







As members of Harrisburg's business community, we are proud to support TheBurg, a free publication dedicated to telling the stories of the people of greater Harrisburg. Whether you love TheBurg for its distinctive design, its in-depth reporting or its thoughtful features about the businesses and residents who call our area home, you know the value of having responsible, community-centered coverage. We're thrilled to help provide greater Harrisburg with the local publication it deserves.



YOUR LOGO HERE























YOUR LOGO HERE

COMMUNITY PUBLISHERS: HELPING TO BUILD A BETTER HARRISBURG

Look to the left, and you'll see logos for some familiar and trusted names in the greater Harrisburg area. We are delighted to announce that these companies have joined TheBurg as "Community Publishers," partners helping to ensure that TheBurg continues to thrive as an important resource for news and community. It's no secret that the traditional, advertising-based revenue model for publications is broken, leaving many newspapers and magazines struggling for survival. However, the need for original, quality reporting and writing is greater than ever, a vital element to building and securing a healthy community. In some cities, private businesses, organizations and even individuals have stepped up to fill the funding gap. With great generosity, the companies listed on the opposite page are helping to support us so that we can continue to serve the people of greater Harrisburg.

■ WHAT DOES THIS MEAN?

Readers will see no change in the way we cover our community. The writing, editing and design all will remain independent, of the highest quality we can produce. In fact, with the support of our Community Publishers, we hope, over time, to become even better—to add reporters, content and pages. For their part, Community Publishers will demonstrate, each month, their commitment to making the Harrisburg area an even better place to live, do business and visit.

■ A COMMUNITY PUBLISHER:

- Is a vital partner who allows us to continue to offer this important, free community news resource.
- Is a business or community leader with a vision and a belief that, when the region prospers, we all prosper.
- Believes an informed local public is a better local public and thus a better place to live and work.
- Recognizes that engaged, local reporting is a community good that must be paid for—but that, in the age of the Internet, must depend upon resources outside of traditional advertising.
- Supports arts, culture and the community good via news and education.
- Understands and believes that the health of the community is reflected through affirmative, responsible local reporting and features.

■ WHAT DOES A COMMUNITY PUBLISHER DO?

- Meets quarterly with the Publisher, Editor-in-Chief and staff to discuss TheBurg.
- Shares the Publisher's vision that a community paper is strongest when editorial and content are controlled by the Editor-in-Chief.
- Exercises no direct editorial control but shares overall vision and direction.
- Facilitates contact with other, similarly minded individuals and companies.

■ HOW IS A "COMMUNITY PUBLISHER" RECOGNIZED?

- Each month, a logo will be printed on TheBurg's inside front cover recognizing a company, organization or individual as a Community Publisher.
- A special section of TheBurg's website will provide a company description and additional recognition.
- Community Publishers will have a dedicated distribution point for TheBurg at their location for the benefit of employees and clients.
- Community Publishers will be honored each year at the annual Publisher's Dinner.

As we celebrate our five-year anniversary, we believe we've had great success in building a respected, high-quality magazine, brand and business. However, we simply can't do it alone. Therefore, we are asking key members of our community to become Community Publishers, joining us so we can continue to publish a beautiful magazine that reflects, promotes and elevates the Harrisburg area. We hope that our readers will respond, as well, by patronizing the businesses that help make this free community resource possible.

Achieve your best weight.



What You Want

Not a one-size-fits-all program, we help you achieve your best weight, where you are most comfortable, energetic and definitely healthier.

How We Help You Get It

- Physicians and dietitians who focus on healthy living and good nutrition
- Exercise physiologist, behaviorist and nurse available for guidance and support
- Nutritional plans which are simple, safe, effective and affordable
- Weekly educational sessions with a variety of weight loss experts
- Demonstration kitchen to teach you not just what to cook but how to cook it

To register for your free information session, please call (717) 231-8900.



(717) 231-8900 pinnaclehealth.org/wlc 🖺 💟 🚾 🛗



Welcome ...

to the City of Harrisburg. Your investment in the city is evidence of the principles and values of your company.

We personally invite you and your staff to participate in all this City has to offer . . . truly, a place to live, work and play!

Your friends.





1705 N Front Street, Harrisburg



NEWS

7. NEWS DIGEST 10. CITY VIEW 11. PARK HBG 12. STATE STREET



IN THE BURG

14. AROUND TOWN 20. CITY FOLKS 22. PAST TENSE



BUSINESS

26. NEW BIZ 28. RESTAURANT PROFILE



GOOD EATS

29. HOME COOKING



HOME & GARDEN

30. THE LATEST GRAZE 32. ON THE MARKET 33. SPRING ZING



HOME FRONT

34. WAGS & WHISKERS



2014 BOOK FEST

36-39. FESTIVAL EVENTS



CULTURE

40. CREATOR 41. CURTAIN CALL 43. MUSICAL NOTES



SHUTTERBURG, 44



HAPPENINGS, 45



SPORTS & HEALTH

50. BURG BLOG



COVER ART BY: NICK SIDER www.NICKSIDERART.com

LETTER FROM THE EDITOR

Breathe deep, Harrisburg.

Go ahead, take a breath. Then put your nose straight into the breeze and sniff. Stand still on the corner for a moment.

All around you, the earth is finding life again following a long, snowy, icy, frigid mess of a winter. The air feels warmer in your lungs: the wind carries the pungent odors of the thawing ground; nature is beginning to make noise again.

Yes, March in central Pennsylvania can be a fickle beast. One day, warm and sunny; the next, snow and sleet. Worst still is the winter that just won't leave, lingering into the second. third, fourth weeks of the month.

Nonetheless, spring will come, and that's certainly worth celebrating. In this issue, we do exactly that, with a focus on the home and garden. I hope you enjoy our take on this springtime magazine staple, find it timely, interesting and, in typical fashion for us, a little offbeat.

With apologies to Jerry Seinfeld, I've also been calling this our "what's the deal with" issue. Hey, what's the deal with parking in Harrisburg, with the cost of flood insurance, with the city's new approach to community policing, with that new concert series? What's the deal with all those young Messiah graduates migrating in? We try to provide some answer to these questions (though shockingly have little to say about airplane food).

Lastly, with the March issue, we begin our second year featuring TheBurg's new format. Thanks to everyone who has offered their views on our major redesign. The feedback has been overwhelmingly positive, and even the occasional criticism has been taken to heart.

Several people have commented that they're surprised to see such excellence in Harrisburg, to which I've responded, "Char's, Mangia Qui, Open Stage, Midtown Scholar, Midtown Cinema, Café Fresco, Little Amps, Alvaro" and so many more. For a city so small, the quality runs deep.

LAWRANCE BINDA

Editor-in-Chief

48. FAMILY HEALTH 49. MOVE IT!

PARK HARRISBURG, P. 11 • UNDER WATER, P. 14 • OVER THE RIVER, P. 16

GOOD COP, P. 18 • VERSE ACROSS CULTURES, P. 20

HOME & GARDEN, P. 30-33 • 2014 HBG BOOK FEST, P. 36-39

GENERAL AND LETTERS

2601 N. FRONT ST., SUITE 101 • HARRISBURG, PA 17101 WWW.THEBURGNEWS.COM

BURG

EDITORIAL: 717.695.2576 AD SALES: 717.695.2621

PUBLISHER: J. ALEX HARTZLER JAHARTZLER@THEBURGNEWS.COM

EDITOR-IN-CHIEF: LAWRANCE BINDA LBINDA@THEBURGNEWS.COM

SALES DIRECTOR: LAUREN MILLS LMILLS@THEBURGNEWS.COM

SENIOR WRITER: PAUL BARKER PBARKER@THEBURGNEWS.COM

SALES/SPECIAL PROJECTS: ANDREA BLACK ABLACK@THEBURGNEWS.COM

CONTRIBUTORS:

TARA LEO AUCHEY, TODAY'S THE DAY HARRISBURG TLAUCHEY@TODAYSTHEDAYHBG.COM

ROSEMARY RUGGIERI BAER RRBGU69@AOL.COM

BARBARA TRAININ BLANK TRAININBLANK@GMAIL.COM

JESS HAYDEN ARTS.JESSHAYDEN@GMAIL.COM

DON HELIN WWW.DONHELIN.COM

KERMIT HENNING KGHENNING@AOL.COM

ANDREW HERMELING DREWHERMELING@GMAIL.COM

STEVE JULIANA STEVEJULIANA@YAHOO.COM

M. DIANE MCCORMICK DMCCORMICK113@AOL.COM

STEPHANIE KALINA-METZGER STEPHANIEKALINAMETZGER@YAHOO.COM

LORI MYERS LORI@LORIMMYERS.COM

KERRY ROYER KLMCGUINNESS@YAHOO.COM

REGGIE SHEFFIELD TROYLUS@COMCAST.NET

MISSYSSMITH@HOTMAIL.COM

DAN WEBSTER DAN@LOCALMAG.US

MISSY SMITH

JASON WILSON JASON.WILSON@EMBARQMAIL.COM

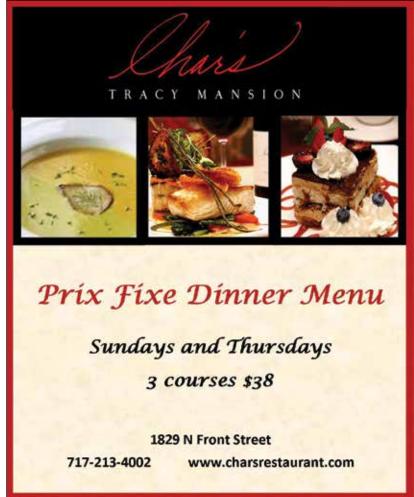
INTERN:

EMMA BARR EB9801@SHIP.EDU

CREATIVE DIRECTOR & DESIGNER: MEGAN DAVIS HELLO@MEGAN-DAVIS.COM

DESIGNER: KRISTIN SABADISH KRISTIN@OPENCORKDESIGNS.COM



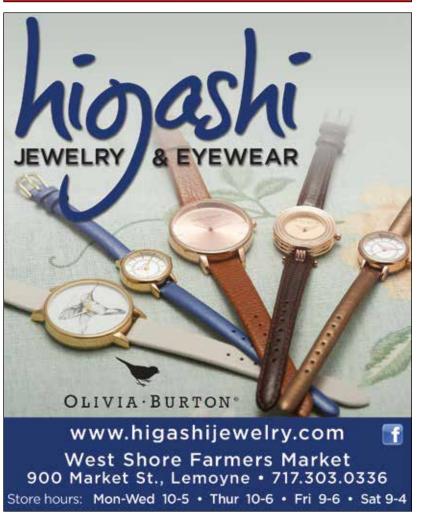




Romantic Getaway

City House Bed & Breakfast is an elegant blend of historic beauty and modern comforts along the banks of the picturesque Susquehanna River. Providing lovely overnight accommodations with private ensuite baths, City House is a romantic setting to celebrate any intimate occasion.

915 North Front St., Hbg | | 717.903.2489 | | www.CityHouseBB.com



REFORM THE FORMULA

Governor candidates should consider impact of school funding on local economy.

BY J. ALEX HARTZLER

When the snow finally begins to melt this spring, the race for governor of Pennsylvania will begin to heat up. By last count, not less than four or five major Democratic candidates have lined up to face incumbent Republican Gov. Tom Corbett, who is seeking election to a second term. The May primary will also help shape the races for the state House and Senate, which will go a long way in determining the balance of political power in Pennsylvania.

Now that Harrisburg has adopted the state-supported fiscal recovery plan, local and state attention should turn to pro-growth policies that will encourage our capital city to realize its full potential. The city's population peaked at nearly 100,000 people in the 1950s before bottoming out at less than 48,000 at the turn of the century. The slight but important increase in population of about 600 people over the last decade shows promise for further growth and prosperity if the right conditions can be put into place.

There are many local pro-growth policies that are effective, such as crime-prevention, urban transportation, improved sanitation and water, efficient and operating streetlights, and other civic infrastructure like parks and green space, which the city can and should work on and implement. However, other important economic policy issues can only be handled at the state level. One of those is education funding.

The topic of public education is sure to predominate the governor's race, particularly the proper state support for local school districts and the ability of students and parents to access educational alternatives. There are few issues more powerful than how we educate our children and the level and fairness in state funding (perhaps a topic for a future column). However, a related issue, which typically receives less attention on either side, is the methodology for funding our school districts via real estate taxes and, importantly, the impact that those policies have on the local economies of

As a whole, Pennsylvania relies far more heavily on local real estate taxes to pay for public education than most other states in the country. A 2006 study showed that the commonwealth ranked fourth in the nation in that regard. Other states use a broader mix of income, sales and other taxes, along with real estate taxes, to make up total funding

Take Harrisburg, for example. The total millage rate paid on real estate in Harrisburg is around 45 mills. That means, for every \$1,000 in taxable real estate, the owner must pay about \$45 in annual taxes. On a \$100,000 home, that is \$4,500 in annual taxes. Fully two-thirds (\$3,000) of that bill is payable to the school district, with the county and city dividing the remaining one-third, or \$1,500. (The figures are an estimated average as the city has a two-tier system, with a higher rate on land than on improvements, making each parcel somewhat different.)

This tax burden, which is far higher than in surrounding communities, is a powerful disincentive to anyone considering buying a home in the city, regardless of the quality of education provided or available alternatives. New homes that would be assessed at the full cost of building could face tax bills of \$5,000, \$7,000 or even higher annually. Knowing this, builders have simply not built new homes in Harrisburg at any scale—and none without outside subsidy—over the past several decades, thereby contributing to the decline in population. (The burden on renovated homes is a more complicated story, but the disincentive is also significant, if not as strong as against new home construction.) In contrast, surrounding communities with lower real estate tax burdens have grown their housing supply along with their

The true problem, however, is that cities like Harrisburg have little to no choice or control over the matter. The poorer urban districts have been forced to crank up their millage rates to try to keep up with falling populations, making their real estate even less competitive with surrounding communities. Meanwhile, regional growth has pushed up real estate values in lower-tax suburban communities, making the properties more valuable with greater revenue overall and lower individual rates.

In other words, cities, like Harrisburg, have small tax bases with high tax rates, while suburban municipalities generally have large tax bases with low tax rates. As a result, the suburban tax structure enables and promotes growth, while the urban tax structure almost completely prohibits it. Once in place, these conditions are nearly impossible to break absent extraordinary measures like tax abatement, as successfully implemented in Philadelphia (which only abates taxes on improvements that otherwise would not happen), or other policies like Keystone Opportunity Zones (KOZs).

Beyond these local fixes, true reform at the state level would re-examine not only the funding formula that the state contributes to local districts, but alternatives to the excessive local real estate tax burdens. Some states, like Michigan, have tried to address these burdens by shifting taxes away from real estate to income, sales taxes and even cigarette taxes. Interestingly, the burden in Michigan prior to its reform in 1993-'94 was 34 mills, which ended up causing a taxpayer revolt (it is now about half that). Harrisburg citizens face a 45-mill burden, but have no way to "revolt" without help from the state legislature and governor.

 $Whether you are a Harrisburg \ resident \ or \ a \ resident \ of \ the \ region \ who \ wishes \ Harrisburg \ well—and \ you're \ concerned$ about fairness and the ability of our capital to fully recover—this is an issue that should be high on your agenda when thinking about voting this spring.

A real solution would be for this governor or the next to consider comprehensive reform of the funding source for our Pennsylvania schools, changing the mix of taxes away from real estate toward other sources, without raising overall tax revenues. Any candidate who brings this issue to fore deserves consideration and support.

J. Alex Hartzler is publisher of TheBurg.



FIREFIGHTERS OK **CONCESSIONS**

The Harrisburg chapter of the International Association of Firefighters agreed last month to a new

The agreement, which the union approved by a 38 to 15 vote, includes reductions in scheduled salary increases, an increase in employee health care contributions and salary cuts for new hires. It also represents the final concession from the city's labor unions required as part of the state-appointed receiver's recovery plan.

"I think the important thing to note here today is that a tremendous number of sacrifices are being made by the members of the firefighters' union in an effort to allow this city to move forward," Mayor Eric Papenfuse said.

In meetings with the firefighters, he said that he had tried to convey that, without contract modifications, "the budget would not be balanced and the city would stay mired in the financial difficulties that had gotten us first into Act 47 and then into receivership.'

The mayor's proposed budget for 2014 already included the expected savings under the new agreement, projected to be around \$1.6 million or around \$20,000 for each of the 79 bargaining-unit positions in the fire department.

Some of the savings are achieved through the elimination of scheduled pay raises, previously set under a contract extension signed by former Mayor Stephen Reed. The raises, which had been set at 3 percent per year beginning in 2013, will be zeroed out in 2013 and 2014 and replaced with a 1-percent raise

A sizeable portion of the projected savings—around \$485,000 per year, according to Susan B. Friedman, a lawyer for the receiver-will come from a change in firefighters' health care plans. Formerly, the majority of firefighters contributed nothing to the cost of coverage beyond their co-pays. Under the new agreement, their health care plans will now include partial contributions from each paycheck, at a rate of \$40 for individuals and \$90 for family care, as well as deductibles, outof-pocket maximums and a change in co-payments

The largest chunk of the savings, around \$520,000, is expected to come from a reduction in numbers manning each shift, from 16 to 14 firefighters.

COUNCIL CUTS SALARIES

City Council last month cut the proposed salaries of top members of the Papenfuse administration, redirecting that money to a new diversity officer position.

Council voted 6-1 to OK a spending plan that replaced the one passed in December under then-Mayor Linda Thompson.

Mayor Eric Papenfuse hoped to increase the salaries of his senior managers, providing raises that ranged from about \$5,000 to \$9,500 compared to similar positions under Thompson. With cuts to other areas of the budget, Papenfuse made the raises revenue-neutral.

Nonetheless, council voiced objections, saying it needed to hold the line on spending, just like it did under Thompson. It then reduced the salaries back to Thompson-era levels.

"We must make concessions," said Council President Wanda Williams.

Council members, though, then took the savings to fund the new position of diversity officer. Papenfuse objected, arguing futilely that the responsibility was not a full-time job and already was covered by another position, meaning that council essentially had created a second diversity officer.

Moreover, council nixed the new position of sustainability officer, who would have overseen Harrisburg's environmental initiatives and recycling efforts. That position would have been funded by the city's "host fee," more than \$200,000 it receives each year because the incinerator sits within the city and accepts trash from outside its borders.



REHAB TO CLOSE MULBERRY STREET BRIDGE

The historic Mulberry Street Bridge will close later this month or in early April to start a major rehabilitation of the century-old structure.

The state Department of Transportation expects the bridge to be closed to traffic for about one year after work begins. In January, PennDOT announced that Neshaminy Constructors of Feasterville, Pa., had submitted the lowest construction bid of \$12.2 million.

The project involves placing a new deck over the

original one; substructure and superstructure repairs; a new concrete barrier between the roadway and the sidewalk; new pedestrian railing; new railroad protective fence; and new bridge lighting and drainage.

Work will continue throughout much of 2015, even after the bridge re-opens to traffic. The bridge connects Allison Hill with downtown, spanning Cameron Street, Paxton Creek and several railroad tracks.

The 1,600-foot-long concrete arch bridge was originally built in 1909 and was rehabbed in both 1957 and 1982. Netting was placed beneath the bridge in 2008 to catch falling concrete from the deteriorating structure.

COUNTY AWARDS GAMING GRANTS

Dauphin County last month announced the recipients of \$7.5 million in gaming grants, the county's share of revenue from Hollywood Casino.

County commissioners approved grants for 66 projects, including:

- \$545,841 to Harrisburg for a new fire tower engine and police records management.
- \$250,000 to Susquehanna Township for expansion of the public safety building.
- \$100,000 to Steelton for Adams Street storm water improvements.
- \$182,479 to Swatara Township for bridge replacement and fire apparatus debt reduction.
- \$250,000 to Middletown for a streetscape and improvement project.
- \$270,000 to Hummelstown for a new municipal complex.
- \$156,138 to Highspire for road improvements.
- \$126,329 to Lower Swatara Township for a new fire boat, trailer and truck.
- \$89,000 to PinnacleHealth System for a new ambulance.
- \$250,000 to the Greenbelt/Dauphin County Parks & Recreation for a Wildwood to Fort Hunter extension.
- \$60,000 to Capital Area Transit for Market Square improvements.
- \$55,000 to the Community Action Commission for an Allison Hill parking lot project.
- \$100,000 to Whitaker Center for facility improvements.
- \$100,000 to the Boys & Girls Club for lighting of
- \$25,000 to State Street Improvement Association for streetscape improvements.
- \$185,000 to Dauphin County Parks & Recreation for capital improvement projects.
- \$50,000 for the Harrisburg Stampede.

The grant amount was substantially less than the \$9.8 million available last year due to lower gaming revenue at the casino.

