

TheBurg

Greater Harrisburg's Community Newspaper

March 2009



Free



TMI Events Calendar: March 2009

● March 2009

"The People of Three Mile Island," with author and photographer, Robert del Tredecì.

Location: PSU-Harrisburg, 777 Harrisburg Pike, Middletown, PA.

Contact: Heidi N. Abbey, heidi.abbey@psu.edu

● Wednesday, March 11

"The Economics of Nuclear Power," policy forum and lunch, featuring Jerry Taylor, CATO Institute, and Eric Epstein, Chairman, TMI-Alert, Inc.

Moderated by Matthew J. Brouillette.

Hosted by the Commonwealth Foundation,

Event: 11:45 a.m. to 1:30 p.m. Cost \$10.

Location: 225 State Street, Harrisburg, Pa.

Contact: RSVP (717)-671-1901 or info@commonwealthfoundation.org

● Wednesday, March 18

"Covering the TMI Crisis: A Reporter's First Hand Account," by R.B. Swift, and **"The State of Security,"** presentation by Scott Portzline.

Free lunch hosted by TMI-Alert and limited to the first 50 attendees.

Event: 11:45 a.m. to 1:30 p.m.

Location: Main Capitol, 60 East Wing, Conference Room, Harrisburg.

Contact: RSVP: (610)-310-1048, andy@steincg.com or (717)541-1101, ericepstein@comcast.net

● Thursday, March 26

"TMI & Health Effects," Dr. Steven Wing, epidemiologist and **"Accident Dose Assessments,"** Arnie Gunderson, nuclear engineer.

Free lunch hosted by TMI-Alert and limited to the first 50 attendees.

Event: 11:45 a.m. to 1:30 p.m.

Location: Main Capitol, 39 East Wing, Conference Room, Harrisburg

Contact: RSVP: (610) 310-1048, andy@steincg.com or (717) 541-1101, ericepstein@comcast.net

● Saturday March 28

"Community Event and Dinner"

Hosted by TMI-Alert: Doors open at 7:00 p.m. Cost \$15.

Location: American Legion, 137 E. High St., Middletown, (717) 944-4797.

Contact: RSVP Kay Pickering at TMIA at (717) 233-7897 or Marlene Lang, blackbirdlang@yahoo.com

● Saturday, March 28

Vigil at TMI: 2 a.m.

Contact: Gene Stilp, No Nukes PA, genestilp@comcast.net, (717)-829-5600

Contents

In the Burg

- 4 Letters
- 5 The First Word
- 6 City Hall
- 7 Transitions
- 8 State Street

Burg Biz

- 9 The Face of Business
- 10 From the Ground Up
- 11 Corner Office

Street Corners

- 12 Around Town
- 14 Doing Good
- 15 Past Tense



South Capitol Park reconstruction, p. 13

Good Eats

- 16 Restaurant Row
- 17 Chef's Kitchen
- 18 Home Cooking

Culture Club

- 19 Let's Dance
- 20 Passing Judgment
- 21 On the Outskirts
- 22 Happenings

Home & Family

- 24 Young Burgers
- 25 Interiors
- 26 Wags & Whiskers

Sports & Bodies

- 27 The Family Doctor
- 28 The Great Outdoors
- 29 Move It!
- 30 One More Thing ...



Violet Oakley, p. 15



Stock's on 2nd, Restaurant Row pioneer, p. 16.

Welcome to
TheBurg!
We would love to hear from
you. Write to our editor
Pete: pdurantine@
theburgnews.com

10% OFF

This certificate entitles the bearer to ten percent off travel-related merchandise at Transit News at the Harrisburg Transportation Center.

The discount applies to travel-related merchandise, travel guides and maps, souvenirs, tote bags, health and beauty items, umbrellas, radios, tape and CD players, postcards, books, novelties, Ty® Beanie Babies and other plush items, Thomas the Tank Engine® merchandise, toys, games, children's books, framed graphics, Timex® watches, tee-shirts, batteries, and any other item not specifically excluded.

The discount does not apply to candy, snacks, or food and beverage items, nor to tobacco products, newspapers, magazines, telephone cards, pre-paid cell phone minutes, nor our vast on-line selections — in-store purchases only.

Transit NEWS

Your first stop when traveling.

Harrisburg Transportation Center, 4th & Market Streets, Harrisburg, PA
TransitNewsOnline.com

© Transit News, 2005

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

Reporter: M. Diane McCormick
dmccormick@theburgnews.com

Reporter: Carol Maravic
cmaravic@theburgnews.com

Reporter: Rick Kearns
rickearns@comcast.net

Cooking: Rosemary Ruggieri Baer
rrbgu69@aol.com

Sports & Fitness: Laura Spurgeon
lspurgeon@aol.com

Outdoors: Kermit Henning
kghenning@aol.com

Pets: Todd Rubey
reptilevet@yahoo.com

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

Capitol History: Jason Wilson

Kudos for Artist Profile; A Pharmacist Reacts

The first issue of *TheBurg* I saw was the February one, which I picked up yesterday in Strawberry Square — where I work, lately (for the last nine years or so, actually).

