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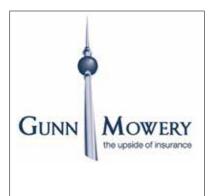












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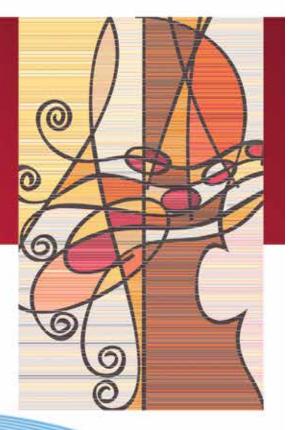
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COVER ART BY: STEPHEN MICHAEL HAAS WWW.STEPHENMICHAELHAAS.COM

LETTER FROM THE EDITOR

Last month, another news organization (OK it was PennLive) stated it was "time to get negative" and asked its readers this question:

"What's the most annoying thing about living in central Pennsylvania?'

A flood of nasty (if anonymous) comments followed, a deep well of anger, vitriol, condescension, negativity, hatefulness and

About 700 rants later, I had the following thought: "Why would anyone want to live here?"

The poll made the Harrisburg region seem like a horrible place, a sentiment greatly at odds with what we think. So, we came up with our own poll, which we posted on our Facebook page, asking readers what they most like about

The river, the parks, the people, the food, they said. The praise went on and on, covering everything from the abstract (diversity) to the concrete (HMAC). Ah, the other side of the coin!

We were so struck by these comments that we decided to turn over our January cover to these people who stood by and stood up for Harrisburg.

We asked one of our contributing artists, Stephen Michael Haas, to incorporate some of the most popular words from our informal poll into a cover design. Stephen was a natural choice for this assignment, as he had just completed a series of works, hanging at Little Amps, which prominently featured words.

So, thank you, Harrisburg, for all the good words, which boosted our spirits against a wall of negativity and, ultimately, generated a wonderful January cover.

And, if you like the cover, I have great news for you. This month, Stephen will open a show called "Sprung from the Tongue," an ambitious, multimedia celebration that aims to bring voice and theater to art. It debuts during 3rd in The Burg (Jan. 16) at The MakeSpace, 1916 N. 3rd St., Harrisburg, and runs for a month. Be sure to check it out!

In our book, Stephen's art is just another reason to feel positive about Harrisburg.

LAWRANCE BINDA

Editor-in-Chief

A YEAR OF CHANGE, P. 8 • CREATIVE CONSTRUCTION, P. 12 GROUNDS FOR CHANGE, P. 16 • WHEEL LIFE, P. 24 • OPEN MIC MAGIC, P. 42



GENERAL AND LETTERS

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DEHART LAND SALE PROPOSED

Capital Region Water, the city's water and sewer authority, last month agreed to examine a proposal for a \$1 million sale of land above the DeHart Reservoir, the lake that supplies Harrisburg's drinking water.

The sale would occur under a conservation partnership that would generate revenue while keeping the property in public hands, said Capital Region Water CEO Shannon Williams.

The sale, to the Pennsylvania Game Commission, would be federally funded through the Department of Defense's Army Compatible Use Buffer program, or ACUB, which seeks to maintain undeveloped spaces around military installations.

The program would partner Fort Indiantown Gap, a National Guard training facility near the reservoir, with the Conservation Fund, a national environmental charity. Under the sale, the Conservation Fund would purchase the 384-acre parcel with ACUB funding and then transfer the property to the Game Commission.

The parcel, at the furthest upstream edge of Capital Region Water's 8,200 acres in Clarks Valley, would form a bridge between two existing tracts of state gaming lands on either side of the reservoir.

After examining the proposal, Capital Region Water will vote in February whether to proceed with the deal.

WATER/SEWER RATES INCREASE

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Harrisburg water and sewer customers will see higher bills in 2015, following a unanimous vote to increase water rates by Capital Region Water.

Under the hike, the current water consumption charge of \$6.61 per 1,000 gallons will increase by 57 cents to \$7.18 while an additional "ready to serve" fee will increase by 45 cents to \$5.67.

The effect on the average customer's monthly bill will be an increase of \$3.29 based on an average consumption rate of 5,000 gallons per month.

Harrisburg sewer rates, meanwhile, will remain at \$6.05 per 1,000 gallons.

The hikes will help fund a \$48 million budget that sets aside \$10 million for capital improvements, \$13 million for debt service and \$20 million for operations and maintenance. It also provides for the hiring of 21 new employees.

In addition, Capital Region Water announced an agreement with federal and state regulators that provides a timeline for reaching compliance with laws governing pollution of local streams.

The agreement begins to address a number of violations that the Environmental Protection Agency and the state Department of Environmental Protection discovered during inspections in 2010 and 2012.

The agreement, known as a partial consent decree, sets forth some initial steps for bringing the system into compliance, and is primarily focused on gathering information, Williams said.

A future agreement will set out tangible steps the authority can take to comply fully with regulations, a process that Williams said could take upwards of 20 years.

NO TAX HIKES IN BUDGET

Harrisburg City Council last month weighed a balanced 2015 budget that included a \$2 million investment in sanitation, nearly \$250,000 in staff raises and the hiring of 14 additional public safety personnel, but no tax increases.

The budget proposed hiring five firefighters and nine police officers. After the hires, the total number of city firefighters will be 81, up from 76 last year and 62 in 2013.

According to Mayor Eric Papenfuse, the \$59.4 million budget contained "no gimmicks," a reference to a multimillion-dollar "plug" that was used to balance the 2014 budget without cutting certain unfunded, though vacant, positions.

The budget also committed the city to greater transparency, he said, by replacing hundreds of thousands of dollars in off-book discretionary accounts with dedicated funds subject to oversight by City Council.

Council held two hearings on the budget last month and indicated it might make small changes to the spending plan before passage.

NEW SHOPPING CENTER

A new shopping center is coming to Allison Hill, as Harrisburg City Council has approved a plan to open an eight-unit retail center.

Harrisburg-based D&F Distributors will build the center at 137 S. 17th St. that will consist of seven 950-square-foot shops and one 1,925-square-foot shop. The estimated \$500,000 project will include a convenience store and a sandwich shop, according to owner David Peffley, Sr.

The property has long been an eyesore along the S. 17th Street corridor, recently serving as a vehicle storage lot. It sits across the street from the new Hamilton Health Center, which has helped spur developer interest in the corridor.

•••••

NEW PARKING ZONES

Park Harrisburg last month unveiled four different parking zones in downtown and Midtown Harrisburg, each with its own pricing.

- Central Business District covers much of downtown, and street parking costs \$3 per hour.
- · South of Central Business and Old Midtown districts include street parking south of Chestnut Street and from Forster to Verbeke streets, respectively. These districts cost \$1.50 per hour.
- New Midtown District, which covers Midtown from Verbeke to Harris streets, on and around N. 3rd Street. These spots cost \$1.50 per hour, with the first 15 minutes of parking free.

Separately, a company called Pango USA introduced an application last month that will allow motorists in Harrisburg to buy street parking via their mobile devices.

The app, which is free to download, requires customers to establish an account and register a method of payment. Once the account is established, a customer can purchase parking with a few taps of the thumb.

For each transaction, Pango will charge customers an additional 14 cents on top of the regular cost of parking. Visit www.mypango.com for details of the app.

PARKING FOR PINNACLE

PinnacleHealth soon will have another place for employee parking, as the Harrisburg City Council approved its plan to turn a plot of land into a surface parking lot.

Council gave its unanimous consent for Pinnacle to demolish a dilapidated building at 157 Paxton St. and resurface the blighted site for 78 parking spaces. The building, which once housed a daycare center, has been empty for years and has been repeatedly flooded.

Pinnacle has vowed to enhance the property with landscaping and incorporate stormwater management techniques to reduce the flow of polluted surface water into Paxton Creek and the Susquehanna River.

SHIMMEL SCHOOL PROJECT OK'D

A split City Council has approved the re-use of the empty Shimmel School as a mental health and addiction treatment center.

By a 4-3 vote, the council approved the land use plan by the for-profit, Lebanon-based Pennsylvania Counseling Services to renovate the facility at 548 S. 17th St. for a new treatment center.

Several council members voiced objections, saying that this area of South Allison Hill already has a plethora of similar rehabilitation facilities and halfway houses. In addition, Councilwoman Susan Brown-Wilson said she was stunned that the school district would sell the school for just \$680,000, as it underwent a nearly \$20 million renovation under former Mayor Stephen Reed.

The sale will put the school onto the tax rolls. Harrisburg expects the facility to generate property tax revenue of nearly \$14,000 in 2015.

COUNTY TAXES UNCHANGED

Dauphin County taxes will not increase under a \$246 million 2015 budget passed last month by the county commissioners.

For a 10th straight year, county taxes will be unchanged at 6.87 mills.

The budget represents a small hike from the 2014 spending plan. Commissioners, though, attributed the increase to about \$8 million in pass-through state and federal funds, which then were forwarded to municipalities in the county.

FIREHOUSE FOR SALE

Harrisburg is putting the art deco Paxton Fire Co. station on the market, months after it shut down the firehouse.

Council unanimously agreed to hire RE/MAX realtor Wendell Hoover to market the structure at 336 S. 2nd St. The city is asking \$200,000 for the property. The building dates to 1937, though a firehouse has occupied the site for 150 years.

Several years ago, former Mayor Linda Thompson tried to shut down the station as part of a move to cut escalating Fire Bureau expenses. She abandoned the plan, but Mayor Eric Papenfuse revived it in March.

STUDY DETECTS "FRAGILE" GROUND

A second engineering report of sinkhole potential in south Harrisburg shows additional areas of concern, in a region that a city official described as "fragile, but not unstable."

The report, prepared by Camp Hill-based engineering firm Gannett Fleming, is based on an expanded survey of the surrounding neighborhood, as opposed to the single city block that was studied in a prior report.

The previous report, released in August, showed evidence of five fractures in the limestone bedrock and several potential voids beneath the 1400-block of S. 14th Street, where a series of sinkholes opened in March.

For the latest report, engineers surveyed an expanded area bounded by S. 12th Street to the west, Scott Street to the east, Hanover Street to the north and Cloverly Terrace and S. 13th Street to the south, a neighborhood encompassing some 200 buildings, most of them single-family homes.

The report shows evidence that previously detected fractures extend across the larger area and also introduces evidence of possible additional fractures and voids throughout the neighborhood.

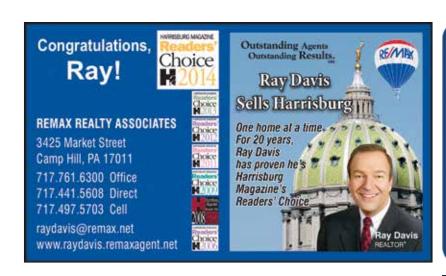
City Engineer Wayne Martin said that the report showed the area was "fragile, but not unstable," adding that the city had determined it was safe to keep roads in the neighborhood open.

CHANGING HANDS: SPONSORED BY RAY DAVIS

- Adrian St., 2455: P. Okane to L. Mahoney, \$45,000
- · Berryhill St., 2316: W. & J. Collins to D. & Y. Jiang,
- Bigelow Ct., 3: D. Schultz & Schultz Properties to G. Neff & M. Murphy, \$34,000
- Boas St., 1812: PA Deal, LLC to Mid-Atlantic IRA et
- Grand St., 927: G. & T. Morcol to J. Gustitus, \$88,000
- Green St., 1517: R. Lewis to J. Bowser, \$71,500
- Harris St., 210: J. Provins Jr. & C. Good to B. Stefek,
- Kensington St., 2105: PA Deals LLC to Mid-Atlantic IRA et al, \$61,700
- Lenox St., 1912: E. Clark to C. Saterstad, \$31,000
- Linden St., 145: P. Scott to E. & M. Kinchloe, \$73,000
- Mulberry St., 1217: A. & P. Sena to Ministerio Casa de Oracion, \$45,000
- North St., 1619: H. Halilovic to K. Sol, \$33,000
- North St., 1724: PA Deals LLC to B. & C. George,
- N. 2nd St., 603: Mercy Home to D. & C. Peltier, \$240,000
- N. 2nd St., 1110: W. Moyer to MC Investment Properties LLC, \$117,000

- N. 2nd St., 1701: Colorado Federal Savings Bank to C. Troutman & B. Jackson, \$76,000
- N. 2nd St., 3005: Wells Fargo Bank NA to H. Sharifi, \$36,000
- N. 3rd St., 510: R. & S. Schreckengaust to 510 North Third LLC, \$243,115
- · N. 3rd St., 1225: S. & D. Donofrio to I. Rosario, \$116,000
- N. 3rd St., 3117: N. Mastrippolito & L. Oechler to M. Means, \$140,000
- N. 7th St., 1303: 1303 North 7th Corp. to Pennsylvania Higher Education Assistance Agency,
- Penn St., 2242: J. McDonel to W. Hoover, \$60,000
- S. Front St., 707: K. Scofield to D. & G. Dowen, \$140,000
- Susquehanna St., 1338: B. Smith to J. Grubbs, \$108,000
- Zarker St., 1941: Habitat for Humanity to T. Reid, \$82,800

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



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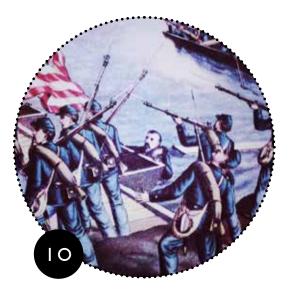
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CIVIL WAR WAR: Sometimes, big stories seem to pop up from nowhere, and the scuffle over funding for the Civil War Museum fit into that category. Without notice, Harrisburg Mayor Eric Papenfuse appeared at a Dauphin County commissioners session to mount a case for negating an agreement that set aside about \$300,000 a year in hotel tax money for the museum. Over the ensuing months, the city and county revived issues that hadn't been discussed much in years: the purpose of the museum, its viability, its funding and how Harrisburg should use its limited funds to market itself. It also re-engaged the always-simmering battle over the legacy of former Mayor Stephen Reed.

A YEAR 2014 F CHANGE

In 2014, you had to sift through the pastors, treasurers and gun-packing lawmakers to get to the most important news.

BY LAWRANCE BINDA

t TheBurg, we're not much into new media stuff.

Link bait, user-generated content, seeding. Yuck.

In recent months, I've had several news people defend aggregation to me, the practice of taking content produced by others and liberally repurposing it for one's own use.

"We used to call that plagiarism," I've snapped back, stunned that reporters are now being told to do things that used to get them fired.

Then there's the listicle.

Using lists to convey information has been around for a long time.

For years, one of my favorite features in the Washington Post was the annual "What's Out and In" list that appeared every New Year's Day. I had no idea how the contributors determined

what would be hot or not over the coming year (why, a few years back, were "cancer memoirs" out and "grief memoirs" in? Beats me), but I relished sitting down with a big cup of coffee and poring over the lengthy, whimsical list every Jan. 1.

In part, I enjoyed the feature because of its novelty. Presenting information as a list was an exception, not the rule, or a crutch, as it's become for many media outlets today.

For the past few years, I've created my own list each January: the Top 10 Harrisburg news stories of the past year.

So, enjoy the list for what it is: a highly subjective summation and ranking, with my own spin on the year's news. Feel free to nod, argue or curse me out. And I promise not to make a habit of it. This will be my one and only listicle of 2015.



PASTOR ARRESTED: Upon taking office, Papenfuse declared an all-out war on blight, targeting slumlords, deploying codes officers and even formulating a new Housing Court. That sounded fine to most people until the first person arrested under the get-tough policy was one of the city's most prominent pastors, Bishop A.E. Sullivan, Jr., whose blighted church began to crumble down on its neighbors. For some, the arrest was an early test of Papenfuse's resolve. For others, it signaled the re-emergence of racial tensions that always seem to lie just beneath the surface in Harrisburg.



GRAND JURY CONVENED: What happens when you open a closet and a room full of secrets pours out? In the case of Harrisburg, a grand jury is empaneled. At press time, months after official-looking guys in official-looking jackets hauled away box-loads of potential evidence to Pittsburgh, the investigation continued into the myriad twisted, dubious deals that led to Harrisburg's financial collapse.



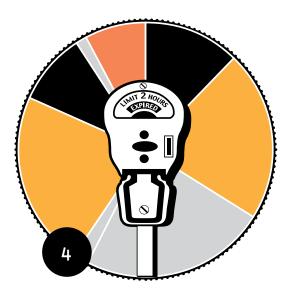
PRIMETIME CRIME: If it bleeds, it leads, right? The media continued to have a field day (or year-or years) over the issue of crime in Harrisburg. Not that there wasn't ample material to draw from. A continuing high homicide rate largely negated the good news that some other types of crime fell. Meanwhile, a few high-profile stories (the tragic case of Jared Tutko, Jr., a brief exchange of gunfire between a state legislator and a teenage mugger) led to predictable bouts of media hysteria. We'll have to see if a few more cops and, as has been proposed, the revival of the school resource officer program make any difference for 2015.



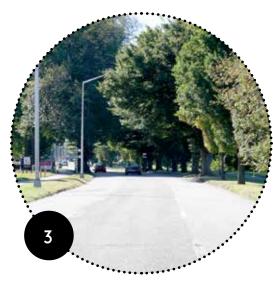
TREASURER TROUBLE: Sometimes, it seems like Harrisburg just can't catch a break. In August, trouble arose from an unexpected corner when city Treasurer John Campbell—a young man with a seemingly boundless future—was arrested on charges of taking money from several organizations where he also served as treasurer. These allegations involved no city business, and the treasurer's office operates largely independently from the administration. Nonetheless, Campbell's arrest was yet another reason for people to dump on Harrisburg, as was the withdrawal, two months later, of his appointed successor, Timothy East, after a personal bankruptcy came to light.



RECEIVERSHIP ENDS: It came in with a bang and ended with a whimper. No, I'm not talking about the month of March, but about Harrisburg's state-imposed receivership. In November 2011, bond attorney David Unkovic rode into the office amid tremendous skepticism over his intentions. In just a few months, he allayed those worries so that, when he suddenly resigned, many people feared the city had lost its best friend. In stormed Air Force Maj. Gen. William Lynch, who completed what Unkovic had started: selling the incinerator, privatizing the parking system and trying to straighten out and normalize Harrisburg's calamitous finances. Count me among the surprised that the receivership ended so quickly after the major elements of the financial recovery plan were put into place. Today, the state retains some supervision over city finances as Harrisburg remains in Act 47. However, the receivership was never as strong-armed as many thought it would be, and, instead of fading away, it just went away.



PARKING AND MORE PARKING: Besides crime, parking became the media's go-to story of the year. Sleepy news day? Go find some people pissed off about the rising cost of parking. Beneath the hype, there was a real story. As part of the city's financial recovery agreement, parking rates doubled and metered parking expanded, which did negatively impact some businesses. In addition, the rollout of the new digital meters was bumpy, and Standard Parking was god-awful in communicating with the public. But, by the end of the year, people seemed to be adjusting, and the new regimen even had some pluses, such as a new source of revenue for the city, the ability to use credit cards and much higher turnover of street spaces. Also, while some weak businesses shut down (though not all due to parking), several others opened.



FRONT STREET MAKEOVER: Sometimes, events are deemed important because they follow an accepted standard of what constitutes news-a political scandal or a high-profile crime, for instance. Other times, the importance is less certain, and only later do people realize the significance of a piece of news. I put the state's announcement that, starting this spring, it will reconstruct Front Street into the second category. Moreover, the state is studying improvements to Forster Street and to making much of N. 2nd Street two-way. It also plans to re-open the dormant rail bridge to pedestrians and maybe transit. In other words, the state seems to want to reverse the damage wrought almost six decades ago, when much of Harrisburg was turned into either a freeway or a traffic island, with devastating results. A more welcome, livable city could be a game-changer for Harrisburg.



PAPENFUSE TAKES OVER: In January 2014, Eric Papenfuse took the oath of office as mayor of Harrisburg. In so doing, he promised to be both an effective administrator and an inspirational leader. A year later, I'm not sure about "inspirational," but he has shown competence both in identifying what needs to be done and then taking steps to get those things done. From finances to blight to streetlights to schools, Papenfuse took on a full plate of issues, most very difficult, many controversial. My fellow columnist, Tara Leo Auchey, has described Harrisburg as being in a state of "reconstruction" following decades of misrule. The administration's first year has been to try to stabilize a government in shambles and then plant the seeds of that reconstruction.



BALANCED BUDGET: This may seem like an odd choice for the #1 news story in Harrisburg. Yawn, right? Yes, in most cities, a balanced budget indeed would be a non-event. In Harrisburg, however, this was (or should have been) major news, as it was the city's first truly balanced budget in—God knows—20, 30 years? Papenfuse even insisted on including items that had been kept off-budget for decades, as Reed was a genius at tucking inconvenient expenses into places where they couldn't be found, then masking the overage with borrowing. This is an achievement that should not be understated. Going forward, it should allow the city to build an honest foundation and move forward from there.

So, there you have it—my Top 10 stories of 2014. Looking at the year in whole, I consider 2014 to have been a transition year: a transition from state to local control; a transition from perpetual crisis to some level of normalcy; and, I hope, a transition from dishonest and incompetent government to one that conscientiously serves the people of Harrisburg.

Lawrance Binda is editor-in-chief of TheBurg.

CHASING PAPER

When it comes to unearthing what happened, documents usually trump memories.

BY PAUL BARKER

few months ago, I heard a kind of wild story. I was talking to Keith Myers, a maintenance supervisor with the Harrisburg Housing Authority, in the parking lot between the Jackson Lick apartment towers and the public swimming pool that bears the same name.

Myers, a garrulous Harrisburg old-timer, was dishing out every anecdote he could think of about the pool, the subject of an article I was working on at the time. At some point, he coughed up a memory of an annual tradition under former Mayor Steve Reed, which involved the city dumping hundreds of striped bass in the pool for a kids' fishing competition at the close of each summer.

Myers wasn't sure when the tradition ended, but he thought it was only a few years ago. By that point, I'd been reporting on the city long enough to know that people's recollections of the Reed years could be a bit hazy. I'll occasionally come across old Reed memos which, if it weren't for a date in the upper corner and some giveaway proper nouns, could have been written at any time since 1982. The courtly, typewritten prose, the mayor-for-life swagger, is present in every year.

But hundreds of fish in a public pool? If it had happened only a few years ago, I was sure I'd have heard about it already. I wanted the anecdote in my piece, but I didn't trust Myers' recall. Instead, I had to undertake my favorite task in reporting. I had to go find a record.

The Philadelphia Inquirer's James Steele and Donald Barlett are supposed to have talked about an investigative reporter's "documents state of mind." Unless you believe that officials will tell you the truth simply because you ask nicely, you had better know how to find a piece of paper that can substantiate (or challenge) their claims.

For example, there was a puzzling story last month about a few mounds of backfill that had been dumped on a vacant lot. The city said it was storing them there, which would seem to imply permission from the presumed landowner, the Harrisburg Redevelopment Authority. But the HRA director thought the land was owned by an L. J. Walker. A search through online property records cleared things up quickly. The lot comprised four parcels, with the mounds strewn across them, like a miniature mountain range. Walker did own

one parcel—but HRA owned the other three.

From the vantage point of someone looking to tell a story, court documents are often the most valuable records. Civil complaints will methodically lay out the who, what, when and where of each local travesty—though you should always keep in mind whose interest the claims are serving. I tend to rely on court records for their attachments more than the complaints themselves.

Last fall, working on a story about the eviction of a

An obsession with records can make a man aware of the paper he leaver behind.

nuisance business by an out-of-town landlord, I obtained a copy of the eviction complaint from the district court. It contained several interesting items, including a letter from neighbors fed up with the store and some time-stamped emails and notices tracing the landlord's (rather sluggish) decision to evict. Later, when the landlord tried to distance himself from the story, I relied on business filings at two state departments to confirm he was bluffing: the "general partner" he said controlled the building was a Nevada corporation, registered under his name.

