own super-inclusive peer groups, as well.

Starring author and screenwriter Bégaudeau, in his film debut, as a thinly veiled version of himself, the film is populated with a slew of non-professional kids essentially playing themselves. "The Class" is perhaps the ideal standard-bearer, or at least should be, when it comes to judging what constitutes reality programming. In essence, this is what reality TV should be.

"The Class" shows us one school year in the lives of Mr. Marin (Bégaudeau) and two dozen or so racially diverse students — without ever leaving the school itself. We are not made to sit through any superfluous outside agitations so prevalent in the plethora of Hollywood-made student-teacher movies throughout the years. We are shown just the necessities and nothing more. Without cliché or contrivance, "The Class" shows us, for good or bad, the truth between the walls of this, or any, school.

Another film that weighs in on class struggle, though in a much lighter way, is Greg Mottola's "Adventureland," opening in wide release in April. Mottola was the man who brought us 2007's "Superbad." But, where that film, though funny at times, was mired in the swampy environs of raunch,

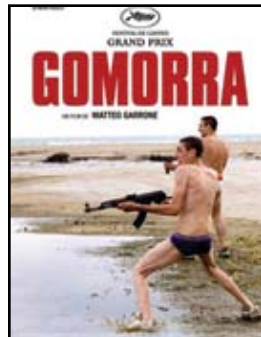
"Adventureland" plays out as witty and quite smart indeed. "Adventureland" is the story of James, a recent college grad, who, in order to make enough money to enroll in grad school at Columbia, takes a summer job at a depressing, run-down amusement park in suburban Pittsburgh. The film is set in 1987 and is replete with a soundtrack full of mid-1980s alt/punk bands (this critic felt extra nostalgic, having turned 20 that very year). "Adventureland" is a wry look at first loves and first heartbreaks and stars the talented Jesse Eisenberg ("The Squid and the Whale") and Kristen Stewart ("Twilight").

Another film opening locally in April is the Italian mobster film "Gomorra." Critically acclaimed on last year's film festival circuit and "presented" by Martin Scorsese, "Gomorra," directed by Matteo Garrone, is a convoluted, almost Shakespearean, look at what is considered the most crime-laden region of Italy. Based on fact (the original book by Roberto Saviano, still under police protection, was marketed as fiction in Italy but as non-fiction elsewhere), this elaborate, grungily ornate depiction of life in the Italian mob may be a difficult film to get through, but it is well worth it in the end.

That's all for now. But come back next month when we will talk about "Hunger," a remarkable cinematic achievement coming to the Midtown Cinema in May. We will also take a look at both the Jewish Film Festival and the Patriot-News ArtsFest Film Festival, as well as Midtown Cinema's Classic Film Series featuring the films of Alfred Hitchcock. See you then.



Kevyn Knox is a film critic and historian. His reviews can be read at [www.thecinematheque.com](http://www.thecinematheque.com).



## Consider This Thing: NPR Figures Slated to Speak

Fans of National Public Radio, take note — two well-known NPR personalities will visit the Harrisburg area this month.

On Apr. 2, Rebecca Flowers will speak at the East Shore Area Library, 4501 Ethel St., Harrisburg. She will discuss her debut novel "Nice to Come Home To," a touching exploration of love, loss and family.

Flowers is an independent radio producer whose work has appeared on NPR's "All Things Considered" and "Day to Day."

Registration for the 7 p.m. event is required. To register please call Bobbie Jo Trowbridge at 234-4961 ext. 109 or visit [www.dcls.org](http://www.dcls.org).

On Apr. 18, NPR host Terry Gross will be the keynote speaker at a dinner event sponsored by the Dauphin County Library System and WITF, the area's public broadcasting station.

Gross hosts "Fresh Air," NPR's weekday show of contemporary arts and issues. She will share sound bites from interviews that went well and that went not-so-well and give some insight into her life and career.

The event will begin at 6 p.m. at the Sheraton Harrisburg-Hershey, 4650 Lindle Road, Harrisburg. For more information or to order tickets, call Lori Lane at 717-234-4961 ext. 110 or visit [www.dcls.org](http://www.dcls.org).

## The Gamut Theatre Celebrates Shakespeare

Come help the Bard turn a year older, as the Gamut Theatre holds its Sixth Annual Shakespeare's Birthday Celebration with events, music and performances.

The Apr. 26 gala will feature live music, a performance by the Gamut's Core Company Actors, auctions, wine and hors d'oeuvres. Actors playing Queen Elizabeth I and the Bard also will be in attendance.

The celebration will begin at 4 p.m. at the Gamut Classic Theatre, the third floor of Strawberry Square in Harrisburg.

Tickets are \$100 per person or \$150 per couple (tax deductible). Ticket holders also will have their names listed on the Bard Board, prominently displayed at Gamut Classic Theatre for one full year.

Call the Gamut's box office at 717-238-4111 to reserve tickets, or purchase them online at [www.gamutplays.org](http://www.gamutplays.org).

## Civil War Museum Opens "Box Car War" Exhibit

The National Civil War Museum debuts a new exhibit this month that examines the critical, if often overlooked, issue of how armies were supplied over long distances during the Civil War.

Opening Apr. 1, "Box Car War: Logistics of the Civil War" takes a thorough look at the tremendous efforts made by both Union and Confederate sides to supply their troops in the field and navies at sea. It was one of the first large wars in human history that relied largely upon rail transport for logistics, marking a whole new set of opportunities and challenges.

"It's easy to assume that soldiers just arrived on the battlefield with everything they needed," said Brett Kelley, museum curator of collections. "The fact is that supplying soldiers with the uniforms, equipment and even the bullets they needed was a very difficult and time-consuming process."

The exhibit is co-sponsored by Amtrak and Susquehanna Bank. It runs through Aug. 30.

## New Deal Mural Exhibit at State Museum of Pa.

Feeling down about the economy? See how a past generation depicted its own hard times.

"A Common Canvas: Pennsylvania's New Deal Post Office Murals" features dozens of Depression-era murals painted as part of a federal program to employ artists and uplift spirits. They depict everyday life in the Commonwealth during the 1930s-'40s.