CHANGING HANDS: SPONSORED BY RAY DAVIS

- Adrian St., 2430: PA Deals LLC to S. Hill, \$68,400
- Barkley Ln., 2517: PA Deals LLC to S. Hill, \$85,000
- Benton St., 609: M. Jones to J. Gillespie, \$70,000
- Berryhill St., 2247: S. Newsome to S. Burner, \$32,000

- Cameron St., 600, 1000: Cameron Real Estate LP to Cameron Street Investments LLC, \$250,000
- Croyden Rd., 2870: R. Hanna to A. Menghesha & S. Abebe, \$57,000
- Cumberland St., 1322: Fannie Mae to D. & D. Oswandel, \$51,000
- Derry St., 2020: Tang & Perkins PR to S. Mohammed, \$84,000
- Duke St., 2452: U.S. Bank National Assoc. Trustee & Ocwen Loan Servicing LLC to PA Deals LLC,
- · Green St., 1703: PA Deals LLC to G. & J. Modi, \$147,000
- Hale Ave., 420: S. & H. Walter to V. Ly, \$45,000
- Herr St., 308: J. Wierman to M. Woodring, \$89,900
- Hudson St., 1152: C. Pietzsch to PA Deals LLC, \$32,500
- Hudson St., 1256: Lemoyne Land Corp. Inc. to M. Shatto, \$86,500
- Kensington St., 2028: P. Parise Jr. to Kerlason LLC,
- Kensington St., 2437: G., J. & T. Keller to V. Osorno,
- Magnolia Dr., 2319: D. Shue to J. & E. High, \$132,750
- Market St., 2464: Bayview Loan Servicing LLC to G. & J. Trump, \$95,000
- North St., 2022: T. & C. Rine to FBTB Group LLC,
- N. 2nd St., 803: T., J. & J. Harbilas to McClellan Development Group LLC, \$200,000
- N. 2nd St., 3307: J. Hole to C. Myers, \$216,500
- N. 3rd St., 608: PNL Penn Properties LP & T. Trite to P. & S. Kumar, \$95,000
- N. 5th St., 1901; 1929, 1941, 1943 & 1945 N. 6th St.; 601A, 603, 605, 607 & 609 Peffer St.: Buonarroti Trust to Home for the Friendless, \$221,464
- N. 5th St., 2515: Welcome Home Rentals LLC to 2013 M&M Real Estate Fund LLC, \$50,000
- N. 6th St., 1919 & 1923; 1920 & 1922 Wallace St.: Buonarroti Trust to Home for the Friendless, \$56,048
- N. 6th St., 2647: S. O'Hara to D. & D. Silbaugh, \$100,000
- N. 7th St., 2300: Pennsylvania Bronze & Co. & C.O. Lacy Foundries to McNelis Gutter Cleaning Inc.,
- N. 16th St., 1306: J. & S. Taylor to M. Bailey, \$85,900
- N. Front St., 1525, Unit 504: R. Davis Jr. to J. Brown, \$215,000
- \bullet Penn St., 1510: S. Boshinakov to M. Staub & S. Hyser, \$129,000
- Penwood Rd., 3214: J. & D. Wells to 360 Home Services LLC, \$78,000
- Radnor St., 408: Harrisburg Rentals LLC & Norman's Realty Services to H. Lee, \$75,000
- S. 13th St., 932: 932 South 13th Street Assoc. & Brimmer's License Service Inc. to South 13th Street Properties LLC, \$545,000
- S. 19th St., 9: Freddie Mac to Wofford Enterprises Ltd., \$39,000
- S. 19th St., 11: Freddie Mac to F. Wofford, \$34,000
- S. 19th St., 1238: D. & S. Pinci to A. Sierra, \$49,900
- State St., 106: 106 St. St. LP & N. Katz to J. Dorbian,
- Swatara St., 2249: P. & F. Corbin to J. Hill, \$89,000
- Vineyard Rd., 214: M. Bower to V. Grodner, \$140,000
- Walnut St., 210: Walnut Court Associates to 210 Walnut LLC, \$325,000

Harrisburg property sales for January 2014, greater than \$30,000. Source: Dauphin County. Data is assumed to be accurate





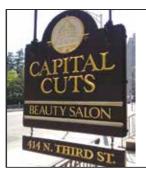


Shining Light Thrift Shop

(a Clothing Ministry of St. Patrick Cathedral)

MENTION THIS AD AND RECEIVE A 10% DISCOUNT!

Mon: 12:30–5 • Tues–Fri: 9:30–5 • Sat: 9:30–4 1310 N. 3rd St. • Harrisburg, PA 17102 • 717.234.2436 shininglightthriftshop@gmail.com



CAPITAL CUTS

BEAUTY SALON

AFFORDABLE, FRIENDLY SERVICE STEPS FROM THE CAPITOL BUILDING HANDICAP ACCESSIBLE

HOURS BY APPOINTMENT
CALL AHEAD AT (717) 236-8853
414 N. 3RD ST., HARRISBURG

3rd Street Used Furniture

retro . vintage . antique you'll find it here.

1918 N Third St Harrisburg, PA 17102 Mon-Fri 9-5 & Sat 10-3 Find us on facebook!





CONTE WEALTH ADVISORS 2009 Market Street Camp Hill, PA 17011 (717) 975-8800 Our personal goal is to provide you with guidance that can help you understand and better define your financial goals.

What you need to feel secure.

www.contewealth.com

Registered Representative, Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Cambridge and Conte Wealth Advisors, are not affiliated.



Alison Bach, CFP® abach@contewealth.com



Imagine your wedding...

in our beautiful pavilion overlooking the vineyards and the Susquehanna River.

Hunters Valley Winery

26 mi. North of Harrisburg

717.444.7211 - 3 Orchard Road, Liverpool, PA www.HuntersValleyWines.com



PERSONALIZE A SPECIAL GIFT OUICK TURNAROUND TIME

TROPHIES • PLAQUES • AWARDS CUSTOM ENGRAVING

308 Chestnut St., Harrisburg • 717.238.2838 • TrophyHouseHarrisburg.com

SkarlatosZonarich

Sound Advice. Smarter Decisions.

17 South Second Street, 6th Floor | Harrisburg, PA 17101 717-233-1000 | www.SkarlatosZonarich.com Business & Corporate Affairs
Litigation & Trial Practice
Wills, Trusts & Estate Planning
Employment & Labor Law
Franchise Law
Real Estate & Zoning
Title Insurance

Accident & Personal Injury

CENTRAL PA FRIENDS OF AZZ SPRING CONCERT SERIES





RECEIVERSHIP IN REARVIEW

Why did it turn out so differently than expected?

BY LAWRANCE BINDA

n December 2011, just as Harrisburg was beginning life under a state-appointed receiver, I wrote the following:

"Harrisburg is about to enter a new period, a time it's never before experienced. The state takeover is unlike the city's previous downs. In this down, Harrisburg is almost completely at the mercy of outsiders, who, most certainly, will not have the interest of the people who live here as a first priority."

In other writings, I described receivership as an attempt to force the thrice-rejected Act 47 plan down the city's throat, which would lead to a fire sale of city assets so creditors complicit in its financial crisis would be paid in full.

And so it seemed.

The receivership legislation appeared designed to punish Harrisburg more than help it, to ensure that creditors would get all their money, to protect suburban commuters, to stick it to defiant members of City Council.

Why else would bankruptcy be banned, would a commuter tax be forbidden, would a regional sales tax be off the table? What else could explain the ridiculous timeframe that gave the receiver just 30 days to draft a recovery plan, with the expectation that he'd have six months to implement it? Clearly, the fix was in.

Fast-forward two years.

In late January, the state announced that it expected the receivership to end on March 1, which caused me to think back on my initial impressions, thoughts and writings. For the most part, I think my analysis at the time was correct. The enabling legislation, SB1151, was intended to force city residents to bear this burden. Why, then, did the receivership turn out so differently?

Last month, our columnist, Tara Leo Auchey, credited the people of Harrisburg for influencing and inspiring the first receiver, David Unkovic, who, moved by their plight, drafted a recovery plan that treated residents as fairly as possible.

Indeed, Unkovic repeatedly made himself available to the public and, during his short but critical tenure, seemed far more concerned with the predicament of residents than I ever would have imagined on that cold day in November 2011, when, with great skepticism, I watched him being introduced at a press conference in the state Capitol.

At his core, however, Unkovic is a finance guy, a bond attorney. While he showed remarkable cause with the people of Harrisburg, he showed even more outrage over how his passion, the thing he had dedicated his life to—municipal finance—had been perverted by the Reed administration and its many enablers.

"It stunk like a kettle of rotten fish," Unkovic said of the incinerator financings in testimony before a state Senate committee hearing. "This is the worst set of financings I've ever seen."

Once he unraveled the nonsense behind the incinerator, the museum artifacts, the deceptive city budgets, Unkovic felt compelled to right the situation as best he could. Yes, Harrisburg had to pay down its debt by shedding some valuable assets, but that, he believed, could be done in a fiscally responsible way that also didn't punish the people, who largely had been left in the dark during the Reed years and then left holding the bag.

In late March 2012, Unkovic resigned abruptly, citing unyielding pressure from creditors unhappy with his focus on fairness. That turn of events had an "Empire Strikes Back" quality to it, and many residents, myself included, again feared that the state would enforce the payback of creditors with little concern for the consequences to the city.

But that didn't happen either.

The new receiver, Air Force Maj. Gen. William Lynch, couldn't have been more different from Unkovic. He had no municipal finance experience, did not readily engage the public and had a direct, taciturn style. However, he sustained the focus on fairness, and his final recovery plan boldly built upon his predecessor's already-creative approach to solving Harrisburg's financial crisis.

Just as importantly, the receiver's main consultants and advisers were finance people, ones who shared Unkovic's affront over the financial games that had buried this city in debt. So, an impressive, experienced team of professionals bridged the two tenures, despite turmoil at the top.

I've written previously that I believe the receivership is ending too quickly, that it would have been better to wind it down over the course of this year. I continue to think this. However, I am glad that Harrisburg's experience with state intervention ended up so much better than I had expected and, I believe, very differently than its architects had envisioned.

With the backing of Gov. Tom Corbett, Unkovic, Lynch and their "geniuses" (as Lynch liked to call his main staffers) crafted a plan that tried to do right by the city, its residents and the principles of good municipal finance, while completing their assigned job of settling Harrisburg's mind-blowing debt.

As we wave good-bye to the receiver, I am thankful that Harrisburg has a chance to build a brighter future, something unimaginable until recently. And, looking back at the language of SB1151, I'm also thankful that the law of unintended consequences finally seemed to favor this long-luckless city. **B**

Lawrance Binda is editor-in-chief of TheBurg.



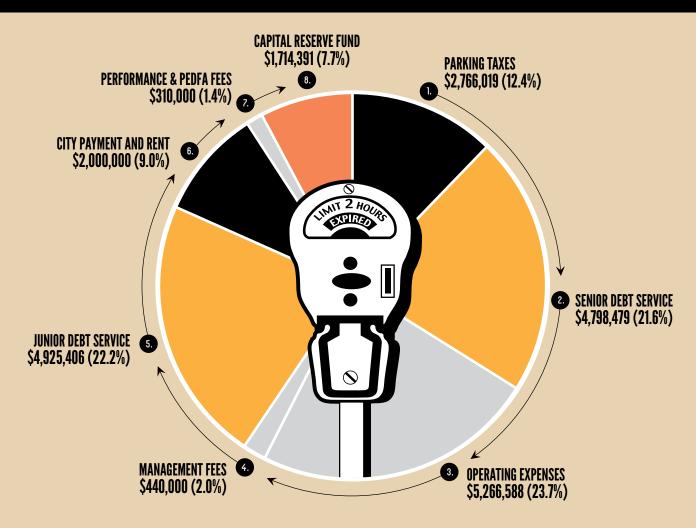
WHERE THE \$\$\$ GOES

PARK HARRISBURG

2014 PROJECTED REVENUE: \$22,220,883

Last December, Harrisburg completed the long-term lease of its parking system in exchange for \$267 million in proceeds, much of which was used to eliminate debt associated with the city incinerator. In January, the new operators began implementing a number of planned changes, including increased garage and meter rates, expanded hours and upgraded payment technology. Many of these changes are essential to securing sufficient revenues to meet various obligations under the lease. Nonetheless, residents and business owners have complained about the burden of increased rates and longer hours.

To provide some clarity on the lease obligations, and to give a sense of who gets paid what, and in what order, this graphic presents a snapshot of the system's projected revenue-sharing in 2014. Payments are color-coded according to recipients, grouped into the four main categories described below. The flow of payments is presented in sequence, beginning with parking taxes and proceeding clockwise. If revenues fall short of projections, payments at the end of the sequence are the first to be compromised.



Sources: PK Harris Advisors, Inc., "2014 Operating Budget - Park Harrisburg," Jan. 29, 2014, and Amended Official Statement, PEDFA Parking System Revenue Bonds, Dec. 24, 2013.

City Revenues

The price of parking in garages includes a 20-percent parking tax, paid directly to the city. A \$175 non-reserved monthly space, for example, reflects a base rate of \$145.83 plus \$29.17 in parking taxes. In addition to parking tax, the city receives two other payments: rent and a "city payment," in scheduled amounts increasing over the term of the lease.

Debt Service

The amount due to bondholders comprises both senior debt, paid before all other obligations, and junior debt, paid after senior debt service and operating expenses. Unlike much of the incinerator debt, none of the parking system debt is secured by city guarantees.

Operations and Management

After meeting senior debt service, revenues go to cover operating expenses of the operator, SP+, and the asset manager, PK Harris Advisors, Inc., an affiliate of Trimont Real Estate. In addition to these costs, both PK Harris and SP+ are entitled to management fees and, if the system earns enough money, performance fees. The Pennsylvania Economic Development Financing Authority (PEDFA), which issued the tax-exempt bonds, also collects a payment of \$200,000.

Other Funds

Any remaining revenues will flow to a number of funds, including extra payments several years down the road to Dauphin County, bond insurer Assured Guaranty and the city. In 2014, all of the leftover revenues, around \$1.7 million, will be used to refill a capital reserve fund, which was partly depleted by garage and meter upgrades this year.

ROAD RAMBLE

Projects abound for Harrisburg's new infrastructure money.

BY TARA LEO AUCHEY

t's no secret that the City of Harrisburg is in dire need of an infrastructure overhaul.

Like so many cities, its systems of water, sewer, roadways, bridges and streetlights were put in place in other eras. When these frameworks were installed, they were innovative and effective.

Now, they're old and outdated.

This is not a new subject. As the capital city's debt crisis has unfolded over the past few years, there has been extensive scrutiny and public discussion about the antiquated infrastructure neglected since the city's diminishing heydays.

Fortunately, that talk has resulted in due attention to the problems of burnt-out streetlights, potholes, faded lane lines and paving.

In January, the secretary of the state Department of Transportation stood alongside state Rep. Patty Kim and Mayor Eric Papenfuse to announce that Harrisburg would receive \$10 million over the next five years to fix its most broken streets.

Also, an integral part of the massive debt resolution set aside an initial \$6 million for city infrastructure repair. It's in a fund to be used exclusively for that purpose without the ability to touch it for other reasons. That seed money will undoubtedly go fast, but, luckily, the fund is designed to receive future parking revenues for long-term support of one of the city's greatest needs.

The point is, for the first time in a long, long time, Harrisburg will have money to fix some of its flaws. Thank goodness.

While the list of infrastructure problems is substantial, fortunately, the city's not that big.

From city line to city line, north to south, Harrisburg is about 4.5 miles long. From east to west, it's less than three miles wide. It's a small place.

Therefore, conceivably, it shouldn't be that difficult to venture around the city and comprehensively address what needs to be done.

Anyone's list will include the roads riddled with potholes that can't be mended with patches of macadam. It won't take long to fill pages with an inventory of burnt-out streetlights. Then there are the faded lane lines that confuse and frustrate drivers, whether residents, commuters or visitors. Speaking of faded lines, crosswalks are desperately deficient, too.

The list also should include a re-evaluation of traffic signals, improved signage and a reconsideration of the directional framework of the city's streets.

What do I mean by this?

Well, first, let's deliberate traffic signals. Not only should the timing of some of these stoplights be



re-calibrated—such as the back-to-back lights at Locust and Walnut streets that seem to create congestion rather than relieve it—but the city needs some traffic signal upgrades.

Most specifically, Harrisburg could use more leftturn signals and a few more "No Turn on Red" signs. Need an example? Forster and N. 3rd streets where cars turning left, each the opposite way, go head to head in the intersection waiting for a chance to make their moves. Head up to Market and 13th or State and 15th at rush hour to see similar battles of will and machine. A pedestrian takes life in hand to cross these places at certain times, not knowing which ways vehicles may be coming.

Then there are the one-way streets.

A cruise up and down Harrisburg's main streets yields the discovery that one-way streets are abundant. While this is not unusual for a city, in Harrisburg's case, there really doesn't seem to be a rhyme or reason why so many one-way streets go in the same direction in a row. That is, the traffic patterns require a driver to travel several blocks before east or west is an option, which is definitely a hindrance to those who live in the city, even if the original intention was precisely to hinder flow into the neighborhoods.

Perhaps this is yet another leftover design element of a past rationale, but for those of us today, it ends up being a befuddling inconvenience.

As if that isn't enough, too often there isn't clear signage indicating which direction the road goes. This, despite the fact that the city's code states, "A sign indicating direction of traffic shall be erected and

maintained at every intersection where movement in the opposite direction is prohibited according to the traffic control maps or by temporary regulation."

Speaking of one-way streets, on one prominent issue, I feel compelled to declare my position without belaboring points already made—yes, I agree that Front and 2nd streets should be changed from one-way to two-way streets.

On that same note of major renovations, Cameron Street could do with an entire revamp in order to tackle the excessive speeding. In fact, the Capital Area Greenbelt Association is working with PennDOT on this to add "traffic calming devices" near where the Greenbelt path crosses this dangerous thoroughfare. Projects like this allow even further alteration to add bike lanes, which would be a trailblazing step for the capital city. Yes, pun intended.

Last, but not least, on a wish list of things to accomplish: CAT should open up the public debate about redoing the transit patterns in the city. Let's ponder taking the big buses off narrow 3rd Street and moving them up to wider 6th Street. Wish of all wishes would be a trolley/shuttle of some sort that offered reliable transport from points across the city east to west, north to south, clear stops along

Since repair, rehabilitation and renovation are bound to happen, why not throw everything on the table? **B**

Tara Leo Auchey is creator and editor of todays the day Harrisburg. www.todaysthedayhbg.com

YOU CAN: LEAD YOUR LIFE



IN A NEW DIRECTION.

Start living the life you've always wanted.

- Convenient day, evening and online classes
- Associate, bachelor's and master's programs available
- Lifetime career assistance for graduates
- Financial aid available for those who qualify
- Credit for approved work/life and military experience

CentralPennHigherEd.com ► 888.714.6465

For more information about our graduation rates, the median debt of students who completed the program, and other important information, please visit our website at www.centralpenn.edu/disclosures.







YOU CAN. YOU WILL.

ASSOCIATE IN APPLIED SCIENCE DEGREE PROGRAMS

Medical Assisting Occupational Therapy Assistant Physical Therapist Assistant

ASSOCIATE IN SCIENCE DEGREE PROGRAMS

Accounting

Communications

Computer Information Systems

- Applications Development
- · Networking and Security

Criminal Justice

Entrepreneurship & Small Business

Marketing Paralegal

BACHELOR OF SCIENCE DEGREE PROGRAMS

Accounting

Business Administration

- Finance
- · Healthcare Administration
- · Human Resource Management
- Management
- Marketing

Corporate Communications Criminal Justice Administration Homeland Security Management Information Technology

- · Applications Development
- Networking and Security

Legal Studies

Organizational Leadership

- Emergency Operations
- Government
- Nonprofit Organizations

MASTER OF PROFESSIONAL STUDIES DEGREE PROGRAM

Organizational Leadership

- Information Systems Management
- Organizational Development



UNDER WATER

A CHANGE IN FEDERAL FLOOD INSURANCE POLICY HAS LEFT SOME PROPERTY OWNERS FEELING STRANDED. BY M. DIANE MCCORMICK

ure, David DeKok might be safe from any flood insurance rate spikes for now. Then again, maybe not. And almost certainly, if he tries to sell the place, the new owner could be charged \$6,000 a year, the same screeching halt.

"That's a tremendous hurdle to selling a house here," said DeKok. "It's gonna really hurt property values. It's gonna make houses all but unsaleable.'

In 2012, Congress passed the Biggert-Waters Act, or BW12, to erase a \$24 billion deficit in the National Flood Insurance Program by limiting federal subsidies on premiums and making property owners pay market rates. In Harrisburg, the impact could be huge, and it's not just property owners along the Susquehanna River and Paxton Creek likely to feel the effect. If flood insurance rates dampen home values or force owners to walk away from their properties, the entire city may suffer another hit to its economic prospects, some say.

First, a primer. All flood insurance follows rules and rates established by the Federal Emergency Management Agency's National Flood Insurance Program, according to James C. Enders, vice president, Enders Insurance Associates, based in Lower Paxton Township. Adopted in 1968, the NFIP extended rate subsidies that assured the continued viability—or foolhardy development, depending on your perspective—of flood-prone areas. Any property with a federally backed mortgage that's sitting in a high-risk zone must have flood insurance.

Under BW12, rates for homes and businesses sitting in high-risk zones or frequently flooded will rise 25 percent a year until the subsidy is erased. When a property is sold, the new owner immediately pays the highest rate.

One significant change comes at policy renewal time. Under BW12, owners of homes built before implementation of a 1976 Flood Insurance Rate Mapknown in the insurance industry as pre-FIRM buildings—must have certificates showing the property's relation to flood elevations. That certificate, always required in post-FIRM buildings, is used to determine insurance rates and could send premiums skyrocketing on older buildings, said Enders.

The idea behind BW12 makes sense, Enders said. What doesn't make sense are drastic changes after 45 years of business as usual.

"You and I as taxpayers are not going to continue to fund a program that is broken, and its intentions were all very good upon its inception—get communities involved, keep the rates down, and we know we're going to foot the bill a little bit,"he said. "But I think we waited a little bit too long from 1968."

DeKok now pays \$1,700 a year for flood insurance on his Shipoke home. It's pricey, he said, but the availability of affordable flood insurance convinced him and his wife to "buy here in this beautiful neighborhood."

"They talk about bringing the price of policies up to market rates," he said. "Where's the market? There is no market. It's somebody's calculation of what the policy would be on open market."

STICKER SHOCK

The issue isn't new development in flood zones but protection of longstanding, taxpaying communities, said William J. Cluck, environmental energy and land use attorney, chairman of the Harrisburg Authority and a Shipoke resident.

"When we bought our house, this was a contract,' said Cluck.

In Harrisburg, Cluck sees the potential for higher taxes and utility bills citywide when property owners walk away from their mortgages.

"There's real concern that the cost of the flood insurance program is going to be higher than their mortgage," he said.

Many city property owners don't realize their relation to flood zones and will experience the sticker shock of higher premiums, said Cluck.

"We allegedly have a recovery plan, but this is going to have a huge impact," he said.

Though other states have taken steps to lessen the blow of rate hikes, Pennsylvania is not among them. Gov. Tom Corbett directed the Department of Community and Economic Development to form a task force of state agencies to assess "what resources we have available to homeowners" if the increases go through, said DCED spokesman Steve Kratz.

"The agencies met a few weeks ago and were taking the information back to their agencies and determining, from a proactive standpoint if this goes through, what they can provide in terms of support, hoping that the federal government does reverse this, but preparing in the event that they don't," Kratz said in early February.

