

The Burg

Greater Harrisburg's Community Newspaper

January 2010



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Dancing & Dessert Buffet

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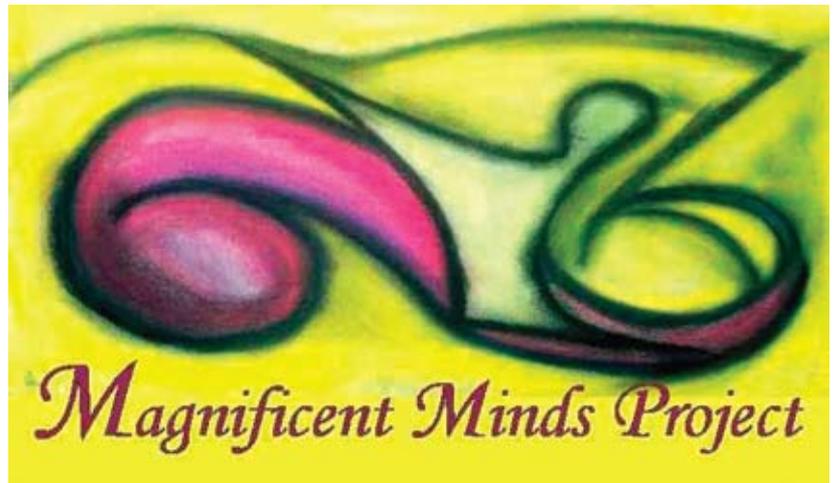
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Gallery Blu, in partnership with Syngred Briddell, presents
The Magnificent Minds Project, a celebration of the immense
creativity, ingenuity and artistic brilliance that exists within
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Opening reception: Saturday, January 9 from 2-4 PM
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- 1/17 CROOKED STILL
- 1/21 EVENING OF SINGER/
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- 1/23 HARRISBURG MEN'S CHORUS
(EVENING PERFORMANCE)
- 1/24 HARRISBURG MEN'S CHORUS
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Resolve to make a Brand New YOU in the New Year!

General & Letters

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A New Year, A New Day

New Year's is a day like no other, a time of both looking back and forward, of reflection on the past and hope for the future. For the people of Harrisburg, that sentiment has never been truer than this year.

After 28 years, Stephen Reed is no longer the city's mayor. There's no denying the improvements the city has experienced during his lengthy tenure. Harrisburg is a completely different—and much better and more liveable—place today than when he first took office in 1982. We would like to offer the former mayor our gratitude for his years of leadership and his dedication to public service. We wish him well as he begins a new chapter in his life.

Likewise, we wish our new mayor, Linda Thompson, all the best as she assumes the city's top position. Serious challenges lie ahead, complex ones, which have no easy answers. Resolving these issues will take wisdom, courage and even a little luck. May she have all these things, and more, as she guides the city from one era into another.

Here at TheBurg, the New Year is special for us, as well. With the January issue, we celebrate our first anniversary as Harrisburg's community newspaper. It seems like just yesterday we were walking

the cold winter streets, trying to convince people to take a chance on a new, very different type of publication.

Since then, we've been overwhelmed by the positive response of the community. Thanks so much to all of our readers, our advertisers, our distributors, our writers and everyone who has supported us in our first year. We've assessed, learned and tried to do better with each issue. We pledge to continue doing so during 2010.

And with our 1-year mark, we'd like to note another milestone. We recently opened an office in Midtown. We are delighted now to be located in the heart of the city we proudly serve.

We believe that our office will allow us to better cover the Harrisburg community. In 2010, you'll see new columns, features and stories that will reflect our greater, deeper presence. In addition, we hope to be even more available, accessible and responsive.

We look forward to seeing you in the city's restaurants, cafés, shops—or just out on the sidewalk. Stop by and say hi. We're right down the block.

—Peter, Angela, Lawrance and all of the TheBurg family

*TheBurg
would like to
wish all of our
readers a very
Happy
New Year.*

*All the best
in 2010!*



Our new home at 1103 N. Front St.

Letters

I was at my (doctor's) office today and came across your November issue. This is my first exposure to your paper, and I must congratulate you on a most interesting presentation. As a member (treasurer) of the Friends of Midtown, and a resident for the past seven years, I look forward to seeing more from you . . . I really feel that you are a positive presence in the community.

William S. Cooper
Harrisburg

Thank you to Peter and the crew. I really liked the December 2009 issue! Super JOB!!

Dave Johnston
Harrisburg

The magazine is great!! Keep up the great work, and I will keep passing the word.

Robert E. Bowman
Harrisburg

TheBurg welcomes letters to the editor. Please write our editor, Pete, at pdurantine@theburgnews.com. We reserve the right to edit letters for content, length and grammar.

Cover: N. 3rd Street, in front of the state Capitol building, Harrisburg

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City Hall

Thompson Sworn In; Events Scheduled

Linda Thompson takes the helm of Harrisburg's government on Jan. 4, the city's first new mayor in 28 years.

The swearing in is slated for 9 a.m. at The Forum, N. 5th and Walnut streets. In addition to the ceremony, several related events are scheduled, including:

- Family Day, Jan. 2, 10 a.m.–noon, Strawberry Square. Free.
- Interfaith Ecumenical Service, Jan. 3, 4 p.m., Goodwin Memorial Baptist Church, 2447 Green St. Free.
- The Mayor's Ball, Jan. 4, 7–11 p.m., The Pennsylvania Farm Show Complex. Tickets: \$100 per person.
- Business Leaders Luncheon, Jan. 5, noon–2 p.m., The National Civil War Museum. Admission: \$75.
- Mayor's Meet and Greet of City Employees, Jan. 6, 4:30 p.m.

Council Restricts Calling While Driving

Drivers entering the city will have to put down their cell phones while operating their vehicle or risk being fined up to \$1,000.

The City Council in December unanimously approved an ordinance banning the use of cell phones while driving. Drivers still may talk on a phone using a hands-free device.

"When you use your cell phone, you're distracted," Councilwoman Gloria Martin-Roberts said.

Fines are as follows: \$100 first offense; \$250 second offense; \$500 third offense; \$1,000 fourth offense. The penalty doubles in school and work zones.

For the council, the issue was public safety. In 2009, two people were killed because of drivers talking or text messaging on cell phones. The law goes into effect in early February.

State and federal bans on cell phones would supersede the city's ordinance. The General Assembly is now considering a law.

City Passes Budget; Mayor to Revisit Plan

Mayor Linda Thompson will open her predecessor's \$64.7 million budget that the City Council adopted by a 5-2 vote in December to determine how the city can begin to meet its fiscal obligations as she begins her administration.

The budget does not call for a tax increase, even though tax revenues are down because of the economy and the city faces burgeoning debt from the Parking Authority and the Resource Recovery Facility, or incinerator.

Thompson, in one of her last acts as council president before taking the helm as Harrisburg's 37th mayor, voted against the spending plan of former Mayor Stephen Reed.

"I don't know where the booby traps are in this budget," she said.

Reed included in his budget a \$215 million revenue projection for addressing the city's debt by leasing the parking garages, a proposal Thompson has rejected in favor of leasing City Island.

The council adopted the budget with an amendment granting Thompson permission to open the former mayor's budget to ensure proper allocation of resources.

The council also vowed to audit severance packages given to a handful of departing city workers, if that severance exceeds \$75,000.

New Chiefs for City Police, Fire Bureaus

Capt. Richard Pickles assumed the position of police chief in early December, replacing Charles Kellar, who retired after 23 years.

Also, Harrisburg Fire Chief Daniel Soulier stepped down in December, after serving briefly following the retirement of Donald Konkle, who left in January 2009.

Mayor Thompson is expected to select a new fire chief this month.

In other personnel news, 10 new Harrisburg police officers have been hired. These officers should allow new walking patrols to expand, said former Mayor Stephen Reed.

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*For More information, contact Ryan Lindsey at 717-763-0900
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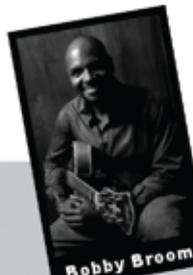
**CPFJ presents the
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February 28 ~ The Allen/Whitaker Project

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Bobby Broom **Freddy Cole** **Allen Whitaker Project**

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Used Yet Still Usable

Want a record? Fun furniture? Vintage clothes? JM's your place.

Faith Camp

Jazz music, a sweet aroma and a warm smile by owner Jose Montano greet you upon entering JM's Thrift n Vintage, located in Midtown. From the environment, one would never know this is a place where you can purchase second-hand items at bargain prices. It's not your typical thrift and vintage shop. Not only do prices please the pocket, but the decorations please the eye, and the customer service is fit for a king.

One patron, 57-year-old Mark Ravago, noticed the cleanliness of the store and described the store's atmosphere as romantic. "The product displays were beautiful and neatly arranged, and it was inviting to shop," he said.

Montano has a degree in interior design and uses his skills every time he places an item in his store. "My stores are styled,

not merchandized. The difference between my store and other thrift stores is the flare," he said. "I make sure I use my products to style my aisles instead of just stocking shelves."

The antiques and larger items, such as keyboards and pianos, are strategically placed by the front window. As you walk through the store, colorful paintings and picture frames hang on the walls.

Ravago pointed to the first painting on the left wall, one of a landscape in a gold frame, and said it grabbed his attention when he walked into the store. He said the bright, blue sky, green trees and tall gray mountains overlooking the clear blue river in the painting seemed so real he almost felt like he was there enjoying nature in person. The paintings, he said, are some of his favorite products in the store.

An orange-red-colored wrap-around couch, complimented by a large clock in the shape of a round coffee table, sits in the middle of the store's main room. Behind the couch, a glass jewelry cabinet contains silver necklaces and gold rings, as well as multi-colored earrings.

A record collection offers genres ranging from Michael Jackson to Bon Jovi. With such variety, this collection makes music lovers of all ages feel like a kid in a candy store.

As you head towards the back of the store, you pass a few racks with an assortment of women's winter coats and head wear ranging from red church hats to caps. There are also gray, black and brown men's suits varying from \$30 to \$100 on the racks across from coats and hats.

The most prominent back-room item is a dresser with a mirror and a matching armoire with enough room in it to store clothes and books. Fairly used microwave ovens, across from the bedroom suite, are bargains for college students or young professionals decorating their first apartment.

While impressed by the store's design and layout, Ravago is most appreciative of the customer service. "I have been to JM's several times, and I notice the owner treats people with respect and honor," he said.

Montano has owned this store for about four years and values his customers. "As a business owner, I know the importance of providing great service, and I make sure to provide my customers with personalized attention," he said. "I also enjoy interacting with them."

Tech savvy, Montano offers computer services and repairs, whether or not his customers purchased the computer from his shop. He said his repair services are competitive, if not better, than other computer repair shops.

Having had so much success with his shop, despite the downtrodden economy, Montano decided to open another JM's Thrift n Vintage in York this summer,



Period clothing occupies a corner at JM's Thrift n Vintage in Midtown.

located at 1317 N. George St., a three-story building where he plans to host various poetry readings and fashion shows.

Montano's customers also can hire him to decorate their houses, which is yet one more aspect that makes JM's a unique thrift store—the owner's willingness to share his passion for fashion and design with his customers.

JM's Thrift n Vintage, 1308 N. 3rd St., Harrisburg. 717-233-3995

New Businesses Open



Sean Davis (left) and Michael Mason (right) have opened Flattline Auto Sales and Service at 400 S. Cameron St. It's the fourth shop for the owners who have a decade of experience in the auto industry. They also have a shop on Herr Street and shops in Grantville and Palmyra. For information, call 717-972-0537.



Camp Hill native William George, international fashion consultant and clothing designer, has opened Gorgeous Georges, a women's luxury boutique at 411 Walnut St., Harrisburg. He offers his own clothing line, everything from evening wear to premium denim to heels and handbags.

Pizzeria in Midtown

Brothers Pizzeria and Café is slated to open March 1 in the Campus Square Building at the corner of 3rd and Reily streets in Midtown.

The pizzeria joins Harrisburg Area Community College's central administration offices in Campus Square along with GreenWorks Development, the developers of the 7,000-square-foot building.

Brothers' owners Joe Barone and Louie Ambrosino said the nearly 2,000-square-foot restaurant will feature indoor and al fresco dining. The menu will offer pizza, calzones, stromboli, Italian entrees, salads, subs and wraps.

Local Realtors Get Association Awards



A. Jerrod Paterson has been named 2009 REALTOR of the Year by the Greater Harrisburg Association of REALTORS.

Paterson

Paterson works with RE/MAX Realty

Professionals. At an awards luncheon, he was lauded for his commitment to the association and a passion for real estate.

In addition, James L. Helsel Jr. of RSR REALTORS was inducted into the association's Hall of Fame. He was cited for his dedication to local real estate and real estate education.

Winners of the association's 2009 Professional Merit Award included Fredrick L. Briggs of Prudential Thompson Wood, Bernard J. Campanella of Fine Line Realty, Jodi F. Diego of Jack Gaughen REALTOR ERA and Jerrod Paterson of RE/MAX Realty Professionals.

