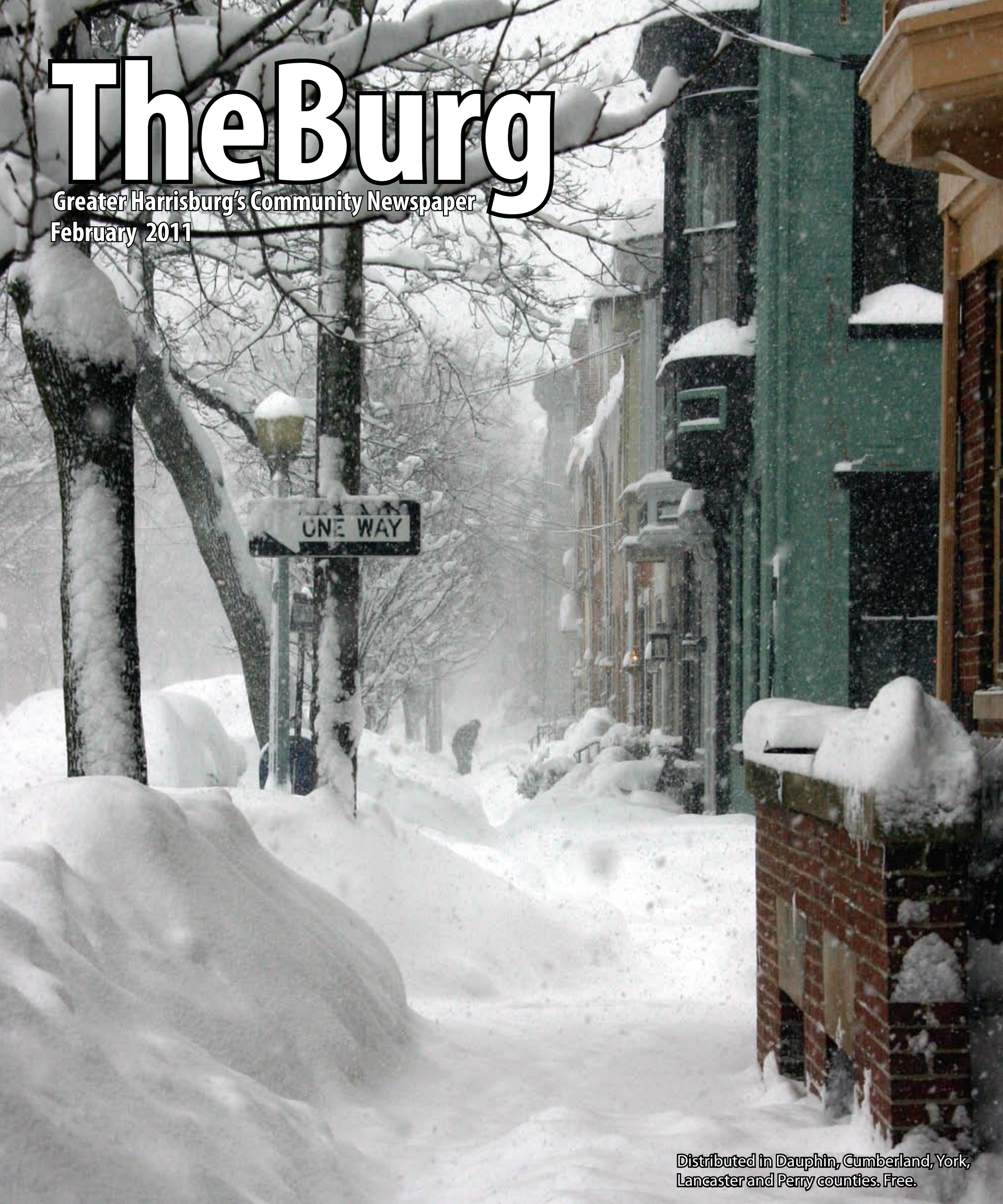


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Greater Harrisburg's Community Newspaper

February 2011



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This month's cover:
"Blizzard" by Wendy Adams
Location: 1100-block
of Green Street, Harrisburg,
Winter 2010

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Act 47 Team Starts Work in Harrisburg

A team that includes former Pennsylvania House Speaker Bob O'Donnell was appointed last month to help lead Harrisburg out of financial chaos.

Cincinnati-based management consulting firm Novak Consulting Group will act as lead coordinator under Act 47, a state-sponsored program to assist financially distressed cities. The group also includes the Reading-based law firm of Stevens & Lee and the public policy specialists, Pennsylvania Economy League. All have previous Act 47 experience.

O'Donnell has been acting as a financial adviser to Harrisburg since November.

The team has until mid-April to draft a comprehensive financial recovery plan for Harrisburg. Once the plan is completed, it will be open for public hearing and comment, and the City Council will have the authority to accept or reject its recommendations.

Harrisburg is some \$288 million in debt after backing bonds issued by the Harrisburg Authority for numerous upgrades, some botched, over a dozen years to the municipal incinerator. Both the city and the Authority defaulted on several debt payments last year, and they have been sued by the bond insurer.

Council Approves Tax Abatements

The Harrisburg City Council has voted to continue to offer tax abatements for property improvements, though the scope of the program has been scaled back.

Starting last month, the city began offering a seven-year abatement period on improvements city-wide. Therefore, property owners will not be fully taxed on the assessed value of their improvements for seven years, with the tax phased in over that period. The former program, which expired in December, offered a 10-year abatement period.

In addition, four census tracts—two in Uptown and two on Allison Hill—will have a more robust program, in which improvements will not be taxed at all by the city for two years. The tax then will be phased in over the next five years.

A divided council passed the ordinance only after inserting language that allows it to revisit the issue every six months.

Developers and realtors seemed relieved that the city-wide program was not ending entirely, as was first proposed.

"I think it's a sign, by passing this, that says we're open for business and that we want developers of all kinds to invest in the city," said realtor Wendell Hoover.

2011 City Budget Finally in Place

After more than two months of heated debate, Harrisburg's 2011 municipal budget took effect with a whimper last month, as Mayor Linda Thompson allowed the \$56.3 million spending plan to become law without her signature.

Thompson didn't veto the budget, but she didn't sign it either, refusing to endorse a plan that she said endangers the residents of Harrisburg. After 10 days of inaction, Thompson returned the budget to the City Council unsigned, meaning it automatically went into place.

"I firmly believe that the 2011 budget ordinance, as amended by Harrisburg City Council, will endanger the health, safety and welfare of the residents of the Capital City and therefore I could not sign it as is," said Thompson.

She lambasted the budget for, she said, not funding nine firefighter positions, refusing to fund mandatory police training, ignoring contractual obligations and shortchanging numerous city departments. She did not state why, given her grave concerns, she did not reject the plan, though the council was ready to override a veto.

In the waning hours of 2010, a divided council passed the budget, which did not raise property taxes or water/sewer rates, but did increase parking fees. The 5-2 vote followed weeks of late-night hearings, as the council struggled to slash about 10 percent of expenses from Thompson's initial proposal.

The budget does not include \$51.2 million in debt service payments that come due this year tied to the city's incinerator.

Council members who backed the budget disagreed with Thompson's assessment, saying that the spending plan is responsible. They said that, if the budget does shortchange any critical function, they will correct the flaw through the budget re-allocation process.

The budget could change later this year after the state-appointed Act 47 team makes recommendations as part of its comprehensive financial recovery plan for the city.

—Lawrance Binda

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Peter J. Shelly, President

Life, at a Geologic Pace

State Museum debuts exhibit on change through time.

T.W. Burger



Robert Sullivan, senior curator, geology and paleontology, stands by a fossil at the State Museum's newest exhibit.

It's a hot day in Pennsylvania, a couple hundred million years ago. A family of two-legged dinosaurs, a mother and two young, are about to cross a stream. Beneath the surface, only a few feet away, awaits a toothed nightmare about 8-feet long, eyeing one of the smaller dinosaurs.

What happened next is anybody's guess, but that ancient moment is frozen in place in the State Museum of Pennsylvania's newest gallery, scheduled to open

later this month.

The new "Life Through Time," marking a \$1 million exhibit by the state, investigates changes in life spanning 296 million years.

The star of the 3,350-square-foot, custom-designed gallery is easily the Marshalls Creek Mastodon, first un-earthed in 1968 in Monroe County. The subject of a successful "Buy a Bone" fundraising campaign in 2009, the 20-foot-long, 9-foot-tall relative of the elephant made its debut early last year after a

complete remounting makeover by Phil Fraley Productions in Pittsburgh.

That fund drive has raised nearly \$90,000 so far. About 500 attended the unveiling of the mastodon last January.

"A specimen this complete and well-preserved is a rarity not only in Pennsylvania, but in North America," said David Dunn, acting director of the museum, noting that it "makes the perfect centerpiece for what will undoubtedly become a favorite destination for museum visitors for

years to come."

Robert Sullivan, senior curator in paleontology and geology at the museum, said the new gallery has been in the planning- and building-stage for at least three years.

"The mastodon was the first part of the package," he said. "There were all sorts of problems relating to the state's budget cuts. We were hoping to open in September, but we had to revise that timeline. The whole exhibit is a walk through geological time, from the Precambrian through the Cenozoic through recent days."

The restoration process of the mastodon inspired the creation of

the new gallery, Sullivan said.

"When we started re-doing the mastodon, we decided we might as well upgrade the whole area. It was an ambitious project for a museum of our size," he said. "The mastodon is definitely the icon for the entire museum, the centerpiece."

The exhibit opens Feb. 26 with a "Night with the Mastodon" preview reception for donors and VIPs, 6 to 8 p.m., followed by a family opening on Feb. 27, noon to 5 p.m., with refreshments and entertainment.

The State Museum of Pennsylvania is at 300 North St., Harrisburg; 717-787-4980; www.statemuseumpa.org.

New Leadership



Gov. Tom Corbett delivered his inaugural speech last month at the Capitol.

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Please Join us - "River Art" exhibition features many of the winners and juried finalists from the 2010 Susquehanna International Fine Art Competition. All media types were represented with over 430 entries from 170+ artists representing 7+ countries. There was no entry fee to the artists, thanks to sponsorship from the gallery and Sunbury Press, Inc. A keepsake color catalog of the contest entitled "River Art" is available through Sunbury Press. The exhibition opens February 11th and runs through March 10th, 2011.

Looking for Love—Quickly

First impressions matter most at Sparks Speed Dating.

Faith Camp



Ready, set, date: Speed daters make the rounds at a recent event at Ruby Tuesday's.

It was a windy winter night, but the group of 30- and 40-somethings gathered for a special occasion at Ruby Tuesday's on Paxton Street looked aglow with warmth, smiling and laughing, seeming to enjoying themselves.

This was a Sparks Speed Dating event, all of them on "first dates" with strangers, and many on these "dates" with 15 strangers in a night. Some of the encounters could be the start of long, loving relationship; others may end with not so much as a phone call.