Official inertia mystifies Cluck.

"As I understand it, Pennsylvania has the most miles of rivers and creeks in the country," he said. "The economic impact on Pennsylvania has to be unbelievable. The fact that there's nothing in our state government doing anything is just amazing to me"

DELUGE OF APPEALS

By contrast, Dauphin County commissioners are leaning on members of Congress and documenting the impact of drastic hikes on homeowners and businesses. One-fifth of Harrisburg real estate, comprising 2,500 properties, occupies the 100-year floodplain, they report. In Dauphin County, 12 percent of properties—13,205 total—are in 100-year or 500-year floodplains.

The county expects a deluge of homeowners appealing assessments on unsaleable homes with market values that have plunged, said Commissioner George Hartwick. Revenue drains would follow—tax losses of \$3.3 million for municipalities, \$20.8 million for schools and \$9 million for libraries, according to county estimates. Services would be cut, or more revenue would have to be raised to keep services going, Hartwick said.

"When we see that kind of assessed loss in value and loss in revenue, who do you think is going to be making up that real estate tax loss?" Hartwick said. "It's going to be everybody else not in the flood zone. The idea that this is somebody else's problem couldn't be further from the truth."

In Congress, the issue has been snared like a dolphin in a tuna net—with some lawmakers from flood-prone areas scrambling for a moratorium, conservatives refusing to further subsidize an essentially bankrupt program, the White House backing NFIP reforms but probably disinclined to veto any delay bills.

For its part, FEMA last month announced a delay in some rate hikes until October 2015. However, the rate-hike delay apparently applies only to properties

THE IDEA THAT THIS IS SOMEBODY ELSE'S PROBLEM COULDN'T BE FURTHER FROM THE TRUTH.

newly captured by redrawn flood-zone maps, not to those with existing policies, said Andrew Enders of Enders Insurance Associates.

"If you had been benefiting from subsidized rates, the stay or hold is not going to do anything for the phase-out of the subsidies," he said.

Without compromise, RE/MAX realtor Ray Davis worries that the specter of high flood insurance costs is "bound to have an impact" on home sales in Harrisburg and elsewhere.

"It's difficult enough when you have a property in the flood plain for buyers to overcome their concerns about living there," he said.

As contributing citizens, Shipoke homeowners have "a right to continuation of reasonable subsidies," no more unfair to other taxpayers than "for us to pay taxes to build a highway in Nevada that we may never drive on," DeKok said.

Since 1888, DeKok's house has withstood the floods of 1936, 1972 and 2011. The same goes for the people in it.

"We survive, we rebuild, and we keep a strong community going," he said. **B**



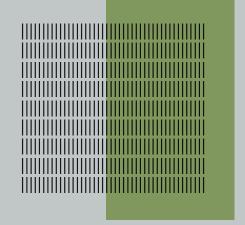












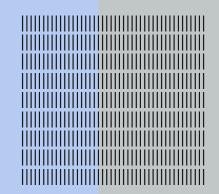


OVER THE

Messiah College graduates are streaming into Harrisburg, bringing youth, creativity & change to the city.

BY SAMANTHA MOORE





ouie Marven, executive director of the LGBT Center of Central PA, is tired of hearing the phrase, "What's in the water at Messiah?"

"Oh my god," he mimics sarcastically while sipping on a Nugget Nectar ale, "another gay person that went to Messiah and lives in Harrisburg?"

But the question, "What's in the water at Messiah College?" can be applied to more groups than just the gay community. There are lots of us settling down here.

Marven, '07, is one of countless graduates who moved to the Sycamore House, an intentional Christian service corps, after graduation. While he hesitates to categorize himself as a "Messiah shill," Marven admits that it was attractive to stay local, with friends who were staying local, to live and work in community together one of Messiah's big thrusts.

Nearly six years later, Marven says he finally feels like a Harrisburg citizen who happened to go to Messiah rather than a Messiah grad living in Harrisburg. "I think it can feel very forceful that we're this sort of army," he says, "and I don't want to be a part of that."

On the other hand, Marven thinks that Messiah's supposed "city takeover" is overstated. "It's a local college, and it's the closest city. It's not that weird."

Indeed, Messiah students long have moved into Harrisburg after graduation. (An amusing confirmation of this came when two of my interviewees bonded over annoyances about their respective Messiah-bred landlords). And in a small city like Harrisburg, we can't help but cross paths.

But for many fresh graduates, Harrisburg-especially in

Midtown and Uptown—is starting to feel like campus, minus the hanging baskets. There are a couple of caffeine hubs where everyone does their homework (job searching), a few small restaurants where they spend their flex dollars (savings), taverns within biking distance that serve adult fountain drinks, and places like the Sycamore House and The MakeSpace, where 20-somethings, give or take, can dine potluck style or catch a live performance.

So, were these hotspots mapped out on diploma backs? Or is there something else going on here?

GROWING NETWORK

While Messiah-gration isn't new, it's clear that we are connecting and clustering much more visibly than before.

Take Hana Grosh, '12, who moved to the city seven months ago after feeling a bit nostalgic for her college life and a bit stymied in Lancaster, where her family lives. I see her working her barista magic at Little Amps on Green and State streets. She'll see my boyfriend, '09, at band practice and my good friend Liz Laribee, '07, at the back shop table most days of the week. Laribee is an artist who led the founding of The MakeSpace, a studio, gallery and concert venue situated in Olde Uptown.

A table or three away from Laribee sits Dave Robertson, '00, who operates a web design business called Factory 44. For years, he was very involved with the civic organization Friends of Midtown. "I was here before it was cool," he volunteers proudly for a laugh.

"You're the reason we started The MakeSpace," says Laribee. "I had about eight ideas brewing at once, and you encouraged me to focus on one at a time, starting with an art center."

This sort of rap session isn't unique to certain personalities or to environments with psychedelic tables (we were at Ted's Bar & Grill; rest in peace, Brick City). Instead, it demonstrates how a growing alumni network has been functioning well in the city.

"Even if I hadn't known people before moving," says Marven, "there were mechanisms for meeting them." Something as simple as a free darts and pool night at Appalachian Brewing Co., advertised through the grapevine, made newcomers feel connected.

"I don't know how I would have tried to make friends without knowing what previous Messiah people did," he says.

For example, almost every Messiah student I've run into has at least heard of the Sycamore House, if not attended an event or actually lived there for a year. (As a sophomore, I remember sitting on the creaky floor for some benefit concert wondering if this is what a rockin' house party looked like in the

Laribee, who helped start the Sycamore House and who lived there between her junior and senior years, saw how easy it was to get involved in the city, thanks to a friend she met through juggling club. She began volunteering at the Center for Champions and moved back into the Sycamore House with Marven after graduation.

Although some Sycamore alumni have communicated their frustrations with the program's growing pains, it continues to offer free housing in exchange for community service pursuits, which is a pretty excellent deal. And for someone like Marven who was helping to write the rules and form the board early on, the program was an invaluable way to find a job in Harrisburg and assist in the formation of the LGBT Center.

INEVITABLE INTIMACY

For Marven and Laribee, the city has certainly provided great resources for growth and creativity, but it can also get tiring after awhile. "Harrisburg is a fascinating, enriching, endless blank canvass for me to figure out how I like to pursue development, creativity and grassroots projects," says Laribee. "But being so involved here means that there's a lot to do. As easy as it is to feel you're in community here, you can also feel trapped."

Paul Boyed, '13, who lives within snowball-throwing distance of Laribee, Grosh and me, has started to feel a bit trapped by this inevitable intimacy. "The world that Messiah students live in in Harrisburg is kind of like the activities in college," he says. He points to the coffee shops and alternative music scenes occupied by local young people.

Boyed lived in Harrisburg his senior year because it was much more affordable than living on campus. Now as a Children's Targeted Case Manager for Dauphin County, a position he heard about through the Messiah grapevine, Boyed says he's becoming more frustrated with Harrisburg's dichotomy of socioeconomic experiences.

"I hear the complaints of people who live herethere are bigger problems," he says. "But then, when I'm in my own life, it's peppy, fun. The bigger picture of Harrisburg is the school district. It's exhausting."

Henok Begashaw, '11, works with Boyed as a targeted case manager, and, like Boyed, wrestles with the positives and negatives of the conspicuous Messiah bubble. "The whole point of the city is to attract young people, [but] I hope that people come in and that they're very aware of the people and space that were here," he says. "A lot of Messiah alums move to Harrisburg with a missionary mentality. That can be a good thing; that can also be a bad thing."

Begashaw lived at Messiah's Harrisburg Institute his senior year and then at the Sycamore House after graduation. Institute/SALT Program Director Ashley Sheaffer, '06, who remembers Begashaw causing an appropriate amount of mischief during his time there, sees a trend for many students who spend a semester in the city. "They deepen their understanding of the forces at play in a city and become acutely aware of their privilege, while genuinely developing a heart for Harrisburg," she says. "Most students," she clarifies, "not all."

Marven himself remembers that aha moment of discovering the city with friends, and it seemed "a little bit imperialistic for a lot of people," he admits. Except, then again, Harrisburg was where students, particularly LGBT students, knew to seek community because it was more open, he says.

Project opportunities and left-wing safe spaces aside, students seem to like Harrisburg for its "platform city" feel. Fewer amenities aren't always a bad thing, and many transplants eventually want to call what was once a platform for better prospects "home."

"Philly was so big I couldn't take a bite out of it," says Katie Manzullo-Thomas, '10, who moved to Philadelphia after graduation, but is now living in Olde Uptown. "I would rather live in a city with two Little Amps instead of 15 amazing coffee houses. You couldn't show up somewhere [in Philly] and see someone you know—unlike here."

And, for Grosh, whose Ethiopian heritage has always inspired her to work with coffee, a part-time barista income can go a long way in Harrisburg. It nearly covers her rent, and she's able to use her downtime for projects that she cares about—writing and playing music, modeling for Stash Collective, baking for Little Amps, auditioning at Carley's.

She acknowledges, though, that working parttime isn't by choice, and that living this way doesn't facilitate any savings, an ever-increasing problem facing Millennials. Nevertheless, Grosh is grateful to be in a city that is accessible and artistically minded.

"I think Harrisburg has a lot to offer if you really want it to," she says. "I needed it to be a platform for something bigger [at first], but I don't want to be waiting on the next best thing. It's not like you're biding your time here—you're making the best of it." **B**

Samantha Moore, a 2010 Messiah grad, lives in Olde Uptown.





To Robert Martin, community policing means cops are in the "human being business," an approach he now is trying to share with Harrisburg's force.

BY PAUL BARKER

Robert Martin, the public safety director of Susquehanna Township, has always been a reader. Growing up in Prospect Park, a borough just south of Philadelphia, he owned a copy of the 54-volume Great Books of the Western World, which he read constantly, along with the encyclopedia. As an adult, he keeps up the habit, consuming studies, usually related to law enforcement, and books, usually dealing with more cosmic themes. Last month, after finishing "Man's Search for Meaning," by the psychiatrist and Holocaust survivor Victor Frankl, he picked up "Biocentrism," a monograph on the ascendancy of the biological sciences.

"When I watch TV, if I'm not watching sports, it's the book channels, where they're interviewing authors," he told me, during a visit to his office, in a squat municipal building on Linglestown Road, one morning in early February. "That's what I watch. My wife will come down and be like, 'Are you kidding me?' And I'm like, 'That's what I watch!"

Martin is tall, with round cheeks and a friendly, wholesome manner—he greets acquaintances as "buddy," he says "oh my gosh." The day of my visit, he wore a suit with a purple patterned tie, blackframed glasses and a class ring from one of his alma maters, Valley Forge Military Academy & College in Wayne, Pa. He started serving Susquehanna Township in 1988 and retired this year as chief of police, a position he held for 16 years. Upon his retirement, the township appointed him to his new position, where he will continue to oversee the department, as well as the fire services.

In January, during his first press conference as mayor, Eric Papenfuse announced that he would be tapping Martin as a public safety consultant through the first six months of his term. Two days a week, Martin will advise Harrisburg's own police chief on ways to strengthen the department. The arrangement will cost the city nothing—Susquehanna is underwriting one of the days, while Martin is donating the other one. In addition to any organizational recommendations, Martin will also focus on developing a strategy for community policing.

At first hearing, community policing can sound like a bit of public-relations pablum. It seems to take something that ought to be implied—what other kind of policing is there?—and dress it up to convey an impression of change. "Community Policing Defined," a pamphlet distributed by COPS, an office of the U. S. Department of Justice, offers a snapshot whose opacity rivals David Brent, the master of "management speak" from the BBC series "The Office": "Community policing is a philosophy that promotes organizational strategies, which support the systematic use of partnerships and problem-solving techniques, to proactively address the immediate conditions that give rise to public safety issues such as crime, social disorder and fear of crime."

Nonetheless, at the mayor's press conference in City Hall, everyone invoked the phrase with enthusiasm. Martin called Harrisburg's chief, Thomas Carter, a "walking textbook of community policing"; Papenfuse announced a companion initiative, the appointment of a full-time "community policing coordinator," whose job is to "revitalize citizen involvement in fighting crime."

This is largely because the concept of community policing, however nebulous, has defined Martin's tenure in Susquehanna Township—one that has been marked by a growth in the police force, a drop in crime, and a spike in citizen

involvement. By his own accounting, the concept of community policing has motivated the design of his department's website, has informed how he trains and promotes his officers, and has guided his interactions with the public, who seem to have responded, by and large, with grateful affection. Clearly the term means something. But what?

Well, for starters, it seems to be the sort of policing where being a voracious reader plays a role. Years ago, someone remarked to Martin, who holds two college degrees and certificates from Harvard and Princeton, that being a college graduate wouldn't make him a better police officer.

"Well, it may not make me a better cop in terms of the nomenclature of writing a police report or making an arrest," he told me. "But it will broaden my perspective of human beings. And I have a feeling, in some way, that's gonna make me a better cop."

Though Martin's reading habits, as he puts it, make him "a little different from most police officers," they're also central to how he thinks of his profession, which, for him, is about much more than handcuffs and tickets. Nowadays, when he interviews officers being considered for promotion, he concludes by asking which book they're reading. "I want my officers to be readers," he said. "I want them to expand who they are."

The Department of Justice's COPS (Community Oriented Policing Services) office was formed by the Violent Crime Control and Law Enforcement Act of 1994, the Clinton administration's omnibus crime bill and the largest law-enforcement act in the nation's history. Among the law's provisions were the Violence Against Women Act, the federal



assault-weapons ban, now expired, and a boost to prison funding. The law also provided for close to \$10 billion in grant money to be disbursed to lawenforcement offices around the country in support of "community-oriented policing." The funds, though aimed mostly at hiring and retaining officers, could also be used for crime-prevention programs and for training in skills like conflict solving and mediation.

In addition to distributing grant money, the COPS office also serves as a repository for advice about best practices. One of the standbys of the COPS website is "The Beat," a podcast featuring interviews with officers and other experts about developments in community policing. In February, "The Beat" released a series of interviews about a program called "Coffee with a Cop." The program, which follows a national template, involves partnerships between local police departments and restaurants, which provide pots of coffee and seating space for officers to interact with the public.

"When you really look at how we communicate with the public, we are always answering emergency calls and never really have a chance to sit down and have a cup of coffee with somebody," an officer tells the interviewer in one episode. "So, this is an opportunity to really just sit down and focus on some of the questions that might not be a 911 question."

One of the tenets of community policing is the idea that citizens should have an open, even cordial, relationship with officers. The most dangerous invention in modern police work, Martin likes to say, is the climate-controlled patrol car—keeping officers from interacting with members of the public except in the event of a crime. An early recommendation he made to Harrisburg's Chief Carter, which has already been adopted, is the institution of mandatory foot patrols, requiring officers to leave their vehicles for some part of each shift. Another initiative, which he implemented in Susquehanna Township under the name Operation Vigilant Protector, instructs officers to alert citizens of conditions that might invite criminal activity.

"I wanted one more kind of block in our system that got the officers out of the car and sent a message to our citizens that we're not just driving around," Martin told me. His department supplies officers with salmon-colored cards to be placed as a cautionary note at the scene of the crime-inembryo: on the windshield of an unlocked car, say, or on top of unsecured property in someone's yard.

"They come out for work in the morning, and they see that vigilant protector card on their windshield, their first thought might be, 'Oh my God, it's a parking ticket," Martin said. "No, it's a little warning card saying, 'Hey, you left your doors unlocked, and it's probably a good thing to lock your doors before you go to bed.' Then they know, 'Wow, what a nice gesture from the police department. I appreciate that."

This service-oriented approach can even extend to circumstances that might customarily be adversarial. Another hallmark of Martin's tenure is the judicious use of warnings in place of citations. "I think that one of the greatest tools a police officer has in the Commonwealth of Pennsylvania is a written

warning," he told me. He sees the routine traffic stop as an instrument with "exponential value." For the drivers pulled over, it's both an "opportunity to educate" and a chance to make a positive impression by engaging them politely and not saddling them (at least, not the first time) with a fine. And, "if you're on that traffic stop for 10 to 15 minutes on Union Deposit Road, and 30 to 50 cars drive by, they've been impacted as well."

"I'm a believer in presence," he said.

Of course, a corollary of constant presence is the feeling of constant scrutiny of our daily lives. You don't have to have criminal intentions to be wary of increased engagement from the men in blue. What about people who just want to be left alone? When I put this question to Martin, he thought for a moment, then replied, "I think that's gonna be a small minority. I think folks want to feel protected, and they want to feel secure." The website of the Susquehanna Township police department has an online form for submitting complaints and also one for complimenting his officers. Martin encourages citizens to use both. "I get an officer compliment online once a week," he said. "It's great."

One reason that community policing might elude easy definition is the slipperiness of that initial qualifier—"community." The sort of folks who will show up for a meet-and-greet with cops over a coffee pot are probably not the sort who have had, historically, the most troubled relationship with the law. How should police go about engaging those portions of the community that, for one reason or another, have learned to distrust them?

Another initiative of Martin's, which he began implementing around six years ago, is called Operation Honorable Endeavor. It encourages officers on patrol to approach young people they see and, basically, try to get a conversation going. He acknowledges that some aren't responsive, but his response to officers is, "Keep trying." "It's incumbent on us to continue to extend the olive branch," he said. As he likes to remind his officers, "You never know as a police officer when you have an opportunity to uplift a young person, who maybe does not have anything positive in their household. If you say something uplifting to them, maybe you're the only person that week that said something uplifting to that young person. Think of that. Think of the power you have.'

As part of his professional development, Martin attended executive-training programs at Harvard and Princeton, where he learned, as he put it, to take "a bit more of a private sector view" of law enforcement. "As a police department, we're not profit-driven, certainly, but we do have customers," he said. "And our customers are the citizens we serve." A concept often attached to community policing is that of "procedural justice"—the idea that the transactional parts of enforcement, like how officers treat offenders and how transparent their rules and procedures are, are essential to the perception of justice being served, and perhaps to justice itself. Some of the principles of community policing look less like principles of law and more like principles of good customer service.

This can apply not only to minor offenders, like speeding drivers, but also to more serious ones. Last year, a Susquehanna Township detective, Aaron Osman, helped solve a serial vehicle-theft case that concluded with an on-foot chase through the snow in the neighborhood of Bellevue Park, in Harrisburg. The perpetrator, an unusually short high school student, whom the officers nicknamed "Peewee," evaded police for nearly an hour, at one point hiding under a car. After Peewee was apprehended, Osman told me, the two of them discussed the chase, almost comparing notes: "I told him, I give you some credit. I run three or four miles every day... 'Dude,' he's like, 'I slid underneath this truck and I hid underneath it. You ran by me, but you were about three houses up, when you looked down and you realized there weren't footprints in the snow anymore."

I recounted this later to Martin, expressing my surprise at what it suggested about the relationship between criminals and police—how it could sometimes border on the friendly, or even the fraternal. "That doesn't surprise me at all," he said. "And that's the mark of a really good detective. It really is."

I asked him to elaborate. "Well, because, who's to say that, five years from now, Det. Osman may have an opportunity where he needs that person as a source of information? Everybody remembers how they're treated by law enforcement. Everybody remembers how they're treated."

Part of why Martin encourages his officers to read, he said, is that reading helps them understand others. And understanding others, in his view, is the key to good police work. "I look at our profession as, we're in the human being business," he said. "I mean, that's what we're in. The human being business. Human beings that need help. And as human beings, we're a very complex thing." B





ast month, Mayor Eric Papenfuse named Harrisburg native Rick Kearns as the city's new poet laureate, the first Latino to be so honored. Amidst his busy schedule, Kearns, a professor and tutor at HACC, made time to tell us about his craft, his culture and his new position. A portion of that interview follows.

- O **THEBURG:** How did you get involved in writing poetry, and where did you initially find success doing it?
- **EARNS:** I was drawn to poetry when I was still very young. I was a kid, maybe 8, 9 years old. I enjoyed what I heard because of the music in the language. That was the first thing that attracted me. The second thing was the ideas. But the format attracted me, and I was always attracted to music. I've been a part-time jammer since I was a little kid. So, that was where it began, and I was writing off and on from maybe age 12 to forever from that point on.

As I grew older and came to know a bit more about the Puerto Rican side of my family and the situation of Puerto Ricans here, it sort of politicized me. I began to see poetry as a way of telling that story. For instance, when I was, remember now, I'm 56, so in the late '60s, early '70s, as I was coming of age, the only Puerto Ricans I saw on movies or TV or anything, they were either criminals or just foolish, negative characters. And I wasn't seeing any of the people I was relating to on the screen. So, I was sort of politicized, and I was using poetry to express myself in that direction.

So, that was part of what drew me in. But, as I got to know the art form more, I began to study it more, and I was influenced by all of the great U.S. poets as well as some of the English poets. When I started to study Spanish, I began learning about the Spanish poets and Puerto Rican poets and then poets of color in this country, meaning African American, Native American and Puerto Rican and Latino. So, all of that stuff together was influencing me, and I think it's been reflected in my work.