The publication is really great. The concept and design are innovative — much different from what you see around here with these types of papers/magazines, and the articles were very well-written, by actual real writers, with a wide range of topics and useful information.

I especially liked the cover of the Ruggieri painting and the inside article by his daughter about him and his work (*TheBurg*, “The Artist and His City,” Feb. 2009, p. 18). They reminded me of when I first came to Harrisburg. I always used to like seeing his paintings, as prints displayed in Strawberry Square and often bought postcards of them as souvenirs (couldn’t afford any actual prints, though, and never did manage to take any of his classes — probably wouldn’t have done me any good, anyway). I agree he would really love how the city has changed over the years.

TheBurg is already really good and promises to keep getting better. Congratulations on the achievements of you and your staff and best wishes for continued increasing success. (Maybe some people actually still do read stuff that’s not on computer screens?!?).

Thanks a lot.
Jack McGettigan
Downtown Harrisburg

I especially enjoyed the paintings of Nick Ruggieri, and your feature on Bellevue Park (*TheBurg*, “Rustic Setting, City Style Endure in Bellevue Park,” Feb. 2009, p. 12). I read the February issue cover to cover! In these challenging economic times, it’s great to read a publication that inspires rather than depresses!

Jim Ingolio
Director of Mission Advancement
Volunteers of America

After reading your article — “Preventing Medication Errors” (*TheBurg*, Feb. 2009, p. 27), I was tempted to chide you on an “error of omission,” but realized it was probably an “error of politeness.” After practicing pharmacy for more than 30 years in central Pennsylvania, I could relate thousands of examples of medication errors that I and my fellow pharmacists have intercepted on prescriptions written by physicians. There are countless examples where the physician’s handwriting could have resulted in catastrophic results if a pharmacist had not proactively intervened.

That is why prudent patients consistently choose to go to the same pharmacy provider. When a pharmacist can address you with your name and has demonstrated that she knows your medical history, that is one powerful person to have in your corner, as you negotiate healthcare.

Unfortunately, this is not the real world for all patients, and this is why I believe that you may have made an “error of politeness” when you excluded pharmacists as a tool to prevent medication errors. It is with great sadness for the circumstances of my profession that I must admit, that the advice that you offer in your article in *TheBurg* is very wise and justifiable.

Thank you.
Brian Richey, RPh, MS
Hummelstown

I read the initial edition of *TheBurg* and shared it with the office. Everyone liked it... Positive reviews all around. I’ll be looking for your future editions.

Geoff MacLaughlin
Schuylkill Haven

Some letters were edited for space.



NEW—COUPON ADS FOR AS LITTLE AS \$85!

Here’s a great way to begin advertising with *TheBurg* for very little money, while attracting new customers to your business by offering discounts, specials and promotions. Not only will your coupon ad be available for an entire month, but can also be viewed or printed on our website, for even greater exposure. E-mail sales@theburgnews.com for more details!



A Community Newspaper: a Different Kind of Media

TheBurg Staff

So, what exactly is a community newspaper?

This question has arisen several times, both implicitly and explicitly, since we launched *TheBurg* in January. It's usually come in the form of someone looking down at the paper, then looking up at us, and saying, "So, what are you guys trying to do anyway?"

First of all, to us, a community newspaper is not a newspaper of record. We're not here to report the grisly crime of the day or to gin up some phony controversy. Secondly, we're not a nightlife publication. Sure, we cover local culture and restaurants, which are important to Harrisburg, but the city already has a few publications primarily devoted to the late-night drinking crowd. That's not really our thing. Thirdly, we're definitely not an "alternative" newspaper. You want snark, sarcasm and personal smack downs? Then we direct you to the blogosphere.

In short, *TheBurg* aims to make a positive contribution. We would like to see greater Harrisburg progress as a better place to live, work, play and visit. Now, we already think that the area is pretty terrific. But we hope, if even in a modest way, to help people achieve a shared sense of purpose, regardless of class, race, religion, sexual orientation, politics or anything else that typically divides us. You could say that we're shamelessly pro-city, and we're certainly stridently pro-community.

If you look at other local media, you might think that the area has nothing but crime, graft and despair. Of course, that's ridiculous. Sure, the city has its challenges. But, on a daily basis, most people, in their own unique ways, make positive contributions.

These contributions may entail simply going to work or school, as people try to better themselves and their families. Or

they may take the form of a city worker fixing a street or a community organizer working with troubled youth or a business owner taking a chance on a new store or restaurant. All of these actions contribute to the fabric and vibrancy of the community, and these are the stories that we wish to tell each month in *TheBurg*.