Each of the daters is OK with that. If they don't find what they are looking for, there's always another event in which to seek love, or just friendship.

Aliyah Johnson, owner and founder of Sparks, started the Harrisburg area-based company a little more than a year ago because she noticed a need for it.

"It was easy to find speed dating events in larger cities like New York, D.C. or Philadelphia, but it was hard to find any in central Pennsylvania," she said.

Johnson breaks up her events into different age categories to target certain groups. Some events are geared towards the 20s to 30s range, while others are geared towards the 30s to 40s, and then there is the 50s-and-up category.

Her company's motto: "Without Sparks, there can be no fireworks." Johnson said speed dating offers people the opportunity to seek a

companion in safe, neutral settings where they can find that "spark" with someone.

Participants get a form and a number when they sign in at an event. They write their first name and assigned number on a badge. After each date, both participants list their date's name and number on their form and indicate whether there was a "spark."

Johnson collects the forms at the end of the event, and, when both parties express a mutual interest, she passes the information on to each of them.

Lisa, a 32-year-old hospital tech from Lancaster, seeks friendship, but hopes it blossoms into love. For her, speed dating cuts to the chase.

"You can go on a date with someone and not have to worry about telling them things are not going to work out if you do not like them," she said. "If you don't like them, you can just move on to the next."

Busy people can maximize their time and increase their chance of meeting that special person. Sparks' events are well attended and attract a great diversity of people.

Not all attendees come looking for love. David Carr, a 48-year-old cyber school instructional supervisor, is a divorced dad with a 7-year-old daughter. He just yearns for some good adult conversation.

"I am around kids all day, plus I spend a lot of time with my daughter," Carr said. "I just wanted to be able to come out and communicate with some adults."

Mia Jackson, a 30-year-old graduate student from Maryland, found speed dating to be a great way to immerse herself into the community, to network and to find friends in the area.

"I wanted to see if I could find a cool group of people to hang out with," she said.

For more information, visit www.sparksspeeddating.com.



In recent years, Midtown has become known for great coffee—and it just keeps getting better.

This month, Ambreen at Café di Luna begins her Top 10 Tour, featuring 10 of the best roasters in the country. She guarantees only highly rated coffees (90 and up in the cupping charts) with the best beans and practices by master roasters like Terroir Coffee and Irving Farm. See her website for a schedule.

Down the street, Midtown Scholar also is raising the bar, with coffee tastings featuring micro-lots and hard-to-find beans, at noon on 3rd in The Burg Fridays.

But maybe you're not into coffee? Then head over to Garden Fresh Market & Deli, where Justin has begun a fresh juice and smoothies service. They go great with his sandwiches on fresh-baked, artisanal bread.

—Lawrance Binda

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Around Town

A Midtown Home for SAM

Susquehanna Art chooses Fulton Bank building.

Peter Durantine

The Susquehanna Art Museum's long search for a permanent home has ended in the heart of Midtown, along the "Corridor of the Arts," as former Gov. Ed Rendell last month termed N. 3rd Street between Forster and Maclay streets.

Just before leaving office, Rendell, along with museum board members, announced a \$5 million state grant, which requires matching funding, for SAM to purchase the empty, historic Keystone Bank building at N. 3rd and Calder streets and expand it with a modern, two-story addition in the adjoining parking lot. The building most recently housed a Fulton Bank branch, which re-located up the street.

"This is going to be something very special, literally for decades to come," Rendell said.

Stephen A. Moore, the museum's board president, said the site was chosen because the building and property, which allows for expansion, meet the museum's space needs of more than 20,000 square feet.

"We married the best of the past with what I believe is the cutting edge of the future," he said.

Moore said Midtown was selected because it has become a corridor of the arts, with many galleries and the monthly 3rd in The Burg arts event.

"It's a growing, but thriving area, where there has been significant investment," Moore said, citing Harrisburg Area Community College's Midtown campus, WCI Partners' residential developments, Midtown Scholar Bookstore, a new federal courthouse and a condo/commercial project planned by The Vartan Group.

Noting the proposed and completed projects in a city struggling with its finances, Rendell said, "I think it means the sky's the limit for Harrisburg."

Though Rendell approved the grant, the new administration of Gov. Tom Corbett must give final approval. Museum board members said they are hopeful, but Rendell said unequivocally that the Corbett administration will support the project.

"The contract has been signed, and it will be honored," Rendell said.

If all goes as planned, SAM expects to break ground on the project later this year and complete it in 2012.

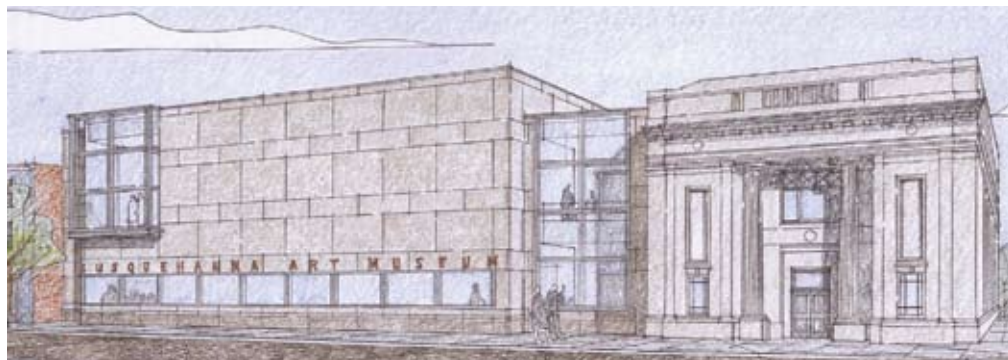
The building and property are currently owned by GreenWorks Development, which has completed several large projects in Midtown, including HACC's Midtown campus and the Campus Square building.

The museum's board and GreenWorks are now in the process of negotiating the sale of the property, Moore said.

GreenWorks Vice President Matt Tunnell said he is confident that Corbett will sign the contract allowing for the project to move ahead.

Eric Papenfuse, owner of Midtown Scholar Bookstore, a block from the project, said he believed that recent strides in Midtown, such as the founding and popularity of 3rd in The Burg, influenced the museum's decision to locate there.

"The great success of 3rd in The Burg over the past year absolutely influenced the decision of the board of the Susquehanna Art Museum," he said. "We're thrilled to have them in the neighborhood."



Artist's rendering of the proposed Susquehanna Art Museum at N. 3rd and Calder streets in Midtown Harrisburg. The existing, historic Keystone/Fulton Bank building is on the right, while a modern addition would be built in the current parking lot next to the structure.



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Around Town

Dining Out, Logging On

Harrisburg checks in with Foursquare.

Lawrance Binda



Her Honor: Rebecca Miller surveys her realm at Suba, where she has claimed the title of mayor in the popular social networking website called Foursquare.

Rebecca Miller is a mayor in Harrisburg.

What, you haven't heard? Don't worry, you didn't miss a recall petition or a special election. Miller is mayor only within the confines of Mangia Qui/Suba, and her authority extends only to fellow users of one of the Internet's hottest new social networking tools, called Foursquare.

"I didn't intend to become

mayor," she laughed. "I just checked in enough times, and it happened."

Through Foursquare, users let the world know where they currently are—a restaurant, café, a park, any public place—which is called "checking in." The person who checks in the most

becomes mayor of that location.

Miller feels a bit guilty, since she's also a server at Mangia Qui/Suba, a popular restaurant in downtown Harrisburg. So, she may have an unfair advantage in claiming the title. But honorifics are not why she participates anyway, as the title confers, well, nothing really. She likes checking in so that her friends know that she's at work.

"People see I'm here and come in for a drink," she said. "It's good for me, and it's good for business."

Foursquare began in New York just two years ago, but already claims about 5 million users worldwide. In Harrisburg, it's been growing quickly over the past six months or so.

Miller, a musician and singer, first heard of the website while on tour last summer with the band, The Mynabirds. She found it useful in exploring strange cities, as people often leave comments about places: what's good, what to avoid, what the owners are like. After returning from the West Coast, she began using it locally.

Dawn Rettinger only recently began logging onto the website, but she's already had fun with it, as it perfectly suits two of her favorite things: mobile computing and dining out.

Not long ago, Rettinger checked in with Foursquare while at McGrath's Pub in Harrisburg—and what do you know? She discovered that several friends had checked in as well, something she wouldn't

have known because she was eating downstairs, while they were upstairs.

"I ran upstairs to see them, and then they came down to sit with us for a little bit," said Rettinger, who, while the owner of The HodgePodgery, is not its mayor, an honor that belongs to a woman named Gina W. (in Foursquare lingo, mayors go by first name, last initial).

Rettinger, a self-described "techno-geek," uses several other applications, such as Facebook and Twitter, which also encourage people to state their locations. Most people, however, don't use those sites for that purpose.

In contrast, Foursquare stands apart because it's focused entirely on geography. You can see where your friends are, get some tips before going, look at photos, see a map, upload your own photos, etc. Some businesses have even begun to offer specials for patrons who check in at their places.

And then there's the ultimate perk. If you check in often enough, you might achieve something you never dreamed of before—the title of mayor.

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Around Town

Lost Graves of Negley Park

Persistence restores resting place, dignity.

Stephanie Kalina-Metzger



Negley Park stones in their new home, with Harrisburg in the background.

As a child, Eulah "Cookie" Grugan, who grew up in Lemoyne, spent many hours of her summer vacation romping in Negley Park with her siblings. During this time, the children came across some very old gravestones.

Years passed, but Cookie always remembered the weather-beaten headstones, a fixture in the park in the 1940s. She returned in the late '60s with a junior Girl Scout troop in tow, intent on learning more about "Susan and Samuel Shaffer" through grave rubbing, the technique of rubbing a soft pencil across a clean sheet of paper taped to the front of a tombstone.

As she approached the area where the stones formerly stood, she was shocked to find no evidence of them. She called the borough several times throughout the years, but reached nothing but dead ends. It was as if the graves never existed, so she let the matter drop—temporarily.

One day, she mentioned the missing headstones to her son, who had worked for the borough while on summer vacation from high school. He remembered seeing them, stating that they were stored in a shed. "The stones were there since the time we were kids," Cookie said. "It had been so long that these people had been lost that I really needed to do something about it."

She re-doubled her efforts and her persistence paid off. Officials agreed to take another look and found the stones where Cookie's son remembered seeing them—in one

of the sheds—one still intact and another broken.

When Lemoyne celebrated its 100th anniversary in 2005, Cookie decided it was an excellent time to revisit the issue. An ad hoc committee was formed with the blessing of the borough, which agreed to support her efforts to recognize the individuals whose grave markers had been disturbed.

Because the stones were in such fragile shape, the committee decided that standing them upright or laying them flat would cause further damage and that the best idea would be to encase them in a wall. The group reached out to local media and, pretty soon, Joe Shaffer, a stonemason from Herndon, Pa., came forward and volunteered to help build the monument.

