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June 2009



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Above: "Billy Tripp, Brownsville, TN, 2008,"
Fred Scruton, Art Association of Harrisburg.

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In the Burg

General & Letters

TheBurg
P.O. Box 676
Harrisburg, PA 17108-0676
www.theburgnews.com

Editorial: 717-602-4300

Ad Sales: 717-350-0428

Principals

Editor: Peter Durantine
pdurantine@theburgnews.com

Advertising Executive: Angela Durantine
adurantine@theburgnews.com

Art Director: Lawrance Binda
lbinda@theburgnews.com

Staff & Contributors

Sales Associate: Jill Miller
jmiller@theburgnews.com

Associate: Rebecca LeFever
rlfever@theburgnews.com

Reporter: M. Diane McCormick
dmccormick@theburgnews.com

Reporter: Carol Maravic
cmaravic@theburgnews.com

Reporter: Rick Kearns
rickearns@comcast.net

Reporter: Mike Walsh
mikewalsh32@hotmail.com

Cooking: Rosemary Ruggieri Baer
rrbgu69@aol.com

Sports & Fitness: Laura Spurgeon
lsurgeon@aol.com

Outdoors: Kermit Henning
kghenning@aol.com

Pets: Todd Rubey
reptilevet@yahoo.com

Game Boards: Erik Arneson
boardgames.guide@about.com

Local History: Jason Wilson



Letters

I have already received two calls from old clients [from my ad]. That is exactly what I was hoping to accomplish—reconnecting and supporting a fantastic paper. I really just love what you are doing. It is helping me catch up with the ins and outs of “the Burg” on a whole different level, and I am so grateful.

Ginger M. Smith
Owner, Ginger Cosmetics
Harrisburg

Thanks for the opportunity to be in TheBurg. We love it! I already got a few new customers from our ad. Thanks!

Kristen Zellner
Owner, Abrams & Weakley
Susquehanna Township

You have an excellent magazine and you should be very proud both as to its quality and its popularity.

Ken Lee
Harrisburg

Cover: City Island, Harrisburg

Correction: In the May 2009 issue, a source's name was misspelled (“At CASA, It’s Easy Being Green,” p. 23). The correct spelling is Kelsey Baker.



The First Word

Summertime in the City: Hot Days, Cheap Nights

TheBurg Staff

June marks the beginning of summer and, therefore, invokes so many emotions and memories: warm nights, cool water, cold beer, savory burgers and fresh fruit and vegetables, to name a few. In this issue, we touch on each of these wonderful, summery things.

Unfortunately, this normally fine season is tainted, as is everything else these days, by an economy that remains flat on its back. Well, here at TheBurg, we tend to be glass-half-full kind of people. So we went looking for fun, low- and no-cost options around the area, places long on interest and short on price.

Even we were surprised by the bounty we found. The resulting article (“Harrisburg on a Few Bucks a Day,” p. 18) easily could’ve been twice as long, since our area is packed with natural beauty, fascinating culture and historic places, all of which are easy on the wallet. So, for this year, forget about that expensive beach house on the Jersey shore. Delay the family’s cross-country roadtrip for a better time. Instead, stick around and have a “staycation,” which we hear is all the rage anyway.

If you can spend a few dollars, you might want to invest in your children’s education and enjoyment. For relatively modest sums, several colleges and theater organizations are offering programs certain to enrich their summer vacations or, at least, get them off the sofa for a few hours a week. We have several articles on these programs beginning on p. 20. Of course, not everyone is pleading poverty these days. Those with some extra cash may want to venture to a nearby bed and breakfast for an evening or two. This inn boasts an impressive collection of antiques, which left a lasting impression on our writer (“Down the Road, Back in Time,” p. 17).

Finally, we would like to congratulate the candidates who ran in the recent municipal primary. We believe that public service is a high calling, one that, unfortunately, is often unfairly disparaged. Running for elected office is tough, and we admire those who have the courage and conviction to do so. Best of luck to all the primary winners as they now look to the general election this autumn.

Check us out at www.theburgnews.com.
Sign up for our e-mail alert.

Thompson Defeats Reed; Council to Get New Faces

After almost three decades in office, Stephen R. Reed suffered defeat in his recent re-election bid, as city council President Linda Thompson secured the Democratic nomination for mayor.

The size of Thompson's primary victory was impressive. She received 3,546 votes overall, compared to 2,511 for Reed. A third Democratic candidate, Les Ford, got 403 votes.

On the Republican side, Nevin J. Mindlin, the sole candidate on the ballot, received 422 votes. There were also 435 write-in votes in the GOP primary. In the November general election, Mindlin and Thompson now will face off.

Reed first was elected mayor in 1981, during a time regarded as a low point for Harrisburg. He is widely credited with helping to revive the distressed city, bringing in new businesses and expanding the tax base. His long tenure, though, has had its share of controversy, most notably for the use of public funds to support museum projects. At press time, Reed's political future, if any, was unclear.

For city council, incumbent Patty Kim received 3,403 votes, the most of 10 candidates running. Incumbent Wanda Williams received the second most votes with 3,013. Two challengers, Eugenia Smith and Kelly Summerford, received 2,438 and 1,828 votes, respectively.

No one ran in the Republican primary for council. So, the four winners of the Democratic primary likely will gain seats in November.

The city's school board also will have new faces, as Democratic challengers Tiffney Penn and Patricia Whitehead-Myers won their primaries, as did incumbents Lola D. Lawson and Randy K. King. For city controller, Dan Miller ran unopposed for the Democratic nomination. No one ran in the Republican primary for either school board or controller.

Did you know ...

... Native Americans inhabited the Harrisburg area for at least 8,000 years before the arrival of European settlers?

... at Harrisburg, the Susquehanna River is about 3,000 feet wide?

... Reservoir Park is the oldest municipal park in south central Pennsylvania?

New Police Officers Hired; Foot Patrols Promised

Harrisburg is beefing up its police force with new officers, some of whom will be out on neighborhood streets under a plan to create permanent walking patrols.

Thirteen police officers are expected to be hired for the July start of the Police Academy training classes. With the additional manpower, the city plans to put officers on foot in several targeted neighborhoods.

Moreover, the city is applying for a federal grant that would fund the hiring of 25 additional officers. If approved, the \$5.3 million grant would further boost the city's nascent foot patrol program, said Mayor Stephen Reed.

In addition to the new recruits, Harrisburg has hired about a dozen new officers over the past year.

"Levitt Live!" Schedule Kicks Off at Reservoir Park

Harrisburg's annual "Levitt Live!" summer series begins this month at the Levitt Pavilion in Reservoir Park.

Free Shakespeare in the Park gets things going with performances of "Cymbeline," taking place June 3-6 and 10-13. The first concert is June 20 with Gospel-N-the-City, followed by Levitt Family Night on June 27.

Other highlights of "Levitt Live!" include Friday Night Gospel, occurring weekly throughout the summer; Jazz under the Stars on July 18; the Reggae Festival on Aug. 1; outdoor family movies on Aug. 8 and 22; Blues in the Night on Aug. 15; and the Women's Music Festival, which wraps up the series on Sept. 19.

For a full schedule of events, please visit <http://www.levittlive.com/Home.html>.

Officers, Citizens Receive Public Safety Awards

More than 100 city police officers, citizens, public employees and others have been cited by Harrisburg for actions ranging from saving lives to the capture of armed and dangerous criminals.

Cpl. Terry D. Wealand received the "Officer of the Year" award, and Det. David A. Lau was named "Detective of the Year." Other awards were given for valor, bravery, heroism and merit.

Citizen commendations were given to more than a dozen Harrisburg residents and business people for outstanding actions, mostly for helping police solve crimes and save lives.

"Tree City USA" Award Goes Again to Harrisburg

For the 22nd consecutive year, Harrisburg has received the Tree City USA award, the nation's highest community conservation recognition.

The city also received the Growth Award for the sixth straight year, which recognizes Tree City USA communities that have been especially aggressive in planting trees, preserving open space and conserving natural resources.

Both awards are conferred by the National Arbor Day Foundation in cooperation with the U.S. Department of Agriculture's National Forest Service and the National Association of State Foresters.

To commemorate the recognition, the city planted 22 new trees in five city locations: Vernon Street Playground on Allison Hill, City Island, Pool #1, Pool #2 and Reservoir Park. Craig Deimler of Deimler & Sons Construction donated \$1,000 towards the purchase of ten of the new trees as part of the Deimler & Sons Construction "Green Initiative."

Mayor Stephen Reed said other tree plantings have occurred along with the many residential, commercial and industrial development projects that have taken place in the city in recent years. Harrisburg also has an actively enforced shade tree ordinance that helps to protect, promote and preserve trees.

Police Tips

Cpl. Deric Moody wants to remind citizens about the city noise ordinance, which, for everyone's peace and quiet, prohibits noise disturbances.



Some examples include radios and other amplified music in a vehicle, if louder than is necessary for convenient hearing or audible at a distance of 50 feet from source; loudspeakers or amplifiers on public streets, if loud within 50 feet of a residential area; and automobile horns for other than safety purposes.

Moody has been with the force since 1992. He's the supervisor of the Power Shift unit, which works with Adult County Probation and Parole agents. His team is also part of the Anti-Crime Unit, which combats crime in concentrated areas of the city where patrol officers may not have time to respond. Many times this involves "quality of life issues," such as loud noise.

Harrisburg Nurse Receives State Excellence Award

Andrea Norris of Harrisburg, a nurse supervisor with the Department of Corrections, has received the Governor's Award for Excellence for developing an education program for nursing staff.

This award is presented to recognize exemplary state employees for accomplishments that reflect initiative, leadership and a strong commitment to public service.

Norris, a graduate of Harrisburg High School, developed an initial orientation and continuing education program for department nurses, according to Gov. Ed Rendell.

This five-day training course established a baseline across correctional institutions throughout the commonwealth that helps equip nurses with the necessary skills to provide care in the unique corrections environment. The 13-module course is accessible by other local, state and federal agencies. In addition to Norris, four other state employees received this honor.

"The individuals who are receiving special recognition today have gone far above and beyond their job requirements and have provided exemplary service to our commonwealth and its residents," said Rendell.

This award is Norris' second in recent years. In 2007, she received a medal of valor from the corrections department for helping to save a man's life after he collapsed during an exercise at the department's training academy.

To learn more about the Governor's Awards for Excellence program, visit www.awards4excellence.state.pa.us.



Gov. Rendell with award recipient Andrea Norris.

New State Testing Lab Opens in the City

Just in time to meet the demands of a nearly \$3 billion roadway and bridge construction season, the Pennsylvania Department of Transportation has opened its new highway materials testing lab on the former Harrisburg State Hospital grounds.

PennDOT employees had been working in a nearly 100-year-old facility that did not meet the demands of a vigorous testing program. The new, 107,500-square-foot facility employs 120 workers involved in the quality assurance and testing of construction materials.

The \$27.1 million lab offers an improved HVAC system, backup generators and more space to accommodate testing equipment. PennDOT typically performs more than 70,000 tests a year on items including aggregate, asphalt, cement, concrete, paint, road salt, soil and steel. More than 13,000 samples arrived in the lab last year, with each sample often undergoing multiple testing processes.

Farmers Market Re-Opens

The Pennsylvania Farmers Open-Air Market has opened for the season at the Farm Show Complex & Expo Center in Harrisburg.

New and returning vendors to the Farm Show Farmers Market offer a variety of fruits, vegetables, breads, cut flowers and bedding plants for purchase.

The seven-month outdoor farmers market is located just off of North Cameron Street, along Industrial Drive, in the PA Farm Show Complex & Expo Center parking lot. For more information on the market, contact Market Manager Dick Habig at 717-697-9617.

State Air Quality Improves

Pennsylvania has made strides in improving air quality, according to a recent report by the Department of Environmental Protection.

DEP Secretary John Hanger cited the Clean Air Interstate Rule, a program designed to lessen the interstate transportation of emissions from electric generating stations, as a major force in reducing the amounts of nitrogen oxide and sulfur dioxide emissions. The U.S. Environmental Protection Agency estimates that, by 2010, the state will reduce those emissions by 44 percent and 71 percent respectively.

Harrisburg Area Gets Funding for Tree Plantings

The state's TreeVitalize initiative to plant 1 million trees is branching out into the Harrisburg-Carlisle area, which received \$230,000 for tree plantings.

The grants, provided by the Department of Conservation and Natural Resources, also went to Wilkes-Barre-Scranton (\$200,000) and Johnstown/Altoona (\$100,000).

The program aims to help revitalize urban areas by increasing tree cover with a goal of 1 million new trees planted statewide by 2012.

The Dauphin County Parks Department received \$130,000 and the Cumberland County Planning Office \$100,000 for tree planting in the Harrisburg-Carlisle metropolitan area.

Residents who plant a tree at their home or business can help the commonwealth reach its goal of 1 million trees. Citizens can register up to three trees on the TreeVitalize website at www.treevitalize.net.

By the end of this year, the program will be launched in metropolitan areas statewide.

Illegal Dumping Targeted

A Harrisburg student has received a state Little Hawk Youth Award from PA CleanWays for creating pro-recycling artwork.

Sam White of Infinity Charter School in Harrisburg won the Visual Arts Award in the 11-18-year-old age group. He created a sculpture using one week's worth of recycling. His sculpture illustrated a large volume of items that could and should be recycled but are not, as opposed to the smaller quantity of items that actually make it to the recycling facility.

Statewide, awards were presented in five categories for works that illustrate concern about littering and illegal dumping prevention.