Larry L. Hatter of RE/MAX Realty Associates was presented with a Special Recognition Award for his commitment to the association and its government affairs efforts. Jim Goldsmith of Caldwell & Kearns was given the 2009 recipient of the Affiliate of the Year Award.

New President for Giant Carlisle



Herring

Ahold USA has appointed Rick Herring the division president of Giant Carlisle, based in Carlisle. Giant Carlisle operates 152 stores in Pennsylvania, Virginia, Maryland and West Virginia under the

names of Giant Food Stores, Martin's Food Markets and Giant To Go.

A 20-year veteran of Giant Carlisle, Herring served most recently as executive vice president of finance and has been chief financial officer since 2003. He holds a master's degree in business administration/finance.

New City Location, Director for Company



McNally

Full Circle Copier Outlet, a business-to-business company specializing in the sale and service of refurbished office equipment, has named Steve McNally its director.

A native of Harrisburg, McNally resides in Hershey. He serves on the board of directors of the Cystic Fibrosis Foundation, Central Pennsylvania Chapter, and is the director of special events for Play It Again for Charity, which promotes charitable hockey events in central Pennsylvania.

Full Circle also has relocated to the city at 800 Paxton St. The company had been in Lemoyne since its debut in 2007. It also operates an e-commerce website (www.fullcirclecopieroutlet.com).

The company operates under the umbrella of The Phillips Group, central Pennsylvania's leading independent office products company. Based in Middletown with offices in Reading, Lancaster, Middletown, Chambersburg, York and Hunt Valley, Md., Phillips is a provider of office supplies, office furniture and document management products.

Highmark Opens Work Health Center

Highmark has opened worksite health centers in its Camp Hill facility and Pittsburgh headquarters, offering employees a variety of services including primary care, vaccinations and physical therapy.

"Based on our research, we expect to save several hundred thousand dollars on our overall health care costs this first year," said Kenneth R. Melani, Highmark CEO and president.

Take Care Health Systems will operate the centers. Take Care is part of Walgreens Health and Wellness Division and currently operates more than 375 worksite health centers around the country.

EWI of Harrisburg Installs New Officers

Executive Women International of Harrisburg, central Pennsylvania's local chapter, has installed its 2009/2010 officers and board of directors.

The new officers are: President Nancy Varricchio of Gannett Fleming; Vice President Ashlee Kirkpatrick of Hershey Entertainment; and Secretary/Treasurer Kim McLain of DriveKore.

Established in 1938, EWI brings members together to promote their firms, enhance personal and professional development and encourage community involvement.

Merit Award to Asick

Robin Asick of Harrisburg has received a merit award from the Council of Nephrology Social Workers for "her outstanding achievements in the field of nephrology social work and excellent service to her patients," according to the council.

Asick is a nephrology social worker for Fresenius Medical Centers, working with patients undergoing hemodialysis. She is a board member of The Kidney Foundation of Central Pennsylvania.

Marketing Firm Opens Local Office

A Canadian company that specializes in text message marketing recently opened its U.S. office in Harrisburg.

Txt2Look.com, based in Halifax, Nova Scotia, provides real estate agents with a code to a for-sale sign, said Jason Nerys, who heads the Harrisburg office.

House shoppers see the code, send a text and get instant information on the house sent to their phones. Meanwhile, agents obtain new sales leads.

"It's a great direct marketing tool," Nerys said.

Agents can also use the codes in their print advertising. Nerys said text marketing could also be applied to such businesses as retail, car sales, voting and coupons.

Mark the Date ...

The Capital Area Biotechnology Partnership 2010 Educators' Workshop is set for 9 a.m. to 2 p.m., Jan. 22, at Harrisburg University, 326 Market St. The free event's theme is "Nanobiotechnology and Food Technology."



Estamos Unidos Scholarship Dinner

**March 4, 2010 6-9 pm
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Special recognition for
Dr. Hector Ortiz for his
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Individual seats - \$60 Tables - \$480
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George M. Fernandez - gfernandez@myagmag.com

From the Ground Up

The New Language of Real Estate

Ray Davis

Bank-owned? Foreclosure?
Judicial sale? Short sale?

These terms have become all too common in recent years. Fortunately, our region has been less affected than many other parts of the country. Nonetheless, people are losing—and have lost—their houses. So let's address these terms and see what they mean for the parties involved.

Foreclosure is the legal right of a mortgage holder to gain ownership of the property and/or sell the property and use the proceeds to pay off the mortgage if the mortgage is in default. The foreclosure process takes many months for the lender and is a very costly process.

Homeowners who begin to have problems should contact their mortgage company's loan modification or loss mitigation department and make an effort to restructure or modify their loans to make payments affordable

based on their current financial situation. Often, this is easier said than done, but can yield results worth the effort and help people avoid losing their homes.

There are several plans offered by the federal government to help homeowners avoid foreclosure, including FHA Secure, Hope for Homeowners and the Homeowner Affordability and Stability Plan.

The next term, a judicial sale, is the sale of the mortgaged property done under the supervision of the court. Because it is a legal action, all affected parties involved must be notified of the court case, so the purchaser of the foreclosed property receives valid title to the property.

In the case of a short sale, the bank or mortgage lender agrees to discount a loan balance because of an economic or financial hardship on the part of the borrower. The homeowner or debtor sells the mortgaged property for less than the outstanding balance of the loan

and turns over all proceeds of the sale to the lender. A short sale is typically faster and less expensive to the lender than a foreclosure.

Many buyers think that foreclosure and short sale properties are always well below market value, because banks are desperate to get them sold quickly. While it is true that banks and the companies that manage these properties for them are anxious for quick sales, asking prices are determined by broker

price opinions and/or appraisals, which are based on sales of similar properties in the market.

These types of properties are generally sold "as-is". Because the bank or asset manager has never occupied the property, they are exempt from completing a seller's property disclosure. If, after closing, there is a major defect with the property that may not have been discovered during the buyer's property inspection, the buyer has no recourse with the seller.

For investors and handy buyers, these properties offer a great opportunity to build "sweat equity" by investing time and labor in returning the home to its original condition for resale or rental.

Homeowners who are not able to make repairs themselves, or do not have the financial ability to sustain the unforeseen problems that may arise, are often better off leaving the purchase of these properties to the professionals who specialize in distressed properties.



Ray Davis is a real estate salesperson with RE/MAX Realty Associates, Inc. He has lived in Harrisburg since 1986 and has been a realtor for 17 years. 717-441-5608 or rdavis@capitalareahomes.com

City Distributes Housing Funds

Harrisburg last month released about \$725,000 in federal funds to improve housing and community services. The distribution included:

- \$300,000 to Tri-County Housing Development Corp. to support housing on Swatara Street and South Allison Hill
- \$110,000 to Boys and Girls Club of Central Pennsylvania for improvements to its facility on Mulberry Street
- \$100,000 to Gaudenzia Foundation to support the conversion of 2041 N. 2nd St. into six rental apartments to be used by homeless families

Lesser amounts were received by Habitat for Humanity, Rebuilding Together, Firm Foundation of PA, Heinz-Menaker Senior Center, Pride of the Neighborhood Academies, Hamilton Health Center, Christian Churches United/H.E.L.P., Shalom House Shelter and YMCA of Greater Harrisburg.

Note: "Changing Hands" will not appear this month. As of press time, Dauphin County had not released property sales data for November.

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Lofts@909 Debuts



Lofts@909 developer and owner Mayur Patel, in the kitchen of one of the 22 furnished, executive-style apartments, located in the newly renovated former Boas School at 909 Green St. The 88-year-old building re-opened in December and also has 6,000 square feet of commercial office space on the ground floor.

Crossroads of a Renaissance

3rd & Hamilton: Where art meets community.

Peter Durantine

At first glance, particularly when passing by in a car, the intersection at 3rd and Hamilton streets looks unremarkable—until you stop and walk around. In the northern reach of reinvigorating Midtown, this area is revitalizing as a community, pulling the urban renaissance further up 3rd Street.

Prompting that renewal and helping to bring people together in that creation called neighborhood is Christina Heintzelman-Jones, owner of Gallery Blu, located a couple of doors from the intersection at 1633 N. 3rd St.

"It was really encouraging to see a business come in here," said Tara Leo Auchey, who lives across the street and is founder of the 1-year-old neighborhood organization, Engleton Community Group.

Heintzelman-Jones has been a significant player in Midtown's renewal and wants to use art not only to help build a community in this corner of the city, but to expose people unfamiliar to the world of mixed media. Since opening last March, Heintzelman-Jones has showed seven exhibits, from paintings to sculptures.

On the gallery's first anniversary this March, she plans an exhibit entitled "Art of the Neighborhood." She's inviting her neighbors, some of whom have expressed an interest in trying or who have done art, to exhibit their works.

Neighbor David Washington, a 79-year-old painter of landscapes and still life, won his first prize as an artist in elementary school for designing a Christmas card. He plans on entering some of his works and calls Gallery Blu "a nice start" in the neighborhood's renaissance.

"We're really trying to give voice to everything artistic in the area," Heintzelman-Jones said. "So, you'll never know what you'll see here."

This unpredictability isn't so much purposeful as it is a mindset to bring out artists not just from



The corner of 3rd and Hamilton streets in Harrisburg (left); below, Christina Heintzelman-Jones, owner of Gallery Blu, which has become a centerpiece for the revitalizing neighborhood.



around the neighborhood, but the region as well.

Last fall, she had a show featuring Shane Morgan of Elizabethtown, who makes sculptures out of scrap auto parts. It was Morgan's first time exhibiting, and she had to practically beg him to do it.

This month, on Jan. 9, Heintzelman-Jones is premiering a show featuring the works of people who have mental illness. She is working with Syngred Briddell, creator of Magnificent Minds, a project designed "to celebrate the immense creativity, ingenuity and artistic brilliance" within these individuals. Briddell said Gallery Blu was her first choice. "Just passing it you can see it's very supportive of the community."

It's one of at least two benefit shows the gallery plans this year.

In February, the gallery will host "Sweet Salvation," which will benefit the Salvation Army in Harrisburg. For this, Heintzelman-Jones is asking 100 artists to donate one of their works for an auction. This past December, she conducted another benefit—for the Cathedral School.

When Heintzelman-Jones decided to buy the gallery from John Traynor, one of the owners of the Harrisburg Midtown Arts Center, she was committed to making the neighborhood a better, more livable place. "We wanted to make a real difference in the community," she said.

This desire to establish a friendly

neighborhood is in her blood, she said. "That was very, very much in my upbringing."

Heintzelman-Jones is from a military family. She was born in Turkey, but grew up in the coal region, mostly in Ashland, Pa., a small town where everyone knew and helped one another.

Since the late 1990s, 3rd and Hamilton has slowly re-developed as an urban neighborhood. North of Hamilton Street, the new homes of Capitol Heights run along either side of 3rd Street. Many older homes in the neighborhood have been restored. At the intersection's northeast corner, a vacant building with a store front awaits a tenant. A couple of doors from the gallery, there is a laundromat.

A photographer, Heintzelman-Jones found the gallery quite by accident. She was asked to exhibit some of her photos there and, when she entered, was immediately impressed by the long, narrow space with wide walls. Traynor overheard her enthusiasm and offered to sell it. Two weeks later, she and her husband, Bluett Jones, a radiologist, owned the building.

"You can see her love and passion in art, and she sticks at it," said Traynor, who noted the gallery is in a 19th century building that

many people had told him should be razed before he decided to restore it. "It's not just about art or the gallery ... it's a really important component to growing and changing the community."

Heintzelman-Jones had been working for the Pennsylvania Coalition Against Domestic Violence when she decided to buy the gallery. As a member of the city's Elm Street project, which discussed development of the 3rd Street corridor, she knew the neighborhood well. She lives a short distance away on the 1200 block of N. 2nd Street.

"We really felt there was a lot of potential here," she said.

As a neighbor, she helped get the empty lot next to the gallery turned into a community garden with 21 boxes, where neighbors grow vegetables, herbs and flowers. She provides the water source for the gardeners and invites them to relax in her stone garden behind the gallery, a shaded yard with benches.

"To have a community garden like that is really symbolic of what urban initiative is," said Leo Auchey.

Neighbors have been pleased with the garden and the mural that Heintzelman-Jones had local artist Ophelia Chambliss paint. The mural, "Mending Hearts, Minds and Communities," now is displayed prominently along the side of the building overlooking the garden, part of the city's Susquecentennial Mural Project.

"I think the thing that makes me happiest is when people come here and say thank you—thank you for beautifying the neighborhood," Heintzelman-Jones said. "I want people to think of us as a resource and to see things they wouldn't see."

See page 18 for more on Gallery Blu's January exhibit, "Magnificent Minds."

"Intersections" is an occasional feature profiling street corners, corridors and the people who live there.

Green, as a Way of Life

Locals find unique ways to reduce carbon footprint.

Ruth Hoover Seitz

“Being green” is more than a buzzword for some city residents. Scientists say that if everyone consumed as we do in the United States, we would need five planets to sustain the earth’s 6.7 billion people. By making changes in their homes and in their modes of transportation, residents are relieving a stressed planet.