With 88 artworks in 88 counties, Pennsylvania boasts the second-largest collection of such murals in the country.

The exhibit runs through May 17 at The State Museum of Pennsylvania, 300 North St., Harrisburg.



"Railroad Repair" (1943), by Harold Lehman, from the U.S. Post Office Building at Renovo, Pa.

## The Stage Door

### Gamut Theatre

"Romeo and Juliet," Shakespeare's classic tale of star-crossed lovers. This special, 90-minute version is part of the theater's educational outreach program for school students. Apr. 3-5, on location at schools and other special venues.

"A Visit with Henry David Thoreau," a dramatic dialogue set in 1860, when the country was on the brink of the Civil War. This show is held in conjunction with the Ned Smith Center for Nature and Art. Apr. 17-18, 7:30 p.m.; Apr. 19, 2:30 p.m.

Sixth Annual Shakespeare's Birthday Celebration, an evening of events in honor of the Bard's birthday (see story on this page for details).

Gamut Classic Theatre, third floor of Strawberry Square in Harrisburg. Tickets: 717-238-4111.

### Popcorn Hat Players at the Gamut

"Goldilocks and the Three Bears" tells the beloved fairy tale of an uninvited visitor to a bear family's house. Apr. 22 to May 21. Strawberry Square, Harrisburg. Tickets: 717-238-4111.

### Open Stage of Harrisburg

"Hedwig and the Angry Inch," a rock 'n' roll fable about love, fame and the sheer weirdness of life. Apr. 17 to May 10. 301 Market St., Harrisburg. Tickets: 717-214-ARTS.

### Rose Lehrman Arts Center

Giordano Jazz Dance Chicago. Founded in 1962, this unique dance company is still going strong, expanding the boundaries of jazz dance while preserving this indigenous American art form. Apr. 3, 8 p.m.

All shows: One HACC Drive, Harrisburg. Tickets: 717-231-ROSE.

### Theatre Harrisburg

"The Shadow Box," a touching play about three terminally ill patients who share their intimate stories with the audience. Apr. 17-26. At Theatre Harrisburg's Krevsky Center, 6th and Hurlock streets, Harrisburg. 717-232-5501, ext. 21.

### Oyster Mill Playhouse

"Lend Me a Tenor," a hilarious farce that mixes together small-time opera, crazed fans and affairs of the heart. Apr. 17-May 3. 1001 Oyster Mill Road, Camp Hill. 717-737-6768.

## Tour the Capitol Murals of Abbey and Oakley

Edwin Austin Abbey and Violet Oakley were selected to create the murals in the Pennsylvania State Capitol for two reasons. First, they were Pennsylvanians. Second, they were well-respected for the high quality of their work.

In this free-to-the-public tour, participants will learn how each artist conceptualized, prepared and executed the work, while learning who Abbey and Oakley were as people. Both artists, working in very different styles, were committed to representing an honest, yet uplifting, view of Pennsylvania history.

The tour also explores how their education, personalities and influences led them to create the work that has adorned the Capitol for more than 100 years. When architect Joseph M. Huston chose these artists to help create "A Palace of Art," he

could not have envisioned the lasting impact of their work.

The tour is 2 p.m. to 3 p.m., Saturday, Apr. 4, in the Capitol Rotunda. The tour is free, but reservations are suggested. Call the State Museum's Reservation Office at 717-772-6997.



Edwin Abbey at work

## "The Fine Art of Giving" Comes to State Museum

Philanthropy has long been an American tradition, as is demonstrated by a new exhibit at The State Museum of Pennsylvania.

On Apr. 4, the museum opens "The Fine Art of Giving," a selection of 85 paintings, sculptures, photographs, prints and crafts selected from more than 400 gifts received by the museum during the past decade.

Through this exhibit, running until June 2010, the museum pays tribute to its many donors. In addition, images of donated art not included in the exhibit will be viewable at [www.statemuseumpa.org](http://www.statemuseumpa.org).

## Museum Musings

### Harsco Science Center

"How People Make Things." Investigate the workings of everyday objects. This colorful, limited-engagement exhibition takes kids right to the factory floor to experience the roles of designer, engineer, maker and manufacturer.

"Branches, Bristles and Batteries: Toothbrushes through Time." This hands-on experience "brushes up" on the terrific truths about toothbrushes while helping to develop habits that ensure good oral health. Through Apr. 30.

"Earth as Art 2." View more than 40 images of Earth as seen from space, including images obtained by NASA's Landsat-7, ASTER and MODIS satellites. Through Apr. 30.

### National Civil War Museum

"Box Car War: Logistics of the Civil War." This exhibit examines the tremendous efforts of both sides to supply and maintain their armies in the field. Apr. 1 to Aug. 30. Included with admission. Location: One Lincoln Circle at Reservoir.

### Rose Lehrman Art Gallery

"Contemporary Glass," works of glass art by Angus Powers, Jessica Julius and Che Rhodes, through Apr. 8. Reception, Apr. 2, 5:30-7 p.m.

"Student Honors Show #1," features student art works involving photography, 3D, 2D, illustration, sculpture and printmaking, Apr. 8-22. Reception: Apr. 22, 5:30-7 p.m.

"Student Honors Show #2," features student art works involving graphic design, drawing, painting, glass, ceramics and jewelry. Apr. 27-May 7. Reception: May 7, 5:30-7 p.m. Location: One HACC Drive, Harrisburg.

### Susquehanna Art Museum

An exhibit by painter Rawn Martin. DÖSHI Gallery, through Apr. 19. Works by painter Susan Gottlieb will be featured Apr. 23-May 24.

"Art and Illusion: Selections from the Frederick R. Weisman Art Foundation," showcasing more than 70 works from the Frederick R. Weisman Art Foundation, one of the country's most prominent collections of modern and contemporary art. Main Gallery, through Apr. 19. 301 Market Street.

## Whitaker Watch

**Coppelia.** Simple, charming and funny, this sentimental comedic ballet has been restaged by Alan Himeline. Presented by Central Pennsylvania Youth Ballet. Apr. 4, 1 p.m. and 5 p.m.; Apr. 5, 2 p.m. Tickets: \$15-\$36.

