



# THE BURG

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14



# THE BURG

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**Saturday, Dec. 6th**  
9AM - 10AM  
Breakfast with Santa

### HOLIDAY PERFORMANCES

- **December 1st – 31st** – Christmas Carols & Holiday Performances throughout the Holiday Season\*
- **Thursday, Dec. 11th** – Lawnton & Paxtang Select Chorus and Chime Choir – 6:30PM - 7:30PM
- **Friday, Dec. 12th** – Sara Lindemuth/Anna Carter Elementary School Choir – 1:45PM - 2:30PM
- **Saturday, Dec. 13th** – York County Gospel Choir 12PM - 1PM
- **Saturday, Dec. 20th** – Glad Tidings Assembly of God Choir 12PM - 1PM
- **Saturday, Dec. 20th** – "The Reindeer Gift" Book Reading & Author Signing 1PM - 2PM

\*Additional performances will be scheduled  
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For more information, email [Sports@hyp.org](mailto:Sports@hyp.org)

### RESERVOIR PARK REVITALIZATION

*Join HYP for a park cleanup, tree planting and more.*

Saturday, November 15

10am - 3pm

### HYP MEMBERS HOLIDAY PARTY

*State Museum*

Friday, December 12

7pm-9pm

RSVP by December 10; email [membership@hyp.org](mailto:membership@hyp.org)

### HYP CHILDREN'S HOLIDAY PARTY

*Red Crown Bowling Alley*

Saturday, December 13

2pm - 4pm

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Want to get more involved in the community in 2015? Check out [HYP.ORG/COMMITTEES](http://HYP.ORG/COMMITTEES) to find out more information on ways to make an impact through HYP.

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### Upcoming Information Session:

**Friday, November 14 | 12 noon**

Pinnacle Health Fredricksen Outpatient Center, Room G08  
2025 Technology Parkway, Mechanicsburg

Lunch will be provided. Please RSVP to 717.591.7223 by November 7.



717.591.7223 | [connections@messiahlifeways.org](mailto:connections@messiahlifeways.org)



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Sunday, December 21, 2 PM

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As magical as ever! Nothing like *The Nutcracker* to get one in the spirit of the holidays.—M.

Well worth attending! I love the entire story unfolding from these talented dancers.—P.L.

The evergreen freshness of 'The Nutcracker,' as choreographed by George Balanchine, is cause for wonder.  
—The New York Times

Bravo! The PERFECT holiday event to sit back, relax and enjoy the season.—B.S.

Going to see the *Nutcracker* is a family tradition! Everything about it is perfect – the dancing is spectacular, the live orchestra is such a treat, and Hershey Theatre is magical. We always feel that Christmas has arrived after seeing this production.—B.







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LETTER FROM THE EDITOR

Buy local!

At this time of the year, you often hear that phrase, but what does it exactly mean?

Is a store at the mall local? The big box off the highway? Franchised chain restaurants? Or does it just apply to truly locally owned shops?

At TheBurg, we try to keep our cash as close to home as possible. I sometimes joke that my staff's money goes in one big circle: from us to local businesses and back again.

But, you know what, it's really easy for us to do, and here's why.

We don't shop locally from some charitable instinct. We shop where we live and work because our locally owned shops, restaurants, cafes, etc., are simply better than the alternatives.

Who wouldn't prefer Cornerstone or Little Amps to Starbucks? Alvaro to the Olive Garden? Yellow Bird to Subway? The Broad Street Market to the supermarket? Midtown Cinema to the megaplex?

The Harrisburg area has so many high-quality and interesting businesses that it's hard for me to imagine why some people still seem to prefer the sameness and mediocrity of national chains.

So, I guess I'll jump on board this holiday season and exclaim, "Buy local!"

Yes, it's great to support the merchants in your community, but you also can do so for purely selfish reasons. Shopping local is just better: better products, better customer service and a better, richer experience.

LAWRANCE BINDA  
Editor-in-Chief

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## RAIL REVIVAL

*Regional rail would greatly improve the quality of life in the Harrisburg area.*

BY SLOAN AUCHINCLOSS

Imagine riding your bicycle to a regional rail stop. After a short wait, a sleek, self-propelled, articulated railcar arrives. Its double doors open, and you board. While locking your bike to the on-board rack, the railcar glides towards your destination.

For quite a few American cities, this is a reality—a transportation connectivity in an urban core featuring light rail or streetcar service that encourages intermodal transfer by pedestrians, bicyclists and autos. The national trend towards building and/or expanding rail transit coincides with a current demographic shift back to urban living. Harrisburg should take advantage of that movement by building a rail transit line, thereby improving the region's attractiveness to present and future residents.

Downtown streetcar service, for example, was a major factor in the selection process for the Republican Party's 2016 National Convention site. The GOP dropped from consideration Columbus, Ohio, which has no passenger rail service of any kind. Both Cincinnati, Ohio, and Kansas City, Mo., which are building new streetcar lines, put in vigorous bids. But the winner was Cleveland, which has both light rail and a metro line. By the way, ArcelorMittal's plant in Steelton supplied rails for Kansas City.

There are four cities in Pennsylvania that currently provide rail transit: Philadelphia, Pittsburgh, Johnstown and Scranton (seasonal). Harrisburg should be next on the list. Crisscrossing rail lines built by former Pennsylvania and Reading railroads intersect major trip generation points. Railroad roadbeds are wide enough to accept additional trackage for commuter purposes so as not to interfere with current operators' (Norfolk Southern and Amtrak) daily turns.

This writer is cognizant that rail transit has been the subject of study at various times since 1979, but policymakers were reluctant to "break new ground." This was understandable as studies recommended expansive civil works with huge costs to match.

Most cities that have implemented rail transit have started small, adding on as systems gained popularity. Tucson, Ariz., and Charlotte, N.C., began their light

rail systems with small, vintage trolley operations. CapMetro, Austin, Texas' single-line diesel railcar operation, is planning expansion. Harrisburg, with Capital Area Transit as the operator, can and should follow those examples with a modest construct. A viable first line, covering major ridership points, might be as follows:

West Shore Transfer Center (West Shore Plaza), 3rd & Hummel (Lemoyne), City Island Parking Garage (accessible by the CAT-owned trans-Susquehanna bridge), PinnacleHealth, Amtrak Transportation Center, State Government Complex (7th & Herr streets), Pennsylvania Farm Show and Harrisburg Area Community College.

On May 2, I attended a day-long conference at Delaware Valley Regional Planning Commission's headquarters in Philadelphia. Speakers and panelists described how rail transit can and does improve the quality of urban life. Research cited at the conference stated that millennials (young adults) and the elderly are gravitating to cities for the convenience of proximity to jobs and access to walkways, bike lanes, bike tracks and transit. Many young people are postponing the rite of passage of buying cars after college.

Quality of life is critical to the vibrancy of conurbation. Harrisburg needs this vitality in order to attract people who right now really want to live in an urban setting.

Establishing a regional rail system, even the starter line described, will require significant capital funding. Federal and state sources are first options, but there are creative financing packages that are available to augment conventional government grants. Options include CMAQ grants (Congestion Mitigation Air Quality), Federal Transit Administration's New Starts funding, state and county funding matches, and private participation through development rights.

Oregon successfully used the latter by leveraging development rights along Portland's light rail downtown-to-airport line to contractor Bechtel Corp. Private foundations have also contributed to rail transit projects. Both Cincinnati and Detroit, for example, are foundation grantees for their downtown rail lines.

Capital outlay for any transportation project may seem daunting. However, rail transit earns its keep by delivering the following benefits:

- Construction and operation will return to the community at a ratio of \$4.25 (wages, taxes and purchases) for each dollar invested (i.e. \$100 million paid out would ripple through the local economy at \$425 million; source: U. S. Department of Labor, Bureau of Labor Statistics).
- In energy savings, a rail car can move more people per BTU than any other transport mode.
- A rail line takes up less land than a highway; therefore, more land can go on the tax rolls, which, in turn, broadens the region's property tax base.
- A rail line provides a transport redundancy for emergency management, which can be critical for disaster relief. Plus, motive power is a handy source for emergency electricity. One 3,000-horsepower, diesel-electric locomotive can power up 1,000 homes.
- Best of all, research by Dena Belzer of Strategic Economics, Berkeley, Calif., cites that improved health outcomes accrue to regular users of rail transit.

Let's get Harrisburg into the big leagues of Cincinnati, Kansas City and Austin. But to get from imagination to actuality, policymakers must champion the cause. I hope they do because rail transit would deliver a major economic and lifestyle boost for Harrisburg. **B**

*Sloan Auchincloss is a principal of the Auchincloss Family Fund.*



## TREASURER TURMOIL CONTINUES

Harrisburg's newly appointed treasurer stepped aside last month after the city learned that he had filed for personal bankruptcy.

City Council selected accountant Timothy East in late September to fill the post left vacant following the resignation of former city Treasurer John Campbell. East was one of six applicants deemed qualified for the office and one of four ultimately nominated by members of council.

East did not reveal the 2011 bankruptcy during his interview before council. The issue arose later when he needed to be bonded for the job. He was never sworn in.

The city now must re-start the process of selecting a city treasurer.

Campbell resigned in early September following his arrest on charges of theft from two nonprofit organizations unaffiliated with the city. The new treasurer will fill out the remainder of Campbell's term, which runs through next year.

*Note: An October news digest article about the city treasury incorrectly attributed a comment to the controller's office, saying the office had reviewed the treasurer's books and "found no anomalies." To date, the controller's review of treasury, involving questionnaires about treasury's internal controls, has not yet been completed.*

## COLLECTION AGENCY HIRED

Harrisburg last month agreed to hire a collection agency to recover some of the back business taxes and fees owed to the city.

City Council voted unanimously to engage Pittsburgh-based eCollect Plus to collect delinquent taxes such as the business privilege tax, business license fee, mercantile tax, zoning review fee, health license fee, amusement tax and parking tax.

The company's fee will range from 20 to 25 percent of the amount recovered. However, it must recover at least \$376,000, which is 10 percent of the city's average business and mercantile tax collections over the past three years, to receive any compensation.

eCollect specializes in tax collections for Pennsylvania municipalities. Its client list includes Chester, McKeesport and Hanover Township.

## SAM OPENING SET

The Susquehanna Art Museum has set Jan. 16 for the opening of its new building in Midtown Harrisburg.

SAM will debut the 20,000-square-foot facility with an exhibit titled, "Open: Icons of Pop Art from Niagara University." The show will feature art on loan from the university's Castellani Art Museum, including works from such seminal mid-20th century figures as Andy Warhol, Robert Indiana, Marisol and Roy Lichtenstein.

The new museum includes the original, fully renovated Keystone/Fulton bank building at N. 3rd and Calder streets, plus an addition built in the former bank parking lot. It also will feature the Doshi Gallery for Contemporary Art, a sculpture garden and a new mural by Messiah College professor Daniel Finch.

For the past several years, SAM has been without a permanent home, mounting exhibits in a gallery in the State Museum. It long exhibited in the Kunkel building downtown before that building was redeveloped.

## SCHOOL RESOURCE OFFICERS URGED

Harrisburg Mayor Eric Papenfuse last month urged the city school district to reinstate the school resource officer program, saying it would help make the student environment safer.

The administration has drafted a proposal for rebooting the program, which was suspended several years ago by the school district for budgetary reasons. The administration's proposal would cost about \$500,000 a year, the cost borne by the district.

He made the proposal following the sexual assault last month of a student just a block away from Harrisburg High School. He reiterated it after four teenagers, including three high school students, were arrested for allegedly trying to hold up two state assemblymen on a Midtown street, an altercation that resulted in an exchange of gunfire.

## HMAC GETS FUNDING

After years of trying to secure financing, the owners of the Harrisburg Midtown Arts Center have received the funding that they believe will allow them to complete the renovation of the expansive arts space.

Michael Giblin, an HMAC principal, confirmed that he and his partners—John Traynor, Gary Bartlett and Chuck London—closed on financing that will allow them to add a restaurant, a 700-person entertainment space and a rooftop bar to the building at N. 3rd and Herr streets. The restaurant will be designed and managed by Rehoboth Beach, Del.-based Highwater Management.

HMAC opened in 2009 with a single entertainment space and bar called Stage on Herr. However, the project remained uncompleted after hitting funding snags as banks scaled back lending in the wake of the financial crisis. The facility has been on the sheriff's sale list numerous times over the past five years, though was never publicly auctioned.

The century-old building was originally Harrisburg's Jewish Community Center. It later housed the city's Police Athletic League. It had sat empty for many years before Traynor, Bartlett and London bought it from the Harrisburg Redevelopment Authority in late 2007.

## ARBORIST POSITION CREATED

Harrisburg soon will have someone looking after its trees, as City Council approved the new position of arborist.

The post, which will pay no more than \$50,000 a year, including benefits, will be funded by the city's Host Municipality Benefit Fee Fund, money that Harrisburg receives for being the host site of a regional waste facility, namely the incinerator now owned and operated by the Lancaster Solid Waste Management Authority.

The arborist will help ensure the health of the city's extensive tree canopy. Among the arborist's first jobs: the removal of about 200 dead trees identified in the city's recently completed tree inventory.

In addition to hiring an arborist, City Council approved other administration priorities for the Host Fee Fund: \$55,000 for a portable road salt shelter; \$32,000 for liners for several leaking trash trucks; and \$25,000 for charges relating to the city's comprehensive plan.

Before the allocation, the city's Host Fee account totaled about \$400,000, according to Bill Cluck, chairman of city's Environmental Advisory Council. The city should receive another \$100,000-plus into the fund soon, said Cluck.

The city receives \$1 for every ton of trash processed at the facility. The money then is set aside for environmental projects.

Mayor Eric Papenfuse admitted that the spending from the Host Fee Fund had been ad hoc this year. However, he said he would propose a 2015 budget that will set priorities for use of the monies going forward.

## ENTERLINE APPOINTED CHIEF

Harrisburg Mayor Eric Papenfuse last month named department veteran Brian Enterline as the new chief of the city's Fire Bureau.

Enterline had been acting chief since his appointment a year ago by former Mayor Linda Thompson. He has served for 14 years with the department.

Congratulations,  
**Ray!**



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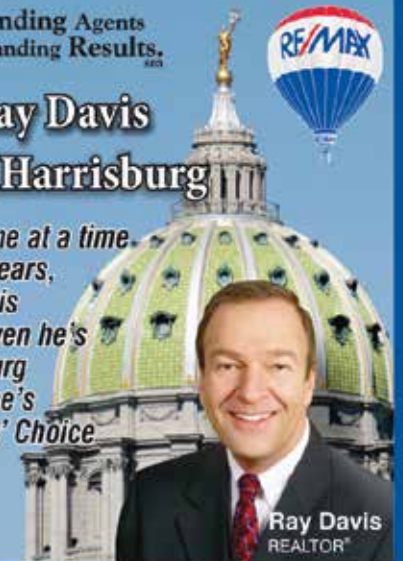
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- N. Front St., 1525, Unit 202: C. Shoemaker to R. & A. Chappelka, \$185,000
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- Reily St., 255: C. Ruegsegger & S. Kauffman to E. Harman, \$139,000
- S. 19th St., 901: L. Zaydon Jr. to CSP Group LLP, \$285,000
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- S. 27th St., 701: Fannie Mae to A. Brinkley, \$87,900
- S. Cameron St., 535: J. Strohecker to Capitol City Holdings LLC, \$175,000
- Susquehanna St., 1622: D. Remm & E. Goshorn to R. & G. Harris, \$116,000
- Wilson Parkway, 2600: A. Sias Jr. & S. Gibbs to M. Cabrera, \$50,000

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



# A PICTURE OF GOVERNMENT

*If it's Tuesday, this must be Harrisburg.*

BY LAWRENCE BINDA



*Allegory of Bad Government*

**O**n the second floor of the Old Palace in Florence, Italy, there's a snug, sumptuous corner room where dazzling crystal chandeliers hang from the ceiling and centuries-old tapestries adorn the walls. Tuscan provincial officials hold their meetings there, and even the spectator seats—a long semicircle of mahogany desks, each with its own microphone—have an air of elegance.

"Well, it's not exactly like Harrisburg city hall, is it?" I joked while on a trip to Italy last month.

Yes, both venues host the often-dull business of government. But one does so, after 700 years, in profound dignity and beauty. The other goes about its business in a leaky boat of a building that's barely 30 years old.

And so (egads, I'm about to quote Britney Spears), I did it again.

I went somewhere, saw some stuff and compared it to Harrisburg.

In Florence, my wife and I visited the Central Market and thought about the Broad Street Market. We compared the gelato at Vivoli to that of Alvaro. We saw that Florentines keep their streets fixed and clean and lamented that Harrisburg couldn't do the same (yes, I know, money).

The sight that had the greatest impact on me, however, came not in Florence, but during a day trip we took to Siena, a lovely walled city about 30 miles south of the Tuscan capital.

Like Florence, Siena long ago toggled between despotism and a type of nascent democracy. Today, the city is most proud of its centuries as a republic, and the grand, brown-brick city hall, the Palazzo Pubblico, built when most of Europe was mired in medieval gloom, is rightly its centerpiece.

After seven centuries, Siena still uses the palace as its municipal building, though half the enormous structure is now a museum, which is what the tourists get to see. This collection of rooms includes reception areas, a gorgeous chapel and a series of meeting rooms.

For me, the highlight of the visit was a huge fresco entitled "An Allegory of Good and Bad Government" painted on opposing walls of the great Council Room.

One half of the fresco was designed as a symbolic story of good government. So, it shows a lively scene of happy people dancing and singing amidst a prosperous, peaceful city. The other half represents bad government—people impoverished, suffering, forced to pay tribute to a demonic tyrant.

These paintings were supposed to inspire the city's nine council members as they made decisions in the room. It instructed them to be wise, to exercise power responsibly and to work for the common good. If they didn't, all would suffer, the frescoes warn. And that's, again, when I thought of Harrisburg.

## TIME BOMBS

Harrisburg, of course, is no stranger to bad government. The city's first receiver, David Unkovic, bluntly stated that the city had been misruled for 30 years, which, in my estimation, is no exaggeration.

However, looking up at the "Allegory of Bad Government," I thought of two recent events, both of which happened as I was about to leave for my trip in late September.

The first had its origins (as so many things in Harrisburg still do) in the Reed years. Former Mayor Steve Reed was a master of planting time bombs into the municipal budget, engineering noxious financial deals that coughed up some quick cash but committed the city to obligations it couldn't afford over the long run. Recently, that unwelcome future arrived for one especially awful deal.

In 1998, Reed, as per usual, needed money. He opted for one of his classic tricks: "selling" a city asset to another city body, one that he controlled. So, the Harrisburg Redevelopment Authority "bought" the Verizon Tower (and the land underneath it) in Strawberry Square for \$23.6 million. To make the matter worse, the city guaranteed \$6.9 million of the bonds used to make the purchase, meaning it would be on the hook if rents did not cover the bond payments.

Reed then arranged the deal so that no payments on the bonds would be made until 2016, by which time the \$6.9 million sum would have ballooned to a massive debt bomb of \$41.6 million.





He did so despite the fact that Verizon's lease on the tower ended in 2016, the very year the first bond payments would be made (how crazy is that?). And, as Harrisburg's usual bad luck would have it, Verizon did not renew its lease, placing the city, once more, in financial peril. So, a month ago, the state again swooped in to save the desperate city from itself, scoring some cheap, much-needed office space in the process.

The state now will relocate 900 workers from the State Hospital grounds, which it's putting on the market. The 17-year lease won't even cover all of the building's debt payments. After expenses, Harrisburg will still be on the hook for about \$750,000 a year. In addition, after the lease's expiration, the state will have the option to buy the entire building for a mere \$4 million, which, if exercised, would make the deal less a lease than a rent-to-own.

Financial recklessness. Wishful thinking. Disregard for the future. This is bad government defined. And this was just one of Reed's many financial schemes.