Michael Lewis burns shelled corn as fuel to heat his Midtown home. Two corn burners warm Lewis’ three floors. He has removed some walls to increase air circulation. Lewis admitted that “corn doesn’t put out the BTUs that coal does, but it puts out very little smoke.” His house is drafty enough in winter that he sleeps with a hat on. But he takes great pleasure in spending his money on locally-grown corn. He says that oil has resulted in conflicts and wars and he chooses to “divorce” himself from this.

Lewis set up his current heating system four years ago after reading a book on using corn kernels as an alternative to fossil fuels. Last winter, he used 1½ tons of corn. Each bushel, weighing 57 pounds, cost \$6 last year. He rents a garage next

door to store this vegetable fuel.

“I wonder what we are going to do to each other to get oil,” said Lewis over the world struggle over energy.

Solar power is a hot market item in the Midstate. Mike Barnes’ Camp Hill electrical company (www.INeedSolar.com) shifted to installing solar panels to harvest the power of sunlight. Installing photo-voltaic (PV) modules is an investment with immediate and long-term benefits. Homeowners reap the state Sunshine Rebate of 35 percent, a tax credit of 30 percent and the ongoing income from selling solar renewable energy credits back to the utility company. Residents who have installed solar panels are excited to see their meters spinning in reverse, proof that their panels are garnering power to send back to the grid.

Barnes also teaches solar PV, solar thermal and wind, among other renewable technologies, in an up-and-coming curriculum at Harrisburg Area Community College’s new Green Center of Pennsylvania in Midtown Harrisburg.

Ray and Grace Diaz put solar panels on their home and business

in Midtown. Two solar systems interface, providing hot water, heat and cooling for their delicatessen, Nonna’s Deli Sioso at 263 Reily St.

“The initial outlay was extreme, but we’ll have it paid off in five years,” Ray said.

Transportation choices, too, can be life-changing. Ten years ago, Lewis realized he didn’t need to use a car every

day and sold his Jeep. To reach his job as a railroad conductor at Norfolk Southern, he bikes three miles to Enola, across the river. He said it works “when you live close to where you work and where you buy food.”

Why does he do it? “It feels right,” he said with ease.

The rightness is not always about comfort, especially when he is biking home in a snowstorm. Within the rightness is Lewis’ intent: “I’m weaning myself off of oil.” He is not trying to be thrifty. Making quality purchases, he snuggles under a \$600 wool blanket and uses high-end rain gear and shoes.

Karen Lacaria of Shipoke “bikes excessively” because she is a long-time advocate for the environment. She last owned a car 13 years ago. She said her lifestyle “invites you to live simply.” Like Lewis, she shops at the Broad Street Market, relying on her backpack to transport goods. She buys sparingly, enjoying the economic and recreational benefits of biking. She is religious about conserving heat. For the past two years, she has not turned on the heat in her third floor apartment.

“We need to do what we can to reduce the demand,” Charlie DeBrunner said. He bikes 15 to 20 miles a day. “It makes sense to use less.”

DeBrunner peddles from his home in Bellevue Park to the YMCA along the river and then to his downtown consulting business. The 58-year-old noted the health benefits of his lifestyle choices: “My blood pressure went down and the cholesterol didn’t go up.”

If you have been thinking



Greens in Midtown: Ray and Grace Diaz get most of their energy from the solar panels they had installed atop their eatery, Nonna’s Deli Sioso.



January’s featured coffee, La Golondrina, combines small lots from family farms and co-ops in Colombia’s mountainous Cauca region.

Tasting notes: Caramel, chocolate, black cherry; full-bodied wininess.

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Citizens, over Crime

Active residents take initiative for safer neighborhoods.

Deanne Shirey



Chris Dick (left) and Doug Walker at a recent meeting of the Capitol Area Neighborhood Crime Watch in Harrisburg.

When it comes to catching bad guys, active communities are the best partners the police have for preventing crime and public disorder. In the Harrisburg area, neighborhood crime watch groups are the eyes and ears of their communities. They are encouraged to report suspicious activity to local authorities.

Harrisburg's Bureau of Police has more than 20 crime watch groups. Doug Walker, who lives downtown, is chairman of the Public Safety Advisory Committee and the captain of the Capitol Area Neighborhood Crime Watch. He embraced this cause out of concern for the safety of his friends and family.

The 41-year-old retired federal police officer often walks his home beat in search of ways to improve safety and to reduce the likelihood of someone becoming a victim.

"There are a lot of nuisance crimes—yelling, public urinating and people having fun in their cars," he said, noting most of these crimes are committed by people who live outside the city.

The crime watch groups present their issues to the advisory committee and work on solutions with Mike Parker, community policing coordinator for the Police Bureau, the city council and the police chief. Parker offers personal protection seminars and residential

security surveys to the residents. The bureau also is planning a Citizen's Police Academy this year.

Citizen Police Academies, or CPAs, help the public to understand how the police operate. The Susquehanna Township Police Department holds its CPA twice a year. The duration of the academy is eight weeks and consists of classes in forensics, traffic enforcement,

criminal investigation, community policing, K-9, firearms and crisis response.

Emily Prim, 20, is a student in the 2-year Criminal Justice Program at Harrisburg Area Community College. She attended a CPA to learn more about the inner-workings of community policing.

"I was absolutely surprised at how much knowledge I gained from the Susquehanna Township's Citizen's Police Academy that I did not learn in college," Prim said. She felt the CPA gave her a "real world" application of what was taught to her in the HACC classroom.

Bill Allen, a Susquehanna Township resident, became involved with crime watch after a woman was mugged in his neighborhood. The victim was a caregiver for one of his neighbors. As a CPA graduate, Allen started a crime watch and made flyers to raise awareness among his neighbors. He figures it was a way for him to give back to the community.

"When you do community service, the police have a better ability to help the people," Allen said. Swatara Township's crime watch group meets quarterly, and the police department also provides educational training. The next crime watch meeting for Swatara residents takes place at the township building, 7 p.m., Tuesday, Feb. 16.

Lower Paxton Township has 10 separate neighborhood crime watches in effect. Its Citizens Police Academy is tentatively scheduled to begin in March and will run for 10 weeks.

As a responsible citizen of a community, it is your obligation to remain alert. If you suspect suspicious activity, you should contact your local police department. Trained officers are ready to respond to the needs of the community.

Citizen Policing: Where to Start

For more on local crime watch groups, the Citizens Police Academy and other police programs, contact:

Harrisburg Bureau of Police
Mike Parker: mparker@cityofhbg.com or 255-7326; www.cityofhbg.com; Doug Walker: douglas.walker@live.com

Susquehanna Township Police Department
Sergeant Karchnak: tkarchnak@susquehannatwp.com or 652-8265; www.susquehannatwp.com

Swatara Township Police Department
Sergeant Brian Zimmerman: Bzimmerman@swatarapolice.org or 564-2550; www.swatarapolice.org

Lower Paxton Township Police Department
Officer Stoner: jstoner@lowerpaxton-pa.gov or 657-5656; www.lowerpaxton-pa.gov

Public Comment Sought on Rail Plan

The public is invited to comment on the Pennsylvania Intercity Passenger and Freight Rail Plan, which provides guidance for investing in future rail needs and potential ways to enhance passenger and freight rail development in the state.

The final plan will serve as a planning document for federal and state rail investments and create the base document for additional analyses of goods movement in other modes. To view the draft plan, visit www.dot.state.pa.us and click on "Aviation & Rail Freight." Comment can be provided online through Jan. 15 or by mail to: Jennie A. Granger, AECOM Transportation, 2040 Linglestown Rd., Suite 300, Harrisburg, Pa. 17110.



Emily Prim takes notes as Patrolman Reynolds of Susquehanna Township Police explains crime scene investigation. Prim is a graduate of the Citizens Police Academy and is studying criminal justice at HACC.

Warm Bread, Open Arms

Panera Bread shows that a chain can be inviting, community-minded.

Sylvia Grove



Chris Raby, general manager of Panera Bread in Camp Hill, greets many of his regulars by name.

It is 6:30 on a Monday morning, and the doors of a Camp Hill bakery have just opened. Behind the brightly lit counter stand General Manager Chris Raby and his team of associates, who begin teasing and greeting a steady stream of customers.

The words “toasted” and “medium orange juice” and “do you want to make that a dozen?” mingle in the air with the flurry of movement, the exchange of fresh bagels and the smell of brewing coffee.

“Hey there, Chris!” one customer calls, and Chris’ grin grows wider. “Whole grain, toasted, with

butter!” he exclaims triumphantly. “Your usual?”

While it is not uncommon for a restaurant to be busy during the morning rush hour, the level of familiarity and enthusiasm at this bakery is unusual. Despite the hundreds of customers served each day, Raby and his team treat each patron like family. With uncanny accuracy, they recall

names, faces, orders and morning preferences. Many people view this bakery as just a portion of their daily routine, but for bakery employees, the customers are their daily routine.

Some customers say the atmosphere is the essence of community, and this close-knit community comes with a surprise—it’s found at the Panera Bread of Camp Hill.

“Panera’s philosophy has always been to create an everyday oasis,” said the 38-year-old Raby, who’s been the general manager of this bakery-café for more than three years. “We just try to take it to the next level.”

Panera, defined by online restaurant resource guide Zagat as a “quick-casual” place, is hardly what some would consider a “genuine” hometown café. Typically, the idea is associated with a mom-and-pop diner on Main Street, not a brightly lit chain store. Panera is relatively new for Camp Hill, established in October 2001. It’s one of five in the Harrisburg area and one of 1,362 in North America.

The “quick-casual” description doesn’t bother Raby and his associates. “It’s still all about the people that walk through the door,” he said. The Panera staff refers to clients as guests, not customers, and they welcome regular patrons with a greeting that would rival any given to the Prodigal Son. At least 60 percent of the customers are known by name and about that many orders have been memorized by the morning staff. “How many places these days can a guest walk in and get called by name?” Raby said. “They appreciate that.”

Customers agree. “This is hometown,” said one regular, Keith Keldon of Camp Hill. He arrives each morning before seven with brother-in-law, Al Bartron. Both retired, they use Panera as the stop in their morning walk, a route that winds them past other cafés. “We come here for coffee and the atmosphere,” said Barton. “And Chris really does create the atmosphere.”

Leonard Achziger, a senior systems programmer, said, “It’s a friendly place. I am here every day.”

Melody and Fred Allemen have been patrons for several years. “Chris and the workers are always friendly,” Melody said. “You even start getting close to the other people who come every morning. You worry if they’re not there!”

On a corporate level, Panera hopes to rework the definition of community, as its Camp Hill eatery does. Zagat ranks Panera tops for healthy food options, facilities and most popular chain restaurants

under 5,000 outlets. Panera also ranks first in customer loyalty.

Panera collectively donated \$50 million of unsold bread products to food banks through its Operation Bread Dough Program in 2008. A few of Harrisburg’s local partners in this project are Central Pennsylvania Food Bank, New Hope Ministries and Messiah College.

But none of this matters to those who choose the Camp Hill restaurant as part of their morning routine. All that any morning patron desires is familiarity, fresh taste and smiling faces—all of which Raby and his co-workers dish up daily.

Panera Bread, 84 S. 32nd St., Camp Hill; 717-920-9901; panerabread.com

Any organizations wishing to participate in Panera’s Operation Bread Dough program may apply at www.panerabread.com/donations.

McNamara Named HU Vice President



McNamara

Harrisburg University President Mel Schiavelli has named Kevin J. McNamara as vice president for Institutional Advancement.

As a member of the university’s senior management team, McNamara is responsible for leading all units within university advancement: development, alumni relations, communications, annual giving and corporate and foundation relations.

McNamara comes from Philadelphia, where he served as assistant vice president for Institutional Advancement at Drexel University. He also serves as a trustee of the American Helicopter Museum and Education Center, West Chester, Pa., and as an adjunct scholar of the Foreign Policy Research Institute in Philadelphia.



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A Century of Production

Harrisburg: from steel town to government town.

Jason Wilson



Aerial view, the Harrisburg Steel Company, circa 1930s.

Harrisburg's heavy industry sector is a shadow of what it once was, but its demise served to create the modern city of today and its chief industry—government.

Nearly two centuries ago, the city's location at the confluence of the Susquehanna River and Cumberland Valley made it an important early canal and rail center. The transportation revolution, in turn, allowed numerous smaller industries, such as forges and mills, to locate here during the mid-1800s. From 1830 to 1850, vast quantities of lumber, which had been floated

down the river from northern Pennsylvania, were sold and milled into boards at Harrisburg. After the Civil War, several smaller shop-oriented furnaces located in the city and turned ore into iron for companies such as the Harrisburg Car Manufacturing Company, which made portable steam engines and railroad cars.

Large-scale industrialization arrived in 1866 with the construction of a huge steel works by the Pennsylvania Steel Company in nearby Steelton. Many furnaces in the area began supplying iron for conversion into steel.

The later half of the 19th and first half of the 20th century was a heyday for the steel, iron and manufacturing industries in Harrisburg. The growth of industry led to a population boom in the city that reached its peak—nearly 90,000—in 1950.

The Pennsylvania and Reading railroads continued to haul raw materials such as coal, ore and lumber to Harrisburg for conversion into manufactured goods. The sweep of industry's might and its effect on the cityscape is evident in pictures from 1911 of the new Capitol building, blackened by soot and smoke from the surrounding industries.

