

THE BURG



10
14

THE BURG

COMMUNITY PUBLISHERS

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



Capital BlueCross is an Independent Licensee of the BlueCross BlueShield Association



GREENLEE PARTNERS, LLC
HARRISBURG, PHILADELPHIA AND PITTSBURGH

EIA ENDERS
INSURANCE
ASSOCIATES



Susquehanna
Bank



Consolidated Scrap Resources, Inc.



Rethink. Recover. Renew.



Since 1931



THE HOSPITAL & HEALTHSYSTEM
ASSOCIATION OF PENNSYLVANIA

Buchanan
Ingersoll
Rooney PC

KNOW GREATER
PARTNERSHIP

RE/MAX[®]

Realty Associates, Inc.

WENDELL HOOVER
RAY DAVIS



Select
Select Capital
Commercial
Properties, Inc.

WCI
PARTNERS, LP



PINNACLEHEALTH



GUNN MOWERY
the upside of insurance

ZORBA'S

Taverna & Pizzeria

Opa!

INVITING MEDITERRANEAN ATMOSPHERE
AUTHENTIC GREEK DISHES
AMAZING DESSERTS
GREEK HOSPITALITY
CRAFT BEERS
GREAT WINES



3716 N. 6TH STREET
HARRISBURG, PA 17110
(717) 233-0143
MONDAY - SATURDAY



Helping to make your business dreams a reality.

Mid Penn Bank's Preferred Lender status with the U.S. Small Business Administration (SBA) means we can simplify the process of providing financial assistance to our vibrant small business community. Through our partnership with the SBA, we can help you start or expand your business.

For more information on how you can get started, please contact Natalie Falatek at 717-692-7118.


MID PENN BANK

1-866-642-7736 | midpennbank.com

Member FDIC

VILLAGE SQUARE

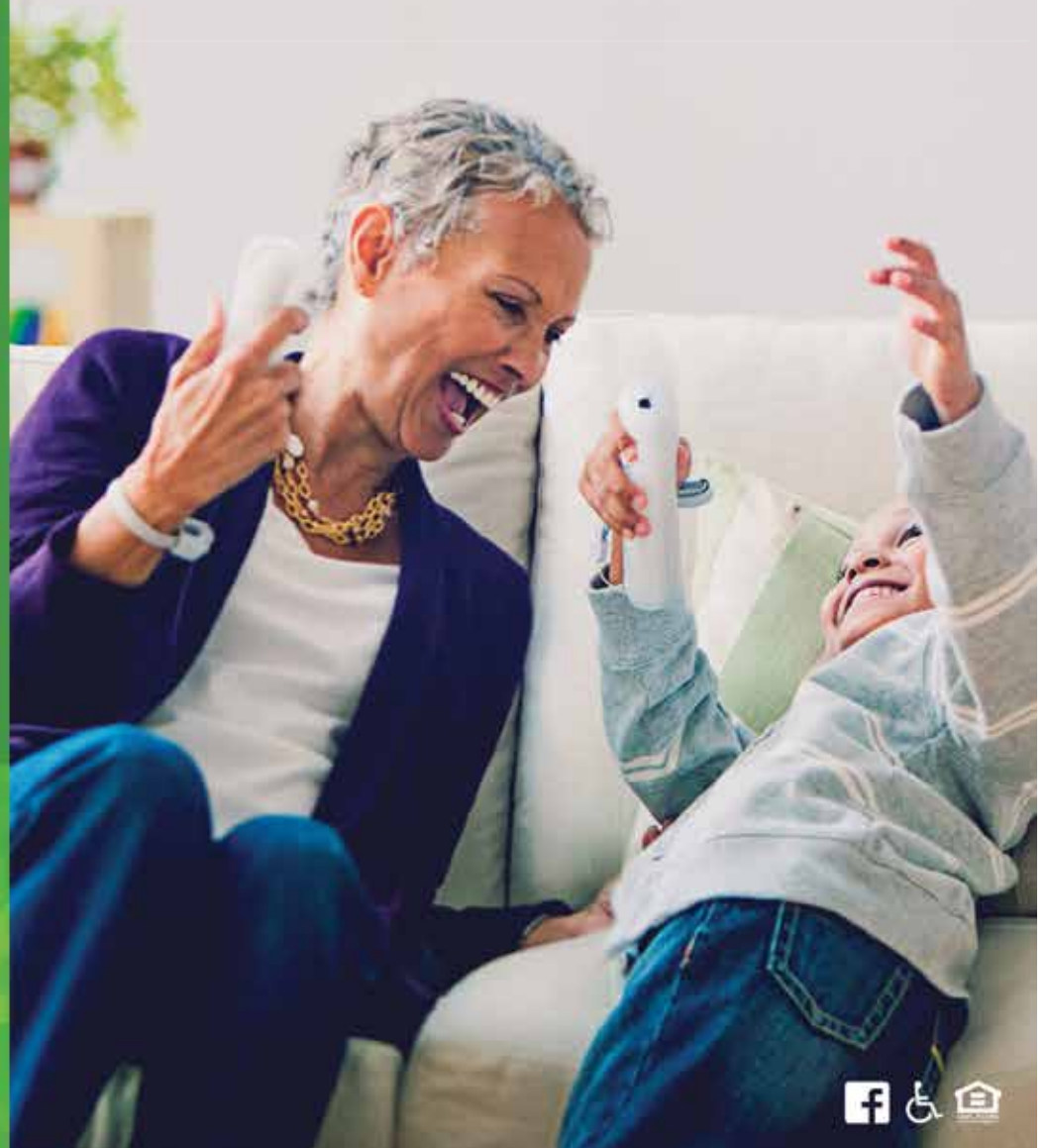


At the all new Village Square, retirement is where work ends and life begins. It's taking a class. Catching a lively show. Uncovering a brand new talent. It's personalizing your charming, modern apartment home to your exact taste. Proudly entertaining friends and family. Living at the heart of a thriving community. It is a life of purpose and zest that's as spontaneous, vibrant, and independent as you.

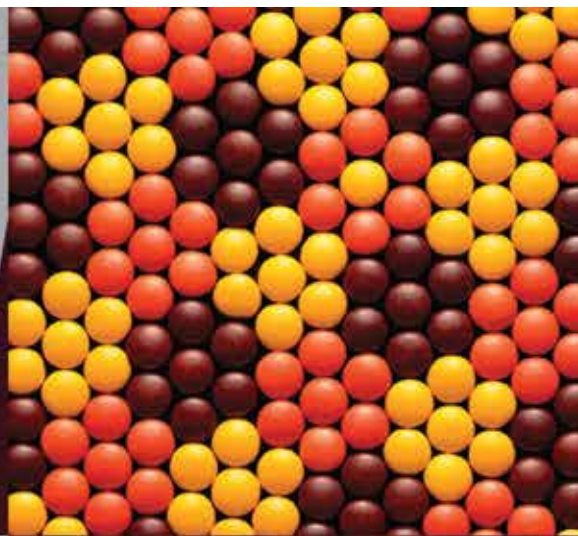
To learn more about Village Square, call **717.977.4013** today. Be sure to ask about the financial benefits of Priority Club Membership.

At the heart of Life. Embraced.
100 MT. ALLEN DRIVE
MECHANICSBURG, PA 17055
MessiahVillage.org/VillageSquare

THE PLACE FOR *Growing* **BOLDER**



HERSHEY



GRACIAS!



Peace of mind is a mind at ease.

At Holiday, we've built a lifestyle with you in mind
so you can spend time doing the things you love
knowing things are in good hands.



So rest assured that Holiday Retirement communities have special touches with you in mind.

- Easy-to-maneuver floor plans
- Wide hallways
- Hand rails
- Emergency pull cords
- Live-in managers
- No long term commitments

Join us for lunch.

Call 866-960-9586 today to
schedule your personal visit.

HOLIDAY
RETIREMENT

The Manor at Oakridge

Independent Retirement Living

4500 Oakhurst Boulevard, Harrisburg, PA 17110

866-960-9586 | themanoratoakridge.com



*ALL EVENTS SUBJECT TO CHANGE.

©2014 HARVEST MANAGEMENT SUB LLC, HOLIDAY AL MANAGEMENT SUB LLC, HOLIDAY AL INC MANAGEMENT LLC

2014 BUSINESS EXPO

Attend Expo City

**General admission -
\$5 with business card**

Admission is **FREE** with a Chamber
& CREDC Expo Ticket and business card!

The Expo Ticket can be found online at
www.HarrisburgRegionalChamber.org/Expo.

Thursday, November 13

PA Farm Show Complex & Expo Center

2300 North Cameron Street

Harrisburg, PA

9:30 AM - 4:00 PM

Exhibitor Space & Sponsorships Still Available

Deadline for registration:

November 7th

Contact Lindsey Holtzman, Director of Events Marketing,
at 717-213-5044 or at lholtzman@hbgrc.org.

GIANT
Quality. Selection. Savings. Every Day.

For more information, please contact **717.232.4099** or visit
our website, www.HarrisburgRegionalChamber.org/Expo.

100
Years
1914-2014
HARRISBURG REGIONAL
CHAMBER & CREDC.
CHAMBER OF COMMERCE 1914 • HARRISBURG BOARD OF TRADE 1897 • CREDC 1984 • 900 0000



NEWS

- 9. PUBLISHERS COLUMN
- 10. NEWS DIGEST
- 11. CHUCKLEBURG
- 12. CITY VIEW
- 14. STATE STREET



IN THE BURG

- 16. ROOM FOR IMPROVEMENT
- 18. BRIDGING DIVIDES
- 20. CITY FOLK
- 22. PAST TENSE



BUSINESS

- 24. FACE OF BUSINESS
- 26. BURG BUCKS
- 27. SHOP WINDOW



FALL FUN

- 30. HARVEST HAPPENINGS
- 32. GREEN THUMB



GOOD EATS

- 34. CHEF'S KITCHEN
- 36. GRAND OPENING
- 37. HOME COOKING
- 38. NEW BIZ



CULTURE

- 40. BIG & DIGITAL
- 42. CURTAIN CALL
- 44. GAME ON
- 45. CREATOR
- 46. CITY CINEMA
- 48. MUSICAL NOTES



HAPPENINGS, 49



SPORTS & HEALTH

- 52. FAMILY HEALTH



COVER ART BY: JACINTHA CLARK
WWW.JACINTHACLARK.COM

LETTER FROM THE EDITOR

A city, I was once told, is like an archeological dig.

It has so many layers—of history, of community, of commerce. Getting to know a city is to dig deep into it, understanding relationships, identifying commonalities, seeing how the pieces today fit together with the past.

This is something that we try to do at TheBurg. We attempt to offer context and perspective so that stories don't just seem to pop out of nowhere. We try to provide a broad look at what is happening each month, while emphasizing what came before and what it may mean now.

Our October issue is a good example of this. In it, we advance from the distant past (the 150th anniversary of the Broad Street Market) to the middle past (the 50th anniversary of the Harrisburg Bicycle Club) to the present (the opening of several new businesses) to the future (a preview of the new symphony season in Harrisburg).

We also try to build up and out to capture the totality of this place. So, a layer of civic news rests upon a layer of business and nightlife, which rests upon a layer of cultural events. For instance, in this issue, you'll find topics that range broadly from land use to gardening to health to finance to music to movies.

In the end, we attempt to give our readers both breadth and depth. A community, after all, does not exist in small, disconnected bits. It's a complete entity, with a past, present and future. A big part of our job, we believe, is making those connections then presenting them, as best we can, to our readers.

LAWRANCE BINDA
Editor-in-Chief

GENERAL AND LETTERS

2601 N. FRONT ST., SUITE 101 • HARRISBURG, PA 17110
WWW.THEBURGNEWS.COM

EDITORIAL: 717.695.2576

AD SALES: 717.695.2621

PUBLISHER: J. ALEX HARTZLER
JAHARTZLER@THEBURGNEWS.COM

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

SALES DIRECTOR: LAUREN MILLS
LMILLS@THEBURGNEWS.COM

SENIOR WRITER: PAUL BARKER
PBARKER@THEBURGNEWS.COM

ACCOUNT EXECUTIVE: ANDREA BLACK
ABLACK@THEBURGNEWS.COM

CONTRIBUTORS:

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

ROSEMARY RUGGIERI BAER
RRBGU69@AOL.COM

BARBARA TRAININ BLANK
TRAININBLANK@GMAIL.COM

JESS HAYDEN
ARTS.JESSHAYDEN@GMAIL.COM

DON HELIN
WWW.DONHELIN.COM

KERMIT HENNING
KGHENNING@AOL.COM

ANDREW DYRLI HERMELING
WWW.ANDEWDYRLIHERMELING.COM

STEVE JULIANA
STEVEJULIANA@YAHOO.COM

M. DIANE MCCORMICK
DMCCORMICK113@AOL.COM

STEPHANIE KALINA-METZGER
STEPHANIEKALINAMETZGER@YAHOO.COM

LORI MYERS
LORI@LORIMMYERS.COM

KERRY ROYER
KLMCGUINNESS@YAHOO.COM

REGGIE SHEFFIELD
TROYLUS@COMCAST.NET

MISSY SMITH
MISSYSSMITH@HOTMAIL.COM

DAN WEBSTER
DAN@LOCALMAG.US

JASON WILSON
JASON.WILSON@EMBARQMAIL.COM

INTERN:

KELSEE BAKER
KELSEEBAKER96@GMAIL.COM

DESIGN:

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

DESIGNER: KRISTEN FAVA
KRISTEN@REXMAKE.COM

ROOM FOR IMPROVEMENT, P. 16 • MARKET MILESTONE, P. 22
A PLACE FOR HEALING, P. 24 • GHOULS, GOURDS & GOOD TIMES, P. 30



RUBICON

Now Open!



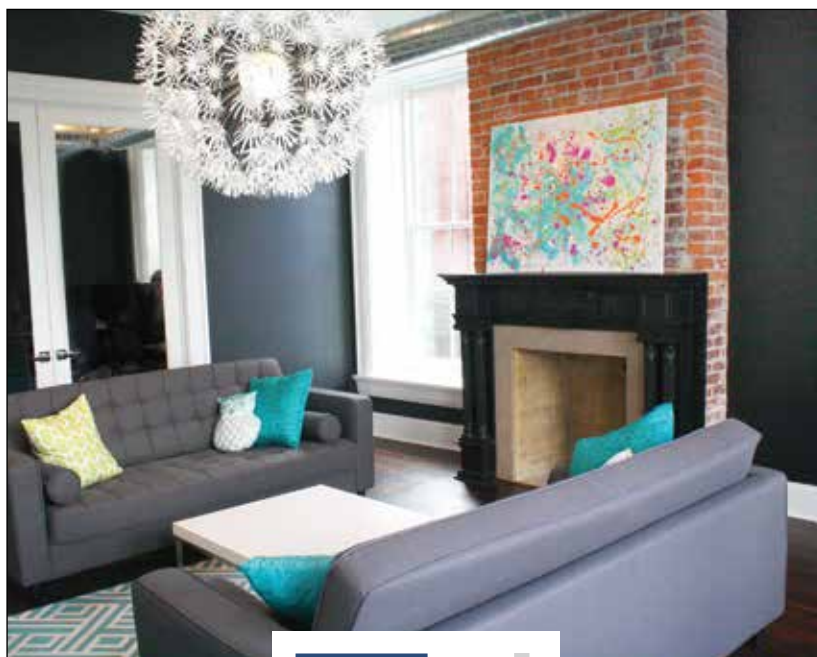
270 NORTH STREET, HARRISBURG | RUBICONHBG.COM

MANGIA
& QUI
Sublime Tastes Bar

LIVE
MUSIC

--
FRIDAY &
SATURDAY
NIGHTS

272 NORTH STREET • HARRISBURG, PA • 717.233.7358
WWW.MANGIAQUI.COM



WCI
PARTNERS, LP

Residential & Commercial Properties

www.wcipartners.com • 717.234.2225



Romantic Autumn Getaways

Along the banks of the picturesque Susquehanna River, City House
is an urban retreat with historic beauty and modern amenities.

Call us to plan your special romantic getaway.

915 North Front St. HBG 717.903.2489 www.CityHouseBB.com



HARRISBURG: LET'S GET TO WORK

*Have a great business idea?
We might help fund it.*

BY J. ALEX HARTZLER

Among the many hidden talents in our capital city is a burgeoning entrepreneurial class.

People of all ages are striking out on their own to build businesses and careers on their own terms, and they are backing up their ideas with hard work. These businesses, both small and large, make up much of the daily fabric of our city and provide the foundation of its creative lifeblood. For a city of such modest size (about 50,000 people), Harrisburg has more than its fair share of risk-takers and entrepreneurs.

Whenever asked, I always say that the hardest part of being an entrepreneur is taking that first step and giving up your day job. My path exemplifies this. I studied hard, completed college and law school, took a job at a leading law firm and, after only five years into my legal career, decided to quit and take a 50 percent pay cut with stock options at a start-up company formed by two immigrants from Morocco.

Not long after taking this entrepreneurial leap, two other partners and I purchased the company from its founders, dramatically grew its revenues and, a few years later, sold it to another company in California. It was, by any measure, a tremendous success. Had we failed, however, it would have been a very difficult and long road back for me to replace the income and considerable perks and prestige that I enjoyed as a lawyer. When I made the decision to leave my stable legal career, the path before me was precarious and uncertain. But, as it turned out, it was the best career decision of my life.

At their heart, entrepreneurs are a peculiar group. Being one of them (and married to another, very talented one), I am familiar with their many quirks, ambitions, unconventional outlooks on life and otherwise wily ways that can sometimes make them a bit foreign to others.

An entrepreneur is a risk-taker. He or she eschews convention in exchange for freedom and control. Whereas some paths are predictable, entrepreneurs revel in the unknown. Whereas some paths extend the status quo, entrepreneurs seek to disrupt it.

Entrepreneurship is a mindset, a constant way of thinking and being. Its practitioners are relentless, resilient and self-assured (some might say a little too much), but the best ones also listen and consider carefully the advice of a group they trust most (my “personal board,” as I call it), even if they sometimes ignore it.

Entrepreneurs are bold, yes, but also humble in the deepest sense, and from that humility springs an indefatigable drive to stay focused “like a dog on a bone”—never letting go. They always seek to get to “yes.” “No” is just another step on the path to getting there.

In a word, entrepreneurs are different. Culturally, we like to celebrate (and also sometimes malign) the feats of the individual entrepreneur. Names like Jobs, Gates, Ellison and Musk are associated with incredible accomplishment and success, just like the names of Ford, Rockefeller, Carnegie and Vanderbilt before them. It is true that entrepreneurs succeed (and often fail) individually like no other, due in large part to the traits described above. But it is equally true that success in entrepreneurship always contains a healthy dose of assistance from others who believed in them as much as they believed in themselves.

In that vein, just last year, Adam Porter and Adam Brackbill began an effort to formalize and promote entrepreneurship in the city. From their modest offices on N. 3rd Street in Harrisburg, they provide office and creative space for those who wish to dream and create. St@rtup is a terrific new venture, and they and many others (not the least of whom is Lori Fortini at WCI Partners—an employee of the company I co-own, but also a true entrepreneur in her own right) have inspired me to expand my investments in the next generation of dreamers and doers.

Therefore, with some pride and excitement, I am pleased to announce to you, our readers, that I, along with several established business leaders, want to encourage and financially support other Harrisburg entrepreneurs. In short, we want to invest in your business.

Here are the criteria:

- *Own and operate a business that is either Harrisburg based or supports Harrisburg residents. We prefer that you live in the city, but having your business here is a great start.*
- *Have invested your own money already. If you aren't “all in,” you aren't really trying. Most investors want to see “skin in the game.” We certainly do.*
- *Fill a niche. Another restaurant or coffee shop will have to be truly exceptional to be considered, as we already have great offerings in those areas.*
- *Get started. A mere business plan, without some preliminary action to get rolling, is very difficult to evaluate, let alone invest in. Showing initiative to get at least part of the idea into practice is important and exemplary.*
- *Expect that initial investments will be modest—maybe \$5,000 or \$10,000. Follow-on investments are possible. But six-figure proposals will not be funded (at least not by us alone).*
- *Make sure you plan to be profitable and convincingly show how. This is not charity; it's business.*
- *Apply. Send your idea, business plan and profile to Lori.fortini@wcipartners.com and to abrackbill@startuphbg.com.*

TheBurg has always reported on entrepreneurs and businesses that we find interesting. Through this program, I hope to complement TheBurg's coverage of local success stories by helping to get new ones off the ground.

The United States is still the land of opportunity. Let's get busy, Harrisburg. **B**

J. Alex Hartzler is publisher of TheBurg.

HALL MANOR POOL FIXED

Repairs were completed last month on the public pool at the Hall Manor public housing complex in south Harrisburg, about a week after the pool season ended.

The city closed the pool several years ago after leaks and other problems were discovered in its piping infrastructure. Boyer Swimming Pools completed the \$30,000 project, which included patching the shell at the base of the pool and repaving parts of the deck.

This past season, Boyer also made repairs to the city's other public pool, behind the Jackson Lick public housing apartment towers in Midtown. If all goes as planned, 2015 will be the first in several years that both pools will be open at the same time.

CITY LIVING ENCOURAGED

Two new programs were launched last month to encourage homeownership in Harrisburg for people who work in the city.

PinnacleHealth announced "Home in Harrisburg," which will provide up to \$5,000 in financial assistance to encourage its employees to purchase homes in the city.

In addition, the Papenfuse administration presented its "Walk to Work" initiative, offering \$2,000 to its employees to help with a down payment or with closing costs for home purchases. Under the program, the Pennsylvania Housing Finance Agency will provide up to an additional \$8,000 in 10-year, no-interest loans to city workers.

The programs are limited to workers who don't already own houses in Harrisburg. Mayor Eric Papenfuse said he hopes other businesses will offer their employees help to buy homes in the city.

TOP STAFFER RESIGNS

Harrisburg's director of Arts, Culture and Tourism resigned last month, citing "irreconcilable differences" with other top officials in the Papenfuse administration.

Lenwood Sloan became the first of Papenfuse's cabinet officers to leave, having served only about eight months.

In an email to leaders in the city's arts community, he explained that he had continual differences with city spokeswoman Joyce Davis and with Economic Development Director Jackie Parker.

"In order to not cause the mayor conflict in his senior staff, I stepped down," he wrote.

TREASURER CANDIDATES CONSIDERED

Harrisburg last month received 11 applications for city treasurer, a post open following the resignation of former Treasurer John Campbell.

At press time, City Council had not yet selected a new treasurer, who will serve the remainder of Campbell's term, which expires at the end of next year.

Campbell resigned from the part-time, \$20,000-a-year job following his arrest on charges that he stole around \$8,500 from a charitable program unrelated to city government.

Campbell, who subsequently was charged with the additional theft of around \$2,700 from a local political action committee, is awaiting a preliminary hearing.

Paul Wambach, who retired in 2012 after serving as Harrisburg's treasurer for 20 years, volunteered to fill the role in an interim capacity until a new treasurer could be selected.

NO FINANCIAL MISSTEPS FOUND

A preliminary review of the Harrisburg treasurer's accounts revealed no unusual activity in the wake of the arrest of former city Treasurer John Campbell.

The city controller's office stated that it found no financial anomalies following an examination of the treasurer's books. The city requires the signatures of both the treasurer and the city controller on checks, reducing the possibility of misappropriation.

In addition, Campbell had no access to a credit card or debit card in his role as treasurer, according to a review by Maher Duessel, a city auditor examining the operations of the treasurer's office. The city controller and Maher Duessel are continuing their probe by asking the treasurer's office, which operates independently of the administration, to fill out a questionnaire to better understand the office's operations and controls.

Mayor Eric Papenfuse ordered a review of the treasurer's office after Campbell was charged with theft from two private groups where he also served as treasurer. In those cases, Campbell allegedly wrote checks to himself from the accounts of the organizations.

The elected office of treasurer is a part-time position, and Campbell held outside, full-time employment. Deputy Treasurer Celia Spicher runs the office on a daily basis.

STATE TO RENT IN VERIZON CENTER

The state Department of General Services signed off last month on a 17-year lease of office space in downtown Harrisburg, in a deal that is expected to relieve the city of most of the \$41.6 million in debt obligations associated with the facility, according to state officials.

The office space, in the so-called Verizon Tower in Strawberry Square, threatened to become vacant upon the expiration of the telecom company's lease in early 2016, leaving the city on the hook for payments on the bonds issued to acquire the building.

The new lease, between DGS and the Harristown Development Corp., the developer of Strawberry Square, is for a base amount of \$65 million over the 17-year term, said Troy Thompson, a DGS spokesman.

That amount will rent office space for close to 900 workers to be relocated from what is known as the DGS Annex, an office complex occupying the grounds of the former state hospital above Cameron Street, Thompson said.

Harrisburg is exposed to the office building's debt because of how its acquisition was financed. In 1998, the Harrisburg Redevelopment Authority issued \$23.6 million in revenue bonds to fund the purchase from the city of land and facilities in Strawberry Square.

Of these, \$6.9 million, the Series A bonds of 1998, were to be repaid solely with rents paid for office space in the building. But the city also guaranteed the debt, so that if rents were insufficient to cover debt service, the city would be obligated to make up the difference.

2013 AUDIT ALMOST DONE

Harrisburg expects to have its 2013 financial audit completed at the end of November, the city said last month.

The audit was delayed about five months due to several factors, including the complex transactions late last year involving the sale of the incinerator and the long-term lease of parking assets as part of the city's financial recovery plan.

In addition, the Thompson administration and City Council did not provide funds for audit preparation. The current administration then needed to free up about \$45,000 for that work, which was done by the accounting firm of Trout Ebersole & Groff.

Harrisburg Mayor Eric Papenfuse has said he expects future audits to be completed on time. Under former Mayor Linda Thompson, audits consistently fell far behind schedule and were completed years late.

CITY NONPROFIT NEARLY SET

The Papenfuse administration expects a nonprofit organization designed to fund infrastructure improvements and economic development initiatives in Harrisburg to be finalized by year-end, according to a city official.

The state Department of Community and Economic Development is putting the finishing touches on how the non-profit will be organized and run, said city Solicitor Neil Grover. The Commonwealth Court then must approve the plan.

The nonprofit was proposed by former state Receiver William Lynch as part of his financial recovery plan for the city.

