



SPRING HILL * CITYVIEW TIMES

COMMUNITY NEWSLETTER



Vol. 7 No. 51

March-April 2007

Spring Hill Civic League Mission Statement

With the continuing goal of community strength and enrichment, and encouraging the participation of all community residents and business leaders, the Spring Hill Civic League accepts as its defining mission the responsibility to serve its neighborhood by assisting in the achievement of its many common goals

Board of Directors

President: Donna Allison
Vice President: Dianne Burns
Secretary: Diane Schmitt
Treasurer: Ben Soltesz

Directors

Stephen Brady

Newsletter Articles

Please submit articles for the May/June edition by April 15th to:
Joan Russell
2115 Rockledge Street
Pittsburgh, PA 15212-3533
412-322-9945
joanrussell@aol.com

Mail Delivery

For a yearly subscription, send \$6.00 to:
Spring Hill/Cityview Times at
c/o 1214 Yetta Avenue
Pittsburgh, PA 15212-3757

I REMEMBER...

When the spring on Damas Street was a source of drinking water for the people of Spring Hill. We carried gallon jugs and filled them each day. There was a horse trough near the spring from which drivers would allow their horses to drink. My dad, who lived to be 96, attributed his longevity to the spring water he drank.

Ann Schad

Spring Hill derived its name from the fresh water springs located in the area; the water was so cold and refreshing! Adults and children from all around came to drink from the Damas Street spring. Everyone drank from the same old tin cup always present there, yet no one seemed to get sick! Trucks, driven by employees of Allegheny General Hospital, would come and fill containers with the water for use there.

Debbie Lorenz

When coal was delivered to your curb or dumped onto the street by the ton. The family then had to shovel it through a cellar window into a "coal cellar". The coal was used to fire the coal furnace and heat the house. Coal ashes had to be removed daily from the ash bin, and these were used to ash the slippery neighborhood streets during winter weather.

Laura Nagran

When a drugstore was located on the site of the present-day ESB Bank.

The store was operated by Frank Pail, followed by Bob Arbogast. Teenagers of the 1950s enjoyed his soda fountain and swivel seat chairs.

Sue Stalter

When public transportation on Spring Hill was by streetcar. Two men operated the streetcar, a motorman and a conductor. The conductor collected the fares, which I remember as 3 tokens for 25 cents. I am told that the route of the first Spring Hill streetcars was from the corner of Rhine and Buente to Chestnut and East Ohio Streets. The fare was only 5 cents!

Marian Wehner

reprinted from the 1986 March-April edition of the Spring View Gazette

UPCOMING EVENTS FOR 2007

General Meetings are scheduled at the Spring Hill Elementary School auditorium at 7:00 PM on the following dates:

Monday, March 5th
Monday, May 7th
Monday, September 10th
Monday, October 1st
Monday, November 5th

You can read the newsletter online by going to www.shcl.org

...A SPECIAL THANK YOU TO ALLEGHENY GENERAL HOSPITAL FOR PRINTING OUR NEWSLETTER...



**MAYOR
LUKE RAVENSTAHL
Neighborhoods First**

Dear Neighbors,

While many refer to Pittsburgh as a city of bridges, to me it is a city of eighty-eight unique, distinct, and valuable neighborhoods. It is our neighborhoods and the people and businesses that comprise them, that define who and what we are. As we build a greater city that benefits us all, it must be done in each of our neighborhoods –leaving no neighborhood behind. It is a “neighborhoods first” agenda to which I am committed.

One of my top priorities is to ensure that the streets of our neighborhoods are among the safest and cleanest in the country. Together, street by street and block by block, Police Chief Nate Harper and I have worked to make every neighborhood safer by getting our police force back into our communities and business districts where they belong. We’ve increased our neighborhood foot patrols, or ‘park and walks’, by fifty percent over last year. By investing in technology, such as increasing the number of mobile data terminals in our police vehicles, we have reduced time officers spend on paperwork allowing them to spend thirty percent more time patrolling our streets.

This month we also created a new community oriented crime-fighting program, connecting neighborhood groups to our officers in a joint effort to make our streets safer. The Community’s Technical

Investigative and Preparedness Section (C-TIPS) is a dedicated detective unit with the specific goal of resolving the public safety concerns of community groups, faith based organizations, and business owners. C-TIPS detectives establish relationships with these members by seeking first hand input from them about issues of crime and safety in their neighborhoods. Citizens can reach C-TIPS by dialing Pittsburgh’s new 3-1-1 Response Line. The C-TIPS program is anonymous, free, and with your help, it will work.