Many of Harrisburg's industrial leaders were instrumental in persuading the General Assembly to pass and fund a far-reaching series of municipal reforms that vastly modernized the city in the early 1900s.

Like many northern and Midwestern manufacturing towns, Harrisburg's century of production quickly began to deteriorate in the 1960s and '70s. In turn, much of its population moved away in search of other jobs, or moved to the suburbs in search of a more pleasing landscape than abandoned factories.

Although once one of the most economically distressed cities in the nation, the presence of state government and service-

Story photos courtesy Harsco Corporation



A worker mans a pot carrier at the Harrisburg Steel Company, circa 1930.

based jobs helped to mitigate deindustrialization and slowly fueled the rebirth of the city. Harrisburg's former industries were important not only for manufacturing, but for making, both physically and financially, the modern city of today.

Jason L. Wilson is a research historian for the Capitol Preservation Committee.

Then and Now



The State Arsenal sure has changed over the years. The landmark at Herr and N. 18th streets began life in 1874 with a gothic-style mansard roof and a dose of Victorian whimsy (left). A 1914 renovation retained only the central tower, turning the fanciful two-story design into a rather stern, three-story fortress. Today, the building is used by the state Department of General Services. Note the iron fence, which encircled the statehouse grounds until the original Capitol burned in 1897.

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How Sweet It Is!

Chocolatefest melts the mid-winter chill.

Stephanie Kalina-Metzger



Cakes, all in a row: mouth-watering confections line the table at last year's Chocolatefest.

After the holiday excitement is over and New Years resolutions are made and broken, as the days drag on in cold desolation, a chocoholic's heaven beckons from January's bleak horizon.

At the Hershey Lodge, 300 volunteers will gather together to sweeten everyone's spirits and celebrate the love of chocolate at this year's 15th Annual Chocolatefest to be held on Jan. 17. Spanning 130,000 square feet and attracting up to 3,000 chocolate lovers, this is no small event.

Approximately 80 vendors comprised of area confectioners, restaurateurs and hotels will cater to the crowd, offering tasty morsels of their specialties, designed to tantalize the tastebuds.

A cake competition will take center stage as retailers, students and professional decorators display their entries, each vying for a prize centered on this year's Mexican theme. A professional panel of judges will base their awards on "Best of Theme" and "Most Creative."

According to Ann Moffitt, vice president of Community Development for Keystone Human Services and one of the key event organizers, "The cakes are absolutely amazing—real works of art."

Attendees will also have the opportunity to participate in a "silent auction," by bidding on items

ranging from car washes to massages to weekend getaways, all donated by area businesses.

In addition to the silent auction, each Keystone Agency will create "a spectacular basket, which will be raffled off to attendees who need not be present to win," Moffitt said.

The event will feature three sessions: the first session, the "Premiere Patron Reception" from 11 a.m. to 12:30 p.m.,

will feature wine tasting and hors d'oeuvres served by celebrity butlers. The second session will be held from 1 p.m. to 2:45 p.m. and the third session from 3:15 p.m. to 5 p.m. Each session will feature live musical entertainment.

Benefiting from this annual extravaganza are Keystone Human Service Agencies, which serve approximately 6,000 individuals and families each year in the Central Pennsylvania area, as well as areas of Connecticut, Maryland, New Jersey, Delaware and as far away as Moldova and Russia. Agencies provide services to special needs populations, such as those with autism, mental health issues, intellectual disabilities and senior citizens.

Booths will be set up at the event, where attendees can pick up information on the many agencies represented by Keystone.

The event brings in up to \$150,000 each year through sponsors such as Giant Foods, Rite Aid, WGAL-TV8, Lamar and a whole host of others.

"The community opens its arms and embraces our nonprofit by donating at least that amount through in-kind services. We are extremely grateful to benefit from the generosity of so many area businesses year after year," Moffitt said.

Peter Mantangos from Mantangos' candies has contributed to the event since its inception. Every year he brings approximately 500 pounds of candy and seven flats of strawberries.

"I feel you have to give back and what better way than the Keystone services, which help so many people in their time of need?" he said. "We've all become so self-involved that we've forgotten what we're all about—helping and caring for others. I only wish I could do more."

This family-oriented event will also feature activities for the little ones, so feel free to bring along the kiddos. What better way to spend a Sunday afternoon in January?

Tickets can be purchased at www.keystonehumanservices.org/kp/chocfest.php or by calling Caitlyn Bear, 717-232-7509 ext. 162.

Locals Named "MDA Champions"

"MDA Champion" awards were given last month to several activists who have furthered the mission of the Muscular Dystrophy Association in the Harrisburg area. Awards were presented to:

- John Pritchett, a Harrisburg firefighter who coordinates the annual "Fill the Boot" Campaign and volunteers at MDA Summer Camp.
- Bob Noll, who, along with White's Harley Davidson of Lebanon, raised more than \$22,000 in 2009 as part of the Annual Ride For Life event.
- Larry Mummert, a member of Tall Cedars of Lebanon Harrisburg Forest #43, and a veteran fundraiser.
- Mike O'Brien, who was the director of the Annual Jack Gaughen Realtor Golf Tournament to benefit MDA.
- WHP-TV 21, which has been a long-time supporter of the Muscular Dystrophy Association.

Annual Tasting Event by Pa. Wine Society

Judging is finished, the winners selected and on Jan. 17 at the Hilton Harrisburg and Towers wine enthusiasts have the chance to sample 11 state-grown wines the Pennsylvania Wine Society has awarded for 2009 at the society's eighth annual tasting competition.

The society established the Pennsylvania Wine Excellence judging to encourage wineries to make classic wines with Vinifera and Chambourcin grapes. Eleven wineries entered 76 wines in the judging that was conducted in November, but just six wineries produced the 11 winning wines.

The winners: Allegro's Bridge and Cadenza; Chaddsford's Chambourcin and Pinot Noir; Galen Glenn Cab Franc; Manatawny's Cab Franc and Merlot; Pinnacle Ridge's '08 Chambourcin and Veritas; and Presque Isle's NV and Veritas. The society will announce the top wine at the event. Pinnacle Ridge won last year for its Veritas.

The society's board conducted the judging, led by Master Judge Gary Pavlis, wine consultant and oenologist at Rutgers University.

The event's speaker, Mark Chien, wine grape specialist for Penn State University, will discuss the 2009 wine-growing year's climate and harvest. Winemakers will discuss how they grow their grapes and make their wines.

"We have some wine growers in Pennsylvania that can stand up with California, Oregon, Washington and New York wine growers," said Frank Fritsch, a member of the society's board and the event organizer.

Pennsylvania Wine Excellence tasting, 3 p.m., Jan. 17, at Hilton Harrisburg & Towers, Market Square. For more information and to make reservations, visit www.winesociety.org.

Ring in 2010 with—Oink!

Pork on New Year's is an Italian tradition.

Rosemary Ruggieri Baer

My mother's sister, Catherine, affectionately known to us as "Cackie", introduced our family to Pennsylvania Dutch cooking. As a young woman pulled from school to help support her family, Cackie worked at a luncheonette on 3rd Street in Harrisburg called The Park Café, presumably because it was across from Capitol Park. Food was served cafeteria style with lunchtime customers filing through the line selecting Central Pennsylvania specialties. It was a busy place, and Cackie cooked and served. It was certainly hard work.

She went on to a 40-year career at the Patriot News, but not before we learned to love her pickled eggs, coleslaw and potato and macaroni salads. Perhaps she was also responsible for our traditional and very non-Italian New Year's Day dinner of pork and sauerkraut, said to bring good luck for the coming year. I continue to make this dish every year, hoping that the promise of good luck is true. I buy a very large pork loin and cook it for hours with sauerkraut, quartered apples and apple cider. Served with a big bowl of buttery mashed potatoes and fresh homemade applesauce, it is a once a year treat for us.

Native Italians also believe eating pork on New Year's will ensure good luck in the year ahead. Cotechino and lentils, a hearty and ancient peasant dish originating from the region of Emilia Romagna, is probably not well known in America. Cotechino is a fresh and fatty sausage made from ground pork, pork stomach, fatback, pork skin and seasonings. It must be soaked for several hours to remove excess salt and then boiled for several more before eating. Italians slice Cotechino into rounds and serve it with lentils and creamy polenta. The little brown lentils are shaped like tiny coins and for Italians signify hope for a bountiful and prosperous year. This is not a low fat dish, so perhaps one might also wish

for good health, despite this culinary indiscretion.

Pork is important to Italian cuisine in all seasons. Think of the many cured meats and sausages that grace the antipasto table, pale pink prosciutto and wonderful pancetta. Ground pork may find its way into meatballs, stuffed tortellini or your favorite Bolognese sauce. Pork dishes are perfect for the winter table, from rosemary- and garlic-studded roasts to pork stew with vegetables. I make a wonderful and simple weeknight pasta dish with nothing more than chopped bacon, onion and garlic and parsley sautéed in lots of good olive oil with a little tomato paste. Ah, the versatile pig!

And I love the humble pork chop, easily dressed up in many guises and so easy to prepare. A newly discovered favorite recipe comes from Giada DiLaurentis, who coats thick boneless pork chops with fresh Parmesan Reggiano cheese, then beaten egg, followed by seasoned dried bread crumbs. The chops are browned in hot olive oil until a beautiful brown crust forms on both sides. They are delicious.

The Tuscan recipe that follows below is one I have been making for more than 30 years from "Italian Cooking" by Mary Reynolds (1978). It is a comforting dish for a cold winter night and an excuse to buy a good Chianti.

Pork Chops in Wine (Braciole Di Maiale Ubriaco)

- Pat dry 4 lean, bone-in pork chops, about ½-inch thick and season with salt and pepper.
- Heat 2 or 3 tablespoons good olive oil in a large skillet and fry the chop for 3 or 4 minutes on each side until lightly browned. Remove to a plate.
- Add 2 tablespoons each of chopped garlic and fresh parsley to the skillet and sauté for 1 to 2 minutes.
- Pour in 1 cup of red wine, such as Chianti, and bring it to simmering.
- Return the chops to the pan, cover and cook gently for 15 to 20 minutes until tender.
- Arrange the chops on a serving dish and keep warm.

- Boil the pan juices rapidly, uncovered until they are reduced and thickened.
- Pour the sauce over the chops and serve with hot rice or mashed potatoes.

One note of caution: Pork is easy to overcook, and I have been occasionally accused of doing so. Today's pork is safe and can even be eaten slightly pink. And it will continue to cook a little when you remove it from the heat source. Now pour yourself a glass of the remaining Chianti and savor this dish from the hill country of Tuscany. It may not bring you good luck, but it will warm you on a cold winter night.

I wish all TheBurg readers a wonderful 2010!

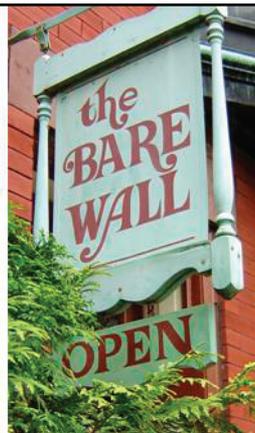


Rosemary Ruggieri Baer, a first generation Italian-American, grew up in Harrisburg and has spent her life perfecting her mother's country cooking.

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From Trash to Artistic Treasure

Your old gum wrapper? It may now be art.

Lori Myers

Martha Griffin Stanton finds inspiration in the bits, pieces, and throwaways of life; objects that others trash, leave by the roadside, or scatter along Riverfront Park.

While many strollers may walk by squashed plastic bottles or fast food wrappers without a second glance, Stanton takes the time to pick it up in her excited hands and consider its possibilities. With a little twisting, turning and a few brush strokes, she turns litter and junk into stunning art.

"I'm a recyclable artist," Stanton said. "My papier maché is environmentally friendly and kid-friendly."

With her dogs

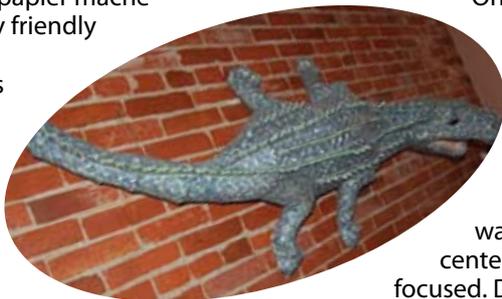
Jax and Gena trotting along beside her in her Green Street studio/home, Stanton creates with her own unique set

of art supplies that includes such items as chicken wire, milk cartons, paper towel tubes, toothpicks or paper plates. A coffee lid transforms into an animal's tongue, and a McDonald's drink holder magically becomes its paws.

And you know those cardboard strips that keep a shirt collar in place

when you buy them at a department store? You can look closely and see how it's been utilized in Stanton's majestic dollhouses. Many times she'll see discarded "stuff" and place it in her pocket or in a bag having no idea what she might use it for. Day, weeks or months may go by, and suddenly inspiration will hit. That worthless fragment, once dirty and forgotten, is now beautiful and useful.

"I have the ability to re-purpose everything I look at," she said. "I see a metal nut on the ground, and I think, 'Oh, there's an eye!'"