Since we started the paper, we've been overwhelmed by the support and good will of the community. Some people, however, have questioned our decision to give Mayor Reed an occasional column, especially during an election year. Here's our take: like him or not, the mayor is the duly elected chief executive of Harrisburg, and, therefore, is a powerful player in the region. Given this, we believe that he may have something valuable to communicate to the people he represents. We have asked, when he does write for us, that his columns stay focused on government and issues, not politics. And, come November, if the citizens of Harrisburg decide to award that office to another person, we will enthusiastically make the same offer to the new mayor. In the interim, *TheBurg* will endorse no one.

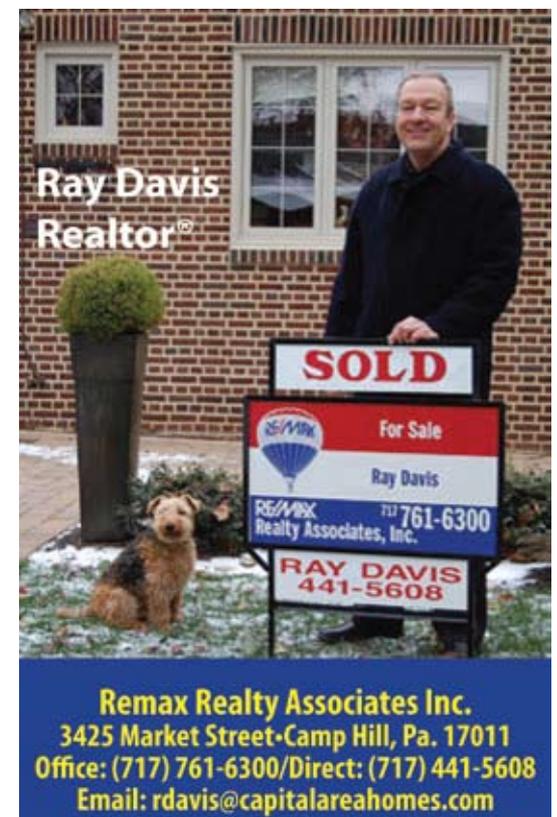
So, what is a community newspaper to us? We believe that it's a paper that plays a positive role, one that helps unite and integrate the many strands of life in an area, especially one as diverse as Harrisburg. Someone once said that, when reading a good local newspaper, a person should feel completely immersed in his or her community. That's what we aspire to be.

In his inaugural speech, President Obama said: "On this day, we gather because we have chosen hope over fear, unity of purpose over conflict and discord. On this day, we come to proclaim an end to the petty grievances and false promises, the recriminations and worn out dogmas."

We agree completely.



Wildtree
HELP WANTED
Own Your Own Wildtree Business & Make Money while changing lives for only \$115 plus s/h. No gimmicks or pushy sales techniques.
(717) 571-2341
www.tk.mywildtree.com



Ray Davis Realtor
SOLD
For Sale
Ray Davis
RE/MAX Realty Associates, Inc. TU 761-6300
RAY DAVIS 441-5608
Remax Realty Associates Inc.
3425 Market Street-Camp Hill, Pa. 17011
Office: (717) 761-6300/Direct: (717) 441-5608
Email: rdavis@capitalareahomes.com

The City of Harrisburg has revamped its website, making it more attractive and friendly. Check it out at www.harrisburgpa.gov.

City Breaks Ground on New Homeless Shelter

On cold nights, it is usually the downtown churches that provide warm beds to the homeless. All that is expected to change later this year.

The city started building a semi-permanent housing facility this winter at 1805 N. 12th St. that will provide 25 units of permanent housing and 40 overnight beds to accommodate homeless individuals suffering from mental disability or recovering from alcohol or drug dependence.

The Susquehanna Harbor Safe Haven, slated to open mid-year, will offer a wide array of social services to the facility's residents. It's the first facility of its kind in central Pennsylvania, with around-the-clock staff, said Mayor Stephen Reed.

Specific support programs, designed to help a person maintain good health and develop greater self-sufficiency, will include primary health care, onsite job training, identification of employment opportunities, credit counseling and budgeting and transportation. Homeless veterans will have specific needs met through coordination with local veterans associations.

Residents will leave the facility on a staggered basis and move to private housing, thus making room for others who can get off the streets and find shelter and comfort within the 25-unit wing.

The project's energy-efficient design is expected to help minimize operating costs. The facility will also feature onsite parking, a laundry facility, cafeteria-style dining room, a medical dispensary, a courtyard and an elevator.

"The vision for Susquehanna Harbor Safe Haven was born over seven years ago," said Bryan Davis, executive director of the Harrisburg Redevelopment Authority. "The Capital Area Coalition on Homelessness has succeeded in maintaining focus, determination and tireless commitment to delivering products and services that directly respond to the needs of our families, friends and children who find themselves suddenly without a home."

Harrisburg Redevelopment Authority is the primary developer and will serve as property manager when the facility opens, Reed said. Christian Churches United will conduct the day-to-day operations and deliver onsite programs. Partial funding for onsite programs is provided through a

\$933,000 grant from the U.S. Department of Housing and Urban Development.