Development and revitalization is taking place all over Pittsburgh. While much has been made in years past of efforts to boost development of residential and commercial property Downtown, much of my work has taken place in our other neighborhoods. I am particularly energized by our successful efforts to buy back \$64 million worth of tax liens on 10,000 parcels of properties at a fraction of the cost. By regaining control of these tax liens, we took a giant leap in eliminating blight caused by vacant properties in our neighborhoods. We opened the door for citizens, community groups, and developers to revitalize properties. We are already advancing housing projects that had stalled for years due to the complications arising from tax liens. New development is on its way now where once we had only blight, making unprecedented progress in neighborhood redevelopment and speeding up our city’s continued fiscal recovery.

We are off to a great start, but I recognize that there is much

more to be done. Over the next few months I will be talking about many more new ideas and programs. They will all have a common theme: a fresh and bold vision for a new and better Pittsburgh. It’s a vision for Pittsburgh that improves our economy and creates jobs, that makes our streets among the safest and cleanest in America, and it is a vision that is financially sound and prudent. I look forward to continuing to work with you, as together we make our shared vision a reality.

**SOUTHWESTERN PA
COMMISSION
CommuteInfoSM Program**

This program helps job seekers and employers in ten counties in southwestern PA find alternatives to getting to work, other than driving alone. The region includes the following counties: Allegheny, Armstrong, Beaver, Butler, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland.

The commuter should be going to school or to work and must have at least one end of their commute within the ten county area. Someone traveling from Weirton to Aliquippa for their job would be eligible since their work destination is within the region. So would someone commuting from Beaver to Steubenville.

CommuteInfoSM provides carpool and vanpool matching services as well as other referral services. Visit their website www.commuteinfo.org or call 1-888-819-6110 to learn more about the services they offer.

WELCOME NEW NEIGHBORS

To John Moriarty of Buente Street... to Nicole Ann Kaiser and Matthew Milliron of Overbeck Street.

If you would like to welcome a neighbor on your street, submit the announcement to joanrussell@aol.com.

New neighbors, if you would like to be informed of meetings and other community information via e-mail, please contact the SHCL secretary, Diane Schmitt, at schmittdl@stargate.net. We look forward to hearing from you!

GET WELL WISHES

To Dick O'Toole of Rockledge Street as he recuperates after a recent surgery... and to Dennis Schmitt of Yetta Avenue after a January and February hospitalization.

Our prayers are with you for a speedy recovery!



HAPPY BIRTHDAY

March Birthdays

To Kelly Waibel who turns 30 on March 8th... to Shawn Felsing who will be 9 years old on March 9th... and to Terry Gerst on March 31st.

To Coleen Kalakowski on March 1st... to Margaret Scholz on March 7th... to Clarence Scholz on March 9th... and to Jackie Stettner on March 11th, all from St. Ambrose Manor. When you enter the manor you will most likely notice the sound of polkas or waltzes and a wonderful aroma of someone cooking. That's Coleen!

April Birthdays

To Marvette Hancock on April 20th... and to Bill Gerst on April 27th.

Belated February Birthdays

To Zack Feith, Tyler Feith, and Ralph Feith who celebrated their birthdays in February.

OUR DEEPEST SYMPATHY...

To the family and friends of Betty "Babe" Haupt, formerly of Spring Hill, who passed away January 17th.

WE GET LETTERS

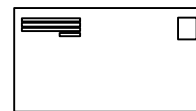
Aloha from Maui-

Enclosed you will find a check in payment for a two year subscription to the Spring Hill/Cityview Times.

I have really enjoyed reading the articles, especially those in which other folks recall the stories of the past on "our hill". I also share it with another member of our parish who grew up on Cityview. Thanks so much for your work on the newsletter!

Sincerely,

Jim Vondran, SM, RN
Saint Anthony Church
Maui, Hawaii



FREE 411 DIRECTORY ASSISTANCE

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls. Most of us do not carry a telephone directory with us.

When you need to use the 411 information option, simply dial 1-800-FREE 411, or 1-800-373-3411 without incurring any charge at all.