- **THEBURG:** What language do you primarily write in?
- **EARNS: I write in English. I was raised in an English-speaking household, but I grew up knowing Spanish. But I didn't have to write it, and I didn't have to speak it that often. So, when I got to college, I decided to study it so that I could read about, for instance, Puerto Rican history, Puerto Rican literature, in Spanish. So, it was through

studying Spanish that I got to know that world better. I became fluent enough that I've been able to do some basic translating and interpreting.

And I've also found that the poetry that I've been writing has been somewhat educational to various folks who've heard my work. So, I've read my poems in rural settings, where nobody has seen hardly any people of color. Or I've read in some suburban settings, too, where the folks haven't been exposed to or know about Puerto Rican writers, for instance. And, like I said before, things are a bit better now, but, in other ways, we're having similar battles right now. There are a whole lot of Latino kids going to school in Harrisburg High School. There's little or nothing in their literature courses talking about writers of Puerto Rican or Dominican or Mexican heritage writing in this country or writing from their countries. So, the battle isn't over.

- **THEBURG:** What do you find yourself writing about frequently?
- **KEARNS:** If I were to generalize, I would say it's just people's stories, stories of the lives of not-so-famous people. I found myself, aside from writing about famous situations or people, writing a number of stories about people who are on the margins, or who just aren't famous, just so-called regular folks.

- OTHEBURG: How did it come about that you were named poet laureate of Harrisburg by Mayor Papenfuse?
- OKEARNS: I got to know Joyce Davis [Papenfuse's communications director] a few years ago. I met Joyce, and she was telling me about her organization—the World Affairs Council. Eventually, she told me that the upcoming Martin Luther King Day celebration involved the winners of a poetry contest, and would I like to read a poem there? And that was last year, in 2013. And I said, "You know what, Joyce, I've been meaning to write a poem to Dr. King, so yeah, I'm going to do that."

So I wrote a poem for that event, and I came and I read that poem, and I read the mom poem. I read the poem for my mom. At that point, she was very ill, and it was this past year that she passed. I was also grieving at the time. So, I read those poems. And then it was a couple months ago, maybe a month or so ago, that Joyce wrote to me and was telling me about the inaugural and that there would be a poet laureate and that she wanted to nominate me. And, a few weeks after that, I got an email from her saying, "OK, tomorrow, I'm sending you the letter signed by Mayor Papenfuse, saying you're going to be announced."

- OTHEBURG: So, what types of responsibilities come with that title?
- **KEARNS:** Well, I was kind of hoping for a cape, but there's no cape [laughs].

No, it's very vague. I was told that I would be asked to represent the city at some literary events. And sometime in the future, at some arts-related events, I will probably be asked to participate. But, at that ceremony where the mayor handed me the proclamation and so forth, I did say that I would like to help develop creative writing or poetry workshops in the barrio and in city neighborhoods. So, one of the things I'm hoping to do with this new platform is to promote the idea of creative writing and other arts programming for kids in this city.

- OTHEBURG: What do think of the state of the writing arts in Harrisburg? What do you think we might need?
- **EXERPOS:** Starting in the early '90s, and up until today, there have been reading series and poetry in the city almost continuously. And, right now, there are one or two others right on the West Shore. So, I'd say that the state of poetry in the city, in that sense, is healthy.

But the problem is that the art of poetry, in general, has not been supported financially. This is the old story of the arts, that very talented people can go throughout a whole career without getting compensated or recognized. And that problem still exists. It's getting funding for arts; it's getting funding for poetry, for music, for dance. On the one hand, there is a vibrant scene, but it's still very tenuous because of getting funding to develop a series to pay writers, to perform, to cultivate their art. That's what's missing. **B**

You can read the full interview with Rick Kearns, as well as a selection of his poetry, at TheBurg's website, www.theburgnews.com.

The Moon Rides a Black Horse (for Lorca)

The moon is riding along the shore thinking violins and howling wolves, the moon is riding a black horse, looking for a widow who sings the deep song llanto of the unforgiving sea, buleria of smokestacks and isotopes. The moon wants a good red wine and a woman

who can dance.



Grow's Midtown Battalion

They swoop in from the south. Targeting the cars of state workers and apartment dwellers on a side street near the capitol. Multi-colored splatter.

Crow has a new hobby

He and his Midtown Battalion align themselves on the telephone wire that runs just above the unlucky vehicles. At the same time of day just before dusk and maybe there's another pattern. It does happen in sequence

probably follows a melody. No one interested in transcribing this one.

Crow has a new hobby

He's tired of banking.



Poems by Rick Kearns

THE FIRST CAPITOL

Harrisburg's original statehouse had a very different look.

BY JASON WILSON

rom 1682 until the late 1700s, Philadelphia had served as the commonwealth's capital city. By 1799, the center of population had shifted and, after citing disease and the unfair influence of city and national politics, the legislature voted to move the seat of government to Lancaster.

State government first met in Lancaster in April of 1799. Because Pennsylvania contained 30-some counties, many of them to the west of the Susquehanna, almost immediately the debate began about when and where to again move the government seat.

In 1801, there were calls to move to the Susquehanna Valley, but the measure failed to get the necessary votes. In 1809, the citizens of Northumberland County sent a surprise petition to the Senate, asking that the capital be transferred there. This petition seemed to open a wide-ranging debate with Philadelphia, Lancaster, Pittsburgh, Harrisburg and Middletown all vying to be the new capital city.

By 1810, the House and Senate seemed to come to an agreement that the new and, hopefully, final capital should remain somewhere in the central portion of the state. Harrisburg was eventually selected, voted and agreed upon, but only after Northumberland, Lancaster, Bellefonte, Carlisle, Columbia, Reading and Sunbury had all been rejected. It may be that John Harris Jr.'s 1785 gift of four acres of land for the commonwealth's use prompted the legislature to select Harrisburg. In any event, on Feb. 21, 1810, Gov. Simon Snyder signed the act moving the seat of government to Harrisburg, on or before October 1812.

As part of this 1810 act, Robert Harris, George Hoyer and George Zeigler were appointed as commissioners to supervise the removal of all state documents to Harrisburg and to find suitable lodging and accommodations for the legislature. The cost of the move was estimated at \$2,000. The commissioners also hired master builder Stephen Hills to build two "fireproof" buildings on Harris' tract and arranged with Dauphin County to use the courthouse, which Hills also renovated, for legislative sessions. The legislature would meet in the old court house from December 1812 until the completion of the Hills Capitol in 1822.

In 1816, the legislature, partly through the sale of Independence Hall to the city of Philadelphia, began funding the construction of a new Capitol building in Harrisburg. Hills began stockpiling materials on the site and, after winning the design competition of 1819, started building the structure.

Work progressed fairly rapidly for the size and scale of the project and was completed in less than two-and-a-half years. The Hills Capitol measured 180 feet along its front and was 80-feet deep. The front portico had 56-foot-high Ionic columns measuring 4 feet in diameter. The red-brick, Federal-style building was dedicated on Jan. 2, 1822 and served the commonwealth for 71 years before it was consumed by fire, creating the need for a new Capitol, which was completed in 1906. §

Jason Wilson is an historian for the Capitol Preservation Committee.



Schein on Chopin





Connesson: Cosmic Trilogy: Aleph

Chopin: Piano Concerto No. 2

Ann Schein, Piano

Rachmaninoff: Symphony No. 3

SATURDAY | MARCH 22 | 8 PM SUNDAY | MARCH 23 | 3 PM

The noted American pianist, Ann Schein, has had a long and distinguished



career specializing in the music of Chopin. A protégée of the legendary Arthur Rubinstein, she comes to Harrisburg to perform Chopin's Piano Concerto No. 2. French composer Guillaume Connesson shows off his mastery of the orchestra in the opening piece from his *Cosmic Trilogy* and Rachmaninoff unabashedly bares his Russian soul in his gorgeous 3rd Symphony.



STUART MALINA, Music Director



Tickets start at just \$12! Visit HarrisburgSymphony.org or call 717.545!5527

SATURDAY | APRIL 12 | 8 PM SUNDAY | APRIL 13 | 3 PM

Inspired by the Baroque-era choral masterpieces of Handel and Bach,
Mendelssohn's *Elijah* is the greatest oratorio of the 19th century. The stellar **Susquehanna Chorale**, **Messiah College Concert Choir** and the **Choral Arts Society**join the HSO for an evening of stirring choruses and vivid orchestral writing in this
timeless musical setting of the life of the Old Testament prophet.



Tickets start at just \$12! Visit Harrisburg Symphony.org or call 717.545.5527

Harrisburg Symphony Orchestra

STUART MALINA, Music Director





MENDELSSOHN'S

ELIJAH

Performances Sponsored by: Glatfelter Family Foundation

Guest Artist Sponsor:

RHOADS & SINON LLF

Attorneys Dedicated to Your Success

The appearance of the choirs has been underwritten by a generous gift to the HSO Endowment from Bill & Beverlee Lehr

GOOD WORK MAKES



A commitment to excellence, accessibility, and a reputation for taking the time to listen.

REAGER & ADLER, PC PLATFORM OF SERVICES

- · Residential & Commercial Real Estate
- . Municipal Law, Land Use & Zoning
- . Construction Law & Civil Litigation
- Arbitration & Mediation
- Collections & Workouts
- Estate Planning & Elder Law
- Estate Administration
- Business & Employment Law
- Bankruptcy & Creditor Rights
- Criminal & Immigration Law



ATTORNEYS AND COUNSELORS AT LAW

2331 MARKET STREET, CAMP HILL, PA 717 763-1383 www.reageradlerpc.com



AFFORDABLE ELEGANCE — FOR THE HOME —

Over 40,000 square feet of furniture and accessories. Everything from traditional and contemporary to mid-century modern.

> THINKING OF CONSIGNING? STOP IN FOR A FREE CONSULTATION.



Monday-Friday 10-5 • Thursday Evening till 7 • Saturday 10-4 2635 Paxton Street, Harrisburg • 717.233.5111 reddoorconsignmentgallery.com • reddoorconsignmentgallery@gmail.com

HARRISBURG'S **BEST PARKING RATES**

NEW 700 SPACE PARKING LOT \$40 MONTHLY RATE LOWEST HOURLY AND DAILY RATES DISCOUNT FOR AMTRAK RIDERS MAJOR CREDIT CARDS ACCEPTED STATE-OF-THE-ART EQUIPMENT

SIGN UP TODAY AT TRANSITPARK.COM CALL 855-TRANSIT (855-872-6748) OR 215-542-6991

FIND US AT 815 MARKET ST... HARRISBURG

(ENTER ON 10TH ST., JUST SOUTH OF MARKET ST.)





Saul Ewing

Saul Ewing's Harrisburg real estate and environmental attorneys have the resources, experience and relationships to handle all aspects of major building projects.











PENN NATIONAL INSURANCE PLAZA 2 NORTH SECOND STREET. 7TH FLOOR HARRISBURG, PA 17101-1619 717.257.7500

www.saul.com

DELAWARE MARYLAND MASSACHUSETTS NEW JERSEY NEW YORK PENNSYLVANIA WASHINGTON, DC



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHAKE UP YOUR ROUTINE IN 2014!

This year, keep your health and wellness resolution by starting a new routine with the YMCA. The Harrisburg Area YMCA offers your family the opportunity to meet your goals together. Whether you are looking for childcare, a fun workout, or just a place to meet new friends, the Y is the place for you. Please feel free to stop by and learn more!

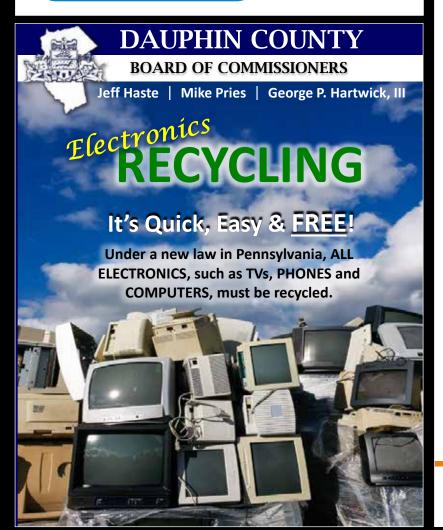
Present this ad at the
East Shore YMCA for a
complimentary tour and 2-day
guest privileges to see why the
Y is a great place to be!

Some restrictions apply. Must be over 18 with valid photo ID. Pass only valid day of redemption and the next consecutive day.

Only one pass accepted per household. Expires 3/1/14



701 N. Front Street Harrisburg, PA 17101 (717)232-9622 www.YMCAHarrisburg.org







BECOME A MEMBER TODAY!

www.hyp.org/membership

SECOND WEDNESDAY SOCIAL

The Midtown Tavern in Harrisburg Wednesday, March 12 5:30pm-7:30pm

3rd IN THE BURG

Join us for Arts, Music, and Food! Friday, March 21 Starts at 6pm Email social@hyp.org for location

FORSTER STREET CLEAN-UP

Help Make Harrisburg a Better Place to Live Saturday, March 29 Email beautification@hyp.org for time and details

NCAA FINAL FOUR BASH

Celebrate the Final Four with HYP Saturday, April 5 Starts at 12pm Email social@hyp.org for location

ULTIMATE FRISBEE & VOLLEYBALL

Don't Miss Out on Signing Up Leagues begin Tuesday, April 8 Email sports@hyp.org for details



VOLUNTEER WITH HYP

Junior wiffle ball is February 24 - April 1 Email outreach@hyp.org to volunteer

hvp.org

f /harrisburgyoungprofessionals

// HYP





RE-GAINING A FOOTHOLD

PAVCOC helps vets adjust to civilian work life, start new businesses.

BY STEPHANIE KALINA-METZGER

hen Kyle Estep joined the National Guard in 2002, he was unaware of the complications he would face down the road after spending nearly a year in Iraq.

"I suffered some injuries to my knees and developed severe tendonitis," he said. "It was frustrating when I learned that the VA had a backlog, which forced me to wait almost two years before I could get my surgery done."

And that was just the physical part of his pain. When he returned home, he had a hard time

"One day, I was in Iraq, and, the next day, I was home," he said. "The post-traumatic stress disorder (PTSD) started to set in, so I spent a lot of that summer drinking in order to cope. I found myself uncomfortable in my surroundings. Things that didn't bother me before suddenly did, like crowds and traffic."

Estep sought counseling at the Vet Center in Harrisburg, spending almost five years working on his issues with now-retired readjustment Counselor Thomas Murray.

"He was like a second father to me and brought me through it," said Estep, who is now paying it forward by volunteering at the PA Veterans Chamber of Commerce (PAVCOC) Connection Center, located off the Carlisle Pike on 36th Street in Camp Hill.

PAVCOC was created to help veterans like Estep find resources that will help them succeed in civilian life. The Connection Center, which opened in November, is the nucleus of the operation. Housed on the second floor of the Shin Building, the space is comprised of four meeting rooms and a large conference area containing banks of computers where veterans can job search, update resumes and cover letters, work on school assignments and perform other tasks that will help them succeed. Currently, the Center houses 15 computers, and founder and President Robert Brandt expects that number soon to increase to 40.

Vets who need appropriate attire for upcoming interviews are invited to visit the Center and choose from among an array of suits for both men and women. "All they need to do is sign them out and bring them back, and we'll have them cleaned," said Brandt.

Books with such titles as "You Are Tremendous" by Charlie 'Tremendous' Jones, "The One Minute Entrepreneur" by Kenneth Blanchard and "Leadership without Excuses" by Jim Grimshaw line the shelves of the back wall and are available as handy guides for those seeking their advice.

Help is also available for sprucing up resumes. "We help them translate their military field work into the civilian sector," said Brandt.

Estep learned of the Connection Center when he was watching the news.

"I rarely watch the local news," he said. "It just happened to be the day they were holding their grand opening.'

He reached out to the PAVCOC and was soon volunteering to help others like him navigate the sometimes-difficult world that awaits returning veterans. With the help of Brandt, Estep, who was unemployed at the time, found work and recently began a new job.

As more businesses are learning about the organization, they are beginning to reach out.

"Just recently, we were contacted by a delivery company that had 20 open slots they wanted to fill with veterans," said Brandt. "They hired 12 out of 18 of our vets who applied, and they were paying between \$15 and \$18 an hour."

The Center is partnering with several organizations, including the Hispanic Chamber of Commerce, the American Legion and Fort Indiantown Gap, and intends to add more to the mix as the year unfolds.

Veterans also will be invited to take advantage of workshops that will cover a wide range of topics from managing health and

stress to small business development, where they can learn how to bid on federal, local and state contracts. The Center also will follow up on the careers of those they place. "We'll offer that help, as well, and reach out to ensure that our veterans are secure in their future," said Brandt.

Dr. Oralia Dominic is currently spearheading an effort to spread health literacy among underserved populations for Highmark.

"I was real enthused when I learned about the organization," she said. "A person who serves our country and returns, if they are fortunate enough to make it home alive, has unique needs."

Dominic uses her knowledge to educate veterans on nutrition and advise them on managing chronic health issues like diabetes and hypertension. In addition, she serves as president of Estamos Unidos de Pennsylvania and sits on various boards, affiliations that help the organization move forward.

As a newly formed non-profit, PAVCOC plans to add more members and services, like weekly counseling, in upcoming months. Currently, 17 businesses have signed on and 11 professional members have joined the organization, including U.S. Rep. Scott Perry and state Rep. Patty Kim.

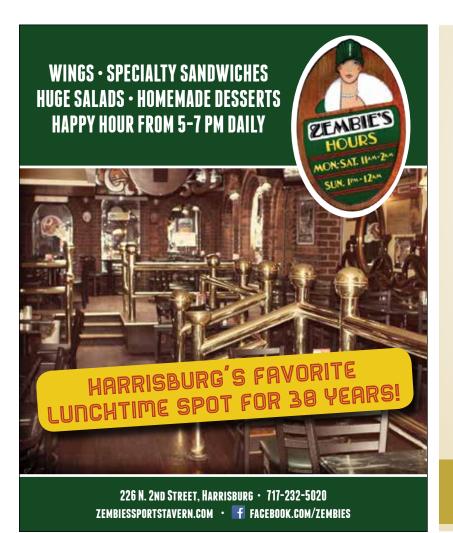
Brandt said the entire experience has been extremely rewarding, and he is looking forward to a bright future for the organization.

"I am glad we are helping folks get a solid foothold on the life they are meant to have," he said. **B**

The PA Veterans Chamber of Commerce is located at 20 S. 36th St., 2nd floor, Camp Hill. For more information, visit pavcoc.org or call 717-889-1217.

OUR WEST SHORE SMALL BUSINESS ARTICLES ARE PROUDLY SPONSORED BY BILLGLADSTONE.COM



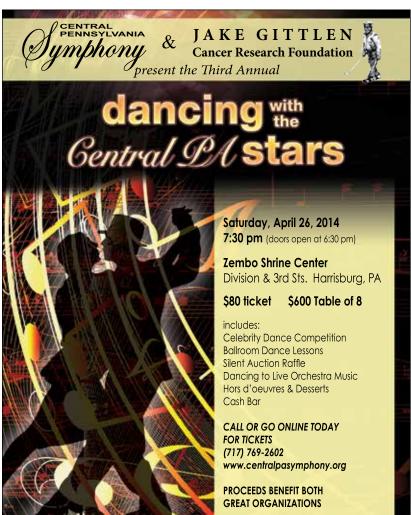




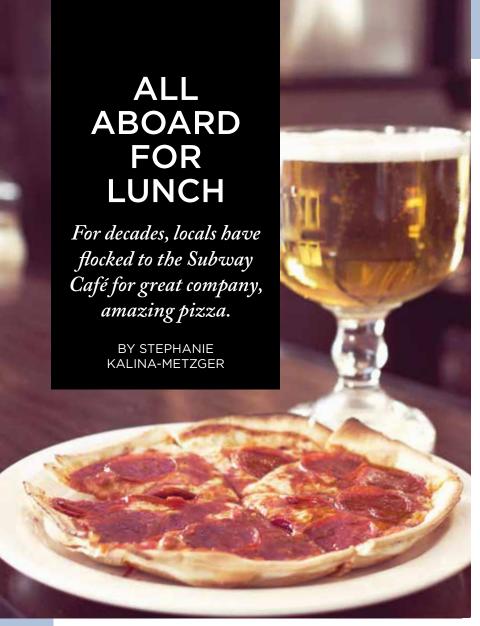
honest epicurean fare

www.RubiconHBG.com









he sturdy, brick building known as the Subway Café is one of those few, iconic Harrisburg places that has withstood the test of time, operating for decades as a restaurant, bar and neighborhood hub.

Need proof? An ad in the Harrisburg Telegraph dating back to 1935 wishes readers "Seasons Greetings" from Subway Café owner Steve Costea and touts "homemade goulash" as the house specialty.

The cuisine wasn't the only thing just a bit different back then.

The small establishment also featured live entertainment, as evidenced by another ad that ran that same year. Not lacking in hyperbole, the advertisement reads, "Dancing and entertainment your eyes have never seen before. Also the Balkan Knights. Tamburitsa Band. Radio Artists."

Today, patrons may wonder how the Subway managed to fit live music and dancing into such a small space, which seats about 75. At the time, though, the focus was heavy on entertainment and light on food. Articles throughout the years refer to the business as a "taproom,"

and, in 1942, the Telegraph referenced a bit of legal trouble stemming from a "gambling device" discovered on the premises.

Enter Liana and Donato Giusti.

When the Giustis purchased the café in 1948, they made a great effort to improve the reputation of the establishment, located smack-dab in the midst of Harrisburg's industrial zone, up the block from the Herr Street underpass. Liana's son Donato Giusti, Jr., recalls, "Two spittoons were the first things my parents eliminated when they took over."

The couple aimed to elevate the business from a beer den and nightclub to a restaurant, serving up Italian favorites like lasagna, spaghetti and meatballs and their now-famous pizza. Working-class folks from nearby businesses packed the place during lunch and after work to enjoy the freshly made personal pies with the savory sauce and cracker-like crust.

"Harrisburg Steel Company was the main clientele during the World War II years. Their major product was bombshell casings, which were converted to pressurized gas cylinders





after the war," said Donato, Jr.

Business boomed for quite some time before a series of setbacks occurred.