#### VERSUS MIDTOWN

As I stared up at "Bad Government," a second recent issue came to mind, one less financially consequential, but pernicious in its own ugly way.

Just as I left for vacation, two council members decided to use a hearing on the future of the Broad Street Market to give into rumors and spread untruths that can do nothing but further divide the people of this still-fragile city.

Among the assertions: The Broad Street Market Task Force planned to change the name of the market to include the word "Midtown"; there is no historic

**"THESE PAINTINGS WERE SUPPOSED TO INSPIRE THE CITY'S NINE COUNCIL MEMBERS AS THEY MADE DECISIONS IN THE ROOM. IT INSTRUCTED THEM TO BE WISE, TO EXERCISE POWER RESPONSIBLY AND TO WORK FOR THE COMMON GOOD."**



*Allegory of Good Government*

neighborhood called Midtown; there are no families in Midtown; there are no "generational kids" in Midtown.

All are false. I live on the fringe of historic Midtown and, just on my block, there are numerous families—black, white, straight, gay—tons of kids and several families that span generations. Not that these distinctions should matter to at-large council members who are legally and morally bound to represent all Harrisburg citizens, of every race and class, whether their roots go back a year or 100.

The Midtown pile-on also revealed an unsettling bias among some elected officials against their own constituents. They took an initial falsehood (that the market name would change) then used that to string

together more untruths, all directed against the people of the sprawling, still-struggling, neighborhood of Midtown.

Harrisburg has a choice. Largely freed from Reed's fiscal fun house, the city can come together to rebuild itself into a more welcoming, friendly and desirable place for residents, businesses and visitors. Or, like some medieval Italian city-state, it can sink into infighting, factions, bitterness and provincialism.

Anyone up for frescoing city hall? **B**

*Lawrance Binda is editor-in-chief of TheBurg.*



# A TIME FOR GIVING BACK

*During Thanksgiving season, please remember those less fortunate.*

BY TARA LEO AUCHEY

It's a month of thanks.

Thanks for food, for good health, for warmth, shelter and comfort. For family and friends.

However, not everyone has these things.

When I walk around the city, I can see it. I can see the people who are in need of the very thing so many of us take for granted.

Some of those in need are neighbors. Others are people passing by.

My travels bring me face to face with poverty of all configurations. It's all types, styles, colors and ages of people. While sometimes I can attempt to assume why such and such person is so deprived, the truth is I don't know everyone's stories of ailment and hard luck.

I do know some stories, though. I have conversations with residents and talk to them about what it means to struggle financially and not to be able to provide the most basic human needs for themselves or their families.

When I hear their stories, I remember when my own family struggled and required assistance. I recall feeling the shame of our need and the anxiety of day-to-day worries about seemingly simple things like food and shelter.

Need, poverty and homelessness are said to be society's invisible banes, yet, if your eyes are opened in the City of Harrisburg, it's evident that they're not invisible.

As a city, there are greater concentrations of poverty and need typical to urban areas. In Harrisburg, this is further intensified by the fact that it's also the county seat for services and programs.

According to the most recent U.S. census numbers, of Harrisburg's 50,000 residents, 31.7% live at or below the national poverty line. That's compared to 13.1% statewide.

This past summer, the Capital Area Coalition on Homelessness conducted its annual "Point-in-Time Survey," which measures homelessness in the city. Of the 530 surveys administered, 297 people who

responded were homeless. Of those individuals, 49 were veterans. Ninety-nine children were documented as homeless, too.

Twenty-five percent of the people who were homeless were employed. In fact, if you listen to the stories of poverty and need in the city—or anywhere for that matter—you will find that they are not "bums" as society used to so arrogantly label them.

They are people like you and I. They are challenged with illnesses, disabilities, domestic abuse, addiction, divorce and job loss.

Their plights could be anyone's plight. It could be any one of us impoverished and in need. And it could happen at any time.

For those of us fortunate not to struggle with acquiring the most basic needs, this month of thanks is an especially good time to consider what poverty and need are. It's an appropriate time to ponder ways to help combat it.

First and foremost—and this bears repeating—keep in mind that people who are living in poverty and homelessness are people, too. They do not necessarily ask to be pitied. They certainly don't deserve to be patronized or ignored.

When my husband and I first moved to the city, there was an apparently homeless man who lived

his sleeping bag. He was perfectly nestled right outside of our back gate.

At first, we were concerned for our safety, as were our family and friends. A couple of days after moving in, we called the police. An officer came to our front door, and we proceeded to tell him we didn't want police action—the man was truly doing no harm. But we did want to make a record of the situation.

We asked if there was an agency we could call for assistance, but the officer shrugged, saying, if the man wanted help, he probably would seek it.

"Just move his things when he's not there," the officer suggested.

My husband shook his head no. "Then I'll be the one accused of doing wrong," he joked. "Those are his things. I won't touch them."

It was our view that the man was a person with rights, too.

One day, we walked back with food in hand, but he was no longer there, and we never saw him again.

At the time, I didn't know all of the resources I know today. Now, if that gentleman were living behind my house, I would know whom to call.

It's something we should all become familiar with—the resources and options in Harrisburg.

A key to combatting poverty and homelessness is becoming aware of the network of local people, organizations and information. One of the most useful things we can do as citizens is help fellow citizens connect to resources.

Of course, this is a season of giving, so give your donations and time to those places.

While far too many of us have a tendency to turn away from poverty and homelessness, probably the most significant thing you can do is look

someone in the eye, smile, and ask, "How are you?"

Because, like you, they are people, too. **B**

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**"KEEP IN MIND THAT  
PEOPLE WHO ARE LIVING IN  
POVERTY AND HOMELESSNESS  
ARE PEOPLE, TOO."**

---

directly behind our home in the alley. Every morning, he packed his belongings into a shopping cart and walked around the neighborhood, always keeping to himself. He never spoke to anyone and kept his head down when passing by. Every evening, he unpacked his things and laid them out in neat piles surrounding

*Tara Leo Auchey is creator and editor of today's the day Harrisburg. [www.todaysthe daybbg.com](http://www.todaysthe daybbg.com)*





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# MAKING THE GRADE

*For years, Math Science Academy has been the gem of the Harrisburg school system. Can its success be replicated?*

BY PAUL BARKER

These days, if you're a public school in Pennsylvania, your worth is measured in colored shapes—squares, triangles and stars. Of these, the triangles come with the most drama. Either they're pointing upwards and blue, which means you're succeeding, or they're pointing downwards and are yellow or red, depending on the depth of your failure. A square is usually indifferent, referring to missing data, unless it's green, in which case you're middle-of-the-road—an assessment that, in a world obsessed with constant improvement, is its own quiet condemnation. Stars, which indicate surpassing perfection, are rare.

The shapes correspond to test scores and other measures released by the state Department of Education under a program that began last year. Harrisburg's public schools got their first set of shapes in the fall of 2013—mostly triangles, of the yellow and red, downward-pointing variety. But one school, the Math Science Academy, stood apart. In the box for its overall performance stood an upright triangle, bold and blue, corresponding to a score of 92.2 out of 100—a rating on par with the best public schools in the commonwealth.

The Math Science Academy opened in 1994 as a specialized program where gifted students in the district could excel. In its first year, MSA enrolled one section each of the fifth, sixth, seventh and eighth grades. At the core of its philosophy were two main ideas: one, that teachers should work as a team, coordinating lesson plans and student interventions; and two, that the teaching should be “project-based,” with hands-on assignments, often involving multiple grade levels. The program also featured frequent field trips, a “looping” model under which teachers taught the same students for two years, and, as the school's name suggests, a curricular focus on science and mathematics.

Requirements for entry to MSA were rigorous. Teachers, parents and students who sought to join were all interviewed. Teachers, in particular, faced higher than usual expectations. Maureen Dunbar, who has taught in the district since 1985 and who joined MSA in its second year, recalled that the administrator who launched the program, Dr. Gail Edwards, had a message for teachers who applied: “This is going to be taxing on you. You have to put in extra time.”

This year, MSA became the subject of an ambitious experiment. Throughout the school's existence, there have been leaders in the district who felt an MSA-quality education ought to be made available district-wide. At the start of last school year, the district shuffled its building plans, breaking up some of the K-to-8 “neighborhood” schools. As part of the transition, MSA was moved from its

previous home, at the Ben Franklin School on N. 6th Street, to the Marshall School on Hale Avenue, behind the high school. Meanwhile, Marshall, formerly a K-to-8 school, was converted to a 5-to-8 middle school “academy,” much like MSA.

Last spring, the district began implementing a plan to merge the schools. The short-term goal is to double MSA's size from 200 to 400 students; if the expansion is successful, it's possible the MSA program, or something like it, will be brought to additional schools. But the plan also raises uncomfortable questions. MSA has always been predicated on high standards for admission. Are there sufficient numbers of so-called “gifted” students in the district to fill an expanded program? Or will MSA's expansion simply mean its excellence gets diluted?

The district is also carrying out the plan in a period of intense scrutiny. In late 2012, the state declared the district to be financially distressed. Under the auspices of a law passed earlier in the year, the education secretary appointed Gene Veno, a private consultant and the CEO of a trade group for public insurance adjusters, as its chief recovery officer. His primary task was to get the district's finances in order, but his recovery plan, released in April 2013, also spelled out benchmarks for academic improvement. If the district doesn't meet them, it might be placed under even deeper state control.

In this environment, asking whether MSA's success can be replicated is really a way of asking a larger question: can the district be saved?

Maureen Dunbar teaches fifth-grade math at MSA. A native of upstate New York, she has short hair, glinting eyes and an unharried air. The first time I met her, I was escorted to her classroom at Marshall, where her fifth-graders were working quietly. She was content to do the interview there, at the front of the classroom, prompting me in a whisper to start asking my questions.

As a college student, Dunbar wavered between art, mathematics and teaching. After deciding she couldn't make art into a profession, she settled on math and education. Her first teaching job was in San Antonio, Texas, as a volunteer teacher at a private school. After two years there, she moved to a public middle school. “I loved it,” she said. “I found from that early age of my teaching career that you could see the camaraderie between the staff members and even the administration, and what they did for the kids, and how the kids responded to it.” In 1985, Dunbar returned to the East Coast, taking a job in Harrisburg, and she has remained in the district since.



When MSA opened, the city had one large middle school teaching the sixth through eighth grades. The program was originally located there, but it quickly became a nomad within the district. Dunbar joined the team in its second year, when it was moved to a school called Riverside. (Both the old middle school building and Riverside are gone now.) That year, its enrollment was doubled to 200 students, in two sections each of the fifth, sixth, seventh and eighth grades. The following year, it lost favor with the superintendent and was disbanded. When it reopened, a few years later, it moved from one school building to another, until finally landing at Ben Franklin, where it remained until the move to Marshall last year.

All of this movement may have contributed to MSA's sense of itself as off-beat, doing its own thing—as being what a former MSA teacher, Judd Pittman, described to me as “a school within a school.” Pittman, who has a blond buzz cut and a toothy grin, joined MSA after one year at the high school, where his methods, as he put it, were “too free-flow.” The principal walked into his classroom one day to find his students kneeling over a blue tarp, searching for life forms in a mound of dirt he'd brought in. But his style was a perfect fit for MSA, where, as he put it, the kids were “just old enough and just quirky enough” to get on board.

In the summer of 2013, the superintendent, Dr. Sybil Knight-Burney, and the assistant superintendent, Barbara Hasan, spoke with Dunbar, Pittman and a third MSA teacher, Kelli Recher, about expanding the school. It wasn't the first time the idea of duplicating the program had come up. A year or two before, the principal at Ben Franklin had asked the same three teachers to write up a draft document outlining the school's policies and methods. They prepared a write-up, but, according to Pittman, the district

never did anything with it. Now, however, with the upcoming move to Marshall, the district was revisiting the idea of expansion.

In one sense, expanding MSA was about providing equal opportunities. If some students in the district enjoyed hands-on projects and field trips, shouldn't they all? But the motivation may also have had a harder edge. Both Pittman and Dunbar spoke of perceptions that the MSA program was “elitist”—that it skimmed the best students from the district and set them apart from the rest. “There was something in the community that wasn't fond of it,” Pittman said. “There's a view that every child should have an opportunity for everything.” In addition, the prevailing atmosphere in public education, in which schools and teachers are measured by students' test scores, tended to breed resentment for a program that attracted the district's top performers.

In a way, however, the aura of elitism was a sign of the program's success. At one point, Dunbar told me that she embraces the “elitist” label. “I think they should believe in elitism, actually,” she said. “Why not? There's a Harvard. There's great basketball teams. They don't take every kid that tries out for the team.” The idea that some students could be turned away was part of what gave the program its prestige. Pittman, too, invoked the Ivy League analogy. “I was in the top 10 of my graduating class, but even then I'd never get to go to Harvard,” he said. “Does that mean there shouldn't be any Harvard?”

Throughout last year, Marshall and MSA operated side by side in the same building. They had different teachers and different school colors, and they ate lunch separately. Banners for each year MSA had made “adequate yearly progress”—a federal accountability measure, which no

other Harrisburg school met in 2012—hung in the MSA hallway. “It created a natural divide,” Ryan Jones, a former English teacher at Marshall who was dean of students last year, told me. MSA also had a tradition of purchasing school T-shirts, which students wore on certain days. “Marshall kids didn't have them, and they'd kind of point that out. Like, ‘Why do they get to do that?’” he said.

Jones, who was promoted to assistant principal this year, gave me a tour of the Marshall building during a visit in early September. A former employee of a record label, where he planned tours for musicians, Jones has pomaded brown hair and a laid-back, raffish manner. On his arm, exposed by a rolled-up sleeve, is a tattoo of a Tarot card, labeled “Le Fou.”

Jones explained how, before the start of this school year, he and the principal, Marisol Craig, formed a leadership team to help brainstorm how to make the building more unified. Under the expansion plan, the programs were combined over the summer into one school, Marshall Math Science Academy.

“We broke everything down,” Jones said. They combined Marshall's colors, yellow and black, with MSA's green and silver, arriving at a new color scheme of yellow and green. Out of Marshall's prior mascot, the Lions, they fashioned a new mascot, the Pride: “We're multiple lions, we're coming together,” Jones said.

They also worked to create a sense of unity among teachers. The day of my first visit, a staff member in the IT department was putting some final touches on a short video that Craig and Jones had directed. Set to Katy Perry's “Roar,” the video traces a path through the school's hallways, passing a succession of teachers who each hold up signs explaining who they are, what they teach, and how long they've been in the district. It concludes with a shot of the entire staff in school colors posing in front of the building, shouting Marshall Math Science Academy's new motto in unison: “Together We Achieve.” Watching it, Craig and Jones exchanged a high-five.

After the video, we sat down in a conference room. Craig, a tall woman



Marshall Math Science Academy Principal Marisol Craig, left, and Assistant Principal Ryan Jones.



with light brown hair and a calmly enthusiastic bearing, has worked for the district since 2003 and was most recently a principal at the high school. She became Marshall's principal in 2013, overseeing its first year as a fifth-through-eighth academy with the MSA program in its halls. She began by saying she was happy to have me there, because she felt the MSA expansion was a positive step for the district. "We always invite media and community folks to come in and kind of see what we're doing, but it seems like they never come unless we have an issue," she said.

Cosmetic changes, like the ones made to the mascot and colors, are important to the school's image and morale. But the most substantive aspects of the expansion relate to academics, where the hopes and challenges inherent in the plan come more clearly into view.

In the past, students applying to MSA were scored on a rubric that takes into account test scores, grades, recommendations from past teachers and an in-person interview. According to Craig, there were "more kids out there" in the district ready for the rigors of MSA. "It's really hard when you've got one slot left, and you have to choose between 10 kids," she said. Doubling the program would "provide the same opportunities for more students who could meet the same criteria."

The reality, though, is more complicated. Starting last spring, all of the Marshall students went through the traditional MSA application process, but only some scored high enough on the rubric to be admitted. Over the summer, the school sent out copies of an unusually gentle rejection letter. It explained that, though the student hadn't been admitted to MSA, he or she would still be invited back to the building next year, and would be able to partake in all the same opportunities as the regular MSA students. The result is that this year, "Marshall Math Science," though portrayed on the district website as a single school, is actually two schools on paper: Marshall, with two sections each in the sixth, seventh and eighth grades, and Math Science, with two sections in each of these grades and four in fifth.

Partly, the school retained Marshall students to appease parents, for many of whom Marshall was the neighborhood school where they had sent their children for years. When Craig and Jones announced they could stay, the parents "were like, 'Oh, my God. Thank you, thank you, thank you,'" Craig said. Under the expansion plan, the Marshall school will be "phased out" over the next three years, as the Marshall classrooms age out of the program.

But the decision also foreshadowed a challenge that will face the school in years



to come—and one that has implications for the school's state rating. Contrary to what Craig suggested, at least in the initial year of expansion, the district simply didn't have enough students who could "meet the same criteria" as the smaller MSA core. Up until last year, the minimum score on the rubric for admitted MSA students was 80 out of 100. This year, in order to fill the available MSA classrooms, the school had to lower the threshold to 70—and that's for students admitted to the program, not the ones enrolled as Marshall students, who scored even lower.

Dunbar, acknowledging the change, was not particularly dismayed. Referring to the expanded fifth-grade class, she said, "Are all 100 of our kids at the level our 50 were? No. But we still have enough that there's more than the 50. It's not like there's 50 great and 50 that are not great."

Additionally, for students who are

new to the program, its reputation can be a powerful incentive to better performance. Craig told the story of one child who struggled as a Marshall student all through last year. As a student at Marshall Math Science, however, he's flourishing. "He's like, 'Mom, I gotta be straight, because I'm Math Science,'" she said. "I gotta do this, and I need you to be doing this for me, and getting me here on time, because I can't be late for school."

Last summer, the Harrisburg school district relocated its offices from Front to State Street, inside what used to be the Lincoln School. On the morning of Friday, Sept. 26, district leaders gathered for a press conference in the building's gymnasium, which has served as a venue for school board and other public meetings since the move. They sat at a long table at half court, basketball hoops

*Over the summer, to create a sense of unity in the Math Science expansion, school leaders adopted a new motto: "Together We Achieve."*



and steel mesh-covered windows to either side and a projection screen on a dark stage behind them.

The purpose of the conference was to discuss district schools' scores on last year's state assessments, which the state originally planned to release to the public on Sept. 24. In the end, the release was delayed, but district officials, who had seen the scores privately, went ahead with the conference anyway. At least in theory, a great deal was riding on the results. In an update to his recovery plan last April, Venó set new goals for improving district test scores. Some people, most notably Harrisburg's new mayor, Eric Papenfuss, criticized the targets as too low, but they were still ambitious. Venó wanted to see average gains in proficiency of around 4 percent in each subject area tested.

Superintendent Knight-Burney began the conference by saying there was "no good way to share bad news." Though she was forbidden from revealing the actual scores, she could describe them in general terms; the overall results, she said, were "very disappointing." As she later confirmed to reporters, it wasn't just that district test scores had failed to climb as high as Venó wanted—they had actually fallen from the previous year.

Then the conference took a curious turn. Despite Knight-Burney's disappointment, neither she nor the other district officials showed any urgency about what the low scores might mean. In fact, Knight-Burney said, the results were "not unexpected." The scores were explained, she said, by Harrisburg's extraordinary rate of turnover in recent years.

This is particularly obvious at MSA, whose curriculum depends heavily on exceptionally committed teachers. Judd Pittman, the former MSA teacher, told me that, during his seven years at the school, it "defined" him. One Saturday per month, he led students on what were called "inner-city outings"—outdoor excursions like hiking or canoeing, often funded by donations or grants that the teachers pursued themselves. "Working at MSA, it's not a job, it's a lifestyle," he said. "The academy is a family." Last spring, after his wife gave birth, a group of former students showed up on his doorstep in Midtown, saying "We heard Mr. Pittman has a little Pittman."