**Chris Botti.** Breath in the smooth jazz sounds of world-renowned trumpeter, Chris Botti. Apr. 8, 7:30 p.m. Tickets: \$57.

**Get the Led Out.** It's a heart-thumping evening of pure rock 'n roll from this Led Zeppelin tribute band. Apr. 11, 8 p.m. Tickets: \$29.50 and \$32.50.

**The Tibetan Monks of the Drepung Loseling Monastery.** Enjoy a haunting evening of sacred music, dance and art in the traditions of Tantric Buddhism. Apr. 12, 7 p.m. Tickets: \$28.50.

**The Flatlanders.** The legendary Flatlanders bring the best of American roots music to Harrisburg, joined by special guest Jenny Scheinman. Apr. 15, 7:30 p.m. Tickets: \$28.50 and \$31.50.

**Buddy Guy.** The blues get no better than an evening with Buddy Guy, with special guest Indigenous. Apr. 16, 7:30 p.m. Tickets: \$34.50 and \$41.50. At the Forum.

**Kathy Mattea.** Savor the traditional and contemporary folk music of this Grammy-nominated artist. Apr. 17, 8 p.m. Pre-show lecture and Q&A, 7 p.m. Tickets: \$36.

**Kumovi Croatian Dance Ensemble.** Live music and riveting dance from this folk ensemble from western Pa. Apr. 18, 7:30 p.m. Tickets: \$20

**Steve Songs.** Lively music for the whole family from Steve Roslonek, as seen on PBS Kids. Apr. 19, 1 p.m. & 4 p.m. Tickets: \$15 adults, \$10 children.

**Gavin DeGraw.** Platinum-selling singer-songwriter arrives in town after releasing his second album, "Free." Special guest: honeyhoney. Apr. 21, 7:30 p.m. Tickets: \$21.50.

**Wayman Tisdale.** The former NBA star and accomplished jazz bassist brings his amazing life and music to town. Apr. 24, 8 p.m. Tickets: \$41.50.

**Rufus Wainwright.** It's a night of terrific alt-rock from celebrated songwriter and vocalist Rufus Wainwright. Apr. 25, 8 p.m. Tickets: \$52.

**Third Eye Blind.** Popular alt-rock group comes to the Forum. Apr. 27, 8 p.m. Tickets: \$25 and \$35.

**Stuart & Friends.** The Harrisburg Symphony Orchestra presents this signature event of its season. Apr. 28, 7:30 p.m. Tickets: \$18 and \$25.

## Ready, Set, Go! A Weekend of Egg Hunts for Children in the Harrisburg Area

### April 4: Reservoir Park Hunt



Easter bunny.

The event will take place at Reservoir Park in Harrisburg. Registration begins at 9 a.m. at the park pavilion.

The main event — the search for brightly colored eggs — starts at 10 a.m. for children ages four to six. Children ages seven to 10 will take to the field at 11 a.m. Children younger than four years old may participate, but they must be able to walk independently. Rain date: Apr. 11.

For more information on the city's Spring Egg Hunt, call 717-233-7403.

### Art Camp for Children

This month, Harrisburg-area children will have the opportunity to create, learn about and discuss literature and art, thanks to a local arts organization.

Jump Street, a community-based arts incubator for central Pennsylvania, will host ImagineNations, an after-school art camp for children ages 8-12.

Aided by local artists, students will meet and discuss literature, such as folklore, myths and plays, and create an art piece related to the literature. At the end of the ImagineNations program, students will have an understanding of storytelling, literature and how art is created.

The five-week camp will meet each Thursday in April at 4 p.m. at the Madeline L. Olewine Memorial Library, 2410 N. Third St., Harrisburg. Each session will last 90 minutes and is limited to 10 participants.

Interested? Register in advance by calling the library at 717-232-7286.

### April 5: Capitol Lawn Hunt

Hundreds of central Pennsylvania children will scramble for colorful eggs Sunday, Apr. 5, at the 73rd Annual Volunteers of America Capitol Egg Hunt. The event is open to children, ages one through 10.

Festivities start at 1:30 p.m. and the hunting begins at 2 p.m. on the state Capitol's south lawn, bordered by Walnut Street and Commonwealth Avenue. In case of inclement weather, the free event will be held inside The Forum.

More than 5,000 candy-filled plastic eggs will be scattered by volunteers for hunters to race and fill up their baskets. The eggs were donated by the Republican Caucus and CORE employees of the state House of Representatives. All youngsters also will get to select a new book.

The egg hunt will be held in three age groups — three and under, four to six, and seven to 10. Besides dashing for eggs and selecting a book, youngsters will also have the opportunity to meet the Easter Bunny and will receive candy donated by Hershey Foods and Just Born. Unique "boomwhacker" music entertainment will be provided by "This Way Up" band.

For more information, call Volunteers of America at 717-236-1440.



On the Capitol steps: the Easter bunny spends some quality time with a group of area children during last year's Capitol Egg Hunt.

## At the Libraries

### **Pajama Time**

Wind up and wind down with stories, music and activities. For children ages 3-6 and their adults. Registration required. Call 652-9380, option 5. Thursday, Apr. 2, 7 p.m. Kline Library, 530 S. 29th St.

### **Family Explor-a-Story**

Stories, songs and a craft for the whole family. Registration required. Call 232-7286, ext. 108. Saturday, Apr. 4, 1 p.m. Olewine Memorial Library, 2410 N. 3rd St.

### **Twos at Twilight**

Explore rhythm, rhyme and wordplay with stories and activities just right for your inquisitive toddler. For two-year olds and their adults. Registration required. Call 652-9380, option 5. Thursday, Apr. 9, 6 p.m. Kline Library, 530 S. 29th St.

### **Daddy Saturday**

Join other dads and their kids, ages 3-6, for a lively session of stories, rhymes, songs and activities. Registration required. Call 652-9380. Saturday, Apr. 11, 11 a.m. Kline Library, 530 S. 29th St.

### **LHPA Family Movie**

A Latino-friendly family movie; popcorn served. Tuesday, Apr. 14, 5:30 p.m. Kline Library, 530 S. 29th St.