Hurricane Agnes swept through the place in 1972, leaving only the ceiling of the café unscathed. Donato, Jr. said his mother's repeated quote to the customers, in her thick accent, was "we leana butta we no falla!" This inspired the family to run a newspaper ad with the phrase, alongside a picture of the Leaning Tower of Pisa, to announce that the café was, once again, up and running.

Today, diners can see the remarkable high-water marks from both the 1972 and 1936 floods, which are memorialized on a wall near the entrance.

The 1980s ushered in more challenges. Liana lost her husband in 1984, and the nearby TRW plant burned to the ground not long after, taking with it patrons who no longer found it a convenient lunch or dinner stop. The subsequent closing of the steel mill didn't help.

A woman of lesser strength would have sold the place and retired, but not nonnense Liana.

She credited her father, who owned an Italian café and macaroni manufacturing

business near Florence, Italy, for her business sense and tenacity. Tall and stately, she glided through the dining room overseeing everything. Nothing got past her, often to the chagrin of the staff, but she had a soft side and a sense of humor, too.

Liana ran the café until she passed away in 2001 at the age of 90. Donato, Jr. and his wife Pat took over until 2004, when they sold it to Christina and Fotios Lamnatos, who decided to retain the loyal staff that patrons had come to know and enjoy.

Long-time bartender Scott Hohe, with his trademark smile and jocular personality, has been serving up drinks at the Subway Café for 38 years. "I love coming to work every day to meet old friends and make new ones. I'm the hostess with the mostest," he boasts with a hearty guffaw. Reviewers on Foursquare and TripAdvisor seem to agree, often giving the popular bartender shout-outs.

Romano Premici, who retired in 2009, also was a long-timer, serving more than five decades as cook. Waitress Lisa Kettering has been a loyal employee, as well, serving up food with a smile for almost three decades now.

The current owners have made small adjustments to keep up with the times.

"The changes they made are good ones. They are now open on Saturday nights, and they take credit cards," said Hohe.

They still serve the popular "fishy bowls" of beer (as Liana used to call them), and the food offerings differ only slightly. Salads now include Greek and Caesar, and they've added homemade eclairs, which are hugely popular. The age-old pizza recipe has been retained, earning The Subway Café the PennLive Pizza Party award as the best pizza in Harrisburg just last year.

Meanwhile, the restaurant's loyal fan base continues to expand. "Three and four generations of family members are coming in now," said Hohe, who entertains them all.

Bob Schott of Harrisburg has been a regular since 1985. "I'm there every week. Initially, it was because of the pizza, but then I started meeting people," he said of the family-like atmosphere and camaraderie. Schott recommends not only the pizza, but the lasagna, too.

The Lamnatos have carried on the Subway Café tradition of valuing their loyal staff and customers, serving up good food and welcoming newcomers. For those who have yet to visit, now might be a good time to treat your taste buds to one of the best pizzas around.

The Subway Café, 1000 Herr St., Harrisburg, 717-412-7128, subwaycafepizza.com.



A TOMATO **TUTORIAL**

Key to terrific soup: fresh pomodori.

BY ROSEMARY RUGGIERI BAER

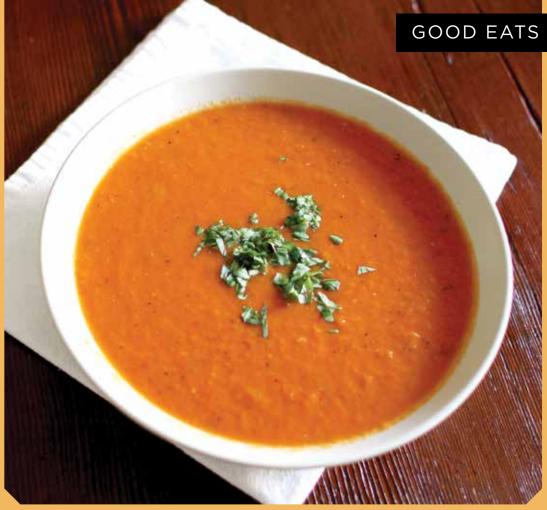
n my first column for TheBurg back in January 2009, I wrote about what I love best (I mean other than my family): my spaghetti sauce. I explained that I used large cans of crushed tomatoes (Tuttarosa), fresh pork and lots of onions, parsley and basil. Taking advantage of crushed tomatoes canned in thick puree, I discovered, along the way, there was no need for adding tomato paste and putting whole plum tomatoes through a food mill like I watched my mother do so many times. (Contadina was her brand.)

But, after 45 years of making my own spaghetti sauce, I have found an absolute treasure: POMI tomatoes. Again, I must thank Peggy Harder of Peggy's Silver Spoon at the West Shore Farmer's Market for introducing me to something new. Packaged in a neat little box, POMI tomatoes taste like fresh. Who knew?

I learned recently that yet another substance in our food world is thought to be dangerous to our health: BPA, a chemical contained in the white lining of canned goods. POMI tomatoes are free of BPA and also have no added salt, water, citric acid or other preservatives. If you are used to regular canned tomatoes, crushed or otherwise, you will find you'll likely need to add some salt to your recipes. Other than that, these tomatoes are nearly perfect. The ingredient list contains one item only: "tomatoes."

POMI tomatoes are sold chopped or strained for use in soups and sauces. They also make Alfredo sauce, marinara sauce and pizza sauce, all ready to eat. These varieties are much harder to find, but I suspect could be ordered online.

So, it is still winter. March seems to drag on with its grayness and damp chill. Soup is a wonderful way to warm up, so this month I'm providing a recipe for an Italian classic: pappa al pomodoro, a Tuscan tomato and bread soup beautifully made with chopped POMI tomatoes and day-old country bread.



PAPPA al POMODORO

- In a large saucepan over medium heat, sauté 1 chopped onion (sweet onions are good) and 2 celery stalks, also chopped, in 2 tablespoons olive oil for about 7 minutes.
- Add 2 minced garlic cloves and sauté for 2 minutes longer.
- Add 2 pounds (32 ounces) of POMI chopped tomatoes and 4 cups of water and bring to a simmer. Cook gently, uncovered and stirring occasionally, until the vegetables are tender, about 20 minutes. Simmer is the key—do not burn with too-high heat.
- Put the entire contents of the saucepan in a blender or food processor and puree until fairly smooth. Do this in batches and be careful with the hot liquid. If you have an immersion blender, try it. (One of those is next on my wish list.)
- If you like a soup with more texture, only puree slightly.
- Return the tomato mixture to the pan and add:
 - Salt and pepper to taste
 - 4 crust-less slices of country bread torn into pieces
 - A handful of chopped fresh basil
- Cook the soup for an additional 10 minutes until the bread is soft. You can add a little water if it becomes too thick or if you prefer a thinner soup.
- Spoon the soup into serving bowls and drizzle a little green olive oil over each serving.

This soup is actually more flavorful when served warm rather than piping hot. You will appreciate the flavors of the sweet tomatoes and basil at a more moderate temperature.

I suppose this soup needs no additional bread, but toasted baguette slices, rubbed with olive oil and sprinkled with grated Parmesan cheese and dried oregano, make for a really nice accompaniment. Pair with a salad, and you can face any cold March evening.

And, if you are a fan of whipping up a quick marinara sauce on a busy work night, these tomatoes are for you. Sauté some chopped onion and garlic along with ground sausage, ground beef, shrimp or pancetta, cook for a few minutes, and you are done.

I hope you have the opportunity to try POMI tomatoes and find many uses for them as I have. Peggy at Peggy's Silver Spoon will be happy to sell you some, and many Giant supermarkets carry them now, as well. I know my dear mother would love them too. B



BY ANDREW DYRLI HERMELING

ronically, the idea for a story about a herd of goats originated not in rural Dauphin County but in Midtown Harrisburg.

Several residents had eyed a pick-up truck carrying goats in its bed. Naturally, curiosity led to a few questions, and it was discovered that the truck belonged to Brent Durborow, who had recently moved into the neighborhood.

It turned out that the goats belonged to the family business, Grazing Green Goats, run by Brent's stepfather John Connelly. The herd is hired out to help property owners clear brush from their land. So, on a chilly morning, I drive out of the city into the open spaces that surround our capital; I am off to see a man about his goats.

Connelly's Herd

As I pull into the Connelly's farm, John is already at work. He greets me and then quickly ushers me over to the herd.

"We have about 20 goats, plus an additional dozen on another site," says Connelly.

In addition to goats, which eat brush and woody overgrowth, Connelly also keeps sheep that eat grass.

The number and types of animals hired out depends on the needs of the property. After identifying the land that needs to be grazed, Connelly simply sets up a portable fence around the property and checks on the herd periodically until the job is done. Depending on the size of the property and the herd, the job usually takes between one and two weeks.

Connelly is marketing his herd as a green landscaping alternative. They help property owners by eliminating the need for herbicides while also removing invasive species. Plus, their droppings are very good for the soil. However, many times, Connelly's goats are logistically the best option, green or otherwise.

"There are certain terrains that typical landscapers can't tackle," says Connelly. "My goats aren't scared of steep slopes."

As we chat, the animals make it clear that they aren't shy. Goats approach me at the fence and nudge me, including an especially rotund female.

"She's pregnant," notes Connelly with a smile. "By the size of her, we suspect twins."

As he pats the mother-to-be, named Tessie, I can't help but notice the affection he has for his herd. After few more moments, he invites me inside to speak more.

Goat Appeal

We take a seat in the Connelly farmhouse with mugs of tea to stave off the chill. I've already been won over by the personality of Connelly's goats, but I am interested in getting a sense of how customers react to having the herd on their property.

"Our herd is especially popular with families," says Connelly. "The kids love playing with the goats. They get very sad when we bring the goats home."

Durborow agrees. "People just love the goats. Kids will make up stories about them and their lives."

Sometimes, Connelly takes unnamed goats to jobs with families so that children can name them. Children will often check in with the Connelly family to ask about the goats that they grew to love.

I was able to talk to Steve Bergstrom, a Lancaster County resident who works in medical sales, and a former client of the Connellys. Between the slope of his property and the amount of poison ivy present, Bergstrom was desperate to find a way to clear his land. The herd not only succeeded in doing its job, but won the hearts of the Bergstrom family-and the rest of their neighborhood—as well.

"We were the talk of the town," says Bergstrom. "Everyone in the neighborhood was coming by to see the goats."

The neighborhood continues to ask Bergstrom about the animals. Considering how well the goats did the first time around, Bergstrom plans on contracting the Connelly herd again.

Recovering from Tragedy

It is inevitable that people grow attached to these animals, and the Connellys are no exception. Unfortunately, tragedy struck the family this past October. While the herd was hired out to graze land near Conewago Creek, a tributary of the Susquehanna, floodwaters suddenly rose. Brent and John rushed to rescue all that they could, but, by the time they arrived, they were too late for the majority of the herd.

"It was a big loss, it was terrible," says Connelly.

In all, 23 goats were lost.

However, a few were rescued. Found buried in mud up to her head and forelegs, Tessie, the matriarch who greeted me at the fence, was pulled to safety.

"She actually got outside of the fence, which was lucky for her, since the fence was completely underwater," says Durborow.

Adds Connelly, pointing to a picture of Tessie, "that was the joy right there."

For Connelly and his family, Tessie's pregnancy is especially uplifting.

The Growing Herd

It is a few weeks later when I check back in with Brent. He is at the state Farm Show promoting the business.

"Man, you need to come by again. The herd has grown!" says Durborow.

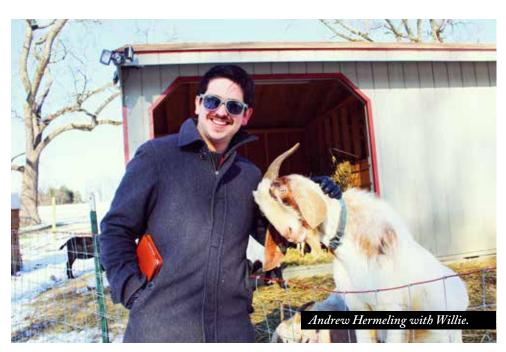
Tessie successfully gave birth to two kids, named Bonnie and Clyde. Another doe in the herd, Nina, gave birth to three kids as well, Holly, Nicholas and Noel.

While family members are still saddened by October's tragedy, they are excited about the future. Like the herd, the business continues to grow. Come springtime, Connelly's goats will once again be put to work clearing fields, one bite at a time. B

For more information visit, www.grazinggreengoats.com.





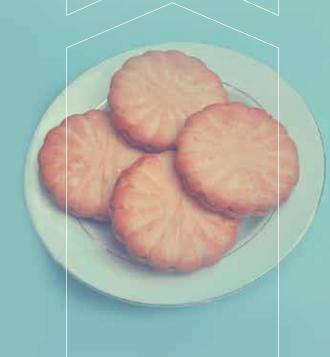


ON THE MARKET

Heed this advice before putting your house up for sale this spring.

BY RAY DAVIS

"The smell
of fresh
baked cookies
will make the
house feel
like a home"



is the season!

It's been a long, cold, messy winter,

and, with spring, often come thoughts of selling and buying a new home. Here are a few simple tips to help you maximize your return and minimize your market time.

FIRST IMPRESSIONS (Don't get left at the curb)

It all begins with curb appeal. Can you see the house? Large, overgrown landscaping not only hides or dwarfs the house and blocks natural light inside, it also requires maintenance that many homeowners do not care to do. Minimal landscaping is better than too much or overgrown landscaping. Trimming, pruning and a thorough cleanup of winter's debris go a long way. Scrub the front porch to remove winter's grime and salt residue. Paint the front door, put out a new welcome mat, and complete the picture with a few seasonal potted plants flanking the front door. You only have one chance to make a first impression.

THERE'S SOMETHING IN THE AIR (The nose knows)

House-i-tosis is a sure way to turn off potential buyers. One of the first senses buyers will experience upon opening the front door is smell. Pet odors, cigarette smoke, cooking odors, heavily scented candles and the excessive use of air fresheners can be a real turnoff to those with sensitive sniffers. The best smell in a house is no smell. Buyers are often wary of homes with candles and simmering potpourri and will frequently ask, "What do you think they are trying to hide?" If you believe the smell of freshbaked cookies will make the house feel like a home, bake some—and leave them with a note for the buyers to "Enjoy." Give your house a good sniff test and invest in an air-purifying device if necessary.

MR. CLEAN (Let him out of the bottle)

Even buyers whose homes are not pristine appreciate homes that are. Prior to opening your home for buyers' inspection, give it an old-fashioned springcleaning like mom used to do. Start with closets and cabinets. You don't want them cluttered, which gives the impression that there is not enough storage space. Rent a storage unit if necessary to store off-season clothes, decorations, trophy collections and excess "stuff" that you will not need before you move. Wash windows and curtains. Don't forget light switch covers, ceiling fans and baseboards. Clean the garage and basement, including the top of the furnace and water heater. Use a dehumidifier in summer months. My favorite analogy to a basement is that of a car. Clean, bright, dry basements are like clean car engines—a sign of good, regular maintenance.

LET THERE BE LIGHT (Day and night)

Buyers like light and bright homes. Open curtains, shades and blinds. Not only will this show off your nice, clean windows, it also will make the rooms feel more spacious. For nighttime showings, turn on the lights. The last thing you want the agent who is showing your home to have to do is search for light switches. Walking into a well-lit home, perhaps with soft music playing, is a great first impression.

PICTURE PERFECT (Not always a good thing)

There are several reasons the family photo gallery should be packed away before your house is shown. "De-personalizing" helps buyers visualize themselves living in the home.

Family photos can also be a distraction to lookers. You don't want buyers to spend more time trying to identify family members they "think they recognize" than they do looking at the house. It happens. It is often advisable to "neutralize" the house too. Excessive collections of political, religious memorabilia, diplomas and certificates should be rmoved. Sorry, mom—this includes the kids' artwork on the refrigerator.

SET THE STAGE (And the table too)

"Staging the home" for sale has become a thriving business for talented professionals who specialize in organizing, arranging and accessorizing. Stagers will do as much or as little as their clients are willing to pay for. Homeowners who need help de-cluttering and organizing can pay a stager and staff to pack unnecessary items, paint, move furniture, rearrange and even provide rental items to help present the home in a manner that is more appealing. Staging is different than decorating—in fact, it often is "un-decorating" and simplifying. The strategic placement of items in the home—and removal of items that distract from the space—has been proven cost-effective, increasing sale price and decreasing market time.

PRE-SALE INSPECTION

(Ignorance is not always bliss)

Most homebuyers will include an inspection contingency with their offer to purchase a home. Home inspections give the buyer a chance to have an in-depth study of the home. Everything from the roof to the basement is inspected for current and potential problems. Home inspections generally start at \$250. Why not invest in one before you list your home for sale, and give yourself the opportunity to fix a problem before it becomes one?

THE PRICE IS RIGHT (It's not a guessing game)

Even a house that has great curb appeal, is odor-free, clean, bright and perfectly staged will not sell if the price is not right. Conversely, sellers who choose not to make any extra effort to prepare their houses for sale can easily sell them if the price reflects the need for improvements. Arriving at an accurate asking price is not always easy, particularly in the current market where values have fluctuated. Real estate agents can prepare a market analysis, which will analyze the recent sales of similar homes in the neighborhood and thus provide a range of value for your home. Appraisers are licensed to perform a more specialized valuation of a home.

Every buyer and every home is different. Some require a lot more attention than others.

Happy house hunting! **B**

Ray Davis is a realtor with RE/MAX Realty Associates. He's been selling homes in and around "The Burg" for 22 years. Contact him at 717-761-6300 or raydavis@remax.net.

SPRING ZING

Give your greening garden a great, big howdy-do.

BY ERICA SHAFFER

he days are warming, the birds are singing louder. Your personal zing is getting a much-appreciated infusion as it entangles with this awakening. It is a beautiful, chaotic frenzy. Focus and green up the delicious surge of energy!

If you have plans to plant this year, begin by walking around your property and getting to know it better. I am continually

amazed at this exchange with many shoppers.

"Is it sunny or shady in that spot?" I ask.

The answer, more times than you would guess, is "I don't know. The area is in the front of my house."

Ummm.

Help turn your thumb greener. Be aware. Are there spots that are excessively dry or wet? Wandering deer? Having personal information about your spot on Earth will increase plant choice success.

There are plants of high value—long-lived, low maintenance, insect- and disease-free, easy to grow and interesting. There are other plants that should only be planted in a horse pasture! These are plants such as short-lived, brittle trees (the poor-quality ornamental pear) and plants prone to insect and disease problems. Some are fussy about soil or water needs, becoming weaker and prone to issues when their needs are not met. Some are invasive, currently powering through our native woods (this includes the ornamental pear!).

People who know about plants are called "horticulturists." These garden geeks can help you choose plants based on your site needs and how the plant will react to your conditions and expectations. Be aware. And don't believe, just because you saw it on the Internet, that it must be true. Talk to your locals.

Turning our attention to expectations...how big do you want the plant to get? What ultimately should be the size of the perfect tree? Did you look up and make sure there are no power lines? How far away from the house should it be? And don't ever say, "I'll be gone before it gets too big." Really, just don't. It's not like a tree can get up and walk over 15 feet due to poor placement. And setting them up for a future of brutal tree topping is awful for the health of the tree—and just plain wrong. Be aware!

A good garden rant from me has to include the use of chemicals in the garden, with a burst about lawn care.

Eighty percent of chemical misuse is due to homeowners: labels not read, wrong or no identification of the pest, not wearing protective gear. The label is where the dose information is and where the warnings are. If it says two tablespoons will do the job, don't use two, plus a

splash for good luck!

The label often will read "caution," "warning" or "danger." (Caution is the lowest threat.) Sometimes, it's best just to do ... nothing!

Systemic chemicals (imidacloprid) are absorbed by the plant, and any insect feeding on it—or drinking from the flowers (our bees, butterflies and hummingbirds)—will ingest it and die. Be aware.

If the bottle says "lasts for 12 months," that translates to: "This chemical is so sturdy and awful, it takes 12 months for it to go away." Yikes. Bring a leaf or insect sample to a horticulturist and get the right identification and plan of action.

Lawn care is quite possibly the greatest economic manipulation of our times. We have been led to believe everything that is not a blade of grass is the enemy.

Watch the commercials, and really "see" them—we are waging a war against... dandelions? Really? The bright, yellow flowers are landing pads for pollinators, including bees. The spring fresh foliage is fabulous in salads and is a natural detox (I have recently seen it being sold in grocery

stores). Roasted dandelion root tea is also believed to have healing properties and is quite tasty. The big tap root breaks up clay and hard soils.

And the clover? Clover (another bee food source) has the magical ability to pull nitrogen (fertilizer) out of the air and transfer it to the soil. So, we buy chemicals to kill the clover, and then we buy chemicals to fertilize. We kill the dandelions that are making the soil better and buy more grass seed, hoping it will finally take in the terrible soil. And then we worry about what is happening to our beloved bees. Hmm. We aren't too smart. But the lawn care companies are laughing all the way to the bank.

Don't be a sheep. Be aware. Let your lawn be a meadow. **B**



t's a little after 9 o'clock on a Thursday morning, and SSD (Susquehanna Service Dog) Hamlet, along with seven of his mates, is being loaded into a van, headed for an area mall. They're not going to shop 'til they drop, but are destined for serious business—a training expedition.

"Each Tuesday and Thursday, we transport the dogs to malls around the area for training on how to behave among distractions such as other people, shopping carts and so forth," said Amanda Nicholson, training coordinator for Susquehanna Service Dogs. "These dogs are permitted by law to travel with and help their partners inside crowded areas, and they must be trained, then tested periodically, to prove they are able to do that."

At the mall, the dogs work with their professional and volunteer trainers who practice the various commands the dogs have already learned from their puppy-raisers—sit, stand, stay, come, heel, retrieve—then help them learn the advanced tasks they must know to support their potential partners.

These more advanced tasks include visit (putting his chin on his partner's knee to calm him in the event of a meltdown), take it (picking up a leash or something else his partner may have dropped on the floor and can't reach) and maybe 20 other commands that will be of value.

During this time, the trainer may take the dog to a food court to practice lying quietly under a table while his partner has lunch or a cup of tea. "Down stays" of 30 minutes or more are required. It's critical that SSD Hamlet only pay attention to his trainer and no one else. Later, his partner's safety may depend on it.