In a separate matter, Harrisburg has received \$25,000 from the state's illegal dump grant program to clean up 30 dump sites as identified by the PA CleanWays Illegal Dump County Survey.



The reconstruction of South Capitol Park has begun. Last month, Walnut Street was narrowed to make room for machinery and workers, here excavating where wider sidewalks will be placed.

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At Café di Luna, It All Starts with the Bean

TheBurg Staff



Ambreen Esmail, pouring the finest coffees, along with a cup of knowledge.

For the owner of a little coffee shop, Café di Luna's Ambreen Esmail has a big heart, not only for her customers, but for the exquisite beans she grinds for her various coffees.

"It's about building that relationship with the bean," said Esmail, in the business nine years. "With the coffee bean comes the history and culture in its flavor."

Esmail opened Café di Luna in late March at 402 N. 2nd St., between the nightclub Mars and the flower shop. Hurry past in a

vehicle, and you're likely to miss the cozy cafe, which offers coffees and an atmosphere to be savored.

Having worked for a century-old roasting company in New York, where she also managed a coffee kiosk near Carnegie Hall, Esmail is very knowledgeable about the history, the growing and the making of coffee.

On her counter, she displays beans from various parts of the globe—Guatemala, Africa, South America and Asia. Nimble, she handles a bean, noting that each flavor of bean has a different shape and story. She cracks one open and shows a customer the inside.

"The soul of the bean," she said, revealing where caffeine and flavor reside. "It's like wine. You respect the process and where it's from."

Esmail serves an Indian peaberry, a coffee grown in the soils of India, where tea also grows in lands drenched by seasonal monsoons. It has a velvety, tea-hinting taste.

She also sells an assortment of teas, but confesses not to be as well-versed about this drink as she is about coffee.

Esmail's first name, Ambreen, is Persian for "seventh heaven." Born in Pakistan to an Indian father and Persian mother, she grew up in Atlanta, graduating college there with a degree in fashion design, which sent her to New York City.

Coffee, though, appeared to be her destiny. Esmail came to Harrisburg 18 months ago to open a coffee shop, but had some fits and starts before realizing her dream.

"I just fell in love with Harrisburg," she said. "As soon as I got off the train and walked to the river I knew this was home. It has a serenity to it."

Looking around her cozy shop—about 350 square feet—Esmail points to the two sofas she took from her apartment, chairs her landlord gave her and a painting provided by a local artist. She said she borrowed no money to open her shop, but acquaintances, friends and family have blessed her with help and furnishings.

"There's nothing else like it in the area," said Elias Harbilas, owner of the State Café, two doors away, who is among those who have helped Esmail get her café up and running.

"This place was not built with money," she said. "This place was built with love."

Café di Luna, 402 N. 2nd St., www.cafediluna.com, 717-701-9868. Open Mon-Fri., 7 a.m. to 7 p.m.; Sat. 9 a.m. to 9 p.m.; Sunday, 10 a.m. to 5 p.m.

Gobble It Up: Simply Turkey Returns to the East Shore

TheBurg Staff

They're back!

Once a fixture in Strawberry Square, where the line of customers waiting to order salads, sandwiches and soups snaked out its doors, Simply Turkey & More celebrates the grand opening of its new location just across the city line in Susquehanna Township.

The address is 4455 N. Front St., just north of Lingelstown Road (Rte. 39) and just south of the Rockville Bridge. Grand opening festivities are scheduled June 17.

For the grand opening, WINK 104 will broadcast live from the restaurant 11 a.m.–1 p.m. while customers can enjoy free soup. And to emphasize Simply Turkey's healthy foods, a counselor from the Health Food Center at the West Shore Farmers Market will be onsite with free nutritional advice, while an instructor from LA Fitness will offer free fitness advice.

Simply Turkey has kept a Camp Hill location for 17 years, but last year, much to the dismay of downtown's lunch crowd, it closed its Strawberry Square location after 10 years to make way for progress—Harrisburg University's expansion.

Its Front Street location, with a view of the Susquehanna River, promises to offer more seating, a slightly more upscale atmosphere with a décor that offers warmer tones and takeout dinners, particularly for those northbound commuters heading home.

And Simply Turkey will continue to cater to downtown offices and events with its fast, fresh and healthy fare that 37-year-old owner Todd Bear said is never frozen, microwaved or re-heated.

The new restaurant occupies an old car dealership that was gutted for the 2,500-square-foot eatery that seats 80 people inside and another 40 to 50 outside on the patio, which overlooks the river.

"It's going to be a brand new building," Bear said, noting the dining room will have booth seating and carpeting for a "more sophisticated look." Photographs from a local photographer, Bill Bonney, will hang on the walls.

Like his Camp Hill restaurant, Bear said the new Simply Turkey will be, for those who may need a landmark, next to a Pizza Hut.

"We like being next to Pizza Hut," he joked.

The new place also will have free Wi-Fi and ample parking.

Simply Turkey & More: 4455 N. Front St., Harrisburg. 717-909-2013. www.simplyturkeyandmore.com. Open: 10:30 a.m.–7 p.m., Mon.–Fri. Closed weekends.



Simply Turkey staff: back row, Pete Koester, Neil Bear, Owner Todd Bear, John Henning; front row, Shirley Daugherty, Vickie Bear, Basil Bates, Shane Smith.

An Assist from Uncle Sam

Government actions are giving the housing market a jolt.

Ray Davis

If you are ready, willing and able to buy a home, there is no time like the present.

Buyers with satisfactory credit and income, and with good income-to-debt ratios, may qualify for a variety of financing programs through local banks and mortgage companies.

Contrary to what you may have heard, it is still possible for qualified buyers to purchase a home with a down payment as low as 3.5 percent. Coupled with today's historically low interest rates, Uncle Sam has made it even more appealing to buy a home.

The American Recovery and Reinvestment Act of 2009 provides tax credits of up to \$8,000 for qualified, first-time homebuyers purchasing a principal residence on or after

January 1, 2009 and before December 1, 2009. (For purposes of the tax credit, the purchase date is the date when closing occurs and the title to the property transfers to the home owner.)

The following questions and answers, based on information from the National Association of Realtors, provide basic information about the tax credit. If you have additional questions, you should consult a qualified tax advisor or legal professional.

Is it a tax credit or a tax deduction?

It is a tax credit. A credit reduces taxes owed after all standard deductions are calculated.

Who is eligible to claim the tax credit?

First-time homebuyers purchasing a single family residence that will be used as a primary residence.

What is the definition of a first-time homebuyer?

It is a buyer who hasn't owned a principal residence in the three-year period prior to the purchase. For married taxpayers, the law tests the homeownership history of both the homebuyer and spouse.

What type of property is eligible?

Any single family residence, including condos, co-ops and townhouses that will be used as a primary residence.

How is the amount of the tax credit determined?

The tax credit is equal to 10 percent of a home's purchase price up to a maximum of \$8,000.

Are there income limits for claiming the tax credit?

The tax credit amount is reduced for buyers with a modified adjusted gross income of more than \$75,000 for single taxpayers and \$150,000 for married taxpayers filing a joint return. The tax credit amount is reduced to zero for taxpayers with adjusted gross income of more than \$95,000 (single) or \$170,000 (married) and is reduced proportionally for taxpayers with adjusted gross incomes between these amounts.

Does the buyer have to repay the credit?

The buyer(s) must live in the home for at least three years. If less than three years then the full amount of the credit must be repaid.

How do homebuyers claim the credit?

Participants claim the tax credit on their federal tax return. The homebuyer enters the \$8,000 (or 10 percent of the home's cost) as a tax credit. This reduces any taxes owed or increases the refund to the homeowner.



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. rdavis@capitalareahomes.com.

Office Building Dedicated

The ribbon has been cut on the new office complex located at 3003 N. Front St. along the waterfront in Uptown. The building will now be known as The Quandel Building.

The two-story, 36,000-square-foot office project cost \$6.4 million and features a masonry exterior consisting of cast stone trim, which is furnished with cornice work. The building contains a large main lobby with elevators and office suites of different sizes.

The complex also includes a surface parking lot for 77 vehicles. The lot will be at grade level but will be below the actual building.

The developers are currently in the process of leasing the office space and have already confirmed leasing agreements with Maher Duessel, CPA, and The Quandel Group. At press time, 10,000 square feet of space remained to be leased. Interested parties should contact Jamie Pascotti or Todd Decker at Realty Management, Inc., at 717-790-0111.

New Green Center at HACC

Harrisburg Area Community College will house a unique institute for the development, teaching and application of green technologies.

The Green Center of Pennsylvania will focus on sustainability, alternative energy, energy conservation and green practices and policies, said Mayor Stephen Reed. It's the result of a public-private partnership consisting of HACC, Harrisburg city and GreenWorks Development.

"The center will receive a share of the city's federal stimulus conservation funds, and the city will assist both the Green Center and the college in obtaining additional federal grant funds," Reed said.

The center will be housed in HACC's new Campus Square Building, currently under construction at Reily and N. 3rd streets.

TheBurg "House of the Month"



This lovely, century-old bungalow-style house is at 2nd and Wiconisco streets in Harrisburg's Italian Lake neighborhood. The rather modest exterior is deceiving. Inside, the house is much larger than most bungalows: seven bedrooms and three full baths, with greater than 3,000 square feet of living space.

From the Ground Up

Fixing This Old House: Rehab Loans an Option

Boyd Orr

Home prices in many parts of the country have dropped significantly over the last year, making classic old homes in the city more affordable and attractive for many buyers.

While the purchase price of these older homes may now be within reach, many of these properties come with significant "fixer upper" costs. Upgrading an electrical system, replacing the roof and gutters or bringing in a mason to fix a crumbling chimney can add up quickly.

Special rehabilitation mortgages, such as an FHA 203(k) mortgage, are designed to help homebuyers tackle these larger projects. A rehab mortgage enables a homebuyer to target a property in need of repair and finance both the purchase and cost of the home improvements in one easy loan.

Rehab loans have been growing in popularity over the last year because they're a great tool for buying and renovating spacious older homes in need of cosmetic and/or mechanical repair.

A rehab mortgage makes it easier to finance major remodeling projects, since the amount borrowed is not limited to the current value of the property. Instead, borrowers can finance improvements based on the improved value of the property. The rehabilitation funds are escrowed and then disbursed as the work is completed.

Some borrowers may even qualify for a "Streamline 203(k)" loan that allows rehab projects of less than \$35,000 to be added into the purchase mortgage with less paperwork and administrative oversight. Rates fluctuate almost daily, but these rehab loan products are currently running in the 5 to 6 percent range.

A rehab mortgage can also feature a low down payment and no up-front mortgage insurance premium, which means buyers don't need a lot of cash savings to own their dream home. Homebuyers should review the benefits of the different rehabilitation mortgage products with a loan officer before making a final decision.

Every economic downturn creates opportunities. Mortgage rates are currently at historically low levels, making the long-term cost of financing a rehabilitation project more inexpensive.

Despite all the noise about the "lending freeze," there are various mortgage options available for credit-qualified buyers.



An applicant's credit score continues to be an important factor in the underwriting process. If you have good credit, along with sufficient income, then you are likely to qualify for a mortgage.

Not all lenders offer these rehabilitation mortgages, but they are easy enough to find in most markets. They fit a specific niche and can be a great solution for savvy consumers looking to pick up a tarnished gem through foreclosure or the downtrodden real estate market.

Boyd Orr is M&T Bank Mortgage Regional Manager.

Apartments Bring New Life to Old Boas School Building

The old Boas School building is being renovated and transformed into a 22-unit, executive-style apartment complex, along with 6,000 square feet of ground-level commercial office space.

The \$3.7 million "Lofts@909" project is slated for completion in late summer.

The 33,000-square-foot complex, located downtown at 909 Green St., was built as a school house in 1921. It later was converted to office space and then back into a school. The building was bought by TKP Schoolhouse Associates in 2008 after sitting vacant for several years.

When completed, the complex will include 22 executive-style apartments. Each of the apartments, which range in size from about 550-720 square feet, will be fully furnished and ready for immediate occupancy. The apartments are ideal for executives who are visiting Harrisburg for business and people who need a residence downtown, said Mayor Stephen Reed.

The interior demolition work and roof repairs have already been completed. Crews are now working on interior construction. Work is being completed by city-based general contractor JEM Group. Architectural work is by city-based Office of Planning and Architecture.

For more information on the Lofts@909 or the Offices@909, or to inquire about availability, please visit www.loftsat909.com.



Trucks show work's afoot at the old Boas School.

Sprawling Uptown Complex Re-Opens after Total Rehab

The doors have swung open at the newly revitalized Riverfront Park Apartments in Uptown Harrisburg.

The 18-building, garden-style complex has undergone a complete restoration, with new kitchens, bathrooms, flooring, carpeting, cabinetry, windows, appliances and systems.

The GLC Group, based in East Orange, N.J., is investing more than \$10 million in the total restoration of the once-distressed and vacant property, which occupies two city blocks. The expansive complex includes 216 one- and two-bedroom units, renting for \$650 and \$750 per month, respectively, according to the city.

Other amenities added by GLC include a 24-hour, onsite superintendent, multiple new on-site laundry rooms, a business center with free Internet access, a state-of-the-art fitness center and newly landscaped grounds with barbecue and picnic areas throughout the 6-acre complex.

Formerly known as the Freshwater apartments, the property long had been a haven for senior citizens. But, during the past two decades, poor and exploitative management by successive owners had left the apartments in rundown condition with few occupants.