Commitments like these, however, can't be enshrined in teachers' contracts, and the school largely relies on them to be

sixth-grade team on lesson plans and objectives. "We literally have everything already planned til May. Everything! Projects, lessons, things you wanna focus on for the whole year." Where she used to be out the door at 3:36, now she routinely stayed til 5 or 6. "It's the best year I've ever had," she said.

Characteristics like these may be less quantifiable than test scores, but they can still be detected and, in some rough way, measured. At one point I asked Dunbar about MSA's identity. In addition to having a new principal and assistant principal, it had lost a core teacher in Pittman, who left to enroll in a professional development program through the state. Was the MSA culture still intact after all the changes? "No," she said. But, she thought, it could be built



*As part of the Marshall Math Science merger, the school replaced its old "Lions" mascot with a new mascot, the Pride. "We're multiple lions, we're coming together," Jones said.*

(According to figures later provided by the district's public relations officer, since the 2012-13 school year, 247 teachers and 28 administrators have either resigned, retired or been furloughed.)

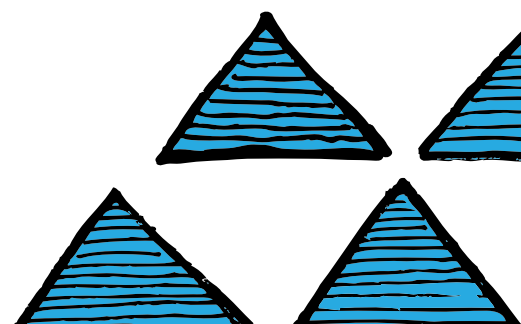
The conference illustrated the peculiar disconnect between the things district leaders identify as key to their success and the steps they actually take to achieve them. At no point did Venó, in releasing his updated benchmarks, couch them with the anticipation that the district would perform poorly because of high turnover. Nor did his plan take any steps to retain or identify top teachers. (To the contrary, the likely explanation for at least some of the turnover was the 5-percent pay cut for teachers implemented in his plan.) The district mentioned the turnover rate as an excuse for past scores, but it ought to have been a warning. However impressive the recovery initiatives look on paper, they are meaningless without skilled teachers to implement them.

their own reward. On a follow-up visit to the school, I met Sue Gibson, a Marshall teacher who has been with the district for 27 years. Last year, when MSA entered the building, Gibson resented it. "There was a lot of jealousy from the other teachers," she said. When the school announced the expansion, which initially seemed like it would exclude her Marshall students, "My feet were stomped so far down on the ground you couldn't see them," she said. "Cause I was pissed. I'm like, 'If I'm not part of Math Science Academy, I don't want to play.'"

When she learned about the plan for the combined Marshall Math Science Academy, however, her attitude changed. The message to her, as a teacher of the "Marshall" sections of sixth grade, was "Get your butts down here, you are a part of Math Science Academy. You may not have the top-level children, but you have children here who want to learn." In her first week, she stayed an extra two hours after school, working with the fifth- and

back in the next four years. "I also think that the kids rise, if the expectations are up there," she said.

The great thing about Math Science, she said, was the feeling of collaborating as a team. "You build it with the teachers, with each other, and then the kids build it, and the kids build it with the teachers. And it goes from fifth grade to sixth grade to seventh grade to eighth grade." When her students go on to high school, she said, their new teachers report back to her: "All of your kids aren't the smartest," they tell her. "But they know how to work together." **B**







# THE APP NEXT DOOR

*Around Harrisburg, virtual communities  
are strengthening real ones.*

BY M. DIANE MCCORMICK

Martha Wickelhaus' son was ill, and his 19-month-old Labrador, Frankie, needed a temporary home. Wickelhaus didn't post a plea for a foster home on Facebook, Craigslist or Twitter. Instead, her message on Nextdoor.com went straight to her neighbors and her landlord, and, from there, to Furry Friends Network.

"Frankie is now, for a few months, living in a great home with a big yard and a 6-year-old child," Wickelhaus said with satisfaction.

Wickelhaus, of Midtown Harrisburg, has joined the growing legion of midstate residents on Nextdoor.com, the 21st-century version of over-the-back-fence conversations. While Harrisburg's rollout so far has been largely in the city's more affluent river neighborhoods and near suburbs, some Allison Hill residents also hope soon to capitalize on the power of neighborly social media.

Founded in San Francisco in 2010, Nextdoor.com is billed as "the private social network for neighborhoods." It's the cyber-place where neighbors do neighborly things—seek help, offer help, solve problems, promote block parties, get to know each other. In a carefully prescribed process, organizers draw neighborhood lines that make geographic and cultural sense. When 10 members enroll, a Nextdoor.com group is launched. It's now in 41,000 U.S. neighborhoods.

Harrisburg has 18 Nextdoor groups within its boundaries and nearby, with such familiar names as Old Fox Ridge and Uptown-Italian Lake. Wickelhaus, a member of the Olde Uptown group, used Nextdoor to start a knitting group—Stitch 'n Bitch, they call themselves—that meets at Little Amps Coffee Roasters or Midtown Cinema. In addition to finding a foster home for Frankie the dog, she once found a place to recycle cardboard boxes stacked in her basement from a recent move.

Users love the simplicity and targeted messaging of Nextdoor.com, which issues daily e-mails with

new posts. With its laser focus on issues of interest neighborhood by neighborhood, there's "nothing frivolous" to wade through, said Wickelhaus.

"I open it up to see if there's anything I'm interested in," she said. "If there is, I go and read more about it."

Mitch Smith started the Engleton group, now up to 296 members, in late 2011. Unlike a Web page that needed constant upkeep, or even Facebook, Nextdoor is almost self-sustaining, Smith said. At first, some members used the group to complain, but the site has "transformed" into an idea-sharing space where neighbors find home maintenance help, post found or lost pets, and sell, buy or give away their stuff.

"We had issues in the beginning of people attacking other people over stupid stuff, but we've weeded them out," said Smith. "So-and-so parked wrong.' Ridiculous. Or, 'So-and-so didn't shovel their sidewalk.' Give me a break. There's much bigger fish to fry in the city."

Unlike some online forums, Nextdoor requires that members be identified by name and their addresses be verified.

"When people can be anonymous, they can be pretty disrespectful," Nextdoor.com Head of Communications Kelsey Grady told TheBurg. "We don't see that often on Nextdoor."

Of course, a popular social media platform is sure to get the attention of governments and businesses seeking new communications outlets. Nextdoor.com currently partners with 240 cities and agencies, including police departments, which can broadcast notices without getting access to individual groups or their members. A partnership with Harrisburg is "in the works," said Communications Manager Jen Burke.

Businesspeople often use Nextdoor for relationship building—think of the realtor keeping in touch around town—but, if they "get too self-promotional, people let them know," said Grady.

Since neighborhood lines and interests rarely fall

into neat alignment, Nextdoor members can also communicate with nearby groups. The Harrisburg Downtown Improvement District uses Nextdoor to promote events to a key audience—its Midtown-area neighbors.

"We're a small nonprofit, so we're not necessarily promoting on radio or TV," said Marketing Director Leigh Ann Urban. "This is a great way to reach them more directly. Some people aren't on Facebook."

With its e-mail delivery system, Nextdoor engages all age ranges, including 90-year-olds who use e-mail to contact the grandkids, said Grady. And Nextdoor is working in diverse communities, she said.

"We're doing really well in the South Side of Chicago, the 9th Ward of New Orleans, very rural areas," she said. "We're seeing it work everywhere, and our goal as a company is to see it work in every neighborhood in the U.S."

In Harrisburg's multi-ethnic Allison Hill neighborhood, some residents have approached Tri County Community Action about starting a Nextdoor group. The U.S. Census Bureau reports that the "digital divide," as measured by desktop computers owned by white Americans compared to African Americans and Latinos, is almost nonexistent in smartphone ownership. Fortunately, Nextdoor.com has an app for that.

"It's much easier for this community to access the Internet because of smartphones than desktops," said the Tri-County Communications Manager Lisa Landis.

DID's Urban appreciates Nextdoor's clutter-free message delivery.

"It's not something that's overwhelming, and it's simple to use," she said. "Whoever came up with it—genius." **B**



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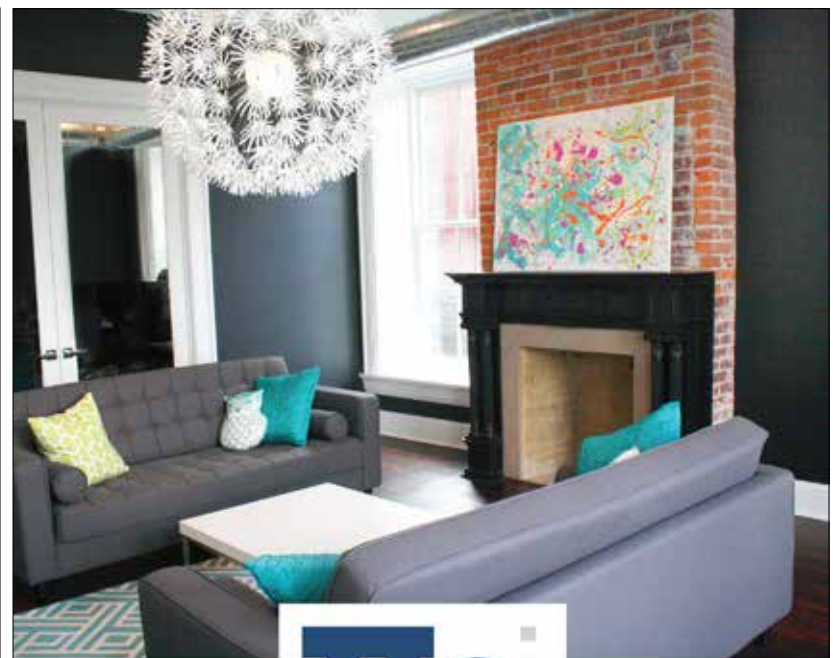
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# TRAIL FIX

*For 60 years, a group of volunteers has taken a stretch of the Appalachian Trail into its care.*

BY SARAH MOESTA

A 20-minute drive north of Harrisburg up PA-225, and you're there—the tree-shrouded Appalachian Trail, pothole-free and quiet except for the occasional squirrel or rabbit in the leaves.

The 20-mile section of the Appalachian Trail that runs north of the city on Peters Mountain is clean, and the branches of the tall trees weave together, creating a “green tunnel,” as experienced through-hikers call it.

The Susquehanna Appalachian Trail Club, comprised of 431 nature-loving volunteers, is responsible for the maintenance of this stretch of trail. That means that, on any given day, members might be picking up trash, leading hikes or doing major manual labor, like carting construction supplies for miles into and out of the trail.

“We want to encourage people to be active in the club,” said member Karen Balaban.

This year, SATC celebrates its 60th anniversary, an event marked by numerous activities, such as a trail photo contest and a special hiking trip. Members of the club also did a “60 Miles for 60 Years” hike, in which 59 volunteers collectively hiked a total of 60 miles of the trail contiguous with the SATC's section. At the club's annual banquet, attendees received mugs proudly emblazoned with the SATC's special 60th anniversary logo.

Notably, the club is responsible for the Peters Mountain Shelter, which sits about three miles from the southernmost point of the SATC's 20-mile stretch. Unlike most trail shelters, which are often small, three-sided lean-tos, the Peters Mountain Shelter is structured more like a cabin, with a full roof and a loft for extra sleeping space. Some added perks to this shelter: there's a bear-proof storage box for food in the back, a contained fire pit and a well-maintained privy just a short walk away.

SATC maintains the shelter to keep it safe and clean for the many through-hikers who pass through—those hiking the entire 2,200-mile length of the Appalachian Trail, from Georgia to Maine. SATC volunteers cut down trees that

are too close to the shelter and pose a risk of falling. They also remove trash from the site, although, as the trail operates on a “leave no trace” policy, they prefer if hikers remove their own trash.

Hikers who make shorter treks on the trail also benefit from SATC's work. For example, club

volunteers constructed a large number of stone steps to help hikers make their way through the trail's steeper, trickier areas. In addition, volunteers make frequent trips along the trail to pick up cans and bottles that have been left behind.

More strenuous projects are completed on work trips. Club volunteers take part in work trips as needed, and volunteer support is critical. This fall, the club will replace the old roof on the Peters Mountain Shelter, a project that will need plenty of volunteers to complete. The new roof will be made from durable aluminum, which will hold up well against the weather.

The most difficult part of work trips is getting supplies to and from the site. Volunteers have to carry their supplies onto the trail by hand and then move them back out when they're finished. Sometimes, volunteers have to make multiple trips in and out of the trail to move all of their supplies. Because of this, the process can take a long time.

For those less inclined to sign up for heavy lifting, the club has something for everybody. SATC sponsors hikes that vary in length and difficulty. Also, there are club meetings and events for those more interested in the social aspect. Though SATC is the only Appalachian Trail Club in Dauphin County, members don't have to live in the area. Some hail from places as far away as West Virginia.

SATC hopes to have members that stay involved and active. The group also tries to educate members and hikers about good outdoor habits and to keep the trail clean and safe. Above all, though, SATC wants to get people in the Harrisburg area outdoors—enjoying the trail whenever they can. **B**

*Learn more about the Susquehanna Appalachian Trail Club at [www.satc-hike.org](http://www.satc-hike.org).*





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# A SIGN OF HOPE

*Anchored by Hamilton Health Center,  
S. 17th Street struggles to come back.*

BY REGGIE SHEFFIELD

If you drive through the heart of Allison Hill, near 13th and Derry, you'll see a varying collection of small businesses, bodegas, eateries.

Some are busy, interesting and well kept; others, not so much.

But those highly visible convenience stores, bars and ethnic food joints are not the totality of commerce on Allison Hill. A few blocks up, there's another commercial district, primarily industrial, that once was a job center of the community.

Along S. 17th Street, there are the remnants of a formerly vibrant local economy—empty and underutilized buildings where factory workers once toiled all day and night. In some spots, parking lots take the place of where buildings once stood.

Over the decades, there have been attempts to reenergize S. 17th Street. New efforts are being made today, and, in fact, some people see signs of hope for the revitalization of the corridor.

## THE CATALYST

A newly constructed building occupies one of the key blocks along S. 17th, not too far from Market Street.

The major health care provider to the community, Hamilton Health Center, opened its new building two years ago to centralize its satellite locations. The facility now has become the focal point of a flurry of efforts aimed at revitalizing that part of Allison Hill.

CEO Jeannine Peterson said that access to good health care is key to a healthy and vibrant community and sees the health center's expansion as leading the way in the neighborhood's rejuvenation.

"I believe Hamilton Health Center is an economic catalyst for the S. 17th Street Allison Hill corridor, attracting other businesses to locate to this area," she said.

Hamilton Health invested \$16.2 million in the first phase of its development, completed in 2012. It's now proceeding with phase two of the project.

"Our development has allowed us to increase the number of jobs from approximately 100 when we moved into our new location to our current staffing level of 180 people," said Peterson.

Neighborhood residents hold many of those jobs. It's been vital, she said, to have the facility integrated into the community because workers often don't have cars. So, they're able to walk to work or take public transportation.

Nearby, Philadelphia Macaroni Company, one of the nation's oldest and largest industrial pasta manufacturers, acquired the former Unilever pasta plant earlier this year. Philadelphia Macaroni's S. 17th Street plant employs about 50 people and produces Knorr Pasta Sides and Lipton Soup Secrets products.

"We have made a substantial investment in the community, and it is operating 24/7," said company spokeswoman Linda Schalles. "We expect to be there for quite some time."

## THE OPPORTUNITIES

Despite the anchor of Hamilton Health, the location remains a hard sell for those trying to attract businesses to the area, say developers and realtors.

Fairly or not, too many people equate that part of Allison Hill with typical inner-city problems like crime and drugs. And the gritty nature of the area doesn't offer a lot of visual appeal.

That's why much of the 17th Street corridor falls into the Keystone Opportunity Zone (KOZ), a largely tax-free zone designed to encourage investment and make the area more attractive to businesses.

Shaun Donovan is the economic development specialist with the Harrisburg Regional Chamber of Commerce and its economic development arm, the Capital Region Economic Development Corp., known as CREDC. In that capacity, he helps administer Keystone Opportunity Zones in Harrisburg.

Recently, properties along the S. 17th Street corridor were selected for KOZ.

"The reason we kind of picked them is because of their proximity to the Hamilton Health Center," Donovan explained.

He added that neighborhood input was elicited before they proceeded. The KOZ expansion followed discussions with local residents, businesses and community leaders.

"In this particular case, they really highlighted the 17th Street corridor, and they also said that they were really looking for commercial and industrial redevelopment in their neighborhood, more than residential development," he said.

KOZ parcels on S. 17th now include the former Coca-Cola building at 227 S. 17th St., the Shimmel School at 548 S. 17th St. and the Hajoca Building at 101 S. 17th St.

In April, the for-profit Lebanon-based Pennsylvania Counseling Services offered the Harrisburg School District, which owns the Shimmel School, \$550,000 for the 58,750-square-foot property.

Recently, representatives of the group were scheduled to appear before the city's Zoning Hearing Board seeking a variance for their drug and alcohol recovery, mental health treatment and truancy programs. Because it is school district-owned, the building currently produces no tax revenue.

"A lot of people support it," said Bill Gladstone of the Gladstone Group, a realtor involved with the sale. "We have to get through the system."

CREDC's Donovan explained that, by offering abatements on taxes on things like building supplies, earned income, net profits and real estate, the KOZ can entice potential buyers to look at vacant properties in neighborhoods they'd otherwise pass on.

"A lot of those buildings have minor issues that need to be resolved, but again, the KOZ program makes it more attractive for the new owners to come in," Donovan said.

Gladstone also represents the Chicago-based owners of the Hajoca Building at 101 S. 17th St., across the street from the Hamilton Health Center. Gladstone said his clients like the KOZ concept, but they are still lacking a tenant or buyer for the 1.6-acre site, which is listed at \$625,000.

"Unfortunately we still haven't located a tenant, but I don't think that has anything to do with it being in a KOZ; I think it has to do with locating someone willing to be in that location," said Gladstone, referring to South Allison Hill's less-than-stellar reputation. "We have other challenges besides the KOZ."

When City Council's Community and Economic Development Committee met to vote on the establishment of city KOZs late last year, some residents objected because they felt that, given the city's slowly improving financial picture, the more tax revenue, the better. Others supported the plan, saying that anything that would spur renovations on crumbling community eyesores, create and sustain local jobs and, in time, generate property tax revenue would benefit the city.

Donovan pointed to the Shimmel School property as an example of how a KOZ can take a non-tax revenue producing property and, over time, transform it into a revenue-producing property.

"It's kind of wrong to say you've lost that revenue because, without the program, you'd have no revenue," he said.

KOZ or not, the 17th Street corridor appears to be making incremental progress after years of heading in the opposite direction. Having completed its new building, the neighborhood anchor, Hamilton Health Center, is investing another \$6 million in its project.

"We expect [our employment] number to climb to over 200 when we complete our phase two renovations in December 2014," said CEO Peterson.

To other area businesses, more employees mean more people buying local goods and investing in their properties and improving their quality of life. Ultimately, that's what brings a neighborhood back. **B**

*Reggie Sheffield is a Harrisburg based freelancer and is reachable at troylus@comcast.net.*





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## VINTAGE LOOK, MODERN STYLE

*In her jewelry, Zoe Schulder  
merges classic design with  
current trends.*

BY SIENA MCLEES

However, as life changed and family became a central focus, Zoe made the difficult decision to close her doors in Camp Hill, which brings us to her current business. Zoe's Antiques & Estate Jewelry merges her entrepreneurial spirit, artistic sensibility, industry knowledge and passion for jewelry.

When she discusses this venture, Zoe's enthusiasm can't be contained.

"I keep up with the trends when buying for my business," she said. "I look for items that have a history but also represent current styles. Not only do I find unique pieces with a past, but also I create special, contemporary pieces with vintage components."