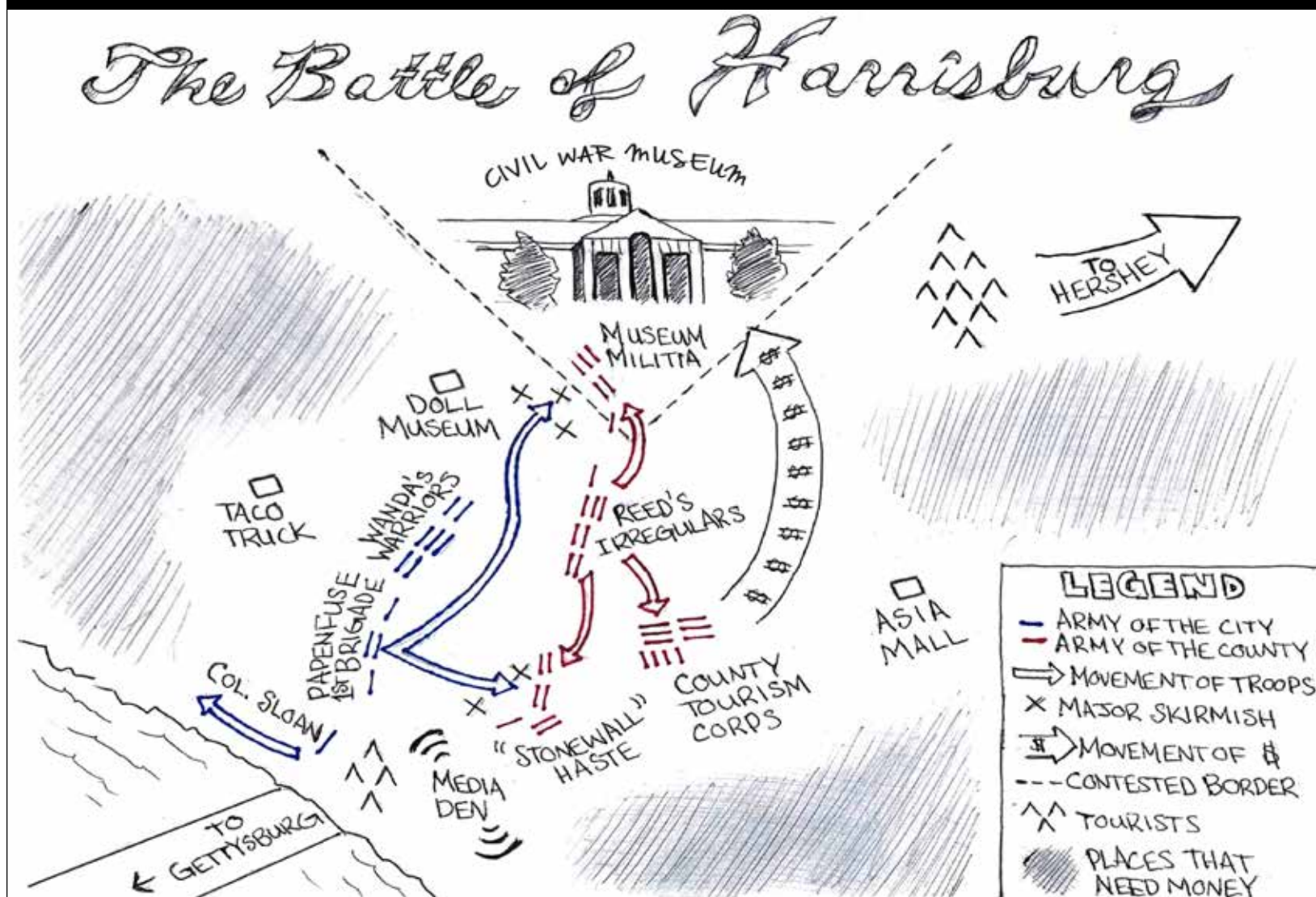


CHANGING HANDS: SPONSORED BY WENDELL HOOVER

- Benton St., 631: PA Deals LLC to D. Clark, \$99,000
- Boas St., 252: J. Ronca to W. & M. Durborow, \$181,500
- Cumberland St., 113: P. Viguers to J. Townsend, \$185,000
- Fulton St., 1726: Secretary of Housing & Urban Development & Michaelson, Conner & Boul to PA Deals LLC, \$57,000
- Green St., 805: M. Billo to J. Cowden & K. Edwards, \$125,000
- Green St., 1309: R. Williams III to Leasing Solutions LLC, \$38,000
- Green St., 2023: E. Brown & M. Harden to J. & S. Douglas, \$89,900
- Greenwood St., 2116: C. Boyer to Crist Holdings LLC, \$40,000
- Kelker St., 321: US Bank National Association Trustee to T. Holsopple & E. Sholly, \$107,500
- Muench St., 232: Green Street Properties to WCI Partners LP, \$102,500
- North St., 258: S. McLaughlin to M. & A. Krupp, \$148,000
- N. 2nd St., 1202, 1204 & 1206: Menu Development Associates LLC to Harrisburg Second Street Apartments LLC & K. Patel, \$300,000
- N. 2nd St., 1333: B. Davis to C. Leavitt, \$92,500
- N. 4th St., Lot 74: S. Uknuis to PI Capitol LLC, \$68,401
- N. 4th St., 1630: Fulton Bank NA to PA Deals LLC, \$41,600
- N. 4th St., 3302: J. Pritula & B. Smith to S. Spade, \$40,000
- N. 5th St., 1536: PA Deals LLC to A. Plowman, \$85,000
- N. 5th St., 1829: Ellis Enterprise LLC & K. Ellis to Home for the Friendless Homeland Center, \$43,000
- N. 5th St., 1831: Ellis Enterprise LLC & K. Ellis to Home for the Friendless Homeland Center, \$45,000
- N. 7th St., 2630: B. Mehring to R. Handy, \$31,000
- N. Cameron St., 1901 & 1903; 1845, 1847, 1851, 1855, 1859, 1861, 1865 & 1867 N. 12th St.; 1117, 1119, 1121 & 1123 Muench St.; 1837 George St.: Earthgrains Baking Co. Inc. & Ryan LLC to Math Inc., \$425,000
- Parkway Rd., 1717: W. & M. White to C. Butler, \$90,000
- Penn St., 1726: M. Straley to A. Hovne, \$130,000
- Pennwood St., 3203: Deutsche Bank National Trust Company Trustee to PA Deals LLC, \$46,500
- Pine St., 116: Pine Street LLC to Metro Bank, \$1.7 million
- Race St., 540: C. Magaro to Los Tres Cubanos, Inc., \$65,000
- Rudy Rd., 2133: R. & L. Brackbill to C. Duffield & K. Bertin, \$122,900
- Rudy Rd., 2405: J. & M. Caufield to N. & L. Skulstad, \$135,000
- Rudy Rd., 2474: T. Springer to C. Tran, \$71,500
- Rumson Dr., 365: J. Clea to L. Sinclair, \$74,400
- Sayford St., 120 & 122: G. & E. Neff to K. MacNett, \$112,500
- Showers St., 591: J. Silver to K. Lavallee, \$100,000
- S. 2nd St., 23: CSMC 2007-1 South Lodging Limited Partnership & Ryan LLC to 23 S. 2nd Street LLC, \$6 million
- S. 26th St., 612: C. & J. Abbas to R. Brown, \$110,000
- S. 27th St., 709: Pennsylvania State Employees Credit Union to D. Leaman, \$30,000
- Swatara St., 1520: Tri County HDC Ltd. to T. Rivera, \$64,900
- Swatara St., 2140: JDJ Investments LLC to G. & J. Trump, \$33,250

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

chuckleBURG



By Binda/Barker. Illustration by Nick Sider.

PROMISES MADE, PROMISES BROKEN

Harrisburg thought it was getting a shiny new courthouse; instead, it has a massive empty field.

BY LAWRENCE BINDA

There's a quaint old concept in the legal code called "breach of promise."

In the old days, when a man proposed to a woman, then backed out, he could be sued for renegeing on the engagement. Some states, in fact, still have breach of promise laws on their books.

I now call out the federal government for breach of promise.

In April 2010, when the government decided to locate a new federal courthouse in Midtown, it made a vow to the city of Harrisburg. And, when it began buying up land, forcing people out of their homes, razing structures, and emptying a five-acre site in the heart of the city, it crossed a threshold.

It was committed, engaged, beyond the point of return. It no longer could go back.

Yet, it seems to be doing exactly that.

LITTLE CONCERNED

The federal government selected the L-shaped parcel bordered by N. 6th, N. 7th, Reily, Harris and Boyd streets after an exhaustive, years-long search that considered numerous other sites throughout the city.

Construction was to start in 2013 on the 265,000-square-foot building. However, Congress

approved only \$26.7 million for site acquisition and preparation. It never appropriated funds to actually build the thing, which is why there's now a vast, grassy field where a courthouse should be taking shape.

In our August issue, we reported that Congress has delayed funding for courthouse construction until some hazy time in the future following a review by the federal judiciary (completion expected October 2015), development of a long-range facility plan (another 18 to 24 months) and a long queue for funds (Harrisburg currently stands seventh in line for new courthouse funding).

The entire process easily could take another five years just for construction to begin. That is, if it starts at all.

The federal judiciary and the General Services Administration (GSA) committed themselves to the courthouse even though the city met just one of its two principal criteria for new construction—security—as opposed to both security and a need for two more courtrooms (Harrisburg only needs one). This flaw could impact whether, after its review is complete, the feds decide to proceed with the project at all.

Meanwhile, Harrisburg's two congressmen seemed little concerned about the courthouse-shaped problem that the government has created in the middle of the city they represent.

In a statement, U.S. Rep. Lou Barletta told TheBurg that it "remains to be seen if the Harrisburg project will still be on the list" of priority construction projects. Our other congressman (yes, tiny Harrisburg has two), U.S. Rep. Scott Perry, told us the following:

"I believe that ensuring the proper administration of justice for our citizens is a core function of government. Yet, with our nation facing a \$17 trillion debt, Congress has a duty to ensure that taxpayer money is used efficiently."

I agree with our congressmen that the federal government should not be building courthouses recklessly. However, the fiscal probity argument is laughably thin.

This year, the federal budget amounts to \$3.7 trillion, meaning that the project's \$110 million cost will have almost no impact on the country's finances. In fact, assuming the feds still plan to build the thing, the studies, analyses and delays will only end up increasing the project's cost, to the nation's long-term fiscal detriment.

While the courthouse has little effect on the federal budget, it has a huge impact on the people of Harrisburg. The federal government is now complicit in two of Harrisburg's greatest problems—under-development and blight.

It's ironic. Harrisburg residents expected the courthouse to spur development in that under-used section of Midtown. Instead, it's doing the opposite, retarding development, adding to the neglect and desolation of the area. And our congressmen seem to be dismissive of the problem.

CAUGHT IN THE MIDDLE

As Congress petulantly sits on its hands, the city is trying to find "temporary" uses for the expansive area, such as for a dog park or recreation space. However, that's small comfort to a neighborhood that was promised hundreds of construction and professional jobs.

Instead of seeing highly paid professionals entering and exiting the building, frequenting restaurants and shops, Midtown residents are more likely to see the backsides of dog owners as they bend over with plastic baggies draped over their hands. And that's a best-case scenario. Worst case: the dark, poorly secured field becomes another place in the city for illicit and dangerous activities.

After the 9-11 terrorist attacks, the federal government started a discussion with the city over a new, secure courthouse to replace the aged, exposed one downtown. It was not a question of if, but where.

Finally, a site was selected, but that site—and Harrisburg itself—now has become caught in the middle of a quarrel between Congress, GSA and the federal judiciary.

Honestly, I could care less about this battle of wills or the claims of fiscal prudence by some members of Congress. To me, the issue comes down to this.

The federal government told Harrisburg it needed a new, secure courthouse. It initiated and drove a lengthy selection process. It chose a site. It bought land. It cleared the land. It is the caretaker of that land and, thus, is responsible for what happens there. It now must live up to that responsibility. **B**

Lawrence Binda is editor-in-chief of TheBurg.





Central Pennsylvania Symphony
25th
 season
 2014-15
25th Anniversary Season

November 2, 2014 • 3 pm
Eaken Plays Beethoven
 The Forum ~ Harrisburg, PA



The CPSO is pleased to present popular local artist John Eaken, performing the Beethoven Violin Concerto to open our 25th season.

Music: *Concerto in D Major for Violin* – Beethoven
Gypsy Baron Overture – Strauss
Slavonic Dances – Dvorak
Finale from "The Firebird" – Stravinsky

How to Purchase Tickets
 Online: www.centralpasymphony.org | By Phone: 717-769-2602
 Tickets will be available at the box office one hour prior to series concerts.

DR. RONALD E. SCHAFER
 Music Director & Conductor



Char's
 TRACY MANSION

\$25 Select Bottles of Wine Mondays

Prix Fixe Menu — 3 Courses \$38
Thursdays and Sundays

1829 N Front Street
 717-213-4002 www.charsrestaurant.com



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Don't settle for less than the full package

At the East Shore Y you don't have to settle for less because you pay less. With OPEN DOORS

You can enjoy everything the East Shore Y has to offer for as little as \$27.99/month*

- SWIMMING POOL
- Weight Room
- Squash, racquetball and handball courts
- WELLNESS CENTER with a panoramic view of the Susquehanna River
- **FREE** towel service
- Over 70 **FREE** CLASSES every week
- **FREE** Y-Fit sessions with a personal trainer

*OPEN DOORS is an income-based membership category at the East Shore Branch YMCA. Individuals with incomes less than \$31,000 and families with incomes of less than \$50,000 are eligible.

EAST SHORE BRANCH YMCA | 701 N Front St Harrisburg PA | p-717.232.9622 | w-ymcagharrisburg.org



FREE 2-DAY PASS

Name _____
 Address _____
 Date _____

Good for 2 consecutive days at the East Shore Branch
 No cash value, ID required One pass per person. Ages 18 and under must be accompanied by parent/guardian

CROSSING THE GREAT DIVIDE

East Shore boys, West Shore girls.

BY TARA LEO AUCHEY

I grew up on the West Shore. That's where I lived all of my life until eight years ago, when my husband and I bought a house in the city. Then we became East Shore people.

Even to this day, though, we think nothing of making the crossing. I'd grown up travelling over the river to visit family, go shopping, work and play.

Since I grew up around here, I know my willingness to make the trip back and forth is not one that everyone shares.

A lot of people on the East Shore scoff at going to the West Shore, and many on the West feel the same about heading to the East. To the opposing view, the other place is alien and confusing except for maybe a few key destinations like Wegman's or Hersheypark.

To point out that it's less than a mile from shore to shore is enough to invite scorn. People feel discomfort, distaste and dislike at the mere thought of making the passage. So, unless they have to, they never do.

It's called the East Shore, West Shore divide.

This is a phenomenon that initially confounds people who are not from around here. For one, they have no inherent understanding of it. Secondly, from the outside looking in, the short distance over the river is really an insignificant interference.

No matter, though. Transplants to this region quickly learn that East Shore, West Shore is a very real thing.

Quite literally, the East Shore is made up of the municipalities located along the east bank of the Susquehanna River, and the West Shore is the boroughs and townships situated along the west.

Sometimes, it's misunderstood that East Shore means Dauphin County and West Shore means Cumberland County. Yes, technically those territories are correct. But the "East Shore, West Shore thing" isn't that widespread throughout the counties.

People in the northern tier of Dauphin County and those in Shippensburg (the first settlement in Cumberland County) probably don't think of themselves as East Shore, West Shore in the same way as people from Derry Township and Hampden Township do.

The farther away you get from the river, the less apt you are to hear the term.

East Shore, West Shore. So what does it mean?

Well, if you're born and raised in the area like me, you're expected to innately know what the division means. However, when asked to define the great divide, most people are hard-pressed to articulate the distinctions between the two shores.

If you do press them, though, you may get mumbled responses about the different airs of "those people"

over there. There are distinct impressions that one side is better than the other and that the people who live "on that side" are better or less than, too.

The West Shore tends to have a stigma for elitism and conventionalism, newer homes, box stores and chain restaurants built on diminishing farmland. The East Shore is thought to be stagnant and outdated, a network of curved highways and stale malls.

The East Shore has the added dynamic of including the City of Harrisburg.

Regardless of the benefits the city indisputably contains, its recent fiscal woes, continued dramatized politics, and dilapidating infrastructure have tainted the East Shore's reputation.

The gap of river and county allows the West Shore to act distant from the region's urban core, and, in several aspects, even pull away from it.

Of course, that has exacerbated the East Shore, West Shore divide.

When I ask my grandparents about the "East Shore, West Shore thing," they tell me it's how it's always been, although not as antagonistic as it came to be today.

They both grew up in the region. They bought their first house on Greenwood Street in Allison Hill in 1953. They lived there with their four children before moving to Susquehanna Township in 1966 in a house they still live in.

They've seen a lot of Harrisburg in their time. They've seen the city's evolution over 70 years. They've seen the area expand and the region grow.

They talk about living in the city so long ago. They talk about the neighborhoods, businesses and people who used to be here. They talk about the development of the suburbs.

They also talk about racial tensions, Hurricane Agnes devastation and the blight of a neglected city.

They say it has all exacerbated the East Shore, West Shore divide.

"The East Shore, West Shore thing has a lot to do with the city more than anything else," my grandfather says.

He may be right about the divide that exists today.

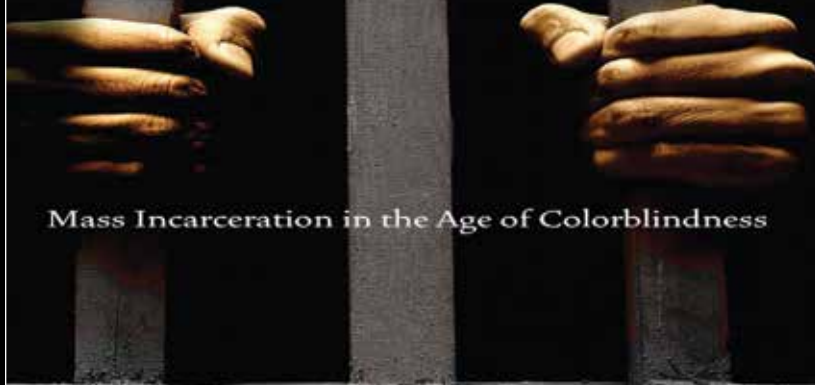
But, at one time, more people thought nothing of travelling east to west and west to east, coming and going through the city. The relationship of the sides of the river was one of fluid reciprocity.

If it was like that once, it can happen again.

In fact, it seems the reconstruction of Harrisburg could help make that occur. If we focused positively on the city again, we'd probably see a good bit of the "East Shore, West Shore thing" disappear. **B**

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

OCTOBER'S PICK OF THE MONTH
The New Jim Crow



Mass Incarceration in the Age of Colorblindness

MICHELLE ALEXANDER



Used, Rare & New Books
 Counter Culture Coffee | Organic Teas
 Open Daily

1302 N 3rd St. Harrisburg, PA 17102
 717.236.1680

MidtownScholar.com

Enrolling now for 2014-2015 school year!



The Learning Never Stops



The Pennsylvania Cyber Charter School

PA Cyber is a tuition-free public school offering students in grades K-12 an innovative, high-quality education using the latest technology, accredited courses, and experienced, state-certified teachers.

479 Port View Drive,
 Building C-38,
 Harrisburg, PA 17111

www.pacyber.org
 888.722.9237



AFFORDABLE ELEGANCE
 — FOR THE HOME —

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

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



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



*Come Share
 the Energy !*

EXPERIENCE
Gentle Touch - Deep Healing

Uniquely
 Offering

REIKI-Facial
 REIKI Massage
 REIKI & Reflexology



Reiki Space
 & LEARNING PLACE
 SESSIONS - CLASSES
 WORKSHOPS - EVENTS

717.599.2299
ReikiByRickie.com



Sturbridge Business Park
 2793 Old Post Road, Suite 10
 Harrisburg, PA 17110



ROOM FOR IMPROVEMENT

A story in TheBurg inspired a Harrisburg couple to try to save the historic Jackson Rooming House. Will their efforts be too late?

BY PAUL BARKER

“Why are you hesitating?”

Lessa Helm said. She was speaking to her husband, Kerry, who had just pulled back the thin plywood panel that stood between the intermittent traffic of N. 6th Street and the historic, crumbling Jackson Rooming House, which they had bought the previous Friday for one dollar.

Lessa, who has neck-length wavy gray hair and a tanned face, wore jeans and a Chincoteague Island sweatshirt. She kept one eye on a granddaughter who roamed the vacant lot next door, intent on ditching her flip-flops in the tall weeds. Kerry, on lunch break from the Department of Education, where he works on the state English language and literature assessments, wore a red, button-down shirt with rolled-up sleeves and sunglasses perched on his brushed-back golden hair.

Why *was* Kerry hesitating? This wasn't the Helms' first experience of a rundown old building. Their current home, on the 1700-block of N. 3rd Street, had been gutted when they bought it back in 2009. They'd since converted it to 3rd Street Studio, an art gallery with inviting window dressing, erratic hours and an apartment on the second floor. Before they renovated their first home, in Virginia, it had been shuttered for 13 years. “We generally like older places,” Kerry says—places where you could “leave your mark.” When Kerry decided the old home needed a hallway, he picked up a sledgehammer and, presto, a hallway there was.

Plus, as far as the Jackson house was concerned, the Helms had already waited plenty. The building, a four-story brick structure with a distinctive corner cupola and an elegantly curved roof, has been catching Kerry's eye for years. “It looks like a haunted house,” he said. “It's just cool.”

The Jackson Rooming House is named for its former owner, German Jackson, who was once a bellhop at the Penn Harris Hotel and who remains a local legend. His house offered room and board to prominent blacks in the era of segregation; the adjoining Jackson House burger joint also bears his name. In 2012, the Historic Harrisburg Association placed two properties on the block on its list of “preservation priorities.” One was the so-called “Swallow Mansion” on the corner, once the parsonage of the abolitionist preacher Silas Comfort Swallow and, later, the black-owned Curtis Funeral Home. The Jackson Rooming House was the other.

The rooming house and the restaurant building were attached as one parcel. In his will, Jackson referred to the latter as “my store room.” Last spring, the owner of the restaurant, Dave Kegriss, who inherited the property from Jackson, announced he was looking for someone to take the rooming house off his hands. “If someone wants it, they can come and get it,” Kegriss said, for a story in this magazine. Not long afterward, Kerry Helm got in touch with Kegriss. “He thought it was a great building and wanted to see somebody restore it,” Kerry recalled.

As it turned out, getting hold of the property would involve more than a simple sale. Splitting the parcel required action from the planning bureau, the county and city planning commissions, as well as City Council. The process was further complicated by delays, such that the Helms ultimately didn't close on the property until Sept. 12, more than a year after they read about its precarious fate in TheBurg.

A few days later, on a sunny, windy morning, Kerry stood in the foyer of his newly purchased rooming house, peering into the dark interior. Lessa, coming up beside him, at last saw why her husband was stalling. “Oh my gosh,” she said.

Inside was what remained of the Jackson Rooming House—two stories' worth of split timber and plaster, lying in a heap in the middle of the floor. A couple of antiquated light fixtures hung innocently from the ceiling. Above, a beam of light shone through an empty window frame, illuminating an old chest that was stranded, tantalizingly, on a few shards of floorboard. Along the right-hand wall, a dark wooden staircase climbed up from the foyer's tile floor, strewn with debris. It looked like a giant wrecking ball had been dropped from the third story. “It was better than this when we started the process,” Kerry said equably. But Lessa was less forgiving.

“You know what?” she said. “It is all because the city took so long.”



Over the summer of 2013, the Helms started procuring the documents they would need to formally subdivide the Jackson properties. From Melham Associates, an engineering firm on N. Front Street, Kerry obtained a site survey, which he submitted to the planning bureau on Nov. 7. At the time, all three floors in the house were intact, but with winter approaching, Kerry sought to move quickly. “I hope to be able to cover the roof before any heavy snow or ice occur,” he wrote the city planner, Geoffrey Knight, in an email, “since much damage has already been done over the years and it is causing significant issues inside the building.”

When Knight started working for the city, in December 2012, he was the only person in a bureau that once employed five people. The city has recently hired a second planner, but, at the time of the Helms’ application, his office was overwhelmed. “It was an issue of, we’ve got a million things going on in the planning bureau at any one time,” he said.

Kerry didn’t hear back for several months. Finally, in March, he reached Knight, who said he hadn’t yet looked at the drawings. On March 20, Kerry sent an email to the mayor, Eric Papenfuse. “I am not writing to complain,” he began. Recent activity around vacant buildings and blight—in February, Papenfuse had defended the arrest of a local preacher whose abandoned church had collapsed in south Harrisburg—had caught his attention. He worried about the damage caused by the long winter and was eager to expedite the process. “It could be that if it continues to sit vacant for much longer it will become virtually impossible to restore,” he wrote.

Three days later, Knight emailed him to apologize for the delay. He appended a description of the “process for filing a Subdivision Plan.” It entailed submitting a short application along with 15 copies of the site plans. “I wish we could have gotten the application sooner,” Kerry wrote back. Unable to gather the documents for the planning commission’s April hearing, he set his sights on May.

At the May hearing, on a Wednesday evening, Knight presented his bureau’s report on the application. It included a lengthy description of the building, identifying its architectural style as “Second Empire” and singling out such elements as the roof cupola, an entryway transom and an ornate brick chimney. Helm asked for a copy of the report, which he found “very detailed.” “You did a great job Wednesday,” he told Knight in a subsequent email.

Knight’s report recommended approval of the subdivision plan, noting the historic nature of the house and the Helms’ intent to rehabilitate it. In the meantime, though, the house had deteriorated. On May 11, Mother’s Day, Kerry entered it for the first time since the previous October to discover the third floor had partially collapsed. Where he had once been able to access the roof through a third-story window, the floor beneath it was now gone and the second floor landing was blocked by debris.

There was also another administrative kerfuffle to come. As part of the subdivision process, the planning bureau required four 2-by-3-foot copies of the drawings for final signatures, which Kerry delivered—only to learn in July that the city had

lost them. “They were distributed to several Bureaus to help with the review of the application,” Knight wrote Kerry. “[U]nfortunately, I have not been able to locate them.”

“That’s when I freaked out and called the mayor’s office,” Kerry said. Two days later, Knight wrote again, saying he’d found three of the copies and the signatures could proceed. (Knight attributed the misplacement of the plans to a lack of “secretarial support,” along with the volume of paperwork that enters his office. There were “only so many horizontal spaces in the bureau,” he told me.)

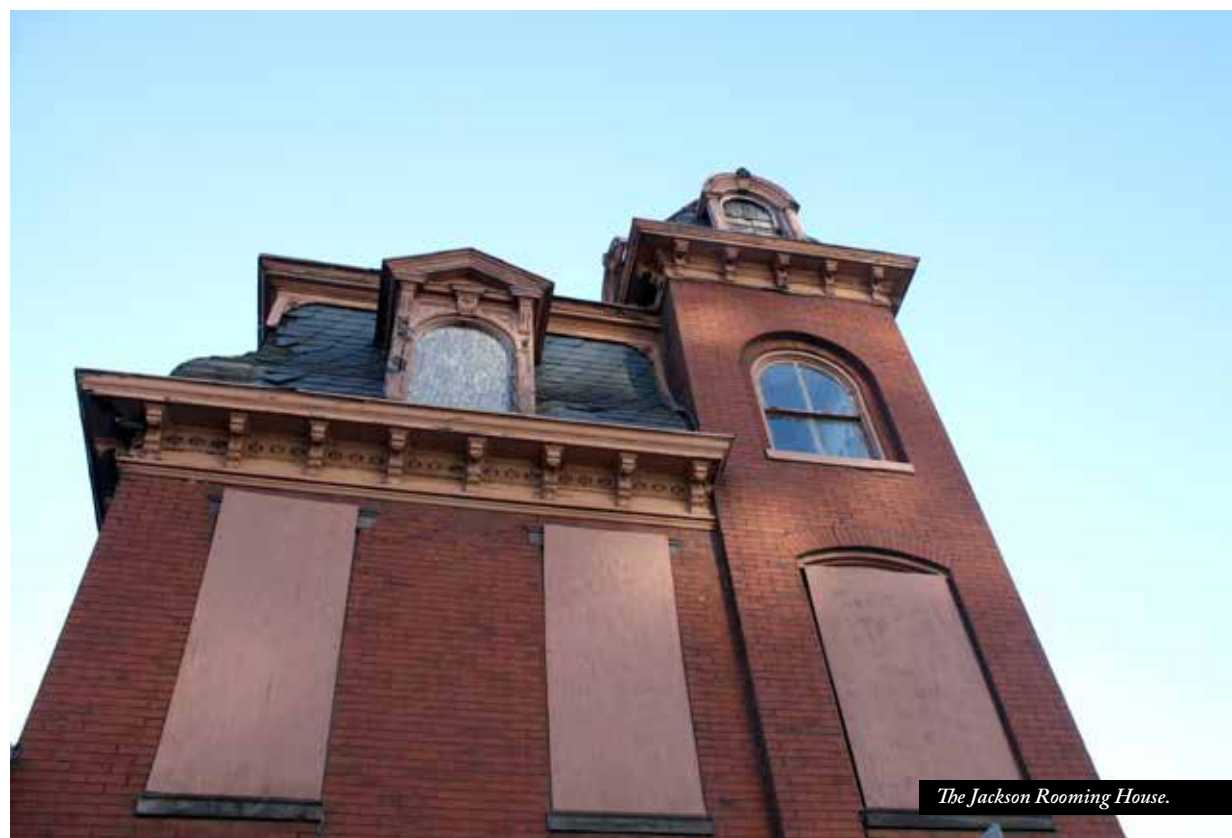
A month and a half later, Kerry stood outside his new property, a thick carpet of ivy shimmering on its north-facing wall. “I’ve got nothing against Geoff,” he reflected. An employee of the state, he is no stranger to bureaucratic delays. In any case, all the red tape may have saved his life; if the floors were going to come down, at least they did it when no one was around.