Building records are another treasure trove, although you have to tread carefully. The county has two online property records databases, and they don't always agree. They also use different search functions. Your best bet, once you have a name, is the website of the county Recorder of Deeds, where you can pull up facsimiles of the original deeds and mortgages. These are authoritative when it comes to dates and names, although they only go back to 1979.

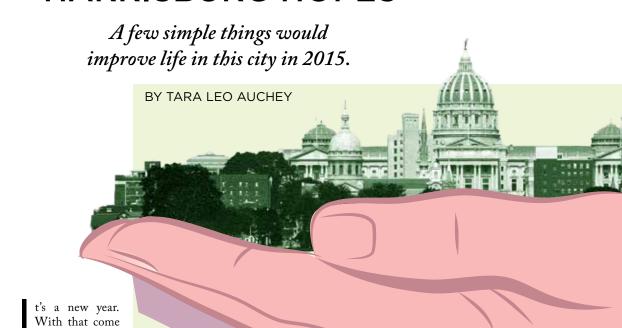
You can get older records at the courthouse, but for the really old stuff, I tend to seek expert advice. One source for which I am always grateful is the Dauphin County Historical Society, and particularly its librarian, Ken Frew. Membership in the society is very affordable (\$35 a year) and grants access to invaluable resources. Earlier this year, I was one of several reporters following the story of a church collapse in south Harrisburg. The county database said the church had been built in 1900, but a visit to Frew quickly set me straight—lots of old buildings were supposedly "built" in that year, because past county assessors, lacking actual records, would simply write "1900" as a best guess.

Frew patiently led me through some old maps and newspapers, which suggested the building had been around since the 1870s. We never did find an exact date, but if the only product of a day's record-mining is to substitute informed ignorance for uninformed certitude, it will have been worth the while.

An obsession with records can make a man aware of the paper he leaves behind. I once asked the city to send me its list of dog licenses. Not realizing dog names would be a part of it, I was amused to learn that counted among the local canine population are a William Wallace, a Cookie, a Cutter, a Merlin, a Zeus Ellington, and an Oliver Fernando.

One key to an effective use of records is to remember what they can never do as well as people, which is tell a story. My search for the pool fish wound up being brief—it only took a few tries with key words in Google to produce a city press release from 2006. The release had some useful figures, but the real gold was the name of the local fishing club that had co-sponsored the event. I found a phone number and eventually wound up speaking with the club's president, who was able to provide me with firsthand recollections. Sometimes what you really want is a quote on the record, but you often need a record to get it. §

HARRISBURG HOPES



A BRIGHTER CITY

in 2015.

new expectations for the City of Harrisburg. Here are a few things I'm looking forward to, hoping for, and counting on

It's a top issue people have with the city—too many streetlights are burnt out, broken or missing.

It makes for a dark, sinister and scary public realm. Anyone who has travelled down one of the city's darkened streets knows what I mean.

But that's all supposed to change in 2015.

With grant money from the Pennsylvania Energy Development Authority to kick-start the project, Harrisburg is planning on inventorying, prioritizing, fixing and converting its 6,000 streetlights to LED technology. By the end of the year, most, if not all, of the city's lights should be in good, energy-efficient, working order.

While this is set to happen, there's a New Year's resolution every resident and business should make to help the cause—turn on your lights.

If all residents turned on their porch lights, neighborhoods would instantly become safer and more attractive. If all businesses kept the outside of their buildings well lit, the city automatically would be more appealing.

It's one of the simplest and most effective things each of us can do to add to the enlightenment of Harrisburg.

A CLEANER CITY

Like the darkness of broken lights, the rubbish of Harrisburg is a tragic turnoff.

It's one of the city's most serious problems—trash. It's everywhere. There are bags of ripped trash piled high along curbs. Trash cans overflow without tight-fitting lids, and that's not the only city law people ignore. Televisions sit on the street. Mounds of furniture are put out. Even public trashcans spill junk onto the sidewalks.

Yes, there's trash in any city, but I have to say, in general, Harrisburg is a mess. In fact, it verges on being filthy.

This is something also scheduled to change.

The city's Public Works Department has proposed

an ambitious strategy to overhaul the way it picks up trash. New trucks, new hires, new bins and new rules are all part of the plan

However, that won't be enough. It's going to take more people properly pitching their garbage and picking up litter to help clean up this city.

It's another thing for every resident, business, commuter and visitor to add to their lists of New Year's resolutions. It's time we all care more to keep Harrisburg clean.

A MORE UNIFIED CITY

The rich differences that make up Harrisburg are precisely what give this urban core its energy and vibe. Its diversity is what makes it a city.

However, those very differences can cause problems that hinder Harrisburg's potential.

Around here, there's a tendency to fall into an "us" and "them" mentality. The lines are drawn based on skin color, culture, ethnicity, income, how long you've lived here, where you're from, who you know and who you don't know.

In the past, this damaging fragmentation has been encouraged for a variety of reasons by a variety of people. The fact is—disunity holds Harrisburg back.

Harrisburg's success is dependent on teamwork and collaboration. The most important concept to impart is "partners." No one person or group can do all that needs to be done to make this place better.

There's a common call for more, but it will only happen if more of us work together.

A VIRTUOUS ELECTION

It's a major election year in the city. Seats are up for city treasurer, four city councilors, six school directors and 10 district judges.

Harrisburg needs more people involved. Hopefully, this year, more residents will engage not only by running for offices but also by participating in the process.

In Greek, there is a word, arete. In its most basic sense, it means to be the best one can be. It means striving for excellence and endeavoring to reach great human potential. Possessing arete means to find ways to overcome the difficulties of working with others and of working on projects in order to reach a common good that's best for as many people as possible.

Having arete is to be informed, to be part of various social endeavors, to listen well, to find compromise, and to strive for shared goals.

It's a trait expected of all citizens. A person who has arete recognizes civic duty and is an active part of the community. Just what Harrisburg needs, especially in an election year.

LESS GRIPE, MORE HYPE ABOUT THE MANY GOOD THINGS IN HARRISBURG Enough said. B

Tara Leo Auchey is creator and editor of today's the day Harrisburg. www.todaysthedayhbg.com



receive visitors.

The atmosphere was notably relaxed, absent of anything resembling last-minute anxiety.

"We'll be ready," stated Laurene Buckley, SAM's confident executive director.

At 6 p.m. on Jan. 16, the front doors will draw open to the public for the first time. All eyes are on the project, hoping that the museum will reshape the Harrisburg area's experience of learning about,

rented or borrowed space, and Harrisburg laid claim to the dubious distinction of being one of the few state capitals without a dedicated art museum.

A \$5.5 million state grant, plus \$1.5 million raised by SAM, finally changed the picture. In late spring 2014, shovels hit dirt at the former Keystone Bank building at N. 3rd and Calder streets, constructed in 1916. The renovation and an addition give SAM 20,000 square feet of its the encouragement he needed to buy a former warehouse and factory and convert it to a restaurant, bar, art studios, gallery, music venue and beer garden.

"The art museum is a one-of-a-kind for central Pennsylvania," Kesler said. "It's a complete gamechanger for the city and especially Midtown."



AT HOME

On the day I visited, light flooded in through the bank's tall windows, made to look historic but actually energy-efficient replacements for the originals that couldn't withstand renovations, said Buckley.

The original vault door stood open but immobilized at the rear of the lobby, there to add a touch of history and because "there's no way to get rid of it," said Buckley. "We'd have to dynamite it out of here."

The vault, made cheery with green, blue, orange and brown carpet tiles, will host weekly story time for young children and their parents. Stories will be related to SAM exhibits or other art themes, and sessions will end with art-making activities.

"This is really going to be a place where families can feel comfortable and at home," said SAM Education Manager Tina Sell. "We're breaking away from the idea that museums are a place where you have to behave 100 percent of the time. This is a place where you can relax and enjoy and still make some connections to artwork."

SAM plans to be as much about creating and learning about art as displaying it. An education room will host classes, including after-school sessions for advanced students in anime manga comic-book drawing. A first-floor hallway will display works created by local artists or SAM students, or pieces related to the main exhibits.

The DOSHI Gallery, a longtime SAM partner devoted to contemporary works, will display in the lobby gallery for three months out of the year—a change that has upset some DOSHI artists and supporters. However, ongoing negotiations between SAM and DOSHI over such items as the number of shows and the jurying process "are looking pretty good," Buckley said.

Upstairs, in SAM's 3,500-square-foot main exhibit hall, visitors will interact with art. For the inaugural exhibit, "Pop Open: Icons of Pop Art from Niagara University," visitors can play with old-fashioned projectors to create Lichtenstein-style comic-strip art or channel their inner Warhols and turn their shadows into live, multi-colored offset lithography. For the following exhibit, "Everyone Can Fly:

Faith Ringgold's 'Tar Beach' & Regional Picture Book Illustrators," the museum will recreate the rooftop getaway from Ringgold's children's classic.

"So, you'll be able to go and lay out and daydream," said Sell.

Outside the building, a mural by Messiah College professor Daniel Finch will grace an outside wall overlooking a sculpture garden, which will be completed by late spring. Additional ways to brighten up the exterior and streetscape are still under consideration, Buckley said.

"We haven't quite figured out how we're going to explode the outside with something colorful," she said.

NEW ENERGY

SAM's interactivity extends into Midtown, where museum officials hope to contribute to the neighborhood renaissance. The museum is partnering with everyone from Yellow Bird Café for food for its own café to HACC for parking. The gift shop will sell art books pulled from Midtown Scholar's warehouse.

Midtown Scholar inventory manager and head book buyer Sarah Ludwig had just been choosing pop-art books when TheBurg called to ask why the partnership works.

"We're hoping that art and reading go all together, especially the way books are made today, especially art books," Ludwig said. "They're like a piece of art themselves sometimes, so hopefully it all melds together very nicely."

Papenfuse, who owns the Midtown Scholar and is a SAM board member, said SAM's entry into the neighborhood has "got us very, very excited at the bookstore."

As for the two bars across the street from SAM, including one involved in a drug raid in August, they "are going to clean up their acts and go more upscale, or they're going to have a hard time surviving with the new energy and dynamic that's happening in Midtown. The city's not going to tolerate illegal activities and continued drug dealing," said Papenfuse.

Kesler said that the Millworks is conceptualizing with SAM on "how to integrate our customer base."

"What we're really looking for is people being able to make a day in Midtown," he said. "Going to Midtown Scholar, going to the Broad Street Market, going to the art museum and the Millworks. We see those projects as the real keystone of rebuilding Midtown."

Food, books, art, drink—"That sounds like a Saturday to me," Kesler said.

New museums are springing up nationwide, at Harvard University and in New York, in Miami and in Westmoreland, Pa., reports the Association of Art Museum Directors. A 2012 University of Chicago study found that small cities joined in a cultural building boom from 1994 to 2008, although it found "no clear pattern of spillover effects (negative or positive) of specific cultural building projects on non-building local cultural organizations and the greater community."

And while greater Harrisburg has high hopes for its shiny new museum, SAM officials are concentrating on art of the people, by the people and for the people.

"Art is for everyone," said Sell, the education manager. "The museum is not supposed to be a place just for art students, just for art collectors. It's for people to get to know themselves and get to know each other, hopefully, a little bit better." B

The Susquehanna Art Museum is located at N. 3rd and Calder streets in Harrisburg. It opens its doors to the public for 3rd in The Burg, Jan. 16, at 6 p.m., with the inaugural exhibit, "Pop Open: Icons of Pop Art from Niagara University." More information about the museum is at www.sqart.org.

The museum's hours are Tuesday to Saturday, 10 a.m. to 5 p.m., Sunday 12 p.m. to 5 p.m. and Monday by appointment. General admission is \$8 and \$5 for teachers, seniors and veterans. Children under 12 are free.



a building midway down the 1400-block of N. 3rd Street in Midtown Harrisburg. Three schools and 20 years later, she's moved just a few yards down the road after graduating with an associate's degree from HACC.

She has experienced an entire lifecycle of education within half of a city block.

Doug Neidich, CEO of GreenWorks Development, has dubbed this strip of 3rd Street "Education Row," a vision he's closer to realizing after his purchase a few months back of the building that last housed Midtown Paint & Hardware. Following a total renovation, the 9,000-square-foot edifice is slated to become the newest home of U-GRO Learning Center.

"Students would be able to go from one building to the next as they get older," said Neidich. "It will take them 18 years to go about 30 feet."

Age-wise, Education Row is taking shape in reverse.

In 2006, GreenWorks bought the century-old Evangelical Press Building at 1500 N. 3rd and converted it to Midtown 2, part of HACC's expanding presence in the neighborhood.

Across Reily Street, GreenWorks next built Campus Square, which Commonwealth Connections Academy, a K-12 public cyber charter school, has called home for the past two years.

U-GRO would extend the student population further up the block once its preschool and daycare sets up shop

"The priority of GreenWorks over the last few years has been focused almost exclusively on education," said Neidich. "If you do education well, everything else will follow."

IT WILL COME BACK

If any street demonstrates both the promise and the heartbreak of Harrisburg, it may well be the 1400-block of N. 3rd Street.

In its heyday, 60 or 70 years back, the block was an integral part of a thriving Midtown community. You could shop, get flowers, have a beer, eat a meal and deposit a check all within the few hundred feet between Calder and Reily streets.

Anchoring the block was the imposing, circa-1910 West End Republican Club building, a sturdy, if whimsical, stone-and-brick structure. Through the heavy, paneled front door, a grand center staircase swept upwards to two spacious levels, a proper testament to

it all fell apart. As people and their money left the city, the block turned seedy and became dominated by dilapidated properties, boarded-up buildings and rundown bars where men, some visibly intoxicated, loitered.

The Republican Club moved, and its old headquarters had its guts ripped out. The grand staircase was destroyed to open up the first floor for a retail store. To reach the upper floors, one had to climb a rickety ladder and enter through a cavity in the ceiling. Not that anyone went up there. The 6,000 square feet of space upstairs sat mostly unused and, today, old political posters and magazines from the 1960s can be found where they were dropped some 50 years ago.

The exterior hasn't fared well either. Decades ago, a modern "skin" was bolted on to the front of the building, blocking the original façade. Today, the strange arched design appears dingy, even campy, someone's terrible idea of modernist, jet-age retrofit that makes little sense on a block dominated by brick, Victorian-era buildings.

Neidich's plan is to rip off the false front, restore the original façade and completely renovate the building for U-GRO. He hopes to get started on the \$2.5 million project in mid-2015, with U-GRO moving in the following spring.

In addition, he plans to tear down two small, dilapidated buildings next door that GreenWorks already owns, constructing a two-level, indoor/outdoor play area in their place.

"Surprisingly, the (main) building is in very good shape," Neidich said. "It will come back very well."

KIDS FROM ALL OVER

Neidich founded GreenWorks a decade ago after selling an electronics manufacturing business he had started. His idea was to use the proceeds of the sale to help build an integrated urban community in Harrisburg, and he chose N. 3rd and Reily streets as the center of his effort.

At the time, the historic Evangelical Press Building was empty and, last used as state office space, was slowly falling apart. Neidich bought the 130,000-square-foot building for \$3 million and embarked on a \$14 million renovation so that HACC could expand its nascent Midtown campus.

A couple of years later, GreenWorks purchased a gas station and auto repair shop across the street and constructed the 73,000-square-foot Campus Square building. When the HACC administration moved into the four-story building, some thought the college's future lay in Midtown.

Sygielski became president in 2011, the administration moved back to the main Wildwood campus, leaving Campus Square in need of an anchor tenant.

In contrast, Commonwealth Connections Academy was looking to expand in the area, said Maurice Flurie, CEO of the cyber charter school. It took some space in the building in late 2012 and has been increasing its presence since. Today, its teaching center occupies several floors, and it even has its administrative offices there.

"The central location is very important to us," said Flurie. "We have kids here from the West Shore, from Steelton, Harrisburg, etc. We want to be a solution for a broad range of kids in the capital region, not just in

Like Neidich, Flurie sees a future when children will begin an education at U-GRO before stepping over to Commonwealth Connections and then across Reily Street to HACC.

"U-GRO is the important pre-K part of this," he said.

COHERENT STRUCTURE

"Education Row" also has given a new dimension to the redevelopment of this part of Midtown.

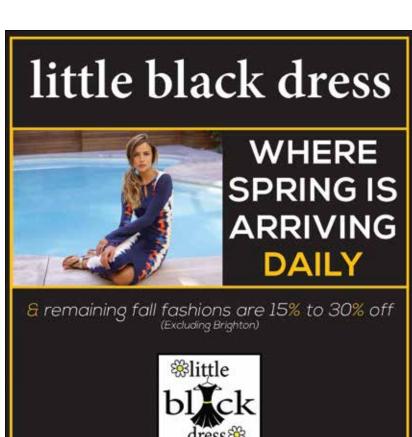
For several years, it appeared that HACC would gobble up much of the land around N. 3rd and Reily, with other businesses opening to serve the expanding student population. Up the block, it was hoped that redevelopment associated with the new federal courthouse would bleed down Reily Street.

HACC, though, has reduced its Midtown footprint, and the courthouse appears to be on long-term hold. The new plan by GreenWorks shifts the focus back to the central commercial area of N. 3rd Street, which should further benefit by the opening this month of the new Susquehanna Art Museum—a cultural institution with its own educational mission—across the street.

With the old Republican Club/hardware store rehabbed, only a few unrestored properties will remain on the block, most notably two small bars and the former Volunteers of America retail store and apartments. That's out of more than a dozen properties that, a decade ago, were almost all in poor shape.

Neidich indicated that he has plans for the remaining dilapidated properties along the street, though he would not say specifically what those plans were.

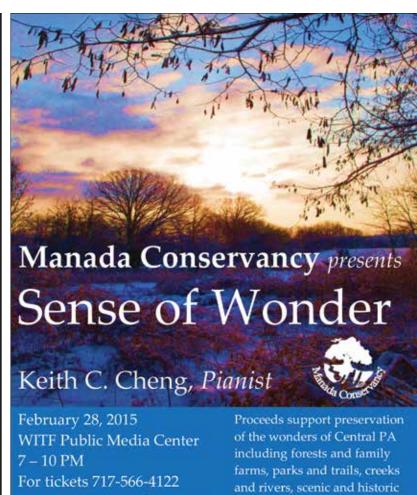
"GreenWorks is an initiative to help the revitalization of the city," he said. "So, we've thought hard about what has to happen to put the most concrete, coherent structure together."



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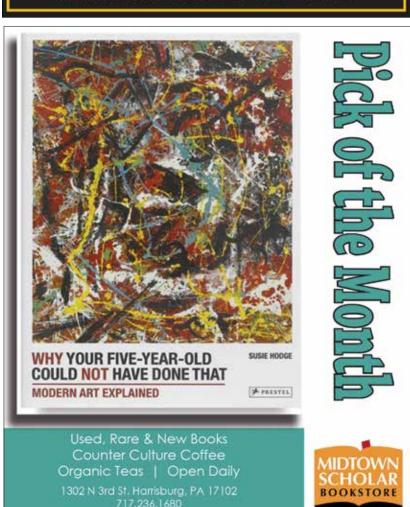
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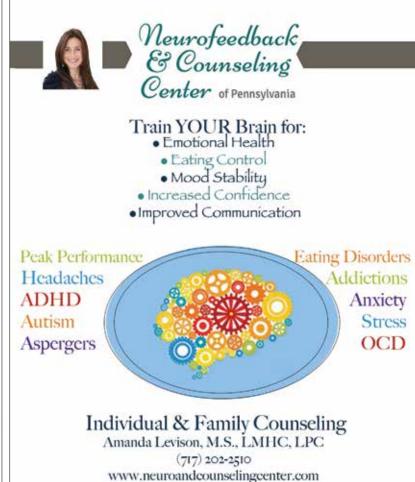
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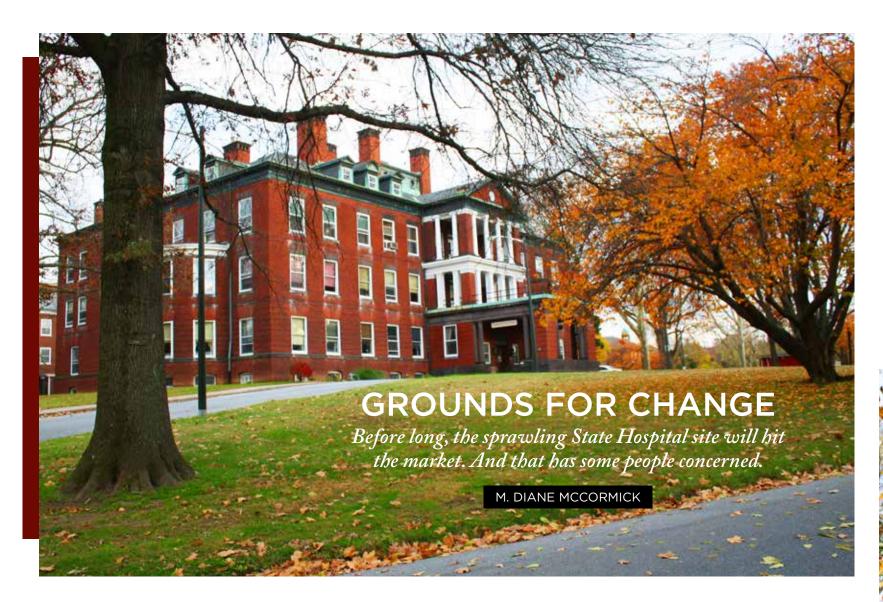


landscapes.

www.manada.org/Concert







ick Norford has led hundreds of bicyclists on Greenbelt rides, and newbies always have the same reaction when the trail crosses into the lush grounds of the former Harrisburg State Hospital.

"They're absolutely in awe that there's that much green space right in the middle of the city, right next to one of the busiest roads in the city, with Cameron Street and that huge parking lot for the Farm Show building, and how close it is to Interstate 81, and yet here's these hundreds of acres of green just sitting there," says Norford, a spokesperson for the Capital Area Greenbelt Association and president of Bicycle South Central PA.

The verdant slopes and tall trees of the former State Hospital grounds are open to the public but largely unknown. Now, the state is preparing to sell several hundred acres of the largely undeveloped grounds, and the pending sale raises questions.

Is the State Hospital's emergence into the light of day a blessing or a curse? Is it time for a hidden gem to take on a larger role as community asset? Will the sylvan setting be lost to developers hungry for rare urban acreage off an interstate highway? Can a local coalition help balance the preservation of natural and historic assets with the site's economic development potential?

TREMENDOUS SPACE

The Pennsylvania State Lunatic Hospital was founded in 1845, after reformer Dorothea Dix crusaded for humane treatment for the mentally ill. Her self-sustaining city offered peaceful, rolling hills, secluded from the capital city that would grow up near its boundaries. Even as government peeled off pieces of the 1,000-acre grounds for agency offices and the Farm Show complex, the State Hospital's original core remained largely untouched.

Today, employees from the state Department of Public Welfare, Pennsylvania State Police and Department of General Services work in the old buildings, in what's known as the DGS Annex, but they're slated to exit for new digs at Strawberry Square's Verizon Tower in 2016.

Before the land can go up for sale, possibly not until mid- to late-2016, DGS must develop a plan for legislative approval, recommending how to parcel it off.

"We're at the very beginning of this process, and a lot of things have to take place before any sale could happen," says DGS spokesperson Troy Thompson.

The targeted area includes part of the Capital Area Greenbelt. It also includes about 30 buildings from the original asylum and 183 acres in a surrounding arboretum that won National Register Historic District designation in 1986.