And some of Zoe's personal favorite pieces might fool one to think they were uncovered in the aisles of Neiman Marcus or discovered tucked away at Tory Burch—like a tortoise, vintage lucite chain with a flower pendant; a yellow-gold, mesh handkerchief choker; and an Art Deco rose-gold tassel necklace, all vintage interpretations of modern trends at a fraction of today's retail costs.

"The difference lies in the materials and the construction," Zoe points out. "Most of my pieces are either gold, silver or gold-filled and one-of-a-kind, unlike some of the current leading designer brands that use only base metals, like brass and surgical steel, but then charge an excessive price."

Zoe quickly found an enthusiastic clientele for her jewelry. Susan Rohn, executive director of the Yocum Institute for Arts Education, describes Zoe's collection as "wonderfully assorted" and finds "shopping with Zoe a lovely experience."

"Zoe has an amazing eye, an artist's eye," added local attorney and long-time client Diana Clark. "Her pieces are remarkable, and she is fair with her pricing. She has something for everyone."

So, for those of you who appreciate loved luxury, Zoe's Antiques & Estate Jewelry offers heritage pieces with a modern interpretation to the sophisticated, metropolitan client. **E**

*Zoe's Antiques & Estate Jewelry can be found at the Antique Marketplace, 415 Bosler Ave., Lemoyne, and at Historic Acres of Hershey, 2975 Elizabethtown Rd., Hershey. More information is at [www.zoeschulder.com](http://www.zoeschulder.com) and on Facebook. She is in the process of launching an e-commerce site.*

As Zoe breezed into the Cornerstone Coffee-house, her boho chic look and warm smile were as dazzling as the antique gold bangles that dangled from her arm.

"Sorry I'm a little late," she said. "My client's appointment ran longer than expected."

She smiled, as her exquisite, custom-made coin ring clanked on the side of her latte mug.

Zoe Schulder is the owner of Zoe's Antiques & Estate Jewelry, a business offering one-of-a-kind, affordable luxury jewelry that incorporates the past with the present. And, while her pieces are primarily antique or vintage, Zoe scours the marketplace for jewelry that speaks to the modern client. Whether you spotted leopard at Gucci or feminine florals at Dior this fall fashion season, Zoe is sure to have a piece that represents today's trends.

Zoe's love of luxury jewelry has deep roots. She recalls her mother's style as "bohemian," not unlike her own,

with "a refined taste in simple gold and silver jewelry. She was a lover of the arts and a believer of supporting local businesses."

This mindset fueled Zoe's artistic and entrepreneurial spirit. She developed an awareness of fine things at a young age, fostered by her parents but enhanced by her aunt and uncle, with whom she traveled the world in her early years. This experience opened her eyes to the beauty of different cultures and gave her a greater appreciation of art and jewelry.

Yet, despite this artistic sensibility, Zoe graduated with a degree in psychology and decided to give the world of government a whirl, working in the House of Representatives as a legislative analyst for one year.

Finding this was not for her, she followed her artistic and creative calling, which led her to enroll at The New School for Design in New York City. After several years, the cost of big city living became exorbitant, and

she made the decision to return to Harrisburg, a move that unknowingly would launch the start of her career as a visual artist and business owner.

On her return, she promoted herself as a freelance visual merchandiser and began creating signage for the Colonial Park Mall, which, in a short time, resulted in her executing all of the visual merchandising for the mall property. This job led to additional clients, such as The York Galleria and The Avenue at White Marsh in Baltimore, where she served as the sole, freelance visual merchandiser. Simultaneously, she marketed herself as an interior decorator to local boutiques and businesses in the Harrisburg area and decided to open a brick-and-mortar business in Camp Hill on Market Street, Zoe's Signature Antiques. Here, for 10 years, she combined her visual merchandising and design expertise with her love of "found objects," both vintage and antique.



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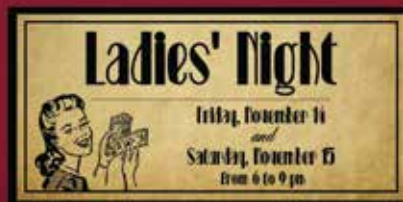


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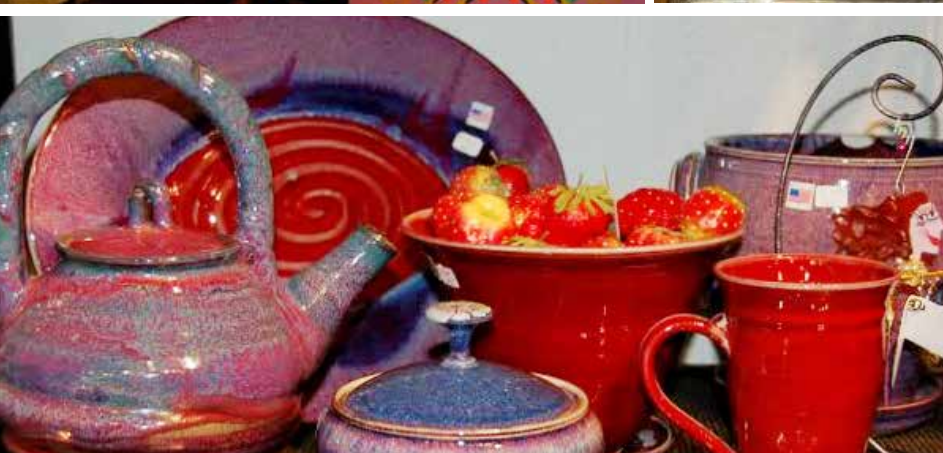




# BIG IDEAS

*At Ideas and Objects, items come with a philosophy: care about where you shop and what you buy.*

BY JESSICA SPRAJCAR



Just across the way from the candy counter in downtown Harrisburg's Strawberry Square sits Ideas and Objects, a store that's full of "neat stuff to give and to get," according to the shop's slogan.

Owner Susan Johnson has been filling her shelves with unique items since 1987, though not always in the current location. For its first 14 years, Ideas and Objects was upstairs, on the second floor of Strawberry Square. Temple University then moved into the building, and all retail moved downstairs.

She couldn't imagine her store being anywhere else but Harrisburg.

"I believe in downtown," she said. "I believe in growing the U.S. economy."

Initially focused on selling gift items, Johnson added wearables in later years to fill in a gap from the loss of several clothing boutiques downtown.

Many of the items sold in the store are made in the United States, and several lines are handcrafted in Pennsylvania. It is a high priority for Johnson to sell well-made, local goods as much as possible.

One such product line comes from Bettina Riedel, who makes unique kid couture items. Another is Jonathan's Spoons, maker of handcrafted cherry wood kitchen utensils. Gatski Metals products are also sold at the store; they make sculptures and furniture right here in Pennsylvania.

What else will you find on the shelves at Ideas and Objects? Almost anything you can imagine: jewelry made from recycled materials like license plates and beer bottles (as well as from more traditional materials), wallets and handbags, scarves, sweaters and jackets, pottery, photo frames, artwork and children's toys.

Johnson purchases all the items for the store at gift shows and direct from artists, not from catalogues or the Internet. When the products arrive, she and her two part-time staff look at each one to make sure it's in perfect shape. If an object has a defect, back it goes to the manufacturer. It is that attention to detail that keeps her customers coming back time after time, said Johnson.

The items that Johnson sells separate Ideas and Objects from other stores. Many of those products are unique to the area. Johnson says she "would never knowingly sell a line that Plum or another downtown store would sell," to minimize competition. New merchandise comes in every week and can sell out quickly. You can find out what new things are being sold by following the store on Facebook. Johnson frequently posts photos of up-and-coming merchandise, in addition to tidbits on healthy eating and living well.

"Some people sell trendy things," said Johnson, "but we sell the basics that stand the test of time."

Her goal: if you purchase an item at Ideas and Objects, you'll be able to wear it for years and not look out of style. And, if you need assistance finding your style, she's happy to help you locate the right piece with the right fit. She will offer her opinion on something, "whether they like it or not," because she's not pushing for a sale. She wants to make sure customers are happy with their purchases.

Finally, Johnson is an outspoken evangelist for shopping locally, a mantra she repeats over and over in person and on the shop's Facebook page. This may sound self-serving, but it's a cause with a social mission. When people spend local, their money stays local, helping the community where we all live.

"The taxes will go to your municipality," she said. "You know where your money goes and you support your neighborhood. It makes sense financially and on so many other levels." **B**

*Ideas and Objects is located at 11 N. 3rd St., Harrisburg, within Strawberry Square. Hours are Monday to Friday, 10 a.m. to 6 p.m., and Saturday, 10 a.m. to 5 p.m., and nearly anytime by appointment. Call 717-234-4505 to schedule an appointment and visit the store's Facebook page to find out what's new. Photos by Kelsee Baker.*

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# ONE GOOD SHOP

*Variety, quality, fun, in the heart of Camp Hill.*

BY SUSAN RYDER

**S**tainless steel racks of delectable edibles, glass jars brimming with loose tea and whole-bean coffee, eclectic books and soft goods all contained in one little place. A small handwritten sign outside encourages customers to live, love, laugh local. The tidy, yet warm, shop beckons visitors to come in and have a look around.

One Good Woman, a coffee, tea and so-much-more store rests in the commercial shopping center of Camp Hill, though, ever unimposing, it's tucked neatly in the back off of busy Market Street.

Owner Holly O'Connor always wanted to open a shop and took the plunge 18 years ago. When deciding what type of place to open, she asked herself "What do I like?" So, she set out to build a business focused on good tea and coffee, starting small.

"The first two years was delivery out of the back of my truck to businesses and in neighborhoods," said O'Connor.

As the business grew and O'Connor was encouraged to open a storefront, she moved into the old Camp Hill borough hall garage and then to the present location at the corner of Market and S. 19th Street.

Today, the smell of coffee permeates the store, and an aisle of coffee greets customers directly inside the door—varieties such as dark Kenya and Ethiopian harrar. For those who prefer a more accentuated taste, there's snickerdoodle, moon pie and toasted coconut coffee, as well as fair trade options for the socially conscious coffee drinker.

The small batch roasting process from a Baltimore roaster makes One Good Woman coffee special. According to O'Connor, small batch roasting prevents the bitterness that comes with large batch processes. One Good Woman's coffee is roasted on Monday and arrives at the store on Tuesday. A number of Harrisburg businesses—Yellow Bird Café, Mount Hill Tavern, Harvest in the Broad Street Market and note. Bistro and Wine Bar—serve One Good Woman coffee.

Let's not forget the tea, which lines the back wall of the store, just past the chalkboard wall scrawled with inspirational daily messages. There are white, green, oolong and black teas from which to choose, plus herbal and flavored teas. The shop doesn't serve food or beverages, but customers can sample the coffee of the day for a small charge.

While coffee and tea remain the hallmarks of the store, it has grown into an amalgamation of unique items.

"It always has different, obscure stuff," said Cate Hallman, who travels from Fishing Creek Valley to buy her coffee and tea at One Good Woman.

Some of these rarified items include gourmet food like linguine with squid ink, pumpkin chowder and Thai sweet potato chowder mixes; sauces, including Stonewall Kitchen brand dark chocolate sea salt caramel sauce and white chocolate fig sauce; and jams like peach raspberry jam. Savory spreads, including a roasted onion garlic jam and hot pepper jelly, line the shelves, as well.

Interesting textiles, tablet covers made from recycled fabrics, One Good Woman canvas bags and colorful scarves are scattered about the store.

Need a good book? One Good Woman's got them too. Customers can consider titles including "In Dog Years I'm Dead," "Soul Sisters" and "What Would You Do If You Ran the World?"

There's no worry about finding just the right item. If you're not sure what to buy, all you need to say is, "I like this, what else will I like?" said Hallman, and the staff will guide you to the perfect fit.

O'Connor credits her customers with the business's success. She said that the best advice she's ever received, given to her by her husband Joe, has never failed: "Listen to your customers, they will tell you what to do."

She said that she continually finds new items for the shop based on customer input. A few years into the business, customers told O'Connor that they wanted gift baskets, and she obliged. With no gift basket-making experience, O'Connor and her mother, now deceased, began creating beautiful baskets filled with delicious products.

Most of all, she wants One Good Woman to be part of and in service to the community.

To that end, she hosts a "Meet Your Maker Series," in which merchandise producers come to the store to meet the customers, paired with local artists who share their work. The Nov. 1 event, for example, includes a Stonewall Kitchen jam tasting with artist Karen Larsen from Crows Foot Farm Designs.

One Good Woman is a great place to shop, but it's seemingly also a great place to work. O'Connor has high praise for her employees as customer service purveyors and as a part of the One Good Woman team. They feel the same about her. When asked what makes One Good Woman so special, Laurie, an eight-year employee who runs the warehouse, said the answer is "kind, wonderful people."

"It's a friendly place to work," she added.

Brenda, a part-time employee, said she both works and shops at One Good Woman, adding that that's where she did most of her Christmas shopping last year.

O'Connor said that patrons often compare the place to shops in Maine, which is a compliment for someone who enjoys spending time in that northern state.

Those who delight in the aroma of coffee, are looking to relax with premium coffee or tea, or find themselves wanting to brighten someone's day with a distinct gift, might want to pay a visit.

"I try to offer really wonderful products at a great price point so that everyone can shop here," said O'Connor. **B**

*One Good Woman is located at 1845 Market St., Camp Hill. Hours are Tuesday, Wednesday and Friday, 10 a.m. to 5 p.m.; Thursday, 10 a.m. to 6 p.m.; and Saturday, 9 a.m. to 3 p.m.; closed Sunday and Monday. For more information, please visit [www.onegoodwoman.com](http://www.onegoodwoman.com) or the shop's Facebook page. Photos by Kelsee Baker.*

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## WINES OF THE HILLS

*Look to France's "cotes" regions for wines of high quality, good price.*

*By Steve Juliana*

At this time of year, with the holidays approaching, we find ourselves in our favorite Wine and Spirits store perusing the selections. Occasionally, the word "cotes" shows up on bottles of French wine. This word is translated into the English "sides." It refers to the sides of a valley or mountain, more accurately called slopes. There are many slopes in France, some for skiing, but many others, fortunately for us, planted with grapes.

One of the more popular regions is known as Cotes du Rhone Villages. This area is situated in the southern Rhone Valley just north of where it empties into the Mediterranean Sea. It is composed of 17 villages, each producing wines of unique character and style. The major grapes are Syrah, Grenache and Mourvedre. These red wines are very food friendly with a combination of fruit, spice and tannin, enabling them to match with rustic fare and red meat, as well as bold cheeses. The palate is one of dark berries and pepper with a smoothness and long finish. It makes for a great cold weather quaff in addition to a good barbeque drink. These wines are also reasonable in price, so check them out.


Another good wine region is Cotes du Roussillon Villages. This one encompasses a total of 28 villages making a plethora of wines in different styles. In seeking out the reds, one will find that Syrah and Grenache still dominate, but Mourvedre is replaced by its more rustic cousin, Carignan. The slopes here are the Pyrenees,

which form the border between France and Spain. The wines themselves seem to have picked up some of the Catalan character with great depth of fruit and a slight sweetness. These are real bargains and should be sought out by anyone looking for a great everyday beverage, as well as a special bottle.

Cotes du Ventoux is another area for good wines. Mount Ventoux is an extinct volcano in southern France, located just east of the Rhone River. The grapes here are the same as for the Rhone region, but the slopes change things. The wines are lighter than the other two "cotes," but are very good with their own personalities.

Cotes du Gascogne is a region caught between the Pyrenees and the Central Massif. What I like most here are the white wines that contain Colombard, a grape that is not well known but makes a great, fruity, spicy quaff. It shows best when blended with Ugni Blanc (Trebbiano). Its acidity makes it a perfect match with many types of lighter foods, so keep it in mind for next summer. This is also where the brandy Armagnac is distilled, a fiery liquor known as the "velvet flame" for its heat and smoothness.

All these regions of "slopes" make wines that are too often overlooked. They also match great with a turkey dinner. So, seek them out.

Keep sipping, Steve 

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If you happen to be driving down Market Street in Mount Joy, your attention might be drawn to an attractive gray-and-black, eye-catching sign depicting an Amish top hat surrounded by a long name beneath.

You probably won't be able to pronounce the name, at least not on the first try. But you will notice the all-capped word "MICROBREWERY," which, with any luck, will be enough to lure you inside.

Owner Karen Boyer, who runs the place with her husband Mike, call their snug gastropub and

microbrewery Zuckfoltzfus, a name they made up by mashing together several popular Lancaster County-area surnames. However, most people simply call the place Zuck's (rhymes with ducks).

Since debuting in June 2013, business has grown tremendously (as in, make reservations) as word has spread about the made-from-scratch fare and quality beer selection.

"Mike and I love the opportunity to take the term 'craft' and run with it," said Karen. "We take tremendous pride in using fresh, locally sourced ingredients and utilizing them in every way possible, from our food to our beer."

Mike Boyer, who spent 20 years in financial services, decided to take the plunge and quit his job as a CFO to manage the operation full time. He is also responsible for all brewery operations, brewing multiple times each week on a half-barrel system and offering appreciative patrons at least eight different selections at any time.

During a recent Saturday night, customers gathered around the 10-person bar and ordered flights of craft beer with names like Amos's Rye Stout, The IPA and Henry Street Wheat, as well as the more colorfully named Sassy Pants Bitter Ale, Whiney Sarah Pale Ale and War Eagle Ditzzy Blonde. A selection of red, white and ice wines from nearby Waltz Vineyards located in Manheim and Lancaster's Thorn Hill Vineyards satisfied the oenophiles in the crowd.

Bartender Jen Pisco socialized with customers, never missing a beat in the service arena. "People come here from all over," she said while pouring a pumpkin sangria, a blend of white wine, spiced pumpkin and peach juice.

Pisco works with the owners to create an ever-changing selection of light and flavorful beer cocktails like Oatmeal Stout Cream Soda, comprised of vanilla syrup, seltzer and Oatmeal Stout, and Zuck's Orchard Pale Ale, containing caramel syrup, apple cider and Whiney Sarah Pale Ale.

And then there's the food.

Throughout the evening, guests filtered into the dimly lit dining room with attractive, up-cycled farmhouse décor, coupled with a smattering of antique industrial. Muted

# JUST CALL IT ZUCK'S

*At Zuckfoltzfus Brewing, you'll come for the beer; you'll come back for the food.*

BY STEPHANIE KALINA-METZGER

walls, done in warm colors of sage, tan and brown, enveloped guests in a homey atmosphere, complementing the wooden tables, floors, chairs and bench spanning the entire back wall.

Karen teams up with local chef Robert Schoelkopf, who recently graduated from a four-year culinary program at Johnson & Wales in Rhode Island. Together, they devise a unique menu every two weeks, and their ambitious culinary efforts are rewarded with accolades on social media and return customers who bring back friends.

When Lancaster residents Anne Thomas and Karen Tomblin learned of the place, they decided to give it a try. They liked it so much they returned as regulars, eventually inviting about 46 others, who joined them in celebrating their nuptials this summer, with owner Karen acting as officiant.

"We really liked them; they are down to earth," said Thomas. "We like their beer, and they serve great food."

Mount Joy resident Sharon Christian is thrilled with the convenient and creative dining option.

"We're so tickled to have an establishment like Zuckfoltzfus in town; it's such a treasure," she said. "I love to cook and love to eat whole foods. When I go out, I want to order something that I don't make at home. There have been wonderful, imaginative offerings on the menu and a lot of homemade pasta combos I typically wouldn't have thought of."

Bruschetta was trending as the popular appetizer that evening. But instead of the tried, true and sometimes tired chopped tomato with basil on the typical toasted bread, the server presented creamy goat cheese served with a pumpkin seed crust, topped with fig jam and served with spent grain crostini on an attractive wooden cutting board.

Neighboring diners ordered juniper-fennel spiced brisket, homemade German sausage and pepito-crustured grilled salmon entrees.

