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3-D Mammography, a New **Dimension on Early Detection**

Thursday, April 5, 7 p.m.

PinnacleHealth Imaging is among the first in the area to offer 3-D mammography, also known as tomosynthesis. Breast Tomosynthesis provides a clearer picture of breast tissue to improve breast cancer screening and detection while reducing callbacks and anxiety for women. This new technology is best used for women having their first (baseline) mammograms, women determined to be at high risk, and diagnostic mammograms as determined by the radiologists or breast surgeons.

Learn more from Neeti Goel, MD, Quantum Radiologist.

The Community Center, GIANT Super Food Store 2300 Linglestown Road, Harrisburg

Deep Brain Stimulation for Essential **Tremor and Parkinson's Disease**

Tuesday, April 10, 7 p.m.

Deep Brain Stimulation (DBS) involves surgical implantation of electrodes to stimulate specific parts of the brain and block the abnormal brain cells that cause tremors. DBS can mean a drastic improvement in motor function for those who suffer from Essential Tremor or Parkinson's disease.

Learn more from Hayden M.K. Boyce, MD, FAANS, board-certified neurosurgeon, Moksha Ranasinghe, MD, neurosurgeon, and Barbara K. O'Connell, MD, neurologist specializing in movement disorders.

The Community Center, GIANT Super Food Store 2300 Linglestown Road, Harrisburg

Expert Advice on Weight Management

Thursday, April 19, 7 p.m.

PinnacleHealth's nationally recognized Bariatric Surgery Center of Excellence is designed for obese patients and structured around a philosophy of comfort, compassion, and empathy. We seek to help each patient achieve better personal health and provide a comprehensive approach to weight management.

Learn more about how you can improve your quality of life and resolve obesity-related medical illnesses from Anuj Prashar, DO, Bariatric Surgeon, PinnacleHealth Weight Loss Center.

The Community Center, GIANT Super Food Store 3301 Trindle Road, Camp Hill

> Refreshments will be served. Space is limited. Please register in advance by calling the PinnacleHealth oneLine at (717) 231-8900.



pinnaclehealth.org







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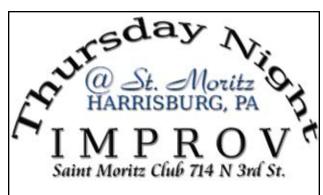


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In the Burg

City Receiver Reports Strong Interest in Parking, Incinerator, Sewer Assets

arrisburg's receiver last month named the companies that he will ask to bid on the city's assets as part of his financial recovery strategy for the city.

Receiver David Unkovic deemed these entities to be eligible to bid, following a request for qualifications from them. Only a few companies were eliminated from competition.

The parties deemed qualified to bid on a long-term lease of the city's parking assets are:

- Boenning and Scattergood, West Conshohocken, Pa.
- Brandywine Realty Trust, Radnor, Pa.
- · Harrisburg First LLC (Guggenheim
- Harrisburg Forward LLC
- Harrisburg Parking Partners LLC
- Interpark Holdings, Switzerland
- Keystone Parking Group
- Morgan Stanley/Central Parking, New
- National Development Council, New York
- Northwest Financial Group, Jersey City, N.J.
- Ontario Teachers' Pension Fund/ IMPark, Toronto
- QIC Private Capital, Australia

The parties deemed qualified to bid on the purchase of the city incinerator are:

· Cambridge Project Development, Miami

- Interstate Waste Services, Ramsey,
- Lancaster County Solid Waste Management Authority (LCSWMA)
- Wheelabrator Technologies, Hampton, N.H.

The parties deemed qualified to bid on the management of the city's water/sewer system are:

- · Aqua America, Bryn Mawr, Pa.
- CH2M Hill, Englewood, Colo.
- Pennsylvania American Water, Hershey
- United Water Environmental Services, Harrington Park, N.J., with Kohlberg Kravis Roberts & Co. LP

These companies now can submit formal proposals for these assets, describing, in detail, the financial and other terms that they propose for them. Proposals also would form the basis for further negotiations.

Unkovic has said that he'd like to enter serious negotiations for the assets in late April or early May and finalize the deals in June.

Harrisburg's incinerator and parking assets are being put on the market to help retire a debt, estimated at \$317 million, for multiple upgrades over many years to the incinerator.

The water/sewer bids are intended to improve the operation and accountability of the chronically mismanaged system.

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Receiver's Plan Gets OK from the Court

A Commonwealth Court judge last month approved the financial recovery plan for Harrisburg, allowing receiver David Unkovic to move forward with his strategy.

While affirming Unkovic's plan, Judge Bonnie Brigance Leadbetter dismissed objections to the plan by several city officials.

Her ruling lets Unkovic continue a process, already in place, to sell the city incinerator and lease the city's valuable parking garages to help retire about \$317 million in debt tied to the incinerator.

Leadbetter said that Unkovic must return to the court for approval to sell or lease city assets. She also expects him to get additional court approvals as his plan, which she called "preliminary," is modified.

Unkovic also has proposed steps to help Harrisburg balance its deficit-ridden annual budgets. These steps include increasing the resident earned income tax from 1 to 2 percent, re-negotiating city employee labor contracts, raising certain fees and re-organizing how the police and fire bureaus operate.

If Harrisburg cannot sufficiently reduce its debts through these measures, Unkovic said he will seek concessions from creditors. If that fails, he is prepared to file municipal bankruptcy for the city, he has said. To improve city management, Unkovic plans to hire a chief operating officer.

GO Bond Default

Harrisburg last month defaulted on almost \$5.3 million of general obligation bonds, marking a new low point in the city's financial crisis.

Receiver David Unkovic refused to make the March 15 payments on two 1997-series bonds. Making those payments would have depleted the city's treasury, not allowing it to meet payroll, Unkovic said. The bonds are both insured by Ambac Assurance Corp., which covered those payments for the city.

Two years ago, the city stopped paying Harrisburg Authority bonds it had backed for improvements to the city incinerator. Until now, it had not missed payment of a general obligation bond.

-Lawrance Binda

City Hall TheBurg

General & Letters

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State Senate, House in Play

Time to vote in primary for statehouse makeup.

Peter Durantine

Even in a normal year, state government is of major importance in highly political Harrisburg. Welcome to 2012, when the makeup of the state House and Senate is even more significant.

Currently, Harrisburg is under control of the state in the person of receiver David Unkovic. Therefore, state representatives will continue to have an outsized influence over the city and the region.

On this page, we have brief biographies of the candidates for the April 24 primary for state House and Senate. In addition, we asked them the following question:

"What should the state do to help Harrisburg address its severe fiscal issues?"

103rd State House District (open seat) Republican

None

Democrat (ballot order)



Gloria Martin-Roberts, Harrisburg A city resident for more than 47 years, Martin-Roberts was elected to City Council in 2004 and served as council president from 2009 to 2011.

Answer to the question: Continue state support for the Capital Outlay programs for infrastructure needs, passing the \$2.5 million for fire protection to Harrisburg. Participate in a pilot program with non-profits for voluntary contributions in lieu of taxes, which is covered under state law. Consolidate the hundreds of municipal pension plans in PA to cut associated administrative costs, which would be a saving for Harrisburg. Also, identify funding for said pension programs. Assume stranded debt, if any, after sale/lease of assets.



Roy Christ, Harrisburg
A teacher for eight years and a
former Harrisburg school board
president, Christ worked in the
construction trade and is active
in the Midtown community.

Answer to the question: The state should allow for a new source of revenue for the city—ideally a 1 percent sales tax for Dauphin County. Half of the estimated \$32 million per year generated through the tax would go to Harrisburg's debt and the other half could go to the county for infrastructure and other county projects. The tax would expire after a few years when the city's debt has been paid. The tax would not be on food, diapers, clothing and other necessities. The same sales tax has been allowed to help Philadelphia and Allegheny County get through their financial difficulties and should be allowed for Harrisburg to help the city.



Patty Kim, Harrisburg
Daughter of Korean immigrant
parents and a television
journalist until she entered
politics, Kim has been a city
councilwoman since 2005.

Answer to the question: The state should do three things: 1) Support the receiver's pursuit to receive concessions from the city's creditors. 2) Only allow a plan that completely retires the debt, if assets are sold or leased.

3) Stop taking away tools from the city like a commuter tax and bankruptcy.



Karl Singleton, Harrisburg A former Harrisburg school board member, Singleton is a charter school administrator for Sylvan Heights Science Charter School.

Answer to the question: Assist the city with resources to develop a fiscal recovery plan embedding benchmarks of expected outcomes leading to accountability and solvency relative to school district and city debt—not just the incinerator debt alone. Our infrastructure and public services—citizens are dependent upon as safeguards to ensure a worthy quality of life—are at stake. The state can also help ensure that qualified professionals without any conflict of interest are at the decision-making table with regards to the fiscal revitalization of the capital city and the overall 103rd District.

15th State Senate District (open seat) Republican (ballot order)



John McNally, Lower Paxton Twp. An attorney, McNally has long been active in the Dauphin County Republican Party, including serving as chairman from 2006 to 2011.

McNally did not respond to our question.



William Seeds, Lower Paxton Twp.

years, Seeds is a former U.S. Marine and a founder of the Paxton Athletic Association.

Answer to the question: The process that is taking place right now is on the right track. Beginning with the next state fiscal budget, the commonwealth needs to pay the city monies in place of lost property tax exonerations. The city also needs to do more belt-tightening.



Josh First, Harrisburg
A small business owner, First
has worked for the state
Department of Conservation
& Natural Resources, the
Conservation Fund and the
Central Pa. Conservancy.

Answer to the question: The state must pay its fair share of in-lieu-of-taxes that it pays on all state parks, state forests, and state game lands. If all other state properties pay PILT, then the capitol complex must surely pay PILT as well. How much the PILT should be on the capitol might be subjective, it might be subject to a real estate appraisal or arm's-length assessment by a third party.

Democrat (ballot order)



Alvin Taylor, Lower Paxton Twp.
Taylor is a lecturer, a clinical
chaplain at U.S. Department of
Veterans Affairs and is active in
Dauphin County Democratic
Party.

Answer to the question: 1) Let the receiver and the city of Harrisburg declare bankruptcy,

while not selling or leasing, the city's assets. 2) Pay for a complete "fiscal audit" from where the debts originated; and who was paid. Let there be an across-the-board "equal loss" for all entities with minimum adjustment for citizens.

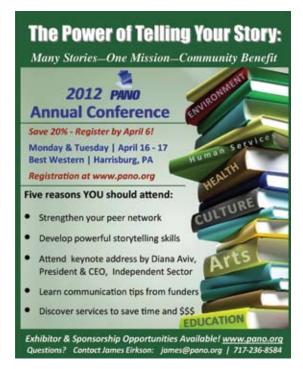


Rob Teplitz, Susquehanna Twp. Teplitz serves as both the chief counsel

and director of the Office of Policy and Planning at the state Department of the Auditor General and teaches law and history as an adjunct professor at Central Penn College.

Answer to the question: For a challenge of this magnitude, all options must be on the table for serious discussion and consideration by all stakeholders. In addition, the state must recognize

the special burdens placed on Harrisburg by virtue of serving as the state capital—large amounts of tax-exempt government property and the need to provide fire and emergency services to all of that property, just to name two—and compensate the city accordingly. As state senator, I will fight to provide Harrisburg with the tools and resources that it needs to survive this crisis and thrive in the future.





Street Corners

Around Town

3 Officials, 3 Views

Thompson, Unkovic, Smith air opinions on recovery plan.

Lawrance Binda



Harrisburg Councilwoman Eugenia Smith, right, reads from a document as Mayor Linda Thompson and receiver David Unkovic look on during a forum last month on the future of the financially troubled city.

arrisburg will grow stronger. Or become a ghost town. Or muddle through to eventual, hard-fought stability.

These three visions were presented last month by three city officials: Mayor Linda Thompson, Councilwoman Eugenia Smith and receiver David Unkovic, respectively, as each spoke extensively about where the city could be heading under the receiver's financial recovery plan.

"We're going to end up putting the burden on the taxpayers," said Smith. "Taxes will be raised, and people will not be able to afford to live in this city under these plans. It's just a fact."

Thompson, Smith and Unkovic offered their differing opinions during a two-hour forum sponsored by the community group Harrisburg Hope and held before a large crowd of some 200 people at Midtown Scholar Bookstore.

Smith reiterated her support for municipal bankruptcy as the only way that the city could avoid disposing of its valuable assets,

such as its parking garages. Without the revenue from these assets, the city was certain to eventually declare bankruptcy and/or raise taxes to such a level that residents would be driven out, she said.

Thompson passionately disagreed with that assessment, calling the financial crisis "solvable."

She likened Harrisburg's dire situation to that of an individual in a similar predicament.

That person, she said, might have to leverage his house to pay his debts, and Harrisburg also must sell or lease

its most valuable assets. The other alternative: immediately raising taxes to unacceptable levels, she said.

"I'd rather have the assets I can leverage than raise your taxes," she said. "It's going to be painful, but as long as we have assets, I will not put it all on you."

For his part, Unkovic said he had no choice but to immediately put the city's parking assets and its incinerator on the market to raise the cash to settle about \$317 million in debt accumulated over many years from upgrades to the city's troubled incinerator.

He must determine how much these assets are worth, he said, before he can move on to subsequent steps, such as asking for concessions from labor unions and the city's creditors. "Once we know what these numbers are, then we can negotiate with the creditors," he said.

Unkovic said that municipal bankruptcy remains on the table, but only as a final resort.

"We don't want a city in bankruptcy," he said. "It's better to work a solution out without bankruptcy."

Thompson and Smith did agree on one thing—that Unkovic has proven himself to be a friend of the city and a far better, more conscientious leader than either imagined when the state passed a bill mandating a receiver last year.

"We couldn't have asked for a better person to be receiver," said Smith

Both she and Thompson defended Unkovic from a charge by city resident Ron Chapel, who accused him of practicing "plantation politics" and wanting to force "undesirables" out of the city.

"Mr. Unkovic and I have a cooperative relationship," said Thompson. "I respect him, and he respects me."

The forum was held as the city marked another low point in its long financial crisis.

On the same day as the forum, Harrisburg defaulted on \$5.3 million of general obligation bonds. While it has defaulted previously on incinerator bonds it has backed, it had never defaulted on its own bonds, which finance city operations.

Unkovic said that he didn't want to order the default. However, two weeks before, he forbade the city from continuing to transfer money from its water/sewer fund to its general fund to meet operational expenses. Therefore, the city had no money to pay the bonds, unless it stopped paying its municipal workforce.