Though Shaffer doesn't believe he's related to Susan or Samuel, he said, "The fact that the name was Shaffer drew me to it. I read about it in the paper, and, since I had access to marble from a torn-down church, I decided to volunteer."

Shaffer, his son, Andrew, and several others toiled for eight weekends on it. Gingrich Memorials in Middletown volunteered to sandblast the inscription.

The work didn't end there. Carl Lonkart, a Lemoyne historian, helped research the Shaffer family and found the great-grandson of Susan Shaffer, John Bickel, whose wife provided proof in the family Bibles with information that had been handed down. A formal dedication took place on May 19, 2007, in the upper pavilion at Negley Park, with some of the located family members in attendance.

On the monument, the plaque embedded in the marble reads: "A Mother's Love Is Eternal. May They Rest in Peace." And thanks to one persistent lady and a small group of kind, hard-working volunteers, their memory is enshrined atop a beautiful vista where children continue to romp.



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the CAPITAL
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for 20
YEARS."



RAY DAVIS
REALTOR

Eight Decades of Experience

Retail veteran keeps retirement on the shelf.

Andrea Ciccocioppo



Man at work: Merle Grigsby (left) with Transit News owner and current employer Bill Cologie.

It would not be an exaggeration to say Merle Grigsby has met more than a million people. From the East Shore to the West Shore to Hollywood, Grigsby knows someone everywhere he goes.

"I've met so many people during my time," Grigsby said, as he waved to a passerby in the halls of the Harrisburg Transportation Center. Grigsby, 82, of Lower Paxton Township, has been on the front lines of customer service most of his life. He worked 32 years at the

Colonial Park Sears in maintenance and the men's department. During that time, his second job was at the Colonial Park News Center.

"I'd leave one job and go to the other," Grigsby recalled. While being able to support his family was important, working double-time wasn't about money. "I never worried about money," he said. "I was always fine."

Grigsby also worked for a time in customer service at the former Readings and Greetings East Shore store.

For Grigsby, the rewards of his work came in the relationships he built. "I enjoy people," he said, grinning. "My favorite job was at the Colonial Park News Center. It was exciting. You met people. I knew everybody in the mall. They talked about their lives, where they were going, their jobs. I enjoyed it."

He officially retired from retail in 2005, but Grigsby, who is married to Estella, wasn't ready to kick back and watch game shows. "I wanted

something else to do," he said.

He returned to his passion of serving customers in 2006 as a part-time cashier at Transit News, the newsstand at the transportation center, where he continues to work four days a week. "It was what I was suited to," he said.

His latest employer agrees. "Merle's an incredible employee," said Bill Cologie, owner of Transit News. "He not only has all the old school values—he's honest, conscientious, dependable, a hard worker and a role model for all my other employees—but he also brought with him more than 80 years of full-time retail experience and insights that have helped make this a much better store."

Grigsby knows the regular customers and knows what they want before they ask. But, he noted, like many things, customers have changed in the past 40 years. "People don't talk as much," he said. "They're in a hurry. It's a little too fast for me."

Despite the pace, Grigsby has no plans to re-retire. "When I get here, things open up for me," he said. "What I see, hear, go through, it's exciting to me."

"The customers love him," Cologie said. "In retail, it doesn't get better than that."

Grigsby grew up in Steelton. He thinks he got his work ethic from his grandfather, George Grigsby, who tended furnaces around Harrisburg. When Grigsby started at Sears in 1960, he followed in the footsteps of his grandfather, working with the store engineer doing electrical work, repairing cash registers and pouring sidewalk concrete. "I loved every minute of it," he said.

Other brief jobs at a school in Mechanicsburg and the New Cumberland Army Depot kept him working behind the scenes in maintenance, but it was his time in retail that provided him satisfaction and fond memories.

One day at Sears was the most

memorable. "It was December, and there was snow on the ground," he recalled. "The women's apparel was next to the mall entrance. A deer came crashing through the window. A maintenance fellow grabbed it and struggled with it for probably 10 minutes. Everyone was hollering. Finally, it got loose and ran through the mall. It was quite an experience."

Grigsby also had the pleasure of crossing paths with Hollywood. "I met Bill Cosby," he said, recalling the day a few years ago when the celebrity came to town.

Working in a train/bus station provides him the opportunity to meet people from around the globe. "This place is like the United Nations," he said. "People don't think about Harrisburg as an international hub, but we regularly see travelers from all over the world passing through here."

Cologie said not a day goes by that someone isn't pleased at finding Grigsby behind the counter.

"There's a delightful woman who comes into our store who says Merle was her first boss," Cologie said. "She was in last week to pick up newspapers for her aging mother when (her mom) called her on her cell phone. After she told mom where she was, she handed the phone to Merle saying, 'My mom wants to say hello.'"

For Grigsby, that's enough to keep him from retirement.

Republicans Declare

Two Republicans, Jeff Haste and Mark Pries, last month announced their candidacies for Dauphin County commissioner.

Incumbent Haste has served as commissioner since 2002 and is seeking his third elected term. Pries was appointed last year after the resignation of former Commissioner Nick DiFrancesco.

Dauphin County voters will elect two commissioners this year. The primary is slated for May 17.

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"A Huge Asset" for the Sight-Impaired

Tri-County Association for the Blind offers support, employment.

Ruth Hoover Seitz



Career-minded: Kelsi Bowman attends college with help from the Tri-County Association for the Blind.

The description of the headquarters of the Tri-County Association for the Blind was intriguing. "It's an airplane hangar within the huge warehouse of the former Davis Beverage property," Executive Director Danette Blank explained.

The 35,000-square-foot facility on S. 19th Street in Harrisburg is used for production, education and socialization. People who are blind or visually impaired meet for support groups and educational lectures in the aluminum hangar situated in the middle.

Just inside the door at the Necessities Shop, any of the 16,689 people served by TCAB can purchase helpful items, such as large-digit bingo cards or calculators. They provide radio reading services so a person can tune in to the daily news by listening to a special radio broadcast via radio, television cable or a podcast downloaded on an MP3 player. They teach computer skills and the use of personal note takers to access in Braille.

But most of the space is for business-to-business services, used by employees who are blind, visually impaired or otherwise disabled.

There are three separate divisions. In the production division, employees package products and do document imaging and

bulk mailing for other companies. In the flooring and custodial services divisions, workers install carpet and clean commercial facilities, respectively. Their quality-guaranteed labor serves small businesses and Fortune 500 companies. From the catwalk, it is easy to see how the huge space, divided into two levels, provides ample storage, office and production areas.

With these income-generating businesses, TCAB is a notch above most non-profits.

"Almost 80 percent of our annual budget needs come from our own workforce," Blank said, with pride in her voice. "For a person with low or no vision to be able to work is a huge asset."

In this country, unemployment and underemployment among the working-age blind is very high, about 70 percent.

Teaching transferable skills to people with visual impairment is a valuable piece of TCAB's mission. Learning to ride a bus and sorting laundry are essentials. Gaining computer skills requires utilizing specialized software. The association serves students such as Kelsi Bowman, a Cumberland County resident who learned to make adjustments so that she could attend Harrisburg Area Community College and reach her career goals.

Many people with decreasing vision are older. They experience vision loss from macular degeneration, diabetic retinopathy, glaucoma and cataracts. Because Pennsylvania has the second-highest percentage of elderly residents in the United States, it has a high need for services for the blind and visually impaired. In the counties that TCAB serves—Dauphin, Cumberland, Perry, Franklin and York—3.22

percent of the population falls into this category and needs services. That's higher than the national rate of 2.88 percent.

Born in 1921, the association's services span across generations. It strives to help people with visual impairment maintain their independence.

Recently, the association held a skating party. When Karissa George first headed onto the rink, she used a cane, with both of her parents safeguarding her. But, within 20 minutes, the teenager was skating without the cane and participating in games. Young people dealing with vision loss enjoy a week of summer camp each year. Volunteers give them fun experiences at three camps for three different age groups. Each camper is paired with a volunteer. These camps offer adventure—and provide the rare experience of being with peers who know visual impairment.

The Tri-County Association for the Blind, 1120 S. 19th St., needs volunteers and donors.

Shopping with a person who is blind or transporting someone to an appointment are valuable contributions. Reading live news on Channel 98 of Comcast cable is done 24 hours each day. The next fundraiser, "Visions of Monte Carlo," promises a night of food, fun and casino-style gaming on April 29. Information is available at www.tricountyblind.org or 238-2531.

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Jan. 13: "Art for All," an exhibit funded by The Foundation for Enhancing Communities, opened at Gallery Blu. Here, artist Hoa poses next to Elizabeth Bunting of Easter Seals of Central Pennsylvania.



Jan. 14: Former Gov. Ed Rendell held his final press conference, announcing that the Susquehanna Art Museum plans to locate to the old Fulton Bank site in Midtown Harrisburg.

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www.SusquehannaFolk.org



Jan. 15: After a week of bronco-bucking, livestock judging, food and exhibits, the 2011 Pennsylvania Farm Show came to a close. Photo: Pennsylvania Farm Show



Jan. 17: Volunteers spruced up the Broad Street Market in Harrisburg as part of the MLK Day of Service.



Jan. 17: Mikayla Archie sang "I Have Nothing" at the Dream Talent Showcase in honor of Martin Luther King Jr. Day at the Forum.



Jan. 18: Former governors Dick Thornburgh, Tom Ridge and Ed Rendell attended the inauguration of Gov. Tom Corbett.

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Jan. 18: Board of Trustees President, Bruce Senft (left), and DCLS Executive Director, Rich Bowra (right), revealed the new logo for the Dauphin County Library System at the East Shore Area Library in Harrisburg.



Jan. 22: Absolute Wellness hosted Work(out) for Hope, a day-long fitness fundraiser for Bridge of Hope. Here, participants practice Qigong, a Chinese system of exercise and meditation.

Lincoln in Harrisburg

Local stops bookended his presidency.

M. Diane McCormick

On a damp morning in February 1861, Abraham Lincoln bid "an affectionate farewell" to his many friends in Springfield, Ill.

"To this place, and the kindness of these people, I owe everything..." he said from the platform of his private train car. "I now leave, not knowing when, or whether ever, I may return, with a task before me greater than that which rested upon Washington."

His only trip home, four years later, would be in a funeral car draped in black bunting. But in 1861, the 13-day journey from state capital to the nation's capital, with 72 stops for speeches and political parleys, represented a pivotal moment in American history.

Lincoln was heading to his inauguration as president of a nation from which seven states had already withdrawn, carrying out threats to secede if the tall Republican from Illinois—with his party platform opposing slavery's spread in the territories—were elected.

"The more he can do to prevent other states from joining the seven that had seceded already, the better," said Timothy S. Good, superintendent of the National Park Service's Ulysses S. Grant National Historic Site. "Virginia, North Carolina, Tennessee and Arkansas haven't seceded yet. The remarks he's delivering would be publicized throughout the country. Lincoln saw this as an opportunity to encourage Americans to keep the union together."