While scavenger art is Stanton's passion, it's also a

way she stays centered and

focused. Diagnosed

with disassociative identity disorder and having a high IQ, she uses her art as a healing tool and her studio—complete with an upstairs room paneled in cigar boxes—as a sanctuary. Instead of lamenting her fate, she's using it to propel her artistic passion.

"I can't help it," she said. "I amuse myself."

Scavenging is nothing new to Stanton. Years ago, while other children were searching the ground for coins or kittens in her hometown of Southampton, N.Y., Stanton was picking up trash and turning it into treasures.

Her parents didn't discourage her and immersed their daughter in art and artistic endeavors.

Stanton's public school offered a full range of creative programs, and she took part in everything she could; she sang, she danced, she acted.

Her father's family started the first paint shop in the United States, and Stanton divided her time between a group of Old World decorative painters and her mother's life-long passion, The Parrish Art Museum in Southampton. Stanton learned how to mix paint colors by eye and how to handle priceless works of art during exhibition installation. At Vassar College, she focused on art history, English and fine art and eventually transferred to The Fashion Institute of Technology.

A fourth

generation artist, Stanton has spent the majority of her life as a fine artist, decorative painter/custom fabricator, interior designer, sculptor and theatrical designer, lending her expertise to such area theater performance groups as Gamut Theatre, Theatre Harrisburg, Open Stage of Harrisburg, Hershey Area Playhouse, Little Theatre of Mechanicsburg and



Martha Stanton's Midtown home is filled with her creations made from found objects. At far left, a large lizard, constructed mostly from discarded paper and styrofoam cups, scales her exposed brick wall.

Harrisburg Opera Company.

After her daughter Emily was born, Stanton delved deeper into making sure her art materials were safe and "green."

"My daughter had to be able to eat the paste," Stanton laughed.

It helped that Stanton had a deep love of nature, which eventually led to her developing a new papier mache' process, which used a full range of recyclables. She began assembling full-scale animal sculptures, often of endangered species. Soon, many of her designs and assemblages were commissioned and, in 1996, four years after moving to Harrisburg, Stanton and her work were accepted into the "Art of the State" exhibition at the Pennsylvania State Museum.

While almost every nook and cranny of Stanton's studio is filled with her art, there is one item, she says, that best represents both her artistry and her life's challenges. It comes in the form of a shadowbox containing a female figure. It's made of recycled materials of course—small bells and the silver looped metal that used to hold together the pages of a spiral notebook.

"Her name is Mirabelle," Stanton mused. "She's a fire dancer. I love this because it reminds me that I always rise again."

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Music & Passion, Again in Fashion

TV shows spark renewed interest in ballroom dancing.

Jeffrey B. Roth



A couple takes a spin on the floor at PA DanceSport.

So you think you can dance? If not, you're in luck. With a resurgence of interest in ballroom dancing, local dance schools are responding by offering lessons in the most popular forms of the art.

Award-winning husband-and-wife dance team, Anthony and Christine (Tony and Chris) Kempf of Camelot Ballroom Dance School in Steelton, bring 35 years experience. Married 29 years, they offer private lessons for couples or individuals, for beginners to experienced dancers.

"I started with the Arthur Murray organization—I was a dance supervisor," Chris said. "That is where

Local Youth Ballet Gets New Director

Bonnie Schulte has been appointed Central PA Youth Ballet's director of strategic marketing and communications. Schulte has more than 20 years of strategic marketing experience in health care, publishing and post-secondary education industries.

She holds a bachelor's degree in business management from Webster University in St. Louis, with a dual emphasis in marketing and accounting. She lives in Carlisle.

[Tony] and I met. He was one of my students."

The Kempfs hold numerous dance titles: finalists in the New England Championships, the Mid-USA Championships, Florida State Championships and Virginia State Championships. And they have a room full of trophies for their efforts.

"We have had many coaches," Chris said. "We teach American and International style, ballroom and Latin, International competitive and American style competitive, and we teach social dancing."

Dancing is a family affair for the Kempfs. Nadia, one of their two daughters, competes professionally as a dancer. Alla, a college student, competes as a figure skater and made Junior Nationals in 2005.

"Students should consider why they are interested in taking dance lessons," Tony said. "Many are interested in social dancing. Others are interested in dance as exercise."

Lessons are by appointment. The Kempfs teach seven days a week, day and evening classes.

At another studio off HersheyPark Drive in Hummelstown, Harrisburg natives Mark Dostalik and Kevin Freedman run PA DanceSport Ballroom & Dance Center. They offer not only instruction, but also dance socials.

"I started taking lessons a while back as a hobby," Freedman said. "The more lessons I took, the more I found it interesting. I also found there were not many places to dance."

They opened the business six years ago as a place to dance, but after doing some research,

they discovered a need for a ballroom dance school, which offered both private and group lessons. Interest has grown, partly because of popular television dance competitions, but also because of the social and health aspects that dancing fulfills, Freedman said.

"During the last five years, it has really picked up," he said. "The TV shows have helped a bit. That has had a larger impact in larger cities directly because of the shows. Here, it has had more of an indirect impact."

Ballroom dancing encompasses smooth dances—the waltz, tango, foxtrot, quick step; rhythm dances, which include Latin dances of salsa, rumba, bolero and others; and the east/west coast swing dances—the Lindy and the Charleston, Freedman said.

"We have tried to get schools on board with programs, but we have not had much success with that so far," he said. "We have worked with some schools on a hit or miss basis. We're still trying."

One of their students is indirectly helping dance reach the schools. Teacher Jane Wolf said she shares her enthusiasm for ballroom with her students at J.P. McCaskey High School in Lancaster.

PA DanceSport occupies 5,000 square feet at 585 E. Main St., where seven instructors keep current

with the latest steps, teaching students of all ages—from children to the elderly—technically sound ballroom, social and belly dancing, as well as some country line dancing and hip hop.

"We have people who are just starting off and people who have danced for a long time," Freedman said.

Lebanon resident, Susan Kretovitch, has been a ballroom dancing student for four years.

"I came here as a beginner," she said. "It's a good activity for singles."

Every Wednesday and Friday, DanceSport has public dances. Included in the admission price are group dance lessons, but private lessons are the best way to learn, Freedman said.

"In group lessons, we usually incorporate two or three dances at a time and then change it up from one month to the next," he said. "Most of the group lessons are for beginners, but eventually, if you stick with it, you will want to consider private lessons."

For Camelot Ballroom Dance School, visit www.camelotdance.com or call 717-939-7796; for PA DanceSport Ballroom & Dance Center, visit www.paDanceSport.com or call 717-585 0571.

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Happenings

Horses and Music and Bigfoot—Oh My!

The middle of winter. Not a favorite time of the year for many, even if the frozen Susquehanna River does have a certain majesty.

The good news: January in the Harrisburg area is not lacking for great indoor activities.

The Christmas decorations are barely back in the box when the annual state **Farm Show** arrives. For a week, starting Jan. 9, the outdoors comes inside, complete with farm animals, machinery, sporting goods, baking contests, sheep shearing, a rodeo and so much more—in an atmosphere more like a carnival than a trade show.

Not into the ag scene? You're in luck! Check out "3rd in The Burg," a new initiative by a group of downtown and Midtown galleries, venues and shops. They'll open late the third Friday of each month and feature special—often free—events, music and more. The kick-off is on Jan. 15.

Otherwise, **Art Association of Harrisburg's** January exhibit, "Figuratively Speaking," is a must-see, featuring art with the human form as a unifying theme. At **Midtown Scholar**, photographer Matthew Murray gives a lecture on Jan. 14 in conjunction with his exhibit, "The Things We Left Behind."

On the music front, definitely check out the **Harrisburg Men's Chorus** winter concert, "We Are Made For Music," on Jan. 23 and 24 at the Harrisburg Midtown Arts Center. The concert will feature a wide range of music—Vivaldi, Schubert, Irving Berlin, Cole Porter, Disney and more. The **Harrisburg Symphony Orchestra** also has several eclectic concerts in January.

But perhaps you're looking for something a little different. Two suggestions: an Elvis birthday tribute at **Whitaker Center** on Jan. 9 and then, on Jan. 29 and 31, the Bigfoot Film Festival at the **Ned Smith Center for Nature and Art** (yes, it really is about Bigfoot).

In January, theater in Harrisburg takes a bit of a breather. But there still are many great exhibits, shows and concerts to enjoy. Just peruse these pages for many good reasons to head out on to the town.

The Stage Door

HACC TheatreWorks
One HACC Drive, Harrisburg
717-231-ROSE; www.hacc.edu/theatre

No shows scheduled for January.

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

No shows scheduled for January.

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

No shows scheduled for January.

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

No shows scheduled for January.

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

"A Shot in the Dark," Jan. 22–Feb. 7.

Popcorn Hat Players at the Gamut
3rd Floor, Strawberry Square, Harrisburg
717-238-4111; www.gamutplays.org

"Robin Hood," Jan. 20–Feb. 20.

Rose Lehrman Arts Center
One HACC Drive, Harrisburg
717-231-ROSE; www.liveatroselehrman.org

Cuartetango, Jan. 28.

Theatre Harrisburg
Sunoco Performance Theater, Whitaker Center
222 Market St., Harrisburg
717-214-ARTS; www.theatreharrisburg.com

"Harrisburg Superstar." Sixth annual Harrisburg Superstar talent competition. Semifinals: Jan. 23. Finals: Jan. 30.

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

"Remembering Elvis: A 75th Birthday Tribute Concert," Jan. 8.



Photo courtesy, Harrisburg Men's Chorus

The Harrisburg Men's Chorus performs two shows this month at HACC Stage on Herr, Jan. 23 and 24.

Museums & Art Spaces

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

Invitational Exhibit, featuring artists Beverly Spitzer, Elaine Brady Smith, Amy Richardson and Ruth Terrill. Through Jan. 7.

"Figuratively Speaking," interpretations of the human form, Jan. 15–Feb. 11. Reception: Jan. 15, 5–8 p.m. Music by Hal and Felicity Fox.

ArtHouse Lounge
217 N. 2nd St., Harrisburg
717-236-2550; www.arthouselounge.com

New artists include photographers Paul Duda, David Lee Fish, Tone Palermo, Leann Leiter, Elena Jasic, Ron Barrick and Matthew Murray; sculptors Charlie Barton and Juan Mejias; and jewelry artist David Wright.

Also showing: "The Best of the West by PIPER," a photography exhibit, Jan. 15, 6–9 p.m.

Arts at 510
510 N. 3rd St., Harrisburg
717-724-0364; www.artsat510.com

Mixed media paintings by Susan Gottlieb. Also, magazine prints and maps from the mid-1800s of the Harrisburg area. Exhibit opens Friday, Jan. 15, 5:10–7:10 p.m. Music by 510 Express.

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

"Magnificent Minds," featuring the art of people with mental illness. Opening and reception, Jan. 9, 2–4 p.m. Music by Jonathan Frazier on Jan. 9. Frazier also performs Jan. 15, 7–9 p.m.

Harsco Science Center
Whitaker Center, 222 Market St., Harrisburg
717-214-ARTS; www.whitakercenter.org

Holiday Trains and Trees Display. Decorated trees, surrounded by toy train sets. Free with Science Center admission. Until Jan. 3.

Midtown Scholar/Yellow Wall Gallery
1302 N. 3rd St., Harrisburg
717-236-1680; www.midtownscholar.com

"Abandoned America," photographs by Matthew Murray, in conjunction with his book, "The Things We Left Behind." Through Jan. 31. Artist's lecture: Jan. 14, 7 p.m. Meet the artist, Jan. 15.

National Civil War Museum
One Lincoln Circle at Reservoir, Harrisburg
717-260-1861; nationalcivilwarmuseum.org

"More Deadly than Bullets: Illness & Disease in the Civil War." Through March 1.

Radius Gallery
300 North St., Harrisburg
717-787-5590; www.radiusgallery.com

Featured showcase: "Turn a Cheek: Face Pottery." Through Feb. 28.

Featured craftsman: Lisa Gallagher of Ephrata, jewelry. Open house: Jan. 3, 1–3 p.m.

Rose Lehrman Art Gallery
One HACC Drive, Harrisburg
www.hacc.edu/RoseLehrmanArtsCenter

"This Is Not Cuba," images by Colette Gaiter, Jan. 13–Feb. 5. Reception: Jan. 21, 1 p.m.

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

"Voices: African American and Latina Women Share Their Stories of Success," featuring 50 accomplished women. Through March 7.

"Wind Titans," a photo essay by State Museum photographer Don Giles, who visited five wind farms to document 21st century "wind titans." Through May 2.

"The Fine Art of Giving," a selection of artwork given to the museum. Through June 30.

Susquehanna Art Museum
301 Market St., Harrisburg
717-233-8668; www.sqart.org

"Metamorphosis," the work of abstract expressionist Ben Herr. Through Jan. 24.

Doshi Gallery: "ion, ism and ic," non-injured members' show. Through Jan. 3.

"Magnificent Minds" Shows at Gallery Blu

Starting Jan. 9, Gallery Blu will feature "Magnificent Minds," a special exhibit featuring the art of people with mental illness.

Magnificent Minds is the brainchild of Midtown resident Syngred D. Briddell, a social worker for Dauphin County Crisis Intervention.