"The reason the general obligation bonds weren't paid was to ensure that vital services continue," he said. "It's unfortunate the city can't make this payment, but some things may get worse before they get better."

The greatest applause from the audience came when Unkovic said he had turned over the Harrisburg Authority's recent forensic audit on the incinerator to his team's lawyers for analysis and possible action. He previously has questioned the legitimacy of several bond financings related to the incinerator.

"I've asked my lawyers to go through the forensic analysis carefully and determine if there are areas of action that can be brought," he said.

Council Raises Parking Permit Fee

Harrisburg residents will pay more to park on the street, as the City Council last month voted to double the price of a residential parking permit.

A parking permit now will cost \$30 a year, twice the previous amount, which had remained unchanged for 27 years. A two-week guest permit will increase from \$2 to \$5.

The council also is considering proposals to raise parking meter rates and to install 88 new parking meters in Midtown. However, those issues remain undecided, said Councilman Brad Koplinski.

Koplinski said that the council will wait to see whether street meters are included in city receiver David Unkovic's plan for a long-term lease of the city's parking assets before deciding how to proceed.



Around Town

More Cops for Midtown?

New Improvement District on the table.

Lawrance Binda

idtown Harrisburg would get an extra dose of police protection under a plan to create a new improvement district focused on neighborhood security.

The Midtown Improvement District (MID) would hire off-duty Harrisburg police officers to patrol a wide area ranging from Forster to Maclay streets and N. Front to N. 7th streets, said Eric Papenfuse, owner of the Midtown Scholar Bookstore, who is spearheading the effort.

"This would be specifically dedicated to public safety," said Papenfuse. "You fundamentally have to create a safe environment."

The MID would be funded by a fee for each of the 4,100 properties within the district.

Under the proposal, homeowners would pay a fee equal to one-tenth of 1 percent of the assessed values of their properties, with a minimum of \$60 per year. Commercial owners, whose properties tend to have higher values, would pay a fee equal to onefifteenth of the assessments for their properties, with a minimum of \$90.

In addition, the many nonprofit organizations in the district would be encouraged to make a contribution, Papenfuse said.

An annual \$420,000 budget would fund as many as 10 off-duty officers, who would be paid about \$35 an hour, including insurance and other costs. The MID also would have a physical location, which would act like a police substation.

Papenfuse said the city's police

union is enthusiastic about the proposal, as Harrisburg currently offers little overtime to its officers.

The effort began when a Midtown Scholar employee was robbed walking home after work, said Papenfuse. Since then, several formative meetings have been held with various neighborhood groups. which all have signed on, he said.

The MID must navigate a series of steps before becoming a reality.

First, a public meeting will be held April 9 at 7 p.m. at Midtown Scholar so residents can hear more about the initiative, ask questions and offer suggestions.

A formal plan then must be drafted and approved by property owners in the proposed district. The proposal would fail if owners representing 40 percent of properties reject it. If it passes muster with property owners, the plan must be approved by City Council.

If all goes smoothly, the MID would take effect around Oct. 1, said Bill Fontana, executive director of the Pennsylvania Downtown Center, which is assisting the effort.

Fontana said there are 35 business improvement districts in the state right now, but that the MID would be the first residential improvement district.

Papenfuse said that the MID is intended to fill in a critical gap in city services, as cash-strapped Harrisburg simply cannot afford extra police.

"We all understand the position the city is in," he said.

Moving forward, the MID could expand its mission, as it might be able to apply for various grants that would fund additional projects, such as for historic preservation and infrastructure improvements.

"Once we have an improvement district in place, it opens us up to all kinds of other funding possibilities," said Papenfuse.



Future beat? The 3rd Street Corridor would be a focus of enhanced security for Midtown under an improvement district.





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Around Town

Your Mansion for a Day

Milestone resurrected as events space.

Peter Durantine



Susquehanna sited: The majestic Milestone on the River can be yours for the day of your big event.

With architectural flourishes reflecting Medieval English and French Eclecticism, the 1925 Front Street mansion—that had been an inn and is now a venue for weddings and events—was designed for social affairs.

Milestone on the River's stone exterior and bucolic setting along the Susquehanna befit royal to elegant occasions. It was formerly, for four years, Milestone Inn, a bed-and-breakfast that also hosted weddings and events, until the previous owners sold it in 2011.

The new, silent owners see the mansion at 2701 N. Front St. as more than a place for catered events, holiday gatherings and weddings. It's a home for a day, but overnight stays are no longer offered, said Kacy Englebrook, Milestone's director of events.

"It's about them having this mansion for the day," Englebrook

said. "We kind of want them to feel they live here for that day."

For weddings, in particular, Englebrook said the smallest details would be made to convey that sense of home, right down to family pictures of the bride and groom in the many frames that decorate the mansion's walls and bookcases.

With its five fireplaces, hardwood and slated floors, many rooms and archways, the mansion's interior harkens to an era of 1920s wealth and prosperity. It has a storied past, built by a Philadelphia lawyer for his family and their servants.

Designed by renowned Philadelphia architecture firm, Mellor, Meigs and Howe, the mansion's original owner, Ralph Baker, had lived there only six years before he took a position teaching law at Harvard University.

Over the decades, the mansion passed

through several hands: A furniture dealer bought it and then sold it to Congressman John Kunkel. Later, Dr. W. Minister Kunkel erected a building on the lawn for his surgical practice.

The Kunkels eventually deeded the property to the United Way of the Capital Region, which used it for many years.

In 2004, Robin Clemens and Sean Adams, bought the mansion and made extensive historic renovations, opening it as a bed-and-breakfast two years later. They sold it last year to the current owners, who, Englebrook said, prefer anonymity.

At the time it was built, the mansion was considered a unique home with its half-acre of lawn and river view. The surgical building is gone, burned down years earlier. In its place: a courtyard where a huge tent for 250 people stays up May through November.

Inside on the first-floor is a wood-paneled, bookcase-lined drawing room with fireplace, leather furnishings and pool table. It has a definite masculine feel, which is ideal for the groom's half of the wedding party.

"They can have a beer, watch some TV and shoot some pool," Englebrook said.

Upstairs, on the third floor, there is a salon, a dressing room and facilities for the bride and her maids to relax and prepare. There is even a cedar closet where dresses can be stored the night before the wedding.



Posh: The dressing room at Milestone on the River.

"We welcome the brides to be here all day," Englebrook said.

The mansion also has a reception hall for events and weddings in late fall through early spring when the tent is not up or for groups that prefer inside rather than outside.

"We have the flexibility to do whatever we need to do," said Julie Dibble, director of business development for Chef Exclusive in Carlisle, Milestone's resident caterer. Just as important, Englebrook said, is the "warm and friendly" feeling she hopes people find at the mansion.

Milestone on the River, 2710 N. Front St., 717-412-1925 or milestoneontheriver.com.

Downtown Gets Additional Security

Harrisburg's late-night safety downtown is being fortified by four off-duty city police officers, paid for by restaurant and bar owners.

The announcement came last month after a large group of downtown business owners met with Mayor Linda Thompson following an early-morning murder outside a group of clubs.

One anonymous club owner is footing the bill for the first month. Afterwards, business owners collectively will foot the cost of the additional police presence, according to the mayor's office.



A City, Brighter

New group sets sights on bridges, streets.

Peter Durantine

Since moving to downtown
Harrisburg three years ago,
occupying an apartment with a view
of the Susquehanna River, Matt Krupp
has watched the lights on Walnut
Street Bridge go out, one bulb at a
time.

With the black wrought iron truss bridge looking at night like a mouth filled with missing teeth, Krupp, a local attorney, decided to do something about it. First, he went to Mayor Linda Thompson with his idea and got her blessing.

He then turned to Historic
Harrisburg Association for
organizational assistance and
launched Lighten Up Harrisburg. The
project has established a mission to
not only replace bulbs on the 122year-old bridge, but also to repair and
replace lights throughout the city
and to locate areas where lighting is
needed.

"I thought it would be a great idea as a private citizen to step up and do a little work to help the city," Krupp said.

Since meeting with the mayor in January and writing letters to raise money and support, Krupp and HHA Executive Director John Campbell said the response has been overwhelming.

"It's exploded," Campbell said.

To date, they have raised \$4,250, which is a few hundred shy of the \$4,700 they need for city workers to replace the bulbs on the bridge. Donations have come in from such businesses and groups as Sutliff Chevrolet, Penn National Insurance, Midtown Scholar Bookstore, Friends

of Midtown, Capitol Area Neighbors, Downtown Improvement District, HHA and the Peoples Bridge Coalition, which is raising money to replace part of the span destroyed by flooding in the 1990s.

"I think the beauty of the project is that it's not an organization, it's a collaboration of various groups," Krupp said.

Neighborhood groups are helping to identify where street lighting needs repair or replacement and where lights or more lighting is needed. One group wants the burned-out lights on the Market Street Bridge, Walnut Street Bridge's neighbor, to be replaced.

Lighten Up is in the process of forming a committee, from architects to electricians to volunteers, to help identify what needs to be done and the costs. Once things are organized, the mayor will announce this civicminded effort in a press conference, said city spokesman Robert Philbin.

Campbell said repairing, replacing and adding lighting is a crime-fighting measure. He noted that a recent mugging in Midtown occurred on a street corner where the lamp post is down. "Where there's no light, there's crime," he said.

For Krupp, a 30-year-old Montgomery County native, this is his first foray into civic activism. He said he felt compelled in his new home to act. Eventually, he wants to see LED lighting on the Walnut Street Bridge, which would allow it, with a flip of the switch, to change colors, such as to green for St. Patrick's Day.



Lighten Up Harrisburg's first mission is to replace the lights on the historic Walnut Street Bridge, which is missing about half its bulbs.

Artifact Auction Slated

Interested in purchasing a collection of old sheriff's badges? How about a 19th-century saddle or spitoon?

Then stay in town this summer, as the auction for Harrisburg's Wild West artifact collection is tentatively scheduled for mid-July.

New York-based Guernsey's auction house said it will hold the sale of about 8,000 items in several locations around the city over a weeklong period. It will take 18 percent of the first \$1 million sold, 15 percent for the next million and 12.5 percent afterwards.

Former Mayor Stephen Reed bought the items using public money as part of a now-abandoned effort to build a Wild West museum in the city.

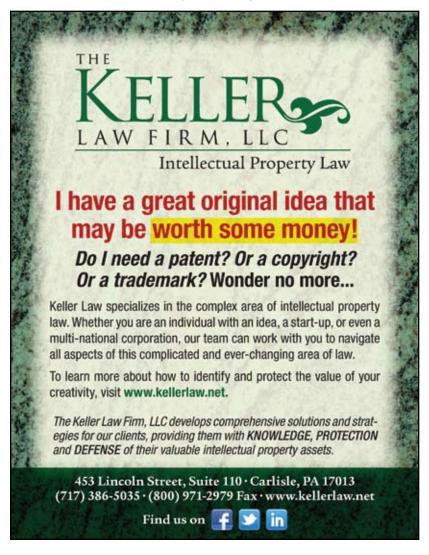
Late Audit Hearings

The Harrisburg City Council plans to hold hearings on the late 2009 and 2010 city budget audits, said Brad Koplinski, chair of the Budget and Finance Committee.

Almost two years late, the 2009 audit has sparked inquiries from the federal Securities and Exchange Commission. It also has caused concern from members of the Harrisburg Authority, who need the audits completed before they can renew certain water system bonds.

For months, the administration has repeatedly said that the 2009 audit was almost done.

At press time, Koplinski still was in the process of scheduling the hearings.



Past Tense

One Man's Legacy

We're still benefiting from the work of J. Horace McFarland.

Jason Wilson

t the dawn of the 20th century, Harrisburg was a city much in need of improvement.

Sewage littered the unpaved streets and drained into the Susquehanna, which was also the source of the city's unfiltered drinking water. Paxton Creek, which ran along Cameron, was a dumping ground for all types of personal and industrial waste. As a result, disease prior to 1900 was prevalent and, at times, endemic.

Something needed to be done. and J. Horace McFarland was uniquely qualified to do it.

McFarland was born on Sept. 29, 1859, in McAlisterville, Juniata County, the son of teacher and Civil War hero Col. George McFarland. In 1865, George McFarland moved his family

to Harrisburg and began a printing company and, later, a plant nursery. The younger McFarland learned much from his father and, at age 19, became owner of the printing company, which he renamed Mount Pleasant Press.

Under McFarland's leadership, Mount Pleasant Press was a leading seed catalog and horticultural publishing company, printing magazines such as "American Gardening" and the "Encyclopedia of American Horticulture."

In 1901, he joined forces with like-minded civic activist and Harrisburg resident Mira Lloyd Dock. Together, they helped lead the local City Beautiful movement, garnering the support of local businessmen to fund and carry out a series of projects that provided parks and open spaces,

established a city-wide sewage system and cleaned up the waterfront, among many other improvements aimed at urban beautification and public health and safety.

In 1904, McFarland was appointed head of the American Civic Association, a position he held for the next 20 years. In this role, McFarland took his ideas of civic beauty to a national stage, supporting not only urban parks and planning, but also the conservation of millions of acres of federal land.

McFarland, with other notable figures such as Frederick Law Olmsted and John Muir, was an avid supporter of the establishment of the National Park Service in 1916. He also supported the defense of Niagara Falls against development by power companies, joined John Muir in trying to defend Yosemite Park from the Hetch Hetchy Dam project and was an opponent of development in Yellowstone National Park. McFarland

served on the Pennsylvania State Art Commission for many years, as well as the National Municipal League and the National Park Trust Board, to which he was



J. Horace McFarland Photo: Pa. State Archives

appointed by President Franklin D. Roosevelt in 1935.

J. Horace McFarland passed away on Oct. 2, 1948, at his Breeze Hill mansion in Harrisburg's Bellevue Park, a planned community that he helped create. As a publisher and advocate for city beautification, urban planning, the conservation movement, the National Park Service and aesthetic preservation of the natural environment, McFarland still ranks as one of Harrisburg's most remarkable

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Then & Now



Front and Market streets in March 1897, soon becoming the premier men's club in Harrisburg. Generations of affluent men doing serious business, as well as serious drinking, met, wined, dined and even lodged at the club, which featured "solid oak walls in every room and electric lights shaped like bell globes," according to Ken Frew's book, "Building Harrisburg." The building, the club's second home. replaced the Golden Sheaf, one of the city's earliest hotels dating to 1791, at the prominent location. As with many other posh, old buildings, the stately Harrisburg Club, built in Second Renaissance revivalstyle, fell victim to changing times. It was foreclosed on during the Depression and eventually abandoned and razed. The boxy Keystone Plaza office building now stands in its place.