“I think it’s an awesome project,” Knight told me, adding that it helped to signal an “improving market” in Fox Ridge, the neighborhood behind the properties. Looking over the building, the Helms had a quieter assessment. “It’s got history,” Kerry said. “It looks the way it looks.” Considering the extent of the damage, he worried they might wind up having to knock it down. But he still hoped to follow through on their original plan—restoring it into a home they could live in.

If that didn’t work, at least they’d made one mark on its future, by getting it onto a separate deed. “We don’t really own anything,” Kerry mused. “We have it while we’re here, and then we move on.” **B**



Kerry & Lessa Helm with their granddaughter, Claire.



The Jackson Rooming House.

A CITY MADE WHOLE

The Front Street redesign may be the start of something much greater.

BY LAWRENCE BINDA

Last month, Harrisburg made an announcement that took many people by surprise. Next year, said the Papenfuse administration, Front Street will go from three lanes to two lanes, plus a bicycle lane.

The Front Street project long had been on the 2015 schedule for PennDOT, which periodically repaves the state road. But the redesign, which stretches from Division to Herr streets—that was something different.

“We think this is a terrific step that will make Harrisburg a more pedestrian- and bicycle-friendly place to live,” said Mayor Eric Papenfuse, who had pressed the state to expand the project beyond just a repaving job.

“Step” might be the right word. If the city has its way, the Front Street project will be the first of a multi-year effort that could fundamentally change the way cars and pedestrians get around Harrisburg—and could change the nature of the city itself.

A CITY SHREDDED

The way that people and cars relate to and interact with the city of Harrisburg was once much different.

For the most part, Harrisburg was built with a 19th-century urban design, which emphasized collections of neighborhoods. Street architecture complemented that design, allowing people to live, shop, go to school and work within high-density, walkable neighborhoods that, when stitched together, made up the fabric of the city.

This integrated structure was shredded after World War II. With the fall of heavy industry, people began migrating out. Government on every level deepened the urban decline, funding massive highway and bridge programs that allowed people to quickly leave their city jobs for cheap land and new houses in the suburbs.

Though it may seem strange today, Harrisburg was complicit in its own demise. City officials went right along with the program as federal and state governments pushed road projects that plowed

through stable, long-established neighborhoods.

In 1956—just months after its plan was unveiled—the city converted Front Street from a slow-moving, two-lane, two-way local road to a noisy, three-lane urban highway. Its northbound counterpart—wide, tree-lined N. 2nd Street—simultaneously suffered a similar fate. Both roads intersected with Forster Street, which, just a couple of years earlier, had gone from a sleepy, leafy neighborhood road to a six-lane asphalt canyon that cut off Midtown from downtown.

The fate of Harrisburg was sealed. Who wanted to live in a city that had become a collection of deafening traffic islands, circled daily by streams of speeding commuters?

LARGER POINT

On the day that the Front Street news broke, Papenfuse sat in a large chair in his office in city hall, facing a couple of TV news cameras, his eyes darting among several reporters gathered before his desk.

He first expressed sympathy at the passing of former police Capt. Elijah Massey, who had died the day before. He then segued into the day’s good news—the reconstruction, beginning early next year, of Front Street.

He said he was unhappy with the first news reports, which he felt focused too much on the addition of the bike lane, missing the larger point. So, then what was that?

Though he didn’t put it in exactly these terms, he wanted reporters to understand that he hoped to undo the damage of Harrisburg’s past—the 1950s past—at least as much as he could.

Like a general plotting his way to victory, he said the first battle had been won.

For a two-mile stretch in Uptown and Midtown, Front Street would go from three lanes to two. Harrisburg would get its first dedicated bicycle lane on the park side of the street. New curbs, a shoulder on the other side and pedestrian crosswalks would slow down traffic, improve safety and re-integrate the street with the city.

In short, after 60 years, he wanted to yank Front Street from the people who didn’t live in Harrisburg and return it to the people who did.

He then set out his next goals. The city, he said, planned to use state funds to improve ugly, imposing Forster Street, making it less dangerous to pedestrians and facilitating vehicle access to N. 7th Street, which already has been widened to encourage northbound commuters.

That done, N. 2nd Street needed to be reintegrated into the city, returned to the people as a welcoming neighborhood road. The state, he said, had begun to examine redesigning N. 2nd, between Forster and Division streets, transforming it back to two-way, with a northbound bike lane, a study confirmed by PennDOT spokesman Greg Penny.

Finally, about three years out, the state will help bring back to life the abandoned, CAT-owned Cumberland Valley Railroad Bridge as a pedestrian and bike crossing that would connect the area around Harrisburg Hospital to the West Shore. Funding is already available for that project, Papenfuse said.

Penny also confirmed this, adding that he expected a portion of the bridge to be used by CAT as a dedicated transit route. That project should go out for bid in late 2016, he said.

Since the Front Street announcement, reaction has fallen along predictable lines. Suburban commuters seem to hate the idea, believing it might inconvenience them, while those who live and, especially, bike in the city seem to like it.

“I’m pretty excited by this,” said Front Street resident Ashley Merris, who hopes for a safer street after witnessing two horrific car crashes directly in front of her house over just the past three months. “This might be a very good thing.”

And so the pendulum swings back. Once, Harrisburg politicians gutted their own city to benefit the suburbs. Some are now trying to reverse the damage, attempting to return this urban center to its people. **B**

HALLOWEEN TRICK-OR-TREAT

SUNDAY, OCTOBER 26TH
NOON – 3PM

- Kids must be in costume
- Registration is in Center Court
- Free Trick-or-Treat bags stuffed with candy*
- Collect additional candy at our participating stores

**Limited to the first 1,000 kids ages 12 & under in costume*



HARRISBURG  MALL

3501 Paxton Street • Harrisburg, PA 17111
717.564.0980 • www.shopharrisburgmall.com

**Celebrate 50 years
of HACC and attend
a free lecture!**

**Rock and Roll, the Beat
Generation and the
Evolving Cultural
Landscape of the 60s**
Sept. 25, 2014
12:30 p.m.

**HACC and the Women's
Movement: From the
Cusp of Change to a
Transformed Society**
Oct. 21, 2014
12:30 p.m.

**National Geographic
Photographer,
William Albert Allard**
Nov. 17, 2014
7:30 p.m.

HACC does not discriminate in employment, student admissions, and student services on the basis of race, color, religion, age, political affiliation or belief, sex, national origin, ancestry, disability, place of birth, General Education Development Certification (GED), marital status, sexual orientation, gender identity or expression, veteran status or any other legally protected classification.

hacc.edu



**Completely
YOURS.**

Find out more and register at hacc.edu/50

Gettysburg • Harrisburg • Lancaster • Lebanon • York • Virtual Learning • 800-ABC-HACC

©2014 • 09-7KAR

CRAFTINISTAS

Three area women are proving that beer isn't just for the guys anymore.

BY ANDREW DYRLI HERMELING

There's an age-old adage about imbibing and gender: Men drink beer and women drink wine. But is this assumption accurate anymore?

On the one hand, even as the culture surrounding craft beer evolves, it continues to feel like a men's club. On the other hand, we don't have to look far to find women disproving this dated presumption. Conveniently, I was able to join three of these women at the Federal Taphouse in Harrisburg for a chat about this change in beer culture.

We introduced you to one of the women, Brandalynn Armstrong, a year ago in an article about Alter Ego Brewing Co., which she co-founded with her husband Theo. She was joined by Tierney Pomone, the founder of the craft beer blog, *Stouts and Stilettos*, aimed at a female audience, and Sara Bozich, the host of her own show, "What's on Tap with Sara Bozich."

It didn't take long to witness one of them turning the tables.

FIGHTING ASSUMPTIONS

Tierney, who arrived before the rest of us, is waiting at the bar. As I walk in, I see her sitting next to a couple of men in suits, your typical downtown happy hour patrons. They are obviously new to the Taphouse, are intimidated by the exhaustive tap list and are doing a poor job of hiding it. They coolly try to outsource their anxiety to Tierney by asking her what she is drinking.

"Allagash Victor," responds Tierney.

"Uh... what's that?"

She proceeds to provide them with an unexpected lesson on Belgian strong ales. After seeing me, she cuts her explanation short, and we relocate to a corner booth, leaving the gentlemen dumbfounded.

"I don't think they knew what they were getting into," quips Tierney.

Sara and Brandalynn arrive just as I put in my own beer order, a Sculpin IPA from Ballast Point. Sara orders an Ommegang Belgian Independence Limited Release IPA, while Brandalynn asks for a Collette Saison from Great Divide Brewing Company.

All three women know each other well, so there is no need for introductions. Instead, we get right to heart of the issue.

As co-founder of Alter Ego, Brandalynn has as much to do with their product as her husband. Yet, all too often, she is nagged by the assumption that she's just along for the ride, or at most, the public relations face of the beer-making start-up.

"True, Theo is the brewer," says Brandalynn. "But we developed our recipes together. I can brew all of our beers, as well."

Fittingly, when Alter Ego was asked to join in a beer collaboration with other area brewers, Brandalynn put on her heavy rubber brewer's boots and got to work.

Tierney, a beer writer and expert, also stays sharp by home brewing. But even being a brewer doesn't guarantee a man's respect.

"At a recent home brew event, I asked my boyfriend to come along to help me serve in case I had to step away or go to the bathroom," says Tierney. "Yet men would come to our booth and ask my boyfriend about the beer, despite the fact that I was the one pouring, and he didn't know anything about it."

But for Brandalynn, Tierney and Sara, it is equally important that they take themselves seriously.

"When I was starting my blog," says Tierney, "I thought a lot about credibility."

Bloggers often don't have resumes when they are starting a new venture. Tierney had to believe that what she was writing was worth reading. She had to know she was an expert from day one and not ask readers for permission.

"We have to break down our own assumptions

about our role in beer culture," adds Brandalynn.

For Sara, it has been a little easier.

"I'm lucky because of my experience," says Sara. "I came to appreciate craft beer on the job."

Sara has spent many years as the go-to ambassador for Harrisburg social life. As a woman respected for her taste, she was swept into the craft beer scene as it gained popularity.

But all three have had to focus on not buying into the status quo themselves, just as they have had to work hard to convince others not to buy it either.

CHANGE IS COMING

Thankfully, the craft beer scene does seem to be taking notice of the changing demographics.

For example, Stoudt's Brewing Company, located in Lancaster County, was founded by Carol Stoudt, who has earned the nickname "The Queen of Hops." Other famed craft breweries are adding women to their brew staffs, not just their sales departments.

"Just look around," says Sara. "Places like Federal Taphouse know they need women if they want to succeed."

Tierney recently hosted an "IPA Day" at Sturges Speakeasy on Forster Street. The place was packed, starting at 4 p.m., a testimony to Tierney's power and influence within the Harrisburg beer scene.

Unfortunately, some men continue to treat beer culture as their territory and women as guests who have to play by men's rules. Thankfully, women like Sara, Tierney and Brandalynn are doing well to break down the invisible walls that segregate this culture by gender.

And it seems that most men, myself included, are overjoyed to see craft beer becoming more inclusive. I suspect those who aren't are soon going to find themselves drinking alone. **B**

For more information on what Brandalynn, Tierney and Sara are up to, check out alteregobrewing.com, stoutsandstilettos.com and sarabozych.com, respectively.



Tierney Pomone



Brandalynn Armstrong



Sara Bozich

ELIZABETH^{AND} JAMES



higashi

JEWELRY & EYEWEAR



www.higashijewelry.com

West Shore Farmers Market
900 Market St., Lemoyne • 717.303.0336

Store hours: Mon-Wed 10-5 • Thur 10-6 • Fri 9-6 • Sat 9-4

Courtyard
now open!

*Enjoy the freshest and finest
farm-to-table cuisine in Harrisburg.*

A GREAT SELECTION OF WINES AND INNOVATIVE COCKTAILS.

HOME 231

LUNCH: M-F, 11 AM-2 PM • HAPPY HOUR: M-F, 5-7 PM
DINNER: M-TH, 5-10 PM; F & SAT, 5-11 PM
SUNDAY BRUNCH: 9 AM-2 PM

231 NORTH STREET, HARRISBURG • (717) 232-4663
www.home231.com



KNIGHT

SECURITY SYSTEMS, INC.

www.knightsecuritysystemsinc.com

- Security
- Cameras
- Access Control
- Fire Systems

5879 Avis Lane

Harrisburg

Pennsylvania

17112

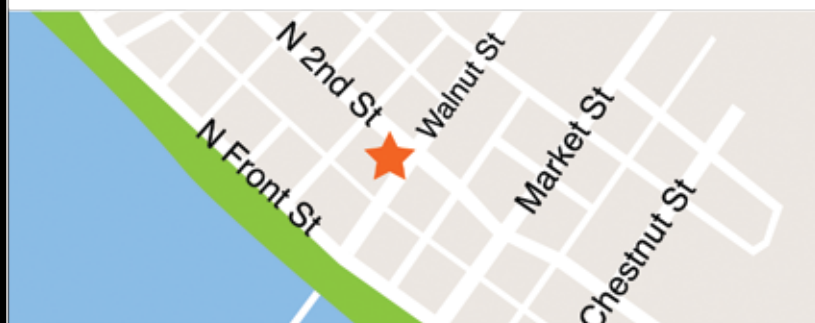
717 541 0212

1 800 522 5276

717 541 0217 Fax

NEED MONTHLY PARKING?

Finding a place to park every day can be hectic.
You can be guaranteed a parking space by purchasing a monthly pass to
**PENN NATIONAL INSURANCE COMPANY
(PNIC) PARKING GARAGE.**



2ND & WALNUT STREETS, HARRISBURG

Convenient location close to Market Square, Hilton Hotel, & downtown restaurants!

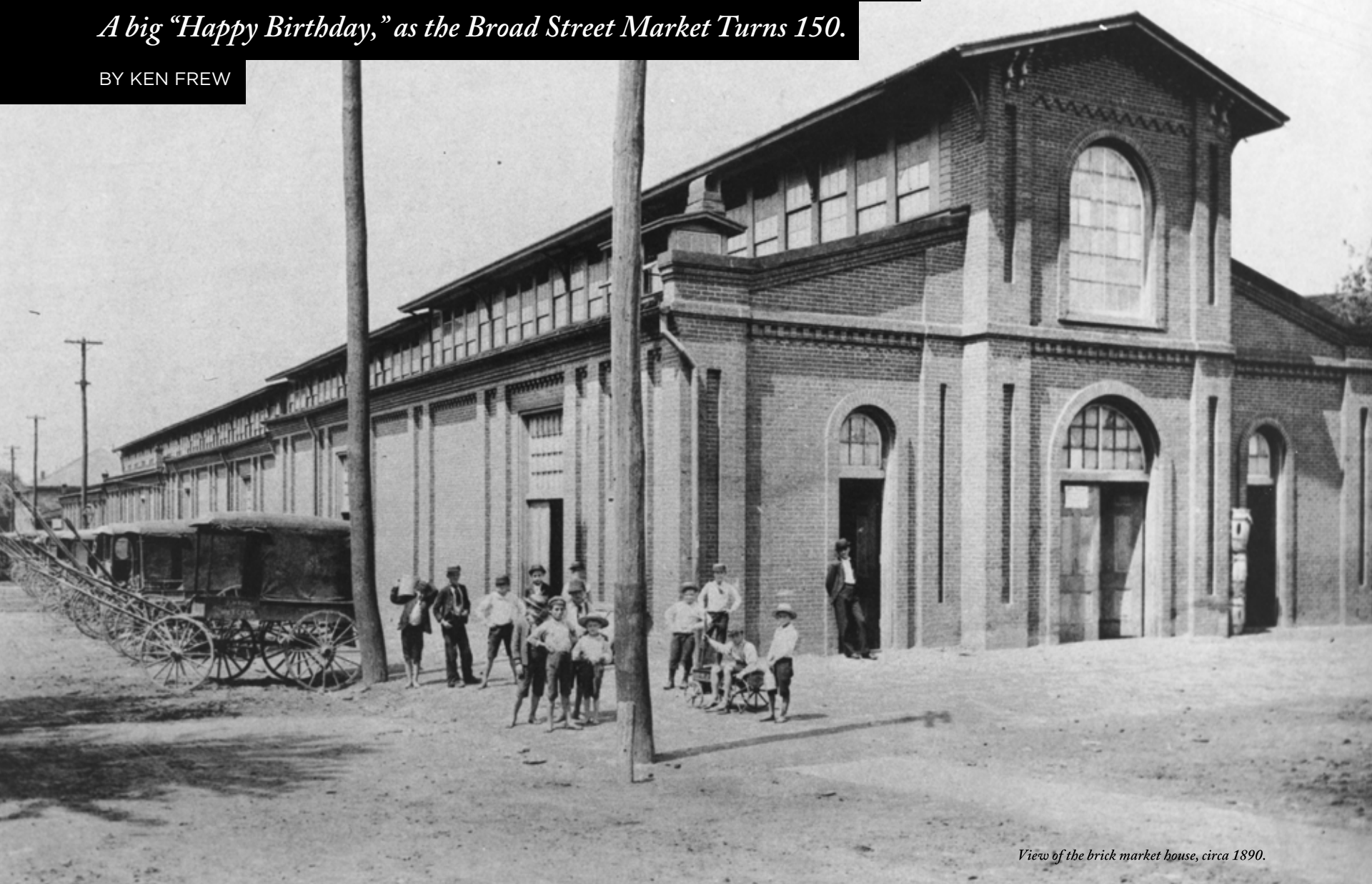
CALL PRK-MOR, INC AT
717-236-8283
FOR MORE INFORMATION.
WWW.PRK-MOR.COM

 **PRK-MOR INC.**

MARKET MILESTONE

A big “Happy Birthday,” as the Broad Street Market Turns 150.

BY KEN FREW



View of the brick market house, circa 1890.

You may never have noticed it, but high on the southwest corner of the stone Broad Street Market building is a rather marvelous street sign. Etched into a block of what appears to be white marble, its time-worn lettering reads: “Third Street/Verbeke Street,” as if to put to rest all the brouhaha from the neighborhood back in 1864 about salvaging the original name, Broad Street.

One hundred and fifty years ago in Harrisburg, corner buildings—particularly formidable stone piles such as this—were expected to serve as informational centers, as well as anchors for the block. In some places in the city (the old 8th Ward comes to mind), they were placarded with advertising. For a state capital, one that had yet to pave its streets much less lay stone curbing or replace its creaky wooden sidewalks with brick ones, mounting street directional signs on poles at each intersection was about as unlikely as finding a way to avoid the mud.

Capping off the topmost course of stone after a year of construction had to have been exhilarating for the market construction crew. The West Harrisburg Market House, as it was known in those days, was the crown jewel of

everything that William K. Verbeke had worked for since the founding of his “Village of West Harrisburg.”

In 1856, William and his sister Margaretta were left some real estate on Walnut Street following the death of their father Dr. James C. Verbeke, a prominent city druggist and physician (back in Europe, he had been a surgeon at the Battle of Waterloo). Margaretta, married to Pennsylvania Telegraph Publisher Theophilus Fenn, invested her proceeds into some of what became the borough of Marysville on the West Shore. Verbeke Street there is named for her. William, the older of the two, plowed his inheritance into 30 acres of some of the soggiest, most unforgiving-looking, cow manure-infested scrubland in the Harrisburg environs.

Stretching north along the river, the patchwork of smelly farms, marshland and scraggly woods lay legally in Susquehanna Township, although that disorganized body had evidently neither the resources nor the inclination to develop it. Verbeke believed that the state legislature’s approval of Harrisburg’s charter—allowing it to shed its 66-year-old borough form of government

for third-class city status—would go hand-in-glove with the annexation of land running northwest to Maclay Street and east to 13th.

Verbeke’s gamble—the land, most of it purchased from farmer Robert Gillmor—lay principally between Charles and Reily streets and Front and Fulton streets. For all intents and purposes, it was a builder’s nightmare. The river district had, since time immemorial (likely the end of the Ice Age), endured regular flooding. According to newspaper accounts, when Verbeke began his development, a large sand dune sat somewhere in the middle of Verbeke Street. He would later put it to good use as mortar for brick.

The plan was basically “build a village and they will come.” With annexation, Verbeke was either sitting on a veritable goldmine or destined to end up back in the family drugstore. Either way, he hoped to prove that West Harrisburg, as it was so quaintly called, was worthy of investment, tax dollars, infrastructure and other amenities. To get his town quickly up and running, Verbeke took a shortcut. He purchased wood frame houses downtown, hauled them up 2nd Street and had them set on new

foundations. For antsy developers, perception (in the form of visible occupants) can be everything.

Raised a benevolent, Christian gentleman, Verbeke offered lots to some of the most downtrodden of Harrisburgers. The black community, much of it squatting in shacks behind the old state Capitol where only the luckiest souls worked as charwomen, was already earmarked for removal anticipating site improvements for the 1864 East Wing extension program. As non-homeowners, African Americans couldn't even expect reasonable compensation.

So, Calder Street from 3rd to Fulton eventually boasted its own "all-colored" schoolhouse, Calder School, at the corner of Marion Street. Joyous over their new neighborhood, residents began calling their little section of town "Verbeketown"—Bill Verbeke may as well have been Abe Lincoln.

Verbeke didn't seem to care what people called his town just so they called on it. On his plot plan, the main, wide thoroughfare, plainly named Broad Street (although a few wisecrackers began calling it "Broadway"), was an obvious takeoff on the State Street approach to the Capitol as planned by William Maclay. Instead of a government building, there were plans for a pair of market houses so residents wouldn't have to trudge down to Market Square to buy groceries.

Papers to incorporate the West Harrisburg Market House Company were drawn up on April 20, 1860. As originally planned, the markets were to be a pair of two-story buildings constructed of river stone at a price not to exceed \$10,000. The ground floors were to be used by vendors and the second floors as rental space.

However, the timing could not have been worse, the beginning of four anxious, mostly war-torn, nail-biting years. By the time of the Confederacy's attack on Fort Sumter, S.C., on April 12, 1861, the only visible progress made on the market—at least that reported by the newspapers—consisted of an excavation. As it was filling up with rainwater, Verbeke and his primary partners, Jacob and Lewis Haehnlen and Theophilus Fenn, might have been forgiven if they had thrown in the towel.

With the war, Verbeke and his wife Marion (sometimes spelled Marian) busied themselves as volunteers. Sacrificing precious capital that could have been used to build the markethouse, they organized the Marion Verbeke Rifles (evolving eventually into Company F of the 54th Pennsylvania Infantry). Meanwhile, Dr. Verbeke's old notions store on Walnut Street was converted into a camphouse for soldiers who weathered the winter of 1861-62 there. Marion helped nurse the wounded as mangled men began streaming into town.

In the Sixth Ward, talk of a temporary market facility cropped up in both city papers in early 1863, but came to naught. The Daily Telegraph gamely announced on June 3 that a foundation finally was under construction.

The popular name Broad Street was already becoming ingrained in the general population. However, that summer, Common Council, with Verbeke elected to it (and installed on the newly formed Street Committee), voted to officially rename it Verbeke Street. One wonders how the purportedly self-effacing developer voted, having already named William Street after himself and

Marion Street for his wife. But proposals to change the name back to Broad Street would not go away.

As a 10-year-old in 1920, my mother, who lived at 260 Verbeke and spent some of her formative years attending Verbeke Street Elementary School across the street, vividly remembered holding hands with her sisters on their way to visit the Broad Street Theatre, now the site of the Midtown Scholar Bookstore, to see films in the days before talking pictures. Ethel Janes Frew, to her dying day—even though she begrudgingly acknowledged that it was the "Verbeke Street School"—clung stubbornly to "Broad Street" and all that the name implied.

Although the Aug. 8, 1863 edition of the Telegraph reported the foundation as finished and stonemasons raising the walls, the force employed was small. Charles S. Swartz, a State Street plasterer and a one-share holder



A view of the stone market house from a postcard dating to 1900.

in the market who was hired to supervise construction, hoped to have the first building ready by October or November but, with the war on, well, good tradesmen were always hard to find and now harder to rehire, with many missing arms and legs. One mason, reported the paper in a later edition, while dressing one of the stones and chipping off a block, was startled to discover a large, petrified rattlesnake inside.

Work ground to a halt for the winter and did not recommence until the following spring. The winter of 1863-64, a bitterly cold one in Harrisburg according to reports, saw the roofless and windowless market building become a sleeping place for homeless people trying to get out of the wind. Verbeke eventually turned it over to the "Invalid Corps" for wounded soldiers. Construction ratcheted up again in the spring, and the June 21 issue of the Patriot & Union noted that things were moving along. About this time, the "Third Street/Verbeke Street" lettering was set in place, no doubt with some fanfare from the stockholders. By Sept. 1, 1864, workmen were observed finally roofing the building.

In its original form, the stone market was a diamond in the rough. Described as having a brick floor with plaster interior walls (which were lined to imitate stone), heavy timber framing held up the roof. Historians have long wondered about the structural system at this point—how many floors actually were there in the original market?

Newspaper accounts tell of the YMCA holding Sunday school services on the "second floor." Construction specs

as published by both city newspapers mention a building 200 feet long, 50 feet wide and 40 feet high, with a hip roof at either end. Verbeke, in a letter to the Patriot & Union on Sept. 6, 1860, wrote that he hoped that the upper story could be rented out for machine shops or for public purposes. So, a substantial support system—perhaps post-and-beam—from the ground floor up must have been in place. The main hall had a ceiling 20 feet high; the second story was to be 150 feet deep with a 20-foot ceiling. It is currently a jumble of ductwork for the steam and ventilating systems. Photos of how it originally looked have yet to be discovered.

On Oct. 28, 1864, with the project ready to come on line, Secretary of the Commonwealth Eli Slifer finally signed the long-dormant market agreement into law, while a call went out in both the Telegraph and Patriot & Union for vendors. West Harrisburg Market House opened for its first day of business on Tuesday, Nov. 1, with nearly all of its 22 stalls rented, and all were reported gone by Nov. 19. The original market days were Tuesday and Friday morning between 5 and 10 a.m. and Saturday afternoon and evening between 3 and 8 p.m. But, interestingly, it was not until 1964 that the company would begin calling itself Broad Street Market in the city directory. Ironically, by then, most of the generation who still called it that had long since died or moved away.

Gradually, the market expanded. In 1869, a 50-by-86-foot wood frame extension, jerrybuilt, was added onto the James Street elevation. In 1880, it was replaced by yet another one-story frame, this time surmounted by a lantern or windowed superstructure on the roof. This building would stand until 1977, when it was torn down to create the current pedestrian plaza. Meanwhile, a more substantial freestanding brick market—constructed on the site where the second stone building should have gone—was built in three stages: 1874, 1877 and 1886.

In 1974-75, with the Broad Street Market proudly placed on the National Register of Historic Places and sold to the Harrisburg Redevelopment Authority (the city would acquire the market from HRA in 1978), some \$1.4 million in federal funds was used to restore and improve what had become the last of Harrisburg's once-vaunted farmer's market system. In 1889, demolition of the original wooden sheds on Market Square had given way to convenient, well-situated neighborhood markets at Chestnut and Court, 4th and State, Market and 14th and Kelker and 4th streets, but all have been razed or closed down in the name of progress.