**STATE REPRESENTATIVE
DON WALKO REPORTS
FROM HARRISBURG:**

**Rendell Plan Could Provide
Needed Relief for High
Health Care Costs**

I am pleased that Gov. Ed Rendell has rolled out a "Prescription for Pennsylvania" plan for providing universal health coverage and reining in the cost of health care.

We can't afford the high cost of doing nothing. The governor's staff has identified \$7.6 billion per year in inefficiencies in the health care system. Staying the course would cost far more than universal coverage. Our current health care system costs far more than it should, and health care inflation in Pennsylvania has been rising four times faster than general inflation. Families and businesses need relief from those kinds of increases.

I particularly welcomed the governor's call to increase the use of generic prescription drugs to replace more expensive brand-name equivalents, which resembles proposals I advocated in previous legislative sessions.

I also support other key parts of the plan, including:

- Reducing the number of hospital-acquired infections;
- Reducing preventable hospitalizations by helping people to manage chronic diseases and conditions such as heart disease, diabetes, and asthma;
- Making Pennsylvania restaurants and bars smoke-free, which would improve the

health of customers and employees and reduce health care costs.

While I may not necessarily agree with every detail of this bold plan, I am open to it and will look into it. I and many other Democrats feel that addressing the health care crisis is our number one priority, and the new Democratic majority in the House will make it easier for the governor's plan and other health care reforms to receive fair consideration.

If you have any questions or problems with state government, please contact my office at 412-321-5523.

Better You. Better World.™

A healthy life is about making you **HEALTHY ON THE INSIDE** and **HEALTHY ON THE OUTSIDE**. It's about living in a **HEALTHY HOME** and on a **HEALTHY PLANET**. Please join us for a **FREE** lecture series, the second Saturday of each month from 9:00 AM - 11:00 AM in the **Treesdale Cider House** beginning in March.

March 10th: How to Stay Young Your First Hundred Years - Guest Speaker Dr. Gina Agostino

April 14th: Earth Day Celebration – Children Welcome!

May 12th: Women's Health - Guest Speaker Judy Robinson, Wellness Educator (Columbus, OH)

While walk-ins are always welcome, your advance reservation would be greatly appreciated. To make your reservation, or ask questions, please call Dianne Burns 412-231-7718, e-mail vitatdb@verizon.net.

You will not want to miss these informational sessions!

Submitted by: Dianne Burns
Look What We're Up To Now!
www.shaklee.net/dburns
www.cinchplan.com/dburns

UNITED WAY GIVING

The Spring Hill Civic League has been a United Way's Contributor's Choice group for the past several years. Your generosity has helped to fund community activities and defrays routine overhead expenses. Thanks to all of you who choose to support the community through the United Way. The Civic League's Contributor's Choice code number is **207**.

**AMANI INTERNATIONAL
COFFEEHOUSE & CAFE**

Stop by Amani at 507 Foreland Street between Middle Street and Cedar Avenue in the East Allegheny neighborhood. Enjoy a great cup of coffee, tea, or your favorite beverage, also wraps, salads, and soups, while celebrating a great new neighborhood business.

For more information see www.amaniinternational.com



REPORT FROM CITY OF PITTSBURGH COUNCILWOMAN DARLENE M. HARRIS

As your neighbor and elected Councilwoman, I would like to take this opportunity to update you on our progress and to encourage every resident to take an active part in the improvement of District 1.

I hear the many concerns of my constituents and in response, my personal focus since being elected has been on public safety, closely followed by neighborhood revitalization and the quick, responsive, and meaningful delivery of city services.

Towards this end I have been working closely with many City Departments, especially Public Safety, City Planning, Zoning, and Public Works Departments. I need to be clear that advocating Public Safety is not solely focusing on the Police, Fire, and Paramedic Departments, but also Building Inspection. I am co-sponsoring and collaborating on legislation for nuisance vacant properties, and the establishment of rental program maintenance standards, legislation which is currently before Council.

During the last month we have had many snow and ice removal days. I have been working closely with Public Works to ensure that everyone in District 1 has safe roads. I have been in contact with various Civic Organizations, including the Spring Hill Civic League, to improve our lines of communication.