By 2005, most of the units were regarded as unfit for human habitation due to heating and electrical system breakdowns and a lengthy list of other woes. Only two tenants remained in the complex by late last year, when GLC bought it. Rehabilitation began in January.

Recently, GLC has been very active in the Harrisburg market. Other GLC-owned properties include the 114-unit Magnolia Gardens Complex on Hale Street and the 220-unit Bellevue Towers in the 2400-block of Market Street.

In addition, the company was the high bidder for the 108-unit Harrisburg Hills apartments in a bankruptcy auction in late 2008.

Open houses for Riverside Park Apartments are held every Sunday, 1-4 p.m. Interested tenants should call 717-230-9600.



Glory days return for Riverfront Park complex.

From a City Block, Fresh to Your Table

Urban agriculture catches on locally.

Ruth Hoover Seitz



Spring planting: Lin Taylor hoes soil at Joshua Farm.

Harrisburg can no longer be called “a food desert.” Why? Because some residents are planning and planting community gardens.

One of the first ones you may spot is The Seed Lot, located at 1627 N. 3rd St. in the shadow of Gallery Blu. In the works are 10 raised beds, each one 4-by-8 feet. After paying \$10, each gardener will cultivate organic veggies, fruits and flowers for their personal use.

The effort to establish a network of small-scale community gardens is spearheaded by Green Urban Initiatives (www.greenurban.org), a non-profit dedicated to implementing sustainable living practices in Harrisburg and nearby urban communities. GUI board Chair Jason Zubler notes that “people are interested in connecting to the earth, and low-income folks need access to healthy food.”

One eager gardener, Pam Howard Brown, who has lived in the city for 11 years, “just wants to grow my own food.” She firmly supports kids knowing where their food comes from.

Many children think food originates from a store or that both apples and oranges grow in Pennsylvania. The cycle that vegetables make—



Joshua Farm Manager Kirsten Reinford at the tiller.

from the ground to the table—is a hands-on discovery for some Harrisburg youth.

One spring day, Rowland Elementary School students were planting potatoes and spinach at Joshua Farm, a one-acre organic garden at 213 S. 18th St. This is a program of the Joshua Group (www.joshuagroup.org), an organization that works with local at-risk youth. The students were surprised that there are purple potatoes—and that the potatoes people eat grow underground.

“You just put this potato in the ground?” a life science student asked in disbelief as seed potatoes were being distributed.

Students work for pay at Joshua Farm, now in its third year, and know that the cultivation of food is not simple. Joe Davis, a junior at Bishop McDevitt High School, calls the work “hard.” While transplanting tiny seedlings with his hands, he explained why it’s important to follow directions.

“You have to know how far apart plants should be and how much water they need,” he said. He’s “surprised at how fast veggies grow—and the weeds!”

He and the other students earn \$7.50 an hour for 15 hours a week in the summer, in the process learning that the consumer food chain is sustainable, as well as vulnerable. They watch engineering students from Messiah College construct a system to collect rainwater and thus reduce runoff. They hear Joshua Farm’s manager, Kirsten Reinford, explain that the greenhouse is not heated with a furnace. Instead, decomposing horse manure releases heat up to 150 degrees. This warmth nourishes tiny seeds into seedlings within a plastic-covered dome.

By the first week of June, subscribers to this Community-Supported Agriculture project arrive to pick up their weekly portion of the produce—vegetables and herbs. The demand for CSA memberships in Joshua Farm far exceeds the 12 available shares.

Genevieve Fitzgibbon of Green Street is one of the subscribers. Her two-and-half-year-old daughter is excited to go to the farm for their CSA veggies. They also enjoy pick-your-own flowers and kale. Fitzgibbon feels that

it’s optimal to get local and organic food.

“The whole part of sustainable gardening is getting produce fresh and from your local community,” she said.

In her story about her family’s attempt to eat local foods for one year, noted novelist Barbara Kingsolver notes that each food item on an American table has traveled about 1,500 miles to reach its destination. The thesis of her 2007 book, “Animal, Vegetable, Miracle: A Year of Food Life,” promotes cuisine that does not depend on oil-guzzling transport.

Joshua Farm’s Reinford reports that middle school students are shocked by how many people touch their food before they eat it. She educates them on the reality of the food chain—from the farmer to the processor, the distributor and then the wholesaler and the retailer. Her sustainability lesson also shows how the cost of gasoline, for transporting and cooling the food, dramatically raises the final price.

The 4-H Urban Youth Development Program is another partner in educating kids about the science of gardening. Rick Sayles, the Dauphin County Cooperative Extension educator, impresses on the eight- to 18-year-olds earning agricultural science that “there’s a lot to comprehend about growing things. Besides having healthy plant material, one must know the optimum soil temperature and that the length of the days affects growth.”

So, the city is no longer a food desert. Harrisburg residents who crave fresh organic veggies can purchase from the week’s harvest at Joshua Farm stand each Thursday between 4 p.m. and 7 p.m. Thanks to the efforts of an increasing number of city gardeners, we now can harvest produce from—yes—our very own local soil.

Ruth Hoover Seitz has loved vegetables since her childhood and still enjoys three to five kinds of fresh veggies as part of her lunch each day.

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Critters in the City

Wildlife abundant in urban Harrisburg.

M. Diane McCormick

Kristen Zellner left the Riverside Crime Watch meeting on a hazy February night and stood outside talking with friends. A small animal appeared at the corner. Someone thought it was a cat. Zellner thought it was a dog. Then, it looked directly at them.

"Oh, my God!" Zellner said. "It's a fox!"

The city dwellers were shocked at spotting a reclusive wild animal near their homes. Mr. or Ms. Fox was unperturbed.

"It went on its merry way down the alley, and we were stupefied," said Zellner.

Zellner wanted to follow the fox to see where it lived, but her friends dissuaded her. They did the right thing, according to animal control experts. Wildlife is best left alone, they say.

"Typical 'critters' we find within the city are possums, groundhogs, squirrels, feral cats, occasional fox, hawks and other birds, falcons, egrets, water fowl, resident Canada geese and migratory geese," said Matt Coulter, spokesman for Mayor Stephen Reed. "We do occasionally see young bear coming down off Blue Mountain that wander into the city. Deer also travel from the east side of river to the west side and will swim across the river."

Those occasional young bears that wander into the city are probably young males, booted from mom's den in the spring, that get bumped around when they encroach the territories of older males, said Jerry Feaser, Pennsylvania Game Commission spokesman.

"They don't want to be there as much as we don't want them there," Feaser said. "If left alone, they'll find their way back out."

In most cases, city critter-spotters can just "enjoy the wildlife from a distance," Feaser said. However, "if you have something that's acting aggressively or strangely, don't touch it and call the authorities."

In those cases, residents should immediately call police dispatch at 717-255-3131 and ask for the animal control officer, Coulter said. In cases of larger animals, they can also call the Game Commission at 610-926-3136, Feaser said.

"We ask residents to leave the area of an unwanted animal, if possible, and to attempt to not frighten the animal," Coulter said.

Foxes and coyotes were once considered "denizens of the deep forests," but they're adapting because city and suburban life offers a banquet of squirrels, groundhogs, rabbits, roadkill and even cats, Feaser said.

Some simple steps can keep critters at



From raccoons to baby foxes: Look out for these critters in and around the city of Harrisburg, which attracts a wide variety of wild animals. (photos courtesy Pennsylvania Game Commission)



bay and prevent harm, authorities say. Securely cover trash cans. Get rid of outdoor food sources. Remove bird feeders. Call Harrisburg public works at 236-4802 to remove roadkill. Keep cats indoors.

"As bears go about their search for food, they may get drawn into these urban areas as they take advantage of trash, pet dishes, bird feeders, barbecues, bird feeders. Did I mention bird feeders?" Feaser said. "The two biggest offenders are trash that's left outdoors and bird feeders. Did I mention that?"

Zellner, the Riverside fox spotter, has a mama raccoon that moves into a backyard tree every year. They know it's there when the dogs won't go outside.

"We go out and get our head lamps and see her in the tree," Zellner said.

City residents interested in searching out exotic wildlife can kayak Susquehanna River islands to see beaver dams, or walk the riverside to find mink nests, said Steve Oliphant, co-owner of City Island-based Susquehanna Outfitters.

"Mink are members of the weasel family," Oliphant said. "Mink are really aggressive swimmers. They catch fish. There's a lot of mink around. There's mink under the dock of the riverboat."

He paused. "I'm looking at a red-tailed hawk flying around." He continued. "There's mink under the Walnut Street Bridge."

City residents are lucky to have access to wildlife and unspoiled nature, Oliphant said.

"It's kind of cool," he said. "That's one of the nice things about Harrisburg. You don't have to go very far to be in true wilderness."

Civil War Museum Gets Smithsonian Affiliation

The National Civil War Museum has joined the network of affiliate organizations of the Smithsonian Institution. The Smithsonian Affiliations program allows partners to have greater access to the collections and educational resources of the Smithsonian.

"This relationship will provide the museum special access to Smithsonian expertise and vast collections, which will greatly enhance our educational initiatives," said David Patterson, the museum's chief executive officer.

In addition, the Smithsonian allows its resources to be used for curriculum development in local schools, lectures, traveling exhibitions, workshops, study tours and other programs. It also shares staff expertise for conservation, collections care and exhibition development.

For more information, call 717-260-1861 or visit www.nationalcivilwarmuseum.org.

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Dress for Success: Helping Women Put Their Best Foot Forward

Ruth Koup



Unemployed women desperately seeking work—with compromised confidence, distressed spirits, inadequate housing or any other number of adverse conditions—find a lifeline when they knock on the doors of Dress for Success South Central PA.

On a daily basis, these determined women take their first steps in the transition from poverty to self-sufficiency with the support of this unique program designed to change lives.

Dress for Success is a non-profit organization that offers services to help women enter the workforce and maintain employment. Clients come to Dress for Success from referral partner programs, ready to go to interviews but lacking many of the “tools” necessary to make that positive first impression. These women realize they are fortunate to have found their way here. The free interview suit and confidence-building experience is the competitive edge that provides a higher chance of securing employment based on the well-known concept of nailing a “positive first impression.” These women are dressed for success! They look great and have gained self-confidence, both key elements to landing the job.

Since opening our doors in January 2007, more than 1,800 women have received services from Dress for Success South Central PA’s Harrisburg, Lebanon and York boutiques. More than 1,000 of those women have found a network of support from the program’s Harrisburg boutique and corporate location at 29 S. 10th St. This location experienced its own transformation over the past year when dedicated volunteers converted the vacant, 5,000-square-foot warehouse space at the historic building into an exceptional boutique atmosphere.

Volunteers provide the core support to this program by performing tasks necessary to help make it all work. Clients are suited by volunteer “personal shoppers” who donate their personal time to help our clients look fantastic and provide the guidance necessary to help these women succeed in the interview process. Our volunteers will tell you that the best moment is when the client “sees” herself for the very first time as a new person dressed in her power suit. It is commonplace to hear our clients say “I look like an executive,” “Now I can get that job,” or “I really look beautiful.” Clients share tears of joy and laughter with volunteers as their transformations

are always dramatic and impressive.

For me, as a founder and administrator of Dress for Success South Central PA, there is nothing better than getting that follow-up phone call from the client saying “I got the job!” Setting up the second appointment to provide employment clothing is when I feel we have taken the first step to successfully change a life. We support the client with clothing and confidence to get through the first few weeks of employment by providing separates that can be mixed and matched for the foundation of their professional wardrobe. This is what we call a “second suiting” experience. Again, these services are free and often are focused toward specific industry jobs.

Getting a job is one thing, but keeping the job is another issue. Women making the transition from poverty to work face a myriad of challenges—from understanding corporate culture to handling personal finances, often without support. Our employed clients are invited to become members of the Professional Women’s Group, or PWG. This offers women ongoing support as they transition into the workforce, build thriving careers and prosper in the workplace. Once a woman joins the PWG, she is a member for life, able to attend meetings at any affiliate throughout the world. These services are essential if a woman is to become self-sufficient. The PWG addresses her social and economic needs in relation to work, home and community.

Dress for Success is a model example of collaboration, combining the support of individual donors, businesses, corporations and the overall community to help others in need. Volunteers are the core component to running a lean non-profit organization. Financial support is essential to any non-profit and, given the current economic trends, we will need help in funding our mission. Dress for Success depends on grants, individual donations, corporate support and fundraising events to maintain our ability to provide services. You can show your support by making a financial contribution to Dress for Success South Central PA.

We also encourage women to purchase tickets to our Girls Night Out at the Whitaker Center with “Menopause the Musical,” opening night on Aug. 4, our largest event to date, and to attend our signature third annual fashion show, held at the Harrisburg Hilton on Sept. 25, which promises to wow our attendees with Lia Sophia jewelry gifts. Your support and attendance at these events is essential to our success.

Dress for Success South Central PA is part of the international organization with more than 93 affiliates in the United States and internationally. The overall organization has served nearly 500,000 women since its founding 1997. To learn more about our organization, visit www.dressforsuccess.org/southcentralpa.

Ruth Koup is the founder and CEO of Dress for Success South Central PA.

Historic Harrisburg Awards



Erica Dilks and her husband, Derek, a home restorer and president of the Historic Harrisburg Association’s board, received a 2009 Preservation Award from the association for their work restoring the “Breeze Hill” mansion, 2101 Bellevue Rd. in Bellevue Park.