As news of the pending sale began to spread in early 2014, a Committee for the Future of Harrisburg State Hospital emerged to promote a balance of historic and environmental preservation with economic development.

The site's original obscurity was, by design, to create "a refuge and an enclave" for the mentally ill, says David Morrison, interim executive director of Historic Harrisburg Association, a CFHSH leader. Maybe, adds Harrisburg historian and coalition member Jeb Stuart, a certain mystery has kept the site "not on the public radar. It's a tremendous space, but it's never been marketed, never been promoted."

The site's obscurity also explains why the Capital Area Greenbelt winds through it today, says Norford. Completion of the original Greenbelt, begun in the early 20th century, stalled before it could circle the city, he says. By the 1990s, the reborn Capital Area Greenbelt Association, striving to close the loop, sought out lands that had escaped the march of post-war development. The pristine State Hospital grounds helped close a gap from Reservoir Park to Wildwood Park.

"I don't know if it's been preserved or ignored or sacred ground," Norford says. "At the end of the day, it was preserved."

But even Norford, a self-described "student of the Civil War," hadn't known of the site's preCivil War origins or its role as a kitchen for Union soldiers training at nearby Camp Curtin until he got involved in CFHSH.

A 60-foot easement protects the Greenbelt from development. On the buildings and grounds with National Register designation, private owners would face restrictions only if they sought public funding or federal or state permits. But large tracts remain available outside the green and historic sections, and the CFHSH hopes for a mindset that rises above restrictions and views development "through the lens of future opportunity," says Morrison.

Perhaps "the stigma of being an off-limits institution" could be lifted by transferring recreation areas to Dauphin County or Susquehanna Township, where much of the land is situated, says Morrison. The CFHSH also hopes the state will declare the National Register portion eligible for federal historic rehabilitation tax credits.

"There are companies all over the country that look for these opportunities," says Morrison. Pair up



Other area developments, such as TecPort near the Harrisburg Mall and Rossmoyne in Upper Allen Township, have successfully converted open space into bustling commercial spots, with such uses as high-end office, research and development and warehousing, Heller says.

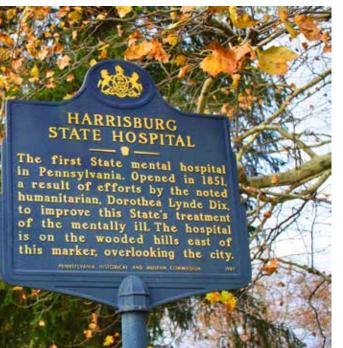
At the State Hospital grounds, "There's going to be a lot of people pushing for large, big-box industrial," Heller says. "That is a perfect location, but there's enough for many uses."

The site's development potential far exceeds the vacant lots and buildings of nearby Cameron Street, Heller says. There, city taxes, flooding risks, low ceilings and brownfield remediation hinder reuse. The State Hospital grounds would probably require rezoning to allow development, but a lack of neighboring residents and many nearby assets—a large post office, Harrisburg Area Community College, Dauphin County's Wildwood Park, PSECU, state offices—make it "a very interesting site."

"It's a good opportunity for the state to do something that's forward-thinking to help the community," Heller says.

CAGA doesn't want to interfere with land sales, but "it would really be nice to save the historical and environmental and recreational value of the whole area," Norford says. The sale could become a blessing or a curse, he believes, but, for now, the attention is elevating the site's profile as a unique asset for all to enjoy.

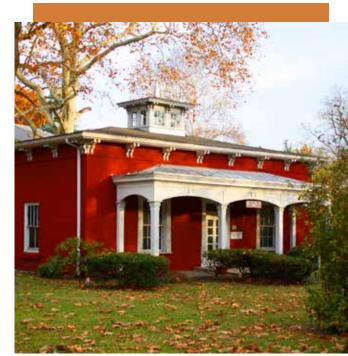
"It's very much a blessing that we can go just a short distance from any of our homes and enjoy that beautiful setting. We haven't really used it. This is a facility that I don't think we've ever exploited as a park setting, so maybe this whole effort will put this area into the

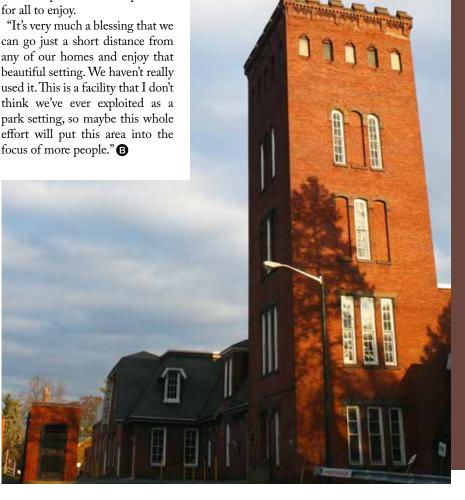


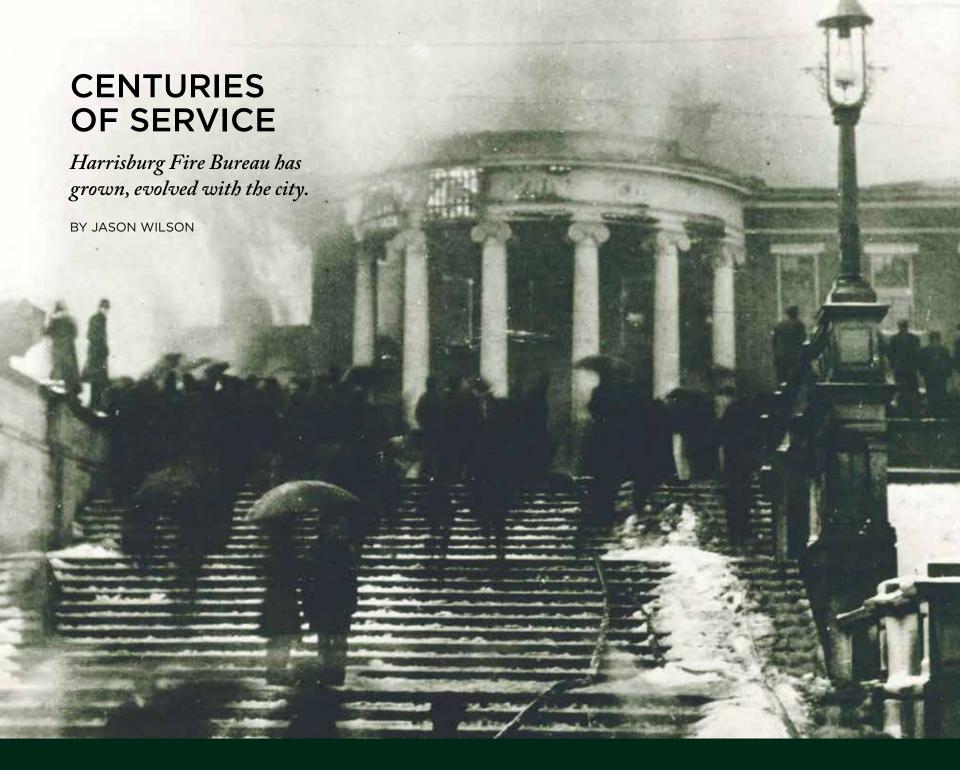
reuse of the historic portion with development of the non-historic areas, and "the net benefit to the region, to the community, to the municipalities, to the general public is enormous."

"We're not only not wringing our hands over the sale of this property, we're saying it offers tremendous potential benefit," says Morrison.

The sale offers "an exciting project from an aerial perspective," says Chuck Heller, senior associate with Landmark Commercial Realty, based in East Pennsboro Township. "You have 600 acres there at the crossroads of 322 and 81 and quick access to downtown Harrisburg, the Farm Show complex."







he city of Harrisburg was laid out by John Harris in the mid-18th century, but it was not until 1791 that citizens began forming the first volunteer fire company in the city, the Union Fire Company.

Without a water system, the earliest companies were largely volunteer bucket brigades, which transported water to fill small, hand-operated pumps. Throughout the first part of the 19th century, companies would form in the various city wards, last several years and then disband.

According to Harrisburg fire historian David Houseal, 1841 and 1858 marked significant years in the early development of the fire company. In 1841, the city's first water system

was completed and water became readily available in most locations. With this came the first hose companies and carriages. In 1858, the first hook and ladder companies formed, largely because buildings in the downtown area had by then approached three stories.

As the Civil War came and Harrisburg transitioned into a rail and industrial center, more local companies were founded and steam pumpers and horses were added to the city's fire apparatus.

Petitions were circulated throughout the late 19th and early 20th century in an attempt to abolish the volunteer companies and establish a full-time, paid force, but it was not until 1913 that the Harrisburg Fire Bureau was established.

Over the course of the 20th century, numerous smaller companies were closed as fire houses were abandoned, torn down (in the case of those formerly in the Capitol complex area) or converted to different uses. The department also moved further toward full-time paid staff and relied less on volunteer companies, though, according to Houseal, numerous volunteer companies still exist on the books.

Additionally, the city restored the Reily #10 firehouse and opened the Pennsylvania National Fire Museum, which catalogs and honors the 223-year history of Harrisburg's fire department.

At one time, Harrisburg had more than a dozen firehouses scattered throughout the city. With the recent closing of Paxton Station No. 6 in Shipoke, only three remain: one in Uptown and two on Allison Hill.

Moreover, the spirit and function of these firehouses has changed greatly through the years. The buildings once functioned not only as firefighting units, but almost as much as neighborhood and social centers.

Today, that function has largely been lost. However, in its stead, Harrisburg has gained a well-trained, professional and capable force focused on its job of fighting fires. B

Jason Wilson is an historian for the Capitol Preservation Committee. Photo courtesy of the Capitol Preservation Committee.

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SHOWING THE WAY

Leading by example, during National Mentoring Month.

BY REBECCA HANLON

ichael Richey joined the 3-Star Foundation to play a game, but when he left, he said, "I knew what it meant to be a man."

Tempted with the chance to be on a basketball team, Richey spent his sophomore through senior years of high school playing the game. The same men who taught him how to shoot a basket would guide him in leadership, responsibility and academics.

The 3-Star Foundation gave Richey, now 21, and other teenagers the chance to become adults who could give back to their communities. They are just some of the mentors who, through simple conversation, can guide a Harrisburg teenager into a successful future.

About one out of every three children will reach adulthood without ever having a mentor, according to a study by The National Mentoring Partnership, which celebrates National Mentoring Month in January. Without adult role models, many of those children will never go to college, volunteer in their communities or know the pleasure of cooperating with others to finish a project.

For Richey, the mentors at 3-Star Foundation saved him from a life on the streets. "Growing up, my dad was in and out of my life," said Richey. "They gave me someone who was stable and always there for me. They taught me family values when no one else was really showing me what that meant."

RECONNECTING

After graduating from the program and venturing out on his own, Richey nearly lost his way. He said that he struggled to keep a job and started to drift from his responsibilities at home. When his son, Michael Jr., was born, Richey knew that he could do better.

He reconnected with his mentors at 3-Star and soon found himself welcomed back into the program—this time as a living example to other teenagers of how someone can change his life.

"They helped me see what it meant to be responsible for my actions and to be accountable," Richey said. "They showed me how to take care of my son in the way they take care of me."

Now a coach at 3-Star Foundation, Richey tries to have the same impact on other teenagers who come through the program.

"I'm basically trying to give them the same mentoring lessons that I learned," he said. "I want to be someone who is there for them, and they don't have to fear being judged or getting in trouble."

Gerald Jarmon, president of 3-Star Foundation, said the organization has spent the past nine years focusing on a holistic approach of developing good character in the kids who participate.

"The staff is what sets the tone and provides excellent leadership for our participants," Jarmon said. "They are from different walks of life. Some are out of college, out of high school. Some are teachers; some have regular jobs. But collectively, with one goal in mind, that's what makes us successful."

The program is well known in city schools, where organizers hold weekly morning huddles to meet with students and encourage them spiritually and academically, Jarmon said.

The coaches are the biggest mentors for each kid. Each Monday night is broken up into time spent on the court and time spent in a mentoring session. About three teams of seven to nine students gather for 15 minutes to discuss a particular topic, whether it's leadership, stereotypes or family life. The teams then break off into smaller groups and talk more.

"The consistency in these adults is a great example for the kids," Jarmon said. "It touches my heart and means a lot to me."



BEYOND EDUCATION

For others in the community, mentors provide a chance to grow professionally in ways that might not otherwise be possible.

That's the goal of Harrisburg University of Science and Technology through its experienced learning program.

Kim Sprout, manager of experiential programs and career services, said the school runs two mentorship programs. The first is for incoming freshmen, who will spend their first year paired with upperclassmen of the same major. The mentor and mentee will meet during freshman orientation and interact throughout the year during social activities and in seminar classes.

When students enter their second year, they have the option to sign up for a community mentor who can guide them through the rest of college.

While that program has been available for a few years, there is currently only one student and one mentee who participate.

"A lot of students don't want to have things added to their plate, so it's tough to convince them that they should regularly meet with a mentor," Sprout said. "What they miss out on by passing that up is the chance to learn from someone who has either worked in their field of study or who can give them guidance on areas of business they never thought of."

Junior Joseph Royall, an interactive media design student, has spent the last year following Tom Paese, section manager for government relations with Buchanan, Ingersoll & Rooney, a Pittsburgh-based law firm with an office in downtown Harrisburg. Even though Royall doesn't have any plans to become an attorney or lobbyist, he's learned the basics of good business practices.

"I generally ask how I should act in a professional environment and how I can manage my finances once I do have a career and steady income," Royall said. "I think we have a good relationship, and I appreciate his time, but it also holds for me the chance to build connections."

Paese, who sits on the board at the university, has taken Royall to different functions, including a Pennsylvania Chamber of Commerce social, where Royall had the chance to see Paese interact with elected officials and area professionals.

"He might never go into this field, but I try to show him that there are good business practices that cover a variety of professions," Paese said. "We talk about the right way to dress or how to be polite and professional. I teach him the courtesy of quickly responding to phone calls and emails. These are simple things, but things I think he's really taking to heart."

Royall is eating up the advice while Paese nears his retirement, set to begin this year. "The more I get to know other individuals in a professional environment, the better opportunities I'll find for myself," Royall said. "I think I've learned a lot about maintaining positive relationships and being willing to help other people."

The 3-Star Foundation can be found at www.3starfoundation.org. To learn more about National Mentoring Month, visit www.nationalmentoringmonth.org.

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A TIME TO MOURN

Emmy's Heart supports those who lose a pet.

BY AMY WORDEN



et's face it: for most of us, pets are part of our families. We spoil them with gourmet treats and salon visits, doggie day care, artisan kibble and specialized medicine.

When they are gone, we grieve. But there have been few places to turn to for support in our time of loss.

That is, until Emmy's Heart, a pet bereavement group, arrived in Harrisburg.

Named for Harrisburg resident Charlotte Kluge's beloved 10-year-old Yorkie, the group meets monthly in a cozy room above Abrams & Weakley General Store for Animals, just over the city line in Susquehanna Township.

Those who come know they won't hear "it was just a dog" or "you can get another one."

"It's a nice, safe place to share feelings and memories," said Mandy Rothenhoefer, one of the group's founders who led the session I recently attended.

Emmy's death a year ago at 13 left Kluge heartbroken. "It was the first time I realized the loss of a pet is real and nothing to just 'get over," said Kluge, who runs a family-owned insurance business. "She was my heart and everything to me. My grief was entirely real."

Kluge wanted to offer others similarly finding it difficult to cope with a loss an opportunity to connect and talk about their feelings. So, she teamed up with Rothenhoefer, whose dog Sunny used to play with Emmy, and they started holding meetings in May.

On a recent Thursday evening, six pet lovers showed up, including me.

Rothenhoefer read a brief poem and lit candles in memory of pets who had passed on and one who had been reported missing on the Carlisle Pike. She offered a theme for the evening, autumn rituals, asking attendees what they recalled about the change of seasons, walks in the woods, adjusting to the shorter days with their pets. Jackie Hamill, who, with her husband Jim has lost two dogs in the past three years, remembered how her chow-chow/retriever mix Angel loved to play in the fallen leaves and pulled out an iPhone picture to prove it. "They are our children," Jackie said.

leaves. It was a moment of quiet reflection that occurred 20 years ago, and still I felt the emotions come bubbling to the surface.

Kluge said the sessions usually draw four to seven people. Participants are invited to bring pictures to post on a memory board of those who have "crossed the rainbow bridge," as the pet people like to put it.

The conversation shifted to the hard choices about what to do with a pet's body. Sharon Wilson said she hated the idea of having had to cremate her beloved beagle Tanner, but was not able to afford a plot in a pet cemetery.

"I have a hard time looking at pictures," she said. "I was upset about cremating him." The Hamills said they chose to cremate their pets because then they could take them along if they moved. That sparked a discussion about whether there was an ordinance about pet burials in city backyards, something Kluge said she would investigate and post on the group's Facebook page.

Clearly Kluge's idea has struck a chord. Hospice of Pennsylvania and several veterinary hospitals are now handing out cards to clients with information about Emmy's Heart, Kluge said.

There is a sense of knowing that others love dogs like we do, said Jackie Hamill, who, with her husband, traveled 45 minutes to attend a bereavement group in Red Lion before Emmy's Heart started. "I can share and talk. The pet people get it."

The Hamills already "paid it forward" by taking Prince, a schnauzer who belonged to a neighbor who died. "[The family] wanted to get rid of him," said Jackie. "But he helped Angel come out of depression after we lost Clay."

Emmy's Heart also wants to be there for those facing potentially fatal health issues with their pets who may not be able to afford life-saving treatment.

The group has already helped a single mom cover the costs of treatment for a serious skin disease and an elderly man pay for chemo treatment for his cat.

To raise funds, the group is selling commemorative leather bracelets that look like dog collars with a single paw print design.

Said Kluge: "It shows they left a paw print on your heart."

The Hamills said they recognize that grieving is an ongoing process even as

they enjoy their time with Prince and their newest rescue dog, Lexie.

Jackie Hamill gets choked up when she talks about Angel and Clay.

"Not a day goes by when I don't think of them," she said. **B**

"IT WAS THE FIRST TIME I REALIZED THE LOSS OF A PET IS REAL AND NOTHING TO JUST 'GET OVER.' SHE WAS MY HEART AND EVERYTHING TO ME. MY GRIEF WAS ENTIRELY REAL."

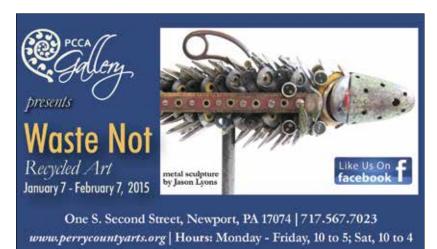
Angel died in March at age 13, and the Hamill's other dog, Clay, a Lab mix, died two years earlier after struggling seven years with cancer and other serious health problems.

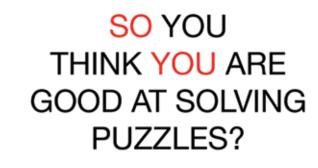
Rothenhoefer asked me if I had an autumn memory of Mindy, my childhood border collie, who lived to be 17.

Tears welled up as I told the group about a fall outing the two of us had at Sugarloaf Mountain near Frederick in the mid-1990s. As Mindy sat and watched several white geese paddle on a pond, I snapped a picture from behind, her black fur and the orange beaks of the ducks against a backdrop of dying grass and turning

Emmy's Heart pet bereavement group meets at 6:30 p.m. on the third Thursday of the month at Abrams & Weakley General Store for Animals, 3963 N. 6th St., Harrisburg. Anyone with a pet that is ill, missing or has died is welcome. For more information, call 717-364-0852, email emmysheart4ever@gmail.com or go to the Facebook page.

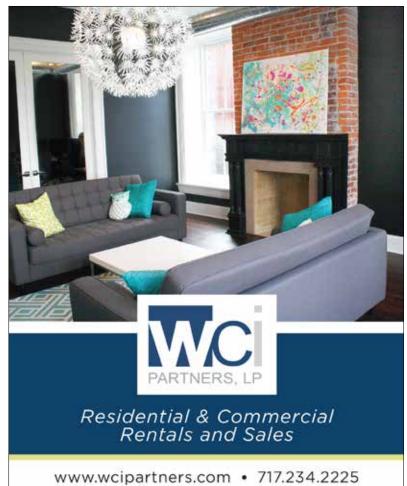
In addition, The Humane Society of the Harrisburg Area has a pet grief counselor available for anyone who brings in a pet to be euthanized and offers a monthly support group, Healing Haven, open to members of the public at no charge. Visit www.humanesocietyhbg.org/pet-bereavement.







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n a stroll through Strawberry Square, you might notice that one store stands out boldly.

Bursts of color pour through the plate-glass window and, once inside, you see creations that range from repurposed furniture to T-shirts to functional sculpture. The goods are youthful, fun and artsy; most are even practical.

A few months back, Urban Xpression opened its doors to give a creative and entrepreneurial outlet to area youth eager to meld art and business. The store also is the most visible manifestation of The WheelHouse, a program recently spun off from Jump Street, the community arts group long run by Bob Welsh.

"WheelHouse is an outgrowth of a program at Jump Street, which focuses on art-based workforce development," Welsh explained. "The WheelHouse program is an innovative partnership in STEM education (science, technology, engineering and math) designed to give high school and college students real-world experience in live work environments—learning while earning a paycheck."

DEFINING MOMENT

Welsh arrived in Harrisburg in 1983, joining a "bunch of musicians" doing the club circuit. He owned and operated Green Room Records and the Green Room recording studio and was elected to the Grammy Academy.

Then came one of life's defining moments. Welsh read in the Patriot-News about a school that had no musical instruments, so he decided to do something about it. Together with fellow musician Paul Kruis, he put together the Gift of Music program to collect instruments. He raised money among friends and acquaintances and found he was good at it.

The program's first big gift—of more than 30 instruments—went to Ronald Brown Charter School.

A bit later, when Beverly Portis, executive director of MetroArts, precursor to Jump Street, announced her decision to move on, she recommended Welsh to the board of directors. He was appointed interim director, then executive director and served for 14 years.

Now, he heads Wheelhouse, a subsidiary of Jump Street, while remaining a staff member of the parent organization.

"This seven-figure-budget organization requires all my attention," he said of The WheelHouse.

EYE OPENER

Wheelhouse projects give youth skills they need to be successful in future employment, while advancing high school and college education with in-demand areas of study.

Michael Mills, a senior at Harrisburg Academy, is one participant. Last summer, he was part of a student team tasked to design a store.

"It was an eye-opening experience," said Mills, a Harrisburg resident who plans to get a master's degree in biomedical engineering. "We worked with many professional artists and business people and other co-workers from Jump Street. We named the store, painted it, created a vision and mission statement, created a slogan for it, and decided what to put in it."





The result: Urban Xpression, a youth-created shop focused on making and selling artistic goods. The students learn business planning, customer service, marketing, finance and entrepreneurship, while earning high school and/or college credits.

As part of the program, Mills, who is an assistant store manager, will be taking a college course in technology. Beginning this month, he also will be a paid apprentice. In addition to Urban Xpression, The WheelHouse operates an Agtech program, which combines agriculture and technology, and a Community Tech program, which teaches students digital photography and technology-based design. Projects in finance and IT are likely to be added, said Welsh.

Students come from all over the region and from public, charter and private schools to participate.

"We try not to interrupt their school day," Welsh said. "We work around their senior hours, co-op, study programs."

Meanwhile, Jump Street, with its slogan of "connecting artist and community," continues its own programming.

The Gift of Music, the project that originally drew Welsh into the nonprofit world, is expanding beyond the acquisition of instruments to the actual support of music programs. These are too often cut from schools because of budgetary concerns, said Melissa Snyder, the group's interim executive director.