### **8 to 12 Book Club**

Volunteers from Idearc Media will lead a book club for children ages 8-12. Registration required. Call 232-7286, ext. 108. Wednesday, Apr. 15, 3:45 p.m. Olewine Memorial Library, 2410 N. Third St.

### **Born to Read - Books for Babies @ MOM**

A special program for newborns up to 6 months old. Begin the fun of sharing rhymes and music with your baby. Registration on an ongoing basis. Call 232-7286, ext. 104. Thursday, Apr. 16, 1 p.m. Olewine Memorial Library, 2410 N. Third St.

### **BookRATS**

Read a book and talk about what you've read. Also, do a craft or activity, have a snack and pick a book for next month's meeting. Kids 6-10. Registration required. Call 652-9380, option 5. Thursday, Apr. 16, 6 p.m. Kline Library, 530 S. 29th St.

### **One Book, Every Young Child 2009**

Join this pro-literacy event for toddlers, children and their parents. This year, everyone will read the children's book, "If I Were a Penguin." Monday, Apr. 13 to Friday, Apr. 17. All area libraries. Visit [www.dcls.org](http://www.dcls.org) for times.

### **Family Movie**

Enjoy a free family movie. Popcorn provided. Monday, Apr. 27, 5 p.m. Olewine Memorial Library, 2410 N. Third St.

## Harrisburg University Dedicates Academic Center

**H**arrisburg University of Science and Technology has formally dedicated its new downtown Academic Center, marking an important milestone for the young, rapidly growing school and for the city.

The 16-story, \$73 million glass-and-white building boasts 371,000 square feet of space, classrooms, labs, meeting areas, a large auditorium and ample parking space. It has the ability to support about 1,800 students.

The dedication attracted a large crowd of city officials, school representatives, students, parents, city residents and others, some of whom had their first look inside the imposing, ultra-modern structure. The event featured greetings, speeches and tours of the facility.

The Academic Center opened for classes with the start of the semester in January. With it, the university was able to consolidate its academic and administrative operations.



Janai Jefferson, 19, of Baltimore, a biotechnology major, holds the crowd's attention at the Academic Center dedication. She discussed the importance of studying the STEM subjects — science, technology, engineering and math — and the opportunities open in those fields.



As science students, 20-year-old Nicholas Moore of Philadelphia, left, and 21-year-old Dominic Nacci of Camden, N.J., will get clear views through this electronic microscope, located in a university laboratory.

## Grants Awarded for Student Art

Two grants for arts and cultural training have been awarded through funds raised in connection with the Mayor's Black History Gala.

Barak, Inc., will receive \$17,970 to cover costs of a summer-long mural project for Harrisburg school students. Students will be trained by artists in design and painting in order to create additional murals in Reservoir Park.

Ngozi, Inc., has received the second grant, in the amount of \$5,400, to cover expenses of the African Dance and Drumming Residency Program, an after-school program for city students.

Both grants are funded by sponsor donations raised through the annual gala, which was held in February.

## Use of HS Property at Issue in Meetings

A series of four "town hall" meetings on the future use of the Bishop McDevitt High School property are scheduled from April through June.

The first meeting is for the Bellevue Park community, where the high school building is located. It's scheduled for 7 p.m., Apr. 14, in the Bellevue Park Community Center.

The second meeting, intended for alumni and parents of current and prospective students of the school, is 7 p.m., May 11, at the high school.

Ideas from the business community and general public will be solicited at 4 p.m., May 28, and from government leaders at 1 p.m., June 3. Both of those meetings will also be at Bishop McDevitt H.S.

## Students Complete Nursing Program

The following 12 Harrisburg School District students have graduated from the Nurse Aide Training Program: Davon Ellison, Kristin Roebuck, Kelcee Roberts, Jasmine Love, Nakita Dobbin, Jasmine Scott, Destyne Ferrel, Dorothy Ray, Jasmine Toledo, Markal Richardson, Dyanna Gonzalez and Shalia Miller.

The Nurse Aide Training Program provides training and work experience for students interested in working as Certified Nurse's Aides and is offered to seniors throughout the region by Partnership for Career Development in cooperation with Harrisburg Area Community College. The program consists of 104 hours of classroom and hands-on clinical time.

## Free Eye Clinics for City Students

Harrisburg school district students can access free eye exams and glasses at a series of eye clinics this month.

Clinics will be held Apr. 14, 15 and 16 from 8:30 a.m. to 1 p.m. at Foose Elementary School, 1301 Sycamore St., Harrisburg. Transportation will be provided by the district.

The clinics are sponsored by the school district and the Rotary Club of Harrisburg.

Signed permission slips are necessary for participation in the clinics. They must be returned to the school nurse by Apr. 10.

For additional information, call 717-703-4067 or send an email to [mmyers@hbgsd.k12.pa.us](mailto:mmyers@hbgsd.k12.pa.us).

## A Prevent Defense

### Vaccinations, Prevention Vital for Good Pet Health

Todd Rubey, DVM

I am often asked “why do I have to bring my pet in to the vet every year?” This is a good question, especially in the trying economic times of today. Preventive medicine, be it human or veterinary, can be a huge money saver for everybody.

We begin vaccinating puppies and kittens at the tender age of six weeks. As newborns, they receive antibodies (the good little helpers in our body that eat or destroy viruses and things) from their mothers through their mothers’ milk. But this only lasts so long. The body needs to begin producing its own antibodies. The vaccinations that we give help the body in this production by providing pieces of, or dead forms of, these viruses and things. The body then starts to produce antibodies. Then, when the real “bad guys” come around, the puppy has the beginnings of a defense.

“But why do I have to bring kitty in so often? Won’t one shot be enough?”

This is the next question I get asked. The answer is no. Multiple boosters, over

time, are necessary to allow the body the time it needs to build a solid defense. Think about it in human terms. How many times do you take your kids to the pediatrician for shots? They are called booster shots for a reason — they boost your immune system. In puppies and kitties, the timetable is accelerated because the growth rate is accelerated. We generally recommend shots every three weeks from the age of six weeks to 15 weeks.

“But it’s so expensive to come in three to four times for shots!”