The city’s Department of Building and Housing Development received an award for restoring 609-611 Oxford St. From left: David Morrison, board member, Craig D. Peiffer, board member, Mayor Stephen Reed, Kathy Possinger, deputy director of Building and Housing Development and Darrell Livingston of the Homeowner Rehabilitation Program.

Unfurling the Colors

Flag Day in Harrisburg, 1914

Jason Wilson



Photos: Capitol Preservation Committee

Civil War veterans parade their battle flags up 3rd Street during Flag Day, 1914 (left); the aged veterans pose with the colors at the end of the parade (right).

On June 14, 1914, the citizens of Harrisburg were given a special honor—watching a large parade of aged Civil War color bearers carry their battle flags for the last time. Most of the bearers were in their 70s or 80s, and the significance of the event was not lost on residents.

These men had survived Shiloh, Antietam, Gettysburg and scores of other battles, and the flags that they carried bore reminders of the horrors of Civil War combat fought nearly 50 years earlier and still lingering in the national memory.

Flag Day is as old as the republic itself, commemorating the adoption of the flag of the United States, which occurred on June 14 by resolution of the Second Continental Congress in 1777. It is not a federal holiday, but in 1937 Pennsylvania celebrated it as a state holiday, the first and only state to do so, though it no longer does. An act of Congress established National Flag Day in 1949.

The battle flags carried by the old veterans that day were officially returned to the Commonwealth at a large parade in Philadelphia in 1866. They were shipped to Harrisburg and

deposited in the old state arsenal on 3rd and Walnut streets, where they remained until 1873, when they were moved to the second floor of the old brick South Executive Building.

During this time, the flags were displayed unfurled and sometimes removed and shown to visiting veterans. Often, the men would donate items to the state's collection, and the room soon became overcrowded. As a result, the flags moved in 1895 to a larger room in the new Executive, Library and Museum Building, which had been completed a year earlier. When the new Capitol was built in 1906, niches were created for large bronze flag cases within the rotunda. In 1911, the cases were completed and state officials began making plans for the large parade on Flag Day of 1914.

The veterans assembled prior to noon on the 14th with the parade scheduled to begin at 1 p.m. Some of the veterans wept openly as they held their flags. The parade's start had to be delayed to let them regain their composure. The men thought it unbecoming of a soldier to weep in public. Some 300 veteran color bearers marched down 4th Street to Market, turned north on Front Street, east on State Street and up the steps of the Capitol, depositing their colors in the main rotunda cases.

The 300 flags remained in the rotunda cases until 1985, when they were removed to an offsite facility where they are conserved. Today, they are available for special guided tours and viewing by the general public.

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

Then and Now



The postcard (left) shows a view of Walnut Street, circa 1915. In this image, it's easy to see old Harrisburg landmarks, such as the Penn Harris Hotel, the Columbus Hotel and the old post office. Today, the street is markedly different (right). Unfortunately, all of these beautiful buildings are gone. The brick building on the extreme left (foreground) is about the only survivor from this area approaching the Capitol complex.

Where's the Beef?

Simple answer: It's at Jackson House.

Carol Maravic



Chris Kegriz (left) makes a Jackson House signature sandwich, while his dad, Dave, flips one of his famous burgers for a hungry crowd.

If you're looking to grab a quick "fast food" style burger on your lunch break, then the Jackson House Restaurant is probably not for you. But if you are willing to wait 15 minutes for a fresh, sizzling hot, half-pound burger topped with bacon, lettuce, tomato and served on a fresh Kaiser roll, then you've come to the right place.

Located on the corner of 6th and Boas streets, the Jackson House has been serving its famous Jackson burgers, cheesesteaks and South Philly hoagies for more than a quarter century. Owner-operator Dave Kegriz admits he's a perfectionist about his cooking—and his burgers, which is why they've earned the reputation as being the best in town.

A sign at the counter reads "Our burgers take time to cook. If you can't wait or think it should be ready the minute you order, get something else." It's signed "The Burger Nazi."

"Cooking this volume of food is a lot of preparation and pressure—that's why we put the sign up," he laughed. "I'm a perfectionist, so I snap sometimes, but I am getting a little better in my old age."

Working quickly in the small grill, he occasionally yells, "Who's getting a burger?" to the line of waiting customers—and hands shoot up. Dave and his sons, Chris and Corey, have been serving up food since 1982, when they first decided to bring South Philly hoagies and sandwiches to Harrisburg. He still travels to Philadelphia every three weeks or so to purchase fresh meats and cheeses, as well as the restaurant's signature seeded hoagie rolls.

"When the kids were young, my wife and I would go down to South Philly and try

out all the little sub shops and sample different sandwiches. That's how the menu evolved," Kegriz said. "That's where we got the idea for our Italian tuna deluxe sub with oil and red peppers."

Dave's son Chris was born in 1982, the year the restaurant opened, and he's been working there most of his life.

"When I was real little, I attended day care at Stepping Stone Day Care in the church right down the street," he said. "I would come to the store afterward to help with cooking and prepping. My dad probably called it getting in the way, but I loved it. I'd sit down and get a Sprite and ask questions and help where I could."

The Jackson House isn't just known for its great food—it's also rich in history. Dave initially rented the restaurant space from German Jackson—an African-American entrepreneur who was the son of slaves. Jackson, a bell captain at the Penn Harris Hotel, also owned the three-story house next door. Jackson offered his home to touring black celebrities after they were turned away from other hotels in the city. His guests included Louis Armstrong, Cab Calloway and Ella Fitzgerald.

"Mr. Jackson was a mentor and a friend—a true gentleman," Dave said. "He always told me he was taught to believe that everyone was the same—black, white, gristly or gray. He was a true entrepreneur."

When Jackson died at age 98 in 1993, he willed the building to Dave, who later brought his two sons into the business.

In addition to their signature Jackson burgers, Dave and Chris make steak sandwiches fresh every day for take-out and eat-in customers. And the menu features a wide variety of hoagies, sandwiches and salads. The poppers, filled with aged provolone and Genoa ham, are made fresh. Every few months, he cooks up his renowned roasted pork special. It's in such high demand that he makes calls to customers in advance so they can be put on a waiting list.

The Jackson House caters mostly to state workers—it's a short walk from the Capitol complex—but many of its loyal customers come a long way to eat food that they describe as "one of a kind."

"We have one woman from Danville—she calls ahead and orders about \$400 worth of hoagies every couple of months—they don't have anything like this up there," Kegriz said.

"Hey, can you get me a 'Chris'? I'm in a major hurry," yelled customer Rachael Jones Williams, a native of Harrisburg who now lives in Cooperstown, N.Y. A "Chris" is an Italian Hoagie with a special twist that Dave's son makes especially for Williams. "I don't know what he puts on it, but I love it," she said.

Williams discovered the Jackson House when she was a student at HACC. She would sit in the small restaurant and study for an hour or two and then get lunch.

"I started with the burgers and then went for the cheesesteaks and now I love the hoagies. They are all good," Williams said. "When I come back to Harrisburg, I come here every day. The food is unbelievable, but it's more than that. There are very few places left where the owners are friendly and approachable. They know your name. They know what you like. This place is definitely one of a kind."

Jackson House, 1004 N. 6th St., 717-238-2730.
Open Mon.-Fri., 10:30 a.m. to 2 p.m.



Better learn the rules: "Next!"

Beerfest Slated Downtown

Do you love beer? Then sample brews from more than 50 breweries from across the United States at the 6th Annual Harrisburg Brewer's Fest.

The festival, located at 2nd and Locust streets in downtown Harrisburg, takes place June 20, starting at noon. Food and music will be offered, but the focus is on the great beer. It's an opportunity to sample and learn more about the rich variety of beer available: from fruity ales to potent bocks to rich porters and stouts.

Tickets are \$35 in advance and are not available at the door. All proceeds from the event benefit the Cystic Fibrosis Foundation of Central Pennsylvania.

For more information on the event, visit www.troegs.com/brewfest/general.asp.

It's an Uphill Roll

Meatballs may sound easy to make, but perfecting them takes practice.

Rosemary Ruggieri Baer



Let's face it. There are some bad meatballs out there. We've all been exposed: from grade school cafeteria lunches to meatball sandwiches served at Little League baseball games. They are invariably smothered in jarred sauce set atop doughy pasta or stuffed in pasty hot dog rolls. Many restaurants also resort to processed frozen meatballs that arrive hard, dry and salty.

My mother, Rose, was a very plain Italian cook. As poor Sicilian immigrants, her family made humble southern Italian fare. But her meatballs were glorious. I'll always remember the countless hours she spent at the stove cooking them, in later years with her two grandsons standing on chairs beside her. She always fried just one meatball in a skillet first, to taste for salt and cheese, and allowed her boys to make the call for more of this or that. To this day, I do the same, asking someone to come to the kitchen and taste just one before I cook the rest.

Like spaghetti sauce, homemade meatballs are not hard to make. Good ones, though, require high-quality ingredients and a light touch. But I think, if you try them, you'll never buy frozen again. And I guarantee you'll find the smell of meatballs gently browning in olive oil in a skillet to be one of the most wonderful aromas in all of Italian cooking.

I start with 2 pounds of ground beef. While I often try to substitute low-fat ingredients in my cooking, ground chuck is best for meatballs. My mother used to pick a beautiful piece of chuck from the grocery store meat case and ask the butcher to "remove the fat and grind it twice." I'm not sure why. I wish I'd asked about the double grinding. Maybe she thought it gave the meatballs a finer texture. Sometimes, I use a mixture of ground chuck, pork and veal, which may be labeled "meatloaf mix." But be careful here, as some of these mixtures can be very fatty.

Place the ground chuck in a bowl and fluff it lightly with a fork. It's important not to compact the beef at any stage of the process. Add 2 cups of fresh breadcrumbs. If you have leftover Italian bread, grind it finely in a food processor for use as crumbs. If not, any dense white bread will do.

Add 2 large eggs lightly beaten, 1 cup of minced sweet onion and 1 cup of finely chopped fresh Italian (flat leaf) parsley. You can put the eggs, onion and parsley in a food processor and chop it all together, if you wish. Add it to the ground beef and again fluff with a fork until all the ingredients are incorporated. Many Italian cooks use their hands to mix rather than a fork.

A word about the cheese: You'll need 1 cup of freshly grated cheese to add to the meatball mixture. I almost always use Parmesan Reggiano, which imparts the familiar meatball taste. However, if you feel adventurous, try using Pecorino Romano instead. It's also a hard grating cheese and will provide a very different taste, one that you might like. My mother used both cheeses in her meatballs and on pasta.

Finally, add a little milk or cream to the meat mixture. For me, the amount always differs based on the kind of bread crumbs used or the size of the eggs. You want a moist product but not too wet. This may be the toughest part of your meatball project, but you will have to experiment. Too much liquid and the meatballs won't stay together; too little and they'll be dry. So experiment. Finally, add a teaspoon of salt and freshly ground pepper.

Then, with slightly dampened hands, form meatballs the size you want. I make mine about 1½ inches in diameter. But you can make them very small (for Italian Wedding Soup) or quite large to crown a big bowl of spaghetti. Remember: form the meatballs very lightly, rolling the mixture gently between the palms of your hands. Place them on a tray, sheet pan or platter lined with wax paper.

In a large skillet, place enough olive oil to cover the bottom and heat on medium until glistening. You can use light olive oil for cooking the meatballs and save the extra-virgin oil for salads, vegetables and bread. But



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

the olive oil is a must. No regular cooking oil will do here.

After placing the meatballs in the skillet, flatten each of them slightly with the tines of a fork to ensure better browning. Brown the meatballs on both sides so a nice crust forms, but be careful not to burn them. You may have to cook them in two batches. As the meatballs are cooked, place them on paper towels to absorb any excess oil. Some cooks (like the Barefoot Contessa) suggest baking meatballs in the oven. They are okay this way, but to me just not as good. And I almost forgot! First fry just one meatball. That way you can go back and add extra salt or grated cheese to taste before cooking the rest.

The meatballs are now ready for your favorite homemade sauce, which I'm sure by now you are all experts in making! (see, "The Perfect Sunday Sauce," Jan. 2009, p. 19). If you want the meatballs to be thoroughly infused with the sauce, add them early in the sauce making process. Sometimes, I just place plain meatballs atop the pasta and cover with sauce. See which way you like best.

I'll admit this is not a project for a busy work day. But try making meatballs on a Sunday afternoon or whenever you have time. Leftovers freeze beautifully—if you can keep family members from taking "just one more."



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In June: a Cherry Jubilee

Stephanie Pomraning



Buckets of ripe red fruit.

They may be the most celebrated of all fruit. It all starts in February with National Cherry Pie Day, which falls on Feb. 20, a tribute to George Washington and his cherry tree. It continues in early spring as cherry blossoms burst into cascades of pinks and whites in places as diverse as Pennsylvania, California, Georgia and, of course, Washington, D.C.

June, though, is the ultimate month. It's when cherries come into season, finally ending an agonizing, year-long wait for lovers of the

small, round, pink or red fruit.

If you ask why they're so good, cherry connoisseurs naturally will describe the taste—that incredible mix of sweet and tart, the juice that dribbles out with the first bite. Indeed, nothing beats ripe cherries just picked from a tree. Even better: nutritionists agree with your taste buds.