And now, 150 years on, we've come to a crossroads, so to speak, with people returning to the city to buy farmers' fresh produce. Come Saturday, Nov. 1, Harrisburg needs to celebrate the diamond in the rough it still has, the crown jewel the Broad Street Market can be once again, if only we support it.

Happy Birthday, Broad Street Market. **B**

Ken Frew is the librarian for the Historical Society of Dauphin County and the author of "Building Harrisburg: The Architects and Builders, 1719-1941."

Photos from the Pennsylvania State Archives (left) and City of Harrisburg Archives (above), provided by the Historic Harrisburg Association.



A PLACE FOR HEALING

BY
ASHLEIGH
POLLART

*Emma's
on Third is an oasis
for relaxation, wellness.*

**"I LOVED THE SENSE OF COMMUNITY HERE.
IT REALLY ATTRACTED ME TO THE AREA."**

Lying on the massage table in the calming, colorful third-floor room of Emma's on Third, the reiki pendulum floating and spinning over my body, I realized that the building housed more than a salon and health spa. This was truly an oasis from the frantic urban life just outside the door.

In April, owner Emma Newman moved into the building that once housed the eatery, breads n spreads, because she felt that Midtown Harrisburg would want—and would support—her services.

"I thought the folks here needed this," she said. "I looked at the people who live and work here and took a look at Midtown and realized this could be

a really beautiful place. And I thought people would appreciate that they could walk to it. I loved the sense of community here. It really attracted me to the area."

Emma's interest in healing began with her own health issues, which she suffered due to the effects of exposure to DDT while growing up. About five years ago, she opened Emma's Center for Body and Soul on Mountain Road in Linglestown.

But it was another personal issue that led her to take the leap to open a location in Midtown. She lost several clients to cancer last year, which caused her greater concern over the effect of cosmetics that women put on their bodies.

"I'm familiar with the differences between products out there so I thought it was important to introduce this natural piece to women, especially women who are survivors," Emma said. "I just thought this was the prime time to expand on this and entertain this and see if there was a need for it. There has been an overwhelming response."



"I LOOKED AT THE PEOPLE WHO LIVE AND WORK HERE AND TOOK A LOOK AT MIDTOWN AND REALIZED THIS COULD BE A REALLY BEAUTIFUL PLACE."



She proudly and passionately told the story of a woman who visited Emma's on Third shortly after its grand opening in April.

"A woman came in and thanked us for opening, and, during the conversation, she proceeded to tell me that she had breast cancer two years ago," she said.

The client explained that she had changed how she did things after coming through that experience. She had no idea that there was organic hair color and products, as well as other treatments.

"That interaction made the hard work of opening a new business all worthwhile," said Emma. "Even for just that one individual to know that she can come in here and enjoy things like everyone else and know that nothing will harm her—it makes it worth it."

Emma also explained that many of her clients are fighting through other issues.

"A lot of people who are in chronic pain need to be seen almost weekly," she said. "They come here because they appreciate the fact that they can come to a place that's very comfortable, very clean and very private."

Emma's clients seem to appreciate the time and care the practitioners put into each service. After experiencing the Emma's on Third approach, I couldn't agree more.

A personal and welcoming staff greeted me as I walked in from the day. After receiving a tour of the "green" facility, complete with an herb garden and reused and re-beautified furniture, the staff took the time to dig deep into the details of my day. Based on this information, they personalized treatments so that I would leave in a much more peaceful state than when I entered.

When considering what to have done, I had thought about a traditional service like a manicure, with an Emma's organic twist, of course—the

products so gentle that they can even be used on children. Or maybe I would try something new, such as reiki or reflexology?

I'm ashamed to say I didn't know much about either service until my appointment. One of my practitioners, Aisha Mosby-Newton, explained to me that both are meant to identify imbalances in the body either through massaging specific points on the feet for reflexology or through an energy-focused approach, with no hand-to-body interaction. Both are natural approaches to common problems like stress.

When I asked Emma how she's seen the arena of holistic health change in the past 20 years, she explained that a newfound focus on personal health has made the natural approach more popular.

"I think people are more proactive with their health now," she said. "The medical community is very much promoting this as a complementary treatment, in addition to what they do. People are really recognizing the value of this work."

After finishing my consultations for each service and upon the detailed observation by the practitioners, I was told my chakras were off balance. Imbalanced chakras, I was told, are simply signs of energy imbalance in the body. It could be stress at work or sadness over relationship issues or even digestive issues.

When I asked my practitioners how they discovered their interest in holistic health, they mentioned a calling towards the services, whether an almost supernatural calling or simply a distaste for harmful chemicals on the body.

I, too, was concerned about chemicals on my skin when making the appointment for my third and final treatment of the afternoon, a facial. Not only was the facial relaxing and revitalizing, but I'm

pleased to say that it did not upset my sensitive skin.

Other services offered range from traditional hair cutting and styling services with organic products to Indian head massages and classes to gain experience in helping others through holistic healing. On the building's third floor, there is also a yoga studio, Urban Hermitage, offering corporate and private sessions.

I entered Emma's on Third anticipating a typical day at a spa, but was pleasantly surprised. After experiencing the client-centric way of business and the personal, yet professional, approach, I can say that Midtown's urban oasis gained a life-long client. Hopefully, the next time I visit, my chakras will be more in tune (particularly since I now know what that means). **B**

Emma's on Third is located at 1419 N. 3rd St., Harrisburg. For more information, visit www.emmasonthird.com or call 717-233-3662.



HBG SMALL BUSINESS ARTICLES ARE PROUDLY SPONSORED BY:
Select Capital Commercial Properties, Inc.



APPETITE FOR RISK

Investors should honestly assess their tolerance for ups and downs.

BY ALISON BACH

If you're traveling down an open road, you may feel quite comfortable driving 10 miles per hour over the speed limit.

The ride is smooth and uneventful. You can look in your rearview mirror and see the road you've just traveled, and you can look straight ahead and feel confident that you are safe continuing at that speed. But then you see something in the distance—it looks like you are approaching some twists and turns, and you see the brake lights of other cars. What do you do? Do you continue on your course, full speed ahead, believing that you'll get to your destination more quickly? Or do you hit your breaks, feeling uncomfortable with the uncertainty that lies ahead?

During these uncertain economic times, it is more

important than ever to understand how you feel about risk.

"Market risk" is the risk of losses in your investments arising from movements in market prices. It often seems that people are very comfortable with risk, as long as they are making money. Some investors have a tendency to justify their comfort level with risk by looking in their rearview mirror at stellar returns from prior years. But, when the pendulum swings in the other direction and investors experience extreme volatility, they may discover that they aren't as comfortable with risk as they once thought.

For the portion of your portfolio that is exposed to market risk, there are two basic approaches to dealing with the winding road.

1. I'm not changing my speed; I'll take the risk through these twists and turns.

You may get into more crashes than the more cautious cars, but, over the long term, you very well may be one of the first to reach your destination. In theory, this approach makes sense—you are in it for the long haul, so who cares about a crash or two? Sticking with an aggressive and passive investment strategy is a viable approach, but be prepared to stomach the worst parts of the markets.

2. I'm changing my speed as the road changes; I don't want to risk having a fatal accident.

If you slow down, you reduce your risk of being involved in a terrible crash. This approach is not about timing the market; it is about recognizing uncertain conditions and proceeding with caution. Reducing risk can provide peace of mind because you are less exposed to a crash. Managing volatility is also a viable approach, but be aware that reducing risk and volatility may mean reducing potential returns.

As an investor, you really need to ask yourself how you would feel about losing 20 percent, 30 percent, even 40 percent of your investment portfolio. Really, really think about it. Imagine your 401(k) statement, succinctly conveying your hard work of scrimping and saving with just one number: \$100,000. Now, as you look at your new statement, it reads just \$60,000. If you don't think you'd react well to this volatility, or if you are nearing retirement and can no longer afford huge investment losses, you may want to consider exploring your options for reducing risk within your portfolio.

It is important to talk to your financial advisor about your risk tolerance, but it is much more important for you to look within yourself and understand how you feel about risk. Don't wait until you've experienced volatility to decide if you can bear it. **B**

Alison Bach is a certified financial planner for Conte Wealth Advisors in Camp Hill. Visit their website, www.contewealthadvisors.com.

Registered Representative Securities offered through Cambridge Investment Research, Inc., a Broker/Dealer, Member FINRA/SIPC. Investment Advisor Representative Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Cambridge and Conte Wealth Advisors are not affiliated. 2009 Market Street, Camp Hill, PA 17011.

A DRESS TO IMPRESS

*Unique, affordable fashions
slip into Camp Hill.*

BY SUSAN RYDER

Pretty, sophisticated yet understated clothes, eclectic music, and helpful staff greet those who enter Camp Hill's newest clothing boutique, Little Black Dress.

Located on Market Street in Camp Hill, Little Black Dress, with its distinctive yellow awning, sits between Nino's Bistro and Body Logic Therapeutic Massage.

Lisa Bedway DeCavalcante opened Little Black Dress, which shares her initials, on Sept. 1. After 12 years of retail experience as a buyer and co-manager of a local boutique, she wanted to create a unique clothing experience.

"Little Black Dress tries to fill a niche that isn't currently being addressed in the retail scene in the greater Harrisburg area," said Bedway DeCavalcante.

That niche is affordable, comfortable and unique designer clothing. The shop carries everything from exercise wear to swing dresses.

AN EDGE, A TWIST

Little Black Dress recognizes that women's lives and personalities are multidimensional, busy and diverse. So, their clothes should negotiate the many aspects of their lives.

According to Bedway DeCavalcante, women, at the end of the day, should "never feel like 'get me out of this outfit,'" and clothes at Little Black Dress are "no Spanx required."

Comfort and good design aren't mutually exclusive, however. Little Black Dress carries clothes that are not only comfortable but also fashion forward—designer lines such as Cartise, Lucky Brand and Julie Brown Designs.

The store offers what Bedway DeCavalcante called "staples with an edge, a twist." The python print exercise leggings by Pheel, the Barbara Gerwit two-toned gray, long sleeve T-shirt with a twisted back panel, and the slate blue Baci top with dolman sleeves exemplify this edge.

Sales associate Jocelyn Hambrook has known Bedway DeCavalcante for three years and is excited about seeing the vision of Little Black Dress come to life. A 20-something, she is particularly enthusiastic about the Lysee Leggings and Turk Collection for the younger set and what she calls the store's "cool vibe."

Little Black Dress desires to meet the needs of fashion newbies as well as sophisticates. Women unfamiliar with designer fashion can come to Little Black Dress and get help maneuvering the brands and making good choices.

Asking questions serves as the first step in assisting women through fashion decisions. If a woman isn't sure what to purchase, Bedway DeCavalcante asks about her type of work, likes, dislikes and personality. Based on that information, the staff makes suggestions about what might work.

This represents another hallmark of Little Black Dress—customer service. Staff members take pride in providing great service, whether a person is spending \$20 on accessories or \$2,000 on a new wardrobe.

"We know the clothes well, and we know women's lives well," said Bedway DeCavalcante.

NOT EVERYWHERE

At Little Black Dress, the expectation to understand the customers' wants and needs is paramount.

It offers designers that women know and want, such as its two denim lines, Not Your Daughter's Jeans and Kut from the Kloth. However, it also stocks lines that women may not know as well, such as Barbara Gerwit. In fact, the store may stock a limited number of a specific garment to allow for uncommon clothing expression.

"You aren't going to see these clothes everywhere," said Bedway DeCavalcante.

Julie Nagle of York visited the shop during its first week of business. She said that the clothing is "very nice quality" and that there aren't many shops in the area like it.

Two doors down at Underneath It All, owner Kimberly Over hasn't been in the shop yet, but is looking forward to visiting.

"I am so happy to see a new business in there, and I wish them the best of luck," she said.

Bedway DeCavalcante wants to collaborate with other small businesses in Camp Hill to support one another. For example, Blooms by Vickrey, a few blocks up on Market, supplies the shop's flowers. One Good Woman, just behind Little Black Dress, will provide refreshments for the Oct. 4 premier party.

Little Black Dress seeks to offer clothing that women will feel comfortable and confident in when attending events, working, relaxing and, as Bedway DeCavalcante put it, "shlepping bags" from the grocery store.

The clothing staple, the little black dress, offers women economy, flexibility and style in their wardrobe. The boutique Little Black Dress desires to do the same. **B**

Little Black Dress is located at 1845 Market St., Camp Hill. Hours are Monday, Tuesday, Wednesday and Friday, 10 a.m. to 5 p.m.; Thursday, 10 a.m. to 7 p.m.; and Saturday, 9 a.m. to 4 p.m.; closed Sunday. For more information, call 717-525-7488, email lbdcamphill@gmail.com or visit www.littleblackdresscamphill.com.

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



CORDIER AUCTIONS

& appraisals

ANTIQUES
FIREARMS
ESTATES
REAL ESTATE

OFFICES & SALESROOM

1500 Paxton Street, Harrisburg, PA 17104



A Full Service Auction Company

Antiques & Art, Personal Property, Estates, Firearms, Real Estate
Appraisal Services

ALWAYS SEEKING QUALITY CONSIGNMENTS – CALL FOR FREE CONSULTATION
SINGLE ITEMS, COLLECTIONS & ESTATES FOR LIVE & INTERNET AUCTIONS
ASSISTANCE WITH ALL ASPECTS OF THE APPRAISAL & SELLING PROCESS

OPEN APPRAISAL DAY: Every Wednesday 12-6pm

WEEKLY AUCTIONS: Personal Property & Estates

(717) 731-8662

www.CordierAuction.com

Visit website for more info & email notice sign-up

License #AU005321



Custom framing at its best.



On the Square in Linglestown.

5968 Linglestown Road

Harrisburg, PA 17112

717-635-9840

Let us frame something
amazing for you!

gr8framer.com



**MONTHLY & DAILY
PARKING AVAILABLE**

CITY ISLAND GARAGE & LOT

*Monthly pass includes CAT shuttle pass
to downtown Harrisburg*

CALL PRK-MOR, INC AT 717-236-8283 FOR MORE INFORMATION.

WWW.PRK-MOR.COM



EXTENDED SUPPLY GENERIC DRUG PROGRAM*

**Available only at the Latrobe, PA location*

No Insurance Needed

FREE SHIPPING to anywhere in PA!

A few examples of how our program saves you money:

Clopidogrel (generic Plavix) OR ^{20 mg only} Omeprazole (generic Prilosec) = **\$37** for 6 Months
Alendronate (generic Fosamax) OR Pantoprazole (generic Protonix) = **\$70** for 12 Months

	6 Months	12 Months
Atorvastatin	\$70	\$140
Simvastatin	\$35	\$65
Escitalopram	\$65	\$109

We now have available a low-cost alternative to Viagra tablets!

50 Sildenafil 20mg tablets (ten doses) = \$80
versus \$325 for 10 Viagra doses

(prescription must be written for Sildenafil, 20mg #50, take 2-5 tablets as needed)

Visit website for a list of all available generics

These offers are not available at any other Medicine Shoppe locations

709 Ligonier St., Latrobe, PA 15650

724-539-4565 • latrobepharmacy.com

Friendlier Service, Lower Prices in Latrobe!

Our low extended generic program can help keep you out of the Part D "donut hole"

A BRENNER FAMILY DEALERSHIP

WE'RE BACK ON PAXTON STREET!



WE ARE NOW OPEN!
STOP IN AND LET US GET YOU INTO A NEW RIDE!

HUGE INVENTORY TO CHOOSE FROM!

WE CAN GET YOU INTO THE CAR OF YOUR DREAMS

BAD CREDIT? WE CAN HELP!



2222 PAXTON STREET, HARRISBURG, PA

717-238-2555

Shop Online From Home - www.BrennerPreOwned.com



GHOULS, GOURDS & GOOD TIMES

A little scare, a lot of nature—the midstate gears up for fall fun.

BY BARBARA TRAININ BLANK

The leaves may be falling, but there's no letdown in activity or high spirits during central Pennsylvania's autumns.

Although events are spread throughout the region, there's plenty of fall fun in or near the capital city.

In downtown Harrisburg, for example, the Historical Society of Dauphin County is sponsoring Mansion Ghost Tours at the John Harris Mansion on the actual date of Halloween—Friday, Oct. 31.

"There are two tours, one at 6 and one at 7:30," said Janet Mulligan Bowen, curator of HSDC. "A guide will share local folklore, with the earlier tour being more family-friendly. The second tour focuses on a girl who went missing, at least according to local folklore."

The ghost tours are fairly new for the Society and are led by candlelight.

Scary stuff is not the Society's typical realm, but it recognizes that folklore does have a place in history. Last year, a paranormal group checked out the mansion for a possible supernatural presence. The tours, though, are "fun, not scary—not a screecher experience and not a haunted house or maze experience," said Mulligan Bowen.

Admission is \$15 for nonmembers and \$10 for members. For kids 12 and under, it's only \$5. Reservations are necessary through the main HSDC number—233-3462. The address is 219 S. Front St., Harrisburg (www.dauphincountyhistory.org).

ROLLER GHOSTERS

Hersheypark is all about rapid transitions. In October, it quickly moves from summer to fall mode with a celebration of Halloween, before transforming itself again into Christmas Candyland.

During autumn, the amusement park offers three weekends—from Oct. 17 to Nov. 2—of Hersheypark in the Dark, with activities for the entire family and holiday-appropriate decorations (as in, lots of pumpkins).

Despite the Halloween connection, "There aren't a lot of scary parts," said Kaylee Dugan, communications coordinator at the park.

Fall- and Halloween-related events take place on two levels. Hersheypark in The Dark, for older visitors, features thrilling "roller ghosters," spooky attractions and holiday-themed live entertainment, according to Dugan.

Teenagers might be particularly thrilled with Dark Ride, in which the lights are turned off on a few roller coasters at 9 p.m., for the last hour of the day.

Kids 12 and younger can experience Hershey's Trick-or-Treat Adventure, starting at Chocolate World and continuing deep inside Hersheypark into Treatville, "a hometown village of sweets and treats." The sweets and treats are from The Hershey Co., of course. Young visitors are encouraged to come in costume.

All Hersheypark In The Dark rides and entertainment are included in the one-price admission. More than 50 rides are available, said Dugan.

Hours at Hersheypark in the Dark are Friday, 5 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday, noon to 9 p.m.

Simultaneously, Zoo America—to which patrons of the park receive free admission—presents Creatures in the Night. Don't forget your flashlight for a rare glimpse into the nighttime habits of more than 200 native North American animals. (For those who do forget, flashlights will be available for purchase at the door.) The whole zoo will be decorated in Halloween themes.

For information, including price packages, visit www.hersheypark.com.

FUN IN NATURE

The Ned Smith Center for Nature and Art in Millersburg is event-heavy in the fall, says creative director Alexis Dow Campbell. The main one is the annual Fall Family Day, which takes place this year on Oct. 11 from 12 to 4 p.m.

"The day provides activities for kids of all ages, including pumpkin carving and painting and educational activities about the fall," said Dow Campbell. "Kids can weigh their pumpkin and see if it sinks or floats, and there are horse-drawn hay

rides over trails and a children's train."

Another highlight is a live animal presentation by Zoo America, which this year will focus on birds of prey. The presentation will take place at the Ned Smith Center's new amphitheater stage.

"Fall Family Day is a way to celebrate the seasons changing, connect with family and kids and be outdoors," Dow Campbell said.

Admission is kept low—\$5 a person or \$15 for an entire family—and the Center offers coupons for free admission.

Another popular educational annual program, "Halloween Owls," takes place Nov. 1 at the Center, 176 Water Company Rd., Millersburg (www.nedsmithcenter.org).

All through the fall, Fort Hunter Mansion & Park is gearing up for Christmas. The Mansion is decorated with fresh greens and other holiday touches, and the "Kids Only" Holiday Shop—open on Saturdays and Sundays from Nov. 29 to Dec. 14—gives youngsters the opportunity to beat the Christmas rush.

Only they're not looking for gifts for themselves. The purpose of the shop is for youngsters to find inexpensive gifts for parents, siblings, grandparents and other family members, said Julia Hair, executive director of Fort Hunter.

"We try to have different things, not plastic spiders," she pointed out. "They'll find toy trains, for example, or little keepsake boxes, puzzles, wooden cubes or snowflake decorations—which are wrapped in nice packaging before the kids leave the shop. And we try to keep the prices to \$10 and under. A few items are only \$1."

Volunteers from Fort Hunter help the children make their selections.

That's on top of the Festival of Trees, Toy Train Exhibit, Greens Sale and Victorian Tea, among other holiday-related activities.

Fort Hunter is located at 5300 N. Front St., Harrisburg. Park hours are 8 a.m. to dusk every day; the mansion is open Tuesday to Saturday, 10 a.m. to 4:30 p.m. and noon to 4:30 p.m. on Sunday (www.forthunter.org).

MORE FALL FUN

With its rolling farmland and changing leaves, central Pennsylvania is perfectly suited to enjoy autumn activities. Here's a brief review of additional things to do around our area this fall.

Wildwood Park is a wonderful place to explore nature, but it also hosts special events. During Wildwood's Magical Trail, you can meet some of the park's talking wildlife then spend time round a campfire. Thursday and Friday, Oct. 16 and 17, 6 p.m. and 7 p.m. \$8 a person, ages 2 and up. Other programs include an Autumn Bird Walk (Tuesday, Oct. 21, 7:30 to 9:30 a.m.) and an "Ode to the Egg" educational and art event (Saturday, Nov. 15, 1-3 p.m.) (www.wildwoodlake.org).

All visitors 12 and under will be eligible to participate in the *AACA Museum's* Trunk or Treat program on Saturday, Oct. 25, from noon to 3 p.m. The program is included in the admission to the museum, which is offering a special \$5 price for everyone that day. After decorating their own treat bags, youngsters will participate in a hunt to locate a variety of "trunk or treat" spots within the main and lower levels of the museum. They'll also be given treats provided by The Hershey Co. 161 Museum Dr., Hershey (www.aacamuseum.org).

Strites' Orchards Farm Market and Bakery is celebrating its 100th anniversary. You can pick your own berries during selected times and also buy a variety of products, from peaches, plums and nectarines, to milk, eggs and grass-fed beef, and more. Hours are Monday to Friday, 8 a.m. to 6 p.m., and Saturdays, 8 a.m. to 3 p.m. Strites' is at 1000 Strites Rd., Harrisburg (www.stritesorchard.com).

Paulus Orchards, 522 East Mount Airy Rd. in Dillsburg, features a farm stand; pick-your-own apples and pumpkins; tours, group outings, recipes and more. A main highlight is the Maze/Play Area, open Saturday, 9 a.m. to 5 p.m., and Sunday, 11 a.m. to 5 p.m. through Nov. 5. Explore a Flashlight Maze on Fridays and Saturdays in October (entrance times 6:30 to 8:30 p.m.). During daytime hours, you can also enjoy pedal carts, a cow train, corn shed, wagon rides, playground, giant checkers, dress the scarecrow and other activities (www.paulusorchards.com).

Pennsboro Pumpkin Fest takes place the weekend before Columbus Day, which this year is Oct. 11 and 12. The two-day event features crafts, food, games, contests and entertainment—such as magic, juggling and dance—and is held in Adams-Ricci Park, 100 E. Penn Dr., Enola. Among the activities are radio-controlled racing, hayrides, inflatable amusements, a sheep club petting zoo and a car show. Added this year are pumpkin whoopee pie eating, pumpkin pie baking and paint a pumpkin (www.pennsboropumpkinfest.com).

Ashcombe Farm & Greenhouses is another nearby orchard. On Fall Festival Days, you can participate in wagon rides, pick-your-own pumpkins, a large children's play area and delicious harvest foods. Craft classes are also offered in November and December. 906 W. Grantham Rd., Mechanicsburg (www.ashcombe.com).

Pride of the Susquehanna hosts two Hollow Weenie nights in October, as part of its Murder Mystery Dinner Cruises. This year's edition concerns a Halloween party for a hotdog company that goes awry, along with "the wurst frankfurter puns you could imagine." At press time, tickets were still available for the Friday, Oct. 24, 7 to 9 p.m., performance. Oct. 31 had been sold out. The Pride's annual Fall Foliage Dinner Cruises are another popular seasonal event, taking place this year on Oct. 4, 18 and 25. (www.harrisburgriverboat.com).

For those looking for scarier stuff, try *Asylum Run*, open every Friday and Saturday through Nov. 1 from 7 to 11 p.m. Among the haunted attractions are Dr. Lazarus's House of Lost Souls, Bubba Jack's Roadside BBQ Shack and Sector 5 The Outland. 517 N. 36 St., Harrisburg (www.asylumrun.net).

Then there's *Jason's Woods Entertainment*, which has events continuing weekends (including Sundays) through Nov. 8. There are six shows, including Lost in Jason's Woods, Horrifying Hayride and the new Fields of Fright. 99 Stehman Rd., Lancaster, (www.jasonwoods.com).

Maize Quest Corn Maze and Fun Park offers a corn maze and more than 30 other attractions, including "Flashlights at Night in the Maze," through Nov. 9. Admission is \$10 for ages 2 and over. Hours are Friday and Saturday, 10 a.m. to 10 p.m., and Sunday, 1 to 7 p.m. 2885 New Park Rd., New Park (www.mazefunpark.com).

It's not too soon to be thinking about Christmas trees, and one place to find them is at Harrisburg's *Smith Christmas Tree Farm*. But before Yuletide, the farm offers pumpkins, corn stalks, hay bales and gourds. New for this fall is a large hayride wagon. Watch for the date of Octoberfest Weekend. 1001 S. 80th St., Harrisburg, 566-2375.

Lastly, don't forget about one of the most important of all fall activities. The *Halloween Trick or Treat in Harrisburg* is slated for Thursday, Oct. 30. **E**





DIGGING INTO AUTUMN

Time to prepare your soil for nature's winter slumber.

BY ERICA SHAFFER

And in the blink of an eye, it is autumn. I like the sound of “autumn” much better than calling it “fall.” Fall? Did you scrape your knee? Our internal rhythm clicks and searches. We are somewhere between the primal urge to get ready for winter and the need to slow down and savor the beauty of changing foliage and magnificent sunsets.

But wait. We aren't done gardening! Chores to do and spring plans to make!

Keeping up on the weeding is really important. These opportunists will be next spring's seeders. After clearing areas, a 2- to 3-inch layer of mulch will make a huge difference in the populations next spring. Mulch is the best organic way to keep weeds at bay in landscaped areas.

Of course, after the fall foliage's parade of beautiful colors, we may have a lot of raking to do. A small price to pay for having the luxury of trees in our gardens! Mother Nature has an awesome system in place. The leaves fall down, providing both weed control and soil-building compost.

Somewhere along the years, we lost complete contact with this perfect plan. We rake our leaves, put them in plastic bags (egads!) and send them out with the...*gulp*...trash. How sad really that we throw out this gardener's gold. I rake mine into the center of the lawn, run over them with my mulching mower (bagging the clippings), and dump the contents right back on to my landscape beds. My leaves aren't leaving!

Fertilizing in autumn is also good practice. I use Espoma fertilizer. Granular and organic, it is as easy as throwing handfuls around (read package for application rates). Spreading later in the season means the nutrients go to the root system. Stronger root systems equal stronger plants.

Give your vegetable garden some seasonal love, too. Clean up and discard any diseased plants, including shriveled up leaves on the ground. They are next year's issues—spores typically overwinter in the dead foliage. After the cleanup, a soil test is an excellent idea to see what you will need for next year's garden. Penn State provides an easy-to-accomplish test (available at Highland Gardens).