In addition, downtown clergy have pledged a total of \$40,000 per year towards the facility's operating costs. The downtown churches, which previously offered basement space for the homeless during the winter months, will now provide volunteers for the new facility.

"This is truly an ecumenical effort with many denominations participating," said Christian Churches United Executive Director Jacqueline Rucker.

Funding for the \$2.16 million construction project came from the City of Harrisburg (\$200,000), Harrisburg Redevelopment Authority (\$210,864), Dauphin County Commissioners (\$125,000), Pennsylvania Department of Community and Economic Development (\$411,494) and Citizens Bank of Pennsylvania and the Federal Home Loan Bank of Pittsburgh (\$500,000). Commerce Bank is providing a \$650,000 first mortgage. Land for the project was donated by the City of Harrisburg.

Susquehanna Harbor is located within walking distance of numerous places of employment. Any offsite activities or services needed by residents can be found within two miles.



Workers prepare the ground for the new shelter.

Harrisburg Council Meets

Citizens of Harrisburg, come see your local legislators in action.

City Council meets every 2nd and 4th Tuesday of the month at 6 p.m. in the Council Chambers, Room 101, Martin Luther King, Jr. Government Center, 10 N. 2nd Street. For changes to the schedule, check the council's website, harrisburgcitycouncil.com.

Oral History Slated for City's 150th Celebration

Harrisburg has received a \$50,000 donation to fund the production of a comprehensive oral history project, which will be a centerpiece for the celebration of the 150th anniversary of Harrisburg's incorporation.

The donation by Highmark Blue Shield, the largest ever received for a city-sponsored event, enables the Harrisburg SusqueCentennial Commission to produce a "Living Legacy Series" that will record real-time remembrances of 150 people from all areas of the community.

The project is based on Digital Video Library technology pioneered by Carnegie Mellon University. Through this technology, each of the interviews will be able to be translated in real-time, over the Internet, into more than 160 different languages.

The 150 contributors will be nominated by the public and selected by a citizen's advisory board. Nomination forms are found on the SusqueCentennial website, www.harrisburg150.com and at many local businesses and community organizations.

The Living Legacy Series will be completed in June 2010 and incorporated into a special curriculum for Harrisburg schools.

The project is one of many being created by the commission. Other SusqueCentennial Celebration events include a Founders Day along the Susquehanna River, an extensive public mural arts project, genealogy workshops, a Family Reunion/Old Home Week Celebration and Futures Forums.

New City Guide Issued

The city has published an updated "Harrisburg, PA: An Economic and Community Profile," and has begun distributing it to residents, businesses, potential investors and visitors throughout the region. The publication details current and planned city development and other projects.

Mayor Stephen Reed said it was done at no cost to taxpayers because advertising revenues covered all costs.

The publication was last produced and published in 2001 and has now been updated to reflect current and in-progress city development projects.

The entire publication is available at www.harrisburgpa.gov and in the atrium of the City Government Center.

City Hall, continued

Bulk Pickup, Dumping on City's Agenda

The city has appointed a new task force to address the challenges of bulk pick-up and of illegal dumping in vacant lots.

Robert Kroboth, the mayor's chief of staff, said the task force's mission has two goals: creating and determining how to fund city-wide bulk pick-up and finding a better way to deal with illegal dumping.

For the past few years, said Kroboth, the city's incinerator has refused to accept bulk items in the regular municipal trash.

Mayor Stephen Reed recently met with Covanta, the operator, and negotiated to allow city crews to include in regular weekly collections smaller and medium-sized bulk items that can fit into the back of trucks.

The incinerator will not accept "white goods" or appliances such as washers and mattresses because they can jam the hydraulic gates of trash trucks, Kroboth said.

Recent residential complaints prompted city council to allocate \$100,000 to cover costs for a pick-up drive that removed debris and bulk items illegally dumped.

The last time the city conducted a pick-up drive it cost \$375,000, and at that time the city operated the incinerator and did not charge for dumping its own bulk items there, Kroboth said.

Councilwoman Patty Kim has called for establishing a bulk item pick-up. She is part of the city task force, which expects to resolve the issue by spring.

Ask an Officer ...

Michael Parker, Community Policing Coordinator, answers this month's question. He last served as CPC from 1989-95. He returned in February from Harrisburg's School District.



Question: What's the role of the community policing coordinator?

"My primary responsibility is to create a cohesive bond between the community and the Harrisburg Bureau of Police. This will be done through the start-up and monitoring of neighborhood crime watch meetings, as well as through conducting safety seminars and residential and business security surveys."

Harrisburg police welcome questions about the department. Please send them to pdurantine@theburgnews.com or TheBurg, P.O. Box 676, Harrisburg, PA 17108.