On Feb. 22, 1861, Harrisburg greeted President-elect Lincoln with bands, bunting and speeches, but it was Lincoln's departure that made the history books. Warned by several sources of an assassination plot in Baltimore, Lincoln left Harrisburg in the early morning, bypassed Baltimore, and arrived quietly in Washington at 6 a.m. He wore an old overcoat and a soft cap, instead of his incriminating stovepipe hat, but, as Doris Kearns Goodwin and

many other historians note, the rumor mill turned the disguise into a Scotch plaid cap and kilts, and critics lambasted the way he "crept into Washington." Lincoln, who initially resisted the first calls for evasion, always regretted his decision to skip Baltimore.

This month, the National Park Service recreates the 150th anniversary of Lincoln's inaugural journey, part of its Civil War sesquicentennial commemoration. At 1 p.m., Feb. 22, the 16-city tour stops at the National Civil War Museum in Harrisburg, where Fritz Klein, a 30-year veteran of Lincoln impersonation, will converse with visitors as Mr. Lincoln himself.

Americans today seek communication with the assassinated president through holograms, interactive exhibits and impersonators—the national Association of Lincoln Presenters counts 124 members donning the stovepipe hat—because they appreciate Lincoln's up-by-his-bootstraps story, Klein said. They also yearn for words of wisdom from a man who endured stormy times.

"It's amazing how little despair we actually find in Lincoln in times

of much more turbulence and hopelessness than our own," Klein said. "We've got a world of stability around us compared to what he had. He was able to maintain an even keel. That's the kind of thing that makes people wonder. How did he do that when everything was falling apart?"

Contemporary audiences admire Lincoln's unsullied character and his lifelong adherence to the constitutional concept that all men are created equal, believes Good, an organizer of the inaugural journey re-enactment.

"When he's discussing the importance of union, he's doing so because he believes that the union of the states is by far the best and the only way to assure that concept continues," Good said.

Besides, Good added, Lincoln never had the chance to share reflections on his presidency. John Wilkes Booth cut short his life on April 14, 1865.

"That's one of the great disappointments," Good said. "We rightfully herald Lincoln as a great



Lincoln's funeral car train passes through the Harrisburg train station on its way back to Springfield, Ill., in 1865.

writer. Imagine what he could have told us in his memoirs."

National Park Service Lincoln inaugural journey re-enactment, 1 p.m., Feb. 22, National Civil War Museum, One Lincoln Circle at Reservoir Park, Harrisburg. Program is free. Visitors to museum galleries pay admission. The museum will also celebrate its 10th anniversary with special events and 2-for-\$10 admission throughout February. More at www.nationalcivilwarmuseum.org or 717-260-1861.

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Tuned to the Right Frequency

As technology changes, Radio Lab adapts.

Debbie Merlo



Mr. Fix-it: Bob Quick mans the desk at Radio Lab.

He also doesn't mind when employees of the "big box" stores send business his way. Quick—first name Bob and don't call him Robert—has been owner of Harrisburg Radio Lab since 2000. Now located at 909 S. 19th St., Radio Lab has been doing business since 1944, when Lou Zaydon Sr. borrowed a few bucks and began fixing radios at 1124

Market St.

Well before the existence of super stores off every highway, Zaydon had established a loyal clientele. The new monstrosities capitalized on the latest in technology, advertised lower prices and offered larger selections. Their presence and promises caused many small, family-owned entities to falter and close, no longer able to compete.

Not so for Radio Lab. They have maintained the integrity with which the business was first established and enhanced it with personalized

attention, an in-house service department and competitive pricing on the latest name brand audio and visual products. Yes, you can find a cool, new 3D TV and a part for that corded telephone that's still hanging on your kitchen wall. In this way, Radio Lab has been able to stand strong amongst the "big guys."

"The service end is a big part of our business," Quick said. "We can fix just about anything—except computers."

He said Radio Lab also offers what most super stores do not: knowledgeable sales personnel who don't work off commission. Another service quality, noted John, a loyal customer of 25 years who preferred to only use his first name, is Radio Lab's credibility. "They're very honest here," he said. "They don't try to sell you something you don't need."

With little more than a handful of employees, which include five full-time technicians—some of whom have worked there for 15 or 20 years—Radio Lab continues to thrive, despite technological advancements that have come so quickly it's almost daunting.

Radio Lab attributes its success to dedicated patrons who have kept coming back for as long as Quick can remember. His own history with the store goes back 36 years, when he began working there. The Zaydon family sold the business to him, knowing he would carry on the tradition of superior customer service, while selling quality merchandise with pride, determination and commitment.

And, if you're a sentiment-stricken pack rat whose attic is stuffed with old things that no longer work, there's something else about Radio Lab. In addition to having parts to fix almost every gizmo and gadget you can imagine, they have a small refurbished department. So, if it's broken and you can't fix it, there may be a new/old treasure to replace it.

Whether looking for a new 3D TV, or longing to play those 45s and 78s again, Radio Lab is where you just might find what you need.

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From the Ground Up

New Market for Harrisburg?

Big space, dreams at North End Markets.

Peter Durantine

It's vast—68,000-square-feet of open space along Maclay Street, across from the Pennsylvania Farm Show Building.

By May, it may open as North End Markets, an indoor flea, farmers and co-operative market that can accommodate 500 vendors.

A two-story front building to the massive warehouse offers another 12,000 square feet and would house a food court on the first floor and artists' galleries and shops on the second, said John Eckert, manager of the project.

Eckert last month gave a tour of the building, where workers were installing lights. It was built around 1950, is owned by James Pagliaro and once housed the Barbizon School of Modeling and Acting.

Eckert said the decision to turn the facility into an open market is a gamble; they have done no studies to determine whether a market is feasible. But the property has long stood vacant—it was to be bought several years ago and demolished



North End Markets hopes to open at this Maclay Street site in the spring.

for a hotel, but those plans failed.

Eckert said the huge facility needed to be utilized. So a flea/farmers market similar to Saturday's Market in Middletown seemed to be the best idea, he said.

So far, Eckert said, three vendors have expressed interest. The market would be open Fridays and Saturdays to start. Monthly space for non-food vendors ranges in price from \$100 for a 5x10 aisle area to \$250 for an 8x14 corner space.

The market is at 1033 Maclay St. Visit www.northendmarkets.com.

Furlow Project on Tap

The Furlow Building, the six-story Midtown Beaux Arts masterpiece that has stood empty for decades at 1224 N. 3rd Street, is set to receive \$2.5 million in state grants for a \$5 million renovation, which would transform it into apartments and commercial space.

Erected in 1908, the 19,000-square-foot building is being developed jointly by GreenWorks Development and Dan Deitchman, developer of Riverview Manor.

The project includes 22 upper-end apartments—ranging in price from \$600 to \$1,000 per month—and 1,000-square-feet of ground floor retail space, said Matt Tunnell, vice president for GreenWorks.

Construction is expected to start in May, once Gov. Tom Corbett has approved the grant.

"We don't have any indication that it won't be approved," Tunnell said. "At this point, we're optimistic."

HMAC Deals with Debt

The Harrisburg Midtown Arts Center last month avoided a scheduled sheriff's sale and bought some time on its debts with help from "angel investors," who provided financing to serve, in addition to the HMAC property, as collateral.

John Traynor, an HMAC owner, said they had successfully negotiated with their lender, Susquehanna Bank, which is trying to recover \$667,000.

With \$1.6 million already invested in the project, HMAC's owners will begin negotiating with banks to secure \$4.3 million in loans, \$1.8 million of which would come through the Small Business Administration Loan program.

Plans include a huge auditorium for plays and concerts, an indoor pool with saunas, art gallery, restaurant and bar. This is in addition to HMAC's Stage on Herr, a live music venue that opened in 2009.

Changing Hands: December Property Sales

Bailey St., 1302: Habitat for Humanity to H. Roberts, \$90,720
Berryhill St., 1940: Ice Box Services Inc. to PA Deals LLC, \$30,000

Chestnut St., 1936: Freddie Mac to PA Deals LLC, \$36,500

Conoy St., 110: Deutsche Bank National Trust Co. to S. & M.J. Boyle, \$90,000

Cumberland St., 260: K. Hartman to J. Bane, \$145,000

Derry St., 1845: G. & D. Neve to G. Herman Jr., \$200,000

Division St., 501: L. Stinney to G. Neff, \$32,000

Division St., 517: R. Ridgeway to P. & J. Gellis, \$40,000

Duke St., 2443: S. Scott to A. Tessema, \$72,000

Green St. 2044: A. Hochberg & S. Roberts to WCI Partners LP, \$89,900

Green St., 2818: D. Smith & T. Fink to J. & C. Rhodes, \$215,000

Hale Ave., 413: D. Wilson to I. Yolov, \$66,000

Herr St., 133: G. & E. Adamiec to M. Grove, \$129,000

Herr St., 271: L. Rogers to M. Fagan, \$125,000

Kensington St., 2265: Wells Fargo Bank NA Trustee to PA Deals LLC, \$36,600

Maclay St., 242: U.S. National Bank Assoc. to PA Deals, \$36,000

Maclay St., 610: 2nd Street Real Estate Exchange LLC to MMM Investments LLC, \$48,000

Market St., 307: E. & T. Ruth to MSP Investments LLC, \$635,000

Mulberry St., 1918: J. Sheehan & D. Hill to Mainline Funding Group Inc., \$35,000

N. 2nd St., 904: Donald Pong Trust to Penn. State Building & Construction Trades Council, \$290,000

N. 2nd St., 1835: CitiMortgage Inc. to W. Gipe, \$30,000

N. 3rd St., 1838: Inspirion 1838 PA LLC to WCI Partners LP, \$84,900

N. 3rd St., 1840: T. & R. Property LLC to WCI Partners LP, \$75,000

N. 3rd St., 2229: E. Knapp to Boco Assoc., \$59,100

N. 5th St., 1623: O. & A. Jackson to F. & R. Rotta, \$53,000

N. Front St., 1525, #413: Riverview Manor Associates LP to H. Michels, \$89,900

Paxton St., 1734: Red Giraffe Group LLC to E. Kihara, \$47,500

Radnor St., 550: M. Nichols to B. Ferrell, \$46,900

Reily St., 223: W. & L. Lindofer to M. Jameson, \$160,900

Rumson Dr., 2871: C. Beightol to A. Barrera, \$30,000

S. 16th St., 27: KCS Investment Associates LLC to MMM Investments LLC, \$82,000

S. 17th St., 338: Tri County HDC Ltd. to S. Williams, \$79,788

S. 19th St., 1216: KCS Investment Associates LLC to MMM Investments LLC, \$70,000

S. 25th St., 602: Fannie Mae to M. & V. Cecka, \$30,055

Wiconisco St., 251: H. & T. Rosen to Kalpha Bhadra Kadampa Buddhist Center, \$150,000

Source: Dauphin County, City of Harrisburg, property sales greater than \$30,000. Data is deemed to be accurate.