Jump Street also helps students who cannot afford to buy or rent an instrument to participate in music programs. Learning to play an instrument has many benefits, from developing language and reasoning skills to increased self-discipline and self-confidence, said Snyder.

"Music is a gift you can give your child that lasts their entire life," she said. Since 2001, the Gift of Music has collected and distributed more than 500 instruments to students in the Capital Region.

"Since the instruments stay in schools, we have easily reached 1,000 kids locally with them," said Welsh.

Other events and programs sponsored by Jump Street include the annual Artsfest; the teen publication "and" magazine; and Paintin' Lively, which teams teens with professional artists, who use their creative skills to refurbish furniture for sale.

While Welsh no longer is at the helm of Jump Street, he emphasized that Jump Street and WheelHouse are parts of a whole. They share office space, as well as a mission of bringing the community together and advancing youth through art.

"Almost 17 years at Jump Street taught me to do workforce development in arts and culture," said Welsh. "WheelHouse is just an extension."

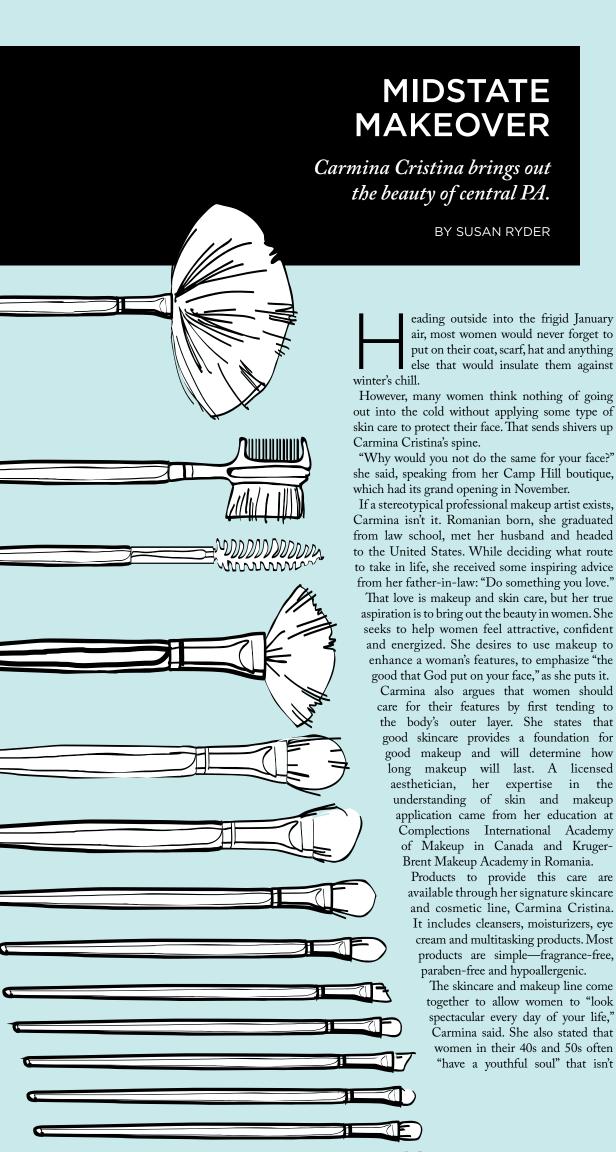
The WheelHouse is co-located with Jump Street at 100 N. Cameron St., Harrisburg. Visit www.wheelhousepa.com. Urban Xpression is located inside Strawberry Square, 315 Market St., Harrisburg.

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always reflected on their faces.

Her boutique offers tools to allow that youthfulness to blossom. Women also can learn about skincare and makeup though her workshops and seminars.

Lasting three hours, workshops offer a live camera, close-up view of makeup demonstrations. Participants then practice the skills themselves with complimentary tools, brushes and products and receive Carmina's input, which, she said, is "very honest." Topics include teenage makeup; over 40; skincare; day and evening looks and more.

She conducts shorter, more focused lessons through her seminars. Lasting 90 minutes, they are suitable for larger groups and include lessons on subjects such as brows, blush, lips and trends. Private group seminars and workshops also are available.

Cheryl Garman of Lewisberry described Carmina as an "excellent educator" and added that she makes applying makeup easy for anyone.

Most events are held in the Camp Hill boutique, which Carmina describes as "cozy, cute and an intimate place." The shop features large front windows that fill the space with natural light, essential for good makeup application. Outside of her store, she offers makeup services for commercial clients, special events, weddings and individuals.

Amy Youtz of Harrisburg, who has participated in Carmina Cristina's seminars and private makeup sessions, said that her products rival more expensive lines at a much better price.

"Why would you go to Sephora or Macy's?" she asked, stating that you can have local, knowledgeable, affordable and personalized service from Carmina Cristina instead.

Carmina had a bit of a makeover herself when she decided not to practice law. The decision did not make her law education irrelevant, however. That schooling has bolstered her business skills, she said, adding that higher education "affects goals and thinking" in a positive way.

Though the boutique just opened, 2015 already promises new things for customers. Carmina said she plans to add "beauty memberships," yearly memberships that include makeovers, discounted products and free seminars, supporting her belief that continual skin maintenance is paramount.

Her goal is to dress women's skin every day and to help the women of central Pennsylvania look and, more importantly, feel beautiful.

"I want to have a nice place for ladies to care for and enjoy themselves and draw out the beauty in them," she said. B

Carmina Cristina is located at 2209 Market St. in Camp Hill. Boutique hours are Tuesday to Friday, 11 a.m. to 6 p.m., or by appointment. For additional information, visit www.carminacristina.com or call 717-343-2805.

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مست في الفريس (4 ميريسة) الفتا ميروفة) الك





Telling people to live a healthy lifestyle is one thing, but showing them how to do it is the goal of doctors Richard Rayner and David White, creators of AspireFIT, a new branch of a growing practice

based on practical, personal care.

Rayner and White created AspireCARE five years ago when they combined their experience in primary and urgent care services to open a new health facility. The goal was to form seamless communication between the medical provider and patients—and the idea took off.

"We started Aspire with the goal of showing people the value of preventative care as a long-term solution for treating disease and injury," White said. "We have the desire to equip people to take ownership of their health. That's where the name came from. We desire that our practice would inspire our patients to aspire to something better as it pertains to health."

While working out the introductory kinks of a new business venture, Rayner and White wanted to incorporate their ideas of community fitness early on. They created Team Aspire, a weekly running and walking group that focused on training for the Harrisburg Marathon, as a way to get exercise together.

For many patients, hearing the advice to get fit and active is easier to swallow knowing that Rayner has been on the other side. Growing up obese, he decided to start running in high school as an alternative to group sports, finally taking the leap in 2002—at age 40—to enter his first marathon.

"Training and running a marathon is a bit like scaling a very high mountain in the sense that, when you first think about it, it's completely overwhelming," Rayner said. "But when you've done it, the sense of satisfaction is huge because you've done something that you couldn't even get your head around."

With Team Aspire, he dipped his toe into group fitness, while encouraging patients to practice prevention.

"When you exercise by yourself, sometimes it feels like suffering," Rayner said. "When you exercise with community, it feels like you're accomplishing something." AspireFIT grew out of that sense of community, transforming it into a more instructive, multi-faceted sense of fitness.

Don't think of AspireFIT as a gym or the more institutional medical center because it isn't either of those things, according to Rayner and White. Instead, it's a high-care environment that focuses on the technology of determining someone's body mass index and resting metabolic rate, while being very interactive, not only as a community, but through the instruction of professionals.

AspireFIT is open to anyone in the community, whether or not they are referred by their physicians. Typical programs last 12 weeks, with workouts and diet created for individuals and their unique needs.

Since launching AspireFIT on Oct. 13, Rayner and White have been intentional about making the facility feel like anything but a gym. Similar to the medical practice, it was designed with warm colors and the natural elements of wood and stone with the complement of natural light.

"Coming to AspireFIT is an investment of time, of person, of finances in an effort to pursue something that is transformation for a lifetime," White said. "We live in a society that is prone to reach for the quick fixes with the least amount of effort. What we're embracing is a philosophy and a lifestyle that will transform who they are."

The concept of health as a lifestyle has been a beneficial concept for Liz Yarnell, a 62-year-old Colonial Park resident and walker with Team Aspire. As a patient at AspireCARE, Yarnell was urged to get active.

"I'm a little lazy in that I have no desire to run, and I don't even want to walk 13 miles," Yarnell said. "But I can walk six or seven."

Yarnell is among six walkers who meet up with the runners of Team Aspire to participate in that community concept of exercise. Despite different fitness levels, the group motivates runners and walkers alike.

"Physically, it has done so much for me, but there really is a great social element to it," she said. "There are a lot of commonsense things I've learned from participating. I've adjusted my diet. I look at health as not just one troublesome issue, but how I feel as a whole person."

Misti Demko, a competitive runner who helps organize Team Aspire, said the group concept is making sure everyone belongs—whether they walk or run.

"There is a lot of work that goes on to validate people and tell them their goals are worth it," Demko said. "That is unheard of in medicine. The whole idea that you can reach your goal, not matter what it is, and they'll walk beside you the whole way. It's just not something you see."

Those who run with Team Aspire aren't just going out on their own and reporting their progress to Rayner and White later. Often, you'll find the two of them running alongside their patients, living out their desire for community wellness.

"My dream would be that people come to AspireFIT feeling one way and leave after 12 weeks saying, Tve never felt this way before," Rayner said. "I want people to feel joyful and come to a place where their bodies work the way they should."

For more information on AspireFIT, visit www.aspirebetter.com.

CUTTING EDGE

Stylist Eric Moon gathers ideas from around the world, then brings them home to Harrisburg.

BY ASHLEIGH POLLART

hat's next? This may be the question you're asking yourself right at this moment. What are you going to achieve in 2015? And what will life throw at you? For Eric Moon, owner and creative director of Salon Edjii, the answers of his own 'What's next?' have revealed themselves organically. It's been through natural conversation with peers and friends and sometimes complete strangers, as Moon has progressed and transitioned from an art student at Kutztown University to traveling the world as an artist and educator with TIGI, the world-renowned hair care brand and culture.

Moon first encountered TIGI years ago at the salon where he was working.

"I was really drawn to this brand by their imagery and what they were doing," he explained, listing off the terms "new wave," "punk" and "edgy" as his inspirations. "And I wanted to be a part of that."

One day, Moon struck up a conversation with a TIGI sales representative who frequented the salon. A few weeks later, after he had caught the attention of more representatives at a training session, he received a phone call inviting him to a training program.

Almost a decade later, Moon travels nearly every week for TIGI. Some of these excursions may be local educating opportunities, but about half are "fly-aways" as Moon calls them—no pun intended. It's these unique opportunities to travel that sets Salon Edjii—located on Derry Street in Paxtang—apart from other salons in the Susquehanna Valley.

"I love being able to bring everything I experience outside of Harrisburg back to central PA to share with my clients," Moon explained. "Harrisburg has a reputation (and part of it is true) that we're a little behind the times when it comes to fashion. We have a great restaurant, art and music scene here, but fashion is not quite there."

Still, there are people who are hungry for the Harrisburg fashion scene to take off, he said.

"People will sit in my chair and ask what I'm seeing in this city or country and ask what's new," he said. "Because I get to travel, I'm able to have a good answer for what's new, what's current and what's next, so people can be ahead of the curve."

TAKING CHANCES

Born in England to a military family, Moon moved around a lot as a child to locations as varied as Newfoundland, New Jersey, Colorado and Pennsylvania.

"I have that cool dual-citizenship thing going on. I have at home what I call my Jason Bourne drawer. There are multiple passports, guns and money—if it's empty, I'm gone," he teased, with an infectious laugh.

His initial fling with haircuts and color started with experiments using grocery-store-bought boxed color on high school classmates. In college, he even traded haircuts and color for beer, food and art supplies.

His experience mixing colors started during one of his first real salon jobs.

"There were times that I had free time at that salon, and I brought a friend in so [my employer] could see what I could do," he said. "I got to go to the back room and mix

real color-it was awesome! I was hooked. I loved it."

For Moon, it was the 1980s that inspired him and sparked his initial love for new wave, punk and just plain cool edginess.

"A lot of people look back at the '80s with disdain right now," he said. "Granted, there were a lot of things from that decade that were pretty terrible, but I appreciated that the '80s took a lot of chances. Since then, everything has been regurgitated from another decade. We look at something and say 'Oh, this has a '40s feel.""

SOMETHING GOOD

Today, Moon travels with TIGI, sharing his knowledge and experience with salons all over the world—then brings new concepts back to Harrisburg.

When opening Salon Edjii, Moon chose Paxtang due to its central location for his many urban and suburban clients. He also had the opportunity to build a salon based upon his own design ideas. Moon focused on an atmosphere that included distressed brick, high ceilings and other urban, industrial features.

"For my vision, I got to experience other workspaces and salon environments—what things I liked as far as décor, feel and atmosphere," he said. "I figured out which of those things that I liked were a part of my personal brand and salon culture. The idea was to create a salon culture that I felt was missing from the Harrisburg area. Something that's modern in a creative space."

The result is what he calls a comfortable atmosphere that's not too cool for his widely varied clientele.

"I remember being a student and having this idea that 'I can't wait to get out of here and I'm going to have all these cool clients that are new wave and punk and edgy. I'm going to make purple and pink hair on everyone, all the time," Moon said. "And, you might get to do some of that, but as I explain to students now, get good at brown and blonde."

Although Harrisburg is not exactly the center of edginess that Moon dreamt of in the '80s, he remains a central PA cheerleader.

"One thing that's great about Harrisburg—and I feel like everyone says this, but rarely takes advantage of it—we are conveniently located two hours away from everything cool. Not that Harrisburg isn't cool, but if you want to go to Baltimore or DC—boom—down I-83, you're there," he said.

After his last salon job, he purposely stayed in Harrisburg because it's where he wanted to be and because, he believed, he could contribute.

"Sometimes, people get this idea that they're bigger than Harrisburg and that they should get out," he said. "I turned that around and said I'm not too good for Harrisburg; I'm something good for Harrisburg."

In light of the New Year, I asked Moon what mindset clients should have when they visit him for the first time. His answer: an open mind to truly have a new experience.

"Every city has a slightly different hair and fashion culture," he said. "For example, you go to New York, and it can be very dark. The city's atmosphere and how it bares down on people has an influence on their fashion. In Miami, everything is vibrant and colorful and free. San Francisco and Seattle embrace the outdoor culture."

While Moon may visit these other places, he plans to stay right here.

"I like grass between my toes in the summer and sitting on my patio with a cocktail and a fire pit," he said. "I think open fires are probably frowned upon in New York."

Salon Edjii is located at 3401 Derry St., Harrisburg. For more information and to schedule an appointment, call 717-564-1089 or visit www.salonedjii.com. Photos by DaniFresh.com.





RELAX, REJUVENATE, **RENEW**

Need to de-stress? Reiki may be just the ticket.

BY STEPHANIE KALINA-METZGER

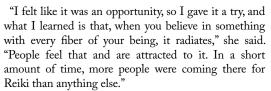
have an adverse effect on our health since they block the Ki that flows through and around us. While Western medicine doesn't necessarily embrace Reiki, doctors do concede that there is a mind/body/health connection. During sessions, Reiki practitioners use a light touch to restore balance to the body and mind of those who seek its healing properties.

A CALL

Rickie Freedman was born and raised in the Philadelphia area and faced unique challenges due to her name throughout her youth.

Every year, she was enrolled in boy's gym and choir and, as a teen, received mail from the Army and Navy. Later in life, she ended up thanking her parents for the appellation. "I believed it was a call to my purpose," she said.

Freedman's interest always gravitated towards the



Eventually, this led to her decision to practice Reiki full time. In 2008, Freedman moved to Harrisburg, where she worked at establishing her expertise and reputation in the area. By 2013, she was ready to create her own space.

SWEARS BY IT

Freedman's current base of operations, located off Linglestown Road, is comprised of an office, two healing rooms, a comfortable waiting room and an event area.

The new space has enabled her to expand her practice to offer more services like Indian head massage, chakra foot massage and the popular REIKIssage—a blend of Reiki and therapeutic massage.

Classes and workshops are held throughout the year and include topics like meditation, stress management and aromatherapy, to name just a few.

Tessa Shaffer travels from Liverpool to benefit from Freedman's services.

"I met Rickie at an event she was doing and signed up for a 15-minute mini session and, in that short time, it alleviated a headache and some of my back pain," she said, adding that she was so intrigued that she decided to study the practice herself after contracting Lyme disease.

Thanks to Freedman's instruction, Shaffer is now a

"There are three levels, and Rickie holds monthly classes for the different levels," said Shaffer. "Anyone can do it, and it has aided in improving my energy and managing my pain. It's amazing, and you don't really need to understand how it works for it to work."

Kris Shulenberger has been undergoing Reiki sessions for about a year and swears by it.

"I have more energy and vitality," said the Carlisle resident. "The first thing I noticed is that I didn't have the winter doldrums last year, and the other thing I noticed is that I have a different level of energy in dealing with issues and problems. It's a deep form of relaxation, and you come out energized and feeling better."

For those considering Reiki, Freedman recommends scheduling the first three sessions a week apart.

"They work together in a series to get you to a better place of balance," she said. "By the end of the third session, clients have a better sense of the good it does."

In choosing this line of work, Freedman said she has found the "perfect peace," which she lives to share with others.

"Every single day is awesome because I get to witness people's transformations as they come into the fullness of who they are and are able to let their light shine so they can go out into the world and bring that to others," she said. "That's awesome, with the emphasis on the awe. I love my work, every single day. I love teaching, and I love sharing this."

Reiki by Rickie Reiki Space & Learning Place is at 2793 Old Post Rd., #10, Harrisburg. Call 717-599-2299 or visit www.reikibyrickie.com.



sk any Reiki practitioner to explain the practice, and you'll quickly learn that it doesn't fit neatly into one descriptive little box.

The non-invasive, benign healing technique is, in my opinion, a bit ethereal in nature, which is why categorizing it is as difficult as clutching a cloud. What I can tell you is that I walked into Rickie Freedman's office recently in my "wound-too-tight" default mode and sat up from the table an hour later relaxed, rejuvenated and ready to take on the day.

I even kept my cool when someone cut me off as I was pulling out of the parking lot after my session. For me, that's progress.

To better understand the relaxing practice known as Reiki, it's helpful to know that the word is actually composed of two Japanese words-Rei and Ki. Rei can be defined as a higher intelligence, while Ki is the nonphysical energy that animates all living things.

According to Reiki practitioners, negative feelings

"One of my teachers tried to talk me into going into med school at one point," she said.

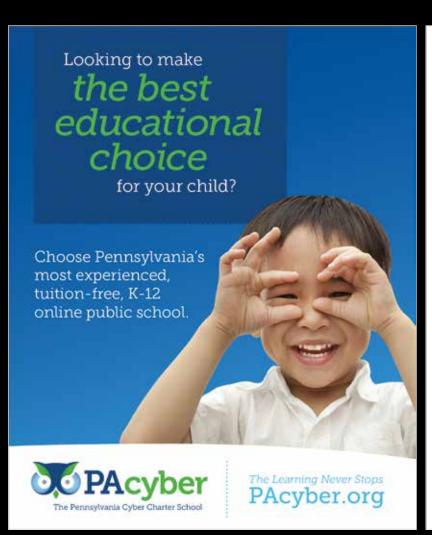
As a person with a nurturing, caregiving personality, Rickie eventually decided upon physical therapy, practicing at a nursing home in Lewisburg. In the mid-'90s, friends introduced Freedman to Reiki.

"They took a class, and, when they came home, they practiced on me," she said. "I had been going through a challenging, stressful time and had a big detoxification release afterwards, so I began studying it for my own emotional healing.'

She later would pay it forward by sharing the practice

"I helped employees at the nursing home cope with the stresses of that kind of work and began incorporating the technique into my physical therapy," she said.

Several years later, Freedman received a Reiki table as a gift. She offered her services to friends and word spread, so, when one co-worker opened up a wellness center, she asked Rickie to join her.



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TOWARD YOUR GOALS

Keeping those New Year's resolutions often starts with a commitment to basic well-being.

BY AMANDA LEVISON



or the New Year, many people set new goals for themselves. Typically, these goals are about losing weight, making more money or other ways to improve themselves.

So, how are you planning to achieve your 2015 personal and professional goals? What strategies will you use to be productive at work and home?

I find that it's best to start with the basics, especially for people who find their lives off-balance and who want to enhance their productivity at work and home effectively and efficiently.

GET ADEQUATE SLEEP

Many people lack the amount of sleep they really need. A lack of sleep increases stress and decreases decision-making abilities. You will function best when you have an adequate amount of sleep. To achieve this, you should have a clear bedtime routine and eliminate distracting light and sound sources.

As a licensed professional counselor, I see many people who struggle with sleep. Lacking sleep affects other areas of your life, such as lack of focus, concentration, productivity and mood stability. It's amazing how, once sleep has been tackled, other areas improve.

SHAPE UP

Exercise improves sleep and, therefore, relieves stress, clears your mind and increases productivity. It also reduces cortisol, which is an insomnia trigger, and increases serotonin, which is a sleep regulator. Shape up by engaging with a personal trainer to reach your exercise goals with an accountability partner. You might plan to go the gym, but end up not going when "things get in the way." By making appointments with people, it is easier to follow through with your intentions and commitments.

Set realistic goals for yourself. Many times, people want the perfect body. But how realistic is it to achieve that goal and what does it take? It may lead to feeling overwhelmed and burned out. Set realistic goals for yourself regarding your diet and exercise and modify them as you go along.

When feeling hungry, people will eat what's available to them. Why do you think fast food is such a big industry? It's important to make healthy eating choices and have them available. Keep granola bars, almonds, fruit, raisins or other healthy snacks nearby to prevent binging when you're feeling hungry.

FIND SUPPORT

Seek support, whether it's to engage with a mentor, a therapist or an accountability partner. It's important to talk to someone you can be open and honest with to help guide you and support you and help with your productivity. You can also seek help or support from family, friends or colleagues.

Plan for "me" time to create balance every day. Know that you are worth it and deserve this time. Consider what you are truly passionate about and give yourself permission to enjoy it. Whether it's an art class or reading a book, find time for what makes you happy and centered. Typically, we become consumed with work and family life, and that leaves us with little to no time to center ourselves and reflect on our needs and wants. Put some time aside daily for yourself.

When stressed, people tend to make poor decisions, whether it's poor eating decisions, lack of exercise or not taking care of themselves overall. Not only are they making poor decisions, but they don't always think rationally, and their immune system tends to suffer. Therefore, their mental health affects their physical health. That is why it is so important to take care of your overall well-being and be in tune with yourself.

MANAGE YOUR TIME

Maximize your time through planning and prioritization. Plan your day based upon your personal and professional goals. When with family or friends, focus on fun. Mealtime is meant for socializing and conversation. Put your electronics away! How often do you go out and see people on their electronics and disengaged? Engage in quality time through conversations to share highlights of your day and to show you are interested in your loved ones. Choose to engage in quality time with your family and friends. Celebrate moments and making memories.

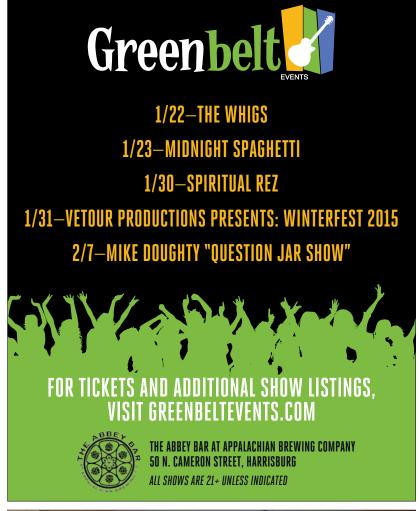
Minimize activities that drain your time or energy without realizing results. Consider the time you spend playing mindless games or staring at a computer screen being unproductive. One way to do this is to train your brain to focus on priorities and achieve desired outcomes with neurofeedback.