The problems that I have identified while interacting with District 1 residents have been the catalyst for initiatives such as:

- Have abandoned houses cleaned and boarded up. – I'm as tired of them as you are and have placed over 135 abandoned and neglected District 1 houses on the demolition list. As these properties are demolished, the safety and appearance of each neighborhood will rise and land will become available for new development.
- Expediting repair or repaving of District 1 streets. – I am currently working with Public Works to ensure that "pothole season" in District 1 is as short as possible.
- Coordinating with the Mayor's Service Center to follow through on the calls to 311 – and many other initiatives.

You elected me to assist in the resolution of our neighborhood concerns and problems. I thank you for your trust and for maintaining communication with me and my office.

You have an open line of communication to me at 412-255-2135. If you would rather contact me via email, my email address is darlene.harris@city.pittsburgh.pa.us. Through continual communication there are no limits to what we can accomplish together!

Remember – If you haven't seen your neighbor in a while, check on them to see if they're OK!

Darlene

NEW SPRING HILL EMAIL GROUP

Would you like to get advice and recommendations from your Spring Hill neighbors on service contractors (roofers, plumbers, wall-paperers, painters, et al.) with whom they have had a good experience? Want to advertise or find out about Spring Hill events? Need a dentist, doctor, lawyer? Find a lost pet? Don't know where to shop for something special? Then you should sign up for the new Spring Hill email group.

Just point your browser to <http://groups.yahoo.com/group/spring-hill/> and click on "Join This Group!" and you'll be part of the Spring Hill in-crowd. If you have trouble getting signed up, just contact Pete McQuillin (1713 Hunnell) at p_mcquillin@yahoo.com and he'll walk you through the sign-in process.

HOLY WISDOM FOODBANK

The foodbank at Holy Wisdom (St. Ambrose School) is held every third Tuesday of the month, from 10:00 AM to 12:00 Noon. This vital ministry serves many in our community who are having hard times. The foodbank is not government-funded and depends upon donations and volunteers within Holy Wisdom parish and our community throughout the year.

To register for the foodbank or to volunteer, call 412-231-1116.

**CHILDREN'S MUSEUM OF PITTSBURGH****Jump To Japan: Discovering Culture Through Popular Art****January 20 - May 13, 2007**

Jump To Japan transports visitors into the richness of Japanese culture through hands-on activities in anime (animation), manga (comics), woodblock prints, and traditional scrolls. Visitors learn about Japanese culture and its mix of traditional and contemporary, urban and rural, and fantasy and reality through these art forms and the fascinating activities and artifacts in the exhibit. Japanese animation and manga are popular among American youth, evidenced by the animated characters of Pokemon and Yu-Gi-Oh!, both Japanese pop icons influenced by traditional Japanese art.

Jump To Japan: Discovering Culture Through Popular Art is presented by the Freeman Foundation Asian Exhibit Initiative, administered by the Association of Children's Museums, and created by Minnesota Children's Museum and The Children's Museum, Seattle, in partnership with The Ghibli Museum, Mitaka City, Japan.

Baseball: Photographs by Mark Perrott**February 17 - May 1, 2007**

Inspired by last year's All-Star Game, photographer Mark Perrott explored baseball fields across the city and beyond to take portraits of young athletes - kids who receive little public recognition and who play for the pure love and joy of the game. The portraits will be located in the Grand Hall, which is free and open to the public during Museum hours.

**Read Across America
PM****Saturday, March 3rd, Noon - 3:00**

Don't miss this fourth annual celebration of reading and Dr. Seuss' birthday presented by Reading is FUNdamental Pittsburgh. This year's theme is Conserving the Environment with the help of the classic Seuss book "The Lorax." Activities include:

- Mayor Luke Ravenstahl reads Dr. Seuss "*I Can Read With My Eyes Shut*"
- Cartoon storytelling with Joe Wos of Once Upon a Toon
- Storytelling by The Cat In The Hat and State Representative Jake Wheatley.
- Pittsburgh Zoo and PPG Aquarium presents "The Choice Is Ours" on conserving endangered species and natural resources.

In addition, children can make environmentally friendly crafts and RIF Pittsburgh will also distribute 200 books to Museum visitors. This event is free with Museum admission. For more information, call 412- 321-8022, ext. 306, or visit www.rifpittsburgh.org.

Charm Bracelet Project: An exhibition of ideas**February 13 - March 12, 2007**

Children's Museum of Pittsburgh is sponsoring this international ideas program for helping define Pittsburgh's North Side as a family destination by improving connections among its numerous cultural assets. Four design teams were invited to respond to the challenge and their responses are featured in an exhibit currently at the Children's Museum.