I opted for tender, red wine-braised lamb, with a fall vegetable ratatouille over polenta topped with crushed tomato, but also had my eye on the caramelized pumpkin gnocchi combined with lamb

pastrami, goat ricotta and rosemary olive oil, which Joan Kester highly recommends, describing it as "out of this world." Well, maybe next time. The Mount Joy patron said that she and her husband Marty look forward to the unique combination of flavors that the owners craft to pair well with the beers they serve.

"My husband enjoys the variety of stout beer, and I like the variations of the wheat beer," said Joan. "You can tell that Mike takes great care in crafting the beer; he uses fresh local products."

Desserts vary throughout the year, but one thing you can count on, and must save room for, is the rich, homemade, smoked chocolate ice cream, which is a house specialty.

As for the owners, they hope to be serving locals, as well as those who drive long distances just to find them, for years to come.

"What we've loved most about Zuck's is the opportunity to be food ambassadors, bringing exciting new twists and tastes to some familiar flavors," said Karen. "A meal should be an experience, something unique, personal and hand-crafted."

And that's certainly what they bring to the table—and the bar. **B**

*Zuckfoltzfus Brewing Co. is located at 12 S. Market St., Mount Joy. For more information, visit [zuckfoltzfus.com](http://zuckfoltzfus.com) or call 717-342-5749.*







# Knock Knock It's Italy.

*A surprise visit, a great book,  
wonderful food and a uniquely  
Harrisburg story.*

BY ROSEMARY RUGGIERI BAER





There are still surprises out there.

One evening, I was scurrying around the kitchen preparing dinner when the doorbell rang. At the door was someone I had met only once before, at the home of a mutual friend. It was Dave Kegrís, known to many Harrisburgers as owner of the Jackson House restaurant on N. 6th Street. I haven't been to Jackson House, but my older son tells me Dave makes the best burgers in town.

He presented me with a book he purchased in New York City. He said it was the story of an Italian grocery store in New York and that, when he saw it, he knew that he had to buy it. I excitedly thanked him and said I would return the book after reading it. "No," he said, "it's for you." And then, he flew out the door.

And what a book it is. It's the story of an Italian family, the Santomauro's, who were among the waves of Italian immigrants who came to New York in the early 1900s in search of a better life. For 104 years, this family has operated Di Palo's, an Italian grocery store on the Lower East Side.

Back then, Italians from every region packed into what would become known as "Little Italy." Although Little Italy has all but disappeared, Di Palo's is still there, owned and operated by Lou, his brother Sal and his sister Marie. They carry on the tradition of their great-grandparents, grandparents and parents in not just importing and selling Italian food, but honoring its origins and sharing their love and knowledge of Italy with others.

A soon as I started reading this book: "Di Palo's Guide to the Essential Foods of Italy," I knew I wanted to share it with readers of TheBurg. But how to do that? The book is a primer for the most prized Italian foods: mozzarella, pecorino cheese, ricotta cheese, sea salt, grana Padano and Parmigiano-Reggiano cheeses, coffee, olive oil, balsamic vinegar, prosciutto, pasta, the "mountain cheeses" and speck.

These are the building blocks of Italian cuisine and, while I always thought I knew a lot about them, I found out I have a lot to learn.

The book is about a journey—the story of a family who gave their hearts to a store where customers still come to learn about food and life.

Lou Di Palo travels to Italy several times a year, both to see where his imported food comes from and to spend time with the artisans who produce it. He has visited all 20 regions of Italy and every province within them. He now knows how each and every product is made and how it was made hundreds of years ago. He has walked the hills of Umbria and Tuscany, Lazio's grasslands and the salt fields of Sicily. You can sense the love in his heart when he describes the farmers, olive growers and pasta makers he has met along the way who have become his friends.

I described the book as a "primer," but it is really a three-credit college course! Each chapter contains everything you ever could know about buying, storing and serving each of the "essential" Italian foods. Here are some tidbits from the book.

#### RICOTTA CHEESE:

The taste of ricotta varies with the type of sheep's milk used to produce it. It is best in the spring when the grass eaten by the sheep is new and sweet. If you see imported sheep's ricotta in the summer, it will likely not be very good. Good, fresh ricotta is best served by itself on a plate or with a piece of bread topped with a little olive oil or honey.

#### MOZZARELLA:

Good, fresh mozzarella should be eaten the same day it is made (we'll have to visit Di Palo's for that!). Different shapes of mozzarella serve different purposes. The drier, braided shape is nice shredded into salads, while creamy burrata is excellent when

topped with fresh tomatoes or preserved peppers. The little balls of bocconcini are perfect as appetizers wrapped in prosciutto, marinated in oil and herbs or doused with good vinegar.

#### PROSCIUTTO:

Prosciutto di Parma is the best and is expensive. It can be aged as long as 20 months. According to Lou, never buy it pre-packaged. A good Italian butcher will always give you a thin slice to taste before you buy. Prosciutto will taste differently depending on where in the leg of ham the slice is cut. Try it in a panini made with focaccia (soft, cake-like bread), mozzarella and maybe some mortadella, a salami made with little cubes of fat and pistachios. Toss bits of prosciutto into scrambled eggs for breakfast or into a salad for dinner.

There is no recipe in my column this month, rather some thoughts to share. Italian cooking with quality ingredients is, for me, about a link to my heritage. I remember my parents searching high and low for the best cheeses, olive oils, dried beans and canned plum tomatoes in their adopted country. Good Italian foods are works of art and make a big difference in the dish you end up with.

And this column is a big "thank you" to Dave Kegrís. TheBurg and a love of Italian food brought him to my door with a book I will treasure. Di Palo's is now on my list to visit someday. And I think I could talk with Lou Di Palo all day long. Grazie, Dave. **B**

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*To learn more, pick up a copy of "Di Palo's Guide to the Essential Foods of Italy: 100 years of Wisdom and Stories from Behind the Counter" by Lou Di Palo (Ballantine Books, New York).*



# A COMMUNITY IS BUILT

## *Mr. Hodge and his vision of a neighborhood for all.*

BY WENDY JACKSON-DOWE

In the mid-1950s, a man named Elmo Hodge had a vision to develop a community of custom-built homes marketed to upwardly mobile blacks, a notion then unique in the region.

As a young girl, I recall my mother pointing toward a particular home and saying, “That’s Mr. Hodge’s house!” So, who was this Mr. Hodge and why should I care that it was his house? I wondered.

I would like to share a portion of his vision and journey, one that culminated with the creation of the Lower Paxton Township community of Hodges Heights.

### FOR EVERYONE

Elmo Hodge was a pig farmer and trash collector who lived in Edgemont with his wife Sibbie and their eight children. His daughter, the Rev. Susan Ashe (Hodge), reminisced with me about growing up in Edgemont with her parents, four sisters and four brothers.

“Daddy raised pigs that were fed from the food scraps he picked up on his trash route in Camp Hill,” she said. “Some of his Camp Hill customers liked daddy so much that they would separate the food scraps for the pigs, and he sold his meat to the Swift Packing House.”

Her husband Charles told me how the Edgemont community would close down 25th Street each Labor Day. Mr. Hodge, an avid hunter, and other neighborhood men would cook wild meat and roast a whole pig. The women would prepare all the side dishes, and the entire community would have a feast.

In April 1945, Elmo Hodge decided to look beyond Edgemont, purchasing 137 acres of farmland in the southeastern section of Lower Paxton Township (near the new Bishop McDevitt campus) from the Anderson family, which caused a stir among the neighbors.

“These neighbors just couldn’t understand why Mr. Anderson would sell his farm to a black man,” said Rev. Ashe.

Mr. Hodge farmed for about a decade when a real estate agency offered him \$175,000 for the land. At settlement, he found out that the developers were going to sell lots and houses to whites only, which meant even he wouldn’t be able to live there. Without a second thought, he turned down the money and walked out of the courthouse.

He farmed the land for several more years before deciding to develop the property himself, in the way he wanted. He became even more determined after people from the adjacent area signed petitions to keep him from developing it.

“Daddy dreamed of a community where people of all colors would be able to live together in peace and harmony,” said Rev. Ashe. “He then knew that the success or failure of this business venture to personally develop the property depended upon the availability of blacks to buy lots and build homes.”

### DREAM REALIZED

The Hodges Heights project began with 97 one-quarter acre lots. The parcels originally sold for \$900 and eventually for as much as \$2,000 per lot.

Elmo Hodge had a vision of a community of single-family homes, custom-designed with specific parameters. To provide a sense of those expectations, the following paragraphs were taken directly from a deed of sale dated Jan. 24, 1959.

“No permanent structure to be erected nearer than twenty-five (25) feet of the aside property lines, no house to cost less than fourteen thousand-five hundred (\$14,500.00) Dollars, no tannery, piggeries, etc. No gasoline service station, taproom, hotel, nor any materials which are inherently dangerous, and neither garages for occupancy, nor dog kennels or chicken farms.”

For perspective, \$14,500 in 1959 had the same buying power as \$116,927 does today. According to Rev. Ashe, her father originally brought a developer to the farm to discuss building homes and selling them.

“Daddy couldn’t get financed by the banks, so their deal never got off the ground,” she said. “His alternative plan was to sell the lots directly to prospective home owners and they would secure the financing to build their custom homes.”

The plan worked.



Rev. Susan Ashe (Hodge)

Among the buyers were doctors, dentists, teachers, mid-level managers in the private sector and auditors. Many were proud graduates of HBCUs—historically black colleges and universities. The community was never a blacks-only endeavor, though the “original” residents of Hodges Heights were all black folks.

It is worth mentioning that some of the children of these original families today are surgeons, dentists, a neonatologist, a Rhodes scholar, an investment banker (whom I babysat), tenured university professors, a truck driver, a professional sports figure, a colonel and federal government employees. What’s also noteworthy is that almost none returned to the Harrisburg area to build their careers.

### PRIDE IN OWNERSHIP

I sat down with my childhood dentist, Dr. Thaddeus Phillips, and his wife Marge. In 1968, they built their family home, where they raised five daughters and one son. They still live in that house today.

Dr. Phillips told me about the formation of the Hodges Heights Men’s Club, which functioned somewhat like a current-day homeowners association. There were annual dues, and one of the primary functions was to ensure property was properly maintained at all times—pride in ownership was the expectation.

Today, the club is called the Hodges Heights Neighborhood Civic Club.

“Dues are still paid and the club function has expanded to include providing gestures of comfort for those who may be ill around the holidays, giving gifts to high school and college graduates, having a Christmas luncheon and sometimes a bit of community activism,” said Marge Phillips. “Many of us petitioned to close a nearby landfill when radon was found in some of our homes, and we won.”

A resident who built in the 1950s added, “It was exciting to be able to build the home that you wanted and to know it was the first in the area to be an all-black, custom-built community.”

Elmo Hodge’s vision and dream has come to be. Today, Hodges Heights is a community that still boasts pride in ownership, and people of all stripes exist in harmony. **E**

*Wendy Jackson-Dowe can be reached at [wendydowe@yahoo.com](mailto:wendydowe@yahoo.com). She would like to thank the Ashe family for sharing this important piece of history and pride for the greater Harrisburg region.*



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*Periodically, TheBurg highlights the work of student writers at Penn State Harrisburg. Here, we feature excerpts of two essays, as well as two poems. You can find the complete works at our website, [www.theburgnews.com](http://www.theburgnews.com).*



*From left to right: Serena Stauffer, Emily Kramer, Kelvin Reyes.*

## PORCELAIN

I am small  
enough to ice skate over  
tiny frozen waterfalls,  
pirouetting along cliff sides  
from the backseat of my parents' car, dancing  
circles around trees that wait  
in silent urgency, decaying  
leaves on their breath, sneaking into my  
porcelain lungs.

I was center  
stage in my own roadside  
marvel, eyes peeled for eyes  
peeking through thick forest, creatures  
coming to observe my imaginary frolic. Yes,  
I knew it was imagined, but details didn't  
matter to my audience of pine, and when I  
closed my eyes, head smacking  
now and then against cold window,  
they still spied, a silent army in defense  
of a microscopic ballerina.

*Emily Kramer*

# PLAY ALONG

*Serena Stauffer*

The arrival of summer, at least before I had acquired my job at a local restaurant, meant long mornings sleeping in below the gentle breeze of a ceiling fan and afternoons spent slathered in sunscreen by the side of the pool. One summer, it meant volunteering at a nursing home 15 minutes away from my own home.

I was reluctant. I had been exposed to nursing homes at a young age. Both of my great-grandfathers lived in the same nursing home where I was volunteering, and my great-grandmother currently lived there. Each time we visited, we could smell the horrible stench of the "food" in the dining rooms. I was also terribly shy and didn't want to be interrogated by adults. But it was something my mom had insisted that my younger sister and I participate in; we would be giving back to the community as well as boosting our extracurricular activities list for college and beyond. In addition to all of this, we would gain valuable real-world experience in dealing with a variety of people. I am sure that I created quite the fuss, but, in the end, my application was turned in and accepted, all on behalf of my mother's prodding. I was left with no choice but to comply.

At orientation, fellow teen volunteers and I were instructed in the methods of privacy, adhering to the HIPAA law and the importance of respecting and retaining the dignity of residents. We practiced putting the brakes on wheelchairs so the residents didn't roll away. Most importantly, we learned to play along. Sometimes the situation wasn't always what it appeared to be, but, for the sake of ensuring the residents' happiness, we were told to go along with it. I had seen nurses approach female residents who cradled dolls like they were their own babies. The nurses cooed and admired, much to the pride of the "parent" who was either perched in a wheelchair or a well-stuffed recliner.

Our first assignment was to head to one of the memory loss units to play a game called balloon ball, where we would assist the residents in hitting a balloon larger than a blow-up beach ball with pool noodles that had been cut in half. It was good for their hand-eye coordination. I remember that I was scared as the heavy white doors clicked behind us and we were now locked in. All the residents were sitting in a circle in the living room, and my sister and I took turns getting the balloon when a resident missed it or when it landed on the floor. One lady, a previous teacher, snatched the balloon away from the others declaring that she was the teacher, and that no one else was allowed to play. This was my first encounter, as well as my sister's, with dementia, and we were shocked. The nurse, I believe, smoothed the situation over and led us to the door, where she punched the code and the locks clicked open, freeing us.

One morning, behind the locked doors of the memory loss unit, I sat beside a withered old lady, her white braided hair sandwiched between her back and the wooden rocking chair. As a high schooler, I was constantly subject to answering the question on everyone's mind. What was I going to do after I graduated high school? The white-haired lady next to me asked me this question. We chatted about my rabbits (always a good topic because almost everyone, as I had found out, had owned rabbits in their pre-nursing home lives), and I told her that I was going to go to college after graduation, but I was unsure of my major. She responded by telling me a story, laced with nostalgia, about a job that she had held for years after she graduated from school.

As we sat side-by-side, coloring pictures of chickens, sailboats and fruit that were copied from a coloring book, our papers resting on a small, white plastic table, the round of the same questions began again, like a broken record stuck on the same lyrics. What was I going to do after high school? Again, I answered by saying I was going to college, my major was undecided, and then we talked about rabbits and her previous job. And then she asked again. And again. With each passing question, my answers became shorter and more concise. At one point, she apologized, saying, "I'm sorry dear, did I already ask you that?"

*Please visit [www.theburgnews.com](http://www.theburgnews.com) to read the entire essay.*



# SKURCH

*Kelvin Reyes*

We all wanted to be professional skateboarders; it was something we would constantly talk about. How one day we would get on flow for a big team, eventually be considered amateur, and some day—hopefully not too far in the distance—we would get a sick design with our name on it, printed on a 31-by-8-inch piece of compressed maple.

That dream is what kept us pushing, at least in those early days when our bodies teemed with the energy of our growing souls and minds; anything and everything was possible. I ached to go pro so much it was all I would think of while sitting in my earth science class, sophomore year of high school. I would constantly play with the school issued ID card by making it my personal mini skateboard; I mimicked the tricks, flips and stances I could do with my actual skateboard through precision tossing of my well-placed fingertips. I wonder how many of my classmates hated my habitual oddity.

Sometimes, I think that I may have latched on to the skateboarding community a little too intensely, when I look back at the countless hours I would spend skateboarding an empty parking lot by myself, when none of my new friends wanted to go skating with me, especially on those brisk winter days when every failed trick came with the pain of semi-frozen cement, stiff joints and the all too familiar feeling of lonesome detachment. I was after all, the new kid. I wanted to be part of something bigger than me for once, and, at the first invitation, an obsession was born.

The highlight of the week came every Thursday night. Skate Church was run by Jayson and Kaillian, two musicians turned holy who had a passion for interacting with youth and spreading “the word.” They definitely had an in with our crowd since they were retiring skateboarders, something they wouldn’t admit, but we could see in the exertion they required to do things that came easily for us with each passing day and in the more time they would spend practicing their instruments between our skate sessions.

From 5 to 9 p.m., we were allowed to skate in the cement indoor basketball court of a local church, with a time slot between 7 and 8 for Bible Study interspersed with theme-appropriate songs. The church agreed with the intentions of Jayson and Kaillian, so long as we respected the property and did not leave too much of a mess in our wake. Maybe the church was having a hard time reaching out to the youth, the aged organization needing a “hip” wedge to spread its message.

Out of the group of 40 regulars that would make it to Skurch every week, only a few were religious in any significant way. I was never one for organized religion, yet I would sit in silent respect as Jayson would tell us another story from his past; his life of drugs, partying and boundary-pushing that he eventually sought to end. Each of his stories would be relatable to us in some sense since he was never afraid to be true with us. We were never lumped into the category of naïve teenagers. He knew the things we could be into: drugs, alcohol and non-acceptance of ideas bigger than ourselves.

However, while my love for skateboarding and its accompanying community grew, so did my responsibilities at home. My growing familial clan had moved to Pennsylvania only two years past and, with four sprouting little brothers, a constantly working mother, and a stressed caretaking grandma, I was needed at home more than ever.

My daydreams of skating, and learning of tricks, were cut short whenever I was needed at home to help out with giving my twin brothers a bath or helping put them to bed. For some reason, they would always give my grandma a hard time come bedtime, yet when I was there, it was smooth sailing into dreamland, something that still shows whenever I can make it home. They flock to either side of me on the couch to lean on me, souls relaxed by my presence, the activation of big brother bonds they were in tune with before they could speak.

*Please visit [www.theburgnews.com](http://www.theburgnews.com) to read the entire essay.*

## PINCH

“If you can pinch more  
than an inch,” my uncle laughed in the kitchen,  
“it’s too much.” I was eight  
years old  
when I overheard these words and felt  
my hands reach up and grab, like I  
had been trained,  
at the skin around my waist.

I heard those words one  
year later as I pulled out my new  
hot pink ruler with the tiny notches:  
inches, centimeters, millimeters, I  
marked my skin like the boys marked  
their height, yard sticks  
held up to the wall, standing  
tall while I recoiled, drew  
myself in until I was sixteen, standing  
in front of my mirror with my shirt off, pinching  
my stomach, my sides, my thighs,  
hips too wide, breasts too small.

I kept a diary where I notched off calories, crunching  
numbers on my bedroom floor counting crunches. I  
followed blogs where girls like me kept  
diaries, crunching celery at 100 lbs and 5’3”,  
I could lose a little more.

They called it Thinspiration—a whole  
community devoted  
to a common goal,  
where we never knew  
each other but we knew  
each other better than our  
families, banded together, soldiers  
waging war against  
fat, carbs, and sugar. All  
I wanted  
for my seventeenth birthday  
was a piece of cake.

Thinspiration: “Photographs  
or other material intended to provide inspiration  
for anorexia nervosa as a lifestyle  
choice.” It has a Wikipedia definition. We  
were pioneers of a new epidemic, sweeping  
the nation: girls  
with hollow cheek bones, posting pictures of our  
ribcages, white bone pressing through skin that we  
hated.