The Harrisburg Club (top) opened its doors at N.

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Doing Good

Helping the Helpers

PANO lends a hand to local charities.

James Eirkson

was on a flight returning to the United States from Vietnam in 2008. I'd just finished an incredible year, learning everything I could about this beautiful country and its amazing people—through teaching English, exploring the countryside and crowded cities on my motorcycle, and eating as much delicious food as possible. I was extremely fortunate to have had such an inspiring, eyeopening experience, and I was more convinced than ever that I wanted to dedicate my career to giving back to the community.

Within a few months, I found myself in a position that connected my personal strengths and experiences with my desire to give back to a community I cared about. I began work as Standards for Excellence Associate for the Pennsylvania Association of Nonprofit Organizations (PANO).

PANO is a tax-exempt charitable organization that envisions a thriving community where individual aspirations are realized. As a statewide membership association based in Harrisburg, PANO helps charitable organizations become more efficient and effective through sharing resources and information. Through leadership, advocacy, education and other services, PANO supports a variety of organizations, ranging from small theater groups to statewide family service providers. In short, PANO helps charities succeed together where they cannot succeed separately.

Over the past year, PANO has started using the term "community benefit organizations." Coined by Hildy Gottlieb in her book, "The Pollyanna Principles," it more accurately describes nonprofits. By identifying as a community benefit organization, a tax-exempt group can better tell its story and convey its impact on, and its benefit to, the community. It defines itself by what it is, not by what it is not.

The internal strength of an organization directly impacts its ability to achieve its charitable purpose. PANO's unique resource is its Standards for Excellence program, an ethics and accountability program for managing community benefit

organizations. The program offers tools and resources that empower boards and staff to meet the highest standards of governance, management and operations.

The United Methodist Home for Children and the YWCA of Greater Harrisburg are just two of the many PANO members that have formally committed to advancing ethics and accountability in their operations.

Anyone who follows the news knows we don't hear enough about the wonderful work taking place each day in our communities. The news seems inundated with crime and tragedy, rather than inspirational stories of hope, heroism and leadership.

Community benefit organizations have a powerful story to tell because they exist solely to benefit and improve communities. Countless agencies do that every day through education, health, human services and the arts.

PANO is focusing its upcoming annual conference on how community benefit organizations can become stronger by communicating their impact through compelling narratives. The conference theme, "The Power of Telling Your Story: Many Stories—One Mission—Community Benefit," is the perfect platform for organizations to meet each other and gain valuable tools to help tell their stories, inspire donors and connect with funders.

It's hard to believe it's been almost four years since I returned from Vietnam and began work for PANO. It's an absolute honor to be a part of the PANO team and a privilege to give back to Pennsylvania. I look forward to hearing the many stories of success and inspiration from so many incredible organizations.

For more on the annual conference in Harrisburg, April 16–17, or for information on PANO membership and services, visit www. pano.org or call 717-236-8584.



James Eirkson, a Midtown resident, serves as Director of Education and Community Outreach for PANO.



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... a Month in Pictures



Feb 26: 704 co-owner Brett Johnson paused for his close-up during a "Night of Glamour," which celebrated the 84th Annual Academy Awards. Proceeds benefitted the Greater Harrisburg Arts Council's community art programs and art scholarships.



March 6: Harrisburg police Capt. Elijah Massey spoke to a crowd of residents at the mayor's first crime forum at Midtown Scholar Bookstore. Chief Pierre Ritter and Mayor Linda Thompson are to the right.



March 11: An early spring followed a mild winter, as warm temperatures in mid-month caused flowers to bloom and people to flock to the Harrisburg waterfront.



March 16: The Fenetre Gallery debuted at HACC's Midtown 2 building for 3rd in The Burg. The opening show featured works by school-age students, recipients of the 2012 South Central Pennsylvania Scholastic Art and Writing Awards.



March 2: Ron Claiborne of ABC Good Morning America, honorary chair of the 100 Men Reading Day VIII in Harrisburg area schools, poses with a Camp Curtin Elementary class. Photo: Lawrence A. Smith



March 8: Democrat Rob Teplitz joined Republicans Josh First and Bill Seeds at a Harrisburg Hope forum at Midtown Scholar Bookstore. All are running for the 15th state Senate district.



March 12: Pennsylvania Lt. Gov. Jim Cawley stopped by Lockheed Martin's F-35 Cockpit demonstrator at the state Capitol, receiving a briefing from Lockheed Martin's Danny Conroy, director of the US Air Force F-35 program.



March 17: St. Patrick's Day revelers were greeted with warm weather and an expanded police presence along N. 2nd Street. Bar owners reported respectable, though not huge, crowds for the holiday.

Community Corner

Events in Our Area

Capital 10-Miler

April 1: Support 12 of the Harrisburg area's arts organizations with a 10-mile run along the Capital Area Greenbelt. Race begins at 9 a.m. on City Island. www.openstagehbg.com/pages/Capital_10-Miler.html.

Egg hunt at Fort Hunter Park

April 1: Thousands of plastic eggs filled with candy are scattered on the east lawn at Fort Hunter Park. Hunts are scheduled for ages 2–3 at 2:30 p.m., ages 4–5 at 2:45 p.m., ages 6–7 at 3 p.m. and ages 8–9 at 3:15 p.m. Face painting, pony rides and more. Free.

Free smoking cessation classes

April 2: Penn State Hershey Respiratory Care offers free tobacco cessation classes at 6:30 p.m. every Monday. Participants may join the class at any time. Classes are held in the West Campus Health and Wellness Center on the campus of Penn State Hershey Medical Center. For more, call 1-800-243-1455.

Homeschoolers' Day

April 3: Dive into early Native American life at Fort Hunter Park. Students in grades 2–6 and their parents are invited to the Native American workshop to make pottery, furnish a wigwam and more. Tour Fort Hunter Mansion. Cost is \$5 students, \$3 adults. Preregister at www.hahaofpa.org.

Getting kids in shape

April 4: Help is available to families concerned about the weight of their children. PinnacleHealth's weight management program offers KidShape, with certified instructors using interactive games, cooking demonstrations and minimal discussion to uncover poor habits and teach healthier ones. Classes are 6-8 p.m., Wednesdays, through May 30 at the Fredericksen Outpatient Center, 2015 Technology Pkwy, Mechanicsburg. Register at 717-231-8900.

Heart disease support group

April 10: Penn State Hershey Heart and Vascular Institute offers a support group for adults with heart disease, including those with heart failure, implantable cardioverter defibrillators and congenital heart disease, and their family members. The group meets 6 p.m. on the second Tuesday of each month at the Cardiac Rehabilitation suite on the campus of Penn State Milton S. Hershey Medical Center. For more information or to register, call 1-800-243-1455.

Preschool story time at Wildwood Park

April 11: Join a Dauphin County Library System librarian and volunteers 10–10:45 a.m. for a fun story session for children ages 2–4. Stories, songs, rhymes and a take-home craft will introduce Wildwood critters and the joy of books and language to youngsters. Event is free, but pre-registration is required and space is limited.

Lecture: 25 Years in Africa

April 12: Ned Smith Center for Nature and Art, 176 Water Company Rd, Millersburg, continues its spring speaker series at 7 p.m. with authors and photographers, Joe and Mary Ann McDonald. They will discuss their experiences leading photo safaris to East Africa. Programs are free to center members and children under 12, \$3 otherwise. Information at www.nedsmithcenter.org.

Cumberland Singers start season

April 13: Cumberland Singers perform April 13–17. The free spring concert program, "Anything But Quiet!" is Broadway tunes from 1925 to 2011. A free-will offering will be taken at intermission. For more, including concert venues, visit www.cumberlandsingers.org, Facebook or call 717-367-8030.

Forster Street beautification

April 14: Harrisburg Young Professionals holds its annual improvement of the Forster Street median. Meet at Forster and N. 2nd streets at 9 a.m. Non-HYP volunteers welcome. Complimentary food and beverages served. For more, contact beautification@hyp.org or visit www.hyp.org.

Food and wine fundraiser

April 14: Penn State Hershey Dermatology presents "An Elegant Evening of Food and Wine Pairings" at 7 p.m. at Purcell Friendship Hall on the William E. Dearden Alumni Campus of Milton Hershey School. A wine educator will guide attendees through a selection of wines with appropriate food pairings. Tickets are \$150 per person. Proceeds benefit the Penn State Dermatology Research Endowment Fund. To RSVP by April 4. call 717-531-6049.

Environmental activist Whiteford to speak

April 14: Environmental activist and writer Richard Whiteford will speak at 7:15 p.m. at the Quaker Meetinghouse, 1100 N. 6th Street (at Herr), on "The Climate Reality Project," sponsored by Harrisburg Friends Meeting (Quakers) and the Harrisburg Interfaith Coalition on the Environment. A 6 p.m. potluck dinner will precede the talk. Both the potluck dinner and the presentation are free.

Flower walk

April 15: Join volunteer Cara Martinez-Williams to look for spring flowers such as Dutchman's breeches, trout lilies and cutleaved toothwort, 1:30-3 p.m., at Wildwood Park, Harrisburg. Learn interesting facts about these early spring bloomers. Free. Preregistration not required.

Art Journaling 101

April 16: Join Hygea Wellness Co. for an Art Journaling 101 class, 6–7 p.m. Adults and

children can learn to express themselves through art with instructor Sierra Lush. To sign up, call 717-412-0447 or visit Hygea Wellness, 2321 Market St., rear, Camp Hill. Fee: \$10, with supplies included.

Dress for Success leadership events

April 18: Dress for Success South Central PA has announced its annual leadership events: breakfast in Summerdale at Central Penn College Conference Center, 7:30 to 9:30 a.m.; lunch in York at Heritage Hills Golf Resort and Conference Center, 11:30-1:30 p.m.; and dinner in Lebanon at Lebanon Country Club, 5:30-8:30 p.m. Visit www.dressforsuccess.org/ southcentralpa to reserve seats or sponsor the event.

Weight loss sessions

April 19: Sign up for an information session from Penn State Hershey Surgical Weight Loss. Sessions are 4 p.m. on the third Thursday of each month and 11:30 a.m. on most Fridays at Penn State Hershey Surgical Weight Loss Clinic, 4000 Vine St., Middletown. Registration is recommended by calling 877-609-6848.

Bridge of Hope Spring Gala

April 21: Bridge of Hope Harrisburg, a non-profit that helps homeless mothers and their children, will have its spring gala dinner and auction at the Holiday Inn, New Cumberland. This year's theme, "Every Piece Counts," emphasizes the point that it takes everyone to help homeless women and children—trained professional staff, mentors, volunteers and financial donors. A ticket is \$35 and includes a five-course meal and a live and silent auction. www.bridgeofhope-hbg.org.

SlowFood Harrisburg offers free film

April 20: "Home," a film voyage around the world that spans 54 countries, all seen from the air, shows for free 6:30 p.m. at HACC Midtown 2 Building, 1500 N. 3rd St. As an added bonus: a vintage short, "Food Will Win the War," produced by USDA & Disney Studios, 1942. SlowFood's dinner, a \$9.94 buffet, is 5:30 p.m. at Cribari Ristoranté, 263 Reily St. RSVP 717-412-0550. Reservations are required for the free screening by April 17. Call 717-695-2584 or SlowFoodHBGevents@gmail.com.

Midtown cleanup

April 21: Friends of Midtown will hold its annual spring beautification around the neighborhood, 10 a.m.-1 p.m. Work gloves and trash bags will be provided. Volunteers should meet in the HACC Midtown 2 parking lot at N. 3rd and Harris streets. Rain date is April 28. www.friendsofmidtown.org.

Shakespeare's birthday

April 22: Celebrate the Bard at the 9th Annual Shakespeare's Birthday Celebration with silent and live auctions, Elizabethan music and Shakespearean entertainment. Gamut Classic Theatre, 3rd Floor, Strawberry Square, Harrisburg, 4–7 p.m. www.gamutplays.org.

Collector Car Auction

April 26: Auctions America by RM has its collector car auction at the Carlisle Expo Center, 100 K St., Carlisle. The two-day auction will feature more than 300 vehicles crossing the block.

"Kiss Hershey Back"

April 28: "Kiss Hershey Back," an annual beautification effort throughout Derry Township and led by Penn State College of Medicine students, will occur 9 a.m.-noon. Visit www.kisshersheyback.com.

Race against Racism

April 28: The YWCA of Greater Harrisburg will sponsor the 8th annual Harrisburg Race Against Racism, a 5K run/walk to demonstrate the YWCA's commitment to racial justice. Proceeds will support YWCA and community-based programs dedicated to the elimination of racism. Race begins 9 a.m. on City Island. To pre-register, visit raceit.com. Day-of registration begins at 7:30 a.m. For more, contact Devan Drabik at 717-724-2248.

Book signing at Agia Sophia

April 28: Sheena Hisiro, illustrator of "Josiah and Julia Go to Church: A Young Child's Guide to Church Etiquette" by Kelly Ramke Lardin, will sign copies of the book from 11:30 a.m.-1 p.m., and again at the same times on May 1, at Agia Sophia Coffeeshop and Bookstore, 225 Market St., Harrisburg.

Adult Special Olympics games

April 28: The 22nd annual Adult Special Olympics games will be at the Naval Support Activity Mechanicsburg. Special Olympians ages 19 and older will compete. This is the only local event available for adult athletes to qualify for the state games held later this spring. Hundreds of volunteers are needed. For more information, call 717-605-2828 or the base public affairs office at 717-605-2448.

Local attorneys offer free legal advice

April 30: Dauphin County Bar Association members will answer legal questions at their annual "Ask a Lawyer" program, 11:30 a.m.-1:30 p.m. through May 4. Attorneys will provide free legal advice on numerous topics in Strawberry Square's atrium.



Burg Biz

From the Ground Up

More Beer, Here

Growing pains cause ABC to seek expansion.

Lawrance Binda

A ppalachian Brewery Co. is doubling down on Harrisburg, planning an expansion that will substantially increase its footprint in the city.

The brewery and brew pub hopes to build a new, 8,000-square-foot warehouse, plus a new loading dock and parking area, on a large parcel of land next to its headquarters on N. Cameron Street.

A dilapidated former warehouse, which has been abandoned for the past two decades, currently occupies the site, located at 38–40 N. Cameron St.

Last month, Dauphin County approved a recommendation that the project receive \$125,000 in gaming funds under the Local Share Municipal Grant Program.

The Capital Region Economic Development Corp. (CREDC) had sought \$500,000 for the project.