The Charm Bracelet Project involves the unique cultural, entertainment, and educational venues that make up the 'charms' of our North Side neighborhood. The fundamental challenge of the project is to identify potential



**CHILDREN'S MUSEUM OF PITTSBURGH
(continued from page 6)**

strategies for stringing together the area's charms. Connections are being explored on the levels of programming, physical urban streetscape, and marketing/branding. The core concept of the project lies in the opportunity to strengthen and guide future development in a manner that enhances family experiences.

Supported in part by the National Endowment for the Arts, The Heinz Endowments, and The Gailliot Family Foundation.

Children's Museum of Pittsburgh
10 Children's Way
Pittsburgh, PA 15212
412-322-5058

Museum Hours:
Monday-Saturday: 10:00 AM - 5:00 PM
Sunday: Noon - 5:00 PM

www.pittsburghkids.org

For more information, call or e-mail stuffee@pittsburghkids.org.

FIVE SIMPLE WAYS TO LOVE YOUR HEART DURING "HEART MONTH"

1. **CELEBRATE WITH A CHECKUP.** Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.
2. **GET UP OFF THE COUCH.** Step, march, or jog in place, depending on your ability and health. Work up to 30 minutes most days of the week - you can even do it while watching TV.
3. **QUIT SMOKING IN FOUR STEPS.** Can't go cold turkey? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut it in half again; finally, cut down to zero.
4. **DROP A POUND OR TWO.** Cutting out just 500 calories a day—about one candy bar and two sodas—can help you lose up to one pound per week and gradually bring you closer to a heart-healthy weight.
5. **BECOME A SALT DETECTIVE.** Check out the "Nutrition Facts" panel on packaged foods to see how much sodium (salt) they contain. Aim for a total intake of no more than 2,300 milligrams (about a teaspoon of salt) per day.

Submitted by: Diane McClune, BSN, MBA
Regional Director Marketing Greater Pittsburgh
American Heart Association

DID YOU KNOW?

St. Peter's Orphan Asylum, a Catholic home for boys and girls, was located on the empty lot at the intersection of Rockledge Street and Asylum Street.

Rockledge Street was once known as Robinson Road.

Homer Street was once known as Main Street.



HEALTHY EATING = HEALTHY YOU

March is Healthy Nutrition Month

Pittsburgh, PA - Getting plenty of physical activity is important to a healthy body. Physical activity, whether it's working out in the gym or walking around your neighborhood, needs proper nutrition. "Combine healthy eating with a regular exercise program and you're on the right path for a healthy lifestyle," says Amber Van Vliet, Dietician.

When muscles are working they require fuel and the best source is complex carbohydrates. Choose complex carbohydrates such as whole grains, starchy vegetables, and beans, and add some lean protein to nourish your muscles before you use them during your work out. Chicken, turkey, fish, beans, or low-fat dairy products are great sources of protein. Don't forget the importance of drinking plenty of water.

A healthy lifestyle is all about having a plan for change, making small gradual changes, and enjoying a healthier way of living. Ask yourself these questions:

- Do I follow the guidance of the Food Guide Pyramid?
- Do I get regular physical activity most days of the week?
- Do I keep portions in balance with my physical activity?
- Do I consume a variety of food choices?

If you answered yes, you're on the right path. If you need some work, start with a plan that includes small changes.

Healthy eating helps you get the most out of life. A healthy lifestyle is the key to looking good, feeling great, and being your best at work and play. It all starts with a healthy eating plan.

- Individual needs and preferences determine your personal food choices. Match your food choices to your lifestyle and individual requirements, choosing enough to achieve and maintain a healthy weight.
- Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition, it provides the pleasurable aspects of eating.
- Make moderation your goal. You decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture, what you eat over several days, not just one day or one meal. That's important.
- Develop a personal fitness plan that fits your lifestyle. The key is to find a variety of activities you enjoy. You don't need expensive equipment or complicated fitness programs.

HCR Manor Care is the leading owner and operator of health care services in the United States. HCR Manor Care is committed to being the preeminent care provider in the industry.