Now we need support groups for our  
support group because we couldn’t hold  
each other together, even though we tried, our bones  
too brittle to support the weight of our  
withering sisters and our rulers  
shrinking with our waistlines not fast enough  
for people to notice us as we  
disappeared.

*Emily Kramer*



# A MOTHER'S LEGACY

*Rose Lehrman Art Center was built as a tribute to a woman who wanted to share her love of the arts; it now celebrates its 40th birthday.*

BY LORI M. MYERS



Before Rose Lehrman's death in 1968 at the age of 60, she made sure to instill in her children a love for the arts—dance lessons, piano lessons and trips to Philadelphia to delight in concerts conducted by Toscanini and Ormandy.

"My mother used to say that, if you can't be the artist or the pianist, you can be the audience," recalls her daughter Lois Grass.

Grass took those wise words to heart. Not only is she part of "the audience," but she's helped create a place and space for performers, visual artists and others who entertain or who are working and learning to perfect their craft. The Rose Lehrman Arts Center at the main HACC campus in Harrisburg is that place and space, and this year it celebrates 40 years of bringing the arts to central Pennsylvania.

Constructed in 1974 and officially opened the following year, the Center came to be through a donation from the Lois Lehrman Grass Foundation. Early programs were primarily student-produced and community-focused, with a smattering of professional productions and a free "Friday Night Flicks" series.

Later, things changed. Teri Guerrisi, now the director of the Live at Rose Lehrman Artist Series, came on board in 1989 and, with Grass' continuing support, the theater underwent a major renovation that upgraded the entire infrastructure—from state-of-the-art audio and lighting to a new stage floor and seating.

"This renovation enabled us to grow our artist series programs to include touring professional dance, theater and music events," Guerrisi says. "It led us to further define our program mission and create the Live At Rose Lehrman artist series."

Many Center-goers frequent the venue for its dance performances, but there's also theater, music and an art gallery within its walls that host visiting artists and offer exhibitions of national and international artists. Three or four professional dance events are featured

every season, and many have a contemporary edge. There's diversity, too, with an emphasis on presenting the performing arts of cultures in this country and across the globe.

The mission of Live at Rose Lehrman, as Guerrisi tells it, is to serve HACC as both a community outreach and extension of the college classroom, providing residency and educational programs.

"Many patrons may not know that we often contract with our artists to arrive in the community a day or two before the ticketed performance," Guerrisi says. "We engage them to provide more than a show, with a variety of programs such as master classes, lectures, demonstrations and pre- and post-show events."

The performance series attracts around 8,000 attendees annually who come not only from central Pennsylvania, but as far away as Allentown, Philadelphia, Washington, D.C., and Maryland. Guerrisi strives to fill each and every seat in the venue, but that is not the sole measure of success.

"When audience members wait in line to get into the theater and then give the performer a rousing standing ovation at the end of a great show, there is that buzz, awe and energy of audience and performer connection," she says. "When you see young people engaging in dance master classes or theater workshops, and you see that spark and excitement, you know that you have made an impact."

In this celebratory season, Live at Rose Lehrman will present Cirk La Putyka, BalletX and Janis Ian in November, Jasmine Guy in "Raisin' Cane" in January, the renowned Martha Graham Dance Company in February, San Jose Taiko in March, and The Brubeck Brothers Quartet in April.

"The Brubeck Brothers were on our stage in April 1975, and it is very fitting to have them back to celebrate the 40th anniversary of the Rose Lehrman Arts Center," Guerrisi adds.

Guerrisi often tells HACC students and other young people that they need to include attendance

at live professional cultural events to round out their education during the college years.

"So many young people have not had a full arts education during the K-12 years," she says. "I love to see them attend a show and come out in the lobby afterward saying, 'Wow! That was really amazing. I am so glad that I came to the show.'"

And so every show at the Rose Lehrman Arts Center is all about that "wow!" After all, the building's namesake knew a thing or two about the arts, about being an audience member, about passing along her love of music, theater and dance to her children who, in turn, have paid it forward.

It's fitting then that an oil portrait of Rose Lehrman is proudly displayed in the Center's lobby. No doubt she is watching, listening and delighting in the applause. **B**

*For more information about the Rose Lehrman Arts Center and a schedule of performances, please visit [www.hacc.edu/RLAC](http://www.hacc.edu/RLAC).*



*Architect Martin Murray gives the key to the Rose Lehrman Arts Center to Lois Lehrman Grass on April 13, 1975. Also pictured are former HACC President James Odom and former Board of Trustees Chair Bruce Cooper.*





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# MELODIES ACROSS TIME

*Janis Ian brings a lifetime  
of song to Harrisburg.*

BY JESS HAYDEN

**K**nown for her smart, beautifully constructed lyrics and timeless songs, songwriter Janis Ian is still at the top of her game. Forty years ago, she wrote the ballad “At Seventeen,” which won her a Grammy Award. Just last year, she received her second Grammy, this time for Best Spoken Word Album for her autobiography “Society’s Child.”

Ian now will bring her prolific singer-songwriter career to Harrisburg, specifically to the Rose Lehrman Arts Center for an intimate, one-night concert on Nov. 21.

Throughout the history of pop music, many stars have used their art to draw awareness to important social and political issues. Recently, Melissa Etheridge’s hit “I Need to Wake Up” (the theme song for the film “An Inconvenient Truth”) focused on global warming. Stars like Willie Nelson, Neil Young, John Mellencamp and Dave Matthews tackle the plight of the family farmer each year during the hugely popular Farm Aid concert. And today in Liberia, pop stars are raising their voices to warn about the dangers of Ebola.

Back in the 1960s, a youthful Janis Ian was soaking in the counterculture ideas of that era. She recalls it as a time of optimism for her generation; a time when young people thought that anything was possible. The gay rights and women’s rights movements had started, and race relations had improved through a new Civil Rights Act. The music industry was also changing.

“The music in the ‘60s was so heavily influenced by the rise of FM radio and the ability to connect across long distances,” she said. “Music was no longer regional; an artist could now have a much bigger impact.”

In 1965, when she was just 14 years old, Ian had her first hit, “Society’s Child,” a song about an interracial couple. She remembers getting the idea on the school bus one day when she saw a black boy and a white girl holding hands. The song was banned by radio because of its controversial subject matter, and it wasn’t until Leonard Bernstein featured her on his TV special that it became a top-10 hit.



That song established Ian as a writer of substance, but there were places in the country where she wasn’t welcome to tour. It provoked a hail of hate mail, and she said there were times when people would spit on her on the street.

Ian left the music industry soon after and didn’t return until Roberta Flack had a hit song with her composition, “Jesse.” The following year, her album, “Between the Lines,” was nominated for five Grammy awards and produced what she calls her “career song,” “At Seventeen.” Ian said that the song, which was a commentary on adolescent cruelty told from the perspective of an adult, was so difficult to write that it took her three months.

It’s a tribute to Ian’s songwriting abilities that other artists have covered many of her songs. Most memorably, Amy Grant recorded her song “What About Love” and Bette Midler recorded “Some People’s Lives.” Her songs also have been covered by Nanci Griffin, Joan Baez, Blood, Sweat and Tears, Dusty Springfield, Mary Black, Cher and John Mellencamp.

These days, Ian said she enjoys being in the lucky position of only doing the dates that she feels like doing.

“I’m ramping down,” she said. “I was doing up to 200 dates a year at some point, putting my partner through law school, but that was quite a while ago.”



She said that she also likes being able to pick her own projects and that the Grammy she received last year was “pretty cool.” She currently has another project up for Grammy consideration, an audio book about the life of Sister Miriam Therese Winter, a Medical Mission Sister.

Ian said that her Rose Lehrman show will be solo—just her and her guitar.

“I come out knowing pretty much what I’m going to open with and what I’m going to close with, and then I have a list of about 35 songs that I can pick and choose from,” she said. “Sometimes, someone in the audience will leave me a note asking for a particular song and, when that happens, I try to oblige.”

She added that the show will be pretty casual, with a lot of storytelling.

Attendees are welcome to come and talk to her after the show. She said that she will be glad to sign CDs and that people may bring their old vinyl to be signed, as well. **B**

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*Janis Ian will perform at the Rose Lehrman Arts Center on HACC’s main campus in Harrisburg on Nov. 21 at 8 p.m. For more information and tickets, call 717-231-7673 or visit [www.hacc.edu/RoseLehrmanArtsCenter](http://www.hacc.edu/RoseLehrmanArtsCenter).*



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# "PRIDE" COMES FOR THE FALL

*This well-crafted British import checks in at Midtown Cinema.*

BY SAMMI LEIGH MELVILLE

There is something to be said for hidden talent, and the filmmakers behind "Pride" are a prominent example.

First-time writer Stephen Beresford and director Matthew Warchus, whose only other feature film was back in 1999, present an inspirational true story about a London-based group called LGSM (Lesbians and Gays Support the Miners), who, in the midst of their own persecution, raised money for the mining strike of 1984 to '85.

The story begins in London, at the tail end of the Margaret Thatcher era. Closeted pastry student, Joe (George MacKay), fumbles in his indecision of whether or not he will join the gay pride rally happening in the streets. It is clear that he wants to but is nervous about being seen. So, when he discovers a section of the parade holding buckets and asking for donations to support the miners, he finds his "in." This is the mask he is looking for, the level of comfort he needs. After all, he's just supporting the miners.

The miners are also undergoing persecution as they picket for their rights, points out Mark (Ben Schnetzer), who serves as the leader of LGSM. Growing up in Northern Ireland, Mark was taught that you should not just support the rights of one group of people, but of all people. He wants to raise money for the National Union of Mineworkers while they continue their strike.

Unfortunately, not all of the gay activists are willing to pitch in, as they believe that the average miner tends to be homophobic. So, LGSM finds itself pared down to a handful of people, including Mark, Joe, Mike (Joseph Gilgun), Steph (Faye Marsay, playing the plucky-natured "L" in LGSM), flamboyant and extroverted Jonathan (Dominic West), and his boyfriend, Gethin (Andrew Scott), a quiet Welshman who hasn't been welcome at home in more than 16 years.

They quickly run into problems when they contact the union, which doesn't want to give them the time of day. So, the members of LGSM sidestep the union and directly contact a mining village in South Wales. At first, their help is heartily accepted—until the village finds out what LGSM stands for—and then the response is divided.

Many of the villagers are worried about the connotations of a "group of pervers" helping their cause. But among the willing are Dai (Paddy Considine), feisty housewife-turned-activist Sian (Jessica Gunning), the boisterous Hefina (Imelda Staunton), shy-but-kind Cliff (Bill Nighy) and Gwen (Menna Trussler). They set about ensuring that the village gets to know the members of LGSM, uniting in their common goal.

It's hard to tell which aspect makes this film so great—the uplifting story (it doesn't err too much on the side of sentimentality, though it will carry you with its emotion) or the ensemble cast. In trying to decide which performance stood out the most, I came up with a list of about six actors. So, suffice it to say that each and every one of them contributes beautifully.

But, honestly, there's not much to criticize about this film. "Pride" is a crowd-pleaser that doesn't cut any corners to woo its audience, and it looks good from every angle. It provides plenty of humor, human interest, great '80s music, and a history lesson to boot. Kudos to Beresford and Warchus—I can only hope they continue to make films just as good.

"Pride" is now playing at the Midtown Cinema. Be sure to check it out! **B**

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



## NOVEMBER EVENTS

### *Movie presents*

BJÖRK: "Biophilia Live"  
Nov 1, 2, & 3, 7:30pm.

### *National Theatre Live Series*

Recordings of live professional theatre productions.

### *Tennessee Williams'*

*"A Streetcar Named Desire"*  
Sun 11/2, 4pm & Tue 11/4, 7pm.

### *David Hare's "Skylight"*

Sun 11/16, 4pm & Tue 11/18, 7pm

### *Broadway's "Of Mice and Men"*

Sun 11/30, 4pm & Tue 12/2, 7pm

### *"Being Ginger"*

Sun 11/2 & Tue 11/4, 7:30pm

A documentary about being a red head. Obviously.

### *Movie presents*

"Cinema Solariens" Mon 11/3, 7pm  
Filmmaker, accompanies his films with live flute and kora.

### *Mommy & Me Matinees*

Sat 11/8 and every second Saturday!

### *Saturday Morning Cartoons*

Sat 11/8 and every second Saturday  
9:30-11:30am

### *"Half of a Yellow Sun"*

Sat 11/8, Sun 11/9, & Mon 11/10, 7:30  
The 2013 drama set in 1960s Nigeria

### *Foreign & Classic Film Series presents*

Sun 11/9, 6pm and every 2nd Sunday  
"The Little Princess," Shirley Temple classic

### *"Private Peaceful"*

11/9 @1:30, 11/10, 5pm, 11/11, 7pm  
In this BBC World War I Drama

### *Down in Front! Greatest Hits Edition*

"Eegah: The Name Written in Blood"  
Fri 11/14, 9:30ish  
Improv trio rips apart the 1962 b-movie.  
BYOB.

### *The Family Movie Series presents*

"Hook," starring Robin Williams,  
11/15, 12pm, 11/16, 2pm, 11/18, 7pm

### *3rd in the Burg \$3 Movie*

"Jurassic Park," 1993 Spielberg classic  
Fri 11/21, 9:30ish

### *Agatha Christie's*

"Miss Marple: The Mirror Crack'd from Side to Side"  
Sun 11/23, 4pm - FREE

### *Movie presents*

"Fly Colt Fly," 2014 documentary about the Barefoot Bandit  
Sun 11/23, 7:30pm

### *"The Wizard of Oz"*

11/27, 7pm, 11/28, 7pm, & 11/29, 2pm  
A Thanksgiving tradition returns





*Nathalia Valli with Otis*

## WOOFSTOCK

Pooches of every shape, size and breed (and their humans) crowded into Riverfront Park for the 10th annual WoofStock celebration. The daylong canine fest featured many different booths, entertainers and vendors, as well as the blessing of the pets, which took place across the street at St. Stephens Episcopal Cathedral. As usual, WoofStock took a strong stand against puppy mills, promoting humane adoption options from animal rescues and shelters.



*Lily & Kate with Leo*



*Doug James, Danielle James  
& Devan Noll with Darby*



*Linda Koser with Cyrus*



*Samantha Bowles with Mr Bojangles*

## //////////////// SOCIALBURG / ON THE SCENE //////////////////



*Cristina Lara & Lauren Hickok*



*Glen Nolt, Nate Snyder & Natalie Snyder*



*Meghan Howe, Mallory Frank & Gracie*



*Leigh Ann Urban & Katie Guldin*

## HYP 5-MILER

Runners took an early-morning jog through Harrisburg for the annual HYP 5-Miler for 5 Charities. This year, the race benefited the following organizations: HYP Junior Sports, Andrew's Gift, Harrisburg Public Schools Foundation, Leukemia and Lymphoma Society and the Harrisburg Police Department. The race wound through some of the most scenic areas in Harrisburg, including City Island, Riverfront Park and the Capital Area Greenbelt.



*Mitch Cook, Nathan Shufren & Bill Frailey*



# MUSICAL NOTES

11

## LADY'S NIGHT

*3 acclaimed female songwriters  
head the November lineup.*

BY ANDREW DYRLI HERMELING

November sees a number of critically acclaimed female singer-songwriters passing through our city. Our three featured artists range in renown, but they all approach their music with a strong sense of independence. While some may be written off as “one-hit wonders,” all continue to write and perform and will surely put on fabulous shows when they grace Harrisburg’s stages.

**SAMANTHA HARLOW, 11/5, 4:30PM, LITTLE AMPS DOWNTOWN, \$5** suggested donation: Nashville’s Samantha Harlow is a songwriter who possesses that long sought after one-two punch, a powerful voice that is just as capable of conveying emotion when raised barely above a whisper. With her backing band, she is country at its best, heartbroken with the right amount of attitude. But when playing alone, her delicate approach is just as heartbroken, albeit in a far more introspective register. This is an earlier show, so make sure to stop by on your way home from work.

**ANNA NALICK, 11/9, 8PM, HMAc STAGE ON HERR, \$15:** Anna Nalick is most famous for her 2005 single, “Breathe (2am).” Like so many songwriters suddenly thrust into the spotlight, she quickly found her record label was stifling her creativity. So, she left major label Sony to produce her music independently. Although her more recent work has failed to receive the same kind of radio exposure, she is happy with the trade and will be stopping by Harrisburg’s HMAc on her fall tour. Her songs are infused with a dash of the gothic, backed by haunting arrangements featuring cellos, glockenspiels and toy pianos.

**JANIS IAN, 11/21, 8PM, ROSE LEHRMAN ARTS CENTER, \$34/\$40:** Janis Ian, the New York-based singer-songwriter, played an important role in my childhood. Her most famous album, 1975’s “Between the Lines,” was among my mother’s extensive record collection, shelved along with the likes of Carole King and Joan Baez. But her career did not end in the ‘70s. She has continued to record while advocating for the rights of songwriters and musicians through her criticism of the Recording Industry Association of America (RIAA). Never afraid to tackle political subjects in her songwriting, Ian’s performance should prove to be powerful, perfect for longtime fans and the newly interested alike. **B**

*Mentionables: The People’s Temple, The MakeSpace, 11/7; DRGN KING, Little Amps Downtown, 11/14; Robyn Hitchcock, HMAc Stage on Herr, 11/15; Bill Staines, Fort Hunter Centennial Barn, 11/22; The Hackensaw Boys, Abbey Bar, 11/28; Dave Mason’s Traffic Jam, Whitaker Center, 11/28*

11 | 5

SAMANTHA HARLOW

LITTLE AMPS DOWNTOWN  
2ND & STATE STREETS  
STARTS AT 4:30 PM

11 | 9

ANNA NALICK

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

11 | 15

ROBYN HITCHCOCK

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

11 | 21

JANIS IAN

ROSE LEHRMAN ARTS CENTER  
1 HACC DR., HARRISBURG  
STARTS AT 8 PM

11 | 28

THE HACKENSAW BOYS

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



*The Hackensaw Boys. Photo credit: Josh Husiar*





## COMMUNITY CORNER

### Lunch and Learn

Nov. 4: Pennsylvania Humanities Council Speaker Amanda Kemp will present a special program about Phillis Wheatley, the first female African American published poet, at the State Library Forum Auditorium, 12-1 p.m. Open to public and state employees. Call 783-5950.

### Leads Over Lunch

Nov. 4: Members and guests of the Harrisburg Regional Chamber are invited to attend this networking event at the West Shore YMCA in Camp Hill, 11:30 a.m. to 1 p.m. Mingle with the regional business community and enjoy a free lunch. Call 232-4099 or visit [harrisburgregionalchamber.org](http://harrisburgregionalchamber.org).

### Messiah College Lecture

Nov. 5: Jazz vocalist-composer Ruth Naomi Floyd will discuss "What is Jazz?" in Parmer Hall at Messiah College at 8 p.m. Call 691-6036 for tickets or email [dran@messiah.edu](mailto:dran@messiah.edu).

### World Culture Club Presentation

Nov. 5: The World Culture Club of Central PA will present "A Brief History of Puerto Rico and its Contributions to the United States" at the Penn State Hershey Medical Center on the 5th Floor, Lecture Room C, at 7 p.m. Refreshments served. Call 533-5892 or email [dwhain@gmail.com](mailto:dwhain@gmail.com).

### Award-Winning Journalist

Nov. 6: The State Library in Harrisburg, in conjunction with the PA Forward Library Initiative, will host a brown bag lunchtime speaker, Pulitzer Prize-winning journalist William Eckenbarger, 12 to 1 p.m. He will discuss his book, "Kids for Cash: Two Judges, Thousands of Children, and a \$2.6 Million Kickback Scheme" in the Forum Building, Room 321. No reservations needed. Call 783-5950.