20 YEARS OF SERVICE

Two decades ago, Nancy Fierer founded Susquehanna Service Dogs, now a program of Keystone Human Services. Since then, SSD has placed 225 service dogs that provide assistance to their partners on a daily basis.

"I'm so proud of each one of these dogs," Fierer says. Every dog has his or her own special story, one that starts at birth and culminates in a unique human/animal bond.

SSD Hamlet, for one, began his career (and his life) on June 12, 2012, snuggled up with other pups and his mom. Each litter receives a name, so Hamlet was from the Shakespeare litter. At about eight weeks,

he left the friendly environs of the litter and, after a week in the kennel for a physical and other health checks, moved to the next step in his training: life with a puppy-raiser.

For more than a year, SSD Hamlet lived with his raiser/trainer in State College, learning not only basic commands, but how to control the urges that most dogs have every day—running, barking, playing. SSD Hamlet must be given time to be a dog, of course. However, as a service dog in training, he has to learn the skills and behavior he needs. At 18 months, SSD Hamlet moved from his puppyraiser into a kennel with other dogs his age to begin learning advanced skills.

SSD Hamlet, along with three or four other dogs, now will spend about three months in the kennel working with trainers. Afterwards, he finally will meet his potential partner. It may be a soldier with PTSD, a woman in a wheelchair, a child with autism or a man with multiple sclerosis. Potential partners greet and play with each dog before a decision is made on placement. Every partner is special, and each dog must be carefully matched to meet the needs of that partner. For example, it takes a relatively large, strong dog to pull a wheelchair or act as a balance dog.

POSITIVE EFFECT

Once SSD Hamlet is matched with a partner, he will spend the next two to three months learning the specific skills required. Afterwards, the pair will spend three weeks working together with trainers, polishing the skills they will use.

In SSD Hamlet's case, he may become a courthouse dog. If that's the decision, he must be sensitive to the moods of all around him and be able to calm people who are under pressure or stress. After the three-week training period, the partnership will be tested to make sure the pair works well together and both have learned the skills required to be able to move around their community and support one another.

Alternatively, he may serve an older person or even a child, which was the case with a recent success story cited by Fierer.

"We placed a service dog with an 11-year-old girl with a significant psychiatric illness and autism," she said.

The girl's family had tried many other support services with little success, but nothing helped until

LIFE OF SERVICE

For 20 years, Susquehanna Service Dogs have helped their humans cope, survive.

BY DON HELIN

their service dog came into their lives.

"At the time the girl was a D/F student in school, with few friends and many meltdowns," she said. "The service dog had an immediate positive effect."

Together, the family taught the dog to exert full-body pressure, which provided a significant calming effect. Immediately, the girl's meltdowns decreased in duration and slowly decreased in frequency. And her grades improved dramatically.

"That girl is now 16, and her life has changed markedly for the better because of her service dog," said Fierer.

There are many other success stories involving these dogs. If you're inspired, consider volunteering with Susquehanna Service Dogs. You'll be proud of what, together, you can accomplish. **3**

COMING SOON: PAWSABILITIES

If you're interested in meeting service dogs and having fun with your own dog, then go for a walk this month to PawsAbilities, the annual canine extravaganza and fundraiser for Susquehanna Service Dogs.

"This is a fun family program," said Vikki Lagaza, who coordinates PawsAbilities. "It consists of a number of events—we have a Dog Olympics, the Great Biscuit Bite-Off, Cutest Dog Contest, Dog Parade, agility tryouts and more."

The event will be held on March 8 and 9 at the state Farm Show Complex in Harrisburg from 9 a.m. to 4 p.m. each day. As a special treat this year, New York Times best-selling author Luis Carlos Montalván and his dog, Tuesday, will be featured on the main stage on March 8 at 1 p.m.

Pre-sale tickets (ends March 4): adults \$8, children \$4. At the door: adults \$10, children \$5. Tickets are good for both days. Proceeds support the mission of Susquehanna Service Dogs.

For more information on Susquehanna Service Dogs, visit www.keystonehumanservices.org/susquehannaservicedogs; for PawsAbilities, visit www.pawsabilities.net.

Don Helin published his first thriller, "Thy Kingdom Come," in 2009. His second, "Devil's Den," has been selected as a finalist in the Indie Book Awards. His next, "Secret Assault," will be published in May 2014. Contact him at www.donhelin.com.





423 S. 18th Street, Camp Hill | 737-8633 HighlandGardens.org

Highland

GARDENS



CALL 717-232-OPEN (6736) or visit www.openstagehbg.com







PICK OF THE MONTH

Keynote speakers each evening.



LITTLE SCHOLAR

Family programs and events.



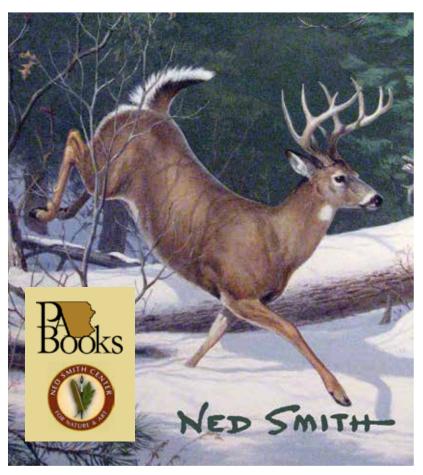
CONVERSATIONS

Talking with authors and readers.



POETRY

Spoken word performances.



Cover of Gone for Another Day, a compilation of the late Ned Smith's unpublished field journals and sketches.



-KIDAY 3/28

EVENING EVENTS



Join naturalist and historian Scott Weidensaul, as PCN's Brian Lockman interviews him for a special episode of "PA Books," filmed on our Mainstage. Be part of the live studio audience!

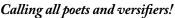
He will discuss what it was like to compile and edit Gone for Another Day, drawn from the late Ned Smith's unpublished field journals and sketches. Smith created thousands of paintings and drawings for Pennsylvania Game News, National Wildlife, Field and Stream, and Sports Afield.

Weidensaul has written more than two dozen books, including the Pulitzer finalist Living on the Wind: Across the Hemisphere with Migratory Birds, and The First Frontier: The Forgotten History of Struggle, Savagery and Endurance in Early America (Our Pick of the Month in July 2012).

7:30

Opening Night Reception.

Sponsored by the Ned Smith Center for Nature and Art.



Open Mic Celebration – Hosted by Nathaniel Gadsden's Spoken Word Cafe.

Storytime with State Representative Patty Kim.

Fairy-tale Crafts for Kids.

Fairy-tale music for families.

Presented by Market Square Concerts, with violinist Peter Sirotin, cellist Fiona Thompson, and WITF's Cary Burkett as narrator.

12:30 PM

Make a story with pictures!

Illustrator-author Jonathan Bean will draw and read from his national-award-winning children's books, including Building our House and At Night.

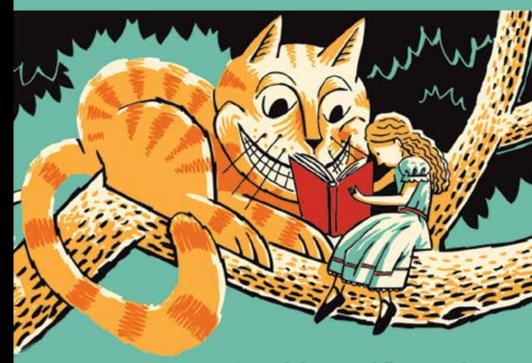
Design your own comic book or graphic novel.

Free hands-on workshop for teens and young adults, led by Harrisburg artist Robert Taylor. Try your hand at drawing anime and magna, meet current art students, and enjoy samples of their work. On Stage Two.



SATURDAY 3/29

FAMILY EVENTS



Pictured above, mural illustrations by Jonathan Bean, located at the Little Scholar.

SATURDAY 3/29

2 PM -

Beyond Harry Potter
& The Hunger Games

Three prominent YA novelists dish about writing for teens.

4 PM ——

D

Pathways to Publishing

Get the inside scoop on publishing from a novelist, short-story writer, publisher, and book reviewer

Pennwriters' Don Helin writes mysteries and military thrillers. York College professor Lori M. Myers writes creative nonfiction, fiction, essays, and plays. Freelance editor Laurie Edwards started Leap Books, an innovative publishing house for teen and 'tween novels. Harrisburg Magazine columnist Harvey Freedenberg reviews for BookPage and the Minneapolis Star-Tribune.

6 PM



The Poetry of Place Readings by Marian Dornell.



Doylestown's Tiffany Schmidt writes realistic YA fiction (Send Me A Sign and Bright Before Sunrise).



Philly's E. C. Myers writes YA science fiction novels (Fair Coin and Quantum Coin).



Biglerville-native Jessica Shea Spotswood writes YA paranormal romances (The Cahill Witch Chronicles).

ANNUAL SIDEWALK SALE

SATURDAY & SUNDAY, MARCH 29-30
AT THIRD AND VERBEKE STREETS

And visit Goodspeeds for a special selection of books from Larry McMurtry's famous Archer City, Texas, bookstore. At 1423 North Third Street

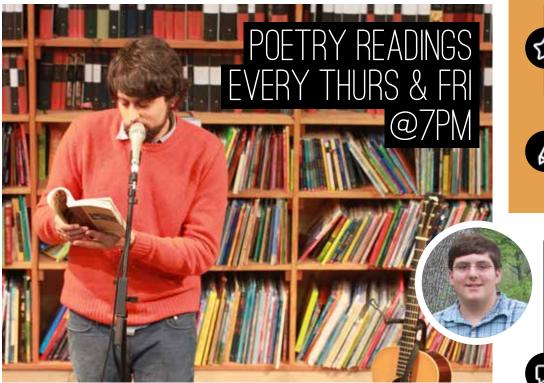


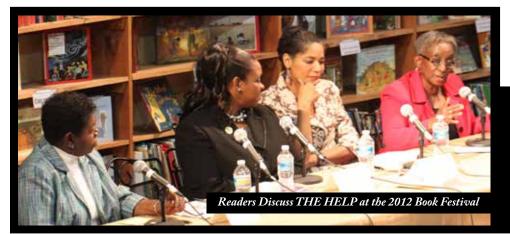


FREE CHILDREN'S BOOK

Visit "The Little Scholar" during the Book Festival on Saturday or Sunday to receive your free copy of this charming book!

*While supplies last.





SUNDAY 3/30

AFTERNOON EVENTS

- 1 PN

Historical Playtime with Sammi Lehman Native American children's games.

2 PM

Storytime with State Senator Rob Teplitz



2:30 PM

"Poetry Out Loud" Contest Finalists
Recitations by regional high school students.

3 PM

Harrisburg during the Civil War

16-year-old Cooper H. Wingert, author of The Confederate Approach on Harrisburg and other books, discusses the history of our region with Penn State American Studies Professor Michael Barton.



The Harrisburg State Hospital

Phil Thomas explores the architecture and history of Pennsylvania's first public asylum through vintage and contemporary photographs.

5 PM

Talk Back: What books have most influenced you? The audience and special guests in open conversation. Moderated by Catherine Lawrence.

6 PM



Keystone Corruption: A Pennsylvania Insider's View of a State Gone Wrong.

Harrisburg Mayor Eric Papenfuse interviews Pittsburgh Tribune-Review reporter Brad Bumsted about his new book.

A seasoned political analyst, Bumsted is also co-author, with William C. Costopoulos, of Murder Is the Charge: The True Story of Mayor Charlie Robertson and the York, Pennsylvania, Riots.

In Keystone Corruption, our October 2013 Pick of the Month, Bumsted traces the cyclical nature of misconduct in Pennsylvania government over the past hundred years. The author focuses on corruption since the 1970s, and he had a front-row seat during the unprecedented scandals of 2007 through 2012.





BEAUTIFUL MUSIC, BEAUTIFUL SPACE

"Music by the River" set to debut at St. Stephen's.

BY BRIGETTE BARTO





arket Square, Italian Lake, HSO Summer—Harrisburg doesn't lack for high-quality music series, some seasonal, some year-round.

Adding to the riches: This month, Maestro T. Herbert Dimmock will launch the "Music by the River" series at St. Stephen's Episcopal Cathedral, where he serves as organist and choir director.

"We anticipate a good variety of artists, some local, some out of town," said Dimmock, who is eager to bring his ideas and talents to music-lovers in the Harrisburg area, his home for the past year.

In 1988, Dimmock founded the Bach Choir of Baltimore, which performs the first Sunday of the month in Christ Lutheran Church in the Inner Harbor. In fact, before moving to this area, he started and directed many musical groups in Baltimore, where he also served as organist/choir director at various churches.

"THIS IS A WAY FOR
PEOPLE TO EXPERIENCE
PERFORMANCES THAT
THEY MIGHT NOT
OTHERWISE GET THE
CHANCE TO."

The Music by the River series—its named inspired by St. Stephen's picturesque location across the street from the Susquehanna—has been a part of Dimmock's vision for some time.

"It's a time-honored tradition that I wanted to bring to Harrisburg," he said. "This is a way for people to experience performances that they might not otherwise get the chance to."

The cathedral's high ceilings and colorful, stained glass windows offer a setting designed to set the mood for the music and enhance the audience's listening pleasure.

"This church is rich with both beauty and history," Dimmock said.

The inaugural concert will take place on March 16, as the Langley Air Force Woodwind Ensemble plays selections from its vast repertoire, ranging from Renaissance to contemporary.

Then, on April 5, the Bach Choir of Baltimore, under the baton of Maestro Dimmock, will present Johann Sebastian Bach's dramatic "St. John Passion." The concert, which requires tickets, will feature a co-mingling of voices true to the original 18th-century arrangement, with professional orchestral accompaniment and Baroque soloists.

While Harrisburg has a long tradition of music culture, Dimmock believes this series can offer the city something new.

"We are looking for things that consistently have a spiritual element," he said. "This series is unique in the way that it brings that to our city."

Moreover, Music by the River offers a combination of substance, beauty and affordability.

"Good music appeals to us beyond words," Dimmock said. "Ninety percent of these concerts will be free. When you bring high-caliber talent like this at such a low price, why would you not want to attend?"

St. Stephen's Episcopal Cathedral is located at 221 N. Front St., Harrisburg. www.ststep.org.

"MUSIC BY THE RIVER" SERIES UPCOMING CONCERTS

Langley Air Force Woodwind Ensemble *March 16, 4 p.m.*

"St. John Passion," Bach Choir of Baltimore April 5, 7 p.m.

ARTSFEST Organ Marathon, Herbert Dimmock, organist May 24-26, noon-6 p.m.



ianos, trombones, violins-all musical instruments, of course. But so is the voice, the sounds uttered through the mouth of living creatures while speaking, shouting, singing. It can be considered a musical instrument, too.

There will be no denying that fact later this month when the Harrisburg Singers, along with choir members from 10 area churches, combine their vocal "instruments" at the third American Composer's Choral Festival. In all, about 225 singers will raise high their voices inside Trinity Lutheran Church in Camp Hill.

"There are two things that make the American Composer's Festival special," says Charles Beckley, chair of the Choral Festival, which has taken place every two years since 2010. "How often do you get to see a mass choir and, two, you rarely get to see the person who composed the music also conduct it."

That composer—and the one directing the choir this year—is Dr. Robert Lau, organist/choirmaster at Mt. Calvary Episcopal Church in Camp Hill, where he has served for more than 25 years. He is the creator of more than 250 choral and keyboard works, published by leading musical publishing companies in this country.

"Also featured in the concert will be a brass quintet and organ," Beckley adds. "Many of the choir directors from the participating churches play the organ, and they will take turns accompanying the mass choir under Dr. Lau's leadership."

Choosing a guest composer is no easy task when you get people together with different musical tastes. Beckley explains that six or seven possibilities were brought to the table, narrowed down to the top two choices—and then a decision was made from there.

"The appeal with Dr. Lau is that everyone likes his music, and it's extra special that he's a Pennsylvania native," Beckley says. "Here's a guy who's nationally recognized, and he's right in our own backyard."

It's one thing to be directing 225 choral members; it's another to be one of those voices in a crowd of sopranos, altos, basses and tenors.

Kat Prickett knows that feeling well. As a member of the participating Harrisburg Singers, secretary of the Singers' board and a committee member for the festival, Prickett has been singing in choral groups since kindergarten. She's excited about all the pieces that make up this year's event.

"There is something magical about singing with over 200 other voices and coming together as one," she says. "It's a wall of powerful sound, and, when you add the magic of brass, organ and a notable American composer, it's truly amazing."

Two of Prickett's favorite selections include the "Ave Verum Corpus," an a cappella piece with beautiful, lush harmonies, and "The Lord is My Shepherd," which was created in memory of a member of the Jubilate Choral Ensemble who passed away rather young.

"It is hauntingly beautiful and, with all of the recent losses that the central Pennsylvania theater community has experienced, I think this piece has the potential to provide comfort for anyone who hears it," Prickett says. "Music is a powerful gift that the Singers and mass choir have the opportunity to share on March 29, and we hope that people will take part of that gift away with them."

Musical selections at the event also include Lau's own music, along with pieces by past Choral Festival guests K. Lee Scott and Dr. Mack Wilberg. In addition, the Singers will perform a selection commissioned especially for this concert, entitled "Come, Let Us Sing to the Lord."

"For me, this is always the most exciting part of singing in the Choral Festivals," Prickett says. "We get to sing a brand new piece that was written especially for us on this occasion, and to sing it under the direction of the composer himself is the icing on the cake."

The American Composer's Choral Festival will take place on Saturday, March 29 at Trinity Lutheran Church, 2000 Chestnut St., Camp Hill. Tickets can be purchased by calling 717-737-8635 or by visiting www.harrisburgsingers.org/concerts. General admission is \$10.





SPRING STRINGS

Warm up to these acts in March.

BY DAN WEBSTER

his month, a wide variety of guitar personalities enter the midstate, from fingerpickers to free range stylists. Unique acts await you. I didn't mean that to sound like a fortune cookie, but we're certainly fortunate to have these musicians rollin' on through during the doorstep to spring.

REVEREND PEYTON'S BIG DAMN BAND, ABBEY BAR, 3/20, DOORS, 7 P.M., \$15 (ADVANCE)/\$18 (DOOR): The blues has found a place to hang its hat in Harrisburg, and Reverend Peyton's Big Damn Band adds to our odd love for the Delta sounds. Josh "The Reverend" Peyton leads his trio to and fro in the United States, fingerpicking his way through 250 appearances per year. Peyton's guitar playing is as good as it gets, and his band's newest album, "Between the Ditches," does justice to the bellow-voiced, barrel-chested vocalist. This one will be a foot-tapping special.

DIANE CLUCK, THE MAKESPACE, 3/23, 7 P.M., \$5-\$10 (DONATION): Cluck came highly recommended to this Musical Notes via Matt Hickey, a trusted booker in the area, who has been on the pulse of anything musically underground for many years. He's spot on with this choice. Cluck's wobbly vibrato, dense lyrics and unique guitar playing ("she plucks the strings where the neck meets the body of the guitar, producing a harp-like tone," says NPR's David Farland), will not be everyone's folk fancy, but this Lancasterraised wonder is held in high esteem throughout the music world. The MakeSpace is lucky to have landed Cluck, so, if you want to see something different and exploratory, stop on by the N. 3rd Street venue.

DELICATE STEVE, MESSIAH COLLEGE STUDENT UNION, 3/26, 9 P.M., FREE: Messiah College's Student Union has been bringing names upon names to its weekly B-Sides event on Wednesday nights for many years, including Josh Ritter, Brooke Waggoner, Rosie Thomas, Justin Townes Earle and Over the Rhine. Now comes Steven Marion, a New Jersey native, who has essentially created his own genre of ethereal, electronic riffs (Filter Magazine refers to it as the Asian Blues). Some songs, like "Wally Wilder," sound cartoonish. Others bleed into the psychedelic realm, but they all have one thing in common: no lyrics. One time, essayist and author Chuck Klosterman wrote a fake bio for Delicate Steve for the Luaka Bop Label. It's absurd and funny—you should read it. Anyway, sit back, enjoy one of the many non-alcoholic treats at Messiah, and take in the sonic pleasures of Delicate Steve. It's free—what the heck?



REVEREND PEYTON'S BIG DAMN BAND MARCH 20

APPALACHIAN BREWING COMPANY 50 N. CAMERON ST., HARRISBURG STARTS AT 7 P.M.



HAYES CARLL & BOB SCHNEIDER
MARCH 21

YORK STRAND-CAPITOL 50 N. GEORGE ST., YORK STARTS AT 8 P.M.



DIANE CLUCK, MARCH 23

THE MAKESPACE 1916 N. 3RD ST., HARRISBURG STARTS AT 7 P.M.



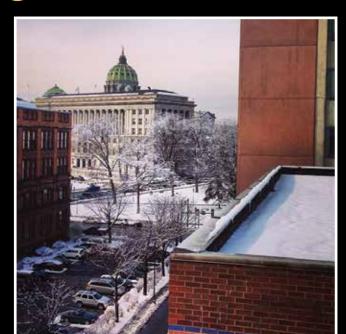
KEB MO, MARCH 26 WHITAKER CENTER 222 MARKET ST., HARRISBURG STARTS AT 7:30 P.M.



DELICATE STEVE, MARCH 26
MESSIAH COLLEGE STUDENT UNION
1 COLLEGE AVE., MECHANICSBURG
STARTS AT 9 P.M.



Reverend Peyton's Big Damn Band (Photo credit: bigdamnband.com)



FEATURED PROFILE

© @N8MNTC

NATHAN DEMURO

WHAT'S YOUR FAVORITE PLACE IN HARRISBURG?

I've known the city all my life. I have several favorite spots: galleries, restaurants, coffee shops, skateboard spots ha ha ... At the moment riverfront is... So gorgeous right now!

ARE YOU INTERESTED IN PHOTOGRAPHY? WHAT FIRST INTERESTED YOU IN PHOTOGRAPHY?

I like art in general... I was an art student most of my academic career. And honestly with phone cameras and the camera's digital editing, it's become very accessible, though I'm no professional....

WHAT INSPIRES YOU?

The freedom, passion and love I see in others.

WHAT IS THE ABSOLUTE BEST FOOD YOU HAVE EVER TASTED?