Local Contact: Janelle Meyers, Admissions Director, Skyvue Terrace - HCR ManorCare
412-323-0420

ST. PATRICK'S DAY TRIVIA

The Shamrock



The shamrock is a type of small herb with leaves made up of three leaflets, and is the common name for any of several three-leafed clovers native to Ireland. The Irish have considered shamrocks as good luck symbols since earliest times, and today many people of other nationalities have adopted that belief. It has become the national symbol of Ireland, because of the legend that St. Patrick used it to illustrate the doctrine of the Trinity.

Preaching in the open air on the doctrine of the trinity, he is said to have illustrated the existence of the Three in One by plucking a shamrock from the grass growing at his feet and showing it to his congregation. It symbolizes the cross and blessed Trinity.

The legend of the shamrock is also connected with that of the banishment of the serpent tribe from Ireland, by a tradition that snakes are never seen on trefoil and that it is a remedy against the stings of snakes and scorpions. The trefoil in Arabia is called shamrakh and was sacred in Iran as an emblem of

the Persian triads. With the trefoil, as noted above, being a sacred plant among the Druids, and three being a mystical number in the Celtic religion as well as all others, it is probable that St. Patrick was aware of the significance of his illustration.

The Leprechaun



The Leprechaun is an Irish fairy. He looks like a small, old man (about two feet tall), often dressed like a shoemaker, with a cocked hat and a leather apron. According to legend, leprechauns are aloof, unfriendly, live alone, and pass their time making shoes. They also possess a hidden pot of gold. Treasure hunters can often track down a leprechaun by the sound of his shoemaker's hammer. If caught, he can be forced (with the threat of bodily violence) to reveal the location of his treasure, but the captor must keep their eyes on him every second. If the captor's eyes leave the leprechaun (and he often tricks them into looking away), he vanishes and all hopes of finding the treasure are lost. Legend has it that you can find the leprechaun and his pot of gold at the end of a rainbow.

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MEMBER FDIC  ESB BANK LENDER

EASTER TRIVIA QUIZ

1. What is the origin of the word "Easter"?

- Recognition that the sun rises in the "East" for a new beginning
- The House of Esterhazy, the Russian Imperial Family
- The Old French meaning a change in the air, "est-ce l'aire"
- "Esturiam", a wildflower widely found in Holland, Belgium and France
- "Eostre", the ancient Anglo-Saxon goddess of the dawn

2. Easter is a combination of religious and pagan rituals. Religiously, it celebrates the resurrection of Jesus Christ. What is its pagan significance?

- The celebration of the vernal equinox
- To celebrate the season's first harvest
- The celebration of Spring
- To honor Ostra, the Scandinavian goddess of fertility

3. At Easter, rabbits are used to symbolize what?

- Spring
- Speed (how quickly the seasons change)
- Jesus Christ (an innocent slaughtered)
- Fertility
- All mankind
- To honor Llumén Oeuster, the Teutonic god of light



4. The visit of the Easter bunny is based on what?

- The visit of the god of fertility offering 'incentives' (eggs)
- A German fable about coloring eggs so they could be identified in case of famine
- To remind all of the Spring harvest
- To renew and expand life by bringing to all the symbol of life (the egg)
- The innocent (Christ) feeding the multitudes

5. Why are white flowers predominant at Easter?

- White hyacinths and tulips symbolize sorrow
- White chrysanthemums symbolize forgiveness
- White azalea symbolize rebirth and renewal
- White is the color Christ wore after the Resurrection
- White symbolizes Christ (purity, majesty)



**EASTER TRIVIA QUIZ
(Continued from page 10)**

6. Easter begins with Lent, a period of penitence, which lasts for how many days?

- 4
- 8
- 12
- 26
- 46

7. In what country would you find an ancient Easter tradition called "Smingus-Dyngus" -- a custom of people pouring or splashing water on each other?