I’m not going to argue this. It can be pricey. But let’s compare the cost of shots, on average \$100-150 per visit, to the hospitalization cost of treating an infection preventable by vaccines.

Let’s take the Parvo virus infection for our example. Parvo is the most common life-threatening infection of puppies. If a puppy contracts this virus, it has a 50-50 chance of recovery. There is no cure or shot that can get rid of it, and puppies suffer greatly due to dehydration and gastrointestinal upset. I made an estimate for a client the other day for hospitalization and treatment, which came out to about \$750. So, in comparison, \$400 to \$600 divided into four separate allotments, three weeks apart, to prevent the virus — versus \$750 in one lump sum with a 50-50 chance for recovery once the virus is contracted. That seems like a no-brainer to me.

No vaccine is 100 percent effective. This is an important thing to remember. The “bugs” out there are always evolving and changing. Therefore, it’s vital to have pets brought in on a routine basis, generally at least once a year. We do a physical exam/health check, booster their vaccines, which the manufacturers are continually working on to keep up with the changing bugs, and offer up-to-date advice on changes in pet care.

Preventive medicine goes beyond just vaccinations. It also includes things such as heartworm and other parasite prevention in dogs and cats, a healthy, well-balanced



*Todd Rubey, DVM, a veterinarian for 11 years, works for the Colonial Park Animal Clinic. He has a wife, three kids, one dog, two cats, one tortoise, five snakes and fish.*

diet, weight management and exercise and screening tests for changes to the body and for disease.

It always amazes me when I offer a service and people say, “You can do that for a dog?” We can do just about anything for a pet that your doctor can do for you. As pets age, things change. Just like in people, pets can develop organ failure as they get older. We recommend screening tests like blood work, x-rays, EKG and urinalysis to catch these problems or changes early so that we can do something about them before they become bad. We can’t stop or cure all problems, but, if caught early enough, their progression may be slowed and the pet’s life extended. And, once again, prevention spreads costs out over a period of time, rather than all at once, when it might be too late.

How does that age-old saying go? Oh yes, an ounce of prevention is worth a pound of cure. In today’s times, it would do us all good to take that to heart, both ours and our pets.

### TheBurg “Pet of the Month”



Bette Weinberger and Ralphie, a Bichon-poodle mix, go for a stroll in Riverside.

**Reach your community  
with an ad in TheBurg.**

**Contact**

**Angela at 717-350-0428 or  
adurantine@theburgnews.com**

# Sports & Bodies

Going Pro

## Play Ball!

### High-Tech Park, New Amenities Greet Senators, Fans in 2009 Season

Laura Spurgeon



Field of dreams: Rendering of Commerce Bank Park, when renovations are done in 2010.

Terry Byrom said he knows how the Space Shuttle astronauts feel. "A mix of panic and excitement," is how Byrom describes the mood around the Harrisburg Senators offices as the organization gears up for the 2009 season. After all, this season will be something of a rebirth for the minor league team and its fans.

Byrom, the director of broadcasting/media relations for the Senators, said the new owners of the team got an earful from fans after last season, many of them distraught that the Senators had eliminated many giveaways and other promotions that had come to represent the family-friendly aspect of minor league ball.

"There was a change in ownership, and a change in philosophy," Byrom said of the initial changes to the promotional schedule. "We listened to (fans') concerns, and we think what we're adding this year in terms of giveaways and promotions will make a tremendous difference."

Certainly, the \$45 million renovation of Commerce Bank Park will go a long way toward renewing interest in a team that spent last year transitioning from a city-owned team to one

owned and managed by an "outsider," Michael Reinsdorf. Reinsdorf, the head of International Facilities Group, a consulting company for major league and minor league stadium construction and finance, and some local partners bought the Senators in 2007 for \$13.25 million.

The Senators had enjoyed immense success while owned by the city of Harrisburg. The team generated huge crowds and won the Eastern League championship six times between 1987 and 1999, including four straight from '96 through '99. But baseball, especially minor league baseball, has a mercurial nature, and as the team struggled in its aging ballpark, attendance suffered and the grumbling began.

In December 2008, the team's new owners and the city announced a two-phase major renovation to Commerce Bank Park, which is underway to be completed in 2010. The biggest and flashiest addition is a new video board in right field — the largest in Pennsylvania minor leagues and the third-largest in minor league baseball — and two LED ribbon boards. "What this means to our fans is that we'll be able to entertain them on a nightly basis in a way that has never been done here before," said Senators President Kevin Kulp. The park also will sport a new LED scoreboard with a pitch speed reader.

"Our new video displays will allow us to utilize interactive game elements that have not ever been seen here at Commerce Bank Park," said Director of Game Entertainment Aaron Margolis. "I think our fans will love the interactive content on the video board, not just during the game but also our between-inning video board races, hat shuffles and other new promotions."

Byrom said the new video razzle-dazzle will bring the Senators from "near the bottom of the league, technologically, to near the top."

Besides the new screens, fans will immediately notice the new picnic areas along the outfield boardwalk, with new seating to accommodate more than 1,000 fans. Picnics, regardless of the area, are \$20 and include a pre-game buffet and a ticket to the game.

To be sure, Byrom said, the Senators have always been a unique destination for central Pennsylvania's families on spring and summer weekends, but the organization will be offering even more activities for families this season.

"We want to make Sundays our family days," he said. The giveaways on weekends will be items that can be autographed, such as balls, photos and pennants. In addition, pre-game clinics and T-ball games, as well as an old-fashioned carnival in July, will attract kids and their parents to the park. Before Sunday games, families are encouraged to play catch on the field.

"We are aiming to enhance the experience that families can have out here on a regular basis," Byrom said.

Each weekend, the gates will open 90 minutes before the games, giving fans a chance to wander around the new outfield boardwalk while watching the end of batting practice. The Senators will continue to display fireworks after each of their 10 Friday home games.

For the "big kids," Tuesdays will be "Two-Buck Beers on the Boardwalk," a promotion that Byrom said has been hugely popular in the past.

In these tough economic times, families are searching for low-cost entertainment options, and the Senators remain a bargain, Byrom said, adding that ticket prices remain stable at \$10 for box seats, \$8 for reserved seats and \$5 for general admission, cheaper than most movie theaters.