Strong Communities Need Smart Regulation

Peter Durantine

Full 2008 brought the fall of the financial markets and, with it, the collapse of the economy and a tearing out of its entrails — millions of lost jobs, foreclosures on homes and businesses, failing banks and the diminishment of credit and investment.

Many economists and members of Congress, as well as President Obama, blame the catastrophe on government for not providing regulation or not enforcing regulations already established to govern financial institutions.

Plenty of blame to go around, but the real point in all this is that regulation has a purpose and place in our daily lives. Still, there are many people in finance and business who, despite all that has occurred, believe regulation is too restraining.

Perhaps there is merit to this argument, but then, perhaps restraint is needed, not only to protect the consumer, but also the financier and the business owner. Considering the excesses and hubris that toppled some investment houses, you have to wonder.

One example of the role regulation can play in safeguarding life, livelihood and home — of serving the public interest — is found here in Harrisburg.

In the early 1980s, when the city began the struggle to get back on its feet again, fires frequently tore through homes and businesses. Firefighters were battling more than a thousand blazes a year, a lot of it arson, retired city Fire Chief Donald Konkle recalls.

The city also lacked a fire code. Mayor Stephen Reed and Konkle believed that a code was vital, if the city were to be a safe and desirable place to live and do business. As Konkle remembers, getting this needed regulation was tougher than fighting a fire.

Reed, says Konkle, "took a lot of political heat and showed a lot of political courage," to push into law regulations that require smoke detectors in all buildings, sprinklers in new high-rise buildings and retrofitted into old ones.

"I think the fire code and smoke detectors have done more than any single thing that we've done to make people safer," Konkle says.

It's interesting to note that, during the period in which the fire code became law,

it was an era when regulation in general was viewed as bad, that it was part of that problem called "government," that same government we now turn to in these desperate times.

To cite an old cliché in examining the attitude toward regulation the past 30 years, we "threw the baby out with the bathwater." This doesn't dismiss the concern that there's bad regulation. There is. It should be addressed and corrected. But there's also good regulation, designed to protect individual and institution, whether from fire or fraud. Without the fire code, would Harrisburg be as socially and economically dynamic as it is today?

We appear headed into another regulatory era like the 1930s, a period when regulation was enacted to stem the worst problems and abuses in many industries. In the banking industry, in particular, this regulation worked reasonably well, making once-common financial crises rare, until repeal and relaxation over the past quarter-century. New regulation, therefore, is welcome and a part of anticipated change in many things. That re-regulation, however, must be smart, targeted, thoughtful and in the spirit of the broad public interest.

As Vaclav Havel, the former Czech president, once said, "It cannot suffice to invent new machines, new regulations, new institutions. It is necessary to change and improve our understanding of the true purpose of what we are and what we do in the world."

Pete Durantine is editor of TheBurg. "Transitions" is an occasional column regarding public policy issues of interest to the greater Harrisburg area.

Did you know ...

... prior to 1791, Harrisburg was known as Louisburg?

... the state legislature moved from Lancaster to Harrisburg in 1812?

... the first bridge over the Susquehanna at Harrisburg, nicknamed the "Camelback" bridge, was at the site of the current Market Street Bridge?

Remembering Rachel Carson: Green Pioneer, Pennsylvania Native

TheBurg Staff

Few people in the city know that the large, green-glassed state building at the corner of 4th and Market streets is named for Pittsburgh native Rachel Carson, and fewer likely know the accomplishments of this woman.

This March, as part of National Women's History Month, the National Women's History Project is recognizing "women taking the lead to save our planet," and featuring Carson, whose 1962 book, *Silent Spring*, compelled a change in national environmental policy.

Her book, according to various biographical accounts, raised the public's concern about the environment, led to the ban of DDT and other pesticides that were killing birds and other wildlife and inspired a powerful movement that brought about the creation of the U.S. Environmental Protection Agency and similar state agencies.

Pennsylvania's Department of Environmental Protection and Department of Conservation and Natural Resources are housed in the post-modern, 17-story Rachel Carson State Building.

The towering building has also served as a nesting area for peregrine falcons over the years, which, in a way, is nature's testament to Carson. Wildlife biologists found that DDT was responsible for the decline of the falcon, bald eagle, brown pelican and osprey.



Photo: CourtesyLeav/CarsonCollection, ConnecticutCollege

Carson at Hawk Mountain, Pa., circa 1945

In the late 1990s, researchers at Hawk Mountain Sanctuary, about an hour north of Harrisburg in Berks County, reported seeing an increase in raptor species after more than 50 years of decline due in part to the now-banned pesticides.

One of Carson's joys was to bird-watch on Hawk Mountain, which stands along a migratory route that raptors follow as far south as Argentina. She was a biologist with the U.S. Bureau of Fisheries before becoming a popular nature writer in the 1950s.

Her 1951 bestseller, *The Sea Around Us*, won her literary acclaim, but *Silent Spring* rooted her as the founder of today's environmental movement.