CREDC will actually acquire the land for the project, as well as demolish the existing structure and perform site remediation and preparation, according to the gaming grant application. ABC then would build the new facility at a cost of \$550,000.

The total cost of the project is estimated at \$1.5 million, said Mark Stewart, solicitor to the Dauphin County Gaming Advisory Board.

In its application, CREDC states that ABC has outgrown its current facility at 50 N. Cameron St.

"To put it in a nutshell, ABC is running out of space due to the increased demand for their product," says the application.
"The construction
of the adjacent
warehouse with
additional parking
is a crucial factor
in accommodating
the present and
future growth of the
company."

Under the current schedule, most of the work would take place in 2013.

Stewart said he was unsure if the project might be

delayed because CREDC was awarded just one-quarter of the amount it requested.

He said that CREDC could reapply for additional gaming funds next year. The project also has received \$320,000 in grant money under the state's Industrial Sites Re-Use Program, he said.

ABC owner Artie Tafoya could not be reached for comment.

In all, county commissioners last month approved \$8.2 million in gaming fund grants throughout the county. In addition to the CREDC/ ABC project, county commissioners



Appalachian Brewing Co. has its eye on this long-abandoned warehouse next to its Cameron Street headquarters.

voted for the following projects in Harrisburg:

- \$335,000 to the Harrisburg Fire Bureau for a fire engine.
- \$250,000 to the Shumaker Public Safety Center on the HACC campus for improvements.
- \$100,000 to Harrisburg Realty Improvement to continue the upgrade of International House.
- \$40,000 to the Tri-County Housing Development Corp. for housing construction on South Allison Hill.



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Changing Hands: February Property Sales

Bellevue Rd., 2301: W. Apollo to D. & D. Dwyer, \$370,000

Berryhill St., 2200: J. Moschetti to D. Pinckney, \$30,000

Brisban St., 3111: G. Lebo to PA Deals LLC, \$37,000

Caledonia St., 1913: D. Dancy to J. Helmstetter & S. Ridley, \$107,000

Capital St., 1220: N. Venditti to C. Sullivan, \$112,500

Chestnut St., 1961: PA Deals to D. Trustey, \$59,900 Derry St., 1221: ACNB Bank to N. & R. Group LLC,

\$36,000

Derry St., 1527: J. Rissler to A. Arbour, \$50,200 Derry St., 2622: Biggi & Wall Partnership to M.

Division St., 423: Congregation Chisuk Emuna of Harrisburg, Pa., to Ahmadiya Movement in Islam Inc., \$30,000

Forster St., 1718: D. Thurbon to A. Anderson, \$80,000 Hamilton St., 210: T. Miglino to M. Healey, \$128,000

Jefferson St., 2720: C. Torres to J. Jackson, \$79,900

Kensington St., 2123: Y. Gonzalez & O. Mateo to PA Deals LLC, \$40,000

Market St., 301: Third & Market LLC & Select Capital Corp. to Market View LP, \$1.4 million

Market St., 1276: M. Won to Z. & H. Ali, \$125,000

Mercer St., 2422: J. Taleff to GCD Properties LLC, \$67,500

N. 2nd St., 1900: Wells Fargo Bank NA to WCI Partners LP, \$120,000

N. 4th St., 3014: D. Hatcher to Buonarrati Trust, \$83,000

N. 6th St., 2200: J. Proctor to D & F Realty Holdings LP, \$50,000

N. 6th St., 2235: D. Nahum to M. Stewart, \$42,400

N. Front St., 1525, Unit 308: A. Greene to A. Kanpol, \$160,500

Penn St., 913: S. Barbush to J. Robinette, \$115,000

S. 3rd St., 11: J. Kowalczyk to Market View LP, \$180,000

S. 19th St., 860: E. & M. Post to MEB Partners, \$37,500 S. Front St., 333: US Bank NA Trustee to 333 Sri

Ganesh LLC, \$117,500

Source: Dauphin County, City of Harrisburg, property sales greater than \$30,000. Data is deemed to be accurate.

SCAN ME!

From the Ground Up

Old Bar, New Life

Take a quick peak into The Speakeasy.

Lawrance Binda

Come May, a venerable Harrisburg watering hole is set to open with a new owner, look and name.

Adam Sturges said he expected to finalize the purchase of Garrason's Tavern by the tail-end of March, renaming it The Speakeasy. A four- to five-week renovation will follow.

"There is much work I want to do," Sturges said. "That building has a lot of history, so we want to bring it back to what it once was."

Last month, the Harrisburg Architectural Review Board [HARB] granted unanimous approval for Sturges to make a number of property improvements, most notably



Garrason's, ready for a new owner, makeover.

Biz Notes

CTown Supermarket is the new name of the Uptown Supermarket, 2304 N. 3rd St. The ownership remains the same for the food market, which has undergone a significant upgrade over the past few years.

The Urban Snob, a new women's accessories shop, will open this month at 1006 N. 3rd St., last occupied by Blue Horse Denim.

Mantis Collective Gallery disbanded and closed its doors last month at 1304 N. 3rd St., Harrisburg. Mantis, a partnership of fine artists Tara Chickey and Andrew Guth, formed in 2003 and had been at its current location for the past two years.

P&R Bakery & Café expects to open this month at the rear of 1300 N. 3rd St., Harrisburg. Midtown Scholar Bookstore, located next door, also is expanding into the space via a new walkway connecting the two buildings.

Dragonfly Club, a dance club at 234 N. 2nd St., shut its doors after 10 years in business. The club closed after two latenight stabbings, one inside the building that injured a patron, and a fatal stabbing just outside the building. The companion Spy Club, a live music venue, is slated to remain open.

returning the facade of the circa-1870 building to its historical state by removing the dingy, non-conforming plywood and plexiglass enclosure at the entranceway.

Sturges also plans to install an L-shaped awning on the south and west sides of the building, install a wrought iron handrail in front of the entrance, remove glass-block windows on the first floor and replace them with plate glass windows, repair and replace brick masonry around the openings and repaint the brick facade and trimwork.

The 4,000-square-foot interior also would be completely renovated, Sturges said, with new floors, ceilings, a bar and tables.

Sturges plans an American-style menu, offering high-quality dining at reasonable prices. He said he will open the space for lunch to serve the large population of government workers across the street.

Originally, Sturges, long-time manager of McGrath's Pub downtown, hoped to open The Speakeasy in November, but the lengthy bankruptcy of the previous owner, Hollywood Restaurant Group, delayed the process.

According to U.S. Bankruptcy Court records, Hollywood Restaurant Group, owned by Rob Fogleman since 2008, entered Chapter 11 bankruptcy in January 2011. Fogleman closed Garrason's, located at 400 Forster St., in December.

Before he can open, Sturges has to get one additional approval from HARB, which still must endorse his outside signage.

City Puts Loan Fund Recovery on Agenda

A collections company will work for free to help Harrisburg recover about \$800,000 in delinquent loans tied to a now-suspended program that gave taxpayer-funded loans to private businesses.

Mayor Linda Thompson would not reveal the name of the collections agency, saying that an agreement had not yet been finalized. Nonetheless, she said the company would try to secure payment on the loans at no cost to the city.

"We're outsourcing it to a private firm on a pro bono basis," said Thompson, adding that the firm would be named once the agreement is finalized.

Former Mayor Stephen Reed began the "revolving loan fund" program, which was intended to seed business development in the city by offering start-up funding. The

fund was supposed to replenish itself through principal and interest payments, allowing more loans to be made.

However, many recipients later went bankrupt and never paid back their loans. Many others quickly fell behind in their payments.

Thompson said that companies now owe the city about \$800,000 for loans dating back many years. Of the 44 outstanding loans in the program, 31 are more than 90 days in arrears, so are considered delinquent.

Other recipients have had their debts forgiven by a bankruptcy court, Thompson said. Also, the Reed administration wrote off \$1.5 million in loans as unrecoverable, she said.

Thompson now encourages debtors to contact the city, which will work with them to restructure their loans for easier payment.

The revolving loan fund program has been suspended indefinitely. However, Thompson said that she hopes to revive it someday, reforming it to ensure that loans are carefully tracked and repaid.

In addition, the city plans to use the collections agency to secure payment from 350 delinquent utility accounts, Thompson said.



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Face of Business

Little Big Horn to Gay Rights

City's oldest law firm has turned with the times.

Jeffrey Allen Federowicz

In the shadows of the ornate Capitol building, along the banks of the Susquehanna, stands a law firm with a stoic, yet diverse past 140 years in the making.

A past that includes defending Major Marcus Reno in a Court of Inquiry concerning his conduct at the Battle of the Little Big Horn; representing some of the nation's most powerful industries, including the Pennsylvania Railroad; making sure the average Joe and Jane have affordable legal representation and that members of the gay, lesbian, bisexual and transgender community are treated with equality and dignity.

Although this may sound like something ripped from the pages of the latest John Grisham legal drama, it's actually the story of Harrisburg's oldest law firm, Nauman, Smith, Shissler & Hall LLP.

"We like to say we are proud of our past but poised for the future," said Craig Staudenmaier, the firm's managing partner, who has practiced litigation for 30 years.

From their offices on the 18th floor of 200 N. 3rd St., the firm literally and physically stands above other firms in the city.

With a staff of six lawyers, six support staff plus a part time student law clerk, Nauman, Smith represents large corporations in highly specialized areas, including media and First Amendment law, insurance regulation, corporate structure, tax and nonprofit organizational, governance law and transportation.

"We have represented railroads for over 100 years, from the Pennsylvania Rail Road to Norfolk Southern, CSX and Amtrak along with a number of regional and short line railroads," said Staudenmaier, noting the cases range from Public Utility Commission and Surface Transportation Board matters, to litigation and real estate.

In a 1946 case, the firm took the liability passenger case of Picking v. Pennsylvania Railroad Co. to the U.S. District Court after the railroad was sued for false imprisonment and constitutional violations in connection with transporting a person in the custody of peace officers from Pennsylvania to New York. The court held that since railroads

were required to transport such persons while in the custody of peace officers, and the warrants were valid, the railroad was simply doing its duty.

One of the firm's more unique cases occurred in 1954, in Pennsylvania Supreme Court. In Scibelliv vs. Pennsylvania Railroad Co., a child was injured while hopping onto a flatbed car. The court affirmed the railroad had no legal duty to provide guards to keep people from climbing on trains.

The firm also serves small businesses, municipalities and individuals. The newest partner, Suzanne Friday, works with non-traditional families on estate planning. She also has been successful in requiring hospitals to include both members of same-sex couples as parents on their children's birth certificates.

In recent years, the firm has landed many impressive cases, which have drawn national attention.

Some of its biggest public access cases include representing The Patriot-News before the state Supreme Court, where salary information of Penn State employees in the state retirement system was ruled public record, including that of then-football coach Joe Paterno. It also won for the state's media a decision that found that retreat expenses of the Pennsylvania Higher Education Assistance Agency's board were public record.

The firm has "benefited greatly" from being located in the city, close to county, state and federal courts and agencies, Staudenmaier said. To support the Capital City, the firm's lawyers and staff volunteer and serve on a number of charities and nonprofits.

"The firm appreciates its rich history in the city," he said.



Serving the city: Nauman Smith attorneys (first row) Stephen Feinour and Joshua Bonn; (second row) Benjamin Dunlap, Jr., Craig Staudenmaier, Spencer Nauman, Jr. and Suzanne Friday.







Good Eats

Chef's Kitchen

Meals on Wheels

Food trucks proliferate, go gourmet (please don't ask for a hot dog).

Stephanie Kalina-Metzger



Eat & run: Port Dare prepares for the lunch crowd at The Little Black Truck with the Big Flavors.

cood trucks are one of the hottest trends in the restaurant industry right now, according to the National Restaurant Association.

From Tyler Florence's "Great Food Truck Race," with its devoted fan base, to cities hosting "food truck wars," the craze has momentum. A few area food truck owners are hoping sales will grow as the trend continues to rev up.

Harrisburg resident Chef Ed Monuteaux had his finger on the phenomenon's pulse when he purchased his 21-foot-long truck, parked it on Walnut Street near 4th and flipped open the window to Chef Ed's Lunch Mob.

"At first it was a tough go, but business eventually took off, and I'm holding my own right now," he said.

Monuteaux, who spent eight years as a chef at Char's Bella Mundo in Shipoke, sets himself apart from other lunch trucks with his unique and healthy offerings. "I don't prepare

your average lunch truck stuff," he said. "There are no hot dogs, cheese steaks or fries. Everything is homemade and I use lots of fresh vegetables."

Among the more popular items are shrimp and crab croissants, fresh fish tacos and what Monuteaux calls "Asian hotpot." The noodle dish contains fresh vegetables, lemongrass broth, sesame oil and shrimp, which he packs "to go" for peckish state workers to carry back to their desks.

A conversation about 2nd Street and the dearth of good cheese steaks got the wheels rolling on the EZ EATZ truck on 2nd Street in Harrisburg. Camp Hill couple Angela Klobusicky and Mike Ruell park their 25-foot vehicle in front of the Hilton during weekdays and move further up the street to cater to the late-night crowds on weekends. Their lunch menu is extensive, from homemade soups, hot dogs, sausages and, of course, the traditional Philly Cheese Steak "wiz wit" or without, cradled in a roll baked at Amoroso's in Philadelphia.

When Camp Hill resident Port Dare decided he'd had enough of retail, he, too, bought a food truck to capitalize on the craze. "The Little Black Truck with the Big Flavors" set out to satisfy hungry patrons.

"When I was younger, I went to chef's school at the Culinary Institute of America in New York, and I wanted to get back to my roots," he said.

The attractive, 16-foot truck, festooned with a pink lady, is parked beside River Bottom Pottery located in a modest strip mall at 3809 Paxton St., where Dare spends his days pleasing many a palate.

"One of our most popular items is pulled pork BBQ, which I smoke for hours and serve in a delicious Carolina-style barbeque sauce."

Those logging into Yelp seem to agree, as person after person raves

about the sandwich on the popular review site. Dare could go head-to-head with the big chains, according to one Twitter user, who left a tip saying Dare's half-pound Angus "is better than Five Guys."

A consensus among all the truckers is that the job can be grueling, with long hours.

"I start at midnight getting ready. Just because we're not working in a traditional restaurant doesn't mean we don't have extensive prep work to do, and this even includes some late-night Wegman's runs," Monuteaux said.

On the plus side is the ability to pick up and go, if traffic slows to a crawl. "One of the best things is the portability of it," Dare said. "If I'm not happy where I'm at, I can move. I signed a six-month lease for now. If that's not a good spot—I can just move. You can't have that with brick and mortar. They make you sign a five-year lease—minimum."