### Veterans Day Spaghetti Dinner

Nov. 7: The Cedar Cliff JROTC high school cadets will sponsor a spaghetti dinner where local veterans will share their stories and experiences with guests at Cedar Cliff High School, 5 to 7:30 p.m. Call 512-0903 or email [jpayne@rlbmarketing.com](mailto:jpayne@rlbmarketing.com).

### Colorful Shades of Shipoke

Nov. 8: Join a guided tour sponsored by Historic Harrisburg Association with historian David Morrison, 10 a.m. to noon. Meet at the hotel parking lot in Shipoke. \$15 for adults, \$10 for members, \$5 for students. Call 233-4646 for reservations or email [Cindy@historicharrisburg.com](mailto:Cindy@historicharrisburg.com).

### Jewish Legacy on Broadway

Nov. 8: Enjoy an evening of Broadway at the Jewish Community Center of Harrisburg for a screening of "Broadway Musicals: A Jewish Legacy," and a follow-up performance by lyricist Benj Pasek and collaborator Justin Paul, starting at 6:30 p.m. Hors d'oeuvres and dessert reception included. Tickets \$18. Call 756-9216.

### Jazz Concert

Nov. 9: Hear the Charenee Wade Quartet in concert at Elizabethtown College's Leffler Chapel and Performance Center at 3 p.m. Tickets \$22, \$1 ages 18 and under. Half-price tickets for ages 19-26 and \$5 tickets for adults who bring a young person. Call 361-1508 or visit [gretnamusic.org](http://gretnamusic.org).

### SAM Film Series

Nov. 9 & 16: The Susquehanna Art Museum will screen "Matisse: From Tate Modern and MOMA" on Nov. 9 and "In Search of Chopin" on Nov. 16 in the State Museum's auditorium at 2 p.m. Q&A discussion to follow at after-screening receptions. Visit [sqart.org/exhibitions-on-screen-film-series](http://sqart.org/exhibitions-on-screen-film-series) for tickets.

### Fredricksen Reads Planning Session

Nov. 11: Bring a book or make recommendations for new selections to read in 2015 at the Fredricksen Library in Camp Hill at 7 p.m. Visit [fredricksenlibrary.org](http://fredricksenlibrary.org).

### Rail Talk

Nov. 11: The Harrisburg Chapter of the National Railway Historical Society will sponsor speaker Alex Mayes on the topic of "Major Railfanning Events of the Past Four Years," beginning at 7 p.m. at Hoss's Restaurant, 743 Wertzville Rd., Enola. Meal available as early as 5 p.m. Call 238-2131 or email [sloan@auchincloss.com](mailto:sloan@auchincloss.com).

### Grantee Recognition Luncheon

Nov. 12: The Mechanicsburg Area Foundation will celebrate its 2014 grantees and offer recipients a chance to share their stories with the community at the Mechanicsburg Club, 333 Heinz St., Mechanicsburg. Call 236-5040 or email [mbradshaw@tfec.org](mailto:mbradshaw@tfec.org).

### Holiday Cooking

Nov. 13: Learn healthy shopping, preparation and cooking strategies from registered dietitians at the PinnacleHealth Weight Loss Center and create tasty makeovers of your holiday favorites, 4:30 to 5:30 p.m. and 6:30 to 7:30 p.m. \$20 per person. Space is limited. Register by calling 231-8900 or visit [pinnaclehealth.org](http://pinnaclehealth.org).

### 2014 Business Expo

Nov. 13: Make contacts, build your network, reach more than 1,500 regional business attendees and support local business at this year's expo at the Farm Show Complex, 9 a.m. to 4 p.m. \$5 per person with business card. Free admission with a Business Expo Ticket and business card. Call 232-4099 or visit [harrisburgregionalchamber.org](http://harrisburgregionalchamber.org).

### State Library Book Club Meeting

Nov. 13: Join members of the State Library Book Club to discuss the club's next book selection, "A Walk in the Woods: Rediscovering America on the Appalachian Trail," at the State Library of Pennsylvania, Forum Building, noon to 1 p.m. No reservations needed. Call 783-5950.

### Free Film Screening

Nov. 13: Messiah College and the Jewish Federation of Greater Harrisburg will offer a free showing of the award-winning documentary "Misa's Fugue," in Parmer Hall at 7 p.m. The Jewish Foundation will offer free transportation to the college from the Jewish Community Center at 3301 N. Front St., Harrisburg. Call 652-6688 for reservations.

### Breakfast with Business Leaders

Nov. 13: Enjoy breakfast with Hampden Township's commissioners at the Park Inn by Radisson in Mechanicsburg as they discuss business issues and community projects in the township, 7:30 to 9:30 a.m. Attendees will be able to make comments and ask questions. \$15 per person. Call 761-0702 or email [jorden@wschamber.org](mailto:jorden@wschamber.org).

### FAB 2014

Nov. 15: LGBT Center of Central PA will host this annual celebration at the Sheraton Harrisburg Hershey at 6:30 p.m. Festivities include a cocktail hour, hors d'oeuvres, a silent auction and cash bar. Highmark Blue Shield will be honored with the FAB 2014 Organization Award. Black tie optional. For tickets, visit [fallachievementbenefit.com](http://fallachievementbenefit.com) or email [fabcaptain@centralpalgbtcenter.org](mailto:fabcaptain@centralpalgbtcenter.org).

### Multiple Sclerosis Charity Auction

Nov. 16: Irene Berman Levine and Sam Levine will host this event to benefit the Multiple Sclerosis Research Institute at Cordier Auctions & Appraisals in Harrisburg at 2 p.m. Items include antiques, collectibles, gift certificates, jewelry and vehicles, with all proceeds benefiting MSRI. Donations accepted. Call 731-8662 or email [mhartman2cordierauction.com](mailto:mhartman2cordierauction.com).

### Historic Harrisburg Program

Nov. 18: Architect Richard Gribble will present "Frank Lloyd Wright: Icon of Modern Architecture" at Historic Harrisburg Association at 6 p.m. Call 233-4646 for reservations or email [Cindy@historicharrisburg.com](mailto:Cindy@historicharrisburg.com).

### Heart Health

Nov. 19: Physicians from Penn State Hershey Heart and Vascular Institute will offer a free program about atrial fibrillation, heart failure and new clinical trials and devices for the treatment of atrial fibrillation at the University Conference Center at 6 p.m. Light dinner provided. Registration required. Call 531-3907.

### State Library Rare Collections Open House

Nov. 19: Visit the Rare Collections room at the State Library and see the newly opened "War Time Pennsylvania" exhibit, featuring rare historical books and a chance to speak with rare books librarian Dr. Irene Snavelly, 3 to 5 p.m. Call 783-5950.

### Business After Hours

Nov. 20: Members and guests of the Harrisburg Regional Chamber & CREDC are invited to attend this informal networking event at the Harrisburg International Airport, 5 to 7 p.m. Mingle with business professionals and enjoy food and drink. Call 232-4099 or visit [harrisburgregionalchamber.org](http://harrisburgregionalchamber.org).

### Holiday Parade

Nov. 22: "A Holiday to Remember" is the theme of this year's holiday parade in downtown Harrisburg. The parade steps off at noon and follows a route that includes City Island, Market Street, N. 2nd Street, North Street and N. Front Street. More information is at [harrisburgpa.gov](http://harrisburgpa.gov).

### Friends of Fredricksen Silent Auction

Nov. 22: Get a jump on your holiday shopping at the Fredricksen Library's annual silent auction featuring artwork, books, gift certificates and toys, as well as packages donated by local business partners, 1 to 4 p.m. Call 761-3900 or visit [fredricksenlibrary.org](http://fredricksenlibrary.org).

### Allison Hill Harvest Party

Nov. 23: Bring a friend or the entire family to this free event featuring food and fun activities for all ages hosted by Burn 24-7 at "The Mansion" in Harrisburg, 333 S. 13th St., 1 to 4 p.m. Call 850-9450.



## MUSEUM & ART SPACES

### 3rd Street Studio

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

"One of a Kind," pen and ink portraits  
by Liz Larabee, through November;  
reception, Nov. 21, 6-9 p.m.

### Art Association of Harrisburg

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

"5 Artist Invitational Exhibit," through  
Nov. 26.

### The Cornerstone Coffeehouse

2133 Market St., Camp Hill  
thecornerstonecoffeehouse.com

Featured Artist: Mary Enda Sunkel,  
through November.

### Fort Hunter

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

Toy Train Exhibit & Festival of Trees,  
Nov. 29-Dec. 21.

"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.

"7 Lively Artists," Nov. 13-Jan. 10;  
reception Nov. 21, 6-9 p.m.

### Historic Harrisburg Association

1230 N. 3rd St., Harrisburg  
233-4646; historicharrisburg.com

"Food for Thought," HACC student  
artwork, through November;  
reception Nov. 21, 5-9 p.m.

### National Civil War Museum

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

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

### Ned Smith Center for Nature and Art

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

"The Art of Dan Christ," through Dec. 27.

### PCCA Gallery

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

"Artisan Marketplace of Perry County,"  
through Jan. 3.

### Rose Lehrman Art Gallery

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

"The Naturalist," artwork by David  
Moyer, through Nov. 14.

"Student Honors Photography Show,"  
Nov. 26-Dec. 11; reception Dec. 4,  
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.

"UnCommon Modern: A Pennsylvania  
Glossary of Midcentury  
Architecture," featuring photographs  
by Betsy Manning, Nov. 2-Apr. 26.

### Yellow Wall Gallery/Midtown Scholar

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

"Field and Song," artwork by Katherine  
Horst, through Nov. 16.

## READ, MAKE, LEARN

### The Cornerstone Coffeehouse

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

Nov. 5: Hearty soups and stews  
cooking class, 6 p.m.  
Nov. 5: Wednesday Word Flow, 7:30 p.m.  
Nov. 12: Wild game favorites  
cooking class, 6 p.m.  
Nov. 19: Desserts with light hors  
d'oeuvres cooking class, 6 p.m.

### The LGBT Center of Central PA

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

Nov. 2, 9, 16, 23, 30: Alcoholics  
Anonymous, 12-1 p.m.  
Nov. 4: Women's Group, 7 p.m.  
Nov. 5, 12, 19, 26: Common Roads  
Harrisburg, 6-8 p.m.  
Nov. 13: Aging with Pride, 12-2 p.m.

### Midtown Scholar Bookstore- Cafe

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

Nov. 1: Good News Cafe, 6 p.m.  
Nov. 2, 9, 16, 23, 30: TED Talks, 1 p.m.  
Nov. 3: Swing Dance at the Scholar,  
6:30 p.m.  
Nov. 4: Sci-Fi Writers Group, 7 p.m.  
Nov. 4, 18: Meet-up, 9 a.m.  
Nov. 5: Healthy Eating, Healthy  
Living, 7 p.m.  
Nov. 5, 12, 19, 26: Midtown Chess  
Club, 11 a.m.  
Nov. 6: Coffee with Alinsky with  
Nathan Sooy, 7 p.m.  
Nov. 6, 13, 20: Almost Uptown  
Poetry Cartel  
Nov. 7, 14, 28: Nathaniel Gadsden's  
Spoken Word Cafe, 7 p.m.  
Nov. 8: Central Pa Ballet presents  
excerpts of the Nutcracker, 11 a.m.

Nov. 12: Friends of Midtown: Events  
Meeting, 6 p.m.  
Nov. 13, 20: Camp Curtin  
Toastmasters, 6:30 p.m.  
Nov. 15: Coffee & Critique, Graphic  
Designer & Workshop, 8:30 a.m.  
Nov. 15: Local Author: Ted Mealy, 2 p.m.  
Nov. 16: LGBT Book Club, 5 p.m.  
Nov. 19: Sci-Fi/Fantasy Book Club,  
7 p.m.  
Nov. 19: Kalpa Bhadra Kadampa  
Buddhist Center presents "Guided  
Meditation," 7 p.m.  
Nov. 21: The Science of Coffee w/  
cafe staff, 12 p.m.  
Nov. 21: Tea Tasting w/cafe staff, 2 p.m.  
Nov. 21: TMI Improv, 7 p.m.  
Nov. 21: Comedy Night at the  
Scholar, 8 p.m.  
Nov. 22: Local Authors: Marsha  
Barth, Michael Gingerich & Thomas  
Kaden, 2 p.m.  
Nov. 24: Feminism Group Book  
Club, 7 p.m.  
Nov. 25: Harrisburg Listening  
Lounge, 6:30 p.m.

### The Perfect 5th Musical Arts Center

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

Nov. 3: QuickStart Guitar, 6:30 p.m.  
Nov. 6: Vocal Boot Camp (ages 13-  
18), 6:15 p.m.  
Nov. 6: Vocal BootCamp (ages  
8-12), 7:30 p.m.

### Wildwood Park

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

Nov. 8: Volunteer Work Day,  
10 a.m.-1 p.m.  
Nov. 13: Educator Workshop: "Bring  
Out Your Dead," 9 a.m. 4 p.m.  
Nov. 15: Wild About Art: "Ode to the  
Egg," 1-3 p.m.

## LIVE MUSIC AROUND HARRISBURG

### 3rd Street Studio

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

Nov. 21: The Coalishun, 6-9 p.m.

### Appalachian Brewing Co./Abbey Road

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

Nov. 6: Primate Fiasco  
Nov. 7: Still Hand String Band &  
Tuckahoe Ridge  
Nov. 8: PennsylvMania Music Fest  
Nov. 12: Consider the Source  
Nov. 16: Matuto  
Nov. 21: Moon Hooch  
Nov. 26: Quagmire Swim Team  
Nov. 28: The Hackensaw Boys  
Nov. 29: Juggling Suns

### The Broad Street Market

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

Nov. 14: The Coalishun

### Carley's Ristorante and Piano Bar

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

Nov. 1, 8, 11: Ted Ansel  
Nov. 4, 18: Christine Purcell  
Nov. 5, 12, 19, 25: Jessica Cook  
Nov. 6, 13, 20, 23, 28: Anthony Haubert  
Nov. 7, 22: Roy Lefever  
Nov. 14, 21, 26: Noel Gevers  
Nov. 15, 29: Chris Gassaway-Emkey

### Central PA Friends of Jazz

www.friendsofjazz.org

Nov. 9: CPFJ Fall Concert Series  
(Leffler Chapel, Elizabethtown)

### Central PA Oratorio Singers

20 S. 2nd St., Harrisburg  
717-257-1270; cposingers.com

Nov. 16: French Flair

### Chameleon Club

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

Nov. 1: Love and Theft  
Nov. 2: Why?  
Nov. 5: Nick Thomas  
Nov. 8: AME  
Nov. 14: Jacob Whitesides  
Nov. 15: The Benderz  
Nov. 16: Emblem3  
Nov. 19: Pierce The Veil & Sleeping  
With Sirens  
Nov. 22: The Piranhas  
Nov. 23: In This Moment  
Nov. 25: Chris Webby  
Nov. 26: Halestorm  
Nov. 29: Vinyl Theatre

### The Cornerstone Coffeehouse

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

Nov. 1: Carly Simone  
Nov. 2: Kim Maudin Moon  
Nov. 7: Antonio Andrade  
Nov. 8: Dan Zukowski  
Nov. 9: Ed Horan Moon  
Nov. 12: Open Mic Night  
Nov. 14: Paul Zavinsky  
Nov. 15: Rhythm on Main  
Nov. 16: Paul Norfleet  
Nov. 21: Mike Banks  
Nov. 22: Joe Cooney  
Nov. 23: Dale Stipe  
Nov. 28: Hank Imhof  
Nov. 29: Doug Morris  
Nov. 30: Colette Eckert & Kristin Kest

### Fed Live

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

Nov. 1: Halloween Show  
Nov. 9: Troegs Moonlighter Music  
Mayhem  
Nov. 14: Lucero  
Nov. 15: Here Come the Mummies  
Nov. 23: River City Extension  
Nov. 27: Hot Jam Factory



**The Garlic Poet Restaurant**

148 Sheraton Drive, New Cumberland  
717-774-5435; garlicpoet.com

Nov. 6: Erica Lyn Everest  
Nov. 13: Eli Charleston  
Nov. 20: Shea Quinn

**Harrisburg Symphony Orchestra**

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

Nov. 8-9: Star-Cross'd Lovers  
Nov. 17: Harrisburg Symphony Youth  
Orchestra  
Nov. 22-23: Feel the Force II: The  
Wrath of Stu

**Hershey Theatre**

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

Nov. 7: Ray LaMontagne  
Nov. 30: Mannheim Steamroller

**HMAC/Stage on Herr**

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

Nov. 6: The Bluebonnets (feat. Kathy  
Valentine)  
Nov. 8: Bardle doom & The Dirty Sweet  
Nov. 9: Anna Nalick  
Nov. 13: Strangest of Places  
Nov. 14: The Bo Deadly's and the  
Damn Kids  
Nov. 15: Robyn Hitchcock  
Nov. 16: Girls Guns & Glory w/Sarah  
Borges  
Nov. 21: Hip Pocket  
Nov. 22: Manian & The Monumentals  
Nov. 29: Parallax Project, the NY  
Kleps & Headache With Pictures  
Every Wednesday: Open Mic w/Mike  
Banks

**Hollywood Casino at Penn National**

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

Nov. 1: Honeypump  
Nov. 7: The Uptown Band  
Nov. 8: Smooth Like Clyde  
Nov. 14: Big House Band  
Nov. 15: B Street & Restless  
Nov. 21: Real Geniuses  
Nov. 22: Luv Gods  
Nov. 28: Sapphire  
Nov. 29: Funktion

**Johnny Joe's Sports Bar & Grill**

5327 E. Trindle Rd., Mechanicsburg  
717-766-2254; www.  
johnnyjoessportsbar.com

Nov. 7: Stealing the Covers  
Nov. 8: Phipps 3  
Nov. 14: Bridge Street  
Nov. 15: Gunshy  
Nov. 21: Woolly  
Nov. 22: Star Child  
Nov. 28: SOS  
Nov. 29: End of Silence

**Little Amps Coffee Roasters, Downtown**

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

Nov. 5: Samantha Harlow  
Nov. 7: Row, Nicknames  
Nov. 14: DRGN King, Addisu  
Nov. 21: Acoustic Night w/Joshua  
Krevsky & Friends  
Nov. 23: Left & Right  
Nov. 28: Catriona Sturton, The Pretty  
Greens & Babel Map

**Little Amps Coffee Roasters, Uptown**

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

Nov. 22: Acoustic Night w/Kevin  
Bock & Friends

**Luhrs Performing Arts Center**

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

Nov. 13: Josh Turner  
Nov. 15: Billy Gardell  
Nov. 20: Lisa Williams  
Nov. 23: Shippensburg University  
Community Orchestra Fall concert

**The MakeSpace**

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

Nov. 7: The Peoples  
Nov. 26: Vulcans

**Mangia Qui & Suba**

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

Nov. 1: Nate Myers & The Aces  
Nov. 7: Barren Wells  
Nov. 8: Glimpse Trio  
Nov. 14: Scott Low  
Nov. 15: Gary Brown & The  
Bushmaster Duo  
Nov. 21: Jeff Calvin Group  
Nov. 22: Scott Peoples  
Nov. 28: Dirty Little Secret  
Nov. 29: Scotch Hollow

**Market Square Concerts**

717-221-9599; www.  
marketsquareconcerts.org

Nov. 15: Avalon String Quartet  
(Market Square Church)

**Midtown Scholar Bookstore-Cafe**

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

Nov. 15: Ars Arvole  
Nov. 19: Beth Trez School of Music  
Fall Concert  
Nov. 21: Chris Monaghan  
Nov. 22: Christian Conventry  
Academy Coffeehouse Concert

**MoMo's BBQ & Grille**

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

Nov. 7: Visitors Duo  
Nov. 8: Shane Gamble Band  
Nov. 14: Maudlin Moon  
Nov. 21: Chaz DePaulo  
Nov. 28: Black Rhoads