Spring is a season of new birth, of renewal, and it's a theme throughout Carson's life. She was born in 1907 in Springdale, Pa., and died in 1964 in Silver Spring, Md.

Freeze Tag: Motorists Can Keep Old Plates

Car owners are no longer required to replace their license plates every 10 years, under a state law that took effect in February.

The measure is expected to save the state \$59 million over the next three years, Pennsylvania Transportation Secretary Allen Biehler said. The last time license plates were replaced on all registered vehicles in the state was in 1999.

"Thanks to the use of higher quality, more durable materials in the manufacture of license plates in recent years, it's possible to eliminate the mandatory 10-year replacement cycle," Biehler said. "By replacing license plates on an as-needed basis, the commonwealth will realize significant cost savings during this time of fiscal uncertainty."

The law does require PennDOT to replace illegible license plates, free of charge, but only when a license plate has been deemed illegible by a certified mechanic during inspection, or by a law enforcement officer. An illegible license plate is defined as having one or more letters or numerals not recognizable from 50 feet.

Information on illegible plates, fact sheets and frequently asked questions are available at www.dmv.state.pa.us, under Motor Vehicle Information Center.

Forum Place Leased by State for 25 Years

The Commonwealth of Pennsylvania has signed a lease on the Forum Place office building, 555 Walnut Street, with a term of a quarter century at \$540,877 per month, or at a total cost of \$162.2 million, said a state spokesman.

The building has long housed state agencies, and Ed Myslewicz, press secretary to the Department of General Services, said it's expected to accommodate more agencies in the coming months. He described the lease as "a consolidation and cost-saving move."

Myslewicz said the lease covers essentially the entire building at 381,796 square feet of office space. There is also a 1,500-car parking garage. The state has leased space in the 11-story building since it was constructed in the mid-1990s.

Agencies located there include offices of the departments of Agriculture, Labor and Industry, General Services, Health and Welfare, Office of Administration and the attorney general. The state has not decided what other agencies to locate there.

The price of the lease was set at \$17 per square foot, and the state can move agencies in and out of the building without having to re-negotiate the lease, as is customary, Myslewicz said.

Forum Place was built by the late developer John O. Vartan, who had a greater vision than the current 11 stories of office and parking. It was constructed to support a 29-story glass and metal tower, which remain unbuilt. The Dauphin County Authority bought the building in 1998.



Forum Place: new long-term lease from state.

Ready-to-Read Clothing

Braille-A-Wear Brings Out Color, Texture of Shirts

M. Diane McCormick

Deb Kersey-Tagoe wanted her daughter to have the same thing that other kids have — fun, expressive clothing.

Kersey-Tagoe owns Riverside Cleaners, the venerable Harrisburg business started by her father. Her life has always been about fashion, and when her daughter was born anophthalmic — without eyes — she insisted that her clothes have texture and color.

Bronwen, Kersey-Tagoe's sweet and friendly daughter, is 16 now. The Central Dauphin East student still loves wearing sweaters she calls "guhzy" — soft and squishy things that feel as pleasing as they look. But if a shirt had a saying or picture — like the shirts that sighted children wear — Bronwen could not read it.

"I'd tell her what shirt she had on," Kersey-Tagoe said.

So three years ago, Kersey-Tagoe started her other business, a labor of love called Braille-A-Wear. It's a line of high-quality tee shirts impeccably embroidered — not silk-screened — with sayings in lettering and braille. Though the shirts were initially meant for children, the business took off as blind — and sighted — adults learned about the fun shirts they could add to their wardrobes.

"They're very popular," said Taiisha Pinkney, public relations manager for the Maryland School for the Blind in Baltimore. And not only among students; teachers, too, she said. At statewide teachers' conferences, the shirts sell fast. "They're unique," Pinkney said.

Designing the shirts is a collaborative, creative effort. Kersey-Tagoe thinks up a saying and artwork. She bounces the idea off Bronwen for approval, and she works with United Stitches of America in Lebanon to embroider the design onto different styles of shirts.

Bronwen's favorite Braille-A-Wear saying is "Celebrate Your Way," meant as all-

purpose holiday wear. "Blind People Do It in the Dark" is a best-seller, along with "Braille Is Beautiful" and "Don't Touch My Dots."

Kersey-Tagoe has created custom shirts for camps and schools for blind students. Sayings on baby bibs include "Spit Happens" and "I'm Spoiled." An "I Bleed Blue and White" shirt for Penn State fans brought a commendatory letter from Joe Paterno himself.

In addition to providing chic clothing for the blind, the shirts educate the sighted. Like American Sign Language, braille is misunderstood, complex, and — in many cases — falling victim to technology that transforms reading material into audible books and documents.

"We're a bit concerned," Kersey-Tagoe said. "Braille literacy is starting to fall through the cracks." Braille-A-Wear shirts heighten interest in braille and raise awareness by encouraging sighted people to ask, "What are the dots?" Kersey-Tagoe said.