"I've wanted to do it for years," she said. "I grew up seeing how therapeutic art can be."

Briddell, who has a master's degree in social work, chose her career because "I love helping people and I thought that was my natural inclination."

She likes to tell the story of when she was a child and getting separated from her mother at the store only to be found by her mother in the ladies restroom, comforting a crying woman.

"My mother tells me I was born a social worker," Briddell said.

Gallery Blu, 1633 N. 3rd St., 717-234-3009, www.galleryblu.org. Opening and reception: Jan. 9, 2–4 p.m.

“3rd in The Burg” Debuts in Harrisburg

Mark your calendars! On Jan. 15, there will be something new in Harrisburg.

A group of downtown and Midtown businesses has launched “3rd in The Burg,” an evening of special events at many Harrisburg cultural venues, the monthly event sponsored by GreenWorks Development and the participating businesses.

On the third Friday of each month, you’ll discover fascinating art, music, crafts and more at some of the city’s most popular, interesting and unique galleries, venues and shops. In addition, many of the locales will feature music, appetizers and beverages—often offered very cheaply or for free.

For Jan. 15, 3rd in The Burg activities will include:

1. *Art Association of Harrisburg*—Debut of “Figuratively Speaking,” representations of the human form, works in all styles. Opening takes place 5–8 p.m.

2. *ArtHouse Lounge*—Photography exhibit, “The Best of the West by PIPER,” 6–9 p.m.

3. *Artsat510*—Gallery features mixed media paintings by Susan Gottlieb, as well as Harrisburg-area maps/prints from the mid-1800s. Open 5:10–7:10 p.m.

4. *Gallery Blu*—The Magnificent Minds Project, featuring the art of people with mental illness, 7–9 p.m.

5. *HMAC/Stage on Herr*—In concert: A.D. Chandler w/ Work in Progress, 9 p.m.

6. *The HodgePodgery*—A Midtown shop with funky homemade objects and crafts. Open until 9 p.m.

7. *Midtown Scholar/Yellow Wall Gallery*—“Abandoned America,” photographs by Matthew Murray. Meet the artist. Open until 9 p.m.

8. *SPRAMA.design*—Come see the design studio’s collection of music- and theater-inspired art. Open until 9 p.m.

For more details, check out our back page. You can also visit www.ThirdinTheBurg.com. See you there on Jan. 15!

Live Music around Harrisburg

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

Jan. 5: Project/Object w/Ray White & Ike Willis
Jan. 8: The Thrives, CD Release party w/ The Sketties and Adamo Drive
Jan. 9: Aaron Daniel Gaul
Jan. 15: A Perfect Betrayal and guests
Jan. 16: Juggling Suns
Jan. 22: Earl Pickens and Family w/ The Slackwater News
Jan. 23: Driving Vegas w/ Trip McNeely
Jan. 28: Jah Works
Jan. 29: Mark DeRose band w/ guests
Jan. 30 ...soihadto.../Pan.A.Cea/East Hundred Every Thursday, Open Mic Night

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

Jan. 2: Noel Gevers
Jan. 7: Giovanni Traino
Jan. 8: Wade Preston from “Movin’ Out”
Jan. 9: Ted Ansel
Jan. 13: Mark Zangrilli
Jan. 14: Noel Gevers
Jan. 15: Giovanni Traino
Jan. 16: Anthony Haubert
Jan. 21: Giovanni Traino
Jan. 22: Ted Ansel
Jan. 23: Noel Gevers
Jan. 28: Chris Novak
Jan. 29: Ted Ansel
Jan. 30: Anthony Haubert Every Tuesday, Open Mic Night

Ceoltas Irish Pub
310 N. 2nd St., Harrisburg
717-233-3202; www.ceoltasirishpub.com

Jan. 2: The Love Haters
Jan. 8: Whitebread Band
Jan. 9: Decade 8
Jan. 15: Coast is Clear
Jan. 22: Shots McGee
Jan. 23: Kenton Shelley Band
Jan. 29: Goodbye Horses
Jan. 30: Calling All Saints

Char’s Bella Mundo
540 Race St., Harrisburg
717-213-4002; www.charsbellamundo.com

“Jazz Wednesdays,” with special wine menu

Clover Lane Coffee House
1280 Clover Lane, Harrisburg
717-564-4761; www.harrisburguu.org

Jan. 15: Hungrytown

Dragonfly Club
234 N. 2nd St., Harrisburg
866-468-7619; www.dragonflyclub.com

Jan. 9: Nasty Nate and the Sexual Offenders
Jan. 15: The Machetes
Jan. 29: Miranda
Jan. 30: Knuckleduster

The Fire House Restaurant
606 N. 2nd St., Harrisburg, 717-234-6064
www.thefirehouserestaurant.com

“Throwback Saturdays,” barbershop quartets

Gullifty’s Underground
1104 Carlisle Rd., Camp Hill
717-761-6692; www.gulliftys.net

Jan 9: Julian Fist
Jan 15: Jeffrey Gaines
Jan 23: Vinyl Groov

H. Ric Luhrs Performing Arts Center
Shippensburg University; 717-477-7469
www.luhrscenter.com

Jan. 29-30: Aga-Boom

Harrisburg Symphony Orchestra
The Forum, 5th & Walnut streets, Harrisburg
717-545-5527; www.harrisburgsymphony.org

Jan. 9-10: “Broadway Rocks!”
Jan. 22-23: “Rising Stars Competition”
Jan. 30-31: “Winterscapes”

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

Jan. 8: Alexandra Day hosts Philly Songwriters
Jan. 9: Indian Summer Jars
Jan. 15: Flint Zeigler
Jan. 16: Aaron Daniel Gaul
Jan. 22: Nate Myers and The Aces
Jan. 23: Mike Miz Duo
Jan. 29: Stacey Dee
Jan. 30: Batida

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

Jan. 2: Colebrook Road
Jan. 7: Moe Hill
Jan. 8: Hollis Brown w/the Swaines
Jan. 9: Nina Scarcia w/Case 150
Jan. 10: Soul Comedy Cafe
Jan. 14: Mightychondria
Jan. 15: A.D. Chandler & Work in Progress
Jan. 16: Dixie B-Liners
Jan. 17: Crooked Still
Jan. 21: Evening of Singer/Songwriters
Jan. 22: Clinton Curtis & Jess Klein
Jan. 23: Harrisburg Men’s Chorus (evening)
Jan. 24: Harrisburg Men’s Chorus (afternoon)
Jan. 28: Indian Summer Jar
Jan. 29: Tony Ryder w/3 a.m. Megan & The Wheelmen
Jan. 30: Greatest Funeral Ever Every Wednesday: Open Mic Night

Midtown Scholar/Famous Reading Café
1302 N. 3rd St., Harrisburg
717-236-1680; www.midtownscholar.com

Every Thursday: Open Mic Night

Morgan’s Place
4425 N. Front St., Harrisburg
717-234-8103; www.morgans-place.com

Jan. 8: Not Guilty
Jan. 9: Jewett Brothers
Jan. 15: Strange Eden
Jan. 16: New Experience
Jan. 22: Shea Quinn
Jan. 23: John Michaels Band
Jan. 29: Don Johnson Project
Jan. 30: Ross Brown Band

Rose Lehrman Arts Center
One HACC Drive, Harrisburg
717-231-ROSE; www.liveatroselehrman.org

Jan. 22: Richie Havens

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

Jan. 2: Don Johnson Project Band
Jan. 9: Cruise Control Duo
Jan. 16: Funktion With Robin McClellan
Jan. 23: Shea Quinn and Steve Swisher
Jan. 30: Music Thru Science

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

Jan. 2: Steve Forbert
Jan. 16: Average White Band and WAR

Special Events

Jan. 4: Swearing In. Harrisburg Mayor Linda Thompson and the new City Council are sworn in to office. 9 a.m. The Forum. See p. 5 for complete list of related events.

Jan. 9–16: The Pennsylvania Farm Show. The 94th annual show, featuring nearly 6,000 animals, 10,000 competitive exhibits and 270 commercial exhibitors. 8 a.m.–10 p.m. Pennsylvania Farm Show Complex & Expo Center, Harrisburg. www.farmshow.state.pa.us

Jan. 12: Second Tuesdays at Seven. “A Snapshot of Harrisburg circa 1860,” presented by Dr. Michael Barton. Harris/Cameron Mansion, 219 S. Front St., Harrisburg. 7 p.m. Free. www.dauphincountyhistory.org

Jan. 15: 3rd in The Burg. A group of city venues opens late, featuring special events and entertainment. For more information, see the back page of TheBurg and other articles in this issue.

Jan. 17: Folk Music Coffeehouse. An evening showcasing central Pennsylvania’s amateur acoustic musicians. Centennial Barn, Fort Hunter Mansion and Park. 7 p.m. Free. www.sfmfolk.org

Jan. 23-24: “We Are Made for Music.” The Harrisburg Men’s Chorus presents its winter concert, featuring a wide variety of musical styles. HMAC Stage on Herr, 268 Herr St., Harrisburg. \$15 general admission. Jan. 23, 8 p.m.; Jan. 24, 2 p.m. 717-236-3809. www.harrisburgmenschorus.org

Jan. 27-31: Pennsylvania Auto Show. The annual event, a midstate favorite, returns. Pennsylvania Farm Show Complex & Expo Center, Harrisburg. www.pafarmshowcomplex.com

Jan. 29 and Jan. 31: Bigfoot Film Festival. Explore the anomaly of Bigfoot and other natural folklore, as well as the diverse interpretations of Bigfoot in film. Ned Smith Center for Nature and Art. 717-692-3699. www.nedsmithcenter.org

The Top 10 of 2009

Take in one of Kevyn's funky film faves.

Kevyn Knox

Another year ended and a new one just begun. That means it's time for the film critic's most anticipated (and sometimes dreaded) annual obligation—the Top 10 list. A yearly look back at the hundreds of films seen throughout the year and a frenzied shuffling around to narrow the list down to just 10 films. I, for one, love this annual ritual and wait eagerly for it to come around. So without further ado, I give you my Top 10 for 2009.

1. **Inglourious Basterds.** This highly anticipated World War II movie from the bastard king of modern cinephilia, Quentin Tarantino, is a giddily glorious romp through film history and a deconstruction of the entire genre of war movies. Playing rather fast and loose with the facts (QT's take on WWII may be the slightest bit historically inaccurate!), the strangely spelled *Inglourious Basterds* is a film lover's dream from the Sergio Leone beginning to a Edwin S. Porter finale.

2. **Antichrist.** This film rallied as many boos and hisses as it did cheers and applause when I first saw it at a New York Film Festival press screening back in September. Ostentatious and quite pretentious, von Trier's decisive tragedy about an unnamed couple coping with the recent death of their child is both beautiful and deplorable.

3. **The Hurt Locker.** What director Kathryn Bigelow shows is a group of three men, a bomb disposal crew,

going through their daily routine in the cragged streets and bombed-out countryside of Baghdad. More than war, this intense film is about the psyche of human nature.

4. **Public Enemies.** The New York Times described *Public Enemies* as "a grave and beautiful work of art." Digitally filmed and let loose with a ferocity of cinematic chutzpah, Michael Mann's criminal epic is an astounding work of elegant tragedy and guttural panache.

5. **Red Cliff.** In its truncated 2-hour-and-40-minute version (the one making its way across U.S. theaters as we speak), John Woo's film is a fully-functioning brilliant work of high brow martial arts actioneering.

6. **Tetro.** After years and years (and years) in a sort of cinematic funk, the man who made "The Godfather" and "Apocalypse Now" makes a triumphant return to quality filmmaking with what may be his smallest and most intimate picture to date. Filmed on digital video (to the public chagrin of his filmmaker daughter), "Tetro" is nonetheless a love letter of sorts to classic cinema—something this nostalgic cinephile cannot resist.

7. **Watchmen.** Widely panned, or at the very least widely ignored, this graphic novel turned motion picture spectacle is truly a wonder to behold. Zack Snyder, like many in his new generation of filmmaking, has turned to the comic book

as artistic outlet and has begun turning the genre into a respectable cinematic platform. Iconic director Werner Herzog once said "Film is not analysis, it is the agitation of mind; cinema comes from the county fair and the circus, not from art and academicism." "Watchmen" ends up as the perfect blend of both.

8. **Drag Me To Hell.** After a decade or so working within the Hollywood system (and making some of the top-grossing films of all time), Sam Raimi has gone back to his "Evil Dead" horror movie roots. The only difference now is that his bankroll is much higher and his film is a smoother work of art. Schlocky B-grade minded art, but schlocky B-grade minded art of a fun kind.

9. **Gomorrah.** Thanks to Academy Award-winning director Martin Scorsese, U.S. moviegoers finally got to see this exciting, disturbing and quite honest portrayal of the Sicilian mob. Based on the Mafia memoir by Robert Saviano (who incidentally is still in hiding from those he wrote about), "Gomorrah" is a brutal, nasty look at gang warfare that ditches theatricality to the wayside for an

intensely realistic dramatic flare.

10. **Star Trek.** I had grave reservations but hopeful expectations about this rebooting of the Star Trek universe, but J.J. Abrams has outdone any and all expectations. And we get to see Leonard Nimoy back where he belongs—in the role of Spock.