Best food is chocolate food, 'cause the best flavor on earth is super dark chocolate and peanut butter..... Seriously, I'm eating it right now....



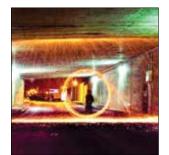
EVAN SMEDLEY

EVANSMEDLEY



ROBERT GARDNER

VIRGINIAISFORPICS



GIO ACOSTA

GCEXPRESSION



JEN GROVE

JENNGROVE



CHRISTINA HEINTZELMAN

CHRISTINIAHEINTZELMAN



TONY CRISCUOLO

HARRISBURGTONY



ROBERT BITER

ROBERTBITER



BRIAN BASTINELLI

BRIANBASTINELLI



ALLIE SCHUH

ALLISONSCHUH



BRANDI GARBUTT

SODELSURF



MEG DAVIS

HELLOMEGDAVIS



HEATHER MARIE

LADYMIKE



A MANDY ELIZABETH

MXF157



ROUNDTOP MOUNTAIN RESORT

TOUNDTOPMTNRSRT



P NATHAN DEMURO

N8MNTC





TAG PHOTOS: **THEBURG**



#SHUTTERBURG



#SHUTTERBURG





COMMUNITY CORNER

Oral History Project

March 1-April 11: See the beautiful Landis family mansion in Newport and experience an interactive art exhibit that details the family's unique history and their many artifacts. The students of Newport High crafted the "Tangents" exhibit, performing the research and making the event technologically advanced. For more information, visit perrycountyarts.com.

Eaken Piano Trio

March 2: Be entertained by the music of the Eaken Piano Trio, composed of violinist John Eaken, pianist Gloria Whitney and cellist Andrew Rammon. The trio will play at the Sunday Arts Hour at 3 p.m. at the Landis House in Newport, Perry County. The event is free and open to the public. For more information, visit perrycountyarts.org.

Network Mixer

March 4: Meet new customers and make new connections at the monthly evening mixer of the West Shore Chamber of Commerce, held this month at Mission Central in Mechanicsburg. There will be a chance to tour the building and learn about the mission. There is no cost, and there will be prizes and giveaways for some attendees. For more information, visit wschamber.com.

Tuscan History, Culture & Cuisine

March 5: Learn about Tuscany, Italy, and its delicious cuisine at this free program. Pamela Yascavage, owner of Tuscany Tours, will lead the discussion based on her personal experience of the region. The program begins at 7 p.m. at the Penn State Hershey Medical Center, 500 University Dr., fifth floor, lecture room C. Refreshments will be served. Visit worldcultureclubpa.org.

Art Reception

March 7: Abstract, mixed media sculptures by Harrisburg artist Reina Aguilar Wooden (aka Reina 76 Artist) will be featured at an art reception in the Public Media Center of local public media station, WITF. The wine-and-cheese reception will include a discussion with the artist and a free screening of "The Midwife." The 5-7 p.m. event is at 4801 Lindle Rd., Harrisburg, and the exhibit runs through April 11. More is at witf.org/community/witf-events.

Of Carnivals and Kings

March 7: Experience a circus-themed exhibit and reception at Metropolis Collective, 17 W. Main St., Mechanicsburg. There will be live music by Buzzchopper, as well as performances, interactive surprises and art for sale. The event is free and donations are welcome. The opening reception will be 6 to 10 p.m., and the exhibit runs through April 25. For more information, visit metropoliscollective.com.

West Shore Chamber Foundation Graduation

March 7: Congratulate the 30 graduates of the West Shore Chamber of Commerce Foundation's 2013-2014 Junior Leadership Central PA class. Eric Morris, internal operations coordinator for Uplifting Athletes, will speak and congratulate the graduates. Event will take place at 7:30 a.m. at the Park Inn by Radisson Harrisburg West. For more information, visit wschamber.org.

Annual Meeting & Dinner

March 8: Join the Central Pennsylvania Gay and Lesbian Chamber of Commerce for its annual meeting and dinner at the Sheraton Harrisburg Hershey Hotel. Member registration costs \$100 and non-member registration is \$125. For more information, visit cpglcc.org.

Commercial Acting Workshop

March 9: All skill levels of acting are welcome at this workshop for kids. New York casting director Allison Franck of Liz Lewis Casting Partners will help children learn the techniques for on-screen acting and auditioning. The workshop is open for children ages 7 to 16 and will be held at the Jewish Federation of Greater Harrisburg, 1 to 5 p.m. To register, call Andrew Weikert at 717-236-9555. For more information, visit aclassacctny.com.

Affordable Healthcare Act Impact

March 9: Dr. George Beauregard, senior vice president and chief clinical officer of PinnacleHealth System, will discuss the Affordable Healthcare Act's impact on medical professionals at the Harrisburg Jewish Community Center. The 1 p.m. program costs \$25 for general admission, \$20 for Maimonides Society members and \$10 for medical students. Price includes lunch and one continuing educational credit. For more information, visit jewishharrisburg.org.

Second Sunday at the Mansion

March 9: Learn about the Civil War Hallowed Ground Project and website at this talk by Matthew Pinker, professor of Dickinson College. Tours of the Harris-Cameron Mansion in Harrisburg begin at 1 p.m., and the talk starts at 2:30 p.m. The event is free for members of the Historical Society of Dauphin County, and a donation of \$5 is requested of non-members. For more, visit dauphincountyhistory.org.

Streetcar Lecture

March 11: Bruce P. Wells, former director of the Pennsylvania Trolley Museum, will give an illustrated talk entitled "Streetcar Rescue and Restoration" to the Harrisburg Chapter, National Railway Historical Society. The event takes place at Hoss's Restaurant, 743 Wertzville Rd., Enola. Business meeting and speaker begin at 7 p.m., with dinner available as early as 5 p.m. Dinner and meeting are open to the public. For more information, contact Sloan Auchincloss at 717-238-2131 or sloan@auchincloss.com.

Together in Song

March 13: Hear music from varying cultures, including West African, aboriginal, Australian, South African and Native American. Maggie Wheeler and Emile Hassan Dyer also will lead a music workshop for adults. The workshop, 5 to 7 p.m., costs \$20. A concert and community sing follows at 7:30 p.m. and costs \$10. Event takes place at Chisuk Emuna Synagogue in Harrisburg. Proceeds benefit the REMember Foundation. For more information, visit rememberfund.org.

Celebrate the Irish

March 15: Celebrate the ancestry of the Irish with Irish dancers and a bagpipe serenade while you dine and participate in silent and live auctions to support Harrisburg Catholic Elementary School. Festivities begin at 6 p.m. and last until midnight at the West Shore Country Club. Tickets are \$100 per person. For more information, visit hbgcathelem.org.

A Celtic Concert with Seasons

March 18: Celebrate St. Patrick's Day with music that embodies the spirit of the holiday. With harps, mandolin and pennywhistle, this trio of siblings will provide entertainment as refreshments are offered. Event starts at 7 p.m. at Fredricksen Library in Camp Hill. For more information, visit fredricksenlibrary.org.

Legislative Breakfast

March 18: Join members of the Pennsylvania Senate from Cumberland, Dauphin and Perry counties for breakfast at the Hilton Harrisburg. Senate members will discuss issues that affect the business community. The Legislative Forum Breakfast will be 7:30 to 9:30 a.m. The cost to attend is \$35 for West Shore Chamber of Commerce members and \$40 for non-members. For more information, visit wschamber.org.

Bees, Bugs and Blooms

March 20: Connie Schmotzer will discuss issues, such as pesticides, degraded nesting habitat, disease and lack of floral resources, which are endangering pollinating insects. Refreshments will start at 7 p.m. with the talk to follow at 7:30 p.m. at Christ Presbyterian Church, 421 Deerfield Rd., Camp Hill. For more information, visit appalachianaudubon.org.

Genealogy Workshop

March 22: Foster your interest in genealogy by attending a workshop with Kathy Hale of the State Library of Pennsylvania at the Historical Society of Society of Dauphin County in Harrisburg. The workshop is for beginning genealogists and will be from 10 a.m. to noon. The fee is \$15 per person and \$10 for members of the Historical Society. Reservations are recommended. For more information, visit dauphincountyhistory.org.

Drop In and Discover

March 26: Get a taste of the programs of the Madeline L. Olewine Memorial Library in Uptown Harrisburg by dropping in at 4 p.m. There will be a chance to sample stories, crafts and activities or explore art, math and science. There is no registration required. For more information, visit dcls.org.

Spring Stamp Show

March. 26: Introduce yourself to stamp collecting with the Capital City Philatelic Society. The show will feature a 15 dealer bourse, free admission and free parking. Dealers will be present to aid in the buying and selling of stamps, postcards and other supplies. Show hours are 10 a.m. to 4 p.m. at Susquehanna High School. For more information, contact Linn Kinney at 717-732-7813.

Foreign Film Friday

March 28: The Fredricksen Library in Camp Hill invites you to experience "Shun Li and the Poet," an Italian film that underscores the beauty of friendship. No registration is necessary, though it is not recommended for those under 17 without parental permission. For more information, visit fredricksenlibrary.org.

Guns of 1864

March 29: Explore the evolution of weaponry during the Civil War in this lecture by author and firearms expert Joseph G. Bilby. The presentation will cover weapons used from 1863 to 1864, offering information on their usage and innovations. The lecture will be held 1 to 2 p.m. in the Education Gallery of the National Civil War Museum in Harrisburg. For more, visit nationalcivilwarmuseum.org.

MUSEUM & ART SPACES

Antique Auto Museum at Hershey

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

"Sirens of Chrome," photos, programs and posters featuring auto show models throughout history, through March 31.

"The Art of the Build: Rods & Kustom," an exhibit celebrating unique custom cars and their creators, March 1-April 27.

Art Association of Harrisburg

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

"Invitational Exhibition," works by Todd Fry, Susan Benigni Landis, Sharon McCuen, Jill Peckelun and Blair Seitz, through March 27.

The Cornerstone Coffeehouse

2133 Market St., Camp Hill 717-737-5026: thecornerstonecoffeehouse.com

Art by Rose Roth, through March.

Fenêtre Gallery

HACC Midtown 2, 2nd Floor N. 3rd and Reilly Streets, Harrisburg

"Constructions," sculptural prints by Shawn Williams, through April 5.

Gallery@Second

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

The artwork of Elaina Posey and Peter J. DeHart, through March 15.

The artwork of Sharon L. Baker and Jesus Martinez, March 20-May 3.

Historical Society of Dauphin County

219 S. Front St., Harrisburg 717-233-3462; dauphincountyhistory.org

"Reily Family Portraits," through June 26.

National Civil War Museum

One Lincoln Circle, Harrisburg 717-260-1861

nationalcivilwarmuseum.org

"In the Service of Our Nation: Conscription during the Civil War," an exhibit examining the reasoning that led to conscription acts during the Civil War, through June.

"1864," an exhibit highlighting the fourth year of the Civil War covering battles, strategies and civilian lives, through Dec. 31.

Ned Smith Center for Nature and Art

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

"Only Owls," an exhibit of artwork giving a glimpse into the world of owls, demonstrating a variety of stylistic approaches by more than 30 artists, through March 15.

The Gallery at Pennsylvania College

1 College Ave., Williamsport 570-320-2445; pct.edu/gallery

"Frank Lloyd Wright's Samara: A Mid-Century Dream Home," an exhibit highlighting the work of one of America's greatest architects through original objects, through March 29.

Rose Lehrman Art Gallery

One HACC Drive, Harrisburg 717-780-2435; hacc.edu

"Ten Years of Rectangles," graphic design by the Heads of State, March 1-April 2.

St. Thomas Roasters

5951 Linglestown Rd., Linglestown 717-526-4171; stthomasroasters.com

"Hè Mú." an art Show by Messiah College students Jesi Zinn and Jeff Tan, through March 2.

The State Museum of Pennsylvania

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

"Recycling Works!" an exhibit highlighting the commonwealth's recycling industry, through March 16.

"Chairs from the Collection of the State Museum of Pennsylvania." exhibiting a variety of styles that represent the diversity of Pennsylvania and its artisans from the past 300 years, through April 27.

Susquehanna Art Museum

300 North St., Harrisburg sqart.com (at the State Museum)

"Lost World/Found World," artwork representing abstract themes through line, color or concept, through June 1.

Whitaker Center/The Curved Wall

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

"Instructor Exhibit," featuring The Art Center School and Galleries of Mechanicsburg's collection of watercolors, oils, acrylics, photography, mixed media works and pastels, through April 14.

Yellow Wall Gallery/Midtown Scholar 1302 N. 3rd St., Harrisburg

717-236-1680; midtownscholar.com

Artwork by Susan Getty, through March 16.

"Memory," by Andrew Guth, March 18-April 13; reception, March 21, 6-10 p.m.

READ, MAKE, LEARN

Fort Hunter

5300 North Front St., Harrisburg, 717-599-5751; forthunter.org

March 2: Maple Sugar Festival, 12-4 p.m.

March 19: Illustrated talk: "Harrisburg and the Civil War: Defending the Keystone of the Union," 7-8 p.m.

The LGBT Center of Central PA

1306 N. 3rd St., Harrisburg 717-920-9534; centralpalgbtcenter.org

March 2, 9, 16, 23, 30: Alcoholics Anonymous, 12-1 p.m.

March 5, 12, 19, 26: Common Roads Harrisburg, 6-8 p.m. March 27: Aging with Pride, 6-8 p.m.

March 28: Open Mic Night, 7-9 p.m.

The MakeSpace

1916 N. 3rd St., Harrisburg hbgmakespace.com

March 1: Collagery, 1-2 p.m. March 13: Untitled (Stories), 8-9

Midtown Scholar Bookstore-Café

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

March 1: Story time with Andrea, 11 a.m.

March 2, 9, 16, 23, 30: TED Talks, 1 p.m.

March 3: Swing Dance, 6:30 p.m.

March 4: Sci-Fi Writers Group, 7 p.m. March 5: Sydney's Book Club -Preschool Event, 10 a.m.

March 5: Midtown Chess Club, 11 a.m. March 5: Healthy Eating, Health

Living: A Spring Cleanse of the Body and Soul, 7 p.m.

March 6: Camp Curtin Toastmasters, 6:30 p.m.

March 6: Coffee with Alinsky with Nathan Sooy, 7 p.m.

March 6: Almost Uptown Poetry Cartel, featuring Kari Larsen with host Christian Thiede, 7 p.m.

March 7: Nathanial Gadsden's Spoken Word Café, 7 p.m.

March 8: Local Author Storytime at the Little Scholar, 11 a.m.

March 11, 25: Meet-Up, 9 a.m. March 11: Young Dauphin County

Democrats Meeting, 7 p.m. March 12, 19, 26: Midtown Chess

Club, 11 a.m. March 12: Friends of Midtown: Events Meeting, 6 p.m.

March 13: Almost Uptown Poetry Cartel: Opening Reading with host

Marty Esworthy, 7 p.m. March 14, 28: Nathan Gadsden's Spoke Word Café, 7 p.m. March 15: Book Illustrating Workshop with Joanna, 11 a.m. March 16: LGBT Book Club, 5 p.m. March 17: For Starters Presentation, 7 p.m.

March 19: Sydney's Book Club -Preschool Event, 10 a.m. March 19: Sci-Fi/Fantasy Book Club, 7 p.m.

March 20: Camp Curtin Toastmasters, 6:30 p.m.

March 20: Almost Uptown Poetry Cartel, featuring Elijah Pearson with host Christian Thiede, 7 p.m. March 21: Coffee Education with

café staff, noon. March 21: Tea Tasting with café staff,

2 p.m. March 21: TMI Improv, 7 p.m.

March 21: Comedy Night at the Scholar, 8 p.m.

March 22: Local Author Saturday, 2 p.m.

March 23: Harrisburg Young Professionals Book Club, 2 p.m. March 24: Feminism Group Book Club, 7 p.m.

March 26: Bike the Burg, 7 p.m. March 27: Almost Uptown Poetry Cartel, open reading with host Anna Jane, 7 p.m.

March 28-30: The Midtown Scholar's Annual BookFest (for schedule, see special section)

March 29: Market Square Concerts Fairytales and Music, 11 a.m. March 29: Jonathan Bean presentation in the Little Scholar, 12:30 p.m.

Wildwood Park

100 Wildwood Way, Harrisburg 717-221-0292; wildwoodlake.org

March 8: Volunteer Work Day, 10 a.m.-1 p.m.

March 9: All About Dirt, 1:30-3 p.m. March 11: Wildwood Winter Lecture Series: "Twelve Months of Beekeeping" by Tom Jones, 7-8:30 p.m.

March 12: Preschool Storytime: Spring at Wildwood, 10-10:45 a.m. March 15: Scout Workshop: Juniors "Environment Matters," 10:30 a.m.-3 p.m.

March 26: Bird Walk: Early Migration, 8-10 a.m. March 29: Creature Feature: The American Robin, 10-11:30 a.m. March 30: Flower Walk: Cold Tolerant Plants, 1:30-3 p.m.

LIVE MUSIC AROUND **HARRISBURG**

Appalachian Brewing Co./ **Abbey Bar**

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

March 3: Badfish, a Tribute to Sublime

March 6: Stir Fried w/John Popper March 8: Winterfest 2014

March 20: Reverend Peyton's Big Damn Band

March 21: Kilmaine Saints March 27: ZOOGMA

March 30: Enter the Haggis

Carley's Ristorante and Piano Bar

204 Locust St, Harrisburg 717-909-9191; carleysristorante.com

March 1, 15, 29: Ted Ansel March 4, 7, 11, 18, 21, 25: Brandon Parsons March 5, 19: Jason Kreider-Brant March 6, 20: Bernie Stevenson March 8, 22: Roy Lefever March 9, 13, 23, 27: Anthony Haubert March 12, 26: Jessica Cook March 14, 28: Noel Gevers

Central PA Friends of Jazz

friendsofjazz.org

March 16: Joey DeFrancesco Trio (at Sheraton Harrisburg Hershey)

The Cornerstone Coffeehouse

2133 Market St., Camp Hill 717-737-5026; thecornerstonecoffeehouse.com

March 7: Antonio Andrade

March 8: Josh Berra

March 9: Dale Stipe

March 14: Kevin Line

March 15: Womack & Lowery

March 16: Matt Biechler

March 21: Rhythm on Main

March 22: Bruce Springsteen

Sing-Along

March 23: Carly Simone

March 28: Paul Zavinsky

March 30: Tom Yoder

Fort Hunter

5300 North Front St., Harrisburg 717-599-5751; forthunter.org

March 29: Jim Gaudreau & Moodni Klein in Concert

Harrisburg Symphony Orchestra

The Forum at 5th and Walnut St., Harrisburg: 717-545-5527; harrisburgsymphony.org

March 1-2: Mardi Gras March 22-23: Schein on Chopin

Hershey Theatre

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

March 8: Johnny Mathis March 25: The Piano Guys

HMAC/Stage on Herr

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

March 1: Hip Pocket

March 3, 4, 10, 11, 17, 18, 24, 25, 31: Karaoke

March 5, 12, 19, 26: Open Mic w/Mike Banks

March 6: Nate Myers

March 7: Aortic Valve

March 8: The Fleshtones and

Split Squad

March 13: Strangest of Places

March 14: Jonathan Richman and Rocket Brigade

March 15: Bangers and Glass2

March 16: Soul Comedy

March 20: Mojo Flamenco

March 21: Des Sera w/Kate Faust March 22: Jason Mescia Organ Trio

March 27: Jaime Moi

March 28: 4 guys 4 guitars

March 29: The Line

Hollywood Casino at Penn National

777 Hollywood Blvd., Grantville 877-565-2112; hollywoodpnrc.com

March 1: She Said Sunday

March 7: Pop Rox

March 8: Amish Outlaws

March 14: The Uptown Band

March 15: Smooth Like Clyde

March 21: Second Chance Band

March 22: John King Dance Band

March 28: Chordoroy March 29: The Luv Gods

Little Amps Coffee Roasters

www.littleampscoffee.com

March 12: Lonesome Leash (1836 Green St., Harrisburg) March 21: Big Ups & Indian Burn (133

State St., Harrisburg)

Luhrs Performing Arts Center

1871 Old Main Dr., Shippensburg 717-477-7469; luhrscenter.com

March 7: The Music of Ella & Ellington

March 13: Women of Ireland

March 22: Don Williams

Mangia Qui & Suba

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

March 1: Silver City Rodeo

March 7: Matt Otis

March 8: Nate Myers & The Aces

March 14: Scott People

March 15: Up Pops the Devil

March 21: Erin & The Project

March 22: The Robert Bobby Trio

Market Square Concerts

717-221-9599:

marketsquareconcerts.org

March 29: Ann Schein

Midtown Scholar Bookstore-Café

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

March 7: Josh Gilbert Concert

March 8: Michelle Lewis &

Pocket Vinyl

March 9: Jonathan Frazier

March 14: Rivers

March 29: Seasons in Concert

MoMo's BBQ & Grille

307 Market St., Harrisburg 717-230-1030;

momosbbgandgrill.com

March 6: Gabe Trainer

March 7: The Bushmaster March 13: The Robinson's

March 14: The Groove

March 20: Havana Blue

March 21: Jeff Calvin

March 27: Nate Myers Duo

March 28: Wise and Watson

The Tomato Pie Café

3950 TecPort Dr., Harrisburg; 717-836-7051; tomatopiecafe.net

March 1: Maria Wilson

March 15: Steve Buknight

March 22: Harry Foster

March 29: Julie Moffitt

St. Thomas Roasters

5951 Linglestown Rd., Linglestown 717-526-4171; stthomasroasters.com

March 7: Sterling Koch

March 8: Rayzen Kane

March 14: Rhoads Butt

March 15: Michael Carbon March 21: Cotolo

March 22: Dan Zukowshi

March 28: Antonio Andrade

& Ralph Dahle March 29: Joe Cooney

The Susquehanna Folk Music Society

717-745-6577; www.sfmsfolk.org

March 2, 9: Bulgarian Basics (at

The Movement Center) March 9: March Jam Session (at Fort Hunter)

March 9: Goise (at Appalachian Brewing Co.)