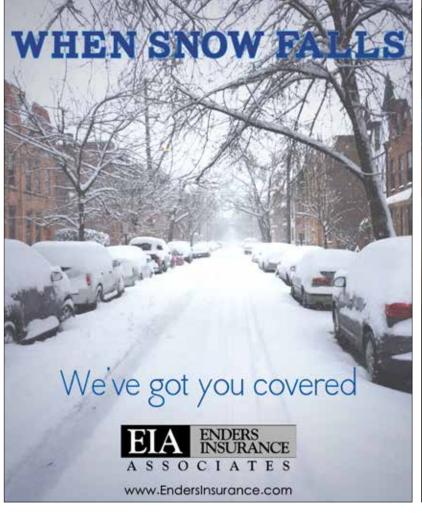
Rejuvenate yourself through relaxation. Take a walk, read a book, play with your pet, go shopping within healthy limits. It is key to build downtime into your schedule.

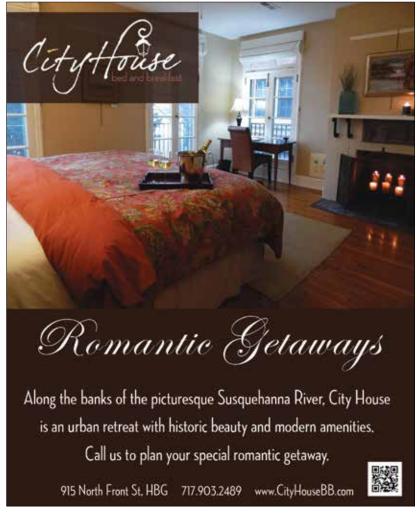
For 2015, make a commitment to balance your work and personal life. Get the most out of your day by becoming more productive, well-rested, healthy and happy. Happy New Year! **(B)**

Amanda Levison is a Licensed Professional Counselor at the Neurofeedback & Counseling Center of Pennsylvania. For more information or to reach her, please visit www.neuroandcounselingcenter.com or call 717-202-2510.









GOOD EATS



n a busy corner in Midtown Harrisburg, catty-corner to the Governor's Residence, the smell of home-cooked goodness entices a passerby. Peering in the glass door, black-and-white photos of cityscapes hang on crisp yellow walls, and small lamps shed light onto each table. You can hear chatter within—at tables, among tables, between

customers and staff, as everyone seems to know everyone else.

Walk inside. You'll be glad you accepted the invitation.

"Thanks for stopping in," says the guy behind the counter, who makes time for a reporter while cooking up generous portions of grilled meats and seafood and simultaneously chatting with patrons whom he knows by name.

That man is Fred Baskin, the

Baskin knows how to keep it good, simple and inexpensive. With an expansive menu of baby back ribs, fish, pasta, steak, burgers, pulledpork barbeque, traditional grilled chicken and big entrée salads, there's something for every kind of food mood. And it won't break your wallet either.

"You can't fool the customer," he said. "You try to cut costs wherever you can without raising prices. Keep your quality, save expenses otherwise."

A GOOD CHOICE

Baskin knows a thing or two about running a restaurant. He took his first food service job soon after graduating from Texas Tech University in Lubbock, Texas.

"I went to work for a restaurant chain called Black-Eyed Pea," he said. "I met with their recruiter my senior year and went to work with them right out of college."

In 2000, he moved to the area to operate an independent restaurant in Mechanicsburg. After eight years working there, he took over the Chicago Grill.

So, why Harrisburg?

"The opportunity that was presented to me was in Harrisburg. Business was here, so we came to Harrisburg. I wasn't looking anywhere else."

And it seems that the city was a good choice to call home.

"Midtown is really exploding," he said. "There's a lot of new folks. Younger professionals seem to flock to Midtown. With the excitement of Midtown's growth, we're just going to hope to ride that wave. And as it keeps growing and coming around, we want to grow with it."

THE SECRET IS OUT

Uptown Chicago Grill may seem like an unimposing little neighborhood eatery.

But. Oh. The food.

BY BRIGETTE BARTO



owner of Uptown Chicago Grill, a family-style, neighborhood restaurant that has been serving Harrisburg for six years.

In a nutshell, the Chicago Grill is a classic neighborhood joint, one of those places cherished by locals, but a mystery to many outsiders, who may know of it only by seeing its sign as they speed through the light at the corner of N. 2nd and Maclay during their daily rush out of the city.

"We depend on a lot of regulars," said Baskin, who often identifies checks not by table number, but by scribbling the first names of his customers on them. "We get a lot of the Midtown folks coming over for Saturday brunch. It's all the same faces. Saturday is a lot of fun for us."

LET'S SAMPLE

Shortly after I arrived on a recent visit, I cozied up to a feast.

I first tried a grilled, juicy steak, which sat beside a colorful pasta blend of feta, spinach and tomato pasta bathed in aioli sauce. I then sampled the grilled salmon—tender and moist—topped off by a helping of freshly homemade seafood bisque.

Ice clinked in my fresh Arnold Palmer iced tea, a perfectly cool refreshment after a long day. The banana pudding was a unique and light dessert, providing closure to a delicious meal.

"Our menu is grilled to order," Baskin said. "Our biggest seller is the baby back ribs. They are outstanding. And the voodoo salmon. Our entree salads are pretty big, as well." Baskin said that the menu, though large, changes often to cater to customer tastes.

"As seasons change, we tweak the menu with specials and seasonal items," he said. Booth or table? For here or to go? It's up to you.

"To-go orders are a big part of our business," Baskin explained. "We are a family-operated business. We appreciate our guests and regulars. We try to provide everything they like."

Can't decide between the ribs and the steak? Simple. "We can do half and half too if you can't decide between two meals."

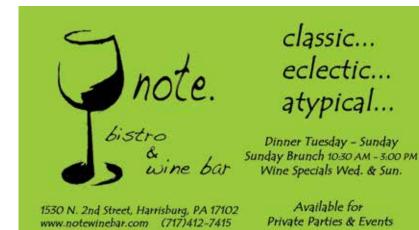
The restaurant also offers self-catering.

"We provide everything, and you pick it up. We give you all the equipment: warmers, chafers, paper products. Then you set it up and bring it back. It eliminates all of those catering charges you would normally have. It also eliminates us having to keep a staff for that, as well."

The staff at Uptown Chicago Grill is exceptional, knowledgeable and friendly. "All of our employees are long term," Baskin said with a smile. "They're all cross-trained, so everybody can chip in anywhere. Since they are long term, they all work well together."

With its huge, affordable menu, family-friendly atmosphere and prime location, Uptown Chicago Grill may someday lose its reputation as the best "hidden spot" in Harrisburg. Regardless, the emphasis will always be on the neighborhood and the regulars.

Uptown Chicago Grill is located at 2101 N. 2nd St., Harrisburg. Hours are Tuesday to Thursday, 7 a.m. to 3 p.m.; Friday, 7 a.m. to 8 p.m.; and Saturday, 7 a.m. to 1 p.m. and 4 to 8 p.m. More information is at www.uptownchicagogrill.com or 717-233-7487.







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KALE LOVE

Has kale even invaded Italian cooking? Actually, it's always been there.

BY ROSEMARY RUGGIERI BAER

o you remember when restaurant entrees came with a little garnish on the plate?

It might have been a sprig of parsley or watercress or perhaps a wedge of orange.

And then there was my "favorite": a little bed of curly kale with a red-spiced apple slice on it. For the majority of us, I suspect this little "treat" remained on the plate. Except for my mother. She ate the raw kale, the parsley sprigs and everything else that was dark green on her plate. She always told me how good kale was for me. She was ahead of her time.

••••••

Now, kale seems to be everywhere, and I keep wondering how that happened. And is there an Italian link?

I set out to do a little research. Kale is grown in Italy, particularly in Tuscany. Cavolo nero, known as black kale, is said to be more delicate than American varieties and can be found growing in many Italian backyard gardens. The kale plant is made sweeter when touched

by frost, making it an excellent vegetable choice now that the growing season has ended.

I also learned that there are numerous Italian kale recipes out there (who knew?): slaw made with uncooked shredded kale, kale Caesar salad, kale stewed with white beans, kale pie with ricotta cheese, and all kinds of cheesy casseroles that mix kale with potatoes, breadcrumbs or squash. And although there are many variations, the classic Tuscan soup, ribollita, almost always includes cavolo nero. And kale chips are the new darlings of the "Paleo Diet" crowd.

Two of the produce vendors at my farmer's market have been selling kale, so I thought I'd give it a try. I noted that one variety is very dark green, its leaves tinged with purple, while the other has curly, medium-green leaves much like Swiss chard. Neither was likely cavalo nero. Nevertheless, I wanted a way to incorporate this nutritious, but perhaps intimidating, vegetable into my cooking routine in a way that everyone would like.

Kale "smoothies" were out, but what about pasta? My family loves a pasta dish I often make for winter Sunday dinners. It is a La Cucina Italiana magazine recipe called penne con salsiccia e zafferano or penne with sausage and saffron. I decided to take several large kale leaves, cut out the center rib and chop the leaves very fine. I had about two cups of chopped kale, which I added to the onion-and-sausage mixture as it was sautéing and before adding the cream and saffron. The result was delicious and quite acceptable to my skeptical family, which is more accustomed to me sneaking spinach or arugula into my pasta dishes. It also added color to a rather bland-looking dish.

I thought my pasta with kale recipe was a great success. I may be a little more adventurous going forward with this new star of the winter greens family—perhaps a hearty soup or a kale and bean stew for a cold winter night. My mother would be proud. I hope you give it a try, too. **B**



PENNE WITH SAUSAGE, SAFFRON AND KALE



- Dissolve the saffron threads into a tablespoon of warm water and set it aside.

 In a large way still a billet have the align sile and reading the set.
 - In a large, non-stick skillet, heat the olive oil over medium heat.
 - Add the sliced onion and chopped thyme leaves and cook, stirring frequently, until the onion is softened.
 - Add the sausage and cook, breaking up the sausage into small bits using a wooden spoon. Stir until it is no longer pink, about 6 to 10 minutes.
 - Add the finely chopped kale leaves and sauté the mixture a few minutes more until the kale is wilted.
 - Add the cream, the saffron mixture and a pinch of sea salt.
 - Simmer for a few minutes, then remove from the heat and cover the pan to keep warm.

When the penne is cooked, transfer it to a large bowl and add the cream, kale and sausage mixture, tossing to combine. Salt to taste, adding a little at a time. The recipe doesn't call for it, but I added a generous amount of grated Parmesan cheese to the bowl and tossed the mixture again to melt the cheese and coat the pasta.

Note: Saffron is a spice made from a type of crocus flower and is sold in little envelopes in the spice section of the grocery store or at a specialty shop selling herbs and spices. It adds a bright yellow color to many dishes, especially chicken soup and has a very subtle taste. It is expensive, but very little is needed.



Fine sea salt

1/8 teaspoon crumbled saffron threads
2 tablespoons extra virgin olive oil
1 cup thinly sliced onion
1 tablespoon chopped fresh thyme leaves
3/4 lb. Italian sweet sausage, casings removed
1 cup heavy cream
1 pound penne pasta, cooked al dente
2 cups finely chopped fresh kale leaves,
center ribs removed





RESTAURANT REINVENTION

Following top-to-bottom renovations, Ad Lib, 1700° Steakhouse debut inside the Hilton.

BY ALEXIS DOW CAMPBELL

few weeks ago, I got a text from my friend David. He works at the Hilton Harrisburg, which recently replaced its two stalwart restaurants, and he was at an employee tasting at the new Ad Lib Craft Kitchen and Bar.

The text read: "Umm Alexis. Our new food is f*\$%ing great."

He sent a photo of a pickled beet egg that he was eating and described it as "a deviled egg crossbreed. It's got a real pickled bite to it, and that sliver of beet is crunchy."

There were lots more texts describing other dishes, in all caps to emphasize their sheer awesomeness ("I AM EATING PRETZEL BALLS STUFFED WITH CREAM CHEESE, PEPPERONI AND JALAPENO") and yet more acclaiming Ad Lib's edible cocktails (more on those later).

When I asked Tony Bianco, executive sous chef at both Ad Lib and 1700° Steakhouse (i.e. 1700

degrees Fahrenheit, the temperature of the infrared broiler that sears the steaks), what prompted the big changes, his answer was simple: "It was time."

"When the original concepts were new, they were ahead of their time," he said, referring to the previous restaurants, Raspberries and The Golden Sheaf. "But things have changed, and we wanted to catch up. It was time to change the vibe, change the energy."

The reinvention of dining at the Hilton was part of a larger remodeling project that coincided with the hotel's 25th anniversary in Harrisburg.

We chatted about Ad Lib first, and I mentioned David's passionate texts. Bianco laughed and explained that the idea behind Ad Lib was to present traditional comfort foods in new and unexpected ways. The pickled egg that David loved is a great example.

"It's a deviled beet egg, but we pickled the white in white vinegar, so you're not necessarily expecting vinegar flavor when you bite into it," Bianco said. "We added the beet to the yolk mousse instead, which creates a beautiful presentation and some unexpected flavor."

Ad Lib's menu is based around small plate sharing, and, according to Bianco, it's one of the only places in the area with a menu that's designed this way.

"Your server will help guide you through the experience," he explained. "You can just order a few at a time and share with your friends... just let the meal evolve."

Ad Lib also features an adventurous cocktail selection, including 30 wines by the glass, 60 different craft beers and edible cocktails.

Wait, what?

Here's how David described one of them, a s'mores cocktail: "Chocolate liqueur and vodka, made into a gelatin, with house-made toasted marshmallows and a cinnamon sugar biscuit."

So, yeah, that sounds amazing.

As for 1700°, the infrared broiler was the inspiration for the whole concept.

"It gives a nice hard char to the outside of the steaks," explained Bianco.

At 1700°, the broiler puts in a full day's work as nine different steak entrees populate the regular menu, with chef's specials often boosting the beef dishes into the double digits. The choices include almost every quality cut of grass-fed angus, including a New York strip that has been dry-aged for 21 days, a process that intensifies the flavor and tenderizes the meat.

Can't decide? 1700° sympathizes with your dilemma and offers a steak sampler, which includes four ounces each of Kobe flat iron, certified angus tenderloin and the New York strip.

For those who prefer less cow, the restaurant has a wide range of seafood dishes, including a seafood bar, as well as soups, salads and a risotto of the day.

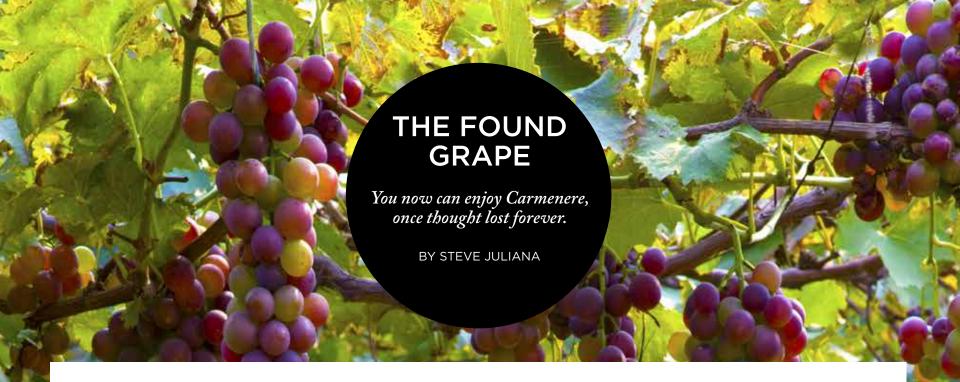
And just when you've finally decided between the grass-fed porterhouse and the prime rib eye, you face another difficult choice. Right there in the dining room, an 8-foot-tall glass wall tempts you with more than 1,000 bottles of wine.

It's at that point that you realize that Harrisburg finally has what many say it's been lacking—a world-class steakhouse.

"Both Ad Lib and 1700° have a real big city feel," said Bianco. "It really doesn't feel like any other place in Harrisburg." B

Ad Lib Craft Kitchen & Bar and 1700° Steakhouse are located inside the Hilton Harrisburg, 1 N. 2nd St., Harrisburg. For more information, visit www.adlibrestaurants.com (717-237-6419) and www.1700restaurant.com (717-237-6400).

Image courtesy of the Hilton, by Waxman Photography.



n the world of wine, the French region of Bordeaux is usually associated with the pinnacle of all things that involve turning a grape into a bottle of pleasure. This is where, arguably, the best (and, certainly, the most expensive) wines on Earth are made. From the Middle Ages, when Bordeaux wines were known as "claret," to modern times, demand has outstripped supply.

Much of this was due to the fact that the Bordelaise were master wine blenders. They had six different grapes at their disposal: the noble Cabernet Sauvignon and Merlot, as well as the lesser Cabernet Franc, Petit Verdot, Malbec and Carmenere. At harvest, each grape was made into wine and then blended to maintain each chateau's style and quality.

In 1855, Emperor Napoleon III ordered the classification of the Bordeaux vineyards by price and quality. This coincided with the Paris Exposition of the same year. Now, thousands of visitors to the French capital had the world's best wine available to them with a system to rate each one. Heady times indeed.

Bordeaux vines also had been imported to the Americas, where they were planted in places such as California's Napa Valley and Chile's Santiago region, bringing the New World into the modern age. Then the unthinkable occurred.

In 1863, the phylloxera aphid was discovered in the Gallic vineyards, a nasty insect that came over from America. There was no defense and, by 1870, the grapes had withered and died. Gradually, it was discovered that the European vinifera could be grafted to American rootstock, which was impervious to the grape louse. The growers set about making the great conversion, which took many years. Eventually, the great regions of France returned to their former glory, and Bordeaux once again became the top of the wine pyramid. Only, this time, the blenders had but five grapes. Carmenere had vanished.

Bordeaux and Napa both became powerhouses with quality and personality that developed markets in every corner of the globe. Chile has made good wine for decades but never developed the following of France or California.

In 1994, wine expert Jean Michel Boursiquot was invited to the Apalta Valley in Chile to examine some odd Merlot. After DNA testing, the grape in question was found to be Carmenere. Overnight, thousands of acres of grapes were of a variety that had been missing for more than 100 years.

Some growers and vintners took this news and made the once-extinct grape into their signature quaff. Carmenere is lighter than Cabernet or Merlot. If not fully ripe, the wine has a tendency to taste vegetal. When done right, it is a smooth, dark wine, with unique spicy aromas and deep flavors. Because the tannins are not heavy, it is a food-friendly wine that matches well with grilled meats and Indian cuisine.

This wine is a survivor. It is the culmination of accidents and decisions that have brought us to a new, unique place in wine history.

Keep sipping, Steve B





Apaltagua Rose Carmenere Chile Reserva 2013 Code 80255

A somewhat non-traditional use of the Carmenere grape, this rose shows some tart fruit flavors as well as raspberry and rose petal notes. It is the perfect choice when serving Asian or spicy food.

Price: \$10.99



Marques de Concha Carmenere Rapel 2012 Code 72404

Jackie Spironello, South American Wine Buyer, loves this wine for its black ripe fruit, spicy black pepper and hint of chocolate. Pair it with roasted meats, cheeses and rich red sauce. 90 points Wine Spectator May 2014.

Price: \$21.99



Santa Rita Pehuen Carmenere 2008 Code 33540

Wine Specialist Mark Wolf calls this a "big, bold wine that drinks well now with a bit of decanting," and notes its 91-pt score from both Wine Enthusiast and Wine Advocate.

Price: \$19.99

For a complete list of Chairman's Selection products, visit www.FineWineAndGoodSpirits.com



Periodically, TheBurg highlights the work of student writers at Penn State Harrisburg. In this three poems.

FISH

Listen to feral cats screech on the other side of my window Hiss poison, kill through play Splinter, contort my spine to seem menacing Lose the luxury of being angry, anymore Made a nest of these dirty sheets Hunt for the wrong kind of prey. Everyone tells me there are a lot of fish in the sea An abundance of them But they're slimy, They have gaping mouths and bulging eyes; I never acquired the taste.

MARY IMGRUND

The earth threatens this place, oozing through cracked skin Bathed in the artificial longing light Great pyramid of fragmented need, wasteful want. Pray to the Gods whose temples destroy the land who bore-Yet security was born here; she will be buried in a toxic landfill Mousetraps left half open, and still they make the pilgrimage Checkered ceiling, beige colossus Unsanctimonious housewives numbed by the malaise of their golden years Pillaged villages hidden by drywall, glass too tough to break I still inhabit certain empty, forgotten spaces Where my monuments grow taller Where others' gods creep in from every corner Where I listen to the ever-fading silence Where I go to hide

MARY IMGRUND

A PALACE OF **BYGONE DAYS**

ASHLEY SHEAFFER

"How a state chooses to represent itself, artistically and architecturally, speaks volumes about how its citizenry wishes to perceive itself at the particular moment of a capitol building's creation." – Ingrid Steffensen

The day the security guard handed me my "key to the kingdom" in the form of a swipe card, I decided to take time every day during my internship with the House of Representatives to explore the Pennsylvania Capitol, a building that is a haven in a broken and battered city. But I soon realized that I needed to step outside the Capitol too, to see a different reality of the city.

I cannot remember a time I did not find myself intrigued with the beautiful craftsmanship of previous generations; whether it is simply a doorknob, or a huge plantation manor, every aspect of its history draws me in. Perhaps that is why I am so fascinated with the Pennsylvania State Capitol. The emerald tiles of the dome set against an azure sky dotted with fluffy clouds always makes me smile.

The Capitol, standing in downtown Harrisburg two blocks from the Susquehanna River, is the third building that Pennsylvanians have had the pleasure to call theirs, and unarguably it is the most impressive. In 1902, Joseph Miller Houston designed the current Capitol in a contest set on replacing the brick "Cobb" Capitol. The Cobb was plain, unadorned and could easily have blended in with the smokestacks of any manufacturing town. But the building standing today eventually won the contest and outdid anything Pennsylvanians had ever seen before. The building still houses all three branches of state government under one roof, but, for most, it is better known as being a masterpiece of immense proportion. All 600-plus rooms exude awe and artistry.

The plans created by Houston brought together the best Pennsylvania artisans, people like George Grey Barnard, Violet Oakley, Henry Chapman Mercer and Edwin Austin Abbey, who incorporated stained glass, paintings and sculptures. Designed in the Beaux Arts style, the Capitol's halls also boast elements of Renaissance design. In fact, scholars claim that Houston introduced well-known European architecture to the people of Pennsylvania.

The room that most consider the greatest display of the arts is the main rotunda. The wide Vermont marble staircase matches the Grand Staircase at the Paris Opera House. The terra cotta dome, visible from all over the city, resembles St. Peter's Basilica in Rome. This rotunda is the axis of all activity in the Capitol. People from every reach of government mix with the curious tourists and school tours.

When I was in fourth grade, my class took one of those school tours. I can remember standing in the middle of the rotunda floor and staring up into the paintings and gold-gilded heights. I remember feeling like I was going to fall backwards as I lost my sense of balance and reality. It was beautiful, the most beautiful thing I had ever seen, like a glimpse into heaven with its gold streets. Perhaps, if that were true, my school chorus and I were the angels praising the glory of it all from the staircase.

On the few lucky instances where I have found myself in the rotunda alone, I have felt the weight of history and the lost decorum of times past, and it is humbling. I can almost see President Roosevelt there on Oct. 4, 1906 during the dedication, declaring it the "handsomest building I ever saw," a moment immortalized by a carved tile marking the place where he stood. His tile is just one of 400 tiles picturing the history, animals, industries, occupations and transportation of Pennsylvania in a grand canvas of folk art.