**Rose Lehrman Art Center**

One HAAC Dr., Harrisburg  
717-231-ROSE; liveatroselehrman.org

Nov. 21: Janis Ian

**St. Thomas Roasters**

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

Nov. 1: Jada Arp  
Nov. 7: Rough Edges  
Nov. 8: Ed Horan  
Nov. 13: Zach Crown  
Nov. 14: Rhodes & Butt  
Nov. 15: Just Dave  
Nov. 21: CotoLo  
Nov. 22: Away With Words  
Nov. 28: Venecha  
Nov. 29: Diaspora

**Strand Capitol Performing Arts Center**

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

Nov. 7: Jazz in the City  
Nov. 13-14: YSP: Young Person's  
Concert w/Classical Kids  
Nov. 13: Danny Bhoy  
Nov. 20: The Time Jumpers  
Nov. 23: York Junior Symphony  
Orchestra Fall Concert  
Nov. 28: Hoots & Hellmouth  
Nov. 29: YSO Christmas Pops  
Spectacular  
Nov. 30: Jim Brickman

**The Susquehanna Folk Music Society**

717-745-6577; sfmfolk.org

Nov. 1: Fall Coffee House  
Nov. 8: Holly Near  
Nov. 9: November Jam Session  
Nov. 16: Matuto  
Nov. 22: Bill Staines

**Whitaker Center**

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

Nov. 26: The Machine  
Nov. 28: Dave Mason's Traffic Jam

## THE STAGE DOOR

**American Music Theatre**

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

Nov. 4-Dec. 30: The 2014 Christmas  
Show

**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; hbg-cpac.org

Nov. 7-9: The Pilgrim's Progress

**Harrisburg Improv Theatre**

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

Nov. 1, 8, 15, 22: Improv Comedy  
Nov. 29: Mr. Fuzzy and the Barbarian

**Harrisburg Shakespeare Company**

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

Nov. 1-23: An Ideal Husband

**Hershey Theatre**

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

Nov. 1: Disney Live: Mickey's Musical  
Festival  
Nov. 11: Alton Brown  
Nov. 12: Garrison Keillor  
Nov. 21: Ron White  
Nov. 23: Karolyn Grimes  
Nov. 29: Wild Kratts

**HMAC/Stage on Herr**

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

Nov. 1: The Rocky Horror Picture Show

**Open Stage of Harrisburg**

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

Nov. 28-Dec 14: Bill W. and Dr. Bob

**Oyster Mill Playhouse**

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

Nov. 7-23: Move Over, Mrs. Markham

**Strand Capitol Performing Arts Center**

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

Nov. 7: Jekyll & Hyde  
Nov. 12: The National Acrobats of the  
People's Republic of China  
Nov. 21: Lewis Black  
Nov. 26: Lightwire Theatre: A Very  
Electric Christmas

**Theatre Harrisburg**

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

Nov. 7-23: A Christmas Story





# HEART FIT

*There's considerable confusion over judging heart health in student athletes.*

BY DR. MATTHEW F. WILSON

Lawmakers in Harrisburg recently decided that there needed to be a section on sudden cardiac arrest (SCA) placed in student athletes' pre-participation physicals to make sure that parents understood that there are risks from SCA and sports. This, unfortunately, has caused some confusion in the world of high school athletics.

SCA is defined as an abrupt, complete loss of heart function that results in loss of blood circulation within the body. This can lead to sudden cardiac death.

Screening for heart issues happens during the pre-participation physical, usually held in the summer for the next school year. The screening specifically asks about exertional chest pain, lightheadedness or muscular weakness, fainting, excessive shortness of breath and palpitations. Family history of premature death should also be answered. It is important that the athlete truthfully answer these questions so that the physician may be able to assist the athlete further.

Physicians, who do these sports physicals, want the athlete to play. Some athletes might feel that the physician is intentionally holding them from participation. This is not the case. Athletes have to understand that the physician is there to help them. After the history is done with the athlete, a physical exam, specifically looking for a heart murmur, must be completed. Further testing is then decided if any of these answers are positive.

There are limitations to the pre-participation physical: 50 to 80 percent of athletes have no signs or symptoms prior to their first SCA. Currently, there is no way to prove that the physical will indeed decrease sudden cardiac death. Increasing the amount of testing is currently not economical. Annual screening with just an EKG would cost more than \$2 billion for all the high school athletes in the United States. It is unfortunate, but true, that money is the driver. The cost-benefit ratio is too high as just 1 in 200,000 athletes per year are diagnosed with SCA.

This may seem dreary, but realize that new technologies are on the horizon—ones that should decrease the cost and make it easier for testing to occur in the future. **B**

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*Matthew F. Wilson, DO, practices at PinnacleHealth FamilyCare in Silver Spring.*





# THE NINE LIVES OF CATTAILS

*One simple plant, so many uses.*

BY KERMIT G. HENNING

**W**e're on the verge of another long winter, say some prognosticators.

Will it be like last year, when cold temperatures, snow and ice continued way too long for those of us itching to get outside?

However, for the forager, no matter the weather, no matter the season, there is always something to eat in the wild. The common cattail is a perfect example. The late Euell Gibbons called the cattail the supermarket of the swamp in his book, "Stalking the Wild Asparagus." From early spring through summer and fall, to the dead of winter, the cattail always has something to offer the hungry forager. Let's take a closer look at the plant.

As soon as the swamp begins to thaw, the cattail sends up its first shoots. When these shoots reach a foot or so in height, you can pull the inner core out by gently

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**"FROM EARLY  
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TO OFFER THE  
HUNGRY FORAGER."**

---

tugging at the inner leaves. You'll get a soft, tender white core of undeveloped leaves that can be eaten raw, boiled or steamed like asparagus. Strip off any tough, stringy leaves and leave only the soft inner sprouts. Some folks compare the taste to cucumbers, but I find it much better.

Soon after, the cattail bloom, still encased in its outer leaves, begins to develop, resembling an ear of corn in its husk. Look for swellings along the tops of the long, lance-like leaves. Gathered when still green, these immature blooms make a very acceptable vegetable. Simply boil the peeled blooms for a few minutes, douse them with melted butter, and nibble the tender buds from the inedible stem like corn on the cob.

The blooms you leave soon will produce heavy yellow pollen. Pollen develops on the male flower spikes above the blooms and is easily gathered by shaking the

heads into a pail or plastic bag. The pollen is rich in protein and vitamin A and is an excellent substitute for wheat flour. Use half-pollen, half-wheat flour—or all pollen—in breads, muffins and pancakes. The result is a nutty, earthy flavor that will please even the fussiest eater. Bright yellow "sunshine pancakes" make a great start to any day!

The long, rope-like roots of the cattail are an excellent source of white, starchy flour. A digging fork will aid you greatly in harvesting these shallow roots from the mucky bottoms of the swamps. Cattail roots may be gathered at any time of the year.

Gathering flour from the roots is a messy job, but the end result is well worth the effort. Wash and peel the roots by hand, and place them in a pail of clean water. Mash the roots with your hands, washing out all of the starch from between the fibers of the roots. When this is done, strain the water to remove the fibers and other debris, and let it sit for about thirty minutes. By this time, all of the starch will have settled to the bottom of the pail. Pour out the water carefully, fill the pail with fresh water and again let the starch settle to the bottom. Now, carefully decant as much of the water as possible. Pure white, starchy flour that greatly improves the flavor of breads, muffins and biscuits will be left. The flour can be used wet or dried and stored for later use.

As the cattail plant matures, crisp buds appear at the base of the stalks, which will be next year's plants. These can be eaten raw, added to a salad, or boiled and served with butter. If they are covered in a pickling solution and sealed in glass jars, you will have an excellent pickle in a few weeks.

As if this weren't enough to ask from a simple plant, the cattail can be used as more than a food source. The "cattail" itself, the brown fully developed head that distinguishes this otherwise modest plant, has numerous purposes. Many people gather them for fall arrangements and centerpieces. When lit with a

match and left to smolder, dried heads make an effective insect repellent. Their fluffy down also serves as stuffing in pillows, mattresses, and, at one time, wartime life vests.

The leaves are useful, too. They can be gathered, dried and woven into baskets and chair seats.

All in all, this is one plant that more people should be using, especially the forager. **B**





# DE-STRESS TEST

*A few simple techniques can help keep us calm.*

BY LORI SWEET

Our lives are fast-paced and pressured by our desire to do it all and have it all while doing it perfectly. Overstimulation and multi-tasking distract and exhaust us. The tyrant clock looms dauntingly as we cry, “I don’t have enough time!”

We may well be the rabbit in Alice in Wonderland: “I’m late, I’m late, for a very important date! No time to say hello, goodbye, I’m late, I’m late, I’m late!” Anxiety and blood pressure rise. Where has all the time gone?

Negative stress, called distress, is an elusive and insidious presence that wreaks havoc as we ignore or downplay it. The price we pay is evident as the American Institute of Stress claims that more than 75 percent of patients’ visits to primary care physicians are for stress-related ailments and symptoms. In addition, workplace stress causes 1 million U.S. employees to miss work each day.

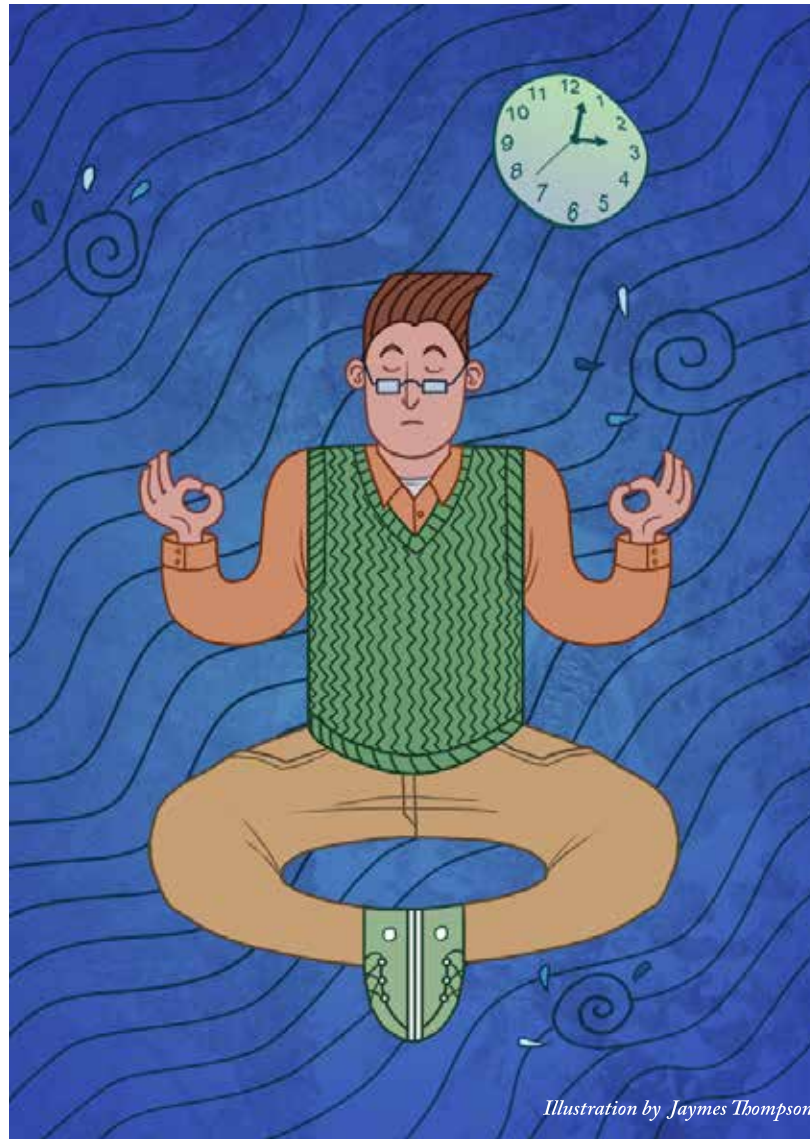
Dr. Nicholas Hall, specializing in stress issues, instructs us: “We will always experience stress. The problem is not the stress; the problem in our culture today is that we do not allow for adequate recovery time in our lives.”

While we may not be able to eliminate all stressors, we do have the power to make choices that promote recovery, help us to slow down and prioritize and significantly reduce our symptoms of stress. This is the heart of preventative self-care.

While measures such as eating well and exercise are wise prescriptions for good health, reducing the physical impact of negative stress is best done by consciously and regularly inducing its opposite—the physiological relaxation of both body and mind. Inducing the relaxation response creates an environment through which our body’s natural healing capabilities can restore inner balance. By gifting ourselves the time to stimulate the parasympathetic nervous system, we support the body’s ability to digest, detoxify, eliminate and build immunity. When our system is in balance, we gain clarity of mind, reduce anxiety and pain, act more compassionately, increase our productivity and sleep better. Time becomes our friend. In time, we heal and strengthen our lives.

Here are some suggestions to “do less and have more” in your life. These are, for the most part, “practices.” As such, they offer rich rewards and accumulative benefits when they are practiced consciously and consistently as part of a healthy lifestyle.

**Relax the Body and Breathe.** The benefits of learning methods for consciously relaxing the entire body and controlling the breath cannot be overstated. One simple but effective technique is to slow down the breath and elongate



the exhalation. Inhale slowly (into the belly) to a count of five. Pause the breath for a count of five. Slowly exhale to a count of eight. Take two normal breaths. Repeat the cycle until you feel calm. In third grade, my son was taught this self-management technique by a wise teacher: “Stop, Drop and Breathe.” In other words, reduce future stress by taking time to disengage, relax and think before you act. Priceless.

**Practice Mindfulness.** Sitting quietly for 20 minutes a day and engaging in a meditative or contemplative means for observing oneself can be transforming. Learning to sit still with greater awareness translates to greater awareness when in motion. Spend less time wasting time feeling drained and tired. Also, learn to slow down daily activities. Doing dishes? Reclaim the art of doing one job well. Listen to the water running, feel the warmth of the water, smell the soap. Use your senses to be fully aware of that moment in time. It may even stimulate an “attitude of gratitude.”

**Seek Support from Your Community.** Join a yoga, tai chi or relaxation class or find a wellness coach able to help you turn stress relief tips into healthy habits. While it is always critical to see your doctor or medical care provider when health concerns arise, complementary care services such as massage, reflexology or healing touch can provide support through deep

relaxation and personalized stress-reducing experiences. Meeting supportive people is an added bonus of this recovery time! And, with holidays around the corner, you can become a stress-relief advocate yourself by giving the gift of a relaxation experience to others.

The clock is not your enemy. It is possible to “make time” as you gain clarity about what is really important in your life. If you really slow down, time will slow down with you, and that ubiquitous clock will become an ally. Instead of panicking—“I don’t have enough time!”—take a deep breath and passionately tell yourself (or wildly chant): “I have all the time I need to do all the things I need to do.”

Then smile, relax and watch your day unfold in a friendlier, healthier way! **B**

*Lori Sweet is the owner of Supportive Wellness in the Harrisburg area. A social worker for almost 30 years, she specializes in developing opportunities for promoting stress reduction, mindful relaxation and personal growth. She can be reached at [www.supportivewellness.com](http://www.supportivewellness.com) or [bridgetobetterliving@gmail.com](mailto:bridgetobetterliving@gmail.com).*



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# HEALTHY LIVING SEMINARS

**Tuesday, Nov. 4, 7 p.m.**

## **DIABETES**

*Are you in Control?*

The GIANT Community Center,  
2300 Linglestown Road, Harrisburg

Come to this **FREE** community education session to learn how you can have better blood sugar from PinnacleHealth diabetes specialist, **Pavankumar Patel, MD, MPH**, endocrinologist at PinnacleHealth. He will discuss the positive benefits of controlling your blood sugar and how it reduces your risk of diabetes-related complications. Also, hear an A1C Champion tell his story about his ability to keep his blood sugar under control.

**Wednesday, Nov. 12, 6:30 p.m.**

## **HEART DISEASE**

*Leaky Plumbing and Rusted Pipes:  
Common Heart Conditions and the  
Latest Treatments*

The GIANT Community Center,  
3301 Trindle Rd., Camp Hill

Learn more about heart conditions such as atrial fibrillation, coronary artery disease, valve disease and leading-edge treatments from **Mubashir Mumtaz, MD, FACS, FACC**, PinnacleHealth CardioVascular Institute.

**Wednesday, Nov. 19, 7 p.m.**

## **OH MY ACHING HEAD!**

*Are You a Migraine Sufferer?*

The GIANT Community Center,  
3301 Trindle Rd., Camp Hill

The pain of a migraine can be unbearable. It can prevent you from completing routine tasks and keep you from participating in things you enjoy. Familiarize yourself with the common triggers and learn about some of the latest treatment options.

Presenters: **Barbara O'Connell, MD**, and **Mamta N. Verma, MD**, PinnacleHealth Neurosurgery & Neuroscience Institute

**Tuesday, Nov. 25, 7 p.m.**

## **PROSTATE CANCER— DIAGNOSIS AND TREATMENT**

*Developing New Strategies*

The GIANT Community Center,  
2300 Linglestown Road, Harrisburg

Presenter: **R. Scott Owens, MD**, Urology of Central PA



All events are **FREE** to attend. Light refreshments will be served. Space is limited. Please register online or by calling PinnacleHealth oneLine (717) 231-8900 or toll-free (877) 499-3299.

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ART ASSOCIATION OF HARRISBURG 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

HARRISBURG IMPROV THEATRE 1633 N. 3RD ST., 6-9 PM

HMAC STAGE ON HERR 268 HERR ST., 5-9 PM

NOTE. BISTRO & WINE BAR 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

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



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



## MIDTOWN SCHOLAR

1302 N. 3RD ST.  
236.1680 | MIDTOWNSCHOLAR.COM

12 pm: The Science of Coffee  
2 pm: Tea Tasting  
6 pm: Opening reception  
for "Field and Song" by  
Katherine Horst  
7 pm: TMI Improv  
7:30 pm: Chris Monaghan  
in concert  
8:00 pm: Comedy Night  
at the Scholar



## THE STATE MUSEUM

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

787.4980 | STATEMUSEUMPA.ORG

7-9 pm: "Hidden Treasures."  
Join the Friends of the State  
Museum for a fun, modern-day  
treasure hunt of pieces rarely  
seen on display. The event  
will also feature wine, beer,  
hors d'oeuvres and music.  
Registration fees apply. For more  
information and event tickets,  
visit [statemuseumpa.org/hunt](http://statemuseumpa.org/hunt) or  
call 717-783-5736.



## GALLERY@SECOND

608 N. 2ND ST.

233.2498 | GALLERYATSECOND.COM

6-9 pm: Opening reception  
featuring artwork by members of  
the 7 Lively Artists. Also visit our  
Upstairs Gallery featuring more  
than 250 pieces of artwork by  
local artists. Music by Jonathan  
Frazier. Refreshments served.  
3rd in The Burg Special - 10%  
discount on all purchases made  
during the event. Visit us on  
Facebook: GalleryAtSecond.



## WHITAKER CENTER

222 MARKET ST.

214.ARTS | WHITAKERCENTER.ORG

9:30 am-8 pm: "Skyscapes"  
Presented by the Art Association  
of Harrisburg, this exhibit  
features 27 paintings by nine  
noted plein air artists. Known for  
their landscapes and dramatic  
skies, these artists concentrate  
mainly on the "sky" as the theme  
of their works. All nine artists  
have created stunning paintings,  
painted "en plein air" on  
location in the area.



## HISTORIC HARRISBURG ASSOCIATION

1230 N. 3RD ST.

233.4646 | HISTORICHARRISBURG.COM

5-9 pm: The Harrisburg Area  
Community College Art Students  
exhibit "Food for Thought." Student  
reception is 5-9 pm with light  
refreshments.



## 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

6-9 pm: Featuring local  
art and refreshments



## MIDTOWN CINEMA

250 REILLY ST.

909-6566 | MIDTOWNCINEMA.COM

9:30 pm: Cloned dinosaurs run  
amok in this month's \$3 movie,  
"Jurassic Park!" BYOB after-party.