Chef Ed's Lunch Mob Location: 400 block Walnut Steet, Harrisburg Hours: 11 a.m. to 3 p.m., Monday-Friday

Little Black Truck with the Big Flavors Location: 3809 Paxton Street, Harrisburg Hours: Monday-Saturday 11 a.m.-7 p.m.

EZ Eatz

Location: North Second Street, Hbg. Hours: Vary—check Facebook page at www. facebook.com/#!/ezeatz



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Taste of the Town

Urban by Design

Arooga's tweaks concept to fit 2nd Street.

Peter Durantine



An early spring allowed Arooga's new downtown location to roll open its garage-style doors earlier than anticipated.

A rooga's owner Gary Huether Jr. had long considered opening one of his sports bar restaurants in the city, but preferred only one location—the corner of 2nd and Locust streets, the heart of popular Restaurant Row.

When that location became vacant last fall, after the former occupant, Spice, closed, Huether and his business partner, Mike Murphy, took it. After a month of renovations, Arooga's Draft House & Sports Bar opened on March 7.

It's half the size of Arooga's six other restaurants. It has a bank of garage doors that can open during the summer, seating for 125 inside and 75 out, a horseshoe bar and 60 televisions. Huether looked around opening day and sounded pleased.

"It's the center of 2nd Street," he said.
"The garage doors highlight it."

Since the first Arooga's started serving in 2008, Huether has been opening new ones around the region, including in York this year. His eight places include Brew 22 American Tavern on Allentown Boulevard, near Arooga's Grill House and Sports Bar.

Arooga's—the name comes from the



Now open: Arooga's owner Gary Huether (right) and his business partner, Mike Murphy, at the opening last month of Arooga's Draft House & Sports Bar.

Ooga horn—also has wing shacks at Metro Bank Park and the Giant Center. The Draft House, like several other Arooga's, is a certified green restaurant, Huether said.

The Draft House is designed to cater to the urban setting, from workers leaving the Capitol and state offices for lunch—they currently can show their work I.D. and get 10 percent off —to the nightlife crowds.

It also offers a larger draft beer selection, 56 brands, though a smaller bottle selection. It has 10 wines and four liquors, also dispensed draft style. While the Draft House offers the traditional beers,

like Coors and Miller Lite, it's focused more on craft beers.

"We're going to take it to the next notch, from Samuel Adams to Dogfish Head," Huether said.

The Draft House will follow Arooga's traditional menu until after summer, when Huether expects to make changes that will appeal to city dwellers and goers. "I think we're going to see different items selling here than at our other restaurants," he said.

The wine selection includes two sangrias, as well as traditional wines produced by labels like Red Velvet Cupcake and Fat Bastard. The liquor includes Sagoora (Arooga's spelled backward) vodka, made by a small crafter using Pennsylvania wheat.

With the large selection of beer and wine drafts, a kitchen that is open until midnight five days a week and until 2 a.m. Friday and Saturday, delivery service and a buffet, Huether believes the Draft House will cater to a wide clientele.

"We're able to be a kind of hybrid," he said.

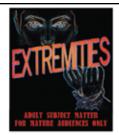
Arooga's Draft House & Sports Bar, 201 N. 2nd St., Harrisburg, www.aroogas.com.

Bowl for Kids' Sake

Harrisburg Young Professionals will host a "HYP Bowl for Kids' Sake" event this month to raise money for Big Brothers Big Sisters of the Capital Region.

The event takes place Saturday, April 14, 7 to 10 p.m., at Red Crown Bowling Center in Harrisburg.

For more information on the event, please visit www.hyp.org.



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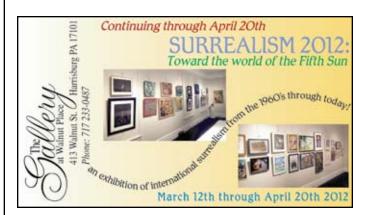
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The Magnificent Seven

Get to know your Noble Grapes.

Steve Juliana

In the world of wine, there are seven grapes that stand head and shoulders above all others. They have eclipsed their humble European origins and dominate winemaking in all hemispheres. These four reds and three whites are known as the Noble Grapes.

The reds are Cabernet Sauvignon, Merlot, Syrah and Pinot Noir. The white grapes are Riesling, Chardonnay and Sauvignon Blanc. From this fruit arises the finest expression of vinifera. Even though they are grown worldwide, the soil of their origin produces the best, and most sought-after wines to this very day.

Cabernet is the undisputed king of red wines. Spicy, herbal and tannic are just a few of the words used to describe it. It reigns supreme in the Medoc area of the Bordeaux region. Merlot, French for "little blackbird," is the other Noble Red in Bordeaux. Not as big as Cabernet, it produces fine, age-worthy wines on its own. When

these two are blended together, the wine is far greater than the sum of its parts.

Syrah is the main red grape in the Rhone valley. The wine it makes is dark and pepperv with wonderful fruit overtones. In the southern part of the valley, it is usually blended with Grenache as in Côtes du Rhône. In the north, it is bottled alone, named after the village where it is

grown. A little research is needed to find what you are looking for, but it's one of my favorites.

Sauvignon Blanc heralds from the Loire valley in France. Described as grassy, mineral or gooseberries, this white wine is never better anywhere else in the world. Often overlooked, it is simply delightful matching food with its vibrant acidity. If you get a chance to try some Sancerre, go for it.

Riesling is the only Noble Grape not from France. This wine's popularity is global, even though many people have never tasted real German Riesling. Before World War I, it was the most expensive wine in the world. European politics have done much to diminish its reputation, very unfairly. This wine has the ability to match food like no other. Made in styles from austere to voluptuous, there is a challenge for every palate just waiting in the bottle. You will have to research this wine to find a well-deserved prize. German wine labels are the most confusing on earth, but well worth the effort. The un-shouldered bottles are green from the Moselle Valley and brown from the Rhine.

When drinking in French Burgundy, it's easy to see what you are drinking. If the wine is white, it's Chardonnay. If red, it's Pinot Noir. These are the two great wines from this northern French region. Chardonnay can be firm and mineral, as in Chablis, or luscious and full-bodied, as in Montrachet. Pinot Noir is a finicky little red grape that is hard to grow and vinify. When done right, it is the most sensual of all unmatched in scent, texture and flavor. This is a wine that, for some, has become their personal muse. I can agree because I have been there. It can be fabulous.

Keep sipping, Steve.

Steve Juliana of Hummelstown is a wine adviser and a life-long lover of wines.

Restaurant Notes

Old Town Deli, 512 N. 3rd St., is expected to open in the first or second week of April. Owner Ron Gilbertson said the shop will offer, soup, sandwiches and includes a retail deli with cheeses and meats.

Crawdaddy's will occupy a long-empty restaurant storefront at 306 Reily St. Owner Bill Crawford will serve up American dishes, such as steaks, seafood and pasta with both fine and casual dining. The third floor will feature a bookah bar.

Front Street Diner, a new 24-hour eatery, is opening where the Jade Buffet was located, at 4003 N. Front St., in Susquehanna Township.

Dunk's Soulful Sins is debuting at 912 N. 3rd St., featuring soul food. The small eatery is focused on takeout.

Café di Luna has remodeled and re-opened for business at 1004 N. 3rd St., Harrisburg. The coffee and tea house has new floors, paint and decor. Owner Ambreen Esmail also plans to begin offering more breakfast items.

Palumbo's Italian Eatery expects to re-open imminently. The 2nd Street favorite has been closed all year after a burst pipe caused extensive damage to the restaurant.

Breads 'n spreads served its final delicious brunch last month, as the gourmet sandwich shop and café closed after three years in business.

At Broad Street ...

Kocevar Farms shut down last month after 77 years in business at the Broad Street Market, as second-generation owner Margaret Kocevar decided to retire. Another flower stand, not yet open at press time, is expected to take its place.

Peach Ridge Produce opened last month, replacing Broad Street Produce at the stand at the entrance to the brick building.





The Art of Artichokes

This delicious veggie goes great with Easter dinner.

Rosemary Ruggieri Baer

've always thought that the strange looking "vegetables" known as artichokes look very lonely in the produce aisle of the grocery store. Does anyone ever buy this unusual member of the thistle family?

Concerned that the current crop I was assessing recently might have been there since the last millennium, I awkwardly asked the Giant produce manager if they were fresh. He assured me that they were and that he gets a shipment from California almost every day. Aha! Someone is buying them.

Known as carciofi in Italy, artichokes are a harbinger of spring. My father waited eagerly for them every year. My mother steamed them in a simple mixture of olive oil, water and lemon or, if my father got lucky, stuffed them with cheese and breadcrumbs. For us, artichokes were a special treat and served as the main course of our dinner. We dipped the artichoke leaves in melted butter and scraped the sweet flesh with our teeth, savoring every bite.

While most everyone at one time or another has tasted artichokes from a can or the marinated ones in a little jar, nothing can compare to fresh ones. Italians prepare them in endless ways: cooked in savory stews with chicken and lamb; stuffed with meat, rice or cheese; dipped in batter and crisply fried for the antipasti table. Baby

Broad Street Market Scene of Bike Race

The Broad Street Market and Harrisburg Bike Taxi have teamed up for the Air Quality Partners 1st Annual Market Madness Bike Race community outreach fundraiser on Earth Day, April 22, at the Broad Street Market.

The free event, 9 a.m. to 6 p.m., will feature bike races in five age categories, workshops, entertainment and a silent auction. Prizes and trophies will be presented to race winners, and there will be giveaways throughout the day. After the awards ceremony, Harrisburg Bike Taxi will race chariot style with local personalities in the back seat, competing for the final trophies.

artichokes are especially prized, but they are difficult to find in U.S. markets.

Don't be discouraged by the preparation required before cooking artichokes. While it takes a little time, it isn't difficult and, after the first two or three, the chore will go quickly. The recipe for stuffed artichokes here is as close to that of mother's that I have. Paired with lamb or ham, it is perfect for Easter dinner. But first, you must learn how to get artichokes ready for cooking.

Preparing Artichokes for Cooking

- Choose fresh, firm, green artichokes and use them as soon as possible after purchase.
- Wash them in cool water and dry with paper towels.
- Taking a sharp paring knife, remove the small tough leaves at the bottom of the globe.
- Using a larger chef's knife, cut off the bottom so that the artichoke rests flatly on a surface. Reserve the stem and, for the recipe that follows, peel and finely chop it.
- Remove several layers of darker green leaves until you reach the light green tender ones underneath.
- With the chef's knife, cut off the top third to one-half of the artichoke and discard.

- Cut off the pointy tips of all remaining leaves with kitchen shears.
- Place all the cleaned artichokes in a bowl of cold water and the juice of one lemon.

Now you are ready to make stuffed artichokes.

Rose's Stuffed Artichokes

- Prepare 6 artichokes as above. In a large bowl, combine the chopped stems, 2/3 cup dried bread crumbs, ½ cup grated Romano cheese, ¼ cup chopped parsley, 1 chopped garlic clove and salt and pepper to taste. Mix in enough olive oil to moisten the mixture.
- Remove the artichokes from the lemon bath and dry them. Spread the leaves apart and place a little of the stuffing mixture inside each layer. Repeat until all the artichokes are stuffed.
- Put the artichokes into a Dutch oven or kettle just large enough to hold them. Add water to reach up to 1/3 of the sides of the artichokes and then drizzle olive oil over the top.
- Bring the pot to boil, then cover and simmer over low heat for about 45 minutes. The artichokes should be tender enough when pierced with a knife that a leaf pulls out easily. Add a

little more water to the pan if needed during cooking.

• When they are cooked, carefully remove the artichokes from the pot and arrange them in a pretty serving dish. They can be served hot or at room temperature. Make them early in the day, and they will be ready to lend a Mediterranean touch to your Easter dinner.

There is no delicate way to eat artichokes, I suppose. Just pull out a leaf with its wonderful bread and cheese stuffing and scrape with your teeth. Only the soft inner portion of the artichoke leaf is eaten when prepared this way. They are delicious!

In Italy's open air markets, the stands soon will be piled high with newly harvested green and purple artichokes and other fruits of spring like fava beans, radicchio and chicory. Italians like to cook seasonally, which accounts for the wonderful freshness of the cuisine. So, at this time of year, you will find artichokes in countless dishes, even lasagna.

You will like my mother' stuffed artichokes. Buona Pasqua!



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





Home & Family

Downtown Living for HU

Historic Kunkel to become student housing.

Peter Durantine

As Harrisburg University of Science and Technology continues to grow, it has been slowly acquiring housing for students to its downtown campus at 326 Market St. The latest is a 10-year lease on the Kunkel Building, just down the block.



The 98-year-old office building, nine-stories high with a terra cotta tile exterior, is undergoing renovations for 40 to 50 market-rate apartments

by Dan Deitchman, president of Brickbox Development. Last year, he converted the old Governor's Hotel at 4th and Market, renamed Residence on Market, into HU student housing.

The university and Deitchman signed an agreement in March on leasing eight floors—the top six for housing 84 students and the second and third floors for the school's business incubator.

Deitchman stressed that the students will not be housed in dormitory-style units, but full-fledged apartments complete with kitchens. "These are apartments," he said.

The developer plans about \$4 million in renovations that will include new heating, ventilation and air conditioning and plumbing systems. The 39,000-square-foot building, at

301 Market St., will be renamed Market View Place.

Deitchman, who also is restoring the Furlow Building in Midtown, intends to lease the 4,400-square-foot ground floor for a commercial use, such as a retail shop or restaurant.

University officials see this latest addition for student housing a plus for the city and the economy. The building will remain on the city's tax rolls while bringing more than 80 students downtown to spend money at local venues.

With Residence on Market and Market View Place, the university this fall will have housing available for about 180 students, which Dr. Eric Darr, HU's executive vice president and provost, said is needed.

"We're well on track to seat over 200 freshman—just freshman—for the coming fall," Darr said, noting 80 percent of the students are coming from more than 50 miles away. "We're going to be close to capacity."

Total enrollment this fall including graduate students is expected to be 400 to 500 students, Darr said. As enrollment grows, the school is preparing for a possible third studenthousing building sometime in 2014.

"If recruiting for the fall of 2013 is significantly more than we think, then we're going to have a choice to make," Darr said.

Harrisburg Schools Face Budget Shortfall

The Harrisburg school district last month introduced a proposed 2012–13 budget nearly \$16 million in the red.