One of Deb Kersey-Tagoe's readable creations.



Bronwen Kersey-Tagoe (left) inspired her mom, Deb, to start a line of braille-themed clothing.

The Braille-A-Wear clothing line — now expanded with jewelry and pottery items — is as much a passion as a business for Kersey-Tagoe and Bronwen. Kersey-Tagoe realized that she was filling a need when she set up a display at a National Federation of the Blind conference two years ago.

"I stood there and watched four or five blind people standing there, going through my rack and actually reading my shirts," Kersey-Tagoe said. "That's my biggest reward, because that's what I wanted."

For more information, stop by Riverside Cleaners on Hoffman Street, or visit www.braille-a-wear.com

Reach thousands locally
with an ad in TheBurg.

Contact Jill
717-571-9146
jmiller@theburgnews.com

From the Ground Up

Fix It, Paint It, Clean It

Hints for Selling a House This Spring Season

Ray Davis

Tis the Season! With spring come thoughts of selling and buying a new nest. Here are a few simple tips to help you maximize your return and minimize your market time.

First Impressions: It all begins with curb appeal. Can you see the house? Large, overgrown landscaping not only hides or dwarfs the house, but it also requires maintenance that many cannot or do not care to do. Minimal landscaping is better than too much or overgrown landscaping. Paint the front door, put out a new welcome mat and complete the picture with a few seasonal potted plants. You only have one chance to make a first impression.

There's Something in the Air: House-i-tosis is a sure way to turn off potential buyers. One of the first senses buyers will experience upon opening the front door is *smell*. Pet smells, cigarette smoke, cooking odors, heavily scented candles and the excessive use of air fresheners can be a real turnoff to those with sensitive sniffers.

The best smell in a house is no smell. Buyers are often wary of homes with candles and potpourri and will frequently ask, "What do you think they're trying to hide?" If you believe the smell of fresh baked cookies will make the house feel like a home, bake some — and leave them with a note for the buyers to "Enjoy." Give your house a good sniff test and invest in an air purifier if necessary.

Mr. Clean (let him out of the bottle): Even buyers whose homes are not pristine appreciate homes that are. Prior to opening your home for buyers' inspection, give it an old fashioned spring cleaning like mom used to do. Start with closets and cabinets.

You don't want them cluttered and give the impression that there is not enough storage space. Rent a storage unit if necessary. Wash windows and curtains. Don't forget light switch covers, ceiling fans and baseboards. Clean the garage and basement thoroughly. Use a dehumidifier in summer months. My favorite analogy to a basement is that of a car. Clean, bright, dry basements are like clean car engines — a sign of good regular maintenance.

Let There be Light: Buyers like light and bright homes. Open curtains, shades and

blinds. Not only will this show off your nice clean windows, but also will make the rooms feel more spacious. For night time showings, make certain to turn on the lights. Walking in to a well lit home, perhaps with soft music playing, is a great first impression.

Picture Perfect (not always a good thing): There are many reasons family photos should be packed away before the house is shown. "De-personalizing" helps buyers visualize themselves living in the home. Family photos can also be a distraction to lookers. You don't want buyers to spend more time trying to identify family members they "think they recognize" than they do looking at the house. It happens.

Set the Stage: "Staging the Home" for sale has become a thriving business for talented professionals who specialize in organizing, arranging and accessorizing. Stagers will do as much or as little as their client is willing to pay for.

Homeowners who need help de-cluttering and organizing can pay a stager to pack unnecessary items, paint, move furniture, rearrange and even provide rental items to help present the home in a manner that is more appealing. Staging is different than decorating — in fact often times it is "un-decorating" and simplifying. The strategic placement of items in the home, and removal of items that distract from the space, has been proven cost effective at increasing sale price and decreasing market time.

Pre-Sale Inspection: Most homebuyers will include an inspection contingency with their offer to purchase a home. Home inspections give the buyer a chance to have an in depth study of the home. Everything from the roof to the basement is inspected for current and potential problems. Home inspections generally start at \$250.00. Why not invest in one before you list your home for sale and give yourself the opportunity to fix a problem before it becomes one.

The Price is Right: Even a house with great curb appeal will not sell if the price isn't right. Conversely, the seller who doesn't make any extra effort to prepare their house for sale can easily sell their home if the price reflects the need for improvements. Arriving at an accurate asking price is not always easy, particularly in the current market where values have fluctuated. Real estate agents can prepare a market analysis, which will analyze the recent sales of similar homes



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.

in the neighborhood and thus provide a range of value for your home. Appraisers are licensed to perform a more specialized valuation of a home.

There is no regulation with regard to how much over market value (if at all) someone should price their home. Each situation and each home is different. With an understanding of the personal circumstances governing your decision, your professional can assist you in determining an appropriate asking price for your home.