Many organic nutrients take three to six months to break down enough for plants to use them. Top the whole area off with a nice, thick cover (3 inches plus) of your chopped tree leaves. It's all about the soil! A thick layer of newspapers

(or your paper shredder contents) on top of the soil, under the chopped leaves, is earthworm paradise. A great way to recycle paper, it also provides excellent weed control. I also want to encourage you to plant your own garlic this autumn. It's easy-breezy and inexpensive to plant—plus it keeps the neighborhood vampires at bay!

Time to bury some treasure! Planting flower bulbs this time of year is what gives your garden the wow-zee factor next spring. I like to plant bulbs several at a time in the same hole. Makes the diggin' go faster, and the result is clusters of flower bouquets. Once you have dug the hole, it is always a good idea to throw a few handfuls of...you guessed it...chopped leaves in to help the soil at a deeper level. Point goes up, like a Hershey's kiss. When planting in these clusters, the bulbs can be quite snug in the hole, nearly touching. Of course, as with anything, there are qualities of bulbs to choose from. Cheap ones are puny and give puny results. Look for fat, plump bulbs. Size does matter!

I always need to share a bit of lawn information in these chats. Autumn is an excellent time to give your lawn some extra love. A soil test is the number-one investment to a healthier lawn. This test allows the knowledge (not the guessing!) of nutrient levels and proper pH, both of which are critical to good grass growing. Are we stuck in the pasture being sheep, buying bags of this or that because it seems like the thing to do (perhaps because the commercials tell us to)? The soil test results make for precise additions—saving both time and money. The grass responds by being healthier and more able to hold its ground against weeds.

Gypsum is another great organic nutrient to spread now. It breaks up clay and adds calcium to the soil. Choose organic additions every time to make the soil better, thus the grass better. Aerating your lawn is another excellent thing to do. It involves making holes throughout, allowing water and nutrients to reach deeper levels. This, in turn, helps improve clay soils. It's all about the soil!

Happy Autumn! 

Erica Shaffer is a nursery manager with 24 years of experience at Highland Gardens, Camp Hill. She's also a proud landscape designer, consultant, lecturer, writer, blogger and tree-hugging plant geek. www.highlandgardens.org.

Greenbelt

EVENTS

10/10—MARCO BENEVENTO

10/17—THE CLARKS

10/24—SOUTHERN CULTURE ON THE SKIDS

10/25—JIMKATA

10/29—PIGEONS PLAYING PING PONG

FOR TICKETS AND ADDITIONAL SHOW LISTINGS,
VISIT GREENBELTEVENTS.COM



THE ABBEY BAR AT APPALACHIAN BREWING COMPANY
50 N. CAMERON STREET, HARRISBURG
ALL SHOWS ARE 21+ UNLESS INDICATED



October Events

www.harrisburgarts.com (717)701-6199



10/3 - First Friday Dance Party
10/4 - Hoochie Coochie Men
10/10 - Testa Dogs
10/11 - Strangest of Places 2 Year Anniversary
10/17 - Ian McLagan & The Bump Band (Rock & Roll Hall of Famer and member of The Faces!!)
10/18 - The Jellybricks, The Pollins, The Underground Cartoons
10/24 - SUBculture (Goth/Industrial Dance Party)
10/28 - Paul Collins Beat (classic 70's Power Pop!)
10/30-11/1 - Rocky Horror LIVE!!!

Upcoming:

11/6 - The Bluebonnets (feat. members of The Go-Go's!!)
11/9 - Anna Nalick (chart topping singer songwriter)
11/15 - Robyn Hitchcock!!
11/16 - Girls Guns & Glory & Sara Borges
11/20 - The Figgs (one of America's best rock & roll bands!)
11/28 - The Fighting Jamesons (Celtic rock!)

Don't forget our weekly events:

Karaoke Monday & Tuesday
Open Mic Wednesdays
Nate Myers Trio/Strangest of Places/Improv 101 Thursdays



SUSQUEHANNA ART MUSEUM FILM SERIES

Matisse: from Tate Modern
& MOMA

Sunday, November 9
2:00 p.m. at State Museum of PA

EXHIBITION
ON SCREEN

In Search of Chopin
Special Music Screening

Sunday, November 16
2:00 p.m. at State Museum of PA

Seventh Art
PRODUCTIONS

Tickets available at the door or at www.sqart.org

MATISSE



drink, eat, enjoy cooking classes catering

Cornerstone Coffeehouse
2133 Market Street • Camp Hill, PA 17011

www.cornerstonecoffeehouse.com

717-737-5026

facebook.com/cornerstonecoffeehouse



HEALTHY IMAGINATION

In Newport, a local café takes a creative, tasty turn.

BY MISSY SMITH



Downtown Newport is a small town hub of activity surrounded by gorgeous Perry County farmland. Sitting on the corner of Market and Second streets is a well-loved eatery that brings a variety of local food under one roof for eye-catching and delicious plates of café-style meals.

For more than 10 years, Cheryl Miller has operated Espresso Yourself Café, the popular breakfast and lunch spot on the Newport square. With a personal passion for healthy cooking and eating, Miller set out to bring her delicious, from-scratch recipes to her hometown.

"It's what I eat, and I wanted to have something healthy available in this town, because this is where I grew up," she says.

Miller works with a variety of local farmers who use sustainable practices, raise animals humanely without the use of antibiotics or hormones, and produce food without using pesticides or other chemicals.

While sustainably sourced food is a high priority for Miller, so is showing people that healthy eating can be delicious. She has often heard people refer to healthy, organic food as flat or uninteresting.

"Sometimes people think that health food is all tofu," she says.

When she set out to craft her menu, she was sure to create recipes that would prove this assumption wrong. Her menu options show that eating for health can be flavorful and familiar.

With a nod to her grandmother's Perry County cooking traditions, a love of from-scratch cooking, a respect for individual dietary needs and a flair for exciting ingredient combinations, Miller offers imaginative, yet recognizable flavors to her loyal regulars and those traveling through town.

"I love coming up with different kinds of food," says Miller, explaining that her eclectic repertoire combines old recipes with modern flavors.

MENU ADVENTURES

What makes Espresso Yourself's menu so inviting is that you can order restaurant standards with a twist, often with vegetarians, vegans and gluten-free eaters in mind.

You will find artistic flavor combinations on the specials board, which recently have included a fig and goat cheese quesadilla with fresh fruit salsa, cream of asparagus soup, fresh blueberry mint salad, cilantro and avocado grilled cheese, and dandelion and bacon pizza.

Adventure is readily available for thrill-seeking foodies via Espresso's specials menus, but the main menu is full of popular standards.

One customer favorite, the Waldorf sandwich, includes natural turkey breast, mozzarella cheese, apples, lettuce, mayo and maple-glazed walnuts, and also can be ordered as a wrap. Menu staples like the Reuben and BLT are also offered at the café. Of course, kids' fare is available too, with grilled cheese and organic peanut butter and jelly as perfect standbys for the little ones.

Another prized menu item is served during breakfast hours and pairs deliciously with a cup of coffee. The grilled oat cinnamon swirl, with a side of maple syrup or honey and the option of maple pecan and fresh-fruit toppings, is a regular crowd-pleaser. Other breakfast items include make-your-own omelets, breakfast sandwiches, a breakfast quesadilla and fresh fruit yogurt parfaits.

COFFEE & DANISH

Of course, what would Espresso Yourself be without great coffee?

Serving organic, fair trade coffees, in decaf, regular and flavored varieties, the café offers patrons a pick-me-up at a self-serve coffee station, where refills are free if dining in. Specialty café menu items include espresso, cappuccino, latte, café mocha, hammerhead (coffee with a shot of espresso) and hot chocolate. Customers can also enjoy a loose tea bar where they pick their own flavors for brewing. During the hot summer months, iced coffee, iced chai latte, herbal mint iced tea and Italian sodas are refreshing options.

Delectably displayed baked goods sit in a beautiful wooden case at the register, making the café experience extra sweet. Chocolate ginger cookies, blueberry muffins, Danishes and cupcakes are among the regular offerings. Lucky for vegan and gluten-free customers, many of these are created with dietary restrictions in mind.

"I have always had access to vegetarian and vegan food," says Miller. "I have always been open to that kind of diet. It's a fun challenge to make something vegan that tastes good."

Dining in allows patrons to enjoy the café-style décor and local art, as part of the Perry County Council of the Arts' Traveling Art Exhibit. A private lounge area makes for a great private workspace, where customers can use the complimentary WiFi, and it's a perfect play space for kids, complete with cooking toys and food-themed books. Large groups or business meetings often gather in a dining room adjacent to the main café floor.

For those stopping in for a quick bite on their way to work or through town, all of the menu items and beverages can be ordered to-go. Miller also stocks refrigerated cases with organic produce and prepared foods for mini grocery trips or to stock up for lunch.

If it seems like Miller has covered all of her bases, you can credit it to her passion for all things food. She works hard to ensure that she keeps bringing her customers back for delicious and satisfying small-town café experiences. **B**

Espresso Yourself Café is at 8 S. Second Street, Newport. Hours are Monday to Saturday, 7 a.m. to 4 p.m. For more information, call 717-567-9882 or visit www.espressoyourselfcafe.com.



Espresso Yourself Café is at 8 S. Second Street, Newport. Hours are Monday to Saturday, 7 a.m. to 4 p.m. For more information, call 717-567-9882 or visit www.espressoyourselfcafe.com.



FARM TO TABLE

Over the last year, Espresso Yourself has hosted farm-to-table dinners to showcase delicious recipes made with food provided by local farms. Creative dinner menus can be expected, as well as an evening to get to know people in the local community.

"Most of the time, we put all of the tables together so people can mingle," says Miller. "For some dinners, we serve individual plates and sometimes we serve family-style, depending on the meal. People listen to live music, talk and have a lot of fun."

The farmers who supply food for the dinners often attend, giving patrons the chance to meet the people who produce the food they will be enjoying. Handpicking the farmers allows Miller to be selective about the food she uses. Not everything has to be certified organic, but she insists that the farms follow organic farming practices and treat their animals ethically.

"Serving local food, instead of ordering food products out of a book, takes a lot more time and effort, but it is definitely worth it," she says.

Last month, Espresso Yourself hosted a donation-based pig roast, in a portion of Newport square's parking lot in front of the café, with local act Rough Edges String Band providing accompaniment for the outside meal. Miller opened her farm-to-table dinner up on a pay-as-you-can basis for a meal that generally costs about \$35 per person. Diners enjoyed pulled pork, quinoa, beef or vegan chili, polenta, potatoes, roasted vegetables, pepper slaw, homemade breads, bread pudding, apple crisp, local ice cream, and of course, teas and coffee.

Miller was motivated by the desire to share healthy, delicious recipes with a broad audience.

"I wanted to hold this dinner so that the community would be able to attend to get to know what we do and to taste our food," she explains. "I saw some people that I know couldn't afford the regular price and that made me very happy that they could share in the experience."

To help pull off the donation-based dinner, some of the participating farmers and local businesses donated food for the event. Farms that generally participate in Miller's farm-to-table dinners include Edible Gardens, Mountain View Organics, Newport Natural Foods, North Mountain Pastures, Perry County Land and Cattle and Wayside Acres, all from Newport; Chicano Sol and JuJu Acres, of Blain; and Talking Breads, of Duncannon.

While hosting a pay-what-you-can dinner could be risky, Miller believes many of her loyal farm-to-table diners threw large bills into the canning jars that served as the donation vessels. "It was a risk, but we covered our costs and had some extra money," she says.

But, for Miller, this dinner was all about the people, and she was visibly thrilled with the true community event that the Espresso Yourself team pulled off.



RUBICON

After a year-long renovation, the French bistro and bar Rubicon debuted in late August, opening the doors to one of the most stunning interiors in Harrisburg. The building at 270 North St. is unrecognizable from its previous incarnation as the dingy (if fabled) Neptune Lounge. We thought we'd share some images of Rubicon so that our readers could see the soaring, three-story open interior, the custom-made, metal-and-glass chandeliers and the horseshoe-shaped bar that anchors the restaurant, balancing out the design and offering a central focus for diners. Of course, these pictures can only capture so much. To truly experience Rubicon, you must visit for yourself.

Photos by Anela Bence-Selkowitz. Anelaphotographer.com



DINNER WITH WINE

Chianti is good for drinking, great for cooking.

BY ROSEMARY RUGGIERI BAER

One of the highlights of our trip to Sicily four years ago was a visit to a winery high in the hills above Palermo.

It was springtime, so the bright green grape vines were just in their infancy. I imagined the flurry of activity that would occur in fall and the rush to harvest to make the lovely wines we tasted that evening.

I grew up with Italian wines, although my dear father stuck with a few favorites that could be bought at the state store at the time: Bolla's Valpolicella and Soave, the Corvo white and red from Sicily, and a light, white Verdiccio that came in a delightful, fish-shaped bottle. His favorite, when he could find it, was a white wine from Campania called Lacrima Christi or "Tears of Christ."

We had wine on holidays but not every day. And, other than the dry sherry she used in her orange and walnut holiday cake, my mother didn't cook with wine either. Wine in the Baer household, however, is another matter. My husband jokes that our monthly wine bill is like a car payment. In recent years, we've gravitated to mostly Italian wines. To me, they are soft and lovely and very unlike the dry French reds and whites we drank in our youth.

Wines are a special part of our family dinners, and we try to pair what we are drinking with our menu. I admit to liking Pinot Grigio, although there are some bad ones out there. Soave from Venice and Gavi from northwest Italy are crisp whites that go with almost everything. For reds, there is Bardolino and Dolcetta d'Alba.

And then there is the unique Chianti made from the Sangiovese grape and perhaps the best-known Italian wine in America. Chianti is produced in the green hills between Florence and Siena in Tuscany. Remember the straw-and-wax-covered Chianti bottles that graced tables in Italian bistros in the 1950s and '60s? Well, Chiantis have come a long way. Good ones can be found at our state stores often as a "Chairman's Selection," a promotion offering nice wines at reasonable prices. Some Chiantis we've tried are Banfi Chianti Superiore, Castello D'Albola Chianti Classico and Straccali Chianti.

The recipe that follows is a favorite of mine from "Savoring Tuscany," another of my much-loved cookbooks. It calls specifically for Chianti and, in Italian, is known as "*bistecchine di maiale ubriache*" or "drunken pork chops." This dish pairs a rather unusual taste combination, fennel and red wine.

This fall, re-discover Chianti. Try it with red sauce pasta or polenta with a mushroom ragu. Substitute Chianti for Burgundy in a hearty beef stew. Or sip it with rosemary-scented lamp chops.

I love drinking wine and cooking with wine. Some time ago, one of my doctors told me never to drink more than four ounces of wine a day. I don't follow his advice. **B**

DRUNKEN PORK CHOPS

Ingredients

- 4 center cut loin pork chops
- Salt and pepper
- 2 tablespoons crushed fennel seeds
- 2 tablespoons olive oil
- 1 cup crushed canned or boxed tomatoes
- ½ cup Chianti
- 1 teaspoon whole fennel seeds

Season the pork chops with salt and pepper and the crushed fennel seed. Heat the olive oil in a large skillet (that is large enough to hold all 4 chops) over medium heat. Sear the chops briefly on both sides and sprinkle with salt. Raise the heat to high and add the crushed tomatoes and Chianti. After 1 minute, reduce the heat to medium, cover the pan and let the chops and sauce simmer, turning once until the chops are browned on both sides, about 15 minutes. Transfer the chops to a platter. Toss the whole fennel seed into the sauce and cook for an additional 5 minutes. Spoon the sauce over the chops and serve. Serve with creamy mashed potatoes and brussel sprouts that have been roasted with a little balsamic vinegar and sea salt.



MR. G JOURNEYS HOME

After a lifetime as a restaurateur, Georgio Giannaris shares his native cuisine.

BY STEPHANIE KALINA-METZGER

Georgio Giannaris has always loved the bar and restaurant business; you could say it's in his blood. His father, who came to the United States from Greece, ran a bar and restaurant in York. So Georgio, or Mr. G., as he is fondly known around town, grew up in the industry.

No stranger to hard work, he attended college while working full time as a bar manager and disc jockey for a Greek couple until his life took a fortuitous turn, and he was approached by a local entrepreneur.

"He was a Greek guy, too, and, when he approached me, he said, 'I'm thinking of opening up a place and if you work for me, I'll make you a partner,'" Giannaris said. And that's the short story of how Giannaris began taking charge of his own destiny as part owner and general manager of the Pink Panther in York.

"People came to the Pink Panther from Baltimore and all over; it was popular, but the life expectancy of any night club is around four to five years," he said. "After that, we shut it down and opened up as the Broadway Café sports bar. We made even more noise with that place with pool, foosball, karaoke, disc jockeys, contests, big screens, sponsoring teams, all that sort of stuff."

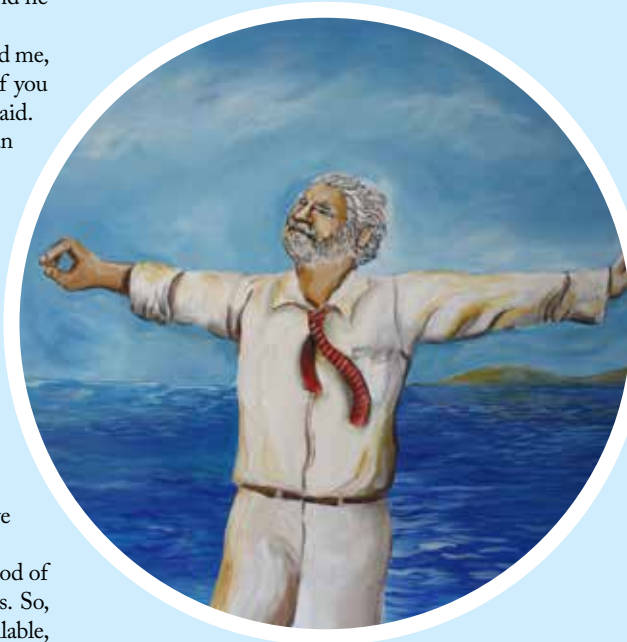
That business ended when the lease ran out.

"It was too expensive to buy the building, and so we let Hooters have the place," he said.

Afterwards, Giannaris worked for others for a period of time, but nothing compared to being his own boss. So, when Sal's Bistro in Uptown Harrisburg became available, he jumped at the chance to make it his own. He turned the concept from fine dining to an "all sports, all the time" theme and named the place "Mr. G's Sports Bar."

That was 17 years ago, and the place is still going strong, as is Giannaris. So, when he learned that nearby Sisco's restaurant was up for sale, he decided it was time to introduce the East Shore to a new dining establishment. He opened Zorba's Taverna and Pizzeria—Mediterranean food with a Greek accent.

"It was always in the back of my mind that, if I were to start something else, I would have a beautiful Greek restaurant," said Giannaris, who added that he had been putting feelers out to Sisco's for quite some time. "They finally called and said, 'You've been pestering us for three years, and now we've decided to sell. Do you still want it?'"



They didn't need to ask him twice. Since that call, he and his brother, John, have been putting in long hours and plenty of hard work to get the place up and running. They gutted and painted the place and hired an artist to festoon the walls with scenes of Greek landscapes.

The brothers brought aboard chef Vasso Antonopoulou, who hails from Greece, and hired Joe Neve, former

owner of Harrisburg-based Sorrento's, to help the kitchen staff prepare an array of food ranging from casual fare like subs, pizza and gyros to Greek dinner offerings like pastitsio, lamb and spanakopita.

"We have the best of both worlds when it comes to Italian and Greek food," said Giannaris, referring to the combined talent of Neve and Antonopoulou.

Homemade desserts include kataifi, a sweet combination of shredded phyllo topped with walnuts and honey syrup, small Greek donuts called loukoumades, and the ever-popular baklava, to name a few. Patrons have their choice of libations ranging from authentic Greek coffee to a selection of craft beers and wines hailing from places like Portugal, Spain, France and Italy.

Giannaris said the restaurant takes its name from the fictional Greek character in the novel "Zorba the Greek."

"Zorba was all about good wine, good food, dancing, laughing and smiling. He would entertain everybody and enjoyed good company and was always looking at the positive side of things. He represents the free-spirited Greek lifestyle and, in many ways, that's me," he said, with a chuckle.

A painting of the famous "Zorba" greets patrons as they enter the establishment.

Giannaris said business has been good since opening in August.

"Everybody loves the place," he said, adding that he hopes it will turn into an area favorite like Mr. G's, which is often voted "best neighborhood bar."

For now, he plans to split his time between both establishments and is looking forward to meeting as many patrons as possible.

"I love being surrounded by people, and I greet everybody who comes through the door. I entertain them; I chat with them. It's the personal touch that makes a big difference."

"You'll never be a stranger here," he said. **B**

Zorba's Taverna and Pizzeria is located at 3716 N. 6th St., Harrisburg. Call 717-233-0143.





ENJOY THE BEST OF THE
GREATER HARRISBURG
AREA WITH

B THEBURG APP!

Download TheBurg App for FREE
at the App Store or Google Play!



Only in the digital issue, you will
find coupons to local businesses.

3rd Street Used Furniture

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

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



2009 Market Street
Camp Hill, PA 17011
(717) 975-8800

Our personal goal is to provide you
with guidance that can help you
understand and better define
your financial goals.

What you need to feel secure.

www.contewealth.com

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



Alison Bach, CFP®
abach@contewealth.com

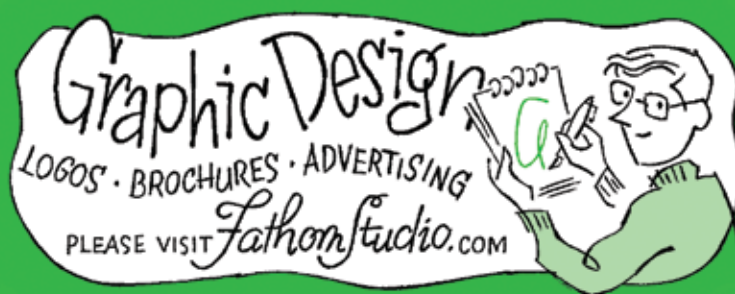
LORDS & LADIES SALON

OFFERING A VARIETY OF SALON
SERVICES FOR MEN & WOMEN

— BARBERS ON STAFF —

TUESDAY-THURSDAY 11A-8P
FRIDAY 10A-6P
SATURDAY 9A-5P
MONDAYS BY APPOINTMENT

308 NORTH 2ND STREET, HARRISBURG | 717.635.8451
WWW.LORDSANDLADIESHBG.COM



presents Halloween in Midtown

HAUNTED HOUSE

FREE & All Welcome!
Trick-or-Treat Night
6 pm - 8 pm
Candy available for trick-or-treaters

Halloween Social

FREE for FOM Members
\$5 for Non-members
October 31st
6 pm - 8 pm

Both events at Historic Harrisburg Resource Center (1230 N. 3rd St.)



Open House and Craft Fair: Oct. 25 & 26
Hunters Valley Winery

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



BIG & DIGITAL

Whitaker Center retires IMAX as large-format technology advances.

BY JESSICA SPRAJCAR

"Film is becoming obsolete,"

stated Steve Bishop, vice president of Science and Cinema Programs for Whitaker Center. "It's going the way of 8-track tapes and the typewriter."

Indeed, the way movies are made and viewed is changing, and Whitaker Center is getting ready to make the switch. By the time you read this article, IMAX movies will no longer have a home in Harrisburg. In their place will be something equally immersive and awe-inspiring: a digital technology called D3D.

Beginning Oct. 18, visitors to Whitaker Center will experience theater on a giant screen digital film set-up that comes with a more than a \$1 million price tag. That may sound like a lot of money, but, according to Bishop, D3D is well worth the expense.

"If we [and other theaters] want to stay in business, we have to convert to digital," Bishop explained.

OUT WITH IMAX

The IMAX system, while providing an amazing visual experience, had its share of quirks. For starters, each reel of IMAX film measures 6 feet in diameter and weighs up to 600 pounds. A feature-length IMAX film reel contains 61 miles of film, making it costly to receive and ship.

Film is also very delicate and sensitive to changes in temperature and humidity. Too much of either will cause the film to curl, leading to what Bishop termed "a bad hair day in the IMAX projection booth," so that the film won't run through the projector. On average, each film could be shown no more than 500 times before faded and scratched images ruined the picture. Then the film had to be disposed of, or in rare cases, shipped overseas to a theater that couldn't afford a brand new copy.

Instead of miles of celluloid film, the D3D projection system is small and simple. It consists of a hard drive the size of a hardback novel that plugs into the computer projector. When the center is done showing that particular movie, the hard drive is returned for use at another theater, making it much more environmentally friendly than the IMAX system. The screen will be slightly smaller—instead

of being six stories tall, it will be more like 4½ stories. The picture and sound quality will be comparable, and the ticket price will remain the same.

What might change, and for the better, are the new ways to use the theater. While the center will still show a mix of Hollywood hits and documentaries, Bishop and his staff are looking for creative ways to use the digital technology, possibly including things like live-streaming concerts and video game competitions.

"Anything on a computer screen could be put on the theater screen," explained Bishop.

Right now, the center has a program called "Surgery Live," where actual surgeries from Hershey Medical Center are shown to students in real time to get them interested in a career in the medical field. The surgeon, nurses and other staff talk to the students, and the students can respond back. More than 5,000 students have participated in the program over the past six years, but the current classroom can hold only 100 students at a time. If the program moved to the theater, attendance could double.

THE FIRST FILMS

To debut D3D, Whitaker Center theater will show two films on the new system this month: "Jerusalem" and "Watermelon Magic."

When determining which movies to show, Bishop has a short list of criteria. He might look for a film that complements an exhibit at the science center or go by reviews from his colleagues at other museums. It is also important to find movies that "take advantage of the huge screen" and have an educational value, since "more than three-quarters of the school kids and half the families see a film" during their visit.

"Watermelon Magic" is one of those family-friendly educational films. It is a 30-minute movie that follows the story of a little girl named Sylvie as she learns how to grow watermelons on her family's farm in Bucks County. Through amazing time-lapse photography and simple storytelling, young viewers will learn the importance of healthy food and sharing.

According to Bishop, "Watermelon Magic" is a good example of how the move away from IMAX will help filmmakers. He said that IMAX film cameras are huge, about the size of an oven, and weigh around 300 pounds. They can only hold three minutes worth of film, since each frame on an IMAX film reel is the size of a playing card, creating many stops and starts in the movie-making process. Therefore, making an IMAX movie is very expensive and time-consuming. The move to a giant digital format allows small-scale, independent filmmakers to make large-format movies at a fraction of the cost.

The second movie at the center is "Jerusalem," a 3-D National Geographic film about the city of Jerusalem and the cultures within, as seen through the eyes of three women: Jewish, Muslim and Christian. The movie shows that, "In 1 square mile, you see how these cultures have learned to live together, and it shows that different cultures can co-exist," according to Bishop. The movie also follows an archeologist as she searches through some of the interesting historical sites of the city.

Running in correlation with the film is a photo exhibit titled "Jerusalem: Beyond the Wall." In 2004, photographer Jason Eskinazi distributed disposable cameras to both Israeli and Palestinian children in Jerusalem so they could document their lives through pictures. Ninety-eight of the images from the project will be on display on the lower level of the science center beginning on Oct. 18.

Since 1999, more than 1.7 million people have watched IMAX films at Whitaker Center. One man who has seen nearly all of them is Phil Russotto, co-chief projectionist. Russotto oversaw the installation of the IMAX system in 1999 and was at the final showing on Sept. 21 to say goodbye to his old friend. He says it is "bittersweet" to see the end of the IMAX era, but he's "excited to learn the ins and outs of the new system."

Beginning this month, you can see the changes for yourself. **B**

Whitaker Center is located at 222 Market St., Harrisburg. For more information, visit www.whitakercenter.org.