"Historically, minor league baseball hasn't been affected negatively" by economic hardship, Byrom said. "We're a very good entertainment option for families."

For more information, photos of the renovations and to purchase tickets, please visit [www.senatorsbaseball.com](http://www.senatorsbaseball.com).

## Let the Games Begin

The 2009 Harrisburg Senators will hold their FanFest from noon-3 p.m. Saturday, Apr. 4 at Commerce Bank Park. The free event will feature clowns, games, inflatables, mascot appearances and more. Tickets for the upcoming season will be sold at the event.

Stadium and clubhouse tours will be offered throughout the day, and families will be allowed on the field to play catch. Families also can enjoy a midway carnival with games, prizes and inflatables such as slides and a moon bounce.

National anthem tryouts will also be held at the fan fest. To schedule a time, contact Emily Winslow at 717-231-4449.

The 2009 Harrisburg Senators season opens on the road at Reading on Apr. 9 with the home opener set for Thursday, Apr. 16 at 7 p.m. Season tickets and group tickets can be purchased at [www.senatorsbaseball.com](http://www.senatorsbaseball.com) or by calling the box office at (717) 231-4444.

Last month, the new ballpark entrance was beginning to take shape.



## Ounce of Prevention

### Healthy Aging Requires Quality Primary Care

*Dr. John Goldman*

In today's complex medical system, it is important to have a primary care physician — either a general internist or a family practitioner who will ensure that you get the proper preventative care and “quarterback” your treatment, if you develop more complex health issues.

Generalists specialize in doing the things that are necessary to keep you healthy. They will make sure that your blood pressure and cholesterol are monitored, that you receive the proper adult vaccinations and that you have the correct age-appropriate screening for cancer.

Unfortunately, many of the common chronic conditions in the United States (high blood pressure, adult-onset diabetes) are completely asymptomatic; most people who have them have no way of knowing they are sick. For example, it takes five to 10 years before the average patient with diabetes is diagnosed. Consequently, even people who believe they have no medical problems and feel healthy need to see their doctor for a yearly physical and routine screening.

As people age, they often develop more complicated medical problems, and the importance of a good family doctor becomes more important. The typical patient often sees multiple specialists, each of whom will concentrate on their own specialty and organ system. A good primary care physician will take a look at the whole patient, ensure they are seeing the proper specialist or specialists

and coordinate the tests and workup.

By far, the most important quality in a family doctor is that a person gets along with him or her. One of the best predictors of long-term health is a good relationship between the patient and the physician. Patients should select a doctor who fits their personality. For example, if you usually have a lot of questions, you will not be happy with a doctor who is typically rushed. If you want to take an active role in your medical decisions, you will not be happy with a doctor who is authoritarian. To find a doctor who you like, get recommendations from friends or family for physicians who may suit your personality style.

If you are, for whatever reason, uncomfortable with your current doctor, get a new physician. However, be forewarned that the Harrisburg area has a physician shortage in general and a primary care shortage in particular. It may not be easy to find a new physician. Consequently, you should not leave your old physician until you have established care with a new one.

Furthermore, most family doctors already have full practices. If you simply call their office and ask for an appointment, you are likely to be told that the practice is full and is not accepting new patients. It is a good idea to ask someone who is a current patient to ask the doctor directly



*Dr. John Goldman is the Program Director of Internal Medicine Residency at PinnacleHealth System.*

if he or she is willing to take you as a new patient. Many physicians are much more willing to take on new patients who are friends and family of current patients, rather than someone who simply calls the office cold.

In summary, everyone, including people who consider themselves healthy, needs a good primary care physician — whom they trust — in order to ensure that they stay healthy and to coordinate their care if they become sick.

### New Classified Ad Section

Selling a product or service? Have a room to rent? Need a date?

Good news! TheBurg is starting a classified ad section. It's a very affordable way to reach thousands of local readers.

To learn about our low rates, e-mail sales@theburgnews.com.

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## Trout Time

### In the Spring, a Man's Fancy Turns to Brightly Spotted Fish

Kermit G. Henning

It's April in Pennsylvania's outdoors, and that means one thing to me: trout.

Pennsylvania boasts some of the best trout fishing anywhere in the world. From wild trout in shaded mountain runs to steelhead in Lake Erie tributaries, Pennsylvania anglers have it all.

You might be a fly-fishing purist using half-pound tippets and #32 midges to pursue native trout in watercress-choked limestone streams. Or maybe you're a worm-dunker after the millions of stocked trout across the state. Or perhaps you prefer the tackle-busting big browns, lakereels and steelies of Lake Erie. Regardless, the choices are many and the opportunities endless.

My first experience with trout came in the Pocono Mountains. My grandparents had a cabin on a Pike County lake, and we kids cut our teeth on tiny runs, barely a yard wide and shaded by hemlocks and mountain laurel, just choked with undersized and stunted native brook trout that wore the brilliant colors of an artist's palette.

A trout lay under every root and every rock and eagerly bit the tiny bits of worm we offered them. We rarely kept any. Not that we knew anything back then of conservation and catch-and-release, but primarily because it took too many of the little gems to make a meal. I've since caught equally brilliant brook trout in the Arctic that topped eight pounds — now that's a meal!

The opening day of the regular trout season is as much a ritual as the deer season opener or the first day of spring gobbler season. For the third year now, Pennsylvania has a split opener. In eighteen southeastern counties, the air temperature, as well as the water temperature, warms up to optimum conditions two weeks earlier than in other parts of the state. In an online survey conducted by the state Fish & Boat Commission, an overwhelming number of anglers agreed with the decision to open these waters early. This year, that opening day falls on Apr. 4. The remainder of the state will have the traditional opener, Apr. 18 — always the first Saturday after Apr. 11.

The Fish & Boat Commission will

stock more than 3.1 million trout in approved waters this year, along with another 737,000 fish from cooperative nurseries. According to Dave Miko, Commission spokesman, this year's trout will average 11 inches, depending on which nursery they come from. Throw in a few trophy fish here and there, and you have the makings for great days on the water.