The spending proposal foresees a \$15.8 million deficit unless programs are cut, employees laid off, taxes raised or an innovative solution found.

Under state law, the district can raise the school portion of the property tax by a maximum of 2.5 percent, which would amount to about \$40 per year for the average city homeowner.

That increase, however, would yield less than \$1 million in additional revenue for the district.

Central Penn Adds New Medical Degree

Central Penn College in Summerdale has added occupational therapy assistant, an associate in applied science program, to its career-focused degree offerings.

"It's the first new associate degree program for the college since 2004," Sarah Douglass, school spokeswoman, said.

The state Department of Education in February approved the accredited program, which is the only occupational therapy assistant degree offering in central Pennsylvania.

"An OTA program in the Harrisburg area will improve the medical community's access to occupational therapy practitioners," said Tracy Nomhold, occupational therapy clinical specialist of education for PinnacleHealth System. "Currently, the closest OTA program is more than an hour away."

The program prepares students to practice as entry-level occupational therapy assistants, working with children, adults and the elderly.

Graduates would meet the eligibility requirements for certification as well as meet requirements in states that have additional steps to obtain occupational therapy licensing. Central Penn's academic calendar operates on accelerated, 11-week terms that offer students four start dates per year. The OTA program only enrolls students twice a year with a limit of 15 students per term.

For more information, visit www. centralpenn.edu.

City Schools to Name New Board President

The Harrisburg school board is expected to elect a new board president this month.

President Arlene Burno last month resigned from her position to take a job outside the state. She had served on the board since 2010.



Young Burgers

Life, 1 Base at a Time

Bat meets ball meets mentoring.

Lawrance Binda



Batter up: Casey Zellers instructs Maurice Robinson how to grip a bat at a HYP Junior Sports League event.

Maurice Robinson is almost 5 years old, his regular-sized kids' T-shirt practically at his knees.

Casey Zellers, a volunteer with Harrisburg Young Professionals (HYP), leans over, showing him the proper way to hold a bat.

Got it? Great. Ready? Play ball! Whiffle ball, that is.

On a recent Tuesday evening, more than two dozen local youth, ages 4 to 14, packed into the Camp Curtin YMCA gym to have some fun, let off energy, learn about teamwork and even enjoy a healthy snack at the new HYP Junior Sports League.

"He loves it," said Maurice's mom Valerie, who watched from the sidelines. "He's in karate here, and, when he saw they were playing whiffle ball, he wanted in."

The Junior Sport League is the brainchild of Midtown resident Jill Kane, who thought of the idea during last year's HYP Annual Meeting.

At that meeting, she learned that a majority of HYP members played sports through the organization's sports leagues.

"I was working in Allison Hill with different mentoring projects and thought—what if I could get just 1 to 2 percent of that group involved in youth sports?" she said. "What if I could get them involved as role models?"

After discussions with the HYP sports and outreach committees, the Junior Sports League was born. The

first organized league, kickball, took the field last year at the Boys & Girls Club on Allison Hill. In addition to kickball and whiffle ball, the league hopes to add a fitness run.

But it's not just about playing sports. As the 6-week whiffle ball season opened in February, Kane wanted to fortify the program to make it more about mentoring.

So, each 90-minute

whiffle ball session opens with a motto and team-building. After the game, the children are treated to a healthy snack. At every opportunity, the HYP volunteers instruct the children on sportsmanship and working together to achieve common goals.

"It's set to be more of a comprehensive approach," said Zellers. "We understand that some of these children lack mentors and role models."

Fortunately, many of the whiffle ball players clearly had very engaged parents, as groups of adults gathered on the sidelines to watch their kids and to socialize.

James Robinson was following the action as his son, 8-year-old K.C., smacked a few hits. Though he now lives in Lemoyne, James grew up just down the block from the Camp Curtin Y, so he brings his son there regularly.

"He was playing basketball when he heard they were going to play whiffle ball, and he said, 'I want to play," said Robinson.

For HYP, the Junior Sports League has proven to be a great way to extend its presence and reach. It's part of a conscious effort to become more involved in city life—from youth to beautification to development.

"We're trying to see where we can provide the greatest benefit to the city," said Sara Kehler, who, with Zellers, chairs HYP's outreach committee. "This is our city, so it's our responsibility."

April Schedule

April 6: Aortic Valve

April 7: Charm City Saints

April 8: Soul Comedy Café

April 13: City Music Project

April 14: Goat Ropin Bastards w/

Coal Brick Road and Dick and the

Deer Gutters

April 20: Dirty Sweet

April 21: Susan Giblin Foundation fundraiser

April 28: The Greatest Funeral

Ever

Monday Nights: Broke Ass Monday Karaoke hosted by Giovanni Traino

Tuesday Nights: Board Game Night!!!
Wednesday Nights: Open Mic Night with

Mike Banks — Sign up online.

For full event information visit www.harrisburgarts.com or call 717-701-6199

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Fresh Air, Flowers, Liability

Spring cleaning should include a good look at your insurance.

Nathan Troutman

Ready for spring? Time to whip open the windows to the house, shut down the \$4-a-gallon oil burning beast in the basement and start thinking about BBQ, gardening and the beach. Spring is a time of regeneration and reorganization, like a good spring cleaning of your house.

But I know something that you haven't dusted off in years—your insurance policies! We see and hear stories all the time of the family that "assumed" they had coverage but didn't. This is my golden rule in insurance: "If it was all just covered, why are there so many pages in the

policy?"The answer to this question is obvious.

Your insurance policy should come with an insurance agent who understands the coverage. Press your agent for explanations. Most importantly, your agent needs to know about you—your hobbies, your goals, and how you live your life. Unfortunately, insurance agents are not mind-readers. Not taking the time to completely reveal all the risks unique to you is a recipe for disaster. Just because you're paying premiums does not mean you get coverage for anything and everything.

So here are some simplified basic home and auto insurance guidelines:

- 1. If it's in the air, underground or on water (or relates to water), we've got some limitations.
- 2. If it is business related, coverage on a home or auto policy is tricky. Generally a business needs a business policy.
- 3. If you're renting to tenants, we need to know.
- 4. If it's vacant, we've got big problems. If your home is burglarized, that's no longer covered. But far worse, if the burglars then cause a fire that burns down your house—you have no coverage at all!
- 5. If you haul people or cargo for a fee on a personal auto policy, you have completely voided all coverage under the policy. You have nothing, nada, zero—no liability, no comp, no collision and no benefits.
- 6. If you fail to care about any of the above, you can always hope and depend on the generosity of the insurance companies to simply ignore the exclusions in their policies and pay your claim—good luck!

Here are a couple things to talk about with your agent:

1. Do you have personal injury coverage added to your homeowner's policy? When your teenage son posts inappropriate pictures of his girlfriend

- on Facebook—you're going to need it.
- 2. Do you have replacement cost on your home and contents? Do you have "open perils" coverage on your home? Would you want "open perils" on your personal belongings too?
- 3. Collectables, valuables and unique items—have you scheduled these to ensure you have enough coverage?
- 4. Should you have a personal umbrella policy? (Yes.) This policy adds additional liability coverage to protect you and the assets you've worked so hard to create. It can cost as little as \$200 a year! \$200 or your \$200,000 house—how would you prefer to settle the liability claim?
- 5. Kids in college. Is their stuff covered? What about liability for the dumb things they may do? How about the vehicle they take to school? The general answer is yes, but there are important restrictions.

It's time for a spring cleaning, but make sure that includes a complete review of your insurance. If you have no idea who your agent is or if your agent has no idea how to answer these questions, it's time to get a new agent.

Finding out because of a bad claim that you aren't properly protected will ruin your sunny day.

Nathan Troutman, AIA, is an agent with the Keystone Insurers Group.



Root for the Home Team

Play ball: The Harrisburg Senators take the field this month after a very successful 2011 campaign. The season starts with an away game on April 5, as the Senators travel to Bowie to play the Baysox. The home opener at Metro Bank Park on City Island is slated for April 12 with a night game against the Reading Phillies.



Culture Club

Equality at Issue

One-night only: "8" at Open Stage.

The Burg Staff

Eight states and Washington, D.C. now allow same-sex marriage, but the issue continues to roil. Two of the states, Washington and Maryland, imposed a test to their laws with fall voter referendums.

Pennsylvania, meanwhile, has taken the opposite course by considering a proposal to ban such unions.

With this backdrop, Open Stage of Harrisburg intends to bring light to the issue, teaming up with American Foundation for Equal Rights (AFER) and Broadway Impact for a one-night-only reading of the play "8," at 7 p.m., Sunday, May 6.

The play chronicles the historic trial in the federal constitutional challenge to California's Proposition 8, written by AFER Founding board member and Academy Award-winning writer Dustin Lance Black.

"8" is an account of the federal district court trial in Perry v. Schwarzenegger—now Perry v. Brown (following Jerry Brown's election



Dustin Black

as governor, replacing Arnold Schwarzenegger). AFER filed the case to overturn Proposition 8, which stripped gay and lesbian Californians of the fundamental right to marry. Black, who wrote the film scripts to "Milk" and "J. Edgar," based his play on the Aug. 4, 2010 trial presided over by U.S. District Court Judge Vaughn R. Walker, who ruled that Proposition 8 was unconstitutional.

Black used the actual words of the trial transcripts, first-hand observations of the courtroom drama, and interviews with the plaintiffs and their families. On Feb. 7, 2012, the U.S. Court of Appeals for the Ninth Circuit upheld Walker's ruling.

"8" had its much-heralded Broadway world premiere on Sept. 19, 2011, and the production brought in more than \$1 million to support AFER's efforts to achieve full federal marriage equality.

Overseeing the production is Open Stage Executive Artistic Director Don Alsedek, who has directed many important lesbian, gay, bisexual and transgender plays at Open Stage, including "Angels in America" and "The Laramie Project."

"Open Stage is dedicated to opening minds," Alsedek said. "This is the kind of theater we are passionate about."

A select group, about 40 theaters nationwide, was chosen to produce the reading, which will feature many professional actors from the region and beyond, said Stuart Landon, the theater's marketing and sales operations manager.

With the LGBT Community Center Coalition of Central PA's Executive

Director Louie Marven, Open Stage Education Director Anne Alsedek has organized a talkback and a questionand-answer period following the reading.

"People need to witness what happened in the Proposition 8 trial, if for no other reason than to see inequality and discrimination unequivocally rejected in a court of law where truth and facts matter," Black said.

"The goal of '8' is to show the world that marriage equality is a basic constitutional right."

"8" plays 7 p.m., Sunday, May 6, in the Angino Family Theatre at Open Stage of Harrisburg, 223 Walnut St. Admission is \$15. For advanced ticket purchase, call Open Stage Box Office at 717-232-6736 or visit openstagehbg.com.

Ready, Set, Run at East Shore Y Races

Runners, mark your calendars, as the East Shore Y has announced its race schedule for 2012. Race dates are:

- Armed Forces 5K Run, May 19, 8 a.m.
- Millers Mutual Harrisburg Mile, July 18, 6 p.m.
- Capital Blue Cross Harrisburg Half Marathon, Sept. 9, 8 a.m.
- Capital City Adventure Challenge, Sept. 22, 8 a.m.
- Aspire Urgent Care Harrisburg Marathon and Relay, Nov. 11, 8:30 a.m.

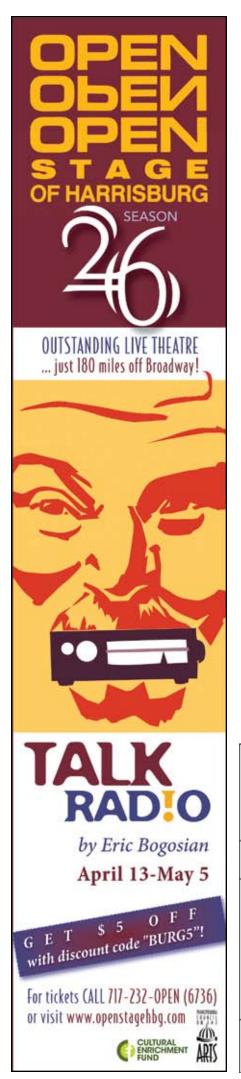
More information for all races can be found at harrisburgymcaraces.com.



Elegance Returns



Edsel B. Ford II and his wife, Cynthia, are honorary chairmen for The Elegance at Hershey, a weekend of antique and vintage car events June 8-10, designed to support finding a cure for Type 1 Diabetes and preserving the automobile's history and heritage. The fundraising event benefits the Juvenile Diabetes Research Foundation, Antique Automobile Club of America Museum and AACA Library and Research Center.



Museums & Art Spaces

Antique Auto Museum at Hershey

161 Museum Dr., Hershey 717-566-7100; www.aacamuseum.org

"Alternative Energy Vehicles," a history of automobile propulsion beyond the internal combustion engine, through May 27.

"Dusty Jewels: Off-road Motorcycles of the 1970s," highlighting the off-road aspect of the explosive 1970s motorcycle boom in America, April 3-Oct. 25.

Art Association of Harrisburg

21 N. Front St., Harrisburg 717-236-1432; www.artassocofhbg.com

Five artist exhibit w/Aaron M. Brown, Yachiyo Beck, Roger Firestone, Ann Piper and Richard Paul Weiblinger, April 6–May 10; reception, April 6, 5–8 p.m.

The Cornerstone Coffeehouse

2133 Market St., Camp Hill www.thecornerstonecoffeehouse.com

Photos by Derek Feldman, through April.

Fenêtre Gallery

HACC Midtown 2, 2nd Floor N. 3rd and Reily streets, Harrisburg

"Visions and Voices: The 2012 South Central Pennsylvania Scholastic Art and Writing Awards," through April 12.

"WABI-SABI," an exhibit of works by Paul Batchelor and Heather Clauser; reception: April 20, 6–8 p.m.

Gallery@Second

608 N. 2nd St., Harrisburg galleryatsecond.com

The artwork of Cecelia Lyden and Tami Bitner, through April 14.

Works by Richard Chandler Hoff and Sue Marrazzo, April 19–June 2; reception, April 20, 6–9 p.m.

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Contact: Brian Simms @ brian.simms@live.com, 843.670.3674.

Gallery at Walnut Place

413 Walnut St., Harrisburg; 717-233-0487

"Surrealism 2012," an exhibit of the surrealist movement, through April 20.

Little Amps Coffee Roasters

1836 Green Street, Harrisburg 717-695-4882; littleampscoffee.com

"Loops," an exhibit featuring new artwork by Bren Boseman and Deirdre McConnell, through April 19.