- Poland
- Ireland
- Scotland
- England
- Wales

8. Why was Easter Island called "Easter Island"?

- The first European to discover it was Capt. Jacob Easter
- It is one of a pair of islands, and is the "Easter" one (the other one is "Wester Island")
- Europeans first discovered it on Easter Sunday, 1772
- It was named by Pope Pius VI (1775-1799)
- Napoleon named it -- he just liked that name

9. What country had an armed uprising called the "Easter Rebellion" which started on Easter in 1916?

- Russia
- Hungary
- Spain
- Rhodesia
- Ireland

10. In what country did the tradition of Easter Baskets begin?

- The United States
- Germany
- Ancient Egypt
- Mexico
- Holland

Answers: 1. "Eostre", the ancient Anglo-Saxon goddess of the dawn 2. The celebration of Spring 3. Fertility 4. A German fable about coloring eggs so they could be identified in case of famine 5. White symbolizes Christ (purity, majesty) 6. 46 7. Poland 8. Europeans first discovered it on Easter Sunday, 1772 9. Ireland 10. Germany



BEEF PENNE PASTA CASSEROLE

This casserole with pasta and beef is sure to become a family favorite. It's also easy to prepare ahead and freeze for up to 2 months. When you're looking for a quick meal, just put it in the oven to bake.

Estimated Times:

Preparation Time: 20 mins

Cook Time: 35 mins

Servings: 6

Ingredients:

1 pound dried penne pasta prepared according to package directions

8 ounces lean ground beef

1 small onion chopped

2 cups water

2 cans (6 ounces each) Italian tomato paste

1/3 cup red wine or water

1 tablespoon beef flavor bouillon

2 cups (8 ounces) shredded Monterey Jack cheese

Directions: **PREHEAT** oven to 350° F.

COOK beef and onion in large saucepan, stirring occasionally, until beef is no longer pink. Add water, tomato paste, wine and bouillon; cook, stirring occasionally, for 10 to 15 minutes or until flavors are blended.

LAYER ingredients as follows in ungreased 13 x 9-inch baking dish: 1/2 pasta, 1/2 sauce, and 1/2 cheese. Repeat layers; cover.

BAKE for 20 to 25 minutes or until heated through and cheese is melted. Season with salt.

FOR FREEZE AHEAD:

Prepare as above; do not bake. Cover; freeze for up to 2 months. Thaw overnight in refrigerator.

PREHEAT oven to 350° F.

BAKE for 45 to 55 minutes or until heated through and cheese is melted. Season with salt.

TRADITIONAL-STYLE TIRAMISU

Popularized by the movie "When Harry Met Sally," this dessert has since become an all-American favorite. Easy to assemble, this version requires no cooking.

Estimated Times:

Preparation Time: 30 mins

Cook Time: 0 mins

Servings: 8



TRADITIONAL-STYLE TIRAMISU (Continued from page 12)

Ingredients

2 1/2 cups coffee *sweetened*
10 tablespoons vanilla-flavored syrup (see note) *divided*
4 egg yolks*
3 tablespoons superfine sugar
1 pound mascarpone cheese
4 packages lady fingers 1 *dozen per package*
1 tablespoon NESTLÉ® TOLL HOUSE® Baking Cocoa

Directions:

In a shallow dish mix coffee with 2 tablespoons of the vanilla syrup.

In a separate bowl, whisk egg yolks and sugar together until pale. Add mascarpone, one large spoonful at a time, mixing gently to keep the mixture light and airy. Add remaining vanilla syrup and mix in gently.

Dip about half of the ladyfingers into coffee mixture and use to line the bottom of a 10-inch springform cake pan. Spoon half the mascarpone mixture on top and sprinkle with half of the cocoa powder. Repeat layers, ending with a sprinkling of cocoa powder on top.

Refrigerate for at least 2 hours. When ready to serve, release the springform and serve sliced from the metal base.

NOTES: Vanilla syrup can be bought in most specialty coffee shops and many supermarkets. (For a more traditional take on the recipe, substitute dry sherry for the vanilla syrup.)

For salmonella-safe egg yolks or whole eggs

You will need: a small, heavy saucepan
a heatproof, 2-cup glass measuring cup
a large stainless steel mixing bowl
a wooden or plastic stirring spoon
a quick-read kitchen thermometer

Perform the following steps and set aside:

- Place eggs or yolks in saucepan. Add liquid from recipe (2 tablespoons of liquid per yolk). Stir gently just to combine.
- Fill measuring cup 2/3 full with boiling-hot water.
- Prepare the bowl by half-filling it with ice water.

Heat eggs or yolks over very low heat, stirring constantly, until the mixture reaches 160°F. Between each use, rinse off thermometer in the hot water. When desired temperature is reached, place saucepan in bowl of ice water to stop heating process. When cool, proceed with recipe. OR, substitute 1/2 cup egg substitute for the egg yolks.