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Give This Cheese a Chance

Ricotta: Not just for lasagna anymore.

Rosemary Ruggieri Baer

On these cold winter nights, I think of the many wonderful dinners my mother made for us, especially on Sundays.

Winter Sunday dinners at "Grammy's" always seemed to involve dishes like lasagna, manicotti or stuffed shells. I guess she thought that pasta made with ricotta cheese (or "ricott," as most Italians call it) was special. And her filled pastas were special. It was from her that I learned to whip ricotta with beaten eggs, parmesan cheese, chopped parsley and a dash of nutmeg before stuffing it into long manicotti tubes or fat pasta shells, a touch that really changes these humble dishes from ordinary to sublime. The smell of her big pot of pasta sauce simmering on the stove conveyed such love and warmth on those cold winter Sundays. And we considered ourselves very fortunate indeed if she had taken the time to make meatballs, too!

So what do we know about this creamy cheese that transforms ordinary pasta into an elegant Sunday dinner? Ricotta is what is known as a "whey cheese" and means "re-cooked." Originally, ricotta was made from the liquid or whey that separated from the curds when other cheeses such as mozzarella or provolone were made. And, although ricotta can be made from sheep's milk or goat's milk, nearly all of it today is made from cow's milk that has been fermented. Making your own ricotta at home is said to be gaining popularity. However, I have placed this activity in the "waiting for retirement category".

Ricotta is an important cooking ingredient in Italy. Think of the many stuffed pastas, such as tortellini, ravioli and capelletti—plump little cushions filled with ricotta cheese and other savory ingredients. Gnocchi are most often made with potatoes. But there is a

version that uses ricotta instead, resulting in little barrels of smooth pasta that melt in your mouth.

And what other cheese is as versatile as ricotta? It can go from dinner to dessert. Ricotta is baked into smooth and luscious cheesecakes, cookies and piped into fried pasta tubes known as cannoli. It can be beaten smooth and mixed with grated citrus peel, chopped nuts or shaved chocolate and served like a pudding for dessert. Try that with mozzarella!

Packaged ricotta cheese can be found in every supermarket today, but it's worth your while to look for "fresh ricotta." Specialty cheese shops and farmers' markets sell fresh ricotta in tubs or large cups that are piled high and look almost like snow cones. You will find it less watery than its grocery store counterpart and, as its name suggests, much "fresher" tasting. I once knew someone who substituted cottage cheese for ricotta ... but enough said about that.

I love to eat a scoop of ricotta with some fresh fruit for a quick breakfast or lunch. Try mixing it with some fresh herbs and spread it on crostini or bruschetta for a before-dinner treat. If you are having pasta with red sauce, place a dollop of ricotta on top of each serving. It will add creaminess and richness to the spicy tomatoes.

I would like to share with you a pasta recipe in which ricotta is the star ingredient. We all love pasta with cream sauces, but often

shy away from them because of calories and fat. When mixed with a little pasta cooking water, ricotta makes a cream sauce too, but one that we can eat with less guilt. This recipe is from a very old Food and Wine magazine of mine that is so spotted with olive oil and drops of sauce it is barely legible. But it is worth keeping. In this dish, the soft blandness of the ricotta cheese is spiked with onion, bacon and green onions for a surprising taste. You might not make Alfredo sauce again.

Country Pasta with Ricotta

In a large heavy skillet, cook 2 thick bacon slices, coarsely chopped, over medium heat until lightly browned, about 5 minutes.

Add ¼ cup extra virgin olive oil and a medium onion chopped into the skillet. Turn the heat to low and cook until the onion is soft and translucent, about 8 minutes. Remove the pan from the heat and set aside.

In a medium bowl, beat together a pound of ricotta cheese (regular or part-skim), ¼ cup chopped flat leaf parsley, ¼ cup chopped fresh basil, a tablespoon of chopped scallion greens, and 1/3 cup parmesan cheese. Use a wooden spoon. Add this mixture to the cooked onion and bacon and season with

salt and pepper.

Cook a pound of penne rigate in a large pot of boiling salted water until "al dente," about 10 minutes. Meanwhile, add half-a-cup of the pasta cooking water to the ricotta sauce in the skillet. Mix well and add extra pasta water if it seems too dry.

Drain the pasta and place it in a large warmed serving bowl. Mix in the ricotta sauce so that the penne are evenly coated. You can add a little extra chopped parsley or scallion greens on top for a little color. Sprinkle some additional grated cheese on the top.

Serve this creamy pasta with a good Chianti and a green salad, maybe arugula. It's a hearty and comforting dish for a cold February night. I think my dear mother might even have served it on a Sunday.



Rosemary Ruggieri Baer, a first generation Italian-American, grew up in Harrisburg and has spent her life perfecting her mother's country cooking.

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Tropical Breezes amid the Chill

Hawaiian music, dance warm up a midstate winter.

Jess Hayden



Aloha: Moana and Keola Beamer bring a taste of the islands to Harrisburg.

Some of the sweetest, most melodious guitar music can be found in Hawaii, and Keola Beamer is considered to be the foremost master of the style of playing called Slack Key. He has been exploring this beautiful traditional music, which uses open tunings and loosened strings, for the past 35 years.

It is only in Beamer's lifetime that Slack Key guitar music has been played outside of the home.

"It used to be that a dad would come home from work, take off his

boots and pick up his guitar. It was really a back door kind of thing," Beamer said in a recent interview. "Families would be very secretive about the songs that they knew and the tunings they used. If you weren't a member of the family and wanted to learn the music, well just forget it."

All this changed when pianist George Winston fell in love with Slack Key guitar music and decided to record Slack Key musicians for his record company, Dancing Cat. "He's a very able musicologist, and preservation was his object," said Keola's wife, Moana. "He especially wanted to be sure to record the older musicians. He wanted a chance to meet with them and talk to them before they weren't here anymore."

It was through these Slack Key guitar compilations that Slack Key guitar music began to gain popularity outside of Hawaii. "We never could have toured before the records were released" said Beamer.

"We tried, but we just couldn't get out of Hawaii. Nobody knew what it was, nobody sold it. And all of a sudden the music was in Borders. And then the whole touring thing opened up for us."

Slack Key guitar music can be played on any standard guitar, although the magnificent guitars that Beamer tours with were built by a German luthier and designed to be able to project more sound. There are approximately 46 different tunings, and each one conveys a different feeling or tonal pallet. "The true art of the Slack Key guitar is to match the tuning with song. It has to elevate the piece," said Beamer.

Between Feb. 20 and 22, Keola and Moana Beamer will travel to the Harrisburg area to give several programs on Hawaiian music, dance and culture. Moana Beamer, an experienced hula dancer who began her training at age 4, will lead a hula dance workshop, during which she hopes to show people "how varied, rich and wonderful hula is." During a concert, Keola will play guitar and

sing in Hawaiian and English, while Moana plays traditional percussion instruments, recites poetry and dances. The couple will visit Harrisburg schools to give students a taste of Hawaiian culture and will lecture at Messiah College, where they plan to discuss the history of Slack Key.

These events are sponsored by the Susquehanna Folk Music Society and are funded, in part, by the National Endowment for the Arts' American Masterpiece program—an initiative that brings the very best American art into communities.

Keola and Moana Beamer appear on Sunday, Feb. 20 at the Camp Hill United Methodist Church; hula workshop 4:30 p.m.; potluck 6:00 p.m.; and concert 7:30 p.m. and on Monday, Feb. 21 at 12:40 p.m. at Messiah College's Climenhaga Fine Arts Center. Information at www.sfmfolk.org.

Jess Hayden is executive director of the Susquehanna Folk Society. Contact her at concerts@sfmfolk.org.

31 Years of Great Jazz in Central Pa.: CPFJ Kicks off a New Season

Judith Brown and Gary Hoffman

Heading into its 31st year, Central Pennsylvania Friends of Jazz (CPFJ) is excited to present another great season of jazz concerts, beginning in February.

On Feb. 20, the Aaron Goldberg Trio will kick off the season at the Hilton Harrisburg downtown. The trio will play tunes from Goldberg's 2010 CD, "Home," Goldberg's fourth. Its rich sounds and diversity prompted both DownBeat and JazzTimes to place it on their "Best Releases of 2010" lists.

Goldberg, who was "hooked on jazz" by the time he was in high school, spent a year at the New

School for Jazz and Contemporary Music before graduating magna cum laude in 1996 from Harvard, where he won the International Association of Jazz Educators' Clifford Brown/Stan Getz Fellowship, as well as served as a member of Betty Carter's "Jazz Ahead" program.

He has performed on more than 60 CDs with various artists, including Carter, Freddie Hubbard, Nicholas Payton, Wynton Marsalis, Greg Tardy and many more.

CPFJ's March concert, scheduled for the 20th, will feature the Etienne Charles Quartet. Originally from Trinidad and an avid athlete, Charles

is the youngest student ever to win the Provincial Cup (age 13)—doing so three times. By the age of 16, he attended the summer performance program at Berklee College of Music and studied with Lin Biviano and Tiger Okoshi. He received a bachelor of arts degree from Florida State, was named Braulecht Scholar of the College of Music and received a master's degree from Juilliard, where he was awarded the William Schuman Prize. In 2006, he won the National Trumpet Competition for Jazz.

Charles' 2009 CD, "Folklore," is a blend of jazz improvisation and the folk rhythms of his beloved islands. He has been hailed by both the JazzTimes and the New York Times.

On April 17, CPFJ will bring back the legendary Mulgrew Miller, one of the most prominent jazz artists on the scene today. His style is

reminiscent of Oscar Petersen's, by whom he was heavily influenced. Miller has accompanied some of the very best jazz artists in the world, including Art Blakey, Betty Carter, Kenny Garrett, Freddie Hubbard, Joe Lovano, Lewis Nash, Woody Shaw, and a host of others.

April's concert is at the Hollywood Casino in Grantville at 6 p.m., and indicative of the organization's goal for change as we move into a brand new year.

The February and March Sunday concerts, both at the Hilton, begin with entertainment by a local high school or university at 5 p.m. with headline performances at 6 p.m.

Tickets for each concert range from \$5 to \$28 and can be purchased either online at www.cpfj.org or at the door at 4:30 p.m. on the day of the concert.

A Dance across Continents

Harrisburg-area dancers take stage in Beijing.

Hope Primas



Fan dancers: 1st row, Lily Hess, Jessica Chou, Erica Leyder; standing, Patricia Huang, Vicki Chou and Hannah Wastyk.

Lately, we may not think of Harrisburg as a hot destination spot with all the talk about its money problems.

But when three dance students from the Chinese Cultural and Arts Institute of Harrisburg (CCAI) entered the Beijing Dance Academy last July, the city shone on the world stage.