Cherries, both the sweet and tart varieties, are widely touted as one of the healthiest fruits. Their red color is evidence of the high content of antioxidants that act as a natural anti-inflammatory that can help ease arthritis and other joint pain. Cherries also contain melatonin, a naturally occurring chemical that aids in getting a better night sleep. They are also a good source of calcium, along with vitamins A and C. Cherries are a low-calorie, low-fat and high-water content fruit. Studies have shown that eating more high-water content fruits can help boost metabolism and energy levels.

If you'd like some exercise along with enjoying cherries, you can head out to a local orchard and pick your own sweet or tart cherries. While you won't be climbing up and down ladders, you can still work your arm muscles with the motion required to pick.

Cherries are always picked at peak ripeness, as they do not ripen further once off the tree. When you get your cherries home, it is important to store them in the coldest part of your refrigerator and use within one to three days. Do not wash your cherries until you are ready to serve them. If you find yourself with an overabundance of cherries, they are easy to freeze. Simply wash and dry, lay in a single layer on a cookie sheet and place them in the freezer. Then transfer them to a freezer bag or storage container, where they will keep up to a year.

Cooking with cherries can be as easy as making a simple fruit crisp by combining flour, oats, butter, cinnamon and sugar, sprinkling on top of fresh tart or sweet cherries and baking. They can also make a wonderful accompaniment to pork. Sauté sweet dark cherries with butter and shallots, add some red wine and rosemary, salt and pepper to taste and serve with your favorite pork chop or pork roast recipe.

If you're feeling more adventurous in the kitchen, try the classic cherries jubilee for dessert. Make a syrup of sugar, water, cornstarch and orange juice, add cherries and orange zest and simmer for 10 minutes. Remove the cherries from the heat, add some brandy and CAREFULLY ignite the dish with a long lighter. After enjoying the light show, enjoy the dessert spooned over heaping bowls of vanilla ice cream.

Although the cherry season is short in comparison to some others, such as apples or corn, it is well worth making a trip to an orchard or farmer's market. Mid- to late-June and early July are the peak times to find homegrown sweet and sour cherries. Whether you pick your own or purchase freshly picked, cherries are certainly a treat not to be missed.

Stephanie Pomraning writes from Strites' Orchard Farm Market and Bakery, located just off Rte. 322 between Harrisburg and Hershey, where 10 acres of sweet and sour cherries make the transformation from bud to blossom to fruit.

This Summer, Try a Pilsner

Ed Yashinsky



In beer world, we've made it through winter and let me tell you, I'm pretty much exhausted. For the better part of five months, the beer industry has been piling on off-the-chart Christmas beers, rich, thick malt bombs and whacked-out ales oozing hop juice and kicking alcohol levels to a stratosphere normally reserved for wine, all in the good name of staying warm over the winter. But as soon as the weather starts hinting at spring and moves into summer, breweries switch gears to deliver easy-drinking beers designed with lawn mowing and baseball viewing in mind.

If you have ever toyed with the idea of trying microbrews, this is the best time of year to start dabbling. During the summer, brewers are making beers to be enjoyed when the weather is hottest—so light and refreshing is the name of the game. One beer style commonly associated with summer is the pilsner, and whether you know it or not, you are located right in the heart of the finest pilsner-producing region in the country.

Before delving into the pilsner, it's important to know a basic beer concept that will be key as you learn more about craft beers. There are only two kinds of beer in the world—ales and lagers—and the major difference between them is the yeast that transforms sugar water into beer.

Ale origins arise from England, and generally the beers tend to be more aggressive in flavor with more bitterness (more hops). Lagers rely on the sweetness of the barley, with just enough hops to balance the flavor. Lager is a German term that means "to rest," and, indeed, lagers take longer to brew than ales (on average five weeks, compared to two weeks for ales).

Another reason lagers (and pilsners specifically) are the perfect entry point into craft beers is because more than 90 percent of the beer consumed in this country is lager, so most people are familiar with the baseline tastes of these beers.

A perfect pilsner can be described in one word: simplicity. Pilsners typically fall into the 4-5 percent alcohol by volume (abv) range. They are light in color, typically straw to golden, and have a bit of a lemon zest flavor attributed to the Saaz and Hallertau hops commonly used for bittering and aroma in these beers.

If you are familiar with Pilsner Urquell or Heinekin, you pretty much know the flavor of a pilsner—a crisp, refreshing taste and a dry finish.

And while Europe is the historical bedrock of the worldwide pilsner movement, I would argue that Pennsylvania might be the premier home to pilsners today. Penn Brewing's Kaiser Pils (Pittsburgh), Sly Fox Pikeland Pils (Royersford), Stoudt's Pils (Adamstown), Tröegs Sunshine Pils (Harrisburg) and Victory Prima Pils (Downingtown) have all won national and international awards in a style long-dominated by European breweries.

Until we meet again, I propose a small homework assignment. At your next get-together, purchase one of the above beers and keep an eye on who is drinking it. At some point during the night, you will talk to one of those people about beer. And then it won't be long until you are rounding up friends to split and mix cases. At some point, you might start hosting craft beer tasting parties at your house. And finally, in the not to distant future, you may find yourself leading the revolution for craft beers! OK, that might be a little too much.

I reside in an alternate universe known as beer world. While starting my career in newspapers and public relations, I ended up as brewery manager for Tröegs Brewing Company in Harrisburg. Because of my job, I basically eat, sleep and (thankfully) drink beer. I hope to shed a little light on the brewing industry, debunk beer myths and educate the masses while keeping you amused in 800 words or less. Send your beer-related questions to edy@troegs.com.

Down the Road, Back in Time

Nearby Conewago B&B recalls another era.

Stephanie Kalina-Metzger



An imposing facade and lovely gardens introduce the Conewago Manor Inn B&B.

If you're an antique lover seeking a few days of relaxation, the Conewago Manor Inn Bed and Breakfast may be the perfect place for a restful, yet fascinating, stay.

In a recent visit, the owner Laura greeted me at the door, and, by her calm demeanor, it was hard to tell that she and her husband practically run the place by themselves. She explained that she does have some part-time help, mostly for outdoors work, and that her daughter, Gari Lee, runs the gift shop.

"The inn is a labor of love that took seven years of part-time work to complete," she said. At that time, the couple ran

their business, K. Murphy and Company, during the day and worked on the inn at night and on weekends. Said Laura, "It was a long seven years!"

Laura's unique decorating style is in evidence throughout the manor. Beautiful Trompe L'Oeil murals painted by local artist Norma Hudson are in abundance, prompting visitors to stop and investigate at every turn.

The setting is equally lovely. Located off Rte. 230 just outside of Elizabethtown (about a half-hour drive from Harrisburg), the inn is situated on 20 acres of verdant property, with manicured grounds and lush gardens greeting visitors. The Conewago Creek meanders by, pleasantly bubbling with a sound that beckons people to relax, reflect and decompress.

Each of the nine guest rooms is unique, and all contain whirlpool baths. Half have balconies that face the creek, and, on cool winter nights, most of the 17 working fireplaces are in commission. The public rooms are just as welcoming. The décor of the high-Victorian parlor recalls the meeting places of yesteryear, while the airy sunroom, boasting white wicker and palm fans, makes visitors feel like they've transported to Miami—circa the 1930s. The inn's gourmet breakfast is served in a dining room replete with warm woods and beneath an elaborate chandelier.

Walking throughout the grounds and the house, visitors are encouraged to reflect on the inn's rich history. Once owned by a local miller

and Indian trader who received the original deed from the William Penn family in 1742, the brick portion of the house operated as both a public house and an inn.

In 1800, Henry Bates Grubb, ironmaster of the Hopewell Forge, purchased the property and added a stone portion in 1811. During this time, he farmed 4,000 acres of the land and named it Mount Vernon Estate.



The parlor's decor has a Victorian flair.



A bit of old Miami fills the inn's sunroom.

The property changed hands in 1899 when it was acquired by the Pennsylvania Vaccine Company. The owner, Dr. H. M. Alexander, used the stone barn on the property as a laboratory for his experiments. The Conewago Manor Inn has also operated as a post office and a railway ticket office.

In 1994, Keith and Laura Murphy purchased the property and turned it into the opulent bed and

breakfast that it is today.

The inn now serves as a showcase for the Murphy's vast antique collection. Said Laura, "We acquired our collection traveling up and down the East Coast starting in 1975."

A matched pair of 1830 Cornelius and Baker Gasoliers (fitted for electric now) are in use in the dining room and foyer, and a 1911 Steinway Grand "Duo Art Reproducer," driven by paper rolls, takes its place of prominence in the parlor.

A stunning mahogany Regina upright automatic music box circa 1870 is in pristine condition, and Laura proudly declares that they still have the original packing slip.

Laminated rosewood Henry Belter furniture, dating to 1850, is seen throughout the house, and Laura's cabinets are full of perfectly polished, rare, figural sterling napkin holders dating from the 1860s, which were used to set Victorian tables. A custom-made, locking "casket" holds Tiffany sterling silver flatware, vermeil with 24-karat gold, dating to 1820.

The Murphys host many weddings on their property, and every weekend in May is booked as brides put the finishing touches on their nuptial planning.

Repeat visitors like Brooke and Brad Shambach visit annually and haven't missed a stay since 2002. "It's a wonderful place to make new memories and reflect upon the old," Brooke said.

Especially if you're an antiques enthusiast!

Conewago Manor Inn Bed and Breakfast, 2048 Zeager Road, Elizabethtown; www.conewagomanorinn.com, 717-361-0826. Open year round.

Hershey Playhouse Holds Drama Camps

Hershey Area Playhouse Theatre Academy is taking registrations for its 2009 summer drama camp program. The camp program is designed for students in first through twelfth grades.

The camp includes a curriculum specifically designed to be age-appropriate. Acting students will work in three different groupings, based on their age. A fourth program will be offered for students who wish to explore the backstage side of theater: lighting, sound and design.

For more information, visit hersheyareaplayhouse.com. You also can contact Randall Cline at 717-497-2315 or email TheatreAcademy@HersheyAreaPlayhouse.com.

Harrisburg on a Few Bucks a Day

Hurt by the economy? Just cheap?
Try these fun options this summer.

Karen Milheim

No doubt that the bad economy is making it more difficult to find fun, yet inexpensive leisure activities. Fortunately, plenty of options abound right here, in and around Harrisburg, that are enjoyable and easy on the pocketbook—you just have to know where to look.

If you are interested in the arts, the Rose Lehrman Arts Center at Harrisburg Area Community College offers a series of interesting exhibits throughout the year. Arts at 510, a quaint fine art gallery downtown, also exhibits all year long and is now featuring mixed media pieces related to the theme of “vacation spots.” Meanwhile, Gallery Blu, a great new spot Uptown, is showing works by female artists this month.

When downtown, it's worth a trip to the Susquehanna Art Museum, located at 3rd and Market streets. In addition to its Doshi Center, which features local artists, there are several exhibits in the main gallery throughout the year. From June through September, black-and-white photography by National Geographic photographer Chris Rainier is featured. A few blocks away, the Art Association of Harrisburg is always a great bet, now displaying the winners of its annual juried exhibit.

For those who enjoy their arts live, look no further than the Levitt Pavilion in Reservoir Park. This summer, planners have a packed schedule of musicians, performances and other entertainment. Some of the events planned for 2009 include the African Family Festival and Shakespeare in the Park, both scheduled for June. Don't forget the other annual events at Riverfront park, including American MusicFest over the

Fourth of July holiday and the Kipona celebration in September, both of which offer something for everyone, including arts, food and entertainment. While you are there, be sure to walk over to City Island to take a carousel ride, try your arm at the batting cages or buy an ice-cream cone. Up for a short ride to the other side of town? Then take in the Italian Lake Concert Series, which offers terrific music Saturday nights in July and August.

For history buffs, The State Museum of PA and National Civil War Museum are obvious choices, but Harrisburg also offers alternative historical exhibits to these popular destinations. Consider the Pennsylvania National Fire Museum at 1820 N. 4th St., which displays engines, equipment and other unique artifacts. You may also be interested in the Doll House Museum at 2004 State St., which houses dolls, toys and related items dating back to the mid-19th century. If you enjoy touring historical homes, Fort Hunter and the John Harris-Simon Cameron Mansion, both on Front Street, are open for guided tours. While you are there, be sure to check out other programs that are periodically run by the Historical Society of Dauphin County.

Harrisburg has no shortage of outdoor activities, both on land and water, to satisfy your desire for fresh air and sunshine. From hiking trails and golf to water sports and bird watching, there are a variety of options to please everyone. Start by checking out the Capital Area Greenbelt, a trail that passes through various popular points in the city, such as Riverfront Park and Harrisburg Area Community College.

It's definitely worth a short drive to take the family for a hike, have a romantic picnic and get some fresh air and exercise. If you're on City Island, Susquehanna Outfitters rents bikes, canoes and boats at inexpensive rates. They also have tours and other specialty programs, so be sure to explore your options. For the true outdoor experience, try one of the area's camping facilities. Harrisburg East Campground offers affordable rates that includes space to pitch a tent, as well as on-site facilities, such as a playground, horseshoe pit and basketball court.

A bad economy doesn't have to put a damper on how you spend your time in the warmer weather. Harrisburg has lots to offer. It just takes some time, planning and a bit of creativity to find something enjoyable for you and everyone in your family.

Karen Milheim is a freelance writer and part-time college professor living in Elizabethtown.

Whitaker Watch

Once Upon a Mattress. Enjoy Theatre Harrisburg's version of the famous Broadway musical of romantic love and clingy mothers in a fairy tale kingdom. June 5-14, times vary. Tickets: \$15-\$32.