Mangia Qui

272 North St., Harrisburg 717-233-7358; www.mangiaqui.com

The artwork of Elide Hower & Shawn Theron, through April.

Midtown Scholar/Yellow Wall Gallery

1302 N. 3rd St., Harrisburg 717-236-1680; www.midtownscholar.com

"MemorySpace," photography by Chuck van Zyl, through April 15.

Midtown Scholar staff art show, April 20–May 13; reception, April 20, 6 p.m.

National Civil War Museum

One Lincoln Circle at Reservoir, Harrisburg 717-260-1861; national civil warmuseum.org

"1862," an exhibit highlighting the second year of the Civil War, through Dec. 31.

Ned Smith Center for Nature and Art

176 Water Company Rd., Millersburg 717-692-3699; www.nedsmithcenter.org

"Olivia's Birds," original bird paintings by Olivia Bouler, through September.

Rose Lehrman Arts Center

One HACC Drive, Harrisburg www.hacc.edu/RoseLehrmanArtsCenter

"A Piece of Our Mind," posters by Joe Scorsone and Alice Drueding, through April 4.

"Student Honors Show," April 11-May 4; receptions, April 19 & May 3, 5:30 p.m.

The Soup Spot

1014 N. 3rd St., Harrisburg 717-232-7867

Photography and paintings by Harrisburg-area artists.

The State Museum of Pennsylvania

300 North St., Harrisburg 717-787-4980; www.statemuseumpa.org

"Making it Better: Folk Arts in Pennsylvania Today," through April 29.

"Art Is an Entrée, Not a Dessert," a juried group exhibit of the Dōshi Gallery, through July 15.

"The Fine Art of Giving: Gifts of Art to the State Museum of Pennsylvania, 1998-2008."

The Susquehanna Art Museum

717-233-8668; www.sqart.org

"Latent Images," an exhibit held at The State Museum of Pennsylvania.

Whitaker Center/The Curved Wall

222 Market St., Harrisburg 717-214-ARTS; www.whitakercenter.org

"Variation on a Theme," a juried exhibit of the Dōshi Gallery, April 29–July 14.

Read, Make, Learn

Midtown Scholar Bookstore-Café

1302 N. 3rd St., Harrisburg 717-236-1680; midtownscholar.com

April 1: Artist talk with Chuck van Zyl, 3 p.m.

April 2, 16, 30: Occupy Harrisburg teach-in series, 5:30 p.m.

April 7: Book-signing for Gail Martin's "Don Juan in Hankey, PA," 2 p.m.

April 9: Public meeting for Midtown Improvement District, 7 p.m.

April 10: Capital Region Literacy Council's Book Bash, 6 p.m.

April 14: Book-signing for Lindsey Smith's "Junk Food and Junk Moods," 2 p.m.

April 15: Philosophy Salon, noon.

April 17: Midtown Poets reading & workshop, 7 p.m.

April 19: Political candidates event sponsored by Engleton Community Group

April 21: Panel discussion: Historical stories related to The Harrisburg 7, 3 p.m.

April 21: William O'Rourke, author of "The Harrisburg 7 and the New Catholic Left,"

Midtown Scholar, continued

April 22: Harrisburg 13 scholars and historians panel, 5 p.m.

April 24: Art Kaleidoscope forum, 6 p.m.

April 28: Book-signing for author Madhu Wangu's "Kamal Ascending," 1 p.m.

April 28: WITF's "Book Talk" w/Kimi Grant & "Silver Like Dust," 3 p.m.

The Susquehanna Folk Music Society www.sfmsfolk.org (see website for

www.sfmsfolk.org (see website for location)

April 1: International Folk Dance workshop w/Lee Otterholt

At the Cinema

Moviate Film Co-Op

 $\begin{tabular}{ll} \hline moviate.org (check website for location) \\ \hline \end{tabular}$

April 1: "Open Soundings," a forum for sharing music, sounds, 1 p.m.

April 12: "Unseen Shorts," rare 16mm shorts, 8 p.m.

April 13–15: "15 Years of Moviate," anniversary celebration, various times.

Live Music around Harrisburg

Appalachian Brewing Co./Abbey Bar

50 N. Cameron St., Harrisburg 717-221-1083; www.abcbrew.com

April 1: Whole Cannoli and Local Beat Reunion Show w/The Great Northeast & Boxcar Social April 3: Jonny Corndawg w/Shovels and Rope & Robert Fllis

April 6: Juggling Suns w/Former Champions

April 7: Hexbelt

April 12: The Front Bottoms w/TBA

. April 13: Les Raquet & Matuto

April 14: Funk Ark

April 15: Conspirator w/Laser Sex

April 17: Raekwon's Unexpected Victory Tour

April 18: Sister Sparrow & The Dirty Birds

April 20: Start Making Sense

April 21: Mike Miz

April 24: Lucero w/J Roddy Walston & The

April 25: Colin Hay

April 27: Cabinet "11" DVD Release Party

April 28: Rock, Paper Records Showcase Every Wednesday, Open Mic

Broad Street Market/Stone Building

N. 3rd and Verbeke streets, Harrisburg www.broadstreetmarket.org

April 7: Hemlock Hollow

April 14: Jonathan Frazier

April 21: Chris Gassaway

April 28: Voxology

Carley's Ristorante and Piano Bar

204 Locust St., Harrisburg

717-909-9191; www.carleysristorante.com

April 3, 10, 17, 24: Brandon Parsons April 4: Chelsea Caroline

April 5: Wade Preston

April 6, 13, 20: Ted Ansel

April 7, 28: Brandon Parsons April 11, 19: Anthony Haubert

April 12, 27: Giovanni Triano

April 14, 18, 21: Noel Gevers

April 22, 26: Anthony Haubert

April 25: Tattoo Slover

Central Pennsylvania Friends of Jazz

717-540-1010; www.cpfj.org (please check website for location)

April 22: Kim Thompson Group w/Mike Moreno

Clover Lane Coffeehouse

1280 Clover Lane, Harrisburg 717-564-4761; www.harrisburguu.org

April 20: South American Fusion

Cornerstone Coffeehouse

2133 Market Street, Camp Hill www.thecornerstonecoffeehouse.com

April 1: Daniel Eckert

April 6: Betsy Barnicle April 7: Herr Street

April 8: Roman

April 13: Paul Zavinsky

April 14: The North Side

April 15: Three Twelve

. April 20: Antonio Andrade

April 21: Kevin Kline

April 22: Mitch and Lee

April 27: Jeanine and Friends

April 28: Steven Gellman

April 29: Kirk Wise of Jazz Me and Friends

Harrisburg Symphony Orchestra

The Forum (5th and Walnut Sts.), Harrisburg 717-545-5527; harrisburgsymphony.org

April 1: "Green Eggs & Ham" (family concert at Rose Lehrman Arts Center) April 14-15: "The Don's Deeds"

Hershey Theatre

15 E. Caracas Ave., Hershev 717-534-3405; www.hersheytheatre.com

April 20: Hershey Symphony

April 25: Human Nature

April 26: Imagination Movers

Hilton Harrisburg & Towers

1 N. 2nd St., Harrisburg; 717-233-6000

April 6: Steve Rudolph w/Alec Speigelman April 7: Steve Rudolph w/Ken Gehret

April 13-14: Steve Rudolph w/Jonathan Ragonese

April 21: Steve Rudolph w/Ali Ryerson

April 28: Steve Rudolph Duo

Most nights, Steve Rudolph on piano

HMAC/Stage on Herr

1110 N. 3rd St./268 Herr St., Harrisburg 717-441-7506; www.harrisburgarts.com

April 6: Aprtic Valve

April 7: Charm City Saints

April 13: City Music Project

April 14: Goat Ropin Bastards w/Coal Brick Road and Dick and the Deer Gutters

April 20: Dirty Sweet

3rd in The Burg: April 20

April 21: Susan Giblin Foundation fundraiser . April 28: The Greatest Funeral Ever

Every Wednesday, Open Mic

Different and distorted takes on reality are

in focus as Gallery at Walnut Place closes

its exhibit, "Surrealism 2012" during this

month's 3rd in The Burg. The exhibition

of the international surrealist movement.

from the 1960s through today, includes

this work, entitled "Fly Girl," a digital collage by John Jablonski. You can visit many

galleries, restaurants and other venues at the

throughout Harrisburg. For more information,

monthly celebration of the arts and culture

see our back cover or visit www.facebook.

com/3rdinTheBurg.

Mangia Qui/Suba

272 North St., Harrisburg 717-233-7358; www.mangiaqui.com

April 6: Alexandra Day

April 7: Alonso/Mendez Duo

April 13: Mark Kroos

April 14: Hemlock Hollow

April 20: Jeff Calvin & The All-Stars

April 21: That Girl

April 27: The Johnny Monster band

April 28: Maiden Ground

Midtown Scholar Bookstore-Café

1302 N. 3rd St., Harrisburg

717-236-1680; www.midtownscholar.com

April 1: Chuck van Zyl

April 6: Rebekah Jean

April 7: Good News Café

April 13: Rani Arbo & daisy mayhem

April 18: Kellev McRae

April 20: Blue Elephant

April 21: Beggar's Ride & Carolann Solebello

April 27: Joy Ike

April 28: Susan Werner & David Wilcox

April 29: Ossia Duo

MoMo's BBO & Grille

307 Market St., Harrisburg 717-230-1030; www.momosbbqandgrill.com

April 6: Jeff Calvin

April 13: Midnight Shift

April 14: Forward Thrust

April 20: Ben Brandt Band April 27: Sklya Burrell

Broadway Classics Productions

877-717-7969; broadwayclassicspa.com

Giant Center

550 W. Hersheypark Dr., Hershey 717-534-3911; www.giantcenter.com

"Mickey & Minnie's Magical Journey," (Disney on Ice), April 11-15

Harrisburg Comedy Zone

717-920-3627; harrisburgcomedyzone.com

April 13-14; Grandma Lee, April 20-21; D.S. Sanders, April 27–28

Harrisburg Shakespeare Company

Hershey Area Playhouse

Sand Hill Road at Cherry Drive, Hershey 717-838-8164; hersheyareaplayhouse.com

"That Championship Season," April 26-May 6

Hershev Theatre

15 E. Caracas Ave., Hershey 717-534-3405; www.hersheytheatre.com

"Memphis," April 10-15 Joan Rivers, April 22

Spy Club

234 N. 2nd St. (rear), Harrisburg www.dragonflyclub.com

April 14: Tommy Stinson

St. Thomas Roasters

5951 Linglestown Rd., Harrisburg 717-526-4171; www.stthomasroaster.com

April 7: Marie Smith

April 13: Betsy Barnicle

April 14: Rayzen Kane

April 20: The Cotolos April 21: Graceful & Charming

April 27: Gypsy Jazz April 28: Just Dave

Stock's on 2nd

211 N. 2nd St., Harrisburg

717-233-6699; www.stocksonsecond.com

April 7: Funktion

April 14: Soul Solution

April 21: Shea Quinn and Steve Swisher April 28: Don Johnson Project Band

The Susquehanna Folk Music Society www.sfmsfolk.org (check website for location) April 13-14: Rani Arbo & daisy mayhem

Whitaker Center 222 Market St., Harrisburg

717-214-ARTS; www.whitakercenter.org April 28: Cypress String Quartet

The Stage Door

Harrisburg Mall, 3501 Paxton St., Harrisburg

"Anything Goes," April 20-May 20

110 Limekiln Rd., New Cumberland

Lyndley Pleasant, April 6-7; Julie Scoggin,

3rd Floor, Strawberry Square, Harrisburg 717-238-4111; www.gamutplays.org

No shows scheduled for April.

HMAC/Stage on Herr

1110 N. 3rd St./268 Herr St., Harrisburg 717-441-7506; www.harrisburgarts.com

Soul Comedy Café, April 8

Open Stage of Harrisburg 223 Walnut St., Harrisburg 717-232-OPEN; www.openstagehbg.com

"Talk Radio," April 13-May 5

Oyster Mill Playhouse

1001 Oyster Mill Road, Camp Hill 717-737-6768; www.oystermill.com

"Out of Order," through April 1

Popcorn Hat Players at the Gamut

3rd Floor, Strawberry Square, Harrisburg 717-238-4111; www.gamutplays.org "Little Red Riding Hood," April 21 & 28

717-232-5501; www.theatreharrisburg.com "Dial M for Murder," through April 1

Whitaker Center

Theatre Harrisburg

513 Hurlock St., Harrisburg

222 Market St., Harrisburg 717-214-ARTS; www.whitakercenter.org

"Giselle" (Central Pennsylvania Youth Ballet w/ Central Pennsylvania Symphony), April 21–22

"An Afternoon with Garrison Keillor," April 22

Sports & Bodies

Great Outdoors

Mushroom Hunt

Wild morels: guarded secret, delicious eating.

Kermit G. Henning

What's the best thing you've ever eaten? A fresh juicy, ripe peach picked right off the tree?

Ask this of a hundred people and chances are good that you will receive a hundred different answers. Some might say succulent prime rib or filet mignon broiled medium rare. Or wild strawberries with chilled heavy cream. Maybe fresh, ripe, hot buttered sweet corn fresh off the stalk. Or a luscious dish of piping hot, cheesy Crab Imperial. Perhaps your mother's homemade chicken and dumplings.

Whatever your favorite food, whatever it is that makes you drool, unquestionably and without reservation, if you have to stop and think of an answer, you've never eaten morels

No single wild food is more diligently hunted and prized than this most popular mushroom—the common morel. For this fungus alone were created the words "superb" and "unrivaled." And as much as the morel is praised by mycophagists, even more so, are they secretive about it.

Wild food enthusiasts are usually more than willing to share information about wild foods with others who have an interest in sampling the free bounty of the earth. I've often received valuable information on where to find all kinds of wild foods and have even more often reciprocated with similar information. Not so, however, with morels. I know of no one who is willing to divulge the whereabouts of even a

single specimen —including myself. In fact, not only are mushroom fanciers secretive about where to find morels, they are even reluctant to share their bounty when they return home. Remember, these are morels—the best food you'll ever eat.

Besides the fact that they taste

absolutely divine, there is no need to use elaborate and involved recipes to enjoy them. Simply sauté them in pure, creamy butter (they deserve only the best). As they sauté, they release a liquid that mixes with the butter to create a thick, creamy sauce to serve them in. The sauce is so good you will want to lick the plate. Some folks like them cooked in with scrambled eggs or coated with cracker crumbs and sautéed. For me, the simpler the better. Anything cooked with them detracts from their unique flavor.