Another subtle detail that intrigues me is the bronze doors standing sentinel. In the rush to get through security and into the large, open space of the 272-foot-high ceiling, the 17-foot doors are easy to miss since they are always open and pushed to the side. The doors are carved with the three-dimensional heads of individuals who helped design and construct the building, according to the brochure available a few steps inside. The head of Huston lifts to reveal the keyhole to unlock the Capitol.

This place stands as a memorial to the Pennsylvanians who helped develop this commonwealth and their





determination to maintain a strong government run by and appreciated by citizens. While the building was valued at \$13 million at the time of its creation, it is deemed priceless in today's economy. While the building is one of the few truly beautiful and valuable pieces of history left to the state, it isn't far from the Capitol that I have encountered other realities of the capital city's people.

I first was introduced to the reality of the city during the first month of my internship with the public relations department. About a block from the Capitol building is a parking garage full of Mercedes and BMWs mixed with more moderately priced vehicles. I was shocked to find that in the block between this parking garage and the Capitol is a very busy soup kitchen. When you drive down the alley to the garage, you pass the homeless and down-on-their-luck people waiting at the doors for their breakfast. I noticed that these people watch the constant stream of cars pass them by and couldn't help but wonder if they feel neglected and forgotten in the midst of the bustle of downtown.

The second time I was struck by the reality of the city was toward the end of my internship. I came down the alley and saw a young man who had taken shelter under a dirty blanket he had pinned to the brick wall. He was cold, wrapped in blankets and huddled under the blanket tent. I was sad to see that this man had only a blanket to buffer him from the cold rain coming down, when there was a building less than a block away that boasts gold leafing and Italian marble. This is a story echoed down every street and alley of the city of Harrisburg.

If you step out two blocks from the Capitol to Front Street along the river, there are stately old mansions that are now housing different interest groups and associations. These homes are well maintained and historically stunning. The riverfront park is well-kept, and men in suits and joggers spend sunny afternoons enjoying the view. One night, as I walked to the Market Street Bridge, I heard a man's tone rise and ebb against the arches and echo back down to the river's water beneath. His song of worship to God lent an air of awe to the sunset over City Island. There was a woman walking on the sidewalk beside a furry white rabbit who would hop off the path to inspect a bush. "He makes a better husband than my real one when he won't leave his video games," she told me, motioning to the rabbit. They are the people of Pennsylvania.

Not far from this bridge, under an overpass to I-83, is where several of the city's homeless have created their own little drifter camp. Their tents are braced against the support columns of the interstate, covered in tarps with trash bags surrounding them to keep their few belongings from the weather. The camp is easy to miss, and the only reason I saw it one day was when I caught a glimpse of a man stumbling toward the ramp with an empty water bottle. He looked tired and disheveled. I wondered where he had come from and was shocked when I looked back under the interstate and saw the answer. Just like the man under the bridge, and the woman and her pet rabbit, he too is one of the people of Pennsylvania.

This city, full of beauty, eccentrics and dishevelment is our state capital, a place of both wealth and poverty. The people who make up Pennsylvania can see the beauty, and yet, there are those who have also seen the very worst of what the commonwealth has to offer. But there is one great treasure that all of these people can call their own. It stands as a testament to better days, to past and present glories. Its emerald dome stands as a beacon of hope above the city skyline; it is a Palace of Bygone Days.

Ashley Sheaffer is a senior English major at Penn State Harrisburg. She continues to work for the Pennsylvania House of Representatives.

ARITHMETIC Lovers

Transforming faces
I can't tell if my eyes are an unfit tool,
or if my subject is disingenuous
Your enigmatic cheeks lost their warmth

Warmth Molecular movement I associate with love, comfort Being in state of flux

I don't want your flux
You oscillate between extremes,
no logical pattern emerges
I can't quantify you, your tears test acidic
Yet your needs, basic
Am I to trust the Truth or your truth?
Neither exists

I'm on my 7th spring roll
and none of them taste as satisfying as a cigarette
I think of fire and smoke,
of pleasant meetings with strangers
Jokes
You laughed
More faces swirling into contorted smiles
Handshakes with skeletons,
smiles for the decayed
I don't like your friends
any more than mine like you

If 2+2 is 5 then our conversations are an imaginary number
One text, two texts, no response, no answer

I can extrapolate a line from any two points, but I'm operating on a different plane You have no line, and I can't measure the slope of the arch of your spine I derive no pleasure from accusations, corrections Yet I yield to your subjective proof You are a tautology of negativity, damaging my DNA.

Still, I produce my ruler and measure the space between us

Insurmountable

MARY IMGRUND

Mary Imgrund is a senior English major at Penn State Harrisburg.

OPEN MIC MAGIC

VETERAN HOSTS EXPLAIN HOW TO KILL IT ON OPEN MIC NIGHT.

BY JOHN DUFFY







So you've got a guitar, a ukulele, an autoharp. You can play and sing reasonably well at the same time. Friends say you're talented. What next? Put a band together and struggle, realizing you weren't really all that prepared?

You could do worse than getting a few songs together and heading to an open mic event. And, luckily, the Harrisburg area has more than a few that are well-run, giving a chance for amateurs young and old to hone their chops, gain confidence and take part in the rich music scene this area has to offer.

There are, though, a few rules to follow, along with some best practices. So, we asked for advice and observations from the hosts of some of the best events in and around Harrisburg. Before you take your star turn, listen to the sage advice offered by veteran hosts Mike Banks (HMAC Stage on Herr), Justin Clauser (Bube's Brewery), Janelle Eurich (Holly Inn), Phil Freeman (The Cove) and Jonathan Frazier (Cornerstone Coffeehouse).

PLAY IT LIKE YOU MEAN IT

Of course, you are nervous—who wouldn't be? But, if you do one thing right, do this: play your songs like you mean them. If you've practiced enough, listened to yourself, prepared your gear, gotten comfortable with the idea that you will likely make a mistake, then there is no point being sheepish, timid or shy.

Banks: "For many folks new to open mic, there's a huge disparity between what they're accustomed to in their living room and what it's actually like on an amplified stage. While it may be appropriate to be delicate and quiet when rehearsing at home, the stage is no place for such subtlety. Microphones and monitors only work well when folks put as much sound into them as possible. Dig in—physically and spiritually."

Clauser: "What makes a good open mic performance is no different than any other performance. At the heart of it is good music. It also helps to have good stage presence and connection with the audience."

Eurich: "Have fun. Your natural feeling for the song should be what is portrayed. We are not recording you. You are not being paid. Relax."

BUT DON'T MAKE IT ABOUT YOU

This is not the place to exorcise your childhood demons or get over a heart-trampling breakup. If you have songs about them, that's one thing. But do not take half your time explaining the gory details of your tumultuous life. Let the songs do it, and let the audience connect to them in their own way. Good songs and good performances connect, almost all the time. Don't force it.

Banks: "Generally speaking, an audience is much more likely to be interested in your stories after you've gotten their attention with your music, not before. But, either way, don't squander away precious stage time with banter."

KNOW THE ROOM, KNOW THE AUDIENCE, KNOW THE HOST

It's always a good idea to be a spectator before being a performer. Go to the venue without your instrument and observe. What does the audience respond to? Is it too big a place for you to feel comfortable? Is it a bar or a coffee house? There will be a difference. Most importantly, introduce yourself to the host and get to know how they like to run things. Get any technical stuff out of the way before you show up to play. Does your guitar have a preamp? Do you know what one is? Watch and be supportive of whomever is playing.

Banks: "Do your homework: know what your gear is and how it works before you show up—and make sure your instrument is strung, in tune, and has working batteries before you get on stage. While I'm happy to help folks fine-tune technical details on the fly, the stage is no place for Audio 101."

Freeman: "From folk rock to country to spoken word, anything and everything is welcome as long as it doesn't make the bartender's or the patrons' ears bleed. Definitely make the effort to connect with the host. People who do this are at the top of my 'awesome' list, so this is a priority."

AND KNOW YO<mark>UR SONGS</mark>

This should be a no brainer, but it deserves emphasis. Do not think a song you finished this afternoon is going to be one that connects. It might, but probably not. Few performers, even seasoned ones, can bluff their way through a set without looking awkward. Play your songs to the mirror, to friends, your cat. Be aware of your pacing because you will probably do them faster onstage. And make sure the arrangement you are going to play actually works.

Frazier: "So many people try to play full-length versions of songs, totally neglecting the fact that the layered variety of sounds in the original is lacking in their guitar rendition. Perhaps they hear the drums... but all the audience hears is someone banging out the same four chords in mind-numbing repetition. It's usually best to cut the song down, get to the point, and wrap it up while you're still ahead of the game."

TRY NOT TO SUCK, BUT KNOW THERE ARE WORSE THINGS THAN SUCKING

Even if you do the above, there is a good chance you will mess up once—or several times. No worries. This is the place to do that, not once someone has offered you money to play. You will see onstage, before and after you, people who may be 10 times better or 10 times worse than you. However, there are worse things than playing slightly out of tune, forgetting words, fumbling chords.

Banks: "Remember: open mic isn't a competition. In fact, what comes as a surprise to many is that it's actually quite the opposite. Do your best and be prepared to learn from others—they'll certainly learn something from you."

Clauser: "I have seen people come in who were shy and barely spoke to other musicians turn into confident players."

Freeman: "Performers should always start with a song that is both familiar to them as well as technically easy. For instance, I usually start with a slow- to mid-tempo song that is easy to play and that is lower in my vocal range so that I can use it as an extended warm-up."



CHOOSE YOUR TUNES WISELY

If you've done the above, this should be no problem. You pick two of your own songs and decide to add a cover in the middle. Smart move, but you could completely ruin things by choosing poorly. There are 20 other people playing before and after you; chances are good that the Lorde or Dylan or Mumford hits have already been done. So go deep! An obscure J.J. Cale or a completely re-arranged Bright Eyes can convey just as much about you—maybe even more—than a smart-sounding "Angel From Montgomery" or "Wagon Wheel." And, no, Nickelback is not acceptable in any situation!

Banks: "The goal should be to sound like yourself, not someone else—whether the material you're performing is yours or someone else's. And, please, no matter how fond you are of their music, don't ever try to mimic the singing of Bob Dylan, Dave Matthews, Adam Duritz, Janis Joplin or anyone else. They certainly didn't—and, unless it's a spoof, neither should you."

Freeman: "If you're a metal band that's hoping to destroy a stage and incite a riot, that's awesome, but you'll never be welcome at most, if any, open mics in bars and restaurants. Save that for the basement show or the rock club. No death metal—unless it's a killer acoustic version of it."

DON'T OVERSTAY YOUR WELCOME

If it's three songs, then play three songs. If its 15 minutes, finish up in 13. All the same, have five songs ready. You never know when people are going to bail or the host is going to need to pad some time. If he or she says, "Give us another one," be ready to do so. Plus, you never know when a certain song is just not going to feel right once you get onstage. Have another couple in your back pocket.

Banks: "Asking for extra time over the microphone is about the worst thing one can do at open mic. The host is responsible for making everyone happy—no small task, let me assure you—and that means lots of time management and diplomacy involving many more people than just yourself. Forcing the issue through the PA only makes you look foolish and gives the host little reason to want to go the extra mile for you in the future."

Eurich: "Be aware that there are different formats and timeframes for different open mics. For example, Roy Bennett and I conduct our open mics in order of arrival. So, if you need an early out, arrive early."

BUT DO STICK AROUND

Unless you have somewhere specific to be, hang around and watch other performers. Chances are most performers are going to be at a similar skill level as you. You can learn a lot by just watching them and maybe even more by sharing a beverage. Plenty of great musical partnerships have begun this way. And, since everyone is going to tell you how awesome you were, you need to be there to hear it. No points awarded for being the mysterious disappearing musician.

Banks: "The cross-pollination of ideas and influences may be the most under-appreciated benefit of open mic—for both beginners and seasoned players. Newer players do themselves a tremendous disservice by avoiding interacting with more experienced performers, who are typically happy to share their insights."

Clauser: "Amateurs who do well are the ones who already have the talent but need to gain confidence, experience playing with others, and connections with their local music scene. I have seen a lot of music partnerships born of musicians meeting and collaborating at open mics."

Eurich: "Do your best to connect with the audience, host and other musicians. Staying and listening to other performers helps everyone."

YOU'RE AN AMATEUR, BUT ACT PROFESSIONAL

When you're onstage, make NO apologies, even if you make a mistake. When you are offstage, make even fewer. Don't tell the audience this is your first time doing this. They can tell. Don't downplay your abilities, degrade your songwriting, or appear otherwise unworthy. You are in a strip mall coffee shop playing for free on a Wednesday night—you don't need to make yourself any lower. Say "thank you" when you're done, and thank the host. And it should not have to be said at this point, but, if you cannot get up and play without excessive amounts of liquid courage, you are not ready.

Banks: "Everybody makes mistakes on stage—everybody, at every level. Play through them, forget about it, and move on. Stopping to start over almost always does far more harm than good, and apologizing on stage is worse still."

Frazier: "I've seen people show up late, tune their guitars while others are playing and not listen to anyone else, then play their own slot and promptly leave without

even hanging around to hear the next performer. That sort of behavior definitely makes a statement."

LEARN FROM YOUR MISTAKES, LEARN FROM YOUR TRIUMPHS

So you bombed? No worries, plenty of people have. That's what an open mic night is about: getting the failure out of the way early. There is nowhere to go but up, right? So, practice more. Play more. Think about partnering with someone. There is strength in numbers. Take note of what you did well and double down on it for next time. And make sure next time is not six months from now, that is, if you want to get good.

Banks: "The key is to listen to yourself as objectively and critically as possible and solicit input from those with more experience. Identify your strengths and weaknesses and focus on the former while working to improve the latter."

Eurich: "It is important for our community to foster a welcoming environment at our open mics. Ultimately, as these people grow, it will help perpetuate live music."

Freeman: "Recently, I saw a guy who used to whisper into the mic and stop in the middle of songs to apologize just tear up a version of Rolling Stone's "Dead Flowers." It was a huge step, and it made me very proud for him to see that happen." B

Looking for a positive, supportive and well-run open mic? Then catch the contributors to this story at the following places:

Mike Banks: HMAC Stage on Herr, 268 Herr St., Harrisburg, Wednesday, starts 7:30 p.m.

Justin Clauser: Bube's Brewery, 102 N. Market St., Mount Joy, Thursday, starts 8:30 p.m.

Janelle Eurich: Holly Inn, 31 S. Baltimore Ave., Holly Springs, first and third Sunday, 7-11 p.m.

Jonathan Frazier: Cornerstone Coffeehouse, 2133 Market St., Camp Hill, second Wednesday, 6:30 to 8:30 p.m.; Holly Inn, 31 S. Baltimore Ave., Holly Springs, second and fourth Sunday, 7-11 p.m.

Phil Freeman: The Cove, 1500 S. George St., York, Wednesday, 8 p.m. to 12 a.m.

oet Jack Veasey writes stories—hard, nitty-gritty, ironic, heartfelt stories. And, after he's finished with each one, he thinks about the advice he received years ago from a poet/novelist friend in Philadelphia. Writers, the friend said, must ask the question, "So what?"

"He was the person who taught me the most important lesson ever—how to give myself the 'so what' test," Veasey says. "If, after you've written something, you read it and ask yourself, 'So what?'—there better be a good answer."

Veasey has come up with hundreds of good answers in his years of living the creative life, and they're apparent in his dozen or so published poetry collections, his music and his plays. The Philadelphia native, who has lived in Hummelstown for the past 20-plus years, is a force in the Harrisburg poetry scene. Say the name "Jack Veasey," and the first word that comes to mind is "poetry" and the group, the Almost Uptown Poetry Cartel, where he is an active member. Despite the image many have of the solitary writer chained to a desk while tapping at the keys, Veasey explains that poets need the camaraderie and support of other poets to continue to be inspired and to keep the art form alive.

"Throughout the history of the form, we've tended to clump together like cat litter," he says. "You need to see what's happening with and to the art form and to share your work with other poets. It's the same reason painters establish art galleries and musicians form orchestras."

Many of Veasey's poems exhibit his struggles of growing up gay in the tough Fishtown neighborhood in Philadelphia, where Archie Bunker-types ruled and where the nuns in his Catholic school were tougher than old meat. It also didn't help that Veasey had the attitudes and values of a hippie and that being gay in this place and at this time "was about the most despised thing you could be."

"I had plenty to struggle against in Fishtown, and the neighborhood's old atmosphere still pervades a lot of my work," Veasey says. "I was a target for bullies, and that gave me an outsider's perspective and made me identify with the underdog, which I still do. That colors a lot of my choices of subjects, and the viewpoints from which I write, even when they aren't my own."

Two poems from Veasey's soon-to-be-published book, "The Dance That Begins And

Begins," illustrate that point. One poem is titled "Mr. Martin," who was Veasey's high school typing teacher and whom Veasey describes as the first man he ever loved. This narrative poem relays that yearning, the "pangs," the loss after the teacher marries. Despite the pain, it offered Veasey evidence of being alive.

Another poem in this collection, "And Then Came The Plague Of Frogs," tells the Catholic school story of Veasey freeing frogs that were about to undergo dissection in his biology lab. His action resulted in a suspension, a punishment he considers worth it. He writes:

"I may never have been/Popular, but, for a few years later/I'd be/Legendary." Legendary, indeed.

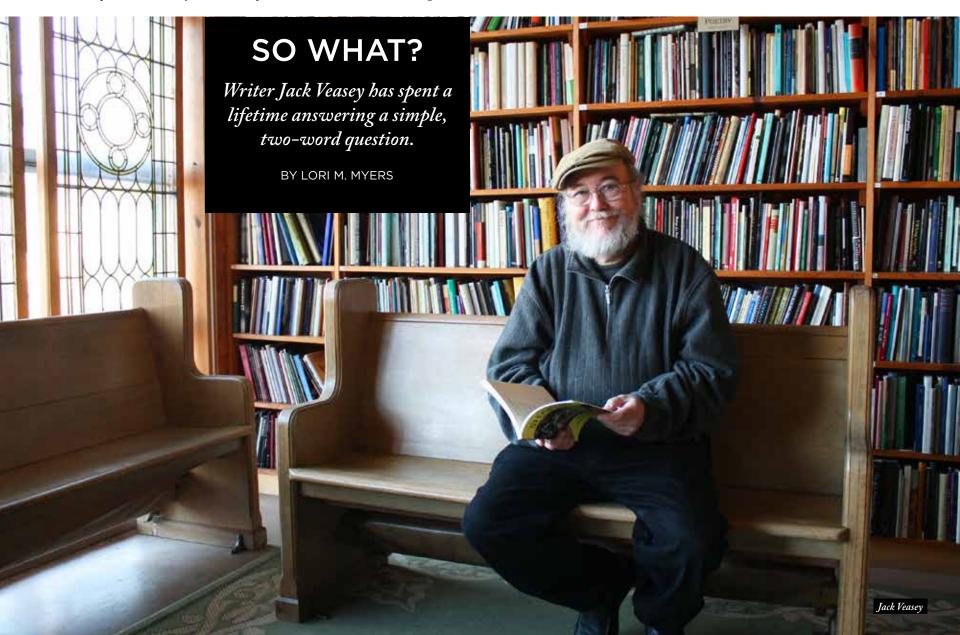
Veasey called his prior poetry collection "Shapely," an autobiography in verse that sections his work by a particular form, such as sonnets and the Japanese 17-syllable forms of haiku and senryu.

"Some poets claim that writing poems in forms are limiting, but I found they enabled me to write about a much broader range of subjects, including some that had been too big to tackle or even to face," he explains. "It pulled insights out of me. Sometimes, I'd articulate something in a form and then realize, 'My God, I never knew I saw it that way."

Veasey has a lot more "So what's?" to answer. Despite now being disabled by back issues resulting from spina bifida, he's examining his entire body of work—from 1973 to the present—to see what remains to be brought out. And, of course, he's always writing, always exploring. There's possibly a collection of stories on the way, a murder mystery about Catholic priests, a full-length musical with new songs he's composed. Ah, but poetry.

"Poetry is my life," Veasey muses. "I continue to write for pretty much the same reason as I continue to breathe. I need to. It's how I make sense of being in the world."

You can catch Jack Veasey and the Almost Uptown Poetry Cartel every Thursday, 7 to 9 p.m., at Midtown Scholar Bookstore, 1302 N. 3rd St., Harrisburg. His next book, "The Dance That Begins And Begins," published by the Poet's Press, is slated for release this year. All of his books are available at www.amazon.com.



DRIVE-BY BAND

No Last Call: They have trumpets—and they're not afraid to use them.

BY LAURA GOOD

s that ... could it be ... "Rock Lobster"? On a warm fall evening, notes from that discordant, circa-1980 B-52s song drift down North Street in Harrisburg. Interpreted through

horns, woodwinds and percussion, it sounds even stranger than the strange original.

Little by little, the sound gets closer to the restaurant where you're dining al fresco. Before you know it, a large group of youngish, middle-age-ish musicians gathers around you, dressed in eclectic outfits that can best be described as high school marching band meets Mad Max.

You've unwittingly been sucked into the vortex of Harrisburg's only "hit and run" street band, No Last Call. And, if you're lucky, you'll end up having half the fun that they're having.

"There's an edge to [hit-and-runs], not knowing what to expect from either side," said Doug Wilburne, a No Last Call founder who also happens to be vice president of public relations at industrial giant Textron. "We're building its momentum with a focus on routine and choreography as it becomes a permanent fixture in the landscape.'

On the "other side," listeners greet No Last Call with a mixture of enthusiasm, discomfort, delight and puzzlement. Should you sing along? Ignore them? Tip them?

No Last Call is made up of 32 members identified as professionals by day and performers by night. Band members include doctors, attorneys, former music teachers, computer programmers and one-time band geeks, to name a few.

It all started about five years ago, when a rowdy group of musicians stumbled out of a bar in Providence, R.I., awakening Wilburne, who owns an apartment there. The ruckus later inspired him to team up with Ted Reese (also known as the director of development for the Harrisburg Symphony Orchestra) to replicate that band's loud, spontaneous, ragged performance for greater Harrisburg.

A few years ago, No Last Call-not knowing what to expect—hit the streets of the city for the first time. They chose a busy night, where there were lots of outside diners along restaurant row on N. 2nd Street.

"While we were waiting to be chased away by the police, people were so surprised to see a marching band in downtown with fairly decent musical quality," Reese said. "When money started coming into our bucket and people were hiring us to perform at events, Doug and I realized this was not a joke."

On a recent evening, I attended a band rehearsal on the second floor of the Hummelstown American Legion. Members were preparing for the winter season



of parades and holiday honks, their sounds mixed in with the rattle and clash of pool sticks and balls from downstairs.

Without warning, a thunderous BRRRRRRRRRRR erupted from a trombone in the left corner. Immediately, sounds from tubas, clarinets, trumpets and saxophones filled the room among chatter and laughter between friends and acquaintances. There was an energetic and contagious vibe with full camaraderie, like a stadium of sports fans during a rival game.

"Our relationships are strong," Wilburne said. "We're building friendships that provide support and reinforcement with exposure in front of a lot of people."

Musical Director Brant Kenny, a satellite office support specialist at Lincoln Intermediate, gave the band credit for becoming more polished over time.

"There are different playing levels with a variety of skills that add to the diversity of the group," he said. "Some people take lessons just to be in the band, so we encourage those interested in playing, as well as new, experienced musicians."