Dauphin County Music Festival. Two days of great music, local wine, food and crafts. June 13: The Little Ivory Band, Nate Myers & The Aces and Billy Price. June 14: Voxology, Don Johnson Project and Mahoney Brothers' "JunkBox Heroes Show." Each day, 4:30-9 p.m. Tickets: \$20 for weekend pass. At Fort Hunter Park.

Central Pennsylvania Youth Ballet. Dancers of all ages will present about 20 ballets over five performances in styles ranging from classical to fanciful, from beginner to advanced. June 17-20, times vary. Tickets: \$10-25.

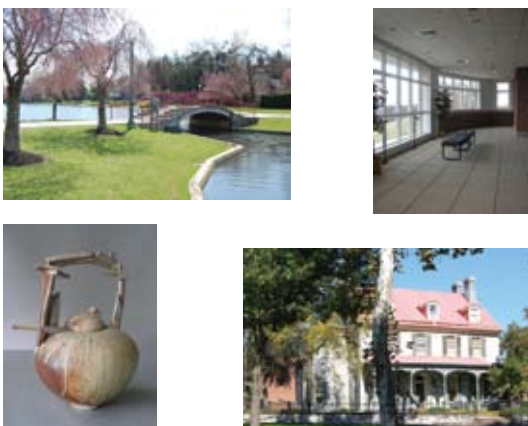
An Evening with Elvis. A night of Elvis music with Mike Albert and the Big "E" Band. June 25, 8 p.m. Tickets: \$35. Pre-show reception, 6:30 p.m., \$75. At the Forum.

Dance Revelation Studio Recital. Dance Revelation Studio presents its year-end recital, featuring student performances. June 28, 6 p.m. Tickets: \$12.

All performances at the Whitaker Center, Sunoco Performance Theater, 222 Market St., Harrisburg, unless otherwise noted. Information: 717-214-ARTS or www.whitakercenter.org/theater/index.asp

Links for the Budget-Minded

Rose Lehrman Arts Center:
www.hacc.edu/RoseLehrmanArtsCenter
Arts at 510: www.artsat510.com
Gallery Blu: www.galleryblu.org
Susquehanna Art Museum: www.sqart.org
Art Association of Harrisburg:
www.artassocofhbg.com
Levitt Pavillion: www.levittlive.com
PA National Firefighters Museum: www.pnfm.org
Harrisburg Doll Museum:
www.hbgdollmuseum.com
Dauphin County Historical Society:
www.dauphincountyhistory.org
Capital Area Greenbelt: www.caga.org
Harrisburg East Campground:
www.hbgeastcampground.com
Susquehanna Outfitters:
www.susquehannaoutfitters.com
Fort Hunter: www.forthunter.org



Low cost, high reward: clockwise from left, Italian Lake, which offers free concerts; the new observatory at the National Civil War Museum; the John Harris House; and ceramic art at Rose Lehrman Art Gallery.

The Flying Solo Festival Soars into Open Stage

The Flying Solo Festival, sponsored by Capital BlueCross, takes off this month with four distinct and unique solo performances.

- “Deconstructing Broadway: The Good, the Bad and the Headache-y,” Seth Rudetsky’s hilarious and thoughtful take on music and theater. June 4-6.
- “Between Two Chairs,” a new play created and performed by Valerie Rae Smith, which explores the relationship between story, identity and spirit. June 11-13.
- “Oh Crap, I Forgot to Have Kids,” a comedy/drama from Harrisburg’s own Karen Gray, who explores how motherhood figures into what it means to be a woman and an adult. June 18-20.
- “Circumference,” Amy Salloway’s funny and complicated look at the relationships between people and their bodies. June 25-27.

All performances are 8 p.m. at the Open Stage Angino Family Theatre, 223 Walnut St., Harrisburg. For tickets, call 717-214-ARTS. For more, go to www.openstagehbg.com.

Reservoir Park Exhibit Features Inmate Art

The Art Association of Harrisburg is presenting a unique exhibition of artwork created by the inmates of the State Correctional Institution of Camp Hill in the gallery at Reservoir Mansion. It runs through June 25.

The artists are students of Lois Jones, who said her students work in colored pencil, watercolor, acrylics, pencil and pastel. Oils are not permitted by the prison authorities. The artists’ favorite subjects are portraits, figures, fantasy art and sometimes landscapes. There are approximately 15 to 18 students in her class at the Correctional Institution at any given time.

Reservoir Mansion is located at 100 Concert Dr. in Reservoir Park. Gallery hours are 8:30 a.m. - 5 p.m. Monday through Friday. Call the Mansion at 717-233-7403 for directions. Call the Art Association at 717-236-1432 or Lois Jones at 717-533-7534 for more information concerning the exhibition.



A featured work of art.

Museum Musings

Art Association of Harrisburg

21 North Front St., Harrisburg

The 81st annual International Juried Exhibition. Explore award-winning art. Through June 18.

Harsco Science Center

Whitaker Center, 222 Market St., Harrisburg

“Invention at Play,” a fun, exciting hands-on exhibit that celebrates the imagination and creativity of children.

National Civil War Museum

One Lincoln Circle at Reservoir, Harrisburg

“Box Car War: Logistics of the Civil War.” This exhibit examines the tremendous efforts of both sides to supply and maintain their armies in the field. Through Aug. 30.

Rose Lehrman Art Gallery

One HACC Drive, Harrisburg

“Dialogues 2,” a ceramic art exhibit by HACC art professors James Lard and Robert Troxell. May 25-June 24. Artists’ reception, June 4, 3 p.m.

The State Museum of Pennsylvania

300 North St., Harrisburg

“The Fine Art of Giving,” a selection of 85 paintings, sculptures, photographs, prints and crafts selected from more than 400 gifts received by the museum during the past decade. Through June 2010.

Susquehanna Art Museum

301 Market St., Harrisburg

“Ancient Marks: The Sacred Origins of Tattoos and Body Marking,” works by National Geographic photographer Chris Ranier. June 11-Sept. 13.

“Make Your Mark,” a juried show of members’ works of art, Doshi Gallery. May 8-July 3.

“La Neige et l’Hiver” (“The Snow and the Winter”), the artwork of Claire Giblin, Doshi Gallery June 4-July 5.

“Living History” Slated at Civil War Museum

The Civil War Museum has announced its summer “Living History” schedule. The encampment schedule is:

- June 27-28, the 44th Georgia Volunteer Infantry, Company C
- July 11-12, the 1st Maryland, Company A (CSA)
- July 18-19, the 3rd New Jersey
- July 25-26, the 42nd Mississippi
- August 1-2, the 4th Texas, Company B
- Sept. 12-13, Purcell’s Battery (artillery demonstrations at 11 a.m., 1 p.m. and 3 p.m.)

For more information, call 717-260-1861 or visit www.nationalcivilwarmuseum.org.

The Stage Door

Harrisburg Shakespeare Festival

Gamut Classic Theatre, 3rd Floor, Strawberry Square, Harrisburg, 717-238-4111

“Cymbeline,” Shakespeare’s romantic fairy tale of love, murder, evil and mistaken identities. Free Shakespeare in the Park. June 3-6, 10-13, 7:30 p.m. Reservoir Park, Levitt Pavilion, Harrisburg.

Popcorn Hat Players at the Gamut

Gamut Classic Theatre, 3rd Floor, Strawberry Square, Harrisburg, 717-238-4111

“Rapunzel!” This show is a modern adaptation of the classic fairy tale. Children from the audience use their own creativity to help tell this story. June 3-20.

Open Stage of Harrisburg

223 Walnut St., Harrisburg
717-214-ARTS

“Flying Solo” festival features four unique solo performances (see story, this page). June 4-27.

Rose Lehrman Arts Center

One HACC Drive, Harrisburg
717-231-ROSE

Contact the theater for future shows.

Theatre Harrisburg

Sunoco Performance Theater, Whitaker Center
717-214-ARTS

“Once Upon a Mattress,” the famous musical of romantic love and clingy mothers in a fairy tale kingdom. June 5-14.

Oyster Mill Playhouse

1001 Oyster Mill Road, Camp Hill
717-737-6768

“The Effect of Gamma Rays on Man-in-the-Moon Marigolds,” a story of a woman struggling to raise her two very different daughters. May 29-June 7.

Hershey Area Playhouse

Sand Hill Road at Cherry Drive, Hershey
717-838-8164

No shows planned for June.

Photo: Brianna Dow



Free Shakespeare in the Park is back. From left, Jeremy Garrett, Philip Wheeler and Jeff Luttermoser in a scene from “Cymbeline.” Reservoir Park, Harrisburg, June 3-6, 10-13, 7:30 p.m.

Hello Muddah: Kids Flock to Theater Summer Schools

Lori Myers

Melissa Nicholson, executive director of the Gamut Theatre Group, tells the story of a 6-year-old girl whose parents signed her up for the theater's Popcorn Hat Summer Camp, where children learn to create, imagine and perform on stage. At first the young student was painfully shy, kept her head down and spoke softly.

"After taking classes for awhile her head just started to come up and she was getting louder," Nicholson recalled. "These classes improve communication skills, and children get more confident."

Whether you have a shy child or one who would rather emote than swim laps and eat s'mores, there's an array of theater summer camps taking place right here in Harrisburg. Kids from six to 18 learn about the many aspects of theater: from memorizing lines and performing to developing full-scale stage productions—all under the tutelage of theater professionals.

The Gamut Theatre Group, located downtown inside Strawberry Square, offers a variety of summer classes—one of which introduces very young thespians to the stage and makes them comfortable with performing in front of an audience. They'll learn some valuable lessons, too, such as the importance of working as a team with other actors.

"We focus on the ensemble and the technical aspects of theater," Nicholson said. "We work together to put on a play."

In addition to the Popcorn Hat Summer Camp, young wannabe

actors and actresses may also choose the Shakespeare Camp for Teens, where they'll explore the classical works of the Bard and delve into what makes his characters tick. And then there's the Improv Camp for Teens that goes way beyond the "Who's Line Is It Anyway?" television show. Here, kids will make creative choices and spark their spontaneity.

Other area theaters also offer dramatic training for young people. Open Stage of Harrisburg's Creative Dramatics Summer School transforms kids into playwrights. During one fun week, students will come up with their own stage play and then perform it. Also at Open Stage, located downtown on Walnut Street, middle school students will create an original performance through improvisational exercises at summer classes geared especially for them at the theater's Middle Summer School.

Theatre Harrisburg has resurrected its educational program with a summer camp taught by actress and director, Lisa Werner, who holds a BFA degree in drama from New York University's Tisch School of the Arts and an MFA in Acting from Brooklyn College. She also has been a Screen Guild member for the past 38 years. This year's theater camp at Uptown's Krevsky Production Center on Hurlock Street will have kids developing a full-scale musical production that includes auditioning, costumes, make-up, props and set design. There will also be classes in singing, acting, dance

and improvisation. Included with the price is a bus trip to New York City to see a Broadway show. Werner calls it a "soup to nuts" theater experience.

"It's five solid weeks of immersion into theater," Werner says. "It's both process-oriented and product-oriented because the kids have to audition, do the set construction and are in a show. They'll also learn proper preparation before they walk onto the stage for an entrance."

All camp sessions at Gamut, Open Stage and Theatre Harrisburg culminate with a final performance for family and friends who take delight in what these children have learned and how they have grown. Many times, life-long friendships are formed among children from different school districts who list theater as a common interest.

"Children in this area are really lucky," Nicholson says. "There's so much for them to do. We have a nice wealth of arts in Harrisburg."

Program Spotlight

Gamut Theatre's Popcorn Hat Players
717-238-4111

What: Popcorn Hat Summer Camp
When: Session 1: June 9-20;
When: Session 2: Aug. 4-15
Who: ages 6-12

What: Shakespeare Camp for Teens
When: July 7-18
Who: ages 13-18

What: Improv Camp for Teens
When: July 21-31
Who: ages 13-18

Open Stage of Harrisburg
717-214-3247

What: Creative Dramatics Summer School
When: June 29-July 3
Who: ages 8-11

What: Middle Summer School
When: July 6-17
Who: ages 12-13

Theatre Harrisburg
717-232-5501, ext. 22

What: Theatre Summer Camp
When: June 8-July 10
Who: ages 7-14

HU Slates Programs for High Schoolers

Harrisburg University has scheduled several fascinating programs for high school students this summer. They include:

- The Central PA Gaming Academy, a program in game design methods and technologies. June 8-July 3. Registration information is at <http://caelt1.harrisburgu.net/theacademy>.
- Nanobiotechnology Summer Camp, which teaches the basics of nanobiotechnology. June 15-19 and June 22-26. To apply, visit <http://www.harrisburgu.net/academics/high-school>.
- Lego Robotics Programming, an introduction to mobile robots. June 29-30, July 6-10, July 13-15. To apply, visit <http://www.harrisburgu.net/academics/high-school>.

Some courses offer college credit upon completion. For more information, call 717-901-5101.

Open Stage Program Begins, Gets Honor

The Music Theatre Workshop, held by the Open Stage of Harrisburg Studio/School, has been named a "Regional Summer School of Excellence" for the sixth straight year by the state Education Department.

This year, the workshop runs weekdays, July 20-Aug. 7 at Open Stage in downtown Harrisburg. Students, ages 12-17, must complete an audition/evaluation to be accepted into the program. Auditions are Sat. and Sun., June 13-14, 1-5 p.m. and other days by appointment.



Students take a bow after performing Robin Hood, last summer at the Gamut.

"I already got a few new customers from our ad. Thanks!"