MURAL MAKERS

Harrisburg has a delightful new mural, which was unveiled last month at the playground of the Neighborhood Center at N. 3rd and Kelker streets. In this photo feature, we show the mural's development from creation to completion to dedication. Barak, Inc. launched the project after a nearby mural was destroyed. The arts group then held a competition for a new mural, a commission awarded to Megan Davis, Creative Director of TheBurg and co-founder of Harrisburg-based Sprocket Mural Works. With the enthusiastic help of neighborhood children, Sprocket finished the mural in time for its debut during the city's annual Gallery Walk. It now hangs on an exterior wall of 3rd Street Studio overlooking the playground.



SEASON OF SYMPHONY

As it cools, Harrisburg gets classical.

BY LORI M. MYERS

A virtuoso is a musician with masterly ability, technique or personal style. Fortunately, one doesn't have to look far to find those types right here in the midstate. Just search inside large, elaborate spaces or snug high school auditoriums. There they are. They play Beethoven or Gershwin with ease, and they're led by the likes of Schafer, Malina or Sirotin. Classy? Yes. Classical? Of course.

CENTRAL PENNSYLVANIA SYMPHONY

The 2014-15 season is a special one for this volunteer group of musicians led by Music Director Ronald E. Schafer. The Hummelstown-based orchestra will celebrate its 25th anniversary concert season with an opening performance at The Forum in Harrisburg on Nov. 2 in a program entitled "Eaken Plays Beethoven." Violin soloist John Eaken will perform Beethoven's famous "Violin Concerto in D Major." Audiences also will hear works by Strauss, Dvořák and Stravinsky.

"As a charter board member and musician with the Central Pennsylvania Symphony, it is so exciting to be celebrating 25 years of music-making with such a wonderful family of musicians," says Bonnie Rannels, violinist and board member with the organization. "There is nothing more rewarding than sharing the gift of music with each other and our audiences."

And those audiences will celebrate alongside them in April inside the Sheraton Harrisburg/Hershey ballroom at the special event "Celebrate 25," complete with dinner, a talent showcase and dancing. In between the two performances will be "Christmas Traditions" with pieces from Tchaikovsky and arias from "The Messiah" at Palm Lutheran Church in Palmyra on Dec. 7 and a performance of family favorites—from Berlioz, Copland and others—on Feb. 15 inside Greenwood High School in Millerstown.

Learn more about the Central Pennsylvania Symphony at www.centralpasymphony.org.

MARKET SQUARE CONCERTS

From an initial program dedicated to the 100th anniversary of World War I to the final one commemorating the 70th anniversary of the end of World War II, the Market Square Concerts' 2014-15 season is all about intimacy and connection.

Peter Sirotin, the organization's artistic director, points out that chamber music performed in small spaces can be likened to that of a black box theatrical experience where an audience feels like it's part of the action.

"Audiences are transported," he says. "They feel what it's like to live in that place."

In a literal sense, "that place" will vary, as it often does, for Market Square Concert-goers. Late last month, the Ariel String Quartet and pianist Orion Weiss opened in Market Square Church with string quartets by Beethoven and Ravel for the WWI dedication. On Nov. 15, the concert series returns there as the award-winning Avalon Quartet performs Schumann and Tchaikovsky.

Temple Ohev Sholom will play host to two of the season's performances. On Jan. 20, one of the best young violinists in the world today, Kristof Barati from Hungary, will perform Bach and Bartok on the eve of his Carnegie Hall debut. And, on April 25, the Amernet String Quartet will commemorate WWII with a Jewish-themed program of music by Mendelssohn, Schulhoff (who died in the Holocaust), Shostakovich and Weinberg.

On Feb. 28, Trio Solisti with clarinetist Jon Manasse will offer a jazz-influenced program of music inside Rose Lehrman Arts Center at HACC, part of the center's 40th anniversary. The group of musicians will perform Poulenc, Turina, Milhaud, Piazzolla and Gershwin, and, on March 28, the Donald Sinta Quartet will perform string quartets by Dvořák, Barber, Shostakovich and Grieg's "Holberg Suite" at Whitaker Center.

Learn more about Market Square Concerts at www.marketsquareconcerts.org.



*Violinist Peter Sirotin.
Photo courtesy of Jeff Lynch.*



*Avalon String Quartet.
Photo courtesy of
Todd Rosenberg.*

HARRISBURG SYMPHONY ORCHESTRA

HSO's Music Director Stuart Malina calls the upcoming pops series one the strongest in memory.

The series begins on Nov. 22 to 23 with "Feel the Force II: The Wrath of Stu," a sci-fi music weekend featuring a new selection of great movie scores. In January, the tunes change to "classic soul" when singers Capathia Jenkins and Darius de Haas rock The Forum with music from Aretha Franklin, Marvin Gaye, Tina Turner, Stevie Wonder, Gladys Knight and James Brown. The series continues on March 7 to 8 with the return of the death-defying and awe-inspiring "Cirque de la Symphonie" and concludes May 2 to 3 with "An Evening of Rodgers & Hammerstein Classics," marking the 50th anniversary of the motion picture release of "The Sound of Music."

Ah, then there's the October through May Masterworks series, when there's something for everyone, including Beethoven, Prokofiev, Mozart, Shostakovich, Bernstein and more.

"Every concert features great works of music, representing many different styles and periods," Malina says. "In November, we will be performing a world premiere clarinet concerto by Jeremy Gill—a dazzling and beautiful new work performed by Chris Grymes. In April, we'll be performing Brahms' magnificent 'German Requiem,' a piece I have never done before and one of the centerpieces of the choral orchestral repertoire."

And Malina will set down the baton for a bit and take a seat at the piano to perform Mozart's powerful "Piano Concerto No. 20" in January.

"The experience of hearing a great orchestra live is unlike any other," Malina muses. "Once you feel that energy, there's no going back."

Malina adds that The Forum will be renovated, making it a more beautiful and more comfortable place to experience great music. The orchestra is also instituting a new educational initiative—an after-school program at the Downey School in Harrisburg.

Learn more about the Harrisburg Symphony Orchestra at www.harrisburgsymphony.org.

XTREME
CLEAN MOBILE DETAIL

To Do:

- ☐ Cut the grass
- ☐ Pick up the kids
- ☐ Walk the Dog
- ☒ **Clean the Car**
- ☐ Book Flight

RELAX
WE'LL COME TO YOU!

Book here! 




Cars-Trucks-SUVs-Vans-Fleet-RV/Campers
Mobile car wash & detailing services

www.XTmobileDetail.com Call or Text "Wash" to 717-961-8423


WINGS • SPECIALTY SANDWICHES
HUGE SALADS • HOMEMADE DESSERTS
HAPPY HOUR FROM 5-7 PM DAILY

NFL TICKET

ZEMBIE'S HOURS
MON-SAT 11am-2am
SUN 1pm-12am

HARRISBURG'S FAVORITE LUNCHTIME SPOT FOR 38 YEARS!

226 N. 2ND STREET, HARRISBURG • 717-232-5020
ZEMBIESSPORTSTAVEN.COM • FACEBOOK.COM/ZEMBIES


 **Neurofeedback & Counseling Center** of Pennsylvania

Train YOUR Brain for:

- Emotional Health
- Eating Control
- Mood Stability
- Increased Confidence
- Improved Communication


Peak Performance
Headaches
ADHD
Autism
Aspergers

Eating Disorders
Addictions
Anxiety
Stress
OCD



Individual & Family Counseling
Amanda Levison, M.S., LMHC, LPC
(717) 202-2510
www.neuroandcounselingcenter.com

Auto • Home • Life • Health



Insurance for your new family that's easy to understand, from people you can trust.

EIA ENDERS INSURANCE ASSOCIATES

www.EndersInsurance.com

BULLS-EYE BLUES

*At River City, it's
music, fun and, if you're
lucky, a game shot.*

BY STEPHANIE
KALINA-METZGER

What do B.B. King and Phil “The Power” Taylor have in common?

The great blues guitarist and world champion darts player both would feel perfectly at home inside Harrisburg’s newest club.

That’s right—a musical style and a niche sport have inter-bred, and the result is River City Blues Club & Dart Room, located in a large space on Cameron Street, just (if you’ll excuse the pun) a dart’s throw away from I-83. A brightly lit electronic sign beckons passers-by to step inside the tidy brick building, once home to Sacred Heart Catholic School.

The sign isn’t the only beacon for enthusiastic music lovers. Social media has been buzzing as the word spreads about the new venue. At the late August grand opening, the large parking lot was filled to capacity, and eagle-eyed patrons waited their turn to jockey for position as coveted spaces became available.

A staff member sat vigil at the door collecting the \$5 cover charge, which customers gladly forked over to hear several live blues acts on tap for the warm summer evening.

Upon entering, a few curious patrons climbed the stairs to check out the dart room and watch a little friendly competition before heading downstairs where musicians entertained the crowd.

Partners Phil Dobson, Jonas Hair and Rick Hefelfinger—all veterans of Harrisburg’s entertainment and arts scenes—have succeeded in striking just the right balance of atmosphere, space and acoustics in the room where both local and out-of-state musicians perform. The dimly lit space feels cozy, but not cramped, and patrons can converse without shouting as they listen to the band.

The sometimes edgy, but interesting and tastefully displayed artwork created by Root 222 lines the walls both upstairs and downstairs, and many customers take the time to walk up and inspect the colorful pieces more closely. Hair, who has experience working with art galleries, plans to use his connections to feature other artists on a rotating basis.

Seats were at a premium during opening night as guests lined the bar, sat around tables, or scooted together along the black leather sectional that hugged the side and back walls. Some shared appetizers like nachos or jalapeño crab poppers while others chose from a variety of wings, burgers, salads and sandwiches listed on the two-sided menu.

There wasn’t a bad seat in the house when Eli Charleston, ragtime-blues guitarist, took the stage.

After finishing his set, Charleston commented on the new venue.

“I love it,” he said. “It’s classy, and it’s nice to have a fresh face in Harrisburg.”

For now, live music will be limited to Thursday through Saturday, according to Hair. Thursdays will be open mic nights, and Hair encourages those who want to share their musical talents to arrive before the 9 p.m. start to secure a place on the roster.

The downstairs may be hopping on weekends, but the upstairs takes on a life of its own every day. In the dart room, five traditional English dartboards line a back wall for steel-tip dart players, and nine state-of-the-art Phoenix Electronic dartboards automatically record scores, making it easy for those with a competitive streak to show off their skills.

Mark Fair and John Kuczynski are professional dart players who oversee operations and ensure the dart leagues and equipment run smoothly. Both men have traveled all over the world to play. Kuczynski competed on the U.S. team in Hong Kong and Korea and won world titles in Chicago and France. Fair has competed on the U.S. team in Hong Kong, Korea and Las Vegas. Both men are willing to help others learn the game.

Ryan Davis, league and tournament coordinator, will be available to lend a hand, as well. Would-be players need to just show up, and someone will get them started. The cost is 75 cents per game, and those who choose to join a league can opt to play anywhere from one night a week to all seven.

“We know we have the best dart room on the East Coast, if not the entire country,” said Fair.

Thirsty players can take time out to order a drink at the bar just outside the dart room, relax inside the roomy café upstairs, or grab a bite to accompany their favorite libation. Happy hour runs from 7 to 9 p.m., and doors open at 6 p.m. every day of the week.

Guest who come for the live music and fail to secure a seat downstairs will be glad to learn that they can enjoy the music being played downstairs on the televisions upstairs via live feed.

Hair said the response to the new club has been phenomenal, and he hopes to continue to add to the schedule.

“Harrisburg has always been a blues town, and I’m very happy to be doing this,” he said. “We plan on building upon what we have now to continue to showcase both local and out-of-state talent.” **B**

River City Blues Club and Dart Room is located at 819 S. Cameron St., Harrisburg. For more information, visit www.rivercityhbg.com.

ABSTRACT EXPRESSIONS

Reina_76: Fragments of a life, re-assembled.

BY JOHN MESSEDER

In what at first glance appears to be a random splashing of colors and materials, the Harrisburg-based artist who signs her work as “Reina_76” tells stories of social conflict and class separations cutting across economic, national and technological spectra.

“Even in the colonies, there is no equality,” she said of a recent show mounted at WITF headquarters in Swatara Township.

The display featured eight sculptures, abstract presentations including “Military Colony,” “Urban Colony,” “Medical Colony” and “Gated Colony.” The pieces used such materials as light bulbs, vacuum cleaner belts and pieces of plastic netting to tell their stories.

In another show, Reina used old sport coats, seemingly random paint colors, a beer can, pieces of news clippings and other flotsam to create what she called “pop culture” pieces about music and the military.

Somehow, it works, with a minimum of explanation.

“It says Katy Perry ‘Last Friday Night,’” Acacia Bellamy of Lower Paxton Township said, reading words from a snippet of a creation based on an old beige sport coat.

“It’s very pop culture,” she added, pointing to a QR code, a peace sign, Atomic Balls candy and a picture of Gen. David Petraeus.

Another visitor called the display “pretty ... unique, totally eclectic.”

“Usually, when you walk into a gallery, you expect to see frames,” said Megan Weber of Harrisburg, pointing out what Reina’s art is not.

Reina_76 was born Reina Ercilia Aguilar Wooden to the son of a Susquehanna County hog farmer and daughter of a Venezuelan textile worker.

“I really applaud my mother,” she said, and the admiration is clear.

One Christmas, her mother took her two daughters and her son to Venezuela to visit their grandmother. Reina, who “was into being 17,” was impressed with the poverty and class that permeated the South American nation.

“The shower was a bucket and a hose,” she said. “Tin huts and animals everywhere.”

Her mother had come to the United States after answering an ad in a Venezuelan newspaper offering opportunities to learn English and work in a variety of industries. Here, she met the man who would be Reina’s father, a graduate of Howard University, doing post-graduate work at American University in Washington, D.C.

“She didn’t want to go back to Venezuela,” Reina said of her mother, who later graduated from Cheney University in Philadelphia.

Reina returned home to finish high school. She went on to college and, in 1998, graduated magna cum laude from Howard University.

Her bachelor’s degree in business administration, or BBA, “grounded” her, she said. But it also left her determined there would be “no suits” in her intended future.

She returned to Harrisburg in 2003 and met a guy who was into art, but turned out also to be into heroin and abuse. It was a relationship that resulted in a hospital stay and a night in a county jail when she was arrested in a barroom brawl.

“The abuse rattled my self-esteem,” she said. It also led her from work as a successful business consultant to a job in a grocery store.

“In an odd way, it led me to believe in art again,” she said.

Reina_76’s journey into the art world has sometimes been at odds with her family. Her sister, one year her junior, works on legal issues with the Environmental Protection Agency. Her brother, a year younger, is a member of the Secret Service.

She grew up surrounded by post-modern art her parents purchased, but they do not support her pursuit of art as a career.

“They felt it is not a respectable profession,” she said, recalling a time when her mother went to the basement, ripped several of her paintings from their frames and tossed them in the trash.

“My dream is to have an exhibition in MOMA,” Reina said, referring to the Museum of Modern Art in New York.

She said the artist with whom she has best connected has been Jean-Michel Basquiat. Basquiat was the offspring of Haitian and Puerto Rican parents and a one-time muse to Andy Warhol. His father was an accountant who wanted nothing to do with art.

“I saw his show at MOMA,” Reina recalled.

Her abstract creations are a reflection of her discomfort verbally expressing her thoughts. Some of the conflict derives from her visit to Venezuela as a teenager. Her familiarity with fabrics and textures comes from time spent on her grandfather’s farm.

Now 38, she has no spouse, no children, no tattoos and minimal jewelry; she appears for an interview wearing a small-jeweled ring and a matching wristwatch. Her abstract commentaries have been shown in Harrisburg and also in the MARFA gallery in New York’s East Village.

“Somebody from Brooklyn found me on Facebook and said she had bought one of my paintings,” she said of a recent contact. It was one of four acrylic-on-glass creations shown and sold at the Vivant Art Gallery in Philadelphia’s Old City.

As to what’s next for Reina, she said she’s cooking up creations for local shows over the coming months, which will continue to offer our area samples of her abstract, often avant garde, approach.

“Harrisburg has some great artists doing wonderful work,” she said. “But we need to embrace a more contemporary, interactive approach to art. It is the future of art.” **E**

There are two chances to see Reina’s art this month. She will exhibit “The Faces of Reina 76” at Historic Harrisburg Association, 1230 N. 3rd St., Harrisburg, during 3rd in The Burg, Oct. 17. She will show her installation piece, “An Immigrant for a Day,” in the group exhibit “Alienation” at Graham Street Studio, 312 Graham St., Harrisburg. The reception for that show is Oct. 18, 6-9 p.m.

Readers may contact John Messeder at john@JohnMesseder.com.

Portrait of Reina_76 by Michael Fitzgerald.



AN APARTMENT IN PARIS

*Living, dying and the heartbreak
of real estate.*

BY SAMMI LEIGH MELVILLE

Every country has its little quirks that are unique to its culture—traditions or circumstances that foreigners would look upon with puzzlement and would not fully be able to understand without firsthand experience.

One such example is the “viaje,” a French transaction in which an individual buys a property at a very cheap price, but cannot use the property until the seller dies—and commits to paying a monthly fee until said death. In some circumstances, the viaje is a rough deal, as the seller may continue to live for another 30 years, but, sometimes, the buyer gets “lucky,” and the seller dies shortly thereafter. But the concept can be seen as a gamble—and this is exactly what playwright Israel Horovitz had in mind with “My Old Lady,” his stage play-turned-film.

Kevin Kline plays an attention-loving, bankrupt, recovering alcoholic named Mathias Gold—he says his friends call him Jim, but he does not have friends—who has inherited a “viaje” apartment in Paris from his late father. As Mathias’ last hope was to sell the

apartment (he is 57 years old with very little to show for it), he is disappointed to find what the “viaje” actually entails. It seems that poor Mathias has inherited his father’s debt.

The seller happens to be a 92-year-old Englishwoman named Madame Mathilde Girard (Maggie Smith), who has lived in the apartment since she was 20 and is in excellent health, thank you very much. Her daughter, Chloe (Kristin Scott Thomas), also lives there and is infuriated to find that Matthias, desperate to pull his life out of a rut, is interested in selling to a Frenchman who would like to tear down the building and turn the whole lot into a hotel. As Chloe tries to save her home and Matthias tries to salvage his life, the past begins to unravel before their eyes, turning this simple story about an apartment into a complex drama that captures what it’s like when your past impinges on your future. As Madame Girard so wisely reflects, “You have life left, Mathias—there is no greater wealth.”

There are a few scenes in Horovitz’s adaptation that don’t translate quite well to the big screen. While Mathias’

personality lends a theatrical tinge to certain scenes, there are moments that lay it on a bit thick. And the ending feels a little forced, like the filmmaker ran out of time to wrap things up, but did anyway.

Because of this, the resolution seems almost jarring. But, overall, the story is engaging, with plenty of emotional twists that artfully reveal the characters’ many layers throughout the film—a nod not only to the well-crafted story, but also to the brilliant acting. Dame Smith convincingly ages herself for the role, presenting a delightful blend of stubborn old-lady charm and blissful ignorance. Kline both shocks and wins your heart with his unstable, almost childlike persona, and Thomas plays her part with refreshingly raw spirit.

“My Old Lady” is a fun film about life and its struggles—something you should be sure to check out. It will be playing this month at Midtown Cinema. **B**

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



OCTOBER EVENTS

Brunch & a Movie Series

10/5, 11:30 a.m. brunch,
12:30 p.m. movie
“E.T. The Extra Terrestrial”
BYO champagne &
Cinema provides the OJ
(and Reese’s Pieces!)

Down in Front!

10/10, about 9:30 p.m.
“Fire Maidens of Outer Space”
Our improv trio rips apart the terrible
1956 sci-fi B-movie.
BYOB... you’ll need it.

Saturday Morning Cartoons

10/11 & every second Saturday,
9:30–11:30 a.m.
Halloween-themed
classic cartoons!

Mommy & Me Matinees

10/11 & every second Saturday
Stroller parking and babies welcome!

Foreign and Classic Film Series

10/12 6 p.m. and every 2nd Sunday
“The General,” Buster Keaton’s
silent action comedy.

Silent & Scary Film Series

Every Sunday in October at 8 p.m.
BYOB

10/5 “Nosferatu” (1922)
10/12 “Phantom of the Opera” (1925)
10/19 “The Cabinet of
Dr. Caligari” (1920)
10/26 “Dr. Jekyll and
Mr. Hyde” (1920)

“Night of the Living Dead”

10/5, 7:30 p.m.
10/19, 7:30 p.m.
10/28, 7:30 p.m.

“Halloween”

10/17, 9:30 p.m.
3rd in the Burg \$3 Movie
10/24, 9:30 p.m.
10/31, 9:30 p.m.

“The Rocky Horror Picture Show”

Oct. 31, 8 p.m. & 10:30 p.m.
Let’s do the time warp again!

Movieate Presents

Mike Kuchar, in-person,
10/22, 7:30 p.m.
Filmmaker and actor
Mike Kuchar returns to the MC.

Movieate Presents

“Beetlejuice,” Oct. 26, 7:30 p.m.
The classic 1988 Tim Burton
comedy on 16mm.

National Theatre Live

10/26 and 10/28
The National Theatre presents
“Frankenstein,” mature audiences only
(contains nudity)



FEATURED PROFILE |  @KELSEEBAKER

KELSEE BAKER

I'm a senior in the music program at the Capital Area School for the Arts, also having studied creative writing junior year. Stephen King is my favorite author, and I prefer tea over coffee. I shoot with a Fujifilm camera or my iPhone 4, using Afterlight or Lightroom for editing. Dave Grohl is my life, and I can't go a day without listening to MGMT or Red Hot Chili Peppers.

WHERE IS YOUR FAVORITE PLACE IN HARRISBURG?
The Walnut Street Bridge or Midtown Scholar



WHAT IS YOUR FAVORITE SONG TO LISTEN TO?
So Many Days by MGMT

IF YOU COULD LIVE ANYWHERE IN THE WORLD, WHERE WOULD THAT BE?
La Jolla, California



WHERE IS THE BEST PLACE TO EAT IN HARRISBURG?
Woody's Bar and Grille

WHAT DO YOU HOPE TO BE DOING IN THE FUTURE?
Taking as many photos as possible and trying to find a career that encompasses what I love most.





 PAMELA CHEN
 PAMELA_CHEN





 SCOTT RHODES
 DOZERSPIKE





 SARAH GINGRIC
 SSARAHLIZZ



 JOEL BOMBERGER
 JOELBOMB




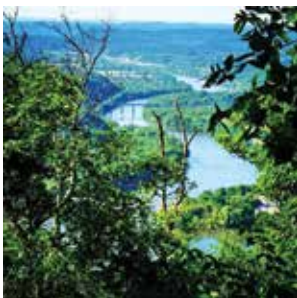
 BRIAN BASTINELLI
 BRIANBASTINELLI





 GABRIEL PIERCE
 GSANDON13





 SETH LEWIS
 SITUPSTRAIGHT





 LISA KRIVENKO COATES
 LKC1283





 BRANDI GARBUTT
 SODELSURF





 SHANNON STIFFLER
 MISTER_STIFFLER





 KATE JOHNSON
 KATIEMEG7





 DAN KUBACH
 KUBACH1982





 GIO ACOSTA
 GCXPRESSION



 EVAN SMEDLEY
 EVANSMEDLEY



 ZANE CRAIG
 ENAZGIARC



NOTE OF EXPERIENCE

This month, veteran talent comes to town.


BY ANDREW DYRLI HERMELING

Every month, I have to fill three slots for the “Musical Notes” column. My job often leaves me feeling like I am reviewing applicants for an open position at a company. Well, if that’s the case, then October may boast some of the most impressive résumés that I have reviewed thus far.

It could be said that I tend to prefer my music obscure and my venues intimate, and I think my past recommendations have reflected that preference. I’d rather “hire” the untested upstart daring enough to submit a mixtape in lieu of a résumé. Well, those frustrated with my tendencies will be pleasantly surprised by this month’s slate. The talent and experience coming into the midstate are just too impressive to ignore.

PUSS N BOOTS (ft. NORAH JONES), 10/10, 8PM, FED LIVE, \$25/\$30: Puss N Boots is a Brooklyn-based alt-country band that just happens to count Norah Jones as a member. Yes, that Norah Jones. The famed songstress has taken a break from her jazzier solo work to jam with her friends Sasha Dobson and Catherine Popper. Puss N Boots started in 2008 as a creative outlet for Jones to work on her guitar skills and quickly grew into an escape from the pressures of professional music-making. Members practiced when they had time and would occasionally play lightly promoted shows in pool halls and bars. They finally decided to record and release a proper album, this year’s “No Fools, No Fun.” The band is stopping in Harrisburg as part of an East Coast tour.

ROY BOOK BINDER, 10/12, 7:30PM, FORT HUNTER CENTENNIAL BARN, \$20: The blues are like a good whiskey, the older the better. Roy Book Binder and his finger-pickin’ blues guitar prove this point, having channeled the hobo aesthetic of the likes of Ramblin’ Jack Elliot for more than 45 years. He began his career in the famed Greenwich Village scene of the early ‘70s and has been wandering, singing and telling stories ever since. In fact, his penchant for storytelling has become his signature as a performer. Book Binder is being welcomed by the Susquehanna Folk Music Society, and his performance at Fort Hunter will be preceded by a potluck supper beginning at 6 p.m.

MARCO BENEVENTO, 10/16, 8PM, THE ABBEY BAR, \$12/\$15: Marco Benevento is hard to categorize. As an accomplished pianist, he certainly has the aura of a composer. But he also has a keen ear for pop arrangement. It is no surprise then that he has graced the stage at both Carnegie Hall and Bonnaroo. Benevento’s music revolves around his unique approach to the piano, using pedals and synthesizers to alter the sound of his acoustic instrument. Add to that his love for circuit bending—the art of electronically modifying toys and low-voltage electronics for musical effect—and you are left with soundscapes that are simultaneously familiar and otherworldly. 

Mentionables: The Swingle Sisters, Rose Lehrman Arts Center, 10/2; Jessica Hernandez and the Deltas, Fed Live, 10/17; Ian MacLagan and the Bump Band, HMAC, 10/17; The Jellybricks, Underground Cartoons and the Polins, HMAC, 10/18; Jimkata, The Abbey Bar, 10/25

10|2

THE SWINGLE SISTERS

ROSE LEHRMAN ARTS CENTER
1 HACC DR., HARRISBURG
STARTS AT 7:30 PM

10|10

PUSS N BOOTS

FED LIVE
234 N. 2ND ST., HARRISBURG
DOORS 8 PM

10|12

ROY BOOK BINDER

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

10|16

MARCO BENEVENTO

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

10|17

IAN MACLAGAN AND THE BUMP BAND

HMAC
268 HERR ST., HARRISBURG
STARTS AT 9 PM



Marco Benevento, Photo credit: www.royalpotatofamily.com



COMMUNITY CORNER

Blue & Gray Gala

Oct. 2: Attendees will tour the National Civil War Museum's galleries while enjoying locally catered food and an extensive collection of artifacts on display during the eighth annual gala. Tickets are \$75. Visit nationalcivilwarmuseum.org or call 260-1861.

3rd Annual Power of the Purse

Oct. 2: Enjoy a present-filled purse auction, a cash bar, light appetizers, "Women in Philanthropy" award presentation and "Dream Team" pinning at the Hershey Lodge, 5 to 7:30 p.m. \$50/person. Call 236-5040 or visit tfec.org.

Modern Hymn-Writers

Oct. 3: Messiah College welcomes singer/songwriters Keith and Kristyn Getty to present "Hymns for the Christian Life" at 7:30 p.m. in Parmer Hall, located in the Calvin and Janet High Center. Tickets are \$20. Call 691-6036 or visit messiah.edu/tickets.

Walking Tour

Oct. 4: Historic Harrisburg hosts "The History and Natural Wonders of Wildwood Park," a walking tour of Harrisburg's one-time zoo and recreational park. Meet at Benjamin Olewine Nature Center at 10 a.m. \$15 (\$10 for HHA members, \$5 students). RSVP to cindy@historicharrisburg.com.