Typically, the band purchases arrangements, but trumpeter Jim Neidinger and soprano sax player Jamie Mosher have arranged a few songs to supplement No Last Call's unique style. The band finds ways to reinterpret the tunes of performers like James Brown, Lady Gaga and the B-52s. On the night I heard them, the roundup featured familiar melodies like "Thriller," "Timber," "Centerfold" and "Dance to the Music."

After a break, Kenny stepped back into his role, fortifying a circle of musicians awaiting cues from his lead. His talent in matching and correcting tones

unfolded as the overall music quality improved through balance, sound and rhythm with each song. There was discipline and creativity during sets, as the band became more discerning but also friendly and collaborative.

"I didn't expect how much I would enjoy adults rediscovering music and instruments," Reese said. "For some, it's been 10 to 20 years since they touched an instrument. It's gratifying."

This sense of gratification shows in their impromptu street performances, which fuels the passion behind No Last Call. The band, though, has found it an increasing challenge to live up to its reputation as a "hit-and-run" band.

"We can't bolt anymore," Reese admitted. "It's more of a 'meander away' when you have 20 people come out and play."

In addition to its signature street act, No Last Call performs at booked events like the Dillsburg Farmers Fair in October and Palmyra's Holiday Parade in November. The band relies on its Facebook page and website to connect with its members and fan base. For "hit-and-run" shows, they notify followers the day beforehand with a general location of their expected whereabouts.

So, don't be surprised if you see and hear a rambunctious street band playing outdoors once the weather warms up. No Last Call is just adding to the music of the city. **B**

Learn more about No Last Call by visiting www.nolastcall.net or the band's Facebook page.





UP FROM THE ASHES

Clean UP Cycle transforms discarded junk into valued artwork.

BY MISSY SMITH

little less trash litters the streets of Allison Hill these days, thanks to creativity, passion for community and some artistic inspiration. The litter, though, is still visible, now components of upcycled artwork that the Harrisburg community can see and enjoy.

This past fall, nonprofit collaboration Clean UP Cycle hosted an art show, which was the culmination of volunteers salvaging materials from Harrisburg streets and a team of local artists dreaming up new life for the retrieved trash. It began as a Drug Free Pennsylvania (DFPA) initiative to incorporate addiction-themed art in its office space, but became a much larger community-wide project of hope and rebirth.

DFPA Executive Director Christie Wentz and Director of Educational Programs Scott Serafini, as well as volunteer Brad Gebhart, brainstormed a community-centric art project that they hoped would get artists and Harrisburg neighborhoods involved in their message. Soon after, Foundation for Hope (FFH) founder Jesse Gantt joined forces with Clean UP Cycle.

To spread awareness about substance abuse, bullying, depression and suicide, DFPA and FFH planned a two-month-long trash-to-art project, organized as a community outreach initiative.

"As we discussed the message of Drug Free Pennsylvania, we realized that the mission of hope and renewal begins with discovering inner beauty in ourselves and our communities. The idea of creating something beautiful from something cast off is where we began," says Serafini, explaining that the project ties in seamlessly with DFPA and FFH's messages of hope about "coming up from the ashes" of drugs, depression and suicidal thoughts.

TRASH TO ART

Back in September, a team of 15 volunteers gathered at Danzante Community Art Center on an unkindly damp day to remove trash and debris from the Allison Hill neighborhood. After the team of trash haulers loaded their finds on a box truck, they transported the newly salvaged art materials to the Habitat for Humanity Greater Harrisburg Area ReStore warehouse, where, the next day, local artists began selecting the components for their projects.

"As I walk the streets of Harrisburg, I believe people will take pride in their neighborhood if their neighborhood is something to be proud of," says Serafini. "Picking stuff up off the streets encourages that mindset. We want to encourage people to take pride in where they live."

Volunteering their time to the cause, participating artists had one month to complete their works of art, which were presented to the public on Oct. 18 in a vacant lot across from Danzante. A selection of art pieces is now permanently displayed in the Danzante lot and at other nonprofit organizations around the city. Proceeds from art sales directly benefitted DFPA and FFH.

About a dozen pieces were featured in the show, including functional art, large installation pieces and mixed media work, all signifying the capacity of art to breathe new life into our communities.

"Beauty can be found in every neighborhood and every individual," says Gantt.
"Clean UP Cycle is a win-win for everyone. Artists and volunteers were given a unique opportunity to creatively send messages of hope, renewal and recovery."

For Serafini, art is a healthy expression of the soul, especially in hard times.

"I believe that art is something that everyone can relate to," he explains. "When people struggle with any of these issues, they can look to art for hope."

Serafini believes that Harrisburg is the natural backdrop for an art project that sends inspirational messages to its community.

"Harrisburg is on the edge of some great things, and I think that we are doing some great things in the city," he says. "We have a very artistically focused community. It incites passion in people. It is very exciting to see."

LIFE OF SECRETS

Triumph, tragedy revealed in "The Imitation Game."

BY SAMMI LEIGH MELVILLE

"SOMETIMES, IT IS THE VERY PEOPLE NO ONE IMAGINES ANYTHING OF WHO DO THE THINGS THAT NO ONE CAN IMAGINE."

This phrase was repeated three times in "The Imitation Game," and the words resonate in the case of the film's subject. Directed by Morten Tyldum and adapted by Graham Moore from Andrew Hodge's book, "Alan Turing: The Enigma," the film closely follows the life of Turing, the British mathematician, cryptanalyst and computer scientist. Yes, last month I spoke to you of one genius with a life-changing struggle, and now I present to you another. It isn't a surprise that the story made it to the big screen. Turing's life was predestined to become a movie. He was the man behind the bombe, a codebreaking machine that cracked Nazi Germany's Enigma code in World War II and contributed to the idea of the modern computer. And, even beyond his professional work, he was an incredibly interesting man. He hid his homosexuality at a time when it was illegal in the United Kingdom, and there is speculation that he was on the autistic spectrum. And the end of his life—well, talk about tragedy.

The plot weaves three different segments of Turing's life together: the beginning, in his childhood, when his only friend is Christopher Morcom; the end, in the days of his conviction for "indecency" (read: homosexuality); and the middle, which holds the most focus—his wartime endeavors as a cryptanalyst.

Played by Benedict Cumberbatch (and Alex Lawther as young Turing), Turing comes across as an odd, brilliant man who doesn't quite grasp the concept of jokes and colloquialisms. He begins his work at Bletchley Park, immediately isolating himself from his colleagues and claiming that he will be the one to crack the Enigma, a machine the British stole from the Germans that decodes messages—when used properly.

The problem is, every day at midnight, the Germans scrap the code and come up with a new one, which means that the team of cryptanalysts has fewer than 24 hours to decipher the code before they have to start all over again. Turing, however, claims that he will create a machine (which he poetically names Christopher) that can decipher the code for them—a machine to beat a machine.

At first, his colleagues complain that he is wasting precious time (and precious lives) by drawing diagrams and refusing to work on the actual codes. But then Turing riles the group even further by taking charge and firing two people. To fill the hole in manpower, he puts a crossword puzzle in the newspaper, claiming that whoever can solve it in fewer than 10 minutes will qualify as a candidate for one of the open positions. A woman, Joan Clarke (Keira Knightley), qualifies, and, soon after, joins Turing in his work at Bletchley (though in secret, because how could an unmarried young woman do such work?).

Joan serves as a conflicting love interest, as her closeness with Turing has everyone convinced—except Turing—that they are a couple. The plot takes several sharp turns as it continues, which I will not reveal here, but, basically,

Turing's odd behavior does not go unnoticed. His life's work and vitality hinge on the effectiveness of his machine, and the number of secrets he has to keep to protect himself begins to grow.

The plot seems a bit crowded, especially in the second half. Events start to unfold that could have been made into another film entirely, causing this two-hour story to feel bloated with plot points. Perhaps the writer got carried away with the idea of piling secrets onto Turing's plate. But the film certainly conveys the psychological impact that this forced privacy has on him. There is a scene toward the end that especially reveals his inner conflict, in which Turing then challenges an investigator to judge whether he is a person or a machine. From the perspective of this film, every one of Turing's passions and dispositions forces him into secrecy, to avoid the worse option—his life being compromised or threatened.

This culminates in a bittersweet ending, as we learn the fate of a man who helped end the war. It is upsetting to see him torn up by a society that he gave so much to, and yet this is what happened. Perhaps the film could have gone more in-depth with the injustices that were served upon him. Instead, it is explained in five minutes at the end of the film. Not to say it wasn't impactful, but it turns a tragedy into a fable.

Cumberbatch and Knightley give amazing performances, and this is hardly a surprise, especially for Cumberbatch, who never seems to fail when given a character of high intelligence. I can see him getting an Oscar nomination for this role, though I can't see him beating out the rest of the year's competition. The rest of the cast gives some strong supporting performances, especially Matthew Goode, Mark Strong and Charles Dance.

Overall, this is a film that you want to see about a man that you probably didn't know too much about. "The Imitation Game" will be playing at the Midtown Cinema soon.

Sammi Leigh Melville is a staff member and film reviewer at the Midtown Cinema.



JANUARY EVENTS

Digital Classic Theatre Presents
"Great Expectations"
from London's West End
Sunday, Jan. 1, 4pm
& Tuesday, Jan. 6, 7pm

Down in Front! Improv crew skewers "Monster a Go-Go" Friday, Jan. 9, 9:30ish

Saturday Morning Cartoons Classic cartoons on the big screen Saturday, Jan. 10, 9:30-11:30am

Mommy & Me Matinees Early matinees every second Saturday! Saturday, Jan. 10

Foreign & Classic Series Charlie Chaplin's "Gold Rush" Sunday, Jan. 11, 6pm

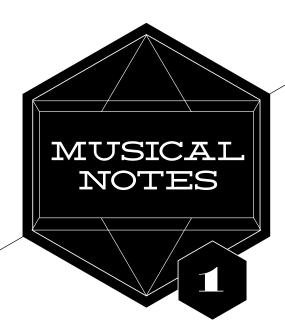
3rd in The Burg \$3 Movie "The Muppet Movie" Friday, Jan. 16, 9:30ish

Family Film Series
"The Muppets Take Manhattan"
Saturday, Jan. 17, 12pm;
Sunday, Jan. 18, 2pm;
& Tuesday, Jan. 20, 7pm

National Theatre Live Presents DV8 Physical Theatre's "John" Sunday, Jan. 18, 4pm & Tuesday, Jan. 20, 7pm

Friends of Midtown Presents
1970 documentary
"King: A Filmed Record...
Montgomery to Memphis"
Sunday, Jan. 18 & Monday, Jan. 19, 5pm

Moviate Film Series Sunday, Jan. 25, 7:30pm



MEMORY SERVES

This month: recollections of new music.

BY ANDREW DYRLI HERMELING

emory best sums up this month's musical slate.

It reminds me of my childhood when "alternative" radio still felt like an alternative to something. It reminds me of when being a high school outsider meant getting together with a couple of other outsiders and working through the angst in the form of a few power chords. All of these bands are powerful doorways into memories of the past, either real or imagined. I think that's what makes music so wonderful. And January's offerings certainly prove the point.

BELLOWS, ESKIMEAUX & ADULT MOM, 1/16, 6PM, LITTLE AMPS DOWNTOWN, \$5 SUGGESTED DONATION: NPR's Bob Boilen recently named Bellows' 2014 record, "Blue Breath," as an honorable mention in his year-end, top-10 album list. The band is joined by Eskimeaux, who are part of the same musical collective, the Epoch. Based in Brooklyn, N.Y., Bellows' spacey, roughly hewn, handmade psychedelic pop is deeply personal. Marked by sharp juxtapositions of soft, melodic lines and intentional cacophony, Bellows will be a perfect match for the intimate space of the downtown Little Amps shop.

THE WHIGS, 1/22, 8PM, THE ABBEY BAR, \$7/\$10: Formed in Athens, Ga., the Whigs have five albums under their belts, along with a number of performances on the late-night talk show circuit. A jangly three piece, they play the kind of stripped-down garage rock that finds its power in its simplicity. They are currently touring in support of their most recent release, "Modern Creation." This is a band that pairs perfectly with a pitcher of beer, so make your way over to the Abbey Bar and take in this raw and impactful show.

10,000 MANIACS, 1/23, 8PM, WHITAKER CENTER, \$29.50/\$39.50: Remember when MTV Unplugged featured authentic, amazing and memorable performances? Nirvana, Neil Young, REM? And one of my all-time favorites, 10,000 Maniacs. Although the current lineup is missing Natalie Merchant, these college radio darlings from the '80s and '90s haven't given up the touring life. They continue to record with vocalist Mary Ramsey, who joined immediately after Merchant's departure. With a repertoire that spans more than 30 years, the band certainly will feature plenty of familiar hits, along with a number of exciting new songs.

Mentionables: Flux Capacitor, 1/2, HMAC; Camela Widad, 1/10, HMAC; Bumperyachts w/Rivers, 1/23, Little Amps downtown; Spiritual Rez, 1/30, Abbey Bar; Pete & Maura Kennedy, Fort Hunter Centennial Barn, 1/31



CAMELA WIDAD

HMAC STAGE ON HERR 268 HERR ST., HARRISBURG STARTS AT 8 PM

1 16

BELLOWS

LITTLE AMPS DOWNTOWN
2ND & STATE STREETS, HARRISBURG
STARTS AT 6 PM

122

THE WHIGS

ABBEY BAR 50 N. CAMERON ST., HARRISBURG STARTS AT 8 PM

125

10,000 MANIACS

WHITAKER CENTER 222 MARKET ST., HARRISBURG STARTS AT 8 PM

1 51

PETE & MAURA KENNEDY

FORT HUNTER CENTENNIAL BARN 5300 N. FRONT ST., HARRISBURG POTLUCK AT 6 PM; CONCERT AT 7:30 PM



COMMUNITY CORNER

Penguin Plunge

Jan. 1: Take a dip into the icy Susquehanna River in support of homeless animals during the Humane Society of the Harrisburg Area's annual Penguin Plunge. Registration starts at 10 a.m. on City Island, Harrisburg, with the plunge slated for noon. More information is at humanesocietyhbg.org.

Rachel Carson Program

Jan. 6: Biologist Patricia M. DeMarco examines the life and work of environmentalist Rachel Carson, including lessons that we can learn to face challenges today. The program begins at 7 p.m. at the Olewine Nature Center at Wildwood Lake, Harrisburg. Please visit wildwoodlake.org.

Chamber Luncheon

Jan. 7: Learn more about the West Shore Chamber of Commerce and enjoy a complimentary lunch during the Member Benefits Luncheon, noon to 1:30 p.m. at the chamber's offices, 4211 Trindle Rd., Camp Hill. Additional information is at wschamber.org.

Panama Canal Centennial

Jan. 7: The World Culture Club of Central PA presents "The Panama Canal: Celebrating 100 Years," with a discussion led by native Panamanian Yolany Neiffer. The event begins at 7 p.m. at the Penn State Hershey Medical Center, 500 University Dr., 5th floor, lecture room C. Additional information is at worldcultureclubpa.org.

Indie Film & Food

Jan. 9: Learn the story behind sriracha through a 33-minute documentary focused on the popular spicy sauce. Showings are at 2 p.m. and 9 p.m. at the Fredricksen Library in Camp Hill. Visit fredricksenlibrary.org.

SAM Preview

Jan. 9: Be among the first to check out the Susquehanna Art Museum's new Midtown home during a special, ticket-only preview, which includes live music, hors d'oeuvres, cocktails and a chance to enjoy the museum's first exhibit. Tickets are \$150 apiece for the 7 to 9 p.m. event at 1401 N. 3rd St., Harrisburg. For more details, visit sqart.org.

2015 Farm Show

Jan. 10-17: It's another year of shakes, sheep, cows and funky-looking chickens at the annual Pennsylvania Farm Show at the state Farm Show Complex in Harrisburg. With nearly 6,000 animals and 10,000 competitive exhibits, it's the largest indoor agricultural expo in the nation. Details are at pafarmshowcomplex.com.

"The Last Raft"

Jan. 11: Jack Dillman, Susquehanna River historian and captain of the Pride of the Susquehanna, presents "The Last Raft," the story of a 1938 commemorative voyage that ended in tragedy. Program begins at 2:30 p.m. at the Harris-Cameron Mansion, 219 S. Front St., Harrisburg. Additional information is at dauphincountyhistory.org.

CapCOG Dinner

Jan. 19: Capital Region Council of Governments holds its annual dinner and reorganization meeting, featuring a keynote address by HACC President John "Ski" Sygielski. Event begins at 5:30 p.m. at the Radisson Hotel Harrisburg in Camp Hill. Additional information is at capitalregioncog.org.

Life in a Coal Town

Jan. 13: Retired civil engineer Stephen A. Runkle will present, "The Joller Story—Life in a Company Coal Mine Village," depicting life in the coal town of Joller, Pa. The presentation follows the business meeting of the Harrisburg Chapter of the National Railway Historical Society at 7 p.m. at Hoss's Restaurant, 743 Wertzville Rd., Enola. Dinner is available as early as 5 p.m. For more information, email sloan@auchincloss.com or visit harristower.org.

Legislator Forum

Jan. 14: Join the Harrisburg Regional Chamber for the 2015 Legislators' Forum, featuring members of the state House of Representatives. The event takes place at the Harrisburg Hilton, 7:30 to 9:30 a.m. For more information, visit harrisburgregionalchamber.org.

Civil War Exhibit Opens

Jan. 14: The National Civil War Museum opens the final installment of its sesquicentennial exhibit with "1865," which examines the last year of the war. Lincoln scholar Harold Holzer will speak during a wine-and-cheese reception, which runs 5:30 to 7:30 p.m. Tickets are \$10 each. Make reservations by emailing info@nationalcivilwarmuseum.org or calling 717-260-1861. Information is at nationalcivilwarmuseum.org.

Winter Birding

Jan. 15: Appalachian Audubon will present "Frosty Forests and Frozen Fields: Winter Birding in Ontario," a program that highlights bird species that appear in Ontario and the northeastern United States during the winter months. Program starts at 7 p.m. at Christ Presbyterian Church, 421 Deerfield Rd., Camp Hill. More information is at appalachianaudubon.org.

Business After Hours

Jan. 15: The Harrisburg Regional Chamber hosts a monthly business mixer where businesspeople can mix and mingle. This month's event will be at WITF, 4801 Lindle Rd., Harrisburg. Find more information at harrisburgregionalchamber.org.

3rd in The Burg

Jan. 16: Enjoy the best of Harrisburg during 3rd in The Burg, the monthly arts event at galleries, restaurants and art spaces throughout downtown and Midtown. For more information, visit thirdintheburg.org.

Community Weekend

Jan. 17-19: The AACA Museum holds its annual Community Weekend, featuring \$7 admission and a scavenger hunt throughout the museum. The museum is located at 161 Museum Dr., Hershey. More information is available at aacamuseum.org.

Understanding Islam

Jan. 18 & 25: Join John Maietta, retired U.S. Army colonel and college professor, as he provides an introduction to the core beliefs, sectarian diversity and contemporary challenges of the world's second-largest religion. No registration necessary. Program will be held in two sessions at the Fredricksen Library in Camp Hill. More information is at fredricksenlibrary.org.

Day of Service

Jan. 19: Volunteers will clean up, fix up and make their communities a little better during the annual MLK Day of Service. Each year, hundreds of people fan out across central Pennsylvania to take part in dozens of projects. For all the details on registering projects, volunteering and sponsorships, visit centralpamlkday.org.

More Than a Forester

Jan. 20: Learn about a conservationist and former Pennsylvania governor during the pictorial presentation, "Gifford Pinchot, More Than a Forester." The event runs 7 to 8:30 p.m. at the Olewine Nature Center at Wildwood Lake, Harrisburg. Visit wildwoodlake.org.

Classical Music Concert

Jan. 20: Market Square Concerts presents violinist Kristof Barati on the eve of his Carnegie Hall debut. Performance will take place at Temple Ohev Sholom, Harrisburg. For more information, visit marketsquareconcerts.org.

Beyond the Footlights

Jan. 24: The Hershey Theatre's annual fundraiser for its Apollo Awards returns with a cabaret-style program spotlighting the talents of past award nominees and recipients. Cost is \$75 for a full dinner and the program or \$10 for just dessert and the program. Information is at hersheytheatre.com.

Sip and Paint

Jan. 24: Try a new hobby while socializing with friends at the Perry County Council of the Arts' Sip and Paint Party under the guidance of an artist from aMuse Uncorked. The event will be held 5 to 7 p.m. at Landis House, 67 N. 4th St., Newport. All art supplies will be provided, and the cost is \$45. BYOB. To reserve a spot, stop by the PCCA Gallery or call 717-567-7023. Visit perrycountyarts.org.

Mansion Tour

Jan. 26: Join Janet Bowen, curator for the Historical Society of Dauphin County, on "An Armchair Stroll through the John Harris Mansion." The free tour begins at 6 p.m. at the Harris-Cameron Mansion, 219 S. Front St., Harrisburg. Additional information is at historicharrisburg.com.

Annual Meeting

Jan. 28: The Central Pennsylvania Gay and Lesbian Chamber of Commerce will hold its eighth annual meeting and dinner, 6 to 9 p.m., at The Hotel Hershey, 100 Hotel Rd., Hershey. ABC27 Anchor Alicia Richards will deliver the keynote address and state Rep. Brian Sims will be the guest speaker. Information is at cpglcc.org.

2015 Auto Show

Jan. 29-Feb. 1: Roll into the annual PA Auto Show, an event that features what's new and exciting in the world of automobiles. The fourday show takes place at the state Farm Show Complex in Harrisburg. More information is at motortrendautoshows.com.

Ugandan Kids Choir

Jan. 31: Fredricksen Library in Camp Hill welcomes the Ugandan Kids Choir for songs of hope through traditional rhythmic dances and songs of Africa. The concert is designed for families with children ages 1 to 10. Visit fredricksenlibrary.org.

MUSEUM & ART SPACES

3rd Street Studio

1725 N. 3rd St., Harrisburg 717-385-3315; 3rdstreetstudio.wix.com

The art of Vasudeva Pitta, through January; reception, Jan. 16.

AACA Museum

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

"Lotus: The Art of Lightness," featuring Lotus road and racing cars, Jan. 24-April 26; reception, Jan. 23, 6-9 p.m.

Art Association of Harrisburg

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

"Invitational Exhibit," featuring Philip Cogan, Robert L. Hughes, Mary Anne Lard & Kristine Miller-Siple, through Jan 8

"Figuratively Speaking," an exhibit focused on the human form, Jan. 16-Feb. 19; reception, Jan. 16, 5-8 p.m.

The Cornerstone Coffeehouse

2133 Market St., Camp Hill thecornerstonecoffeehouse.com

The mosaics of Amanda Rife, through January.

Historical Society of Dauphin County

219 S. Front St., Harrisburg dauphincountyhistory.org

"Star Spangled Banner: Harrisburg's Connection to our National Anthem," an exhibit that explores Harrisburg in 1814 and its connection to the National Anthem and its first performance, through Jan. 15.

Gallery@Second

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

"7-Lively Artists," through Jan. 10.

The art of Steven Martin and Ted Walke, Jan. 15-March 14; reception, Jan. 16, 6-9 p.m.

Landis House

67 N. 4th St., Newport www.perrycountyarts.org

"Landis Legacy: the Typical Tourist," featuring memorabilia of the Landis family's travels through Europe and Cuba, through April 3; reception, Jan. 9, 6-8:30 p.m.

The MakeSpace

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

"Sprung from the Tongue," art installation by Stephen Michael Haas that seeks to bring new life and voice to traditional, silent art exhibits, Jan. 16-Feb. 20; reception, Jan. 16, 5-9 p.m.

National Civil War Museum

One Lincoln Circle, Harrisburg 717-260-1861; nationalcivilwarmueum.org

"In the Hands of the Enemy: Captivity, Parole & Exchange of Prisoners in the Civil War," through June 1.