Other than a few minor changes of classification to some streams, there are no major changes in regulations, creel limits or laws from last year. Make sure you read your rules booklet carefully before the first day.

Stocking schedules and stream classifications are all listed on the Fish & Boat Commission's web site, [www.fish.state.pa.us](http://www.fish.state.pa.us).

I'm still pondering my first day. I cherish the wild mountain streams where



Kermit G. Henning, host of abc27 Outdoors TV, is a past president and chairman of the board of the Pennsylvania Outdoor Writers Association, and a member of the Outdoor Writers Association of America.

I am all alone, tempting the beautifully colored fish with tiny flies on light tippets; but there is also something to be said for standing elbow to elbow with legions of other anglers and enjoying the competition of who gets the first fish. Wherever it is that you go, I wish you tight lines and full creels.

### The F-Troop Camp Chronicles: a Life in the Pennsylvania Outdoors

by Don Feigert  
illus., 213 pages

Shenango River Books, \$16.75

Reviewed by Kermit G. Henning

"Some day, decades from now, I hope, when I'm old and infirm, unable to climb mountains or hike streams, I'll still seek peace and pleasure from the outdoors, through the joy of re-living all of these wonderful outdoor experiences in personal recollection and storytelling among friends. In the meantime, here are the memories so far."

So begins a memoir of 22 years of life at camp in the Pennsylvania north country of the Allegheny National Forest, State Game Lands 86 and the Middle Allegheny River.

Author Don Feigert confesses, "The luckiest thing I've ever done in my life was to acquire a cabin and two acres in northwest Pennsylvania Warren County highlands in 1986. I named the place Camp F-Troop, but

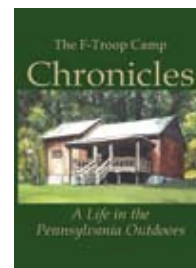
it had nothing to do with the sitcom from the 1960s. F stood for Feigert and the name F-Troop sounded like fun."

"The F-Troop Camp Chronicles" arose from the camp journal that Feigert started from the beginning of the camp's existence. There are notes on weather and wildlife, hunting, hiking, canoeing and fishing adventures, random thoughts and feelings about the outdoors and stories about the antics of good-natured people who visit.

Like the countless Pennsylvanians who have ever been "to camp," visitors to F-Troop Camp have enjoyed and endured the serious and the humorous, the rewarding and the frustrating. Feigert brings these anecdotes to life, along with vivid descriptions of wildlife and wild places. Serious contemplation of the outdoors, "Social Versus Solitary Trout Fishing," contrasts with the numerous colorful stories, "Trucks Are Better Than Women," in a way only Feigert can tell. The book is also richly illustrated with photographs of the characters and places around camp.

Don Feigert is a former educator and award-winning author of four books and more than 400 articles.

Copies of "The F-Troop Camp Chronicles" are available for \$16.75 each post-paid from Don Feigert, P.O. Box 1381, Hermitage, PA 16148.



## Out for a Spin

### At the East Shore “Y,” It’s a Long, Strange, Sweaty Trip

Beth Newcomer Fitzpatrick

**M**uch has been written about the health and fitness benefits for participants in spinning classes, those music-driven, indoor cycling classes from which people emerge dripping with sweat, their legs burning from the effort expended. The benefits are tangible in terms of strength and cardiovascular fitness.

About 10 years ago, the first set of new, shiny, black-and-silver spinning bikes arrived at my gym. As an occasional cyclist and bona-fide gym rat most of my adult life, I quickly became a regular in the room. For me, it was the perfect meld of exercise and bikes, fitting nicely into my stay-at-home mom status.

As the classes grew in number and popularity, the gym was in need of instructors. I doubted my ability to lead when asked to certify and instruct, never having spoken in public or led a group of any sort.

And, yet, I was drawn to it. The music; the chance to motivate others through something I loved; the opportunity to be an integral part of the energy in the room. These all guided my decision to lead.

So it began. From my first, nerve-racking class, the energy and love for coaching “spinners” became a part of my core. These exceptional people at the East Shore YMCA, who spend their lunch hour with me a few days each week, bring the life to the class. It’s “recess” for grownups. We need recess too, yes?

I believe they think I’m the one with the energy. Frequently, my morning coffee consumption is questioned. What they may not realize is my energy comes from them. They bring it to me, share it with me. I, in turn, send it back.

There is a palpable force in a class, and as the tour guide of it all, I have the pleasure of pulling the energy together into something tangible. The back and forth sharing of that energy makes it all work —

far beyond the music and the movement.

While the players change and evolve over time, the core group remains, and the personalities and quirks of each rider give the class its momentum. I am very much aware of the special nature of this group. Having coached for nine years now, I’ve known many different class dynamics. This one is special. Included, but not limited to, we have:

*The Timekeeper.* Wearing two watches (yes, I get it — one is his heart rate monitor), he keeps me on the clock. If I charge the class with a five-minute mountain climb, I can be assured I’ll hear about it if I go over those five minutes. This comes in handy. He keeps the time for me when I forget to pop in my contacts before class.

*The Attendance Officer.* In the cold-weather months, the class fills up, occasionally with a waiting list. This is the guy who I can count on to keep track of the list and check off who’s in the room. He also is our role-model for proper stretching before and after class, something most of us tend to neglect.

*One-Leg.* This guy is phenomenal and an inspiration to all. He has had multiple knee surgeries. He is facing a serious spinal surgery. Yet he rides, and rides strongly. He is also one of the more colorful members of the group, frequently entertaining the room with his refreshingly politically incorrect viewpoint.

*The Skeptic.* This one looks at me in disbelief when I lay out the ride of the day for the group, and rolls his eyes over many of the music choices. Occasionally, I catch him glaring at me (he claims he’s not glaring, only suffering). Either way, I’ll take it. He’s consistently in the class, working hard, and gives us reason to joke and play about the music choices.

*The Music Lovers.* This covers many people in the class. We have the one who loves Motown and Ray Charles; the mid-



**Spin doctor Beth:** She’ll get you into great shape — and give you a nickname.

60’s era music lover; the rockers; the ones who embrace all the new music I find and share; those who appreciate every solid beat presented. To see riders smile — and their pace and drive kick up in intensity with the first beats of a song — sends the energy back to me. That positive give-and-take energizes the rest of the class.