Canal Day

Oct. 4: This annual celebration on the square in downtown Newport, Perry County, features arts, crafts, food, vendors, entertainment and more. Author Linda Martin Gilmore will be on hand at the PCCA Gallery from 9 a.m. to 2 p.m. to sign copies of her two latest works. Visit nrps.pa.net/canalday.html.

HYP 5 Miler for 5 Charities

Oct. 4: Walk, run or jog through scenic downtown Harrisburg while raising money for five local charitable organizations. The race starts and ends on City Island beginning at 8:30 a.m. Visit hyp.org.

21st Annual Wildlife Art Auction

Oct. 4: View the largest collection of Ned Smith prints and works by Pennsylvania wildlife artists at one auction at the Ned Smith Center for Nature and Art, Millersburg, starting at 9 a.m. Visit nedsmithcenter.com.

Junior Board 5th Annual Fall Fest

Oct. 4: The YWCA of Harrisburg's Junior Board will sponsor this event at Camp Reily, 300 Camp Reily Rd., featuring beer tasting, food and live music, 4 to 7 p.m. Tickets \$35. Visit ywcahbg.org/events.

Jazz-Themed Sunday Arts Hour

Oct. 5: Jazz enthusiasts are encouraged to join the PCCA at the Fetter House in Landisburg for free jazz concerts all day, with a special concert by jazz pianist Steve Rudolph and guest vocalist Erin Cruise at 3 p.m. Donations appreciated. Call 567-7023 or visit perrycountyarts.org.

Film and Panel Discussion

Oct. 7: Take part in a film discussion with the World Affairs Council of Harrisburg following a showing of the documentary, "Not My Life" at the Fredricksen Library at 7 p.m. Not recommended for ages under 18.

Night at the Museum

Oct. 8: See live entertainment at the grand opening of the Cammack Tucker Gallery, the world's largest collection of Tucker automobiles, at the Antique Auto Museum of Hershey, 6 to 10 p.m. Food and cocktails provided. Call 566-7100, ext. 100 for tickets.

State of the City Address

Oct. 8: Hear Harrisburg Mayor Eric Papenfuse review his first year in office and his thoughts going forward at the 2014 State of the City Address, 7:30 to 9 a.m., at the Hilton Harrisburg. \$85/person, \$60 for Harrisburg Chamber of Commerce members.

Art Pottery Lecture

Oct. 9: Arnie Small, president of American Art Pottery Association, presents "American Art Pottery: History and Heart" at Historic Harrisburg Resource Center, 1230 N. 3rd St., Harrisburg. Free. RSVP to cindy@historicharrisburg.com.

Fall Family Fun Day

Oct. 11: See a live animal presentation from ZooAmerica and an assortment of fall-themed activities throughout the Ned Smith Center for Nature and Art, Millersburg, noon to 4 p.m. \$5 for ages 2 and older. \$15 family four-pack available. Visit nedsmithcenter.org.

Introduction to Rug Hooking

Oct. 11: Perry County Council of the Arts will offer an introductory rug hooking course for students to learn the basics of rug hooking, from design to completion. \$42 per person, \$38 for PCCA members. Call 567-7023 or visit perrycountyarts.org.

Second Sunday at the Mansion

Oct. 12: Join the Historical Society of Dauphin County at the Harris-Cameron Mansion for a presentation geared to learning about local history, 1 to 4 p.m. A tour of the mansion will be held at 1 p.m. Call 233-3462, email office@dauphincountyhistory.org or visit dauphincountyhistory.org.

Progressive Jewish Voice

Oct. 12: The Progressive Jewish Voice of Central Pennsylvania is sponsoring a free family event featuring discussions on the formation and activities of the group. An invited speaker will discuss "The Overview of the U.S. Progressive Jewish Movement," 4 p.m. to 5 p.m. at the Jewish Community Center of Greater Harrisburg, 3301 N. Front St.

BHA'S Silver Celebration

Oct. 14: Celebrate The Brethren Housing Association's 25 years of service with an hors d'oeuvres reception, a silent and live auction, and personal testimonies from those at BHA, concluding with a dessert social at the Sheraton Harrisburg Hershey at 6 p.m. Doors at 5:30 p.m. Email celebrate@bha-pa.org or call 508-7242.

Railway Film Screening

Oct. 14: The National Railway Historical Society will present a 16-mm film by railroad historian Frank Kyper entitled "East Broad Top Narrow Gauge Railroad Scenes: 1954-1956 & 1960," at Hoss's restaurant in Enola. Meal available as early as 5 p.m. Call 238-2131 or visit harrisburgnrhs.org.

Business Networking Mixer

Oct. 15: Bring your business cards and 30-second elevator speech to the monthly mixer at Juice & Grind, 271 Market St., Lemoyne, 6 to 8 p.m., sponsored by the Central Pennsylvania Gay and Lesbian Chamber of Commerce. To register, visit cpglcc.org.

Business After Hours

Oct. 16: Mix and mingle with local business professionals and enjoy food and drinks at this monthly informal networking event at Highmark Blue Shield in Camp Hill, 5 to 7 p.m. Members of the Harrisburg Regional Chamber only. Call 232-4099.

Pumpkin Glow

Oct. 17, 18 and 25: Stroll through Hershey Gardens and see more than 150 carved, illuminated pumpkins and a large display of mums. There will be storytelling and trick-or-treat, and children are encouraged to come in costume, 6 to 8 p.m. Live pumpkin-carving demonstrations included with admission.

Free Classical Music Concert

Oct. 18: The York Symphony Orchestra will kick off its new season and new music director, Lawrence Golan, with this event at the Strand-Capitol in York at 7:30 p.m. First-come, first-served seating. Visit mystrandcapitol.org.

Fort Hunter Fundraiser

Oct. 18: Join the Friends of Fort Hunter for its annual fundraiser featuring an array of themed foods, wine and beer stations throughout the Centennial Barn, 6 to 10 p.m. Invitation only. \$125 per person. Call 599-5188, ext. 2116 for invitation.

Linglestown Fall Festival

Oct. 18: The Linglestown Merchants' Association holds its annual Fall Festival 11 a.m. to 3 p.m. in the heart of Linglestown. There will be food, music, historical presentations and activities, including pumpkin painting. For more, visit linglestownsquare.com.

Fall Book Sale and Collection

Oct. 23, 24, 25: New and gently used books, videos, CDs and other items will be on sale at the East Shore Area Library in Harrisburg. Times vary each day. Donations appreciated. Call 652-9380 or visit dcls.org.

Trunk or Treat

Oct. 25: Visitors 12 and under are invited to decorate their own treat bags and hunt for various "trunk or treat" spots throughout the Antique Auto Museum of Hershey from noon to 3 p.m. Admission is \$5. Visit www.aacmuseum.org.

GIS Mapping

Oct. 25: HACC faculty member Nicole Ernst presents "Mapping Harrisburg GIS Workshop" at HACC Midtown, N. 3rd and Reily streets, 10 a.m. to noon. RSVP to cindy@historicharrisburg.com.

Harrisburg Hope Forum

Oct. 27: Harrisburg Hope will host a two-part community forum. A "Mayoral Summit," featuring mayors of nearby municipalities, begins at 6 p.m. to discuss topics of interest to cities and towns. A 7 p.m. "Governor Forum" follows, highlighting this year's gubernatorial race. Both events are at HACC, 1 HACC Dr., Harrisburg. Questions from the public encouraged. Visit harrisburghope.com.

Halloween Ghost Tours

Oct. 31: Take a guided, candle-lit tour of the Harris-Cameron Mansion and hear ghost stories of old Harrisburg. The 6 p.m. tour is open to all ages; 7:30 p.m. is recommended for adults only. Admission is \$15 for adults and \$5 for ages 12 and under. Space is limited. Call 233-3462 for reservations. Visit www.dauphincountyhistory.org.

MUSEUM & ART SPACES

3rd Street Studio

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

Glass art by Michael Peluso; glass-blowing demonstration, Oct. 17, 6-9 p.m.

Antique Auto Museum at Hershey

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

"100 Years of Dodge," through Oct. 12.

"Indian Nation: Indian Motorcycles and America," through Oct. 24.

Art Association of Harrisburg

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

"Parks & Recreation," through Oct. 16.

"5 Artist Invitational Exhibit,"
Oct. 24-Nov. 26.

The Cornerstone Coffeehouse

2133 Market St., Camp Hill
thecornerstonecoffeehouse.com

Featured Artist: Marie Yoke, through October.

Fort Hunter

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

"Downton Elegance: Fort Hunter High Fashions of the Downton Abbey Era," through Dec. 23.

Gallery@Second

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

Artwork by John Whitney and Chris Cox, through Nov. 8.

Landis House

Perry County Council of the Arts
67 N. 4th St., Newport
perrycountyarts.org

"The Wool Beneath Your Feet: Not Your Grandmother's Hooked Rugs!" through Oct. 4.

"Flock Together," featuring the illustrations of Andrew Leach, through Oct. 11.

Metropolis Collective

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

"Scarecrow: A Mythology," through Oct. 13.

Ned Smith Center for Nature & Art

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

"21st Annual Art Auction," through Oct. 4.

PCCA Gallery

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

"The Wool Beneath Your Feet," through Oct. 4.

"Illustrations by Andrew Leach," through Oct. 11.

Rose Lehrman Art Gallery

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

"The Naturalist," artwork by David Moyer, Oct. 8-Nov. 14; reception Oct. 16, 5:30-7 p.m.

The State Museum Of Pennsylvania

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

"Art & Barriers" (exhibit of the DOSHI Gallery), through Dec. 7.

Whitaker Center/The Curved Wall

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

"Y Art," a youth juried art show, through October.

Yellow Wall Gallery/ Midtown Scholar

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

"Landscapes through the Seasons," photographs by the Harrisburg Camera Club, through Oct. 12.

"Field and Song," artwork by Katherine Horst, Oct. 17-Nov. 16; reception Oct. 17, 6-10 p.m.

READ, MAKE, LEARN

The Cornerstone Coffeehouse

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

Oct. 1: Wednesday Word Flow, 7:30 p.m.

Historical Society of Dauphin County

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

Oct. 12: Second Sunday Program:
Historical Societies of Dauphin County

Oct. 31: Mansion Ghost Tours

The LGBT Center of Central PA

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

Oct. 1, 8, 15, 22, 29: Common Roads
Harrisburg, 6-8 p.m.

Oct. 2, 9, 16, 23, 30: The Curve, 6 p.m.

Oct. 2, 9, 16, 23, 30: Buddhist
Meditation Class, 7 p.m.

Oct. 5, 12, 19, 26: Alcoholics
Anonymous, 12-1 p.m.

Midtown Scholar Bookstore- Cafe

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

Oct. 1, 8, 15, 22, 29: Chess Club, 11 a.m.
Oct. 1: Healthy Eating, Healthy Living,
7 p.m.

Oct. 2: Coffee with Alinsky with
Nathan Sooy

Oct. 2, 9, 16, 23, 30: Almost Uptown
Poetry Cartel, 7 p.m.

Oct. 3, 10, 24, 31: Nathaniel Gadsden's
Spoken Word Cafe, 7 p.m.

Oct. 4: Good News Café, 6 p.m.

Oct. 5, 12, 19, 26: TED Talks, 1 p.m.

Oct. 6: Swing Dance, 6:30 p.m.

Oct. 7: Sci Fi Writers Group, 7 p.m.

Oct. 8: Friends of Midtown Events
Meeting, 6 p.m.

Oct. 9, 16: Camp Curtin Toastmasters,
6:30 p.m.

Oct. 15: The Basics of Modern
Buddhism, 7 p.m.

Oct. 17: Coffee Education with Cafe
Staff, 12 p.m.

Oct. 17: Tea Tasting with Cafe Staff, 2 p.m.

Oct. 17: TMI Improv, 7 p.m.

Oct. 17: Comedy Night, 8 p.m.

Oct. 18: Local Author Event: "Taking
Care of Mama," 2 p.m.

Oct. 19: LGBT Book Club, 5 p.m.

Oct. 21: Meet-Up, 9 a.m.

Oct. 22: Bike the Burg, 7 p.m.

Oct. 25: Drug Free America Presents:
Straight Talk for Parents, 2 p.m.
Oct. 27: Feminism Group Book Club, 7 p.m.

The Perfect 5th Musical Arts Center

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

Oct. 1: Ukulele 1, 6 p.m.

Oct. 7: QuickStart Guitar, 7:30 p.m.

Wildwood Park

100 Wildwood Way, Harrisburg
717-221-0292

Oct. 5: Beginner Bird Walk, 9-11 a.m.

Oct. 11: Volunteer Work Day, 10 a.m.-1 p.m.

Oct. 16: Wildwood Magical Trail, 6 &
7 p.m.

Oct. 18: Scout Workshop: Brownies
"Wildlife in Pa," 10:30 a.m. to 2:30 p.m.

Oct. 19: Waterfowl Wonders, 1-3 p.m.

Oct. 21: Autumn Bird Walk, 7:30-9:30 a.m.
Oct. 26: Tree ID Walk, 1:30-3 p.m.

LIVE MUSIC AROUND HARRISBURG

3rd Street Studio

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

Oct. 17: The Coalishun

American Music Theatre

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

Oct. 3, 4, 5: Mark Lowry

Oct. 10: Englebert Humperdink

Oct. 17: The Golden Boys

Appalachian Brewing Co./Abbey Bar

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

Oct. 10: Box of Rain

Oct. 16: Marco Benevento

Oct. 17: The Clarks

Oct. 24: Southern Culture on the Skids

Oct. 25: Jimkata

Oct. 29: Pigeons Playing Ping Pong

Broad Street Market

1233 N. 3rd St., Harrisburg
717-236-7923; broadstreetmarket.org

Oct. 18: The Coalishun, 11 a.m.

Oct. 24: The Coalishun, 11-1 p.m.

Receive a weekly delivery of fresh, organic produce from mid-April to mid-December

FRESH ORGANIC PRODUCE DELIVERED WEEKLY

Spiral Pathfarm

Join Today! 3 CSA Share Options

- 1.) Total Season - mid-April to mid-December
- 2.) Summer Share - June to September
- 3.) June Sampler - month of June

Full or Medium CSA Share Sizes Available

Local Family Farm, Celebrating Our 21st CSA Season

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

(717) 789-4433 Join any time during the season at a pre-rated cost. www.SpiralPathFarm.com

PCCA Gallery

PRESENTS...

ARTISAN MARKETPLACE
OF PERRY COUNTY
Through January 3, 2015

ARTISTS' RECEPTION: Saturday, October 18 from 10 to 1

One S. Second St., Newport, PA | 717.567.7023

www.perrycountyarts.org Hours: Mon - Fri, 10 to 5; Sat, 10 to 4; Sun, 12 to 4

Carley's Ristorante and Piano Bar
204 Locust St., Harrisburg
717-909-9191; carleysristorante.com

Oct. 1, 17, 23, 25, 31: Roy Lefever
Oct. 2, 9, 12, 26, 30: Anthony Haubert
Oct. 3, 7, 10, 24: Noel Gevers
Oct. 4, 11, 16, 18: Ted Ansel
Oct. 8, 15, 22, 29: Jessica Cook
Oct. 14, 21, 28: Christine Purcell

Central Pennsylvania Friends of Jazz
717-540-1010; friendsofjazz.org

Oct. 12: Grant Stewart (Allen Theatre, Annville)

Chameleon Club
223 N. Water St., Lancaster
717-299-9684; cameleonclub.net

Oct. 2: The Devil Makes Three
Oct. 4: Combichrist
Oct. 5: Bayside
Oct. 6: Theory of a Deadman
Oct. 7: Lacuna Coil & Cory Branan
Oct. 8: Matt Pond
Oct. 9: Holy Ghost Tent Revival
Oct. 10: Icon For Hire
Oct. 10: Agent Orange
Oct. 11: Periphery
Oct. 13: Alter Bridge
Oct. 17: Smoker's Club Tour
Oct. 18: Lil Dicky
Oct. 20: Thousand Foot Krutch
Oct. 23: Misfits
Oct. 24: The Reagan Years
Oct. 25: beth hart
Oct. 31: Captured! By Robots

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

Oct. 3: Antonio Andrade
Oct. 4: Pat McCaskey
Oct. 5: Vern and Zesty Wren
Oct. 10: Drew Zimmerman
Oct. 11: Stephanie
Oct. 12: 3 West
Oct. 17: Kevin Kline
Oct. 18: Dan Zukowski
Oct. 19: Josh Krevsky
Oct. 24: Jeanie & Friends
Oct. 25: Doin' Time
Oct. 26: Jeff Judy w/Taylor Perry
Oct. 31: Steve Wilkins

Fed Live
234 N 2nd St, Harrisburg
717-525-8077; www.
federaltaphousehbg.com

Oct. 10: Puss N Boots
Oct. 17: Jessica Hernandez
Oct. 31: Halloween Undercover Show

The Garlic Poet Restaurant
148 Sheraton Dr., New Cumberland
717-774-5435; garlicpoet.com

Oct. 2: Funktion Duo
Oct. 9: Erica Lyn Everest
Oct. 16: Shea Quinn
Oct. 23: Corty Byron
Oct. 30: Shotgun Ragtime Band

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

Oct. 18-19: Heroic Beethoven

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

Oct. 24: Hershey Symphony

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

Oct. 3: First Friday Dance Party
Oct. 4: Hoochie Coochie Men
Oct. 10: Testo Dogs
Oct. 11: Strangest of Places
Oct. 17: Ian MacLagan & the Bump Band
Oct. 18: The Jellybricks, The Polins
and The Underground Cartoons
Oct. 24: SUBCulture
Oct. 28: Paul Collins Beat

Little Amps Coffee Roasters,
Downtown
133 State St., Harrisburg
717-635-9870; littleampscoffee.com

Oct. 3: The Bird Reserve
Oct. 17: Randy Niles, Deletions,
Expert Alterations
Oct. 21: Secondary Modern

Luhrs Performing Arts Center
1871 Old Main Dr., Shippensburg
717-477-7469; luhrscenter.com

Oct. 25: Beach Boys

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

Oct. 10: Ken Jankura
Oct. 13: Lenclair
Oct. 19: Raised by Wolves w/Flower
Garden
Oct. 25: Widad Album Release Show
Oct. 29: Sam Moss

Midtown Scholar Bookstore-Cafe
1302 N. 3rd St., Harrisburg
717-236-1680; midtownscholar.com

Oct. 18: Mark Rogers and Mary Byrne

Rose Lehrman Art Center
One HAAC Dr., Harrisburg
717-780-2435; hacc.edu

Oct. 2: The Swingle Sisters
Oct. 17: Tommy Tune

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

Oct. 1: Creekside Soul
Oct. 2: Paul Zavinsky
Oct. 3: Cotolo
Oct. 4: The Northside
Oct. 10: Pat McCaskey
Oct. 11: Doug Morris
Oct. 16: Crown
Oct. 17: Antonia Andrade & Ralph
Dahle
Oct. 18: Rhodes & Butt
Oct. 23: Melissa
Oct. 24: Sterling Koch
Oct. 25: Just Dave
Oct. 31: 70's Folk

**Strand Capitol Performing Arts
Center**
50 N. George St., York
717-846-1111; mystrandcapitol.org

Oct. 2: 38 Special
Oct. 3: Jazz in the City
Oct. 4: Jackson Browne
Oct. 18: York Symphony Orchestra

**The Susquehanna Folk Music
Society**
717-745-6577; sfmfolk.org

Oct. 12: Roy Book Binder
Oct. 25: Long Time Courting
Oct. 31: Hiroya Tsukamoto

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

Oct. 4: The Unexpected Boys
Oct. 18: Chris Collins and Boulder
Canyon ("A Tribute to John Denver")

THE STAGE DOOR

Dutch Apple Dinner Theatre
510 Centerville Rd., Lancaster
717-898-1900; DutchApple.com

Sept. 25-Nov. 8: Crazy for You

**Harrisburg Christian Performing
Arts Center**
1000 S. Eisenhower Blvd.,
Middletown
717-939-9333; www.hbg-cpac.org

Oct. 3-12: Legally Blonde Jr.

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

Oct. 4, 11, 18, 25: Improv Comedy

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

Oct. 9, 26: Kevin James
Oct. 24: Hershey Symphony

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

Oct. 30-Nov. 2: The Rocky Horror Show

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

Oct. 3-19: Driving Miss Daisy

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

Sept. 26-Oct. 12: Evita

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

Sept. 11-Oct. 4: Aladdin
Oct. 15-25: The Halloween Show

St. Stephen's Episcopal School

215 N. Front Street, Harrisburg, PA 17101

St. Stephen's Episcopal School is a close knit, child-centered community that has served Harrisburg area children and their families since 1978.

- ♦ We are the ONLY Preschool-8th grade religious school in downtown Harrisburg, making us an ideal choice for parents who live and work in the capital city.
- ♦ We offer full day Kindergarten.
- ♦ Open to children of all faiths.

717-238-8590 | SSESchool.org | On Twitter at: Twitter.com/SSESchool (@SSESchool)
On Facebook at: St. Stephen's Episcopal School - Harrisburg, PA

**FARMERS
ON WALNUT**



HOSTS LOCAL
**SEASONAL
FRUITS &
VEGETABLES**
THURSDAYS
3:00 - 7:00
THROUGH OCT. 23
CAMP HILL
2145 WALNUT STREET
[BOROUGH BUILDING LOT]

VISIT US AFTER WORK



IT AFFECTS EVERYONE

*During Breast Cancer Awareness Month,
ensure your health in body, mind and spirit.*

BY AMANDA LEVISON, M.S., LMHC, LPC

As a licensed professional counselor, my clients come to me for support, guidance and active listening with a variety of issues and concerns from behavioral to medical. Medical problems affect your mental health and therefore may affect your recovery even more. It is important that people look at the whole picture: healthy mind, body and spirit. As people take care of themselves, they tend to heal with best results.

Wellness with your body starts in your mind; get comfortable with making sure you do a good breast exam. Feel your boobs. No, seriously, feel your boobs. When is the last time you gave yourself a breast exam? Many times, people avoid feeling their boobs because they feel uncomfortable, or they touch them but don't give a thorough exam to feel for lumps. By being pro-active with your boobs, you are protecting yourself and others. Educating others on what to look for if you do have a lump is very important, as many times it is easily missed. The month of October is Breast Cancer Awareness Month. This is the time when people around the country do their efforts to raise money towards research.

Someone recently stated to me, "It only affects 50 percent of the population." The truth is it affects everyone. We all know someone who has breasts and may be affected: whether it's your mom, grandmother, sister, aunt, girlfriend, wife and even men. Yes, men can get breast cancer, too. Men can develop breast cancer, but this disease is about 100 times more common among women than men. This is probably because men have less of the female hormones estrogen and progesterone, which can promote breast cancer cell growth.

Many times, people fear the unknown. So, instead of getting help or going to the doctor, they don't get the help they need. This would include early preventatives, as well. The earlier the detection, the earlier you can get the proper help needed. Many women fear the unknown of their breasts. As children, most

girls anxiously await puberty to fit into their first bra and, as they develop, their breasts help make them feel sexy, confident and womanly. The prospect of having them altered or destroyed can be devastating.

Choosing the right treatment for you may be difficult. Be proactive and talk to your support system, talk to your doctors, think of what is best for you with the best possible outcomes. It is important to choose treatment over waiting for something to fix itself. It may seem scary and a long process, but life is more important than the alternative.

When people go through a crisis in life, such as cancer, they may have additional stress, anxiety and depression, with a variety of other symptoms. It is completely natural to feel these emotions when going through such a big, unexpected change. It is important as a supporter of the individual to listen and to be there for her, through both good and bad times. Epictetus said, "We have two ears and one mouth so that we can listen twice as much as we can speak." During this time, try listening more to the person who is experiencing the pain.

As a counselor, it's essential to see the entire scope of breast cancer for mind and body. I have seen people who have cancer and, during this time, some seem to talk about the devastation of their disease. It is important to recognize it is a horrible thing but not to catastrophize everything. Things may improve with proper care and a proper mindset. Surround yourself with loved ones who are optimistic and make you laugh—most of all, those who support you. **B**

**"WE ALL KNOW SOMEONE
WHO HAS BREASTS AND MAY
BE AFFECTED: WHETHER IT'S
YOUR MOM, GRANDMOTHER,
SISTER, AUNT, GIRLFRIEND,
WIFE AND EVEN MEN."**

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.

LAURA'S LOOK SALON
LAURA CAMPAGNE-GREGORITS
 owner / stylist / Arbonne consultant
 ARBONNE INDEPENDENT CONSULTANT
 ARBONNE.COM f LAURASLOOKSALON
 LAURASLOOK123@GMAIL.COM
 2544 N. 2ND ST. HARRISBURG, PA 17110
 717-319-1595

20% OFF
 ANY SALON SERVICE
 NEW CLIENTS ONLY
LAURA'S LOOK SALON
 2544 N. 2ND ST.
 HARRISBURG, PA 17110
 717-319-1595

 **Shining Light Thrift Shop**
 (a Clothing Ministry of St. Patrick Cathedral)

MENTION THIS AD AND RECEIVE A 10% DISCOUNT!

CALL FOR STORE HOURS
 1310 N. 3rd St. • Harrisburg, PA 17102 • 717.234.2436
 shininglightthriftshop@gmail.com

SkarlatosZonarich
 Attorneys at Law

Sound Advice. Smarter Decisions.

17 South Second Street, 6th Floor | Harrisburg, PA 17101
 717-233-1000 | www.SkarlatosZonarich.com

Business & Corporate Affairs
 Litigation & Trial Practice
 Wills, Trusts & Estate Planning
 Employment & Labor Law
 Elder Care Law and Advocacy
 Real Estate & Zoning
 Title Insurance
 Accident & Personal Injury

Kelly T. Boyle~Owner over 23 years experience
 Insured~Trustworthy serving east and west shore

 **Kelly's Cleaners**
 717-579-1016

residential and commercial
 references available on request
 specializing in move out clean up

 **note.**
 bistro
 & wine bar


classic...
 eclectic...
 atypical...

Aperitivo wine and food specials
 Daily 4:00 PM-7:00 PM


Dinner: Tue-Sat 4:00 PM - 10:00 PM
 Lunch: Thu-Fri 11:00 AM - 2:00 PM
 Brunch: Sunday 10:00 AM - 3:00 PM

1530 N. 2nd Street, Harrisburg, PA 17102
 www.notewinebar.com (717)412-7415

Move Your Dream Forward!

 **Thinking of buying or selling?**
 Call me today!

Charles (Barry) Schmitt
 Cell 717 371-4138 www.harrisburghomesbybarry.com

 **Howard Hanna**
 Real Estate Services | 5137 Devonshire Rd | Harrisburg PA 17112 | 717-920-9700

TROPHY HOUSE
CELEBRATE SUCCESS!