The Beijing Dance Academy chose just 11 American dancers from California, Texas and Pennsylvania to take part in its acclaimed summer program. Other countries included Germany, England and Taiwan. The three Pennsylvania dancers, Helen Zhang, 15, Vicki Chou, 17, and Patricia Huang, 17, attend CCAI and Cumberland Valley High School.

The students did a traditional dance called Wan San Shi Nu at the Grand National Theater of China in Beijing. Performing for about 5,000 people, they said it was thrilling to be on stage in front of such a large audience.

"We were all extremely excited," said Huang, a high school senior. "The sound of that crowd was amazing—it wasn't applause, it was a roar." Zhang, a sophomore, added, "I am glad I had the opportunity to perform on this stage for so many people."

"The Beijing Dance Academy is known as the Juilliard of Asia," said Chen-Yu Tsuei, president of CCAI. "The summer program is

very selective. We are proud our students were able to dance at this prestigious academy."

The dancers received recognition from former Gov. Ed Rendell for their outstanding performance and for raising Pennsylvania's artistic image worldwide.

Committed to growing cultural understanding between the East and

West, Tsuei, a Juilliard graduate and a Taiwan native, and her husband, William Hubler, founded CCAI in 2000 in Harrisburg.

At first, CCAI served a small Chinese-American population. That changed when a group of families asked CCAI to help their adopted daughters to connect with both their Chinese and American cultures.

Today, CCAI is known for its unique brand of excellence in Chinese dance and art and for creating bonds of harmony across cultures. It now serves 100 students during the year and another 100 to 150 students during summer camp. Programs include Chinese dance, calligraphy, painting, language, Erh-Hu music, yoga exercises, Tai-Chi Chuan and ballet. Adult classes include Latin, ballroom and even hip-hop dance.

Hubler said the applause the students received in Beijing strengthened the couple's dream to build a large Chinese cultural center along the Paxton Street corridor, home for many Asian restaurants, grocery stores and shops. They see the center becoming the heart of a new district similar to a Chinatown. It will serve as the hub for art events, cultural expositions, artists on tour, national and international tours and showcasing local artists.

He said it would increase

Harrisburg's visibility and grow Asian businesses here.

"People from this area go to Washington, Philadelphia and New York to get things they can't get here," Hubler said. "Because of the new center and district, we're looking at new shops, restaurants and 300 to 400 jobs immediately around it. By bringing that vibrancy here, just the weekend traffic alone would have a significant economic impact."

For more on CCAI's programs and plans for the new center, visit chineseculturalartsinstitute.org or call 717-585-7701 or e-mail hubimex@gmail.com.

Concertante Plans Free Performance

The highly regarded string quartet, Concertante, will give a free concert at 8 p.m. on Feb. 4 at the Rose Lehrman Arts Center, One HACC Dr., in Harrisburg.

The group will perform Mozart's Piano Divertimento for Violin, Viola and Cello and follow with Brahms' String Sextet in G Major, Opus 36.

There will be a free wine and cheese reception immediately following the concert, during which the instrumentalists will be available to meet the public.

For more information about the ensemble, visit www.concertante.org.

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The Etienne Charles Quartet

April 17th
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Live Performance Hollywood Casino

All Concerts at the Hilton Harrisburg at 6pm unless otherwise stated above.

For more info or to purchase tickets, log onto www.cpfj.org or call 717-540-1010.

Happenings

Museums & Art Spaces

3rd Street Studio

1725 N. 3rd St., Harrisburg
717-385-3315; www.3rdstreetstudio.org

"Pieces of My Passion," quilting, drawing, poetry, beading by Joyce Braxton; artist reception: Feb. 18, 6-9 p.m.

Antique Auto Museum at Hershey

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

"Shelby: A Retrospective," the career and cars of Carroll Shelby, Feb. 11-April 24.

"Herbie the Love Bug," the adorable VW from the Disney movies, through April 24.

"Two-Wheeled Treasures from the Dennis Carpenter Collection," motorcycles from the 1930s to the 1970s, through May.

"Stainless Steel, 1967 Lincoln Continental Convertible," through September.

Art Association of Harrisburg

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

"Figuratively Speaking," Winter Membership Exhibition, through Feb. 10.

Café di Luna

1004 N. 3rd St., Harrisburg
717-695-9449; cafediluna.com

"Harrisburg at Night," photographs by Rich Hauck; reception: Feb. 18.

Cornerstone Coffeehouse

2133 Market St., Camp Hill
www.thecornerstonecoffeehouse.com

Rachel Campbell, abstract oil paintings, through February.

Cygnets Studios/Conewago Coffeehouse

336 S. Market St., Elizabethtown
717-367-6140; conewagocoffee.com

Jeffrey Barron, paintings, through March 31.

Gallerie Thirteen

13 E. Main St., Mechanicsburg
717-591-6940; www.gallerie13.com

Solo show by Brownyn Jean Hughes and group show by Central Pennsylvania Bead and Jewelry Society, through February.

Gallery@Second

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

Artwork by Piety Choi and Kristin Kest, Feb. 3-Mar. 12; reception: Feb. 4, 6-9 p.m.

Gallery at Walnut Place

413 Walnut St., Harrisburg/717-233-0487

Photography by Harrisburg native Elamin Rahman; artist reception: Feb. 18, 5-8 p.m.

Gallery Blu

1633 N. 3rd St., Harrisburg
717-234-3009; www.galleryblu.org

Gallery closed for winter break.

HMAC/Stage on Herr

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

Works by various local and regional artists.

The Mantis Collective

1306 N. 3rd St., Harrisburg
themantiscollective@yahoo.com

Photography by Lynn Rossi, through Feb. 13.

Printmaking by Ben Sperry, Feb. 18-March 13; reception: Feb. 18, 8-10 p.m.

Midtown Scholar/Yellow Wall Gallery

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

"Sewn Stories," hand embroidery and textiles by local craft artist Beth Rice, through Feb. 15.

Photographs of Chris Bavaria, a series of people at work vs. home, Feb. 15-March 13.

National Civil War Museum

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

"War on the Homefront," through March 13.

"1861," an exhibit highlighting the first year of the Civil War, through Dec. 31.

Ned Smith Center for Nature and Art

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

"Gone for the Day: Ned Smith and the PA Game Commission," through Aug. 13.

Rose Lehrman Arts Center

One HACC Drive, Harrisburg
www.hacc.edu/RoseLehrmanArtsCenter

"Portraits from Life," paintings by Scott Noel, Feb. 9-Mar. 4; reception: Feb. 17.

The State Museum of Pennsylvania

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

"Voices of the Revolution," an exhibit commemorating the Civil Rights movement.

"Wood on Glass: The Lumber Industry Photos of William T. Clarke," through May 1.

Other Highlights

Feb. 13: Hospital Benefit. Holy Spirit Hospital Auxiliary and Theatre Harrisburg host a presentation of "Crazy for You." Whitaker Center, 2 p.m. Tickets: 717-763-2796

Feb. 25: Comedy Night. Greater Harrisburg Association of Realtors Foundation holds its annual Comedy Night. Duke's Riverside, Wormleysburg. 7 p.m. & 9:30 p.m. 364-3200

Feb. 27: Oscars Party. Watch the annual awards ceremony with other movie lovers at Midtown Cinema, Harrisburg's only arts theater. 250 Reily St., Harrisburg, 7 p.m.

The Stage Door

Allenberry Resort Inn and Playhouse

1559 Boiling Springs Rd., Boiling Springs
717-258-3211; allenberry.com

No shows scheduled for February.

Broadway Classics Productions

Harrisburg Mall, 3501 Paxton St., Harrisburg
877-717-7969; broadwayclassicspa.com

"Greater Tuna," through Feb. 27

Fishing Creek Playhouse & Dinner Theatre

450 Fishing Creek Rd., Etters
877-998-7469; fishingcreekplayhouse.com

"The Odd Couple," through Feb. 20

Harrisburg Comedy Zone

110 Limekiln Rd., New Cumberland
717-920-3627; harrisburgcomedyzone.com

KIER, Feb. 4-5; Frankie Paul, Feb. 11-12; Ken Evans, Feb. 18-19; Brad Brake, Feb. 25-26

Harrisburg Shakespeare Festival

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

"A Year with Frog and Toad," Feb. 18-Mar. 12

Hershey Area Playhouse

Sand Hill Road at Cherry Drive, Hershey
717-838-8164; hersheyareaplayhouse.com

"The Importance of Being Earnest," Feb. 10-20

Hershey Theatre

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

"Thomas and Friends," Feb. 19

"The Color Purple," Feb. 25-26

HMAC/Stage on Herr

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

Queen of Hearts: a drag show to benefit marriage equality, Feb. 27

Open Stage of Harrisburg

223 Walnut St., Harrisburg
717-214-ARTS; www.openstagehbg.com

August Wilson's "The Piano Lesson," Feb. 4-26

Oyster Mill Playhouse

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

"There's a Girl in My Soup," Feb. 25-Mar. 13

Popcorn Hat Players at the Gamut

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

"The Frog Prince," through Feb. 12

Rose Lehrman Arts Center

One HACC Drive, Harrisburg
www.hacc.edu/RoseLehrmanArtsCenter

Lar Lubovitch Dance Company, Feb. 1

"The Glass Menagerie," Feb. 23

Theatre Harrisburg

Whitaker Center, Harrisburg
717-214-ARTS; www.theatreharrisburg.com

"Crazy for You," Feb. 4-20

3rd in The Burg: Feb. 18

This photo of actor Sidney Poitier was taken by Elamin Rahman, a Harrisburg native and graduate of William Penn High School and Harrisburg Area Community College. Rahman has snapped photos around the world as a newspaper staff photographer and a freelancer. His work will be featured at Gallery at Walnut Place, 413 Walnut St., during this month's 3rd in The Burg, which takes place on Feb. 18. You also can visit many other galleries, restaurants and venues at the monthly event featuring art, music and more at venues around Harrisburg. For more information, see our back cover or visit www.3rdinTheBurg.com.