If you are so inclined, there can be no better mushroom soup than is made with morels. On the rare occasion that you have a surplus, they can be kept for future use by simply sautéing lightly, packing in jars or vacuum packing and freezing.

Without giving away specifics, the morel is found mostly in moist woods, old apple orchards and other shady areas, especially in burned-over areas. Best places to look are under and around dead elm trees and around tulip poplars. I've also found them in large numbers in white pine woods.

As is true with all mushrooms, proper identification is essential. There are three color varieties of true morels. The most common is the yellow morel, *Morchella esculenta*. They have creamy white stems with pale cream or tan heads. The caps of the black morel, *Morchella angusticeps*, have



Kermit's quarry: A morel muchroom springs up in the wild—but don't ask him where. Photo: Kermit Henning.

dark brown or black ridges. The white morel, *Morchella deliciosa*, is actually more gray than white and said to be the most highly prized.

They all very closely resemble the

They all very closely resemble the false morels, which are to be avoided. One thing to look for in morels is a cap that is attached to the stem at the bottom end, unlike false morels, which have caps that hang from the stems unattached. The false morels are convoluted and brain like, where the common morel is pitted with distinct, whitish ridges. Since the edible morels are found in the spring (April and May), those mushrooms found in the fall are most likely the false morels and should be avoided.

There are many other edible mushrooms besides the morel, including the easily recognizable puffballs and shaggy manes, which are easily found and identified. Once you start delving into this aspect of wild food collecting, you will surely want to include many of them in your recipes. Like other wild foods, different specimens vary in taste, but, for downright unrivaled eating, the morel is tops.



Kermit G. Henning, host of abc27 Outdoors TV, is a member of the Outdoor Writers Association of America.



Your Health

New Vaccine, Less Pain

New hope in fight against zoster virus.

Dr. John Goldman

A 71-year-old man notices a severe, sharp pain starting in the middle of his back that spreads in a narrow band down to his belly. The pain is limited to one side of his body. The pain is "one of the worst pains I have ever experienced."

A couple of days later, he notices an outbreak of fluid-filled blisters in the same area. The lesions heal over the next week, but leave some scaring. The area stays extremely painful, and he requires high-dose narcotics for control. After about three months, the pain begins to get better but does not fully subside for a full year.

The above patient has herpes–zoster: an often painful reactivation of the *varicellazoster* virus (the virus that causes chicken pox), which most commonly occurs later in life. After the initial infection, the *varicellazoster* virus persists in the sensory nerves of the spine. A healthy immune system will limit the virus to the spine, where it does not cause any symptoms.

However, if the immune system is weakened, the virus can reactivate, spread up the nerve to the skin and cause the recurrence of the chickenpox on the area of the skin enervated by the spinal nerve. The virus damages the nerves it infects and often results in a severe neuropathic pain that can last for months or even years. The pain can be prolonged, severe, disabling and often requires long term narcotics for control. The resultant decline in quality of life and ability to function is equivalent to being afflicted with a major illness, such as congestive heart failure, a heart attack or depression.

Almost all adult Americans have been exposed to the *varicella* virus and are at risk of developing zoster. Approximately onethird will actually develop zoster at some point in their lives. The immune system often weakens as you age. Consequently, more than half of the cases of zoster occur in people over the age of 60, and approximately one-third of these older patients will develop post-herpetic neuralgia, the often severe pain described above. Fortunately, there is now a vaccine that can prevent zoster.

The zoster vaccine (Zostavax) is a live attenuated vaccine. It consists of a live version of the *varicella-zoster* virus, which has been weakened so that it is unlikely to cause disease but is still able to stimulate the immune system. In clinical trials, the vaccine decreased the incidence of zoster by about 51 percent and post-herpetic neuralgia by 67 percent. In patients who had developed

zoster, the pain duration was slightly shorter and its severity less.

The only common side effects of the vaccine were pain, swelling and redness at the injection site. A chicken pox-like rash can also occur at the injection site. However, this occurs in less than one out of 100 patients.

The vaccine is available for anyone above age 60. However, because it is a live vaccine, it should not be given to people who have a compromised immune system, including those with HIV, undergoing chemotherapy or on chronic steroids.

I routinely recommend the Zostavax vaccine to my patients above the age of 60. The vaccine is very effective, very safe, has few side effects and has the potential to keep them from developing a disease that has the potential to cause severe, prolonged and debilitating pain.



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

Fitness Studio Re-Opening

Absolute Wellness Group will mark its grand reopening on April 21, 1–4 p.m., after a substantial renovation.

The studio, located at 1519 N. 3rd St., Harrisburg, has renovated the first floor to make its fitness space larger and to create an improved environment for its massage, acupuncture and Reiki therapists.

There will be free TRX demonstrations, a chair massage and an opportunity to support Absolute Wellness' Relay-for-Life Team.

For more information, visit www. absolutewellnessgroup.com.

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Life Moves

Being in Control

Change your mind about hypnotherapy.

Lynn Ralston

Are there things about your attitudes or behaviors that you would change if you could?

Are you sick and tired of dealing with a problem and looking unsuccessfully for solutions from others? Are there physical or emotional things that are unwanted, unhealthy, annoying or out of control? The truth is that each of us has the power within to take control and make changes, rather simply.

We begin this life on a long path of learning. We store information in our mind as we go. We experience the hot stove burner through burned fingers in early years. That information is stored in our subconscious as a folder with an image and emotional tag. Next time we see the stove, the conscious mind recognizes the image, recalls the bad experience and makes the decision not to touch. This lesson is stored as part of us, part of our automatic behavior files. Then, as adults, we automatically know not to touch the red, hot burner. We avoid the behavior.

Some of us store files that say it's OK to smoke, to eat unlimited amounts of food, to always be late. Other files could leave the person fearful of things, anxious over challenges or always expecting the worst. Some people's files tell them they will never be successful or as good as others. And some files convince people to accept hot flashes, pain or high blood pressure.

Our minds store millions of things, some good, some bad, some no longer useful.

The good news is we can change any file, any attitude or behavior. We simply go to the storage location by using a natural state of mind, a shift in consciousness known as hypnosis. You can undo or change things just as easily as you created them. The phrases and terms we use—"I changed my mind;" "I used to think that . . . but now I think;" "Mind over matter;" "Automatic pilot"—are actually verbal explanations of the process that occurs in our mind.

Hypnosis is widely misunderstood, even by some professionals.

The biggest obstacle in choosing to use hypnosis and hypnotherapy is a lack of understanding, which creates fear and doubt. Many

people think it is some odd state of mind produced by a stage performer who gets control of our minds. Not true (sorry entertainers). Hypnosis is not brainwashing. In hypnosis, no one controls your mind or makes you do things. You are always in control.

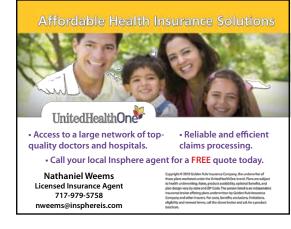
Hypnosis is simply a state of relaxation and concentration, a shift in consciousness. It's not sleep. You experience this shift in consciousness naturally, every day.

We fail to recognize a hypnotic state because we think hypnosis is something else. Some of the confusion is related to the fact that you are aware of things going on around you while in this state. Daydreaming is one example of this hypnotic state. Sometimes you shift into it while watching TV or a movie or while driving. Have you ever driven somewhere and all of a sudden you arrive realizing you do not seem to remember the trip? You had shifted into a state of hypnosis.

Now that you understand hypnosis, you are free to "change your mind" about it. You can think of making the changes you wanted to make (you can use hypnosis to make physical changes in the body); once and for all, safely and successfully, using hypnosis and a hypnotherapist as your guide.

Lynn Ralston, R.N., CHt, a certified hypnotherapist and registered nurse, provides hypnotherapy services through Changes Hypnotherapy in New Cumberland, Harrisburg and other locations, 814-422-8783.





Black & White Party Returns for 7th Year

With new vaccines and treatments, patients with HIV/AIDS are living longer, but the disease is far from beaten, and those who have contracted it still need medical and financial support.

Recently, complacency, prejudice and demand from other worthy causes have left many HIV/AIDS fundraisers with so few supporters that more are closing down or are below historic donation levels.

This situation prompted a group of concerned people, led by Charles King of York, to organize The Black & White Party Inc., which has grown into central Pennsylvania's largest effort for raising money to help improve the lives of people living with HIV.

King, who founded the group in 2007, said the issue of HIV/AIDS is black and white: "It's everybody's problem."

Solely dedicated to giving financial assistance to the providers of care, the organization is best known for its annual event, The Black & White Party, held at the Zembo Shrine at 3rd and Division streets in Harrisburg.

The theme to this year's event on Saturday, May 5, is "The Love Boat," featuring "Prince Poppycock" from "America's Got Talent."

Since starting The Black & White Party, the organization has raised about \$75,000, helping hundreds of people, primarily through programs run by Alder Health in Harrisburg and Family First Health in York.

The Black & White Party has become a national nonprofit, producing a manual for groups around the country to start their own local fundraising parties to help patients in their communities, said MaryBeth Ching, a board member.

The group foresees a day when there is a national network of Black & White Parties helping to support those living with HIV.

The Black & White Party is 6 p.m., Saturday, May 5, Zembo Shrine, 2801 N 3rd St., Harrisburg. For more information, visit www. theblackandwhiteparty.com.





THE KING MANSION SATURDAY, MAY 5, 2012 2:30 PM—7:30 PM

Join us on the grounds of the beautiful King Mansion overlooking the scenic Susquehanna River as we celebrate the coming of spring and the 138th Run for the Roses at the best outdoor event in Central Pennsylvania!

In the tradition of Churchill Downs, enjoy a day of Kentucky Derby fun, complete with a traditional Derby Day menu, mint juleps, Ladies Hat Contest, Silent & Live Auctions, entertainment and a live showing of the 138th Kentucky Derby.



For Sponsorships, Tickets and event information, please visit our website at www.jumpstreet.org or call Melissa at 717.238.1887



The Mayor's Health Wellness & Recreation Initiative

Register On-Line for Spring and Summer Activities



M

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Track Program

April 16 – August 11 John Harris High School Mon-Thurs, 6pm-8pm

Youth Soccer w/Harrisburg PAL

April 9 – June 9 7th & Radnor Sports Complex Mon-Fri, 6pm-8pm

Iron Kid Challenge

June 1st – 10am – 2pm Reservoir Park Grades 3 thru 12

Youth Basketball Leagues

June 18 – August 3 Reservoir Park 6 & under/10 & under

Jr. Golf

June 18 – August 3 Reservoir Park 9am -12pm Ages 7-17

Tennis Program

June 18 – August 3 John Harris High School

Special Programs

Youth As Restorers (Y.A.R.)
The Mayor's Great Debaters
Urban Gardening with NGO



Summer Enrichment Sites June 18 – August 3

Ben Franklin Elementary
Downey Elementary
Marshall Elementary
St. Francis School
Reservoir Park – Brownstone Bldg
Real Life Ministries – Rolleston St





3rd INTHEBURG

ART, MUSIC & MORE ...

Friday, April 20



THE THIRD FRIDAY OF EACH MONTH IN HARRISBURG



Open Stage of Harrisburg • 223 Walnut St (street level of Walnut St. Garage) • 232-OPEN (6736)• openstagehbg.com • The Award-winning play TALK RADIO by Eric Bogosian runs Apr. 13–May 5. Barry Champlain, a controversial radio host, is on the air doing what he does best: insulting the pathetic souls who call into his radio show. Mature audiences. \$5 OFF tickets to April 20 performance at door with code "BURG". 8p.



Little Amps Coffee Roasters

• 1836 Green St • littleampscoffee.com • Launch party for MAEBE CLOTH, an American clothing company dedicated to the production of quality, handmade goods and built on sentiment, hard work and freedom. Debuting the full Spring catalogue, featuring hand-screened shirts, wallets and bags! Live music w/Luke Foley. Free 5–9p.



The State Museum of Pennsylvania • N. 3rd St between North and Forster • 787-4980 • statemuseumpa.org • Be There and Be Square! In conjunction with the special exhibit "Making it Better: Folk Arts in Pennsylvania Today," The State Museum will host a square dance featuring noted callers Natalie Phelps and Harry Erhard and a barn dance band. Escorted tour of the "Making it Better" exhibition and dance practice 5–6p. Free to the public, with support from the PA Council on the Arts, the PA Humanities Council and the PA Folklife Archive at Jump Street.



City House B&B • 915 N Front St • 903-2489 • cityhousebb.com • City House will preview various professional and student art for the Heart for the Arts fundraiser, 5–9p. Fundraiser to be held the next night on Saturday, April 21 at 6:30p to benefit Covenant Christian Academy's fine arts department.



Midtown Scholar Bookstore • 1302 N 3rd St • 236-1680 • midtownscholar.com • The science of coffee (cupping) with Counter Culture's Phil Proteau, noon. Rishi tea-tasting presented by Midtown Scholar staff, 2p. Gamut Players present "TMI" improv theater, 6–7p. Yellow Wall Gallery reception for a Midtown Scholar staff show, 6p. Barista Throwdown rematch, 7p. Free concert by Blue Elephant, 8p.



Mangia Qui/Suba • 272 North St • 233-7358 • Mangia Qui and Suba Tapas Bar will feature the original art of local artist Elide Hower and Baltimore artist Shawn Theron. Live music by Jeff Calvin & the All-Stars, 9–11p, and a \$6 sangria drink special



Gallery at Walnut Place •413 Walnut St • 233-0487 • "Surrealism 2012," an exhibition of the international surrealist movement from the 1960s through today, featuring artists who have awaited to exhibit with the theme of the Winter Solstice of 2012, beginning the 14th baktun (cycle) in the Maya long count calendar and the fifth rebirth of the Sun. 5–8p.



Harrisburg Bike Taxi rides available during 3rd in The Burg for "Tips Only." Call 461-2202 for a lift and thanks for "Getting There The Green Way."



Gallery@Second • 608 N 2nd St • 233-2498 • galleryatsecond.com • Opening reception for featured artists Richard Chandler Hoff and Sue Marrazzo. Music by Jonathan Frazier. Plus visit the "Upstairs Gallery" featuring more than 250 pieces of artwork by local artists. 3rd in The Burg Special—10% discount on all purchases made during the event. Refreshments served, 6–9p. Visit us on Facebook: GalleryAtSecond.



- The HodgePodgery, 1320 N. 3rd St.
- The Fenêtre Gallery, HACC Midtown 2, N. 3rd & Reily Sts.
- Nerds in The Burg, HACC Midtown 2, N. 3rd & Reily Sts.
 - Whitaker Center 222 Market St.