Well, that's it for 2009. Next time we'll discuss some new films on the horizon, as well as take a look at this year's Academy Award nominations. Until then, take in some movies—I know I will.



Kevyn Knox is a film critic + historian. His reviews can be read at www.thecinematheque.com.

Dali Quartet to Aid Young Musicians

Harrisburg School District and Harrisburg Symphony Orchestra will partner with the Dali Quartet to bring these musicians into Harrisburg schools for a program known as "The Dali Project."

Dali Quartet musicians will work with 10 students from SciTech High School for five sessions. The students will receive specialized attention on their instrument and other instruction. The workshops are made possible by a grant from the Children's Home Foundation of Harrisburg.

HSO Gets Bequest

The Harrisburg Symphony Orchestra has received a large bequest from the estate of Marie Graupner Elias.

The \$205,000 bequest will be designated primarily to bolster the Symphony's endowment, but will also be used to sponsor concerts on the orchestra's Masterworks Series and to support other programs.

Soulful Female Singers Sought

Midtown resident Latifah Shabazz sang in high school and church choirs as a teenager. Now, at age 55, she's forming a "soulful" female *a cappella* singing and percussion group, and she's looking for singers.

Shabazz seeks adult women from diverse cultures and backgrounds, who love to harmonize, to join the volunteer singing group. The goal is to gather for social singing in a fun, relaxed setting twice a month. Rehearsals start in January, from 6:30 to 8:30 p.m. every 2nd and 4th Monday of the month.

For more, e-mail Shabazz at iamgrateful1@verizon.net.

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A Different Type of Service

“Alternative Worship” has appeal to the young & urban.

Beth Hager



Rev. Kelly Wiant-Thralls lights candles to begin the AWE service.

A young minister, relaxed and wearing jeans, stands at an improvised altar carefully covered in shimmering fabrics with 20 candles of varying heights and soft colors. She lights a tapered candle and, while handing it to the nearest person, issues a welcome.

“You are invited to light a votive to represent the spirit that you bring to this community.”

So begins a new Sunday evening worship service at Market Square Presbyterian Church on 2nd Street near Chestnut Street downtown. “An Alternative Worship Experience at Market Square,” or AWE, began in early 2009 after a year of planning and input by focus groups meeting in area coffee houses. Market Square Presbyterian Associate Pastor Kelly Wiant-Thralls and church member Dale K. Laninga co-conceived the service.

“We were looking to create an experience that would attract younger people and renew others who were not attending other services,” Laninga said.

Wiant-Thralls, who has served Market Square Presbyterian for nearly 10 years, went on sabbatical in 2007 and visited Louisville, Ky., where she met several colleagues who were starting new churches and alternative worship services. Inspired to create a new service back home, she envisioned an

opportunity that would appeal to young people, yet welcome all ages and faiths in Harrisburg.

Within days of returning to Pennsylvania, Wiant-Thralls was contacted by Laninga, a church elder, who—coincidentally—had also been exploring new worship formats. They were delighted to find they had the same new “idea,” and the process of organizing a new service began, with the guidance and support of Market Square Presbyterian’s church leadership.

In preparation, Wiant-Thralls and Laninga convened focus groups, observed alternative worship services first-hand in Philadelphia and Chicago and were influenced by what is known as the “emerging church,” an international movement that emphasizes community, personal experience and mission-driven interaction and practice.

The results at Market Square Presbyterian are diverse and thematic AWE services firmly grounded in Christianity and Presbyterianism that also feature references and readings from a wide variety of religions, including Judaism and Buddhism, as well as practices such as guided meditation.

Each service observes a format that simply follows four concepts: Gathering the Community, Nourishing the Spirit, Reflecting on the Journey and Continuing the Journey. But, within that structure, the activities, discussion, music and meditation are always different. The experience may include readings, interpretations of scripture by participants, small group discussions or creativity exercises. Wiant-Thralls leads the gathering but does not deliver a sermon, the usual central feature of worship.

“We really feel that people are wanting an interactive and participatory service beyond listening one-way to a sermon,” Laninga said.

Wiant-Thralls agreed: “It’s a service rooted in tradition, yet the participants own the components.”

AWE is held in a large and inviting upstairs room at Market Square Presbyterian at 6 p.m. every other Sunday evening. Participants sit in comfortable upholstered chairs and couches, roughly in a circle. The décor is an intentional part of the service and is changed each week to reflect the week’s theme. Said Wiant-Thralls: “The space dictates the service and vice versa. We use different tactile fabrics and fragrant candles to create a space that feels ‘set aside,’ holy and special.”

Participants are encouraged to bring their own mug as a pot of coffee brews quietly in the background. Following the service, a shared light meal is served. The offering supports the ministries of Market Square Presbyterian and a local non-profit charity selected by the AWE planning committee. Charities that have recently benefited include Hospice of Central Pennsylvania, Brethren Housing Association, Common Roads and Contact Helpline.

Perhaps the only alternative worship service in the Harrisburg area offered by a main line denominational church, AWE was designed as a complement to Sunday morning services. About 25 to 40 people of all ages and backgrounds and various faiths have been attending—many are not members of Market Square Presbyterian or regular attendees of local church

services. This is in line with findings released in December 2009 by the Pew Forum on Religion and Public Life that found that 25 to 30 percent of churchgoers are going to an additional service and sometimes to different faiths.

“We’re really excited to see the community become involved and embrace this service,” Wiant-Thralls said. “It’s actually giving people a chance to practice what they are dreaming.”

This year’s winter/spring AWE services at Market Square Presbyterian Church, 20 S. 2nd St., Harrisburg, begin at 6 p.m. and are held every two weeks from Sunday, Jan. 17 through May. For more information, visit “An Alternative Worship Experience at Market Square” on Facebook or www.marketsquarechurch.org.

Beth Hager, development director at The State Museum of Pennsylvania and the Pennsylvania Heritage Society, attends Market Square Presbyterian’s AWE services and lives with her husband, Ralph Spotts, and dog Spike in New Cumberland.

For since the creation of the world his invisible attributes—his eternal power and divine nature—have been clearly seen, because they are understood through what has been made. So people are without excuse.

Romans 1:20

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Harrisburg Revs Up Parents Academy

The Harrisburg School District's Parents Academy held its first meeting last month, hoping to draw parents deeper into their children's education and lives.

Initial workshops include training on family communication, monitoring of student learning and activities, discipline skills and drug and alcohol prevention. Parents who attend these sessions then become resources for other classroom parents.

Future workshops will include training for all parents in parent leadership, special education concerns, school curriculum, technology, nutrition, early childhood and college and career preparation.

"What we see is a positive trend of parental engagement, which is absolutely critical to a student's academic success," said former Mayor Stephen Reed. "This is the genesis of the new parent academy on which planning work has been underway for some time."

For more information, contact Valerie Gates, director of the program, at 717-554-5712.

SciTech Ready to Accept Applications

Planning to send in an application for a spot at SciTech High for next school year? The application window opens Jan. 19 and closes Feb. 4.

Moreover, there's one more chance to attend an open house, which takes place at the school on Jan. 9, 11 a.m.-noon.

Students will be notified of their admissions status on or about March 12. SciTech High is a unique, rigorous college preparatory academic program that operates in conjunction with Harrisburg University.

More information and applications are available at SciTech High, 215 Market St.; the Harrisburg School District, 2101 N. Front St.; and at www.hbgisd.k12.pa.us/scitechhigh.

High Schoolers Can Earn College Credit

Harrisburg University of Science and Technology is offering high school students a chance to earn college credits by enrolling in the University's College in High School -Dual Enrollment program. Through this program, students may earn high school and college credit simultaneously.

Dual enrollment courses offered in the spring 2010 semester include: Introduction to Game Development, Introduction to the World of Business, and Information Technology Innovations.

Visit www.harrisburgu.edu/academics/high-school for additional courses. For more information, contact the Office of Admissions at Connect@HarrisburgU.edu or 717-901-5101.

HU Program Offered at Intermediate Units

Harrisburg University of Science and Technology will begin offering its 36-credit Learning Technologies Master of Science program off-campus.

The program is undertaken in partnership with several Intermediate Units in central Pennsylvania, including the Harrisburg location for the Capital Area IU and Lancaster-Lebanon IU in Lancaster.

This program is a one-of-its-kind in the region, and a key element is the use of technology to integrate and develop new ways of learning and ways to assess learning, as well as to explore new approaches to work with an emphasis on collaboration. The degree is a blend of theory and practice that develops skills that can be applied to complex education and training issues.

For more information, contact program director Andy Petroski at 717-901-5167 or Apetroski@harrisburgu.edu. More information about the LTMS program is found online at www.harrisburgu.edu/learningtechnologies.

Furry First Aid

Bad things can happen to Fido. Please be prepared.

Todd Rubey, DVM

Pet owners can do a number of things at home to take care of and treat minor injuries to their pets. First aid is an important step in maintaining the health of your beloved pet.

Numerous first aid kits are available on the market. I recently looked up the availability of kits online and found hundreds of options out there. The price ranged from \$20 to several hundred, depending on what you need. General kits are available for all pets, and specialty kits can be bought for working dogs and for cats.

It is also relatively easy to make up your own first aid kit at home. A list of supplies to put in it are as follows: thermometer, gauze/bandages, cotton balls, ACE wrap, waterproof tape, fleece blanket, tweezers/hemostats, scissors, collapsible bowls, canned dog/cat food, saline, eye wash, cold pack, latex gloves and antiseptic wipes. Also, over-the-counter medications can be put in the kits, as can Hydrocortisone cream, Tagamet (Cimetidine) or triple antibiotic ointment (Neosprin). Speak with your vet before administering to avoid toxicities or over-dosages. Have an emergency list of phone numbers and contacts, such as your veterinarian's, neighbors', spouse's cell number, etc.

Some or all of these things can be gathered together and kept in a box that is clearly marked, kept out of reach of children and easily

accessed. Routinely check your kit for the expiration dates of the medications and the general states of the materials and supplies.

The idea of a first aid kit, whether for humans or pets, is to provide treatment for simple injuries or help in stabilization of more severe injuries until appropriate help can be received. Simple wounds like cuts and scrapes should be readily cleaned with an antiseptic cleaning solution like iodine or with hydrogen peroxide or soap and water, if that is all that is available. In the case of furry animals, it is a good idea, if possible, to clip the hair around the area. Hair holds dirt and grime and can seriously inhibit healing. If the wound is deep or bleeding significantly, bandaging may be necessary. The type of bandage depends on the location of the wound, as well as size. If a wound requires bandaging, it is important to get the pet to a veterinarian as soon as possible for further treatment. Applying a pressure wrap or bandage, if done incorrectly or left on for too long, can cause serious complications.

Twists, sprains or other leg injuries are common household ailments of pets. The most important thing to do is to try and keep the pet's activity to a minimum. We humans are told to lie down and elevate our foot or arm. Unfortunately that doesn't work for Fido. Try keeping that 90-pound lab down with his leg elevated on

something—yeah right. Instead, keep activity level to a minimum—no running, jumping or playing with other pets or kids. Leash walks should be only for very short periods of time. You can ice-pack the injured limb. It decreases swelling and can help with the pain. Holding it on the affected leg for 10 minutes or so can make a lot of difference.

Serious injuries, like those suffered after being hit by a car, can benefit from first aid as well. The most common problem is shock. The signs of shock include: pale mucous membranes (gum color not pink), decreased body temperature (a dog's normal temperature is 101-102 degrees), rapid heart rate (150-200 beats per minute, depending on the dog), rapid respiration (over 25 breaths per minute), dilated pupils and non-response to stimuli. First aid for shock includes getting the animal warm by wrapping in a blanket, keeping him or her quiet, establishing an airway if possible, controlling bleeding to the best of your ability, calling your vet and transporting the animal as quickly as possible.

Remember, an animal in shock probably will not recognize its owner and may be pretty freaked out. He may bite out of pain or fear. It is important to talk to your animal in a calm and quiet voice. CPR is also an option for our four-legged friends. The principles are the same with some modifications to the techniques. Ask your veterinarian about learning this potentially lifesaving procedure. Lastly, if you have any question or feel any discomfort in doing something, you're probably better off not doing it—get help immediately.

We all have the capability to do simple first aid for our pets. It is important to not panic. Take your time, remember to breathe yourself. Don't be in a hurry. That extra second that you breathe and relax can make a huge difference to your pet.



Todd Rubey, DVM, a veterinarian for 12 years, works for the Colonial Park Animal Clinic.



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The Next Level in Life

In a rut? Just need guidance? A coach could help.

Marcia Rynearson

Tiger Woods is the undisputed greatest golfer in the world, possibly the best to ever play the sport. He doesn't need a coach, right? WRONG. Even Tiger has hired a coach to push him to be the best. Exceptional athletes have long known the power of coaching. Now, more and more people are discovering that coaching isn't just for great athletes.

The result of this discovery is explosive growth in the coaching industry. Personalalchemy.org states that, in the last 15 years, coaching is the fastest growing profession after information technology. And one out of every five Fortune 500 companies reported that they have a coach for their senior executives.