Kristen Zellner
Owner, Abrams & Weakley

Get results from your ad in TheBurg. Contact Jill at 717-571-9146 or jmiller@theburgnews.com

Hall Pass

Learn, Have Fun: HACC Offers Camps for Kids

Area kids can engage their brains and have a great time this summer, as Harrisburg Area Community College is offering several types of camps for children.

Camps are focused around the following subject areas: theater, music, spin basketball, technology and science. Most camps run for about a week and are age-specific.

- Theatre for Young People offers a way for youth to gain exposure to every aspect of theater, including acting, dance, makeup, puppetry, playwrighting and design. The week-long camps, for ages 7-17, are offered June 15 through Aug. 7. Camp times, cost and descriptions are found at www.hacc.edu/typ. For more, contact Theatre for Young People at HACC, 717-780-2521, ext. 4.

- Music Business Summer Camps include classes in guitar, home and recording studio and songwriting and composition. Camps are for ages 14 and above and include professional instruction and materials. To register, contact HACC's Continuing Education at 717-780-2616 or 717-780-2414, or online at <http://vc.hacc.edu>.

- Technology Summer Camp allows students to learn about opportunities in technology fields, participate in technology demonstrations and learn about applying to and paying for college. The camp is for ages 15-17 and is held 9:30 a.m.-4:30 p.m., July 13-16. For more information and to request an application form, contact Donna Daversa at HACC, 717-221-1300, ext. 1421.

- Annual Ultimate Spin Basketball Camp. Harlem Globetrotter Chris "Mr. Handles" Franklin returns this summer for boys and girls ages 9-15. The focus is on player development—on and off the court. The camp is 9 a.m.-4 p.m., July 27-31, at the James W. Evans Physical Education Center. Space is limited to 100. Tuition includes lunch, individual instruction and trophies awarded during the closing event. For more information, contact Lynne Dillard at HACC, 717-780-2474.

- HACC Kids College features a variety of courses for children, including in science, music, film and video game design. Week-long classes run June 25 through July 30. For more information, go to www.hacc.edu/, select Continuing Education and click on Kid's College. To register call 717-780-2414 or 717-780-2616.

All of the above courses take place at the main HACC campus, 1 HACC Drive, Harrisburg. Tuition varies according to the camp.

Additional courses are being offered at HACC campuses in Lancaster, Lebanon and York. Visit www.hacc.edu/, select Continuing Education and click on Kid's College for more information.

City Schools Receive Cash, Building Gifts

The Harrisburg school district has received two substantial donations: one for \$260,000 in cash and the other in the form of a 46,000-square-foot building.

The Harrisburg Public School Foundation made the cash gift, which will fund several programs, including the city's Early Childhood Program and SciTech High School Academic Extracurriculars.

The money was raised through donations by Penn National Insurance, Giant Foods, Capital Blue Cross, Graystone Bank, Capital Advantage Insurance, Susquehanna BancShares, UGI Utilities, Fulton Bank, PPL Corp., W&L Sales Corp. and UPS—Central Pennsylvania District.

The building donation was made by Robert Jackson, CEO of the African American Chamber of Commerce of Central Pennsylvania. The large building, once known as the Capitol Tuxedo Shop, is at S. 18th Street and Rudy Road.

The long-vacant building now will house the YouthBuild Program, which lets students who have left school obtain their high school diplomas while training in the construction trades.

Reading Recovery Facility Opens in City Schools

The Harrisburg School District's new Reading Recovery Training Facility has opened at the Camp Curtin School, located at 2900 N. 6th St.

The training facility, funded by the Pennsylvania Department of Education, is enabling city teachers to receive additional professional training through an educational method meant to significantly improve reading success among children.

Reading Recovery teachers provide one-on-one tutoring for the 20 percent of the district's first grade children who have been identified as performing at the lower levels of proficiency. Through this intervention, students develop strategies for improving their reading and writing. They reach average levels of classroom performance usually within 12 to 20 weeks, said Mayor Stephen Reed.

The state education department is supporting the effort by compensating the teacher leader and has covered all construction costs of the training room. It is also supporting tuition and materials for professional development for teachers.

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TheBurg Pet of the Month: A Tale of Two Kitties

TheBurg Staff

Poor Chester was born with all four of his feet deformed.

While he could get around, he could not run and could never survive outside. It was clear that he'd need a special home that would keep him safe. Slippery floors were a problem, but other than that, he was quite adaptable when he moved into a Castaway Critters' foster home in Lemoyne. The other cats in the house knew something was different and didn't chase him, but they were determined to get to know him.

Chester got so used to being with other cats that, when he received an adoption application from Elaine Holland in New Cumberland, she was asked if she'd consider adopting another cat to keep Chester company. Larry was a rescued stray who'd also been taken in by Castaway Critters, living in a foster home in Harrisburg. Elaine agreed to adopt them both.

On the day of adoption, Elaine was thrilled with how quickly the two settled in together and watched in amazement as Chester (renamed Roux) chased Larry (renamed Pippin). "He CAN run across carpeting! Surprisingly fast," she wrote.

As they played together, Elaine had tears in her eyes, "so in awe at how adaptable, affectionate and sweet-natured they both are and grateful that you have made it possible for them to come live with me and bring life back into this house. It is now a home again."

Come see your next best friend at www.castawaycritters.org.



New pals: Pippin and Roux gaze upon life outside.

Battling the Bloodsuckers during Flea, Tick Season

Todd Rubey, DVM

Flea and tick season is upon us. Those pains in the you-know-what—those little parasites that gross out all of us.

Almost everyone who has a dog, cat or other furry creature has had to deal with fleas and ticks. They're everywhere. And they not only annoy, but also have the potential to carry disease. So, it's important to control and eliminate the threat as much as possible. There are many products that claim to do just that. But which are effective and safe—and which are not?

One of the first products on the market was the flea collar. I don't recommend flea collars at all. They're dangerous, they stink and they just plain don't work. The fleas are kept off the neck, but there is no effect anywhere else on the body. They are also dangerous to people, especially kids who don't know to be careful around them. The collars also can cause skin problems on the pet if they're left on too long or put on too tightly.

Another option for prevention: sprays, shampoos and dips. These have been on the market a long time, and very few have changed their ingredients. Most therefore are ineffective. Shampooing your pet is always a good idea and using a flea shampoo is fine, just don't expect it to get rid of all the fleas, larvae and eggs. Sprays are only effective if they get down to the skin (and rarely even then). Most owners just spray it on the hair and walk away. This might kill some adults on the ends of the hairs, but most of the problem is unaffected. Flea dips are not used much anymore because the concentration of medication was causing too many side effects.

Recently, flea prevention has focused on the monthly application of concentrated insecticide-type products like Frontline Plus or Advantage/Advantix. These products are designed to kill or eliminate all stages of fleas and ticks. I recommend that pet owners only purchase the brands endorsed by veterinarians. The brands available at grocery stores are generally ineffective and can be potentially dangerous to your pet. Regardless, strict care must be taken to follow the instructions when administering these products. The medication is absorbed in the oil glands of the skin in order to be effective. Therefore, to ensure effectiveness, the animal can't have a bath three days before or after an application. The good quality, vet-endorsed products, when used correctly, usually

have a satisfaction guarantee or at the least a hotline to call if there are problems.

Another approach is the use of Sentinel. This product not only helps control fleas, but also heartworms and intestinal parasites. Sentinel is a once-a-month oral preventative that sterilizes female fleas so that they cannot produce new fleas, thereby preventing long-term infestation. It does not kill fleas. An insecticide of some sort is still needed to kill the adults. One product we're using now is called Capstar. This pill, once given, will begin to kill fleas in about 30 minutes. It only lasts for 24 hours and does nothing for larvae or eggs. If this pill is given to kill the adults, Sentinel is used to prevent further laying of eggs. Along with a topical like Frontline, this strategy should be a productive attack on the fleas.

Tick prevention is just as important. Topical products like Frontline are preventatives for ticks, as well as fleas. The packages suggest monthly applications for effective tick control. The frequency actually will depend on your pet's surrounding environment. A lap poodle probably won't need applications as often as an energetic lab that spends much time outdoors. Regardless, it is important to frequently brush and inspect your pet for ticks. They can be easily removed with tweezers. Just pinch the tick right at the level of your pet's skin, squeeze hard and pull straight out rapidly. If the head is left in accidentally, the tick will not grow back and should soon fall out. There will be a red area for awhile and a scab might form. If the area doesn't improve after a few days, a veterinarian should be consulted.

Heartworms and other internal parasites are also a concern. Fortunately, most can be prevented with a simple monthly pill like Sentinel, Interceptor or Heartguard. These preventatives are long-acting, low-dose products that kill the parasites in the larval stages. Your vet has tests to see if any of these pests are infecting your pet.

Parasites are an annoyance to all of us and our pets. With a little care, prevention and persistence, we can control them, which will make everyone's lives happier and healthier.



Todd Rubey, DVM, a veterinarian for 11 years, works for the Colonial Park Animal Clinic. He has a wife, three kids, one dog, two cats, one tortoise, five snakes and fish.

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On the Water, Briskly

Susquehanna Rowers skim the surface.

Pat Carroll

There is nothing — absolutely nothing — half so much worth doing as simply messing about in boats.” That’s how Ratty put it to Mole in “The Wind in the Willows,” and Kenneth Grahame’s joyful dialogue still lures sailors and rowers to the gunwales a century later.

Early morning mist at Pinchot Lake covers the shoreline and hides a loon from the crew of two rowing a double shell into the sunrise, but then his mournful yodel sweetens the moment.

“It’s the most beautiful time of day,” said Ron Alexander of Camp Hill, an oncologist who learned to row in the 1980s as an intern and got back on the water with the Susquehanna Rowing Association. He does about 600 miles a season, rowing three times a week.

A bunch of guys who rowed in college founded Susquehanna RA in Harrisburg in 1985, with the help of Wildware, an outdoors outfitter that also supports local canoeing and kayaking. The visual appeal of the slim boats riding the river like elegant waterbugs was really all the publicity the group needed.

Then it got a windfall when the Pride of the Susquehanna took to the water. The rowers challenged the new riverboat to a race from the steps of the Riverwalk to the West Shore—and won a handsome tin cup still on display in Strawberry Square, plus a boatload of newspaper and TV coverage. Most of the new members were also new to rowing, like Kevin Breckenmaker of Hershey. They came to the club through the free lessons offered every Saturday morning.

“I had no rowing background,” Breckenmaker said. “I was always curious about

rowing, but never knew anything about it. What prompted me to decide to row was a terrible bike race in Mt. Gretna one summer day. I came off the back of that race and was dejected. The very next day there was a huge article on SRA. I went over to City Island on Saturday—this was August of 1990—and there was the president of the SRA, giving us a synopsis of rowing, wearing a Bart Simpson t-shirt.”

Hundreds of people took those Saturday morning lessons, and many joined the club. They followed it out to Pinchot State Park in York County when the City of Harrisburg decided to take back the storage area at City Island beach house, where the rowing shells had been racked.

The club now has a dozen boats for members at the lake. It’s a four-mile stretch of calm water that has become a favored site for the nine colleges that bring crews to race in the Mid-Atlantic Division III Rowing Championships, a women’s NCAA event in late April staffed by the Susquehanna RA volunteers.

Jim Davison of Etters runs the club’s side of the regatta, laying down the course for the varsity crews that will race past a bank full of screaming students and parents. He got involved in the club because his daughter was a rower.

“We would drive her here every day and she’d go up and down the lake, and I finally said, ‘What the hell am I doing driving all the way up here and watching her? I might as well join and row too.’”

He joined, he learned, and he eventually became the central Pennsylvania coordinator for USRowing referees and for the varsity coaches from Bryn Mawr, Franklin & Marshall, Johns Hopkins, Marietta, North Park, Richard Stockton, Rutgers Camden, Mary Washington and Washington College.

There is a difference in age and ability between the college kids and the club members. But rowing has a huge participation base of “masters rowers,” people over 40 who appreciate rowing as a lifetime sport.

Dr. Jack Sanstead of York, who has been the club president for several years, said that getting started is easy: just call him (home 717-854-9044; office 717-851-6567). The Saturday morning lessons continue with Hank Zimmerman, who is also the new freshman rowing coach for Franklin & Marshall.

Pat Carroll has been rowing for 20 years.

Sculls, Shells & Sweeps: the ABCs of Rowing

Like a bicycle without a kickstand, a rowing shell at rest has no stability. It’s only stable in motion, and that comes only with practice.

A rower sits on a sliding seat facing the stern of the shell—yes, facing backwards—stretches out, drops the oars in the water and pulls, sliding toward the bow. The shell glides slowly over the water and gains both speed and stability with repeated strokes.

(For those intimidated by the instability, there are wider, heavier recreational boats that are excellent for beginners.)

A single racing shell is 26 feet long, 11 or 12 inches wide, with a rigger on each side to hold the oars, known as sculls. A double is 32 feet, a bit wider and a quad (four rowers) is about 39 feet long. Most Susquehanna Rowing Association boats are rigged for sculls. Rowers have two oars.

Most collegiate rowing is done in sweep boats, where each rower has one oar. Sweeps are numbered differently, going from pairs to fours to eights. Most rowers can make the transition from sweeps to sculls, but going from sculls to sweeps seems more difficult.

Rowing is thought to be the only non-weight-bearing activity that improves cardiovascular endurance and muscular strength.

Learn to Row!