*The Quiet Ones.* They know who they are. Consistently in place in the room, they simply put their heads down and ride. I love their focus and intensity, and I jokingly put them “in charge” of the chattier riders.

I value each and every person who steps through the door and settles in on the bike. Every one of them contributes to the dynamic of the class and makes it fly. They have given me more joy on a spinning bike than an instructor deserves.

*Beth Newcomer Fitzpatrick is a spinning instructor at the East Shore YMCA.*

## Returning Home

### A Man's Life Away from and Back to Harrisburg

*Eugenio M. Albano*

One of the early pioneers who settled missions along California's Camino Real — Father Junipero Serra — was once quoted saying, "Never look back, but always ahead."

I cannot be sure that it was his exact quote, but that was the essence of his message. It makes good sense, but I believe that if we can treasure our past and connect it with the present and future, then we have a very rich picture of life.

After taking a 20-year hiatus, moving from Harrisburg to New Hope (Bucks County), I am able to value my past in Harrisburg as I appreciate the present. In my earlier days in Harrisburg, I was a "productive realtor" who was involved in the arts (past president of the Harrisburg Civic Opera) and community-oriented as White Cane Chairman of the Lions Club and even a run for City Council.

I recall attending one of Barry Manilow's concerts at the Hershey Arena, and how could I ever forget the evening at the Forum when Pavarotti gave a sold-out performance? I recall the many Chamber of

Commerce trips abroad, including the trip to Tokyo, Japan, which brought a new friend into my life — no matter that it was a brief encounter.

A member of the Patriot-News and I had decided to take a side trip to Kyoto aboard one of the fast "bullet" trains. We took turns watching our luggage and newly purchased camera equipment. When it was my turn to go for lunch, the dining car was packed, but a young man seated alone was kind enough to offer me a place at his dining booth. He explained that he was on tour with his brothers, who were seated at the bar across the way, having lunch along with his sister-in-law, who was very pregnant.

I didn't recognize the name of his group when he introduced himself to me, but we enjoyed a rather intimate conversation about our marriages and his recently failed marriage. His former wife was the British singer, Lulu ("To Sir with Love"). We met later that week when we had both returned to Tokyo. I was a guest at an afternoon concert and later just the two of us dined on steak Teryaki and Sake wine. Maurice Gibb (of Bee Gees fame) remained as a valued acquaintance in my life, and that chance encounter taught me to never judge a book by its cover.

Ten years later, I met Louis Lehrman after calling him at his Manhattan office to let him know that I might have something of interest for him to look at in Cumberland County. That call resulted in the sale of the Neeley farm to him. He and his wife flew in from the city in his private jet. I still remember Lou introducing me to his wife as his "breeder." It was his affectionate way of introducing his wife, mother of their five children. You would have to know Lou to appreciate his humor. Lou Lehrman is a gentleman and a Rhodes Scholar.

It was that same year that I decided to return to college studies. A fall course at HACC led to the journey of earning my associate's degree there and subsequently going on to Penn State's Capital Campus to earn my bachelor's and master's degrees.

My return to Harrisburg last year

brought with it some pleasant surprises. Since I continued my ownership of apartments on South Street, I had been coming in and out of town to meet with my property manager and to pay a brief visit with some close friends. So I was aware of the Whitaker Center. But I had not realized the many improvements and changes in downtown Harrisburg since I was usually traveling abroad in the late spring and summer.

I was pleased to learn of the convenient tie of the Whitaker Center with Strawberry Square. I was also pleased to discover the many new restaurants and sidewalk cafés that truly do mirror the French Quarter of New Orleans. It is refreshing to know that there is such an eclectic assortment of eateries ranging from Italian to Mexican to Indian and French.

And if one is looking for an interesting place that has it all, Nick Laus has provided that with his Café Fresco: non-stop coffee and delicious baked oatmeal for those of us who like an early start in the morning, sumptuous wraps and exotic salads for his lunch crowd and a sexy night club atmosphere for the "hip" and trendy late dining crowd. Even the seniors can now enjoy more accessibility to downtown shopping and banking with the improved sidewalk ramps on every corner for mobile chairs. And Elias Harbilas' State Café restaurant offers reasonable priced meals to the local neighbors and those seniors residing at the Presbyterian Apartments.

Last but not least is the noticeable difference of Riverfront Park, with its new sculptures and a beautifully resurrected Sunken Gardens that is well-manicured and greatly appreciated.

Then I was a "productive realtor." Now I have returned as a published author, and the past and present promises a wonderful future.

*Eugenio M. Albano, known to friends as "Gene," has published two novels, both of which can be previewed at [www.albano-theletters.com](http://www.albano-theletters.com), and is working on two more.*



The author: you can go home again.

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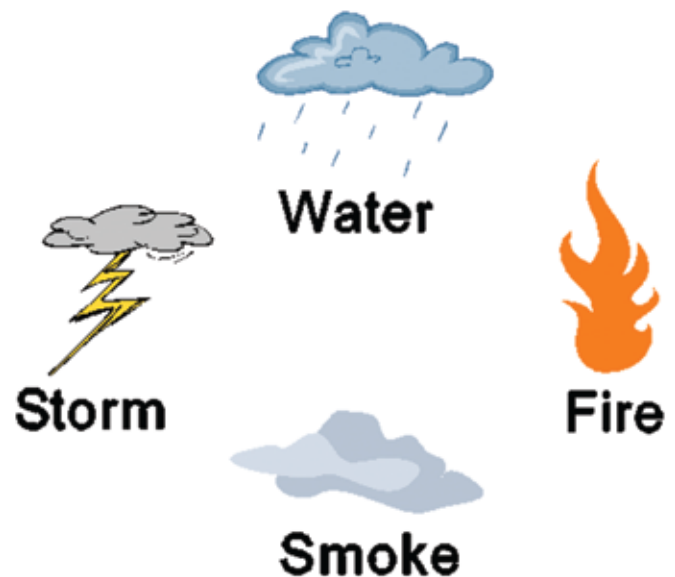
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