Just as in sports, coaching in business and life provides a valuable objective perspective. A coach will recognize your special talents and shortcomings, then provide strategies and tactics for maximizing

talents and enhancing areas where growth is desired or needed. A coach will provide education and training, set goals, expand your comfort zone, and most importantly, hold you accountable for development, growth and achievement.

Robb had been in business for 15 years, but has never seemed able to get his sales beyond \$500,000. Whenever he got to this point, things would get out of control. He didn't have time to spend on selling new work so things slowed down. Then he'd lay someone off and do it all over again. Through coaching, Robb was able to hire and develop key members of his team and delegate work to them. This allowed him to concentrate on sales and on managing the business. Within a year, Robb had exceeded his past sales threshold by 50 percent.

If you do the work that your coach will require, then you will

definitely benefit from coaching. The question is: what type of coach do you need? This is not a "one size fits all" industry. Here are three common types of coaches:

- **Business Coaches:** These coaches work with business owners on all aspects of their businesses.
- **Executive Coaches:** These types of coaches work with the leaders or managers of an organization to help improve job performance and assist with career success and promotion.
- **Personal Coaches:** These types of coaches work with individuals to make positive changes in their lives and relationships.

Regardless of the type of coach you hire, your relationship with your coach is a personal one. Make sure you take care in selecting your coach. Some questions to ask are:

- What is your background?
- How long have you been coaching?

- What is your performance improvement process?
- How do you measure success?
- Can you share results from clients?
- Do you provide references?
- Have you ever turned down a potential client? Why?
- Can you describe how you work with your clients?
- What do you believe is the number one reason that people or businesses are not successful?

If you are ready to overcome your personal barriers to success, to enhance your knowledge and skills, to improve your job performance and/or personal relationships, to take your business to a whole new level ... then hire a coach.

Marcia Rynearson is a Gold Master Coach for ActionCOACH of Central Pennsylvania, www.coachmybiz.com, and adjunct faculty member at University of Phoenix's Harrisburg Campus.

Achieving Life, Energy Balance

Reiki: a technique for personal growth

Rickie Freedman

Reiki (pronounced ray-kee) is a gentle, holistic, hands-on healing technique useful for stress management, deep relaxation and personal growth. It was founded by Mikao Usui in Japan in 1914 and is now practiced in every country.

Reiki is based on the principles that: 1) Everything alive is made up of energy; and 2) We all have the ability deep within to heal ourselves. To do this, our bodies and energy centers (Chakras) must be in balance physically, mentally, emotionally and spiritually.

During a Reiki session, clients will draw through the Reiki

practitioner the energy they need to bring themselves into balance, so they have a place from which to heal. Reiki heals at the source of the difficulty, be it a physical problem or underlying emotional/stress issue.

Everyone can learn and do Reiki for themselves and others. It is learned in levels, each one able to stand alone. Reiki is passed on directly from a Reiki Master/Teacher to the student. Reiki Level 1 focuses primarily on physical healing and begins with self-healing, including how to easily incorporate Reiki into daily life. One also learns the basics to begin using Reiki on others. Reiki Level 2 will increase your confidence and empower your Reiki and will heal on the mental/emotional level.

You will also be able to send Reiki to others in need. The Reiki Master/Practitioner and Master/Teacher levels become a path for personal and spiritual growth and development based on the Reiki Healing Principles: *Just for today ... I release all worry; Just for today ... I*

release all anger; I earn my living with integrity; I honor every living thing; I show gratitude for all my many blessings.

Although Reiki can be very spiritual, it is not associated with any religion. You do not need to be religious to give or receive the benefits of Reiki. Reiki is conducted fully clothed, lying comfortably under a blanket on a massage table. A session consists of gentle hands-on positions, and the Reiki practitioner may also work to balance your energy field, which radiates from your body.

Most people either fall asleep or go to a deeply relaxed state. Many people also feel warmth or tingling. Reiki can also gently bring to the surface memories or emotions to be processed or released. Reiki is non-judgmental and unconditionally accepting. A Reiki session generally lasts approximately 70 minutes, but is very individualized. The Reiki healing energy will continue to work through you for two to three

days and is very cleansing for your system.

The effects from Reiki are always positive. It works to heal for your highest good and greatest joy. It blends well with other healing modalities, including traditional medicine. It safely can be used on infants, pregnant women, the elderly, terminally ill clients and even animals. In addition to stress management and relaxation, Reiki may be beneficial for pain relief, boosting your immune system, and diminishing sleep disorders, sinus conditions, muscle spasms, addictions and depression. It can also be a path for facilitating clarity, direction and personal growth.

Reiki is very experiential—it really must be felt for this gentle, but powerful, healing approach to be fully appreciated!

Rickie Freedman is a Reiki Master/Teacher, P.T. For more information about Reiki, visit www.ReikiByRickie.com or contact Rickie at 717-599-2299 or ReikiByRickie@yahoo.com.

More Scene, Less Speed

Cross-country: a calming alternative to lines and lifts.

Kermit G. Henning

Think snow! In Pennsylvania snow is for more than shoveling. It's the backdrop for big time recreation.

Tens of thousands of winter enthusiasts migrate to the 23 Pennsylvania ski areas to ski, snowboard and snow tube on over 430 slopes. Choose a simple beginner's hill or a pulse-pounding downhill challenge. Not knowing how to ski is no longer an excuse for sitting at home on the sidelines.

Ski areas throughout the state go full throttle to bring out potential skiers who have never experienced the thrill of the hill. Instruction at all levels is provided to open the door to the wonderful world of skiing for winter enthusiasts.

If repeatedly racing down a hill, only to grab a lift to the top and do it all over again is not your idea of winter fun, consider the peace and tranquility of cross-country skiing—a great way to enjoy winter's wonderland. Especially when there is a lot of snow on the ground, cross-country skiing is a wonderful way to observe nature, not to mention the obvious fitness benefits.

As a pastime, cross-country skiing is relatively new to North America. Originating in Scandinavia about 4,000 years ago, it is experiencing a revolution here due in no small part to the inclusion in the Winter Olympics and World Cup competitions.

Typically, cross-country skis are longer and thinner than those used for downhill to distribute the weight of the skier and allow the skier to move more effortlessly and more quickly. Also, in cross-country skiing, the toe of the boot is attached to the skis with the heel free. The skier carries two poles to provide stability and push across a mostly flat terrain.

As far as a conditioning sport, there is no question that cross-country skiing definitely lives up to its reputation as the world's best aerobic workout. Newcomers should



Blue Knob State Park in Bedford County is a popular cross-country destination for midstate-area skiers. Photo courtesy: state DCNR.

not be frightened off, however, by the images of sweating skiers struggling through the wilderness. Cross-country skiing can be as easy as a pleasant glide through a neighborhood park or it can be the best overall fitness program of your life. Go at your own pace.

The quick learning curve and low injury rate make it an ideal sport for people of all ages and fitness levels. Because you can cross-country ski just about anywhere with snow, you can match the terrain to fit your fitness level and interest. Pennsylvania is blessed with such a varied geography that finding the right trails for your level of proficiency is a snap.

Start with our 117 state parks. Cross-country skiing is a great way to discover a state park in the winter, and trails are located on hiking trails, equestrian trails, service roads, fields, frozen lakes, old railroad grades and lake shorelines. The Department of Conservation and Natural Resources website gives detailed information on each state park—number of trails available, difficulty, distances, parking, etc.

Each section of the state is highlighted on a map. Central Pennsylvania is in the Dutch Country Roads section of the state with 10 state parks. Visit the site at: www.dcnr.state.pa.us/stateparks/recreation/crossski.aspx.

Whether you are seeking new

adventure, working on your fitness or merely looking for a way to beat the winter blues, give cross-country skiing a try. Cabin fever is a thing of the past.



Kermit G. Henning, host of abc27 Outdoors TV, is a past president and chairman of the board of the Pennsylvania Outdoor Writers Association and a member of the Outdoor Writers Association of America.

Fun in the Snow

The state lists 10 parks with cross-country skiing that are within an easy drive of the Harrisburg area:

- Boyd Big Tree
- Codorus
- Colonel Denning
- Fowlers Hollow
- Gifford Pinchot
- Joseph E. Ibberson
- Little Buffalo State Park
- Memorial Lake
- Pine Grove Forest
- Swatara Multi-use Trail



A map of cross-country ski areas in south-central PA. Courtesy, state DCNR.

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The Cholesterol Crisis

Diet, lifestyle make us prone to elevated levels.

Dr. John Goldman

High cholesterol affects approximately one out of every two Americans and is one of the major risk factors for coronary artery disease, peripheral vascular disease and strokes. Consequently, all adults should be screened for high cholesterol, and those with hypercholesterolemia should be treated with either diet and exercise or pharmacologic agents.

Screening for increased cholesterol should begin at age 20, preferably with a fasting lipid panel that will include measurement of low density lipids (bad cholesterol), indirect measurement of high density lipids (good cholesterol) and triglycerides.

Total cholesterol of less than 200 is considered desirable, 200-240 is considered borderline and greater than 240 is considered high risk. Low density cholesterol (LDL) is considered the most accurate

predictor of cardiovascular risk. An LDL of less than 100 is considered optimal, 100-130 is considered borderline and anything over 130 is considered high.

People with normal or low cholesterol should have their lipid profile re-checked every five years. Patients with borderline cholesterol should be checked every year. Patients with high cholesterol should be treated.

The degree with which cholesterol should be lowered will depend on the number of cardiac risk factors. Cardiac risk factors include hypertension, tobacco use, diabetes and a family history of heart disease. A patient without risk factors or only one risk factor should have an LDL less than 160; with two or more risk factors, an LDL less than 130; and patients with established heart disease, diabetes or who are at high risk for heart disease should

have an LDL less than 100.

All patients with high or borderline cholesterol should attempt to lower their lipids through a combination of diet, exercise and lifestyle changes. Lifestyle changes would consist of keeping a normal weight, a diet low in fat (25-35 percent of calories from fat), exercising aerobically for at least 30 minutes on most, if not all, days of the week, avoiding all forms of tobacco (cigarettes, cigars, and smokeless tobacco) and avoidance of heavy alcohol use (more than one to two drinks per day). Diet, exercise and

lifestyle modification can usually only lower cholesterol levels 5-15 percent. Consequently, many patients will require pharmacologic intervention.

The mainstay of lowering cholesterol are "statin" drugs. These drugs work by inhibiting the chief enzyme in cholesterol production. They are very effective and will generally lower cholesterol 30-50 percent and have been associated with reducing the risk of heart attacks by as much as 25 percent.

Unfortunately, many patients with very high cholesterol or those whose goal is an LDL of less than 100 secondary to pre-existing heart disease will need more than one agent. There are two main agents that are used in addition to the statins: zetia, which inhibits absorption of cholesterol, and niacin, which is a vitamin that works by an unknown mechanism.

Zetia is effective at lowering cholesterol, but it is less clear if it prevents secondary outcomes

(heart attacks, strokes, peripheral artery disease). There is better evidence that niacin works at preventing secondary outcomes but is associated with unacceptable side effects, particularly flushing. Currently, it is not clear what, if any, agent should be added to patients who do not reach their goals despite treatment with the maximal doses of a statin.

All Americans are at risk of heart disease due to our diet and lifestyle. Many Americans have cholesterol that is too high, and it is rare to have a cholesterol level that is low enough to be considered optimal. Therefore, everyone should get their cholesterol checked by their physician, and most will require some form of treatment.



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

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Street Snap



The Susquehanna River, shrouded in fog, looking west

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GreenWorks Presents ...



3rd IN THE BURG

www.ThirdinTheBurg.com

FRIDAY, JANUARY 15

1



Magnificent Minds Project, a celebration of the creativity that exists in individuals who have mental illness. Music by Jonathan Frazier, 7-9p.



1633 N. 3rd St. • 234-3009

3

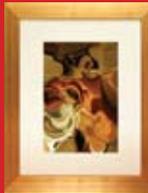


Where Harrisburg artisans sell **FUNK**tional handmade products and workshops are delivered with spice.

Until 9p.

1100 N. 3rd St. • 236-0150

6

A collection of music- and theater-inspired art. Enjoy wine, hors d'oeuvres and music while browsing our gallery surroundings. Until 9p.

308 N. 2nd St. • 238-1001

4

STAGE ON HERR

My Rural Radio presents A.D. Chandler w/ Work in Progress, 9p
Happy Hour, 7-9p

268 Herr St./1110 N. 3rd St. • 441-7506

7




Featuring the photography Series: "The Best of The West by PIPER," 6-9p.

217 N. 2nd St. • 236-2550

2




"Abandoned America," photographs by Matthew Murray. Meet the artist! Until 9p.

1302 N. 3rd St.
236-1680

5




Mixed media paintings by Susan Gottlieb; Harrisburg-area maps/prints. Music by 510 Express, 5:10-7:10p.

510 N. 3rd St. • 724-0364

8



"Figuratively Speaking," works in all styles, with the human form as the theme. Music by Hal and Felicity Fox, hors d'oeuvres, 5-8p.

21 N. Front St. • 236-1432

ART, MUSIC & MORE ... THE 3RD FRIDAY OF EACH MONTH IN HARRISBURG