"1865," an exhibit highlighting the fifth year of the Civil War covering battles, strategies and civilian lives, through December.

Metropolis Collective

17 W. Main St., Mechanicsburg 717-458-8245; metropoliscollective.com

"New Abstraction-3 Select," artwork by Paul Nagle, David T. Miller and Ian White Williams, through Jan. 2.

Ned Smith Center for Nature and Art

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

Susquehanna Greenway 4th Annual Photo Contest Winners, Jan. 3-Feb. 28.

PCCA Gallery

Perry Country Council of the Arts 1 S. 2nd St., Newport perrycountyarts.org

"Waste Not," an exhibit featuring artwork made from salvaged elements that have been repurposed or recycled in a creative manner, through Oct. 11; reception, Jan. 9, 6-8:30 p.m.

Rose Lehrman Art Gallery

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

"The Art Faculty at HACC," Jan. 20-Feb. 20; reception Jan. 29, 5:30-7 p.m.

The State Museum of Pennsylvania

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

"35th Annual International Juried Exhibition" of the Pennsylvania Watercolor Society, through Feb. 8.

"A Fondness for Birds: Pennsylvania's Alexander Wilson," featuring bird prints and first-edition volumes of the 200-year-old "American Ornithology" series by Alexander Wilson, through March 15.

"UnCommon Modern: A Pennsylvania Glossary of Midcentury Architecture," featuring photographs by Betsy Manning, through Apr. 26.

Whitaker Center

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

"Holiday Trains and Trees," an annual holiday display of model trains and themed trees, through Jan. 4.

"Skyscapes," featuring 27 paintings by nine noted plein air artists, through Jan. 9.

Yellow Bird Café

1320 N. 3rd St., Harrisburg 717-635-8991; yellowbird-cafe.com

"Dream Sequence 9," works by Christina Boyer Heintzelman, through Jan. 15.

Yellow Wall Gallery/Midtown Scholar

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

"Gone Full Circle," hand-drawn mandalas of Surina Nathaniel, through Feb. 15; reception, Jan. 16, 6-10 p.m.

READ, MAKE, LEARN

The Cornerstone Coffeehouse

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

thecornerstonecoffeehouse.com

Jan. 6: Ruth Seitz, Healthy Eating Discussion

Jan. 21: Chili Cook-Off Greats cooking class, 6 p.m.

Jan. 26: Super Bowl Favorites and Beer Pairing cooking class, 6 p.m.

The LBGT Center of Central PA

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

Jan. 4, 11, 18, 25: Alcoholics Anonymous, 12-1 p.m. Jan. 6: Women's Group, 7-9 p.m. Jan. 7, 14, 21, 28: Common Roads Harrisburg, 6-8 p.m.

Midtown Scholar Bookstore-Cafe

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

Jan. 2, 9, 23, 30: Nathaniel Gadsden's Spoken Word Café, 7 p.m. Jan. 3: Good News Café, 6 p.m. Jan. 4, 11, 18, 25: TED Talk, 1 p.m. Jan. 6: Sci Fi Writers Group, 7 p.m. Jan. 7, 14, 21, 28: Midtown Chess Club,

Jan. 8, 15: Camp Curtin Toastmasters, 6:30 p.m.

Jan. 8, 15, 22, 29: Almost Uptown Poetry Cartel, 7 p.m.

Jan. 8: Coffee with Alinsky w/Nathan Sooy, 7 p.m.

Jan. 11: Central PA Writing Workshop, 5 p.m.

Jan. 13, 27: Meet-Up, 9 a.m.

Jan. 13: Young Dauphin County Democrats, 7 p.m.

Jan. 14: Friends of Midtown Events Meeting, 6 p.m.

Jan. 14: Susquehanna Salon, 7 p.m. Jan. 16: Coffee Education w/café staff, 12 p.m.

Jan. 16: Tea Tasting w/café staff, 2 p.m. Jan. 17: Coffee & Critique, Designer Workshop, 8:30 a.m.

Jan. 18: Midtown Writers Group, 1 p.m. Jan. 18: LGBT Book Club, 5 p.m. Jan. 20: Friends of Midtown Safety Committee, 6:15 p.m.

Jan. 21: The Basics of Buddhism, 7 p.m. Jan. 21: Sci-Fi/Fantasy Book Club, 7 p.m. Jan. 26: Feminism Group Book Club, 7 p.m. Jan. 27: Harrisburg Listening Lounge, 6:30 p.m.

Jan. 28: Bike the Burg, 7 p.m.

The Perfect 5th Musical Arts Center

6240 Carlisle Pike, Mechanicsburg 717-691-9100; theperfect5th.com

Jan. 6: Wee Sing Too, 4:30 p.m. Jan. 6: QuickStart Guitar, 7:30 p.m. Jan. 9: QuickStart Piano, 5 p.m. & 6:15 p.m. Jan. 10: KinderFlute Academy, 9 a.m. & 9:45 a.m. Jan. 14, 17: Ukulele, 11 a.m. Jan. 15: Vocal Boot Camp, 6:15 p.m. &

Wildwood Park

7:30 p.m.

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

Jan. 6: Keystone Conservationists lecture: "The Power of One Voice: A 50-Year Perspective on Rachel Carson," 7-8:30 p.m.

Jan. 10: Creature Feature: Animals and Their Tracks, 10-11 a.m.

Jan. 20: Keystone Conservationists lecture: "Gifford Pinchot, More Than a Forester," 7-8:30 p.m.

Jan. 28-March 18: Eight-week course: Fly-Tying Classes with the Doc Fritchey Chapter of Trout Unlimited

LIVE MUSIC AROUND HARRISBURG

American Music Theatre

2425 Lincoln Highway East, Lancaster 717-397-7700; amtshows.com

Jan. 17-18: Elvis Birthday Bash w/Mike Albert Jan. 30: Little River Band

Appalachian Brewing Co./Abbey Bar

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

Jan. 3: Willie Jack & The Northern Light and Duck Duck Goose Jan. 17: Bumperyachts, Vulcans and Matt Wheeler & Vintage Heart Jan. 18: Neidig, Koretzky, Gehret & Campbell

Jan. 22: The Whigs

Jan. 23: Midnight Spaghetti

Jan. 30: Spiritual Rez

Jan. 31: Winterfest 2015

Carley's Ristorante and Piano Bar

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

Jan. 2, 5, 10, 12, 14, 17: Chris Emkey Jan. 3, 7, 20, 30: Roy Lefever Jan. 6, 27: Jessica Cook Jan. 8: Giovanni Triano Jan. 9, 15, 21, 23: Noel Gevers Jan. 11, 16, 25: Anthony Haubert Jan. 22, 28: Christine Purcell Jan. 29, 31: Ted Ansel

Chameleon Club

223 N. Water St., Lancaster 717-299-9684; chameleonclub.net

Jan. 2: Medusas Disco

Jan. 9: RJD2

Jan. 11: Metalachi

Jan. 15: Reverend Horton Heat w/Dale

Jan. 16: Consider the Source Jan. 20: Turquoise Jeep Records

The Cornerstone Coffeehouse

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

thecornerstonecoffeehouse.com

Jan. 2: James Haas

Jan. 3: Corey Ross Jenkinson

Jan. 4: Soul Release

Jan. 9: Ed Horan

Jan. 10: Kim Perseghin

Jan. 11: Match Twins

Jan. 14: Open mic w/Jonathan Frazier

Jan. 16: David Fishel

Jan. 17: Zenesha

Jan. 18: Emily Barnes

Jan. 23: Kevin Kline

Jan. 24: Dan Zukowski Jan. 25: Jason Barshinger

Jan. 30: The Bentlevs

Jan. 31: Doug Morris

Fed Live

234 N. 2nd St., Harrisburg 717-525-8077; fedlive.net

Jan. 31: "Rock the Stage" (The Perfect 5th Musical Arts Center)

Harrisburg Symphony Orchestra

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

Jan. 10-11: "Malina Plavs Mozart" Jan. 24-25: "Classic Soul"

HMAC/Stage on Herr

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

Jan. 2: Flux Capacitor Jan. 10: Camela Widad CD Release Jan. 30: Lower Case Blues Every Wednesday, Open Mic w/Mike

Little Amps Coffee Roasters, **Downtown**

133 State St., Harrisburg 717-635-9870; littleampscoffee.com

Jan. 9: Jeremy Ritch & Matt Miller Jan. 16: Bellows, Eskimeaux & Adult

Jan. 23: Bumperyachts & Rivers

Midtown Scholar Bookstore- Cafe

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

Jan. 10: Jane Ramsey Jan. 16: Chris Gassaway Jan. 31: Josh Krevsky

Market Square Concerts

marketsquareconcerts.org

Jan. 20: Kristof Barati (at Temple Ohev Sholom)

Stock's on 2nd

211 N. 2nd St., Harrisburg 717-233-6699; stocksonsecond.com

Jan. 2: Mitch Gregory

Jan. 3: Up Pops the Devil

Jan. 9: Wally DeWall

Jan. 10: Songsmith

Jan. 16: Kirk Wise

Jan. 17: Silver City Rodeo

Jan. 23: Scott Rivers

Jan. 24: Shea Quinn and Steve Swisher

Jan. 30: Wally DeWal

Jan. 31: Scott Rivers

Strand Capitol Performing Arts Center

50 N. George St., York 717-846-1111; mystrandcapitol.org

Jan. 2: Jazz in the City Jan. 15: Tubular Bells for Two

Suba Tapas Bar

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

Jan. 9: Meg & The Right Sound

Jan. 10: Tommy Cox

Jan. 16: Erica Everest

Jan. 17: Hemlock Hollow

Jan. 24: Jake Lewis & The Clergy

Jan. 30: Tommy Roberts Jan. 31: Bushmaster Duo featuring

Gary Brown

The Susquehanna Folk Music Society

717-745-6577; sfmfolk.org

Jan. 18: Neidig, Koretzky, Gehret & Campbell (at Abbey Bar) Jan. 31: Pete & Maura Kennedy (at Fort Hunter)

Whitaker Center

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

Jan. 23: 10,000 Maniacs w/Paul Barrere & Fred Tackett

THE STAGE DOOR

American Music Theatre

2425 Lincoln Highway East, Lancaster 717-397-7700; amtshows.com

Jan. 23: Billy Gardell

Jan. 24: Buddy Valastro, The Cake Boss

Chameleon Club

223 N. Water St., Lancaster 717-299-9684; chameleonclub.net

Jan. 4: Joe DeRosa w/Shane Gillis, Wes Williams & Brendan Krick

Dutch Apple Dinner Theatre

510 Centerville Rd., Lancaster 717-898-1900; DutchApple.com

Through Feb. 14: "Midlife 2: The Crisis

Harrisburg Comedy Zone

110 Limekiln Rd., New Cumberland 717-920-5653

harrisburgcomedyzone.com

Jan. 2-3: Alexander & Kendra Corrie Jan. 9-10: Kevin Lee

Harrisburg Improv Theatre

1633 N. 3rd St., Harrisburg hbgimprov.com

Jan. 3, 10, 17, 24, 31: Improv Comedy

Harrisburg Shakespeare Company

3rd Floor, Strawberry Square, Harrisburg

717-238-4111; gamutplays.org

Jan. 16-24: "1984" (staged reading)

Hershey Theatre

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

Jan. 16-17: "Nice Work If You Can Get It" Jan. 18: Lewis Black Jan. 27-Feb. 1: "Jersey Boys"

Luhrs Performing Arts Center

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

Jan. 25: "The Teacher from the Black Lagoon and Other Story Books" Jan. 29: Jack Hanna

Midtown Scholar Bookstore- Cafe

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

Jan. 16: TMI Improv Jan. 16: Comedy Night at the Scholar

Open Stage of Harrisburg

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

No shows scheduled.

Popcorn Hat Players at the Gamut

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

Jan. 21-Feb. 14: "The Frog Prince"

Strand-Capitol Performing Arts Center

50 N. George St., York 717-846-1111; mystrandcapitol.org

Jan. 2: "Stomp" Jan. 9: Paula Poundstone

Theatre Harrisburg

222 Market St., Harrisburg (at Whitaker Center) 717-214-ARTS; theatreharrisburg.com

Jan. 30-Feb. 15: "I Do! I Do!"

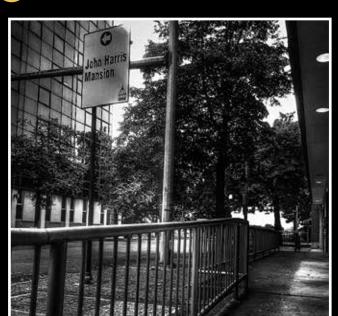
Have you read all the stories in print and on the Web, but you feel like you still haven't gotten your Burg fix?

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Available for free download every Friday on iTunes or at theburgnews.com





FEATURED PROFILE

KEVIN TAKITA

I'm a huge music advocate and enthusiast. I actively make hip hop music and just performed at the first ever PennsylMania Music Festival. I enjoy writing as well and started writing poetry around the age of 10 or 11. Music is my #1 passion with photography at a close second.

WHERE IS YOUR FAVORITE PLACE TO PHOTOGRAPH IN HARRISBURG? I find inspiration wherever it may be. I have an abstract way of looking at things.

WHAT TYPE OF CAMERA DO YOU USE? Until recently, I've always used my cell camera.

WHERE IS THE BEST PLACE TO GET A CUP OF COFFEE? Little Amps has great coffee and great atmosphere.

BESIDES PHOTOGRAPHY, WHAT ARE YOUR INTERESTS? Hanging out with friends, watching movies, hiking or enjoying art.



DANIEL RHEHRER
CARL_PANZRAM



LANCE JONES

KUHMEALYEN



JOE ADIUTORI JR.



ANTHONY CRISCUOLO
HARRISBURGTONY



SCOTT RHODES
CRUNCHY_LIGHTZ



A KELSIE PLANTE

KELSPLANTE



MATTHEW LEVIER

● MLEVIER



TIM WEHNERT

PABIKENUT



RELLY MCGRANAGHAN

O DELICATE_FLOWER



MARK WEIDER

MARKWEIDER



MATT FOGARTY

MATTFOGARTY



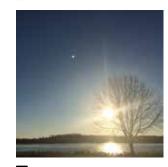
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O DOUGLAS_ALBERT



NATHAN DEMURO

○ N8MNTC



MEGAN DAVIS

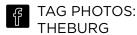
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DECK THE HALLS

Apparel was donned, holly hung and carols sung during the 20th annual Deck the Halls celebration at the John Harris-Simon Cameron Mansion in Harrisburg. The mansion was the perfect setting for the Victorian-themed "A Dickens Celebration," sponsored by the Historical Society of Dauphin County. Revenue from this major fundraiser supports the society's educational programs and research archives, as well as maintenance of the historic mansion.













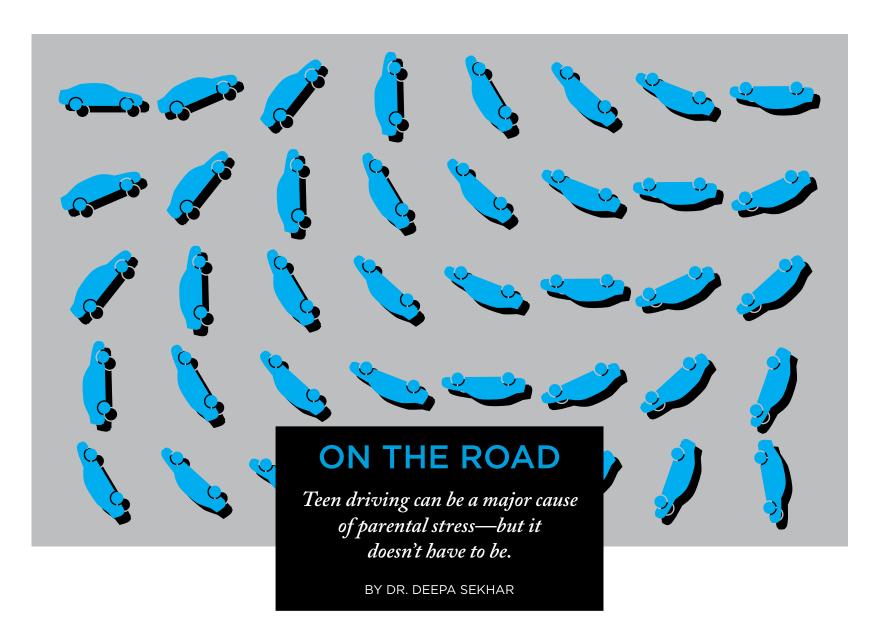




MEET THE MONKS

A large gathering of people received blessings last month from the monks of the Drepung Gomang Monastery at ReikiSpace and Learning Place, just outside of Harrisburg. The event raised \$4,300 for the monastery, said Rickie Freedman, owner of Reiki by Rickie. In addition to blessings, attendees enjoyed a mini-Reiki session, as well as refreshments and door prizes.





arents tell me they are not sure which is worse: shuttling their teenager from one activity to another or waiting for their teenage driver to return home. Watching your teenager get behind the wheel is a big deal, so I always review basic driving rules with new drivers and parents.

In the state of Pennsylvania, individuals are eligible for an initial learner's permit at 16 years of age. The application process requires teenagers to have a "medical qualification certificate" completed by a medical provider. This form asks providers to certify that a new driver has no medical conditions, which would impair safe operation of a motor vehicle.

New drivers also complete a knowledge test and an eye screening at the Driver License Center. Once these are passed, teenagers may begin behind-the-wheel practice. Sixty-five hours of adult-supervised skill-building are required before the road test may be taken for a junior license. Even with a junior license, there are restrictions on nighttime driving (11 p.m. to 5 a.m.) and the number of passengers, specifically those under 18 years of age.

As I complete the medical qualification certificate for teenagers in the office, I like to emphasize the following points with parents and new drivers:

- Seatbelt on. This is clear-cut and non-negotiable.
- Minimize distractions. Parents know good driving requires both managing yourself and anticipating the moves of others on the road. This is harder to do when distracted. Teenagers should get all controls set before pulling out. Specifically, adjust mirrors, the radio station and temperature controls before driving. Meals should not be eaten while driving, as managing a drink and food without spilling is an unnecessary and added complication. Cell phones should be set to vibrate or silenced to eliminate the distraction from arriving text messages or emails. If a call must be made while driving, teenagers should pull over into a safe spot and stop the car.

- Leave enough time. A colleague of mine gives his son an absolute latest time he must be out the door if he wants to drive himself to school. Many of us are guilty of leaving the house late and driving just a "little bit faster" in an attempt to make up the time. Again, this is a terrible idea for experienced drivers and even worse for new drivers.
- Admit when you are not safe to drive. All my parents agree that they prefer to get a late night phone call to pick up their teenager rather than get a phone call about an accident. Teenagers should absolutely not drive after drinking, using any other substances that impair judgment, or even if they are sleepy. This may be a tough phone call for a newly licensed teenager to make, but the consequences of an accident or violation are worse. Junior license holders in Pennsylvania who accumulate six or more points or have a single high-speed violation are subject to a 90-day license suspension.
- Take it slowly. After passing the road test, a new driver is still inexperienced. As with any new skill, it is best to start with something familiar and advance. For example, as children learn to read, they progress from simple picture books to small chapter books and then full novels. Similarly, a new driver should start off by taking short trips in daylight, in good weather on more familiar roads, building comfort and confidence.

Additional skills parents should address include pumping gas, location of the spare tire, calling for roadside assistance, and location of the car registration and insurance. Driving is an exciting step towards independence for both parents and teenagers. Though it is certain to cause some anxiety for both parties, discussion and planning can help mitigate many of the challenges.

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

E S O V O X C S E S O D E O O X C S E S O V O



The Ortenzio Cancer Center at PinnacleHealth West Shore Campus 2035 Technology Parkway, Mechanicsburg

> PinnacleHealth Cancer Center Community Campus 4300 Londonderry Road, Harrisburg

(717) 657-7500 | pinnaclehealth.org/cancer

1 in 2 Men and 1 in 3 Women

This is how many will develop cancer in their lifetime, and more than half will receive radiation therapy.

At the PinnacleHealth Cancer Institute, you will find that we minimize radiation side effects and increase tumor control and survival by combining our experience with the most advanced technologies.

PinnacleHealth's skilled radiation oncologists and staff coordinate your care with compassion. And we develop precise, personalized treatment plans that fit your lifestyle.

Leading the Fight. Closer to Home.



PARTICIPATING VENUES:

3RD STREET STUDIO 1725 N. 3RD ST., 6-9 PM ART ASSOCIATION OF HARRISBURG 21 N. FRONT ST., 9:30 AM-9 PM

CRAVE & CO. 614 N. 2ND ST., 7-9 PM
FRIENDS OF MIDTOWN WWW.FRIENDSOFMIDTOWN.ORG
HARRISBURG IMPROV THEATRE 1633 N. 3RD ST., 6-9 PM
HMAC STAGE ON HERR 268 HERR ST., 5-9 PM
LGBT CENTER GALLERY 1306 N. 3RD ST., 6-9 PM
LITTLE AMPS 133 STATE ST., 6-9 PM
THE MAKESPACE 1916 N. 3RD ST., 6-10 PM
NOTE 1530 N. 2ND ST., 6-9 PM
ST@RTUP 1519 N. 3RD ST., 6-10 PM
STASH 234 NORTH ST., 5-9 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 | THE MAKESPACE STATE MUSEUM | MIDTOWN SCHOLAR 3RD AND WALNUT | 2ND AND WALNUT

FRIDAY, JANUARY 16: 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 for "Gone Full Circle," by Surina Nathaniel 7 pm: TMI Improv 7:30 pm: Chris Gassaway in concert 8 pm: Comedy Night at the Scholar



THE STATE MUSEUM
N. 3RD ST. (BETWEEN NORTH

AND FORSTER)

787.4980 | STATEMUSEUMPA.ORG

5:30-7:30 pm: Deb Watson, an artist featured in The Pennsylvania Watercolor Exhibit, will be doing a watercolor demonstration in Village Square on the first floor of the museum.



SUSQUEHANNA ART MUSEUM

1401 N. 3RD ST. 233.8668 | SQART.ORG

6-9 pm: Susquehanna Art Museum GRAND OPENING! View: "Pop Open: Icons of Pop Art" from Niagara University. Also enjoy music, a cafe, the SAM SHOP and four other shows!



GALLERY@SECOND

608 N. 2ND ST.

233.2498 | GALLERYATSECOND.COM

6-9 pm: Opening Reception featuring artwork by Steven Martin and Ted Walke. Also visit our Upstairs Gallery featuring more than 250 pieces of artwork by local artists. Music by Jonathan Frazier. Refreshments served. 3rd in The Burg Special - 10% discount on all purchases made during the event. Visit us on Facebook: GalleryAtSecond.



WHITAKER CENTER

222 MARKET ST.

214.ARTS | WHITAKERCENTER.ORG

9:30 am-8 pm: "Art Instructor Exhibition," presented by The Art Center School and Galleries of Mechanicsburg.



MANGIA QUI & SUBA

272 NORTH ST.

233.7358 | MANGIAQUI.COM

5-11 pm: Art by Cynthia Taft on display. Music by Erica Everest. Ask for the night's Featured Cocktail!



CITY HOUSE B&B

915 N. FRONT ST. 903.2489 | CITYHOUSEBB.COM

6-9 pm: Artwork by a local artist will be will be featured and refreshments will be served.



MIDTOWN CINEMA

250 REILY ST.

909.6566 | MIDTOWNCINEMA.COM

9:30 pm: "The Muppet Movie" This month, join Kermit and his newfound friends as they trek across America to find success in Hollywood. \$3 ticket and BYOB after-party.