PERSONALIZE A SPECIAL GIFT | TROPHIES • PLAQUES • AWARDS
 QUICK TURNAROUND TIME | CUSTOM ENGRAVING

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

 **BROWN SCHULTZ**
SHERIDAN & FRITZ

CERTIFIED PUBLIC ACCOUNTANTS & BUSINESS ADVISORS

THE PERFECT FIT
 for your accounting and
 business advisory needs

Lancaster • www.bssf.com • Camp Hill

 **EMMA'S**
 ON THIRD

EMMA'S ON THIRD PROVIDES AN ENVIRONMENTALLY,
 SOCIALLY, AND ETHICALLY CONSCIOUS REFUGE
 TO NURTURE BODY, MIND, AND SPIRIT.

f t 1419 N 3rd ST, Harrisburg PA 17102
www.emmasonthird.com (P) 717-233-3662

HARRISBURG'S BEST PARKING RATES

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

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

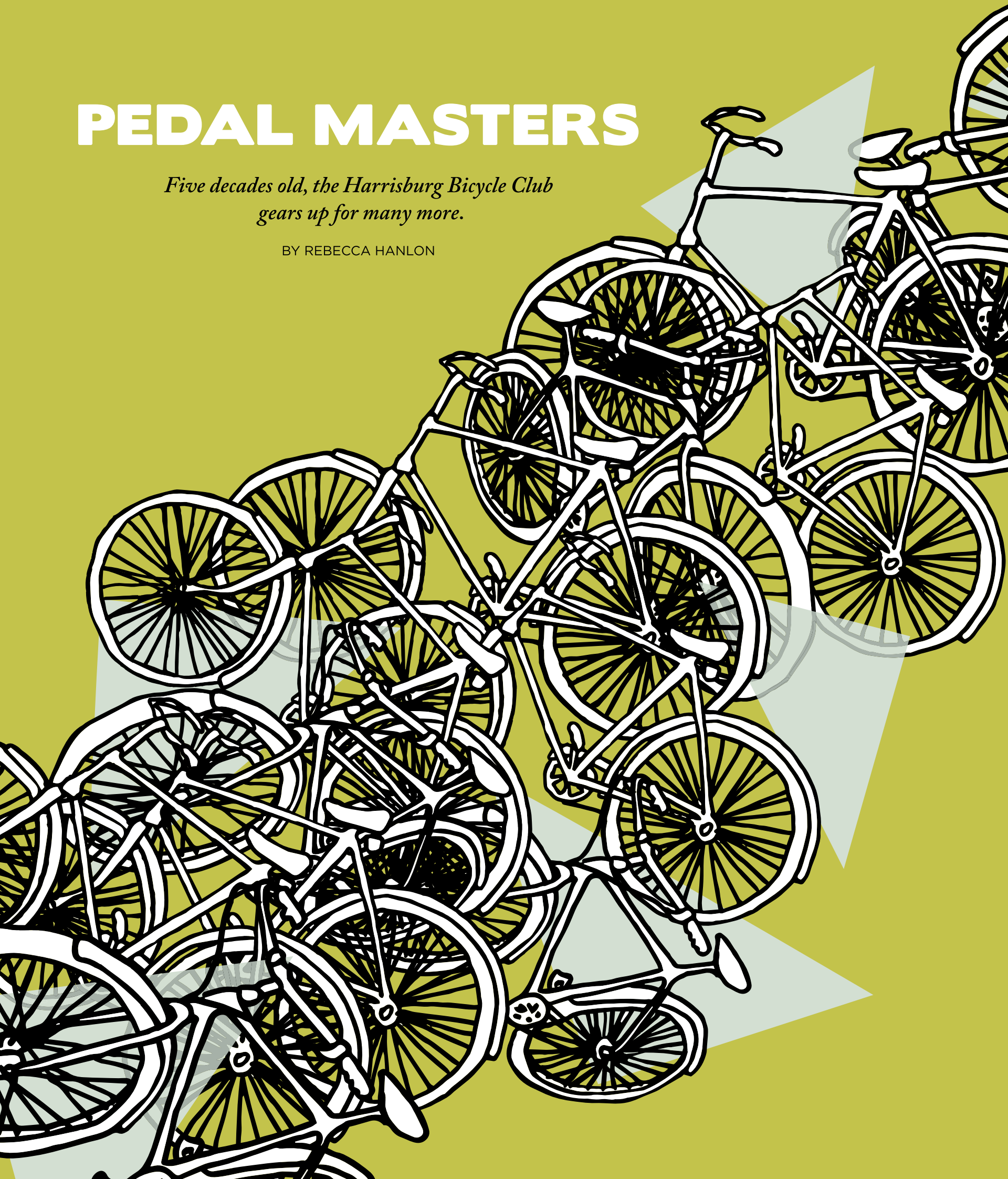
FIND US
 AT 815 MARKET ST.,
 HARRISBURG
 (ENTER ON 10TH ST.,
 JUST SOUTH OF MARKET ST.)

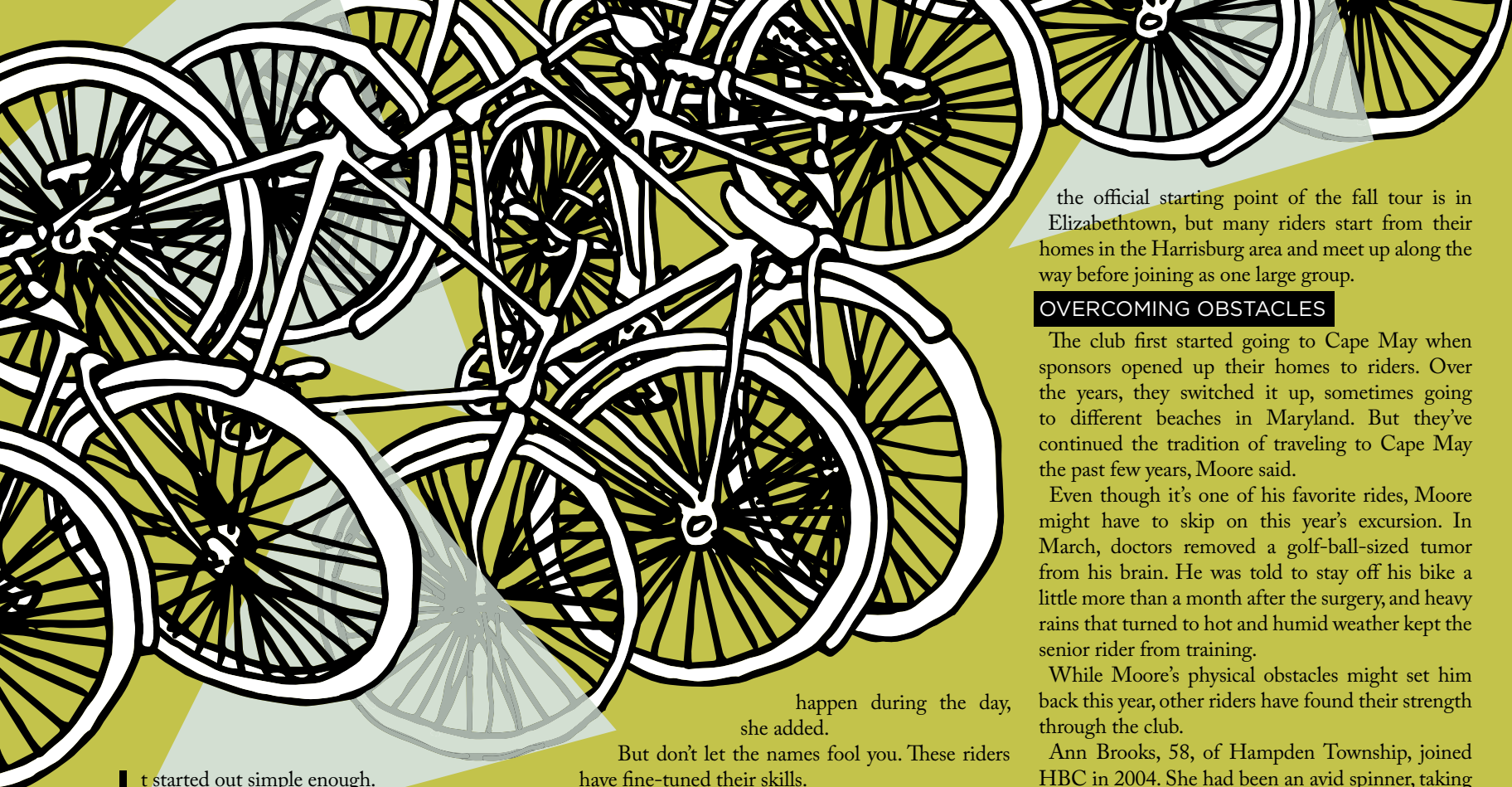
transitpark

PEDAL MASTERS

*Five decades old, the Harrisburg Bicycle Club
gears up for many more.*

BY REBECCA HANLON





the official starting point of the fall tour is in Elizabethtown, but many riders start from their homes in the Harrisburg area and meet up along the way before joining as one large group.

OVERCOMING OBSTACLES

The club first started going to Cape May when sponsors opened up their homes to riders. Over the years, they switched it up, sometimes going to different beaches in Maryland. But they've continued the tradition of traveling to Cape May the past few years, Moore said.

Even though it's one of his favorite rides, Moore might have to skip on this year's excursion. In March, doctors removed a golf-ball-sized tumor from his brain. He was told to stay off his bike a little more than a month after the surgery, and heavy rains that turned to hot and humid weather kept the senior rider from training.

While Moore's physical obstacles might set him back this year, other riders have found their strength through the club.

Ann Brooks, 58, of Hampden Township, joined HBC in 2004. She had been an avid spinner, taking part in indoor cycling classes at the local YMCA to stay in shape. When she was diagnosed with breast cancer in 2003, she took a break from her exercise routine to undergo numerous surgeries and procedures.

When she finished her treatment a year later, she sought ways to get back into shape.

The Lance Armstrong Ride for the Roses, a century ride hosted by HBC, inspired Brooks to try cycling outdoors.

"I started training on my ancient mountain bike riding the 2-mile loop in my neighborhood," she said. "I quickly realized that wouldn't cut it. My sweet husband bought me a new road bike for Mother's Day, and I began serious training by riding with the Harrisburg (Bicycle) Club."

Her first fall tour later that year was alongside her good friend, Gorski. Together, they rode with several others through a 60-mile downpour thanks to Hurricane Jeanne, Brooks said.

"It was extremely challenging, dirty and something I probably would not willingly repeat," she said. "We did arrive in Cape May in one piece a few days later and enjoyed a couple of days relaxing with fellow riders and the families that met up with us."

Even as a new rider, Brooks found guidance in the experienced riders who took the time to go at her pace, providing encouragement and friendship, she said.

"You will meet a great group of people, hear wonderful stories and participate in a great adventure that is the open road," Brooks said of the club. "You will truly begin to appreciate the beauty of central Pennsylvania when you travel on the seat of a bike." **B**

For more information on the Harrisburg Bicycle Club, visit www.harrisburgbicycleclub.org.

happen during the day, she added.

But don't let the names fool you. These riders have fine-tuned their skills.

"They have more disposable income to purchase a higher-quality and lighter bike and, with more time to ride, they improve," she said. "Aging doesn't necessarily slow you down—non-movement does. And believe me, these people move."

WORTH THE WORK

Owen Moore of Lemoyne has put thousands of miles behind him since joining the club in 1971. At 78, he's learned to enjoy a variety of tours, from the trips to Williamsburg to the annual fall tour to Cape May, a ride that celebrates its 40th anniversary this year.

He completed his first fall tour alongside one of the club's first members, Jim Kehew. Moore followed behind his more seasoned companion, looping around Lancaster County to Newark, Del., over to Dover, Del., and, from Lewes, they victoriously rode the ferry to Cape May.

"At the end of the first day, I was one tired puppy," Moore said. "I was really concerned if I could get up and go the next day. But I was a lot younger then, and a good night's sleep was enough to help me recover."

When the fall tours started four decades ago, riders would clock in about 100 miles a day, nearly half of the entire trip. As the group ages, and in hopes of attracting less experienced riders, they've cut back to about 50 miles a day, Moore said.

They've also learned to break off into smaller groups of about six, making it easier for cars to pass by and to provide each other support if a tire blows out or someone's hurt.

Spouses who opt out of biking alongside their significant others travel close by in a car. Moore's wife, Fran, has done her fair share of bailing out a troubled rider.

Gorski, who lives in Monroe Township, said

It started out simple enough.

Nine people gathered together with a specific, modest goal—to see more of the beautiful countryside of central Pennsylvania. Under the leadership of Sydney Lustig, they proudly proclaimed their slogan: "Cyclists of the Harrisburg area, unite!"

That was in 1964, and, as it marks its 50th anniversary, the Harrisburg Bicycle Club is still going strong.

Cynthia Gorski, current HBC president, said that, the year before, Lustig posted an ad in the Harrisburg Evening News for a 12-mile bike ride to Gifford Pinchot State Park in northern York County. By the spring of 1964, the club had held its first ride.

Though small at first, HBC has grown to include about 800 members who bike in Cumberland, Dauphin and Perry counties but occasionally find themselves in Adams, York and Lebanon counties, too.

"There's something very freeing in exploring these areas," Gorski said. "When you can do it with others who appreciate it as much, it's pretty indescribable."

THESE PEOPLE MOVE

Membership for the Harrisburg Bicycle Club comes in waves, Gorski said.

Larger groups participate in the summer, while people go into hiding during the colder winter months.

Because they avoid races and focus more on biking for pleasure, Gorski said that members range from 30 to 80 years old.

"As members age, new rides are created," she said. "Some of the rides that have evolved have been the 'Old Spokes,' the 'Silver Spokes' and 'Learning to Linger.'"

These rides take on a slower pace and usually



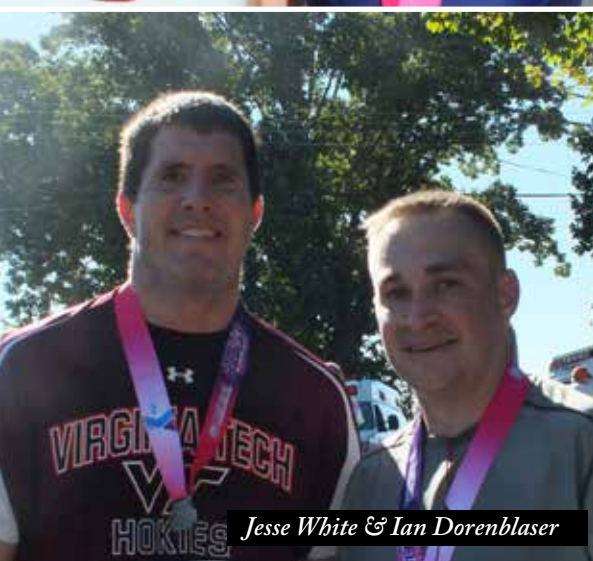
Allison Lawruck & Sherri Bullock

HARRISBURG HALF MARATHON

The heat and humidity broke just in time for the 18th annual Harrisburg Half Marathon, which attracts runners from throughout central Pennsylvania and, increasingly, the mid-Atlantic. The early-morning sun guided more than 1,000 runners along the riverfront course, which began and ended on City Island. Locals Brian Rosenberg (Mechanicsburg) and Lauren Philbrook (State College) took first-place among male and female runners, respectively.



Kylee Ammerman & Monica Mahoney



Jesse White & Ian Dorenblaser

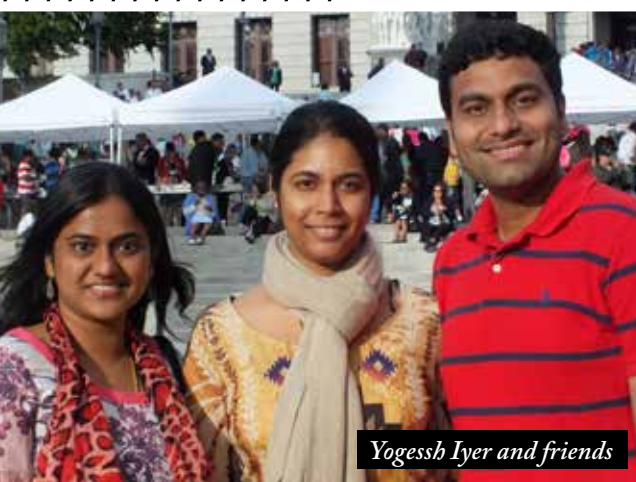


Katrina Eady, Kristen Mickey, John Boles & Tom Palmiera



Jen Burns & George Diehl

//////////////// SOCIALBURG / ON THE SCENE //////////////////



Yogeshh Iyer and friends



Michelle Hoffer & Scott Mateer



Olivia Austin & Diana Rogers



Diana Cole

GALLERY WALK

Dozens of art spaces opened their doors for the 26th annual Gallery Walk, organized by the Art Association of Harrisburg. Venues ranged from traditional galleries to artist studios to restaurants and cafes. Once again, the Governor's Mansion opened its doors, attracting a steady stream of visitors to see the residence and gardens. The event capped off with the late-afternoon unveiling of a new mural overlooking the Neighborhood Center at N. 3rd and Kelker streets.



Dan Gerstner & Rachel Kuhr

SO ALIVE, IT DISRUPTS THE AUTOMOTIVE UNIVERSE.

THE F-TYPE COUPE.

Everybody knew their proper place in the sports car food chain. Then we went and created this: the new F-TYPE Coupe. Crafted in lightweight aluminum for stunning responsiveness, and stirring things up with 550 supercharged horses in "R" trim. In fact, it even overpowers Porsche 911 Carrera S and Audi R8 4.2, with plenty to spare. Status quo be damned. This changes everything. The F-TYPE Coupe, starting from \$65,000.*



Jaguar Harrisburg
1030 Highspire Road
Harrisburg, PA. 17111
(800) 272-4524
www.jaguarharrisburg.com

HOW ALIVE ARE YOU?



*Price shown is MSRP. Excludes destination/handling, tax, title, license, retailer fees and optional equipment. Retailer price may vary. See your local authorized Jaguar Retailer for details. Jaguar Retailer or approved lender may rescind or amend this offer without notice. ©2014 JAGUAR LAND ROVER NORTH AMERICA, LLC

Strawberry Square...the Center of it all

Superbly located energetic hub for the city's professionals
Vital, Unique, Accessible

SHOPPING

The Candy Store
Cue-Nique Lottery II
Dress Barn
GNC Live Well
Hair At The Square
Harrisburg Mobile
Ideas & Objects
Members 1st
Michael Boyd
Modern Jewelers
PSECU
Rae's Tobacco
Sadiddy
Strawberry Patch
Susquehanna Comics
Urban Expressions

OFFICES

BDO USA, LLP
CAT
Center City Chiropractic
Goldberg Katzman
Harrisburg Stampede
Harristown
Pennsylvania Department of Education
Pennsylvania Department of Revenue
Pennsylvania Gaming Commission
Pennsylvania Department of Insurance
Pennsylvania Office of the Attorney General
Pennsylvania State Civil Service Commission
Pugliese Associates
PPL
Verizon

DINING

Arby's
Au Bon Lieu
Bagel Lover's Café
Chef Chen Express
Sakura Tokyo Express
Sante' Fe Mexican Grill
Subway
Taco Bell
Tropical Smoothie Cafe
Two Brother's Pizza

EDUCATION & ENTERTAINMENT

Aegis Education Endeavor
Capital Area School for the Arts
Fitness U
Harrisburg University
Open Stage
Popcorn Hat Players
Temple University

Be in the Center of it All
For Lease
Office & Retail Space
Up to 20,000 S.F.

Shopping • Dining • 24 hour Security • Covered
Parking • 1 Block from the Train Station
• Easily accessible to State Capitol,
State Agencies & Courthouses

Call Tracey Tressler - HBG Realty, Inc
(717) 255-1058
www.hbgrealty.net



rkl
REINSEL KUNTZ LESHER
certified public accountants & consultants

One of PA's largest CPA
and business consulting firms.
Focused. On you.



Custom Software - Fast & Affordable
Adding 3,000 sq ft of space
to accommodate their growth.



Bigger and Better.
an urban grocer with
produce and baked goods.

SHOPPING

DINING

ENTERTAINMENT

EDUCATION

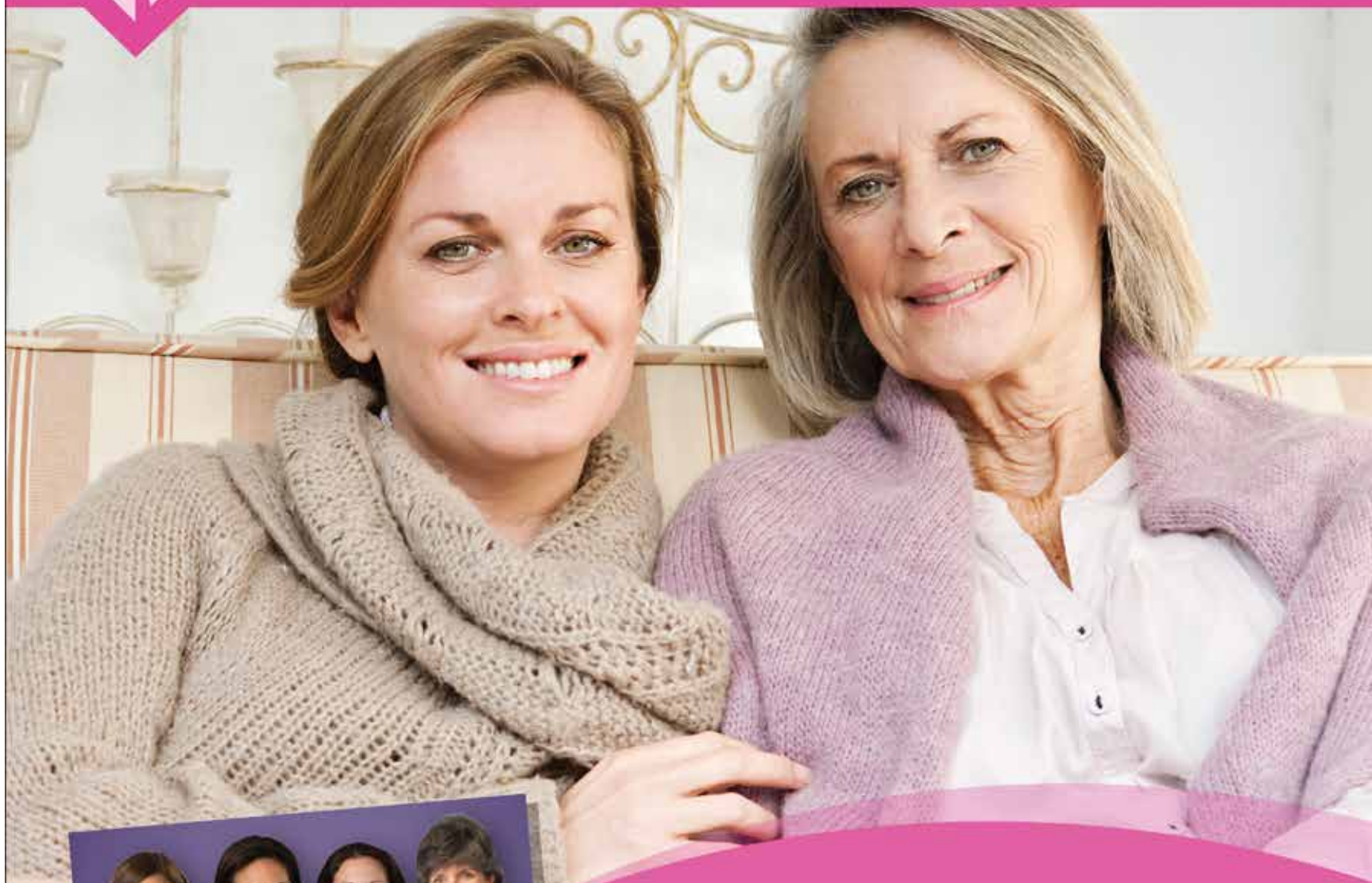
FITNESS

OFFICES

EVENTS



Breast Care Center



Mechanicsburg

Ortenzio Cancer Center at PinnacleHealth
West Shore Campus
2035 Technology Parkway, Ste. 200

Harrisburg

Community Campus
Medical Sciences Pavilion
4300 Londonderry Road, Ste. 202

Carlisle

Belvedere Medical Center
850 Walnut Bottom Road, Ste. 103

Breast disease is personal, and your care should be as well.

Great teams, like the one at the PinnacleHealth Breast Care Center, realize that great care comes from caring for the whole person. When dealing with a concern about high risk, benign or cancerous breast disease, you will receive patient and compassionate care tailored to your diagnosis and your life. Coupled with the most advanced treatment options, our nationally accredited breast care experts focus on you and your needs when you need it the most.



PINNACLEHEALTH
Breast Care Center

(717) 545-5000 | pinnaclehealth.org/phbcc

PARTICIPATING VENUES:

3RD STREET STUDIO 1725 N. 3RD ST., 6-9 PM
ART ASSOCIATION OF HBG 21 N. FRONT ST., 9:30 AM-9 PM
BROAD STREET MARKET 1233 N. 3RD ST., 6-9 PM
CRAVE & CO. 614 N. 2ND ST., 7-9 PM
FRIENDS OF MIDTOWN WWW.FRIENDSOFMIDTOWN.ORG
GALLERY@SECOND 608 N. 2ND ST., 6-9 PM
HARRISBURG FOOD TRUCK FEAST 1601 N. 3RD ST., 5-9 PM
HARRISBURG IMPROV THEATRE 1633 N. 3RD ST., 6-9 PM
HMAC STAGE ON HERR 268 HERR ST., 5-9 PM
NOTE 1530 N. 2ND ST., 6-9 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
STASH 234 NORTH ST., 5-9 PM
ST@RTUP 1519 N. 3RD ST., 6-10 PM
UPTOWN POPUP/LAW OFFICE OF SHAMAINE DANIELS
2018 N. 3RD ST., SIDE ENTRANCE, 6-9 PM
YELLOW BIRD CAFE 1320 N. 3RD ST., 6-9 PM



HOP THE SUTLIFF SHUTTLE!

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

STOPS ARE:

GALLERY@SECOND | THE MAKESPACE
STATE MUSEUM | MIDTOWN SCHOLAR
3RD AND WALNUT | 2ND AND WALNUT

FRIDAY, OCTOBER 17: ART, MUSIC & MORE. THE THIRD FRIDAY OF EACH MONTH IN HARRISBURG.



MIDTOWN SCHOLAR

1302 N. 3RD ST.

236.1680 | MIDTOWNSCHOLAR.COM

12:00 pm: Coffee Education
with cafe staff
2:00 pm: Tea Tasting
with cafe staff
6:00 pm: Opening Reception
for "Field and Song" by
Katherine Horst
7:00 pm: TMI Improv
7:30 pm: Bob Barry,
Pianist in concert
8:00 pm: Comedy Night
at the Scholar



THE STATE MUSEUM

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

787.4980 | STATEMUSEUMPA.ORG

5:30-8 pm: "Night of the Great
Pumpkin." Join the museum
staff and volunteers for this free,
annual, family-friendly event.
Celebrate the season with crafts,
dancing, snacks, planetarium
shows and educational
programs. The Museum Store will
feature face painters and special
holiday sales.



HISTORIC HARRISBURG ASSOCIATION

1230 N. 3RD ST.

233.4646 | HISTORICHARRISBURG.COM

5-9 pm: The Art Gallery at Historic
Harrisburg will show "The Faces
of Reina 76 Artist." Keeping with
the guidelines of Ephemeral
art, Reina will use Rolling Stone
magazine covers and photographs
to introduce the various facets and
emotions of herself as a struggling
Artist in the Environment of Art.
In addition to the exhibition, there
will be an audio component that
includes voice-overs from the Artist.



WHITAKER CENTER

222 MARKET ST.

214.ARTS | WHITAKERCENTER.ORG

9:30 am-8 pm: "Y Art:
Discovering the Next Generation
of Young Artists." As part of its
15-year anniversary celebration,
Whitaker Center for Science and
the Arts is celebrating the next
generation of artists by holding a
Youth Juried Art Show, "Y Art."



MANGIA QUI & SUBA

272 NORTH ST.

233.7358 | MANGIAQUI.COM

5-11 pm: Featured artist is
Cynthia Taft. Ask for the night's
Featured Cocktail!



CITY HOUSE B&B

915 N. FRONT ST.

903.2489 | CITYHOUSEBB.COM

Closed for October's 3rd in the
Burg, but will be participating
in November's event.



MIDTOWN CINEMA

250 REILLY ST.

909-6566 | MIDTOWNCINEMA.COM

9:30 pm: This month's
3rd in the Burg \$3 Movie is
"Halloween." BYOB after party!

FOR MORE INFORMATION, VISIT THIRDINTHEBURG.ORG