March 16: Cherven Traktor (at St. Lawrence Club)

March 29: Jimmy Gaudreau & Moondi Klein (at Fort Hunter)

Whitaker Center

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

March 26: An Acoustic Evening with Keb Mo March 29: Ann Schein

THE STAGE DOOR

2nd Street Comedy Club

236 N. 2nd St., Harrisburg 717-681-8012 secondstreetcomedyclub.com

March 1: Darryl Lenox w/Nick Cantone March 14, 15: Jon Reep

Christian Performing Arts Center

1000 S. Eisenhower Blvd., Middletown 717-939-9333; hbg-cpac.org

March 7-9: "Clue, the Musical"

Harrisburg Shakespeare Company

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

March 1-9: Ronald Hardwood's "The Dresser"

Hershey Theatre

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

March 6: "Rock of Ages"

Little Theatre of Mechanicsburg

915 S. York St., Mechanicsburg 717-766-0535: Itmonline.net

March 7-16: "Why Torture Is Wrong, and the People Who Love Them"

Luhrs Performing Arts Center

1871 Old Main Dr., Shippensburg 717-477-7469; luhrscenter.com

March 15: "Diary of a Worm, a Spider & a Fly" March 29: Lily Tomlin

Open Stage of Harrisburg

223 Walnut St., Harrisburg 717-232-OPEN; openstagehbg.com

March 1: August Wilson's "Fences" March 21, 22: Court Street Cabaret

Oyster Mill Playhouse

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

March 21-April 6: "Meanwhile, Back on the Couch"

Popcorn Hat Players at the Gamut 3rd Floor, Strawberry Square, Harrisburg 717-238-4111; gamutplays.org

March 22: "Alice's Adventures in Wonderland & Through the Looking Glass" March 26-April 12: "Jack and

Rose Lehrman Arts Center

One HACC Drive, Harrisburg 717-321-ROSE; hacc.edu/RLAC

March 6-9: "Antigone"

Whitaker Center

the Beanstalk"

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

March 4-7: "The Diary of Anne Frank" March 30: Rhythm in the Night Irish Dance Spectacular



EAR INFECTION FRUSTRATION

This common childhood ailment can be difficult to diagnose, treat.

BY DR. DEEPA SEKHAR

n a busy winter evening at the clinic, I usually will have several parents come in with concerns that their children have ear infections. This seemingly straightforward diagnosis can cause stress, confusion and frustration for physicians and parents alike. Below, I will clarify how ear infections happen and why it may be tricky to answer the simple question, "Does my child have an ear infection?"

Next to the common cold, ear infections are the most frequent reason for children to see their doctors. By 3 years old, 80 percent of children will have had at least one ear infection. Understanding ear infections is easier once you understand how the ear works.

The ear is made up of three major parts: the outer ear, the middle ear and the inner ear. Sound enters the outer ear, the visible part of the ear, and travels through the ear canal to the middle ear. The middle ear is made up of the eardrum (a thin layer of tissue) and three tiny bones called the ossicles. The eardrum vibrates in response to sound waves travelling through the ear canal. The ossicles amplify the eardrum's vibrations and carry them to the inner ear. The inner ear transforms the vibrations into electrical signals that the brain interprets as sound.

For this system to work well, the pressure in the middle ear must be equal to the outside air pressure. This is managed by the Eustachian tube, a small passage between the middle ear and the back of the throat behind the nose.

When a child has a bad cold or allergies, the Eustachian tube may malfunction and fail to drain fluid from the middle ear. Instead of air, this space fills with fluid. Bacteria and viruses may become trapped from the malfunctioning tube and grow in the fluid, leading to an ear infection.

Children with ear infections often demonstrate fever, fussiness, pain and poor eating. However, many of these complaints are seen with the common cold and teething, as well. Just the pressure from fluid in the ear, without an infection, also

Your child's physician will gather the history and use this information, along with physical exam findings, to make a diagnosis. The exam typically involves inserting an otoscope, a small flashlight with a magnifying glass, into the ear canal to view the eardrum. Ideally, the physician should be able to see the entire eardrum and assess its color, mobility and position to make a diagnosis. Now, add the following complications—a crying, fighting child, wax in the ear canal, and a parent struggling to hold the child still—and this becomes tricky. The eardrum may look red just from a child crying. Removing large amounts of ear wax may further upset an already uncooperative child.

Your child's physician then will make his or her best recommendation based on how your child looks at the time of the visit, your child's history, and what is known about the natural course of ear infections. Treatment may involve antibiotics, holding an antibiotic prescription while waiting a couple of days (watchful waiting), or treating with supportive care measures only.

If the doctor cannot see the eardrum well or is concerned that fluid in the ear has a high potential to become infected, you may be asked to bring your child back for a repeat examination in a few days. Even the best assessment cannot predict the child who gets worse or fails to respond to an initial course of antibiotics. Your doctor also can provide guidance on when to call the office for worsening or continued symptoms.

As a parent, you can help your child's physician make a good assessment about an ear infection. First, provide a clear history of the symptoms. Second, especially for small children, hold on tightly. A parent who gently, but firmly, holds a fighting child for an exam can make a big difference in the physician's ability to see the eardrum and make an accurate assessment regarding infection.

The good news is that the majority of children fully recover from ear infections. Ear infections tend to become less frequent as children get older and their Eustachian tubes become longer and more vertically placed, improving fluid drainage and reducing the chance of infection. Accurate diagnosis really depends upon a team effort between physicians and parents to answer that seemingly simple question, "Does my child have an ear infection?" B

Dr. Deepa Sekhar is a pediatrician at the Penn State Milton S. Hershey Medical Center.







LET'S ROLL—AND STRETCH AND DANCE

The Movement Center gets creative in keeping a body fit.

BY M. DIANE MCCORMICK

t 62, Kathy Weber looks 10 years younger than her age. And, she's been taking classes at The Movement Center for 10 years.

Coincidence? Maybe The Movement Center didn't stop time, but Weber's doing something right.

"It's taking care of my body so that I can continue to move into my 80s, my 90s," said Weber, of Lower Paxton Township.

The Movement Center is that place you've driven by a million times—a brick Queen Anne on 2nd Street in Harrisburg, just north of the Governor's Mansion. Beth Butler founded it in 1985 as a dance studio, but the facility has changed with the times.

Dance remains on the menu, but the addition of various yoga modalities reflects Butler's perspective on wellness and "sustainability" of the body through movement and proper bone alignment. The Movement Center lures customers to Harrisburg as the region's sole practitioner of Yamuna body rolling, foot fitness and yoga, which use balls and disks to promote alignment and ease of movement.

Customers range in age, but many have "aged with me" and are now in

their 70s and 80s, said Butler.

"People do find us because we offer things they can't always find at other places, so they make the effort to come here," says Butler. "There are wonderful programs all over the place, except they don't always offer this specialized focus."

At The Movement Center's winter open house, I joined six or so brave souls who ventured out on a cold, rainy morning to sample body rolling. I sat in a chair with two squishy balls under my sit bones. At Beth's instructions, we shifted the balls father down our thighs, a couple inches at a time, letting the pressure create space between jammed-up bones. We rolled our bare feet and gripped our toes on spiked disks, because if "you work your feet, everything else above it is going to start to align," Butler said.

We opened our hips by lying on our backs, putting soles of feet together, and moving the balls under our lower backs and femurs.

"This is really not about rolling around and working soft tissue," Butler said. "This is about impacting that bone. You have to think differently about this. It's not like soft-tissue work at all, but you will release some muscles, I guarantee."

Weber, an old hand at Butler's body rolling classes, said, "You know what I like? Beth gets to a spot and stays there a while. She has you breathe into it, and it really hits the bone."

Someone asked, "Do you get into the neck at all with these?"

"Oh, yeah," Butler said.

The whole room said, "Ooooh."

"It's a whole-body therapy," Butler said. "This is not isolated. When you have back problems, you don't always work your back. You have knee problems, you might work your shoulders."

Shana Andreychek, of Lower Paxton Township, attended the open house to test The Movement Center's range of courses. At 35, she endures chronic pain from a degenerative condition. Quick to laugh and willing to try as much as her body can take, she said she hoped to find the right mix of movement and personal sessions to ease her pain.

"I try to find different modalities that work," said Andreychek. "It's difficult, but I noticed that, here, each instructor has vastly different modalities, which doesn't usually happen. Usually, you go to a yoga place, and they have the

basic philosophy of yoga and the basic type that they do, but this is unbelievably diverse."

Instructors have free rein to follow their passions and pursue their specialties. New instructor Rachel Benbow realized her first time at The Movement Center that she studied ballet there as a child. Now, she teaches tribal fusion dance—like "earthy, very avant-garde" belly dancing—and offers reiki massage and sacrocranial therapy.

"I'm very excited to have the opportunity to teach dance here," she said. "They offer such a wide variety of things, geared toward your health."

Butler said she strives to create a welcoming space.

"My husband calls it a mission, as opposed to a business," she said. "It's never been too much of a business model. This would be what not to do, but that doesn't mean we haven't had a great impact with people we've seen. From our beginning to this, with all the different types of modalities, has been great."

The Movement Center is at 2134 N. 2nd St., Harrisburg. For more information, call 717-238-0357 or visit www.themovementcenter.net.

"A PLAN, A TRAN AND CITY HALL"

Paul Barker on the battle between the Papenfuse administration and City Council over a tax revenue anticipation note (TRAN).

For some, the merest mention of new debt was enough to raise alarms. In typewritten testimony submitted to council, Nevin Mindlin, the former independent candidate for mayor, took the TRAN as evidence that the recovery plan was already "headed for failure." The city, he wrote, "remains in financial distress, as indicated by the need to take on debt to pay its bills"; given the city's fund balance of \$4 million, he added, there was "no excuse" for a TRAN. [Councilwoman Sandra] Reid concurred. In the wake of the recovery plan, she said, "We thought it would be kumbaya and angels singing." How could it be that, barely more than a month into the new year, the city might already need to borrow again?

In a city so recently scarred by bad debt, it's reasonable to be wary of anything even resembling a frivolous loan. But not all debt is created equal, and Reid, along with her colleagues on council, must know that, sooner or later, the city will have to borrow. When it does, a track record of modest, responsible borrowing will be a good thing to have. A TRAN, with its short term, its low interest rate, and its limited scope, is about as far from extravagance as debt can be. Neil Grover, the city solicitor, likened it to an individual applying for a gas card or other simple line of credit to rebuild her rating after bankruptcy. "The city needs to re-establish itself in the market," he said. In his column [last] month, Lawrance Binda, TheBurg's editor-in-chief, described the return to "normalcy" he hopes will occur in Harrisburg. "In many places, normalcy would be judged as a low bar to aim for," he writes. "However, in Harrisburg, it would represent an improvement, an end to years of uninterrupted crisis." On council, and among some members of the public, the debate over a TRAN was greeted with reflexive distrust, as if it represented an extension of that crisis. But however council settles the debate, they should recognize—and we should be relieved

"LOST LABOR"

to know—it's a normal debate to have.

Paul Barker on the tussle between the Harrisburg school board and teachers over bad district accounting and resulting faculty pay cuts that the board never ratified.

James Thompson, who chairs the board's budget and finance committee, said that the discovery of the surplus last fall only shows how poor the district's budgeting models are. "I would be cautious even about the projection of a surplus," he said. He voted to keep the contract as negotiated because, he said, "last year is last year." From the outset, [Gene] Veno, the recovery officer, has been tasked with an essentially impossible mission: he must somehow deliver better academic results while employing fewer resources. Parts of his plan reflect that assignment's absurd circularity, such as the endeavor to improve district finances by winning students back from charter schools—a result dependent on improving district academics, which is dependent on improved district finances. For that burden to be compounded by procedural errors, on matters that were meant to be settled at the start of the school year, must be profoundly frustrating.

But teachers also face impossible expectations. Barksdale works three jobs; her partner works two. When the pay cut was adopted, she said, "We literally had to sit down and re-budget, and hope and pray we didn't have to sell our house." Yet, when stories about the district appear online, they are greeted with invective commentary about "union parasites" and "whining." When the teachers agreed to accept the cuts, they did so on the basis of a projection that has turned out to be a fiction. The board's botched ratification might be a technicality—but then, technicalities are what we resort to when we can't depend on good faith.

"NO PARKING"

Lawrance Binda on the issue of parking vs. development in Harrisburg, compared to a similar situation years ago in Washington, D.C.

Last night, I attended a community meeting held by the owners of Alter Ego Brewing Co., who are proposing to build a brewhouse in the building at the rear of Midtown Cinema at the corner of Reily and Green streets. The meeting was well attended, attracting about 50 neighbors, most in support, but some airing legitimate concerns about noise, traffic, odors and the serving of alcohol.

Before long, the discussion became largely about parking, a topic that continued today on TheBurg's Facebook page. Some neighbors, as well as some out-of-city patrons, are very concerned about parking, even though the Cinema has off-street parking for 49 vehicles, far more than required by the city, even with the addition of the brewery.

In the course of the evolution of a city, a time arrives when a decision must be made about priorities. Is it in the best collective interest of Harrisburg (or Midtown or

BEST OF BURG **BLOG**

Some highlights from our blog posts over the past month. Read the full posts at:

WWW.THEBURGNEWS.COM

Engleton) to see the continued development of the commercial district around N. 3rd and Reily streets? Or is it better to keep development at bay so that residents can continue to park in front of their houses?

In the end, I suspect that the parking issue will follow a similar course here as it did in D.C. Yes, the neighbors won the battle against the hospital conversion, but only because the developer already was financially fragile and couldn't hold out any longer. However, they lost almost every other time.

They complained about parking as the H Street and Pennsylvania Avenue commercial districts were revived and built up, a process that has only accelerated since I left. They lost badly as the Barracks Row corridor went from a seedy strip of check-cashing joints and liquor stores to a booming restaurant district.

All along, they asked, "But where am I gonna park?" along with the related question—"Who's gonna come here because there's no parking?" Turns out—a lot of people.

"THE LIVES OF OTHERS"

Paul Barker on a day spent with social workers visiting an impoverished, struggling family during MLK Day of Service.

[Julia] Tilley listened, now and then entering a date in her phone. She offered the occasional sound of sympathy, but otherwise made few comments. "I follow the client model of social work," she told me later. "We take the view that, ultimately, these are adults who need to make their own decisions. But I can try to point out contradictions, or show them options they didn't know existed." In place of directives, she will offer suggestions, ask questions and, where she can, weigh in with a bit of perspective. At one point, while Denise was talking about her daughter, Tilley volunteered, "Our brains don't finish growing until we're in our mid-20s." "25, yeah," Denise said.

"So we make some interesting decisions in our teens and early 20s."

Tilley and Denise returned to the kitchen, passing Donna, who lay on her side under a blanket in a middle room. "Can I get you something to drink?" Denise asked. She filled a glass of water and handed it to Tilley.

Denise had written the address and the phone number for the potential new apartment on the back of an envelope. Tilley took out her phone. "Let's call and leave a message," she said. "Can I tell them to call-"

"You!" Brenda and Denise said in unison.

"Me?"Tilley said. "Why me?"

"Please," Denise said. "I don't know how to talk to people."

Most people who have spent some amount of time in a modern American city have a set of images they associate with urban poverty. They've seen decaying properties, or seedy corner stores, or streets and yards piled with garbage. They may have observed signs of poor health, or wound up in line at a grocery store behind someone on public assistance. Individually, each of these images reflects a problem that, on the surface, appears eminently solvable: pick up the trash, go to a doctor, get a job.

But combine them all under one roof, and these problems can become intractable. Tilley, after we had left, pointed out that the family had revisited the same issues "over and over and over": for the person in the middle, facing everything at once, each problem swirls into the next. Ron Tilley calls this "swimming in the chaos of poverty." "It's tough to know exactly what to tackle first," he said.



Saturday May 10 9 AM – 2 PM RAIN OR SHINE

Members' Night May 9 from 5 – 8 PM

Sale is at Meadowood Nursery only 3 minutes from Route 39 24 Meadowood Dr. Hummelstown



The Perfect fit for your business.

Camp Hill

www.bssf.com 717.761.7171 Lancaster



ADVERTISE WITH THE BURG



Join Today! 3 CSA Share Options
1.) Total Season - mid-April to mid-December
2.) Summer Share - June to September
3.) June Sampler - month of June

Full or Medium CSA Share Sizes Available Local Family Farm, Celebrating Our 21st CSA Season

Over 35 Pick-up Locations
Cumberland Dauphin, Franklin, Perry & Lebanon Counties

(717) 789-4433

Join any time during the www.SpiralPathFarm.com



Paul S. Allen, D.M.D., J.D. Larry Pepper, D.M.D.

4700 Union Deposit Road Suite 260 Harrisburg, PA 17111 (717) 909-0530

Or TOLL FREE: 1-866-641-OMSI (6674) And Visit our Website at: www.omsillp.com &
INNOVATIONS
SAU REJUVEDATION AND LASER CENT

4700 Union Deposit Road Suite 250 Harrisburg, PA 17111 (717) 909-1640



Warm up to a cool rate!

HOME EQUITY LOAN
No Closing Fees

2.99% APR*

Apply online, by phone or in branch.



Banking made simple.



1-866-642-7736 | midpennbank.com

*Annual percentage rate. 2.99% APR based on five-year (60 month) term. No fees charged at closing. Fixed-rate, closed-end loan secured by primary residence. Property insurance required. Rates are for qualified applicants and offer subject to credit approval. Rates are contingent upon automatic payments made from a Mid Penn Bank checking account. Add 0.20% to rate if borrower does not elect to have payments automatically deducted from a Mid Penn Bank checking account. Monthly payment of approximately \$17.96 per \$1,000 borrowed. Maximum loan-to-value = 80%. Maximum debt-to-income = 40%. All rates effective as of 02/01/2014 and are subject to change without notice. Other rates and terms available. | Member FDIC

PARTICIPATING VENUES:

3RD STREET STUDIO, 1725 N. 3RD ST., 7-9 PM

ART ASSOCIATION OF HARRISBURG, 21 N FRONT ST., 9:30 AM-9 PM

FENETRE GALLERY AT HACC, HACC MIDTOWN 2, N. 3RD & REILY ST., 6-8 PM

LGBT CENTER GALLERY, 1306 N. 3RD ST., 6-9 PM

LITTLE AMPS COFFEE ROASTERS, 1836 GREEN ST., 6-9 PM

THE MAKESPACE, 1916 N. 3RD ST., 6-10 PM

STASH, 234 NORTH ST., 5-9 PM

ST@RTUP, 1519 N. 3RD ST., 6-9 PM

SUSQUEHANNA ART MUSEUM, HELD AT THE STATE MUSEUM, N. 3RD & NORTH STS., 6-8 PM

UPTOWN POPUP/LAW OFFICE OF SHAMAINE DANIELS, 2018 N. 3RD ST., SIDE ENTRANCE, 6-9 PM

YELLOW BIRD CAFE, 1320 N. 3RD ST., 6-9 PM





HOP THE SUTLIFF SHUTTLE!

THE SUTLIFF CHEVROLET SHUTTLE VAN WILL RUN IN A LOOP PAST 3RD IN THE BURG VENUES, 5-9 PM. JUMP ONBOARD FOR A FREE RIDE!

STOPS ARE:

GALLERY@SECOND | LITTLE AMPS STATE MUSEUM | MIDTOWN SCHOLAR 3RD AND WALNUT | 2ND AND WALNUT

FRIDAY, MARCH 21: ART, MUSIC & MORE. THE THIRD FRIDAY OF EACH MONTH IN HARRISBURG.



MIDTOWN SCHOLAR 1302 N. 3RD ST.

236.1680 | MIDTOWNSCHOLAR.COM

12 pm: Coffee Education 2 pm: Tea Tasting 6 pm: Gallery opening in Yellow Wall Gallery 6 pm: Opening Reception in Robinson's Rare Books and Fine Prints

7 pm: TMI Improv Troupe 8 pm: Comedy Night at the Scholar with host Stephen Sudia



WHITAKER CENTER

222 MARKET ST.

214.ARTS | WHITAKERCENTER.ORG

9:30 am-8 pm: The Art Center School and Galleries of Mechanicsburg will feature their annual Instructor Exhibit at Whitaker Center, showcasing a collection of watercolors, oils, acrylics, photography, mixed media works, and pastels. Free to the public.



THE STATE MUSEUM

N. 3RD ST. (BETWEEN NORTH AND FORSTER)

787.4980 | STATEMUSEUMPA.ORG

6-8 pm: Guided exhibit showcasing winners of the Pennsylvania Scholastic Art Awards Program.
6:30 pm: Doshi Dialogues; Artist Grace Sachi Troxell discusses conceptual inspirations and studio processes that influence the creation of her larger

the creation of her larger-than-life sculptures currently on view.

GALLERY@SECOND 608 N. 2ND ST.

233.2498 | GALLERYATSECOND.COM

6-9 pm: Fine art reception for featured artists Sharon L. Putt and Jesus Martinez. Also visit our Upstairs Gallery featuring more than 250 pieces of artwork by local artists. Music by Jonathan Frazier. 3rd in The Burg Special—10% discount on all purchases made during the event. Refreshments served. Visit us on Facebook: GalleryAtSecond.



CITY HOUSE B&B

915 N. FRONT ST. 903.2489 | CITYHOUSEBB.COM

6-9 pm: City House will feature an event in support of the YWCA of Greater Harrisburg. The YWCA is the voice for every woman. For more than a century, the YWCA has spoken out and taken action on behalf of women and girls.



MANGIA QUI & SUBA

272 NORTH ST.

233.7358 | MANGIAQUI.COM

5-11 pm: Featured artists are Joann Landis and Elide Hower. The Root of all Evil is the special featured cocktail in your hand.



HISTORIC HARRISBURG ASSOCIATION

1230 N. 3RD ST.

233.4646 | HISTORICHARRISBURG.COM

6-9 pm: The Gallery at Historic Harrisburg Association will feature artwork by Jo Ann Neal, with an artist reception. Jo Ann's art features both an Afrocentric flavor and geometric works.



MIDTOWN CINEMA

250 REILY ST.

909-6566 | MIDTOWNCINEMA.COM

9:30 pm: A \$3 film screenings of Empire Records, and an after-party BYOB.