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» Top 10 Beans
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Live Music around Harrisburg

Appalachian Brewing Co./Abbey Bar
50 N. Cameron St., Harrisburg
717-221-1083; www.abcbrew.com

Feb. 1: Hammell on Trial
Feb. 3: Sarah Lee Guthrie & Johnny Irion
Feb. 4: Livingston Taylor
Feb. 6: Justin Roberts
Feb. 10: David Wax Museum
Feb. 11: Husky Pants and The Rail
Feb. 12: River City Extension
Feb. 17: Ivan Neville's Dumpstaphunk
Feb. 18-19: Millennium Music Conference
Feb. 23: Orgone
Feb. 25: The Fox Hunt w/Tristen
Feb. 26: Gene Ween w/Dave Dreiwitz

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

Feb. 2, 23: Andrew Bargh
Feb. 3, 11, 17: Anthony Haubert
Feb. 4: Wade Preston
Feb. 5, 26: Noel Gevers
Feb. 9: Chelsea Caroline
Feb. 10, 24: Giovanni Traino
Feb. 12, 16: Mark Zangrilli
Feb. 14: Tattoo
Feb. 18-19: Millennium Music Conference
Feb. 25: Ted Ansel
Every Tuesday, Open Mic Night

Central Pennsylvania Friends of Jazz
Hilton Harrisburg, 1 N. 2nd St., 2nd Floor
717-540-1010; www.cpfj.org

Feb. 20: The Aaron Goldberg Trio

Char's Bella Mundo
540 Race St., Harrisburg
717-213-4002; www.charsbellamundo.com
"Jazz Wednesdays," with special wine menu

Clover Lane Coffeehouse
1280 Clover Lane, Harrisburg
717-564-4761; www.harrisburguu.org
Feb. 18: Womack & Lowery, Bobbi Carmitchell

Dragonfly Club/Spy Club
234 N. 2nd St., Harrisburg
dragonflyclub.com

Feb. 10: The Dirty Dishes, Grass is Green, La Fours, Brightside
Feb. 19: Dead 50s, An Early Ending & others
Feb. 26: Edhoculi, Pansori & others

H. Ric Luhrs Performing Arts Center
Shippensburg University, Shippensburg
717-477-SHOW; www.luhrscenter.com
Feb. 4: "ABBA The Concert"
Feb. 10: "Neil Berg's 100 Years of Broadway"

Harrisburg Symphony Orchestra
The Forum (5th and Walnut Sts.), Harrisburg
717-545-5527; harrisburgsymphony.org

Feb. 22: HSO's Youth Orchestra concert
Feb. 26-27: "La Boheme"

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

Feb. 11: Hershey Symphony Orchestra presents, "A Celebration of Love"

Hilton Harrisburg and Towers
1 N. 2nd St., Harrisburg
Tues.-Sat.: Solo jazz piano in the bar

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

Feb. 4: Dance Party w/Aortic Value
Feb. 5: Up Pops the Devil w/The Darcie Miner Band
Feb. 6: Woody Pines w/Ben Roth Band
Feb. 10: Rhyne McCormick & Friends
Feb. 11: Colebrook Road w/Corey Woodcock Band
Feb. 12: The Greatest Funeral Ever
Feb. 17: Mycenae Worley w/ Chris Auxt and Chris Purcell
Feb. 18: The Klezwoods (from Boston)
Feb. 19: Parallax Project
Feb. 24: Hank & Cupcakes w/Slow Motion Centerfold
Feb. 25: The Cultivators w/ Pale Barn Ghosts and Hello Strangers
Feb. 26: Holy Ghost Tent Revival w/CASE 150
Every Wednesday, Open Mic Night

Hollywood Casino at Penn National
777 Hollywood Blvd., Grantville
877-565-2112; www.hcpn.com

Feb. 4: Burning House
Feb. 5: Category 5
Feb. 11: Luv Gods
Feb. 12: Hot August Nights & Flashback
Feb. 18: Uptown
Feb. 19: Bad Medicine & Restless
Feb. 25: Funky Fontana
Feb. 26: Bunchafunk

Mangia Qui/Suba
272 North St., Harrisburg
717-233-7358; www.mangiaqui.com

Feb. 4: Nate Myers and The Aces
Feb. 5: Chris Purcell
Feb. 11: Jessica Jellen and the Yellow Day
Feb. 12: David Falcone
Feb. 18: Millennium Music Conference
Feb. 19: Millennium Music Conference
Feb. 25: Bucky's Brother
Feb. 26: Batida

Midtown Scholar Bookstore-Café
1302 N. 3rd St., Harrisburg
717-236-1680; www.midtownscholar.com
Feb. 18-19: Millennium Music Conference
Feb. 25: Folk Café Friday

Stock's on 2nd
211 N. 2nd St., Harrisburg
717-233-6699; www.stocksonsecond.com

Feb. 5: Funktion
Feb. 12: Shea Quinn and Steve Swisher
Feb. 19: 5th Element
Feb. 26: Cruise Control

The Susquehanna Folk Music Society
www.sfmsfolk.org (check website for location)

Feb. 5: Kulu Mele African Drum & Dance Ensemble
Feb. 13: John McCutcheon
Feb. 20: Keola & Moana Beamer

Read, Make, Learn

Art Association of Harrisburg
21 N. Front St., Harrisburg
717-236-1432; www.artassocofhbg.com

Feb. 27: "Impressionism, Japanese Prints, and the Road to Modern Art," a lecture by art historian Robin O'Bryan, 2 p.m.

The HodgePodgery
1100 N. 3rd St., Harrisburg
717-236-0150; www.thehodgepodgery.com

Feb. 5 & 12: "Valentine's Day Card Make & Take," 1-4 p.m.

Feb. 16 & 23: "Knitting 101," 6-8:30 p.m.

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

Feb. 5: Poet Rhonda Dolen, author of "Hopelessly Romantic," 2 p.m.

Feb. 12: John Bloom, author of "There You Have It," biography of Howard Cosell, 2 p.m.

Feb. 22: "Art Kaleidoscope," a monthly slideshow of artwork presented by a variety of local artists, 6-9 p.m.

Feb. 26-27: African-American history events:

• Lancaster scholar Amanda Kemp performs in "Show Me The Franklins!" Feb. 26, 2 p.m.

Midtown Scholar (continued)

• Scholar Todd Mealy discusses "William Howard Day and the Political Complexities of the Underground Railroad," Feb. 27, 2 p.m.

• Historical re-enactment. Harriet Jacobs, as portrayed by Harrisburg's Lynn Blackston, Feb. 27, 3 p.m.

The Susquehanna Folk Music Society
www.sfmsfolk.org (check website for location)

Feb. 15: Greek dance workshop w/dance master Kyriakos Moisidis, 7:15 p.m.

At the Cinema

Moviate Film Co-Op
1106 N. 3rd St., Harrisburg
www.moviate.org

Feb. 2: Ingmar Bergman's "All These Women," on 16mm film, 8 p.m.

Feb. 12: "The Secret to a Happy Ending," a documentary about the Drive-By Truckers, with an autographed poster give-away, 8 p.m.

Feb. 19: "Zenith," a sci-fi indie feature, 8 p.m.

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Escape Cabin Fever

Cold & kids mix at these fun spots.

Pam Waters



Indoor outing: Olewine Nature Center.

During blustery winter days, outdoor adventures can be daunting. Even walking from a parking lot to the entrance of an indoor destination requires significant bundling. Here are three child-focused facilities worth braving the wind.

Kidmazium, a feature of the Paramount Sports Complex in Annville, is a four-story climbing structure with slides, tunnels and

a bouncing platform. This is the granddaddy of indoor playgrounds. From the fanciful cityscape mural to the comfortable furniture in the parents' lounge, Kidmazium is inviting and suitable for all ages. Fee is \$6 per participant. Parents can stay to relax in the lounge or play with their children, or they can use Paramount's fitness center while

the staff supervises the kids.

For a slightly quieter experience, the Olewine Nature Center at Wildwood Lake in Harrisburg allows visitors to enjoy the outdoors from inside. While there is much to inform and entertain adults, the hands-on exhibits for children are the most impressive facet of the center. Kids can use binoculars to spy on birds visiting the many feeders outside, or

climb through a cave under a giant tree. Visitors can compete to find all of the species hiding around the tree, touch turtle shells and deer antlers, dress up in animal costumes or play games and do craft projects.

A highlight for many kids is to follow the footprints of several different animals into the restroom, where the floors depict the types of scat, or droppings, particular to those animals. The nature center is free, although donations are welcome.

The Playhouse Café in Lemoyne is, well, a playhouse in a café. For a fee, children can enjoy the spacious, supervised playroom (or the separate room just for babies and toddlers), while parents have a cup of coffee or a bite to eat. Of course, children are welcome in the café portion of the building, and parents are free to join the kids in the playroom as well. The décor is fun and eclectic, with seating in both adult and kid sizes. On a cold day,

a cup of coffee and a chance to get out of the house for a while might be all you really need.

To learn more, visit their websites: www.paramountsportscomplex.com/kidmazium.htm; www.wildwoodlake.org/nature-center; www.myplayhousecafe.com.

HACC Taps Sygielski as New President



John Sygielski

This summer, John J. "Ski" Sygielski, will take the helm as the Harrisburg Area Community College's new president.

An Ohio native, Sygielski assumes the post on July 5. He currently is president of Mt. Hood Community College, based in Portland. He also is chairman of the board of the American Association of Community Colleges.


He replaces Edna V. Baehre, who took a similar job in Napa, Calif.

CASA to Hold Open House

Capital Area School for the Arts (CASA), the region's magnet high school for the arts, will hold an open house for prospective students and their families on Sunday, Feb. 6, 2 p.m. to 4 p.m.

The open house will take place at the school's location in Strawberry Square at N. 3rd and Walnut streets, Harrisburg. Visitors may access the school at the 3rd and Walnut street entrance only. Call 717-732-8450 or visit www.casa-arts.org for more information.


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Less Stress, a Better Life

It's critical to keep mind, body in balance.

Brad Harryman

Kids, job, friends, family, co-workers, mortgage, gas bill, water bill, electric bill, house work, yard work, go, go, go. Sound familiar? Our lives are filled with stresses, and many of them we can't get rid of.

Stress affects us in many ways; muscle tension, aches, pain, headaches, anxiety—the list goes on. Though not all stress is bad, as life without it would be boring and stale, the trick is minimizing the negative effects it has on us. Creating a balance between work, family and alone time is the best first step. In our busy schedules, we often forget to make time to take care of ourselves. We don't make time to sit quietly doing nothing, exercise, or read a book. Instead, we spend our time saying "yes" to everyone else and putting ourselves on hold.

Surely, if we give enough to others, someone is bound to give to us. Unfortunately, more often than not, that's not the case. I was told once: "You've got to take care of number one first." That's not to say we have to disregard others' needs or that our giving nature needs to be suppressed. Simply put, if you're not in good health—physically, mentally, and emotionally—you won't be able to take care of those you love to care for.

It's OK to take a break from the daily grind of life to relieve stress. In fact, it is necessary for your well-being because there is no greater negative stress than chronic stress.

You know what makes you "feel good," what makes you smile, what helps you relax. If you don't, experiment! Try new activities. While you're making this time, there are a few activities that can greatly reduce your stress.

The most commonly known is exercise, of course. While performing any activity outside your "normal" routine can have a positive effect on your health, exercise with rhythm and repetition also helps in promoting the mind-body connection. In a sense, it can help the brain re-calibrate its control of the body

by repeatedly firing signals through the nervous system and thereby linking the two. This works with virtually all forms of exercise that elevate the heart rate; walking, jogging, elliptical machines, aerobics, zumba.

This connection also can be made with activities such as Yoga and Pilates, which focus on sustained control of the body. Find which one you enjoy the most or try a new activity every so often.