You can learn to row on Saturday, June 6, at Pinchot State Park. It’s National Learn to Row day, sponsored by USRowing and the Susquehanna Rowing Association.

Volunteer instructors will be at Launching Area #3, on the south side of the lake, from 8 a.m. to noon. It’s a lifetime sport. Competitive and recreational rowers are active from age 12 to well over 90.

For more information on National Learn to Row Day, visit www.usrowing.org.



Women’s Varsity 8, University of Mary Washington, comes into shore after a semi-final race in the Mid-Atlantic Division III Rowing Championships.

A Berry in Every Basket

A June walk in the woods can be both pleasant and tasty.

Kermit G. Henning

There are no more widely scattered and plentiful wild fruits than the bounty of wild berries.

Raspberries, blackberries and wineberries are among over 200 different species of berries that grow wild and provide the outdoor enthusiast with healthy and delicious treats throughout the summer. When I am rabbit hunting in the fall and trying to bust through the thorny tangle of brambles, I curse them. Come summer, though, and I'm more than willing to overlook a few scratches to gather their fruit.

The raspberries are the first to appear, usually mid- to late-June in our area. They grow on recurving purplish canes with the tips arching back down to the ground and taking root. The canes are smooth but heavily thorned. The berries are an aggregate of many small individual fruits and vary in color and taste from species to species; they can be purplish black to dark purple and more firm than other berries.



Black raspberries

Wineberries appear in late June and July. These immigrants from Russia also grow on recurving canes and form an impenetrable tangle. The canes are very hairy but less thorny than other berries. The fruit of the wineberry is completely enclosed in a hairy husk until it is ripe. The husk then splits back, revealing the dark orange-red berry. The fruit is rather clammy to the touch and is more tart than other berries. The plucked ripe fruit exposes a bright orange calyx.



Wild wineberries

Blackberries are the latest of the summer fruits and grow on woody, angular canes that are covered with spiny thorns and prickles. Dewberries are similar berries growing on low, trailing vines. They are made up of many small juicy fruits called drupelets, each with a single seed, adhering together to make up the berry.

For all intents and purposes, all the fruits can be interchanged in recipes for jams,

jellies, juices, cobblers and exceptional wines. Most commercial pectin products have foolproof recipes for jams and jellies.

A refreshing summer drink can be made by mixing the juice half-and-half with ginger ale. Be sure to use only ripe fruit.

My family always looks forward to the berrying season with the expectation of a scrumptious cobbler, and pies and tarts made from wild berries are far superior to those with commercial fruit.

No matter how many wild berries I pick, there never seems to be enough. I can't help from devouring fresh berries with cream and sugar, so I always have to pick extra for baking. With the berries ripening over several months, it's a treat of which I never tire. I can't think of a better way to spend a day outdoors.



Ripe blackberries

Get Picking: Where to Go

Wild berries like quite a bit of sunshine, so look for them in rather open spaces. Burned-over areas or recently timbered forest land are good bets. With good soil and plenty of sun, the canes will grow fast, creating thick tangles in the spring and summer months.

State Game Lands, owned and maintained by the Pennsylvania Game Commission, are popular areas to pick. They do get a lot of pressure from foragers, though, as well as birds and animals, so some early season scouting pays off. I always look for new areas to pick berries when I am on my spring mushroom forays, or during the spring turkey season. Visit www.pgc.state.pa.us to find a State Game Land near you.

When picking on private lands, always be sure to first obtain permission. I have been welcomed to pick at many great berrying spots on private lands by offering to share my bounty, either with fresh berries, a jar of jam or a fresh cobbler. Wild berries do not last long on the vine. They ripen quickly. So, pick them while you have them.



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.

Kermit's Wild Berry Cobbler

Once you've picked a nice passel of fruit, you have the pleasant task of deciding what to do with your fresh berries.

Certainly, you can eat them raw or put them in almost any cereal and salad. A little extra effort yields a variety of baked goods, such as pies, breads and muffins. My family enjoys making a tasty cobbler with our wild berries. Below, I've included an easy, time-tested recipe.

Spread 2 cups of fully ripe berries in the bottom of a greased, 9-inch-by-9-inch glass baking dish.

Sprinkle with a little sugar and dot with butter. In a separate bowl, sift together 1 cup flour, 1 cup sugar, 1 teaspoon baking powder and ½ teaspoon salt. Break an egg in a small bowl, beat slightly and add 7 tablespoons milk.

Add the wet ingredients to the dry just enough to wet them. Spread this thick dough over the berries and bake for 35 minutes at 350 degrees. Delicious!

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Battling Lyme Disease

Avoid ticks during outdoors season.

Dr. John Goldman

The incidence of Lyme disease in the Harrisburg area has increased by more than 500 percent during the last decade.

Just 10 years ago, there were fewer than 20 cases per year of Lyme disease reported to the state Department of Health from Dauphin and Cumberland counties. More recently, more than 200 cases have been reported each year from these two counties. Fortunately, by following simple "tick precautions," you can protect yourself from getting Lyme disease.

Lyme disease is caused by the bacterium *Borrelia burgdoferi*, which is spread by the Ixodes tick. Consequently, prevention of Lyme disease involves preventing a tick from getting on your body, preventing a tick that is on your clothes from attaching to your skin, removing an attached tick before it can transmit *B. burgdoferi*, and possibly, receiving antibiotic prophylaxis if a tick has been attached long term.

Hot Tub Users: Be Cautious

Soaking in a hot tub can help relieve muscle aches and stress, but it can also cause injury and even death, if you're not careful.

If unmonitored, the water can become extremely hot, above 110 degrees F. The heat can cause sleepiness, which can lead to accidental drowning, the number one cause of injury from hot tubs. However, raising your body temperature to a high level also can cause heat stroke, heart attack, skin burns and even brain damage.

Hot water can especially affect people who suffer from heart problems or high blood pressure. Heated water causes our blood vessels to dilate. In turn, our blood pressure descends. Leave the hot water, and blood vessels may not constrict fast enough. Blood pressure then can drop quickly, causing an individual to black out.

Experts recommend that hot tub owners use a thermometer to monitor water temperature. It shouldn't rise above 104 degrees at any time. If you suffer from heart problems, high blood pressure or any other health condition, check with your doctor or healthcare professional first before taking the plunge into a hot tub.

— Dee Fisher, Aquatics Director, East Shore YMCA

Lyme is most common among people who spend time in the outdoors during the spring and fall (April through October) when it is warm and the ticks are out searching for a blood meal.

The months of highest risk are May, June and July, when the ticks are most active.

Ticks are most common in wooded or bushy areas with high grass. If possible, avoid these high-risk areas. If you have to go into a possibly tick-infested area, walk near the center of the trail and try to avoid brushing against low or overhanging branches to minimize your contact with the brush where ticks may be hiding.

If a tick does succeed in getting on your body, you want to make it as hard as possible for the tick to reach an area of your skin where it may attach. Consequently, it is recommended to wear pants that cover your legs to the ankle and shirts with sleeves that cover your arms to the wrist. Also, tuck your pants into your socks and wear light-colored clothing, which will make a crawling tick easier to spot.

A tick needs to be attached for at least 24 hours in order for Lyme disease to be transmitted. Anytime you go into a tick-infested area, you should perform a total body check with particular attention to the areas that ticks most commonly attach (the scalp, armpit and groin). A daily "tick check" will make it less likely that an embedded tick will be attached long enough to be able to infect you with the Lyme bacterium.

If you do see an attached tick, you should remove it by taking fine-tipped tweezers, grasping the tick as close to the skin as possible, and pulling it out. Do not attempt to get the tick to back out of the skin by burning it or covering it with Vaseline. Burning or smothering a tick will stress it and cause the tick to regurgitate blood from its foregut back into your body. The Lyme bacterium resides in the tick's foregut, and if it vomits, you may increase the inoculum of Lyme



A magnified image of a common tick. In our area, ticks are usually pea-sized.



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

injected into your body. Paradoxically, this may increase your chances of getting Lyme disease.

Finally, if a tick is engorged, deeply embedded, or may have been attached for more than 24 hours, you can consider prophylaxis with a single dose of an antibiotic called doxycycline. A single dose of doxycycline decreases the chance of transmission by about two-thirds. This should be considered during Lyme season in an endemic area.

Lyme is becoming more common in our area. However, with a few simple steps—avoiding coming into contact with ticks, preventing them from attaching to your skin and properly removing ticks that do get on your body—you can make it much less likely that you will catch the disease.

Street Snap



Early morning on Court Street.

Lift Your Workout — with a Dumbbell

Ladies: Put some weight on it.

Laura Spurgeon

Whenever I talk to women at my gym about resistance training, I often hear this: "I don't want to get big."

It's understandable, of course. Some of us want to get "big" in the sense of "famous and sought-after," but few women want to get big physically. In fact, many of us spend much time actively trying to get small. Or, at least, smaller.

All right, ladies, let's clear something up right now: Lifting weights does not make you big. Lifting weights for six hours a day and eating nothing but egg whites might give you a physique like a female bodybuilder, but really, those women have to work about three times as hard as men to look that way. Want to know why? Because they're women.

Seriously, females have too much estrogen and not enough testosterone to produce big, bumpy, veiny, rippling muscles as easily as men. (And, guys, be honest, it's really not that easy for you, either.)

So forget that excuse.

Resistance training is critical to overall physical fitness. It improves posture and bone density, increases strength and endurance and helps you look much better in those \$200 jeans. Muscle weighs more than fat, but it takes up less space. Muscle also burns more calories, which raises your resting metabolism. And it just makes your daily life healthier. Women who weight train can string six grocery bags up one arm, carry the baby in the other and still kick the car door closed. We know it's good for us.

Nevertheless, many women concentrate too heavily on cardiovascular training, which is just one of the five elements of fitness (the others are muscular strength, muscular endurance, body composition and flexibility). Some of them believe they shouldn't lift weights until they "get this fat off," like their flabby thighs prevent them from properly executing a biceps curl, or—the more popular misconception—that their bulky fat will "turn into" bulky muscle. That's like fearing an apple will "turn into" an orange by rolling across the floor. The laws of science forbid it; muscle and fat are made up of two completely different cellular structures.

Here's the deal: Strength training increases the size of your muscle fibers, and the

muscle gets thicker in the middle. This makes the muscle itself appear different, or "cut." Lifting very heavy weights results in a bigger increase in size, which is the goal of most men.

Unfortunately, women believe they must lift very light weights to avoid this bulk. They often tell me they want to "tone," and they take this "light weight/high rep" concept to the extreme. What they don't understand is that they are wasting their time with those tiny little dumbbells. If their muscles are not forced to work under enough resistance, they will not change—at all. A change in tone is created in the same way that size is created—by lifting a weight that is heavy enough to create muscle "fatigue," also termed "failure." We witty trainers like to throw around the old saw, "There's no success without failure!" Yeah, we're the life of any party.

Even when they do decide to take the plunge, many women embark on a resistance training program without the proper knowledge or strategy. Resistance training is a wide-ranging term. You can use weight machines and free weights, of course, but you also can use your own body weight (push-ups, pull-ups, planks) and other "toys," like bands or tubes and stability balls.

If you belong to a gym, ask for an orientation session with a personal trainer. Resistance training is nothing to be afraid of, but it's also not to be taken lightly. Just as with any form of exercise, there is some inherent risk, especially if exercises are performed with incorrect weight or form. If you are working out at home, be sure to consult either a personal trainer or some weight training literature when learning the exercises.

I advise women to be realistic when beginning any new routine. There will be soreness as your body adjusts to the new demands. And you must tailor your workout to your life. People with lots of time to spend in the gym can split their weight training over several days during the week, concentrating on two or three muscle groups per workout. Others have only enough time in a week to squeeze in one weight-training session. But as with any fitness regimen, excuses will get you nowhere. Fast.

And be honest: You spent way too much on those jeans. At least fill them out properly.



Laura Spurgeon is certified as a personal trainer through the American College of Sports Medicine and is a trainer and fitness instructor at Gold's Gym Camp Hill. Reach her at 717-599-8091 or lspurgeon@aol.com.

Spring Fitness Classes End

Harrisburg residents have until the end of the month to take advantage of the city's low-cost, Adult Spring Fitness classes.

The hour-long classes are held each Sunday at 2 p.m. and Monday through Thursday, beginning at 5:30 p.m. The sessions cost \$2 apiece, and pre-paid discount session cards are available. The spring session ends June 28.

Several types of fitness classes are available, including aerobic body, box, tone and chill, interval training, Kukuwa dance workout and mat Pilates, muscle sculpt, step aerobics and total body basics.

All classes are held at the Brownstone Building at Reservoir Park, near the art colony buildings. For more, call 717-233-7403 or visit www.harrisburgevents.com/Common/Fitness.

Bike Ride Marks Trail Day

The Capital Area Greenbelt Association and Millers Mutual Group will host a 20-mile guided bicycle ride on the Greenbelt to celebrate National Trails Day on Sunday, June 7.

The "Tour de Belt" will start at 10 a.m., with registrations and bike inspections at 9 a.m. The start and finish line are located on the newly refurbished section of trail at the Cooper Student Center on HACC's Main Campus.

The event raises funds for restoration and maintenance of the Capital Area Greenbelt, the 20-mile park system that circles Harrisburg and its municipalities. Registration is \$25. Children 12 and under may register for \$7. Fundraising prizes will be awarded to the top three individual riders and the one team that collects the highest pledge amounts. Register for the Tour de Belt by calling 921-GREEN or sign up online at www.caga.org.

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