Less common means for stress reduction require no movement at all. Simply taking time to sit quietly allows the brain to process and organize all the information and stimulus it receives from our environment, which counteracts the negative effects of stress. Prayer and meditation have this same effect, while elevating your emotional and spiritual well-being.

Between these two methods of stress reduction lays an endless array of activities to help you make that first step toward managing your stress. Something as simple as a chiropractic adjustment reduces the body's stress, improves the function of the nervous system and increases the body's ability to both heal itself and deal with life's stresses.

The most difficult decision for us all is making that commitment to a healthier lifestyle. Stress reduction is a good first step, as long as you remember it's all right to take care of number one first—you deserve it.

Dr. Brad Harryman, D.C. is the Clinic Director for Linglestown Chiropractic Center at 4456 Oakhurst Blvd.



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Human vs. Animal

Precautions, natural remedies can keep intruders at bay.

Kermit Henning

It's no secret that millions of Americans spend billions of dollars to draw wildlife to their properties.

Bird lovers alone spend an estimated \$1.45 billion each year in the United States on 4.6 billion pounds of wild bird seed. Add in suet, mealworms and corn for the squirrels, and the figures are astronomical.

On the other hand, nothing can be more disheartening than working so hard to have a beautiful yard and garden only to have deer, rabbits, groundhogs and other critters devour your plants.

With the urbanization of so much former wildlife habitat, this transformation of the landscape has had an impact on many wild species. Land once wild and

undeveloped has since turned into neighborhoods and malls. And the animals that were displaced are now causing major problems by trying to live where they used to. Black bear confrontations have increased dramatically in residential areas, herds of deer are munching on landscaped trees and shrubs, groundhogs are eating their way through backyard plantings and rabbits are feasting on gardens.

Black bears that show up in residential areas are primarily young males searching for a home territory and are attracted very simply by food. They are looking for a place to live and hunt and, when they find ready food sources, they stick around—whether it is a farmer's cornfield, a bee hive, an orchard

or a backyard in a development. Backyard bird feeders are bear magnets, just like dishes of pet food and charcoal or gas patio grills with built-up grease. In the fall, just before they are gorging before going to den, we tempt them even further with pumpkins, corn shocks and Indian corn decorations. Keeping food sources out of sight and reach, placing garbage out only on the day of collection and keeping dumpsters closed will lessen bear problems.

Whitetail deer are relentless in their pursuit of food. Young tender plants and shoots in your backyard rate very high on their diet. Unlike smaller pests, even a single deer can decimate a landscape in a single evening. Fortunately for the

homeowner, there are many repellents that work well at keeping deer away within a reasonable cost. For larger landscapes, nurseries and orchards, however, keeping deer away is expensive and very labor intensive. Repellents cannot be guaranteed due to weather and time. They generally affect several senses—taste, smell and/or touch. Commercial operations must determine how many trees they want to protect, is cost a factor, do they have the time and labor to apply and re-apply properly.

be the most destructive pests to your property. They not only eat just about everything in your yard, their burrows are unsightly and can actually undermine the foundations of buildings and sheds. They usually re-appear each spring just about the time you are planting your garden.

Many commercial preparations are available to discourage groundhogs, almost all of them containing hot pepper and/or putrefied eggs. Making the plants smell or taste bad is a good start.

For rabbits, squirrels and chipmunks, products such as Liquid Fence or Plantskydd are effective. These, too, contain putrefied egg solids, making the plants undesirable. Watch the plants carefully and re-apply when needed.

Nothing will ruin a backyard picnic or foul a household pet more than a skunk. Besides the nauseating stench, the skunk is a common carrier of rabies, and having them around is not only foul, it's dangerous. Unprotected garbage, grubs and larvae in your lawn, pet foods and fruits all attract skunks. Here again, hot pepper sprays work well to discourage their foraging. Other repellents, such as fox or coyote urine sprinkled around their dens, are also effective.

For commercial repellents, check with your local nursery or Agway center. They can help you pick out the proper repellents for your application and instruct you on proper procedures for application.

Watching cardinals and finches at your backyard feeder is one thing. Losing your well-groomed landscape to other pests is something else. Take charge of your yard and send them packing for good.



Kermit G. Henning, host of abc27 Outdoors TV, is a member of the Outdoor Writers Association of America.

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An Issue of Error

Simple steps help guard against medical mistakes.

Dr. John Goldman

The Institute of Medicine has reported that as many as 1.5 million people are harmed each year from medical errors in hospitals in the United States. It is estimated that 50,000 to 100,000 patients have died as a result.

Most of the errors are not obvious mistakes, such as operating on the wrong leg, giving a patient an overdose of medication or administering a medication to which a patient is allergic. They are often relatively minor errors.

For example, a medication may not be restarted after leaving the hospital or a patient may get the wrong dosage of the right medication.

Despite the apparent frequency of these errors, there are a number of simple steps that you and/or a family member can take to decrease the chance that a mistake will be made in your care.

Keep track of your medications. Before you go to any doctor, bring a complete list of the medications. If any of your physicians starts, stops or changes the dose of any medication, record it on your list and inform your other doctors at your next appointment. It is particularly important to inform your primary care physician.

If you are admitted to the hospital, compare the medications that you were taking when you were admitted to the medications you are discharged on. A common error is a drug that is stopped on admission, but that someone has forgotten to re-start upon discharge.

Pay particular attention if you are switched from a generic medication to a more expensive brand medication. Many hospitals receive discounts on the drugs they have on their formularies (the drugs available to patients who are admitted). It is not uncommon to be switched to a more expensive branded medication while in the hospital simply because the generic is not available—and then not switched back to the generic upon discharge. If a medication is changed while you are hospitalized, ask why. Your care providers should be able to give you a good reason for the change.

Keep track of all tests that are ordered. Frequent causes of errors are test results that are simply lost, are sent to the wrong doctor or are unavailable at the time of your appointment.

Ask to be informed of the results of any

tests your doctor orders and request copies of the results. This is particularly important for any cancer screening tests such as a mammogram or pap smear. It is unusual for a positive result to be missed, but the results can be catastrophic.

Another frequent source of errors are tests that are not followed up. For example, tests may be ordered while you are in the hospital, but the results are not back at time of discharge. If you are hospitalized, ask if any tests are pending at the time of your discharge.

If the results of any tests are not back, ask for a list of the tests, when the results are available and that those results be sent to your primary care physician. At your next appointment with your primary doctor, ask that he/she check on any pending results.

Finally, the most important thing you can do is ask questions of your doctor. You are likely to receive better care if your doctor knows that you are an active participant in your health. If you do not feel comfortable asking questions, bring along someone to the appointment who is.

Bringing along a person who you trust is particularly important when you are hospitalized and are less likely to be able to speak for yourself. In fact, I often advise patients to have family members stay with them for as much of their hospitalization as possible and routinely to ask questions of the physicians.

The physicians should be able to articulate a clear plan of care, including what the physicians think the diagnosis is, what tests are being ordered, what treatments are indicated and why.

Medical errors appear to be unfortunately common. You can minimize the chance of them happening to you by keeping track of your medications, keeping track of your tests and asking questions of your doctors.

You will be glad that you did.



Dr. John Goldman is the Program Director of Internal Medicine at PinnacleHealth.



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Do This, Not That

Getting back into shape? Avoid these common mistakes.

Karen Verlin

Mid-winter is prime time for joining a gym or starting a new fitness program. Between those New Year's resolutions and trying to beat the cold weather blues, lots of people flock indoors to exercise. With that in mind, here are seven common mistakes to avoid as you acquaint—or re-acquaint yourself—with the gym.

1. Skipping strength, flexibility or cardiovascular training.

Too often, one of these three pillars of physical fitness gets overlooked. There are runners who never do strength training or weightlifters who never stretch or do cardiovascular exercise. Whenever one of these three aspects of a workout is ignored, you miss out on some of the benefits of a complete fitness plan. Strength training without flexibility training can even be dangerous, as it puts the muscles and joints at greater risk for strains and injuries. Cardiovascular exercise gives you the health benefits of strengthening the heart and lungs. Skipping cardio cuts down on the health benefits of your workouts. Strength training builds strong

bones and muscles, which help keep you strong and sturdy over a lifetime.

2. Not working within your ability.

One of the easiest ways to get injured in the gym is to try exercises that are beyond your capabilities. This is often true for beginners, who may see another member trying an exercise or class and try to duplicate what they have seen. There is a natural progression, and everyone will progress at a different pace. Make sure, when working out with a friend especially, you each stay within your own abilities.

3. Sacrificing form for heavier weights.

One mistake that is very tempting, especially for people whose goal is to build strength and muscle, is to jump to heavier weights before truly adjusting to the weights they are already using. This will result in improper form, because assisting muscles and joints will take over in an attempt to lift the heavier weight. This is not only a good way to injure yourself, but, in actuality, you aren't doing much good for the muscle you're trying to build either. Focus on form first and gradually

add weight when the exercise starts to feel easy. Back the weight down if your form begins to suffer.

4. Not periodically adjusting your routine.

After a month or so of the same exercise routine, not only do we start to get bored, but so do our muscles. That is about as much time as it takes to enter into maintenance mode and stop seeing results. Periodically changing up your workout not only keeps you interested, but helps push past plateaus as well. Try something new! Take a class you haven't tried before, use a new fitness video, a workout you read about online or consult a certified trainer for ideas.

5. Just using machines.

Many people tend to have a stigma about using free weights for their exercise routines. While resistance training machines do manage to help prevent injuries by limiting range of motion, they also don't provide as much of a challenge for the same reason. Push those muscles to work harder by mixing in some free weight exercises.

6. Having an unbalanced routine.

Perhaps you're that person who hits the gym hard for a week... and then doesn't go back for another week. Having an unbalanced routine will cause setbacks in your progression. If you have a busy schedule, then schedule in exercise just like everything else to ensure you go on a regular basis. If you do have time, don't overdo it one week and leave yourself unable to do anything the following week. Know your limits and stay within them.

7. Not properly fueling your workouts/ refueling after workouts.

If you get completely worn down halfway through a workout, chances are you didn't get the proper nutrition prior to exercising. Having a light meal with a good mix of carbohydrates and protein one or two hours before you plan to work out is essential to getting the most out of your exercise. After your workout, you should refuel your body within an hour to assist in repairing/rebuilding the muscle.

Another thing people sometimes overlook is proper hydration. Water is the best source of hydration if you are exercising for 90 minutes or less. Make sure to stay well hydrated before, during and after exercise.



Karen Verlin, a partner at Absolute Wellness Group in Harrisburg, is an NFPT-certified personal trainer, AFAA-certified group fitness instructor and Transitions lifestyle coach.

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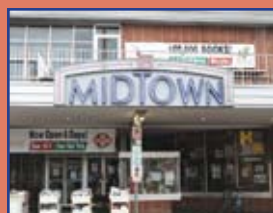
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