TheBurg House of the Month



These fanciful Queen Anne-style rowhouses are part of Shipoke's historic Pancake Row, named for the Pancake family, which once operated a lumber mill nearby.

Front St. Office Building Nears Completion

Leases are pending and prospective tenants are in line to begin occupying the new office building at 3003 N. Front St., according to a spokesperson for developer Flynn Group.

The building's shell is expected to be completed by March 31, and the 33,000 square feet of interior space can be built to suit tenants' needs, said the Flynn Group's Jennifer Lengle.

The building next to Dixon University Center, which replaced a run-down four-square house, doesn't have a name yet, said Lengle. One of its unique features is the ground-level parking, under the two stories of office space.

Anyone interested in space can call the Flynn Group at 790-0111.



This Front Street building is almost done.

National Civil War Museum Gets New Chairman

Robert J. DeSousa, general counsel of R.E. Harper Associates, has been named chairman of the board of directors of the National Civil War Museum. He's served on the museum's board since 2005.



DeSousa replaces outgoing Chairman James J. Nulton, director of community relations for PPL Corp.

"My focus will be on expanding and stabilizing museum revenue streams in the coming year, as well as extending the historical and educational reach of the museum's national mission," he said.

The National Civil War Museum, located at 1 Lincoln Circle in Harrisburg, houses more than 20,000 artifacts related to the war between the states.

DeSousa chairs a board that represents a cross section of central Pennsylvania business, community and financial leaders. A complete list of directors is available at www.nationalcivilwarmuseum.org/about_us.html.

Prior to joining R. E. Harper Associates, DeSousa was chief executive officer of the Vartan Group, and he serves as a lieutenant colonel in the Judge Advocate General's Corps of the Pennsylvania Army National Guard. He recently completed a combat tour of duty in Iraq and has served in the federal government as an Assistant U.S. Attorney and with the Commonwealth of Pennsylvania as Chief Counsel of the Department of State, as well as the state's Inspector General.

Briggs Named President of Realtors Association

The Greater Harrisburg Association of Realtors has installed Frederick L. Briggs, broker at Prudential Thompson Wood in Camp Hill, as president for 2009. He assumed his duties Jan. 1. Briggs succeeds Kay Hock of Prudential Homesale Services Group in Carlisle, who will continue to serve on the association's board of directors as past president.



Briggs, a realtor for the past 18 years, has served the association in a variety of positions including vice president, secretary/treasurer, director on the GHAR board of directors and state director for the Pennsylvania Association of Realtors.

Also installed as officers for 2009: Vice President James M. Spagnolo, office manager of Prudential Homesale Services Group in Camp Hill, and Secretary/Treasurer Robert J. Hoobler, broker/owner of Exit Platinum Plus Realty in Camp Hill. Installed as directors for the association: Martha S. Garrett, office manager of Howard Hanna Real Estate Services in Harrisburg; David W. Jones, agent with RE/MAX Realty Associates in Camp Hill; Michael Pion, agent with Keller Williams of Central PA in Camp Hill; and David E. Weaver, agent with Howard Hanna Real Estate Services in Camp Hill.

Realtors Foundation Taps Garrett as 2009 President

The Greater Harrisburg Association of Realtors Foundation installed Martha S. Garrett, office manager of Howard Hanna Real Estate Services in Harrisburg, as president for 2009. Garrett succeeds Michelle A. Foose, agent with the Homestead Group Realtors in Camp Hill, who will continue to serve on the foundation's board of directors as past president.



Also installed as officers for 2009: Vice President Jodi F. Diego, agent with Jack Gaughen Realtor ERA in Camp Hill, and Secretary/Treasurer Gary J. Muccio, agent with RE/MAX Realty Associates in Camp Hill.

Installed as directors for the foundation: David Paul Giovanniello, broker of record of For Sale By Owner Plus Realtor in Harrisburg; and Renee L. Moats, agent with Keller Williams of Central PA in Camp Hill.

Then and Now

Courtesy: Stephen M. Bailey



Much of this winter was unusually cold, and the winds whipping off the frozen Susquehanna made it feel even colder, as the lone figure (right) surely knows. In 1936, the river also was choked with ice as seen in the photo (left) of Safe Harbor Dam, a few miles downstream.

Midtown Arts Center Debuts

Curtain Rises on Major Arts House; Stages, Gallery, Pool under One Roof

Peter Durantine

Construction crews have worked busily on the Harrisburg Midtown Arts Center, in anticipation of opening this month with the first of a collage of arts, entertainment and leisure facilities that will be housed in a building more than a century-and-a-half old.

The three-story mansion at 1110 N.3rd St., with its stately porch and mansard roof, was built in the mid-1800s, but modified through the ages to meet the needs of its various occupants. Since last spring, it has been undergoing extensive restoration.

The first part of the facility to open is Stage on Herr. As late as February, workers were putting the finishing touches on this intimate room with its soaring ceilings that had been the Hebrew Gym. Entrance to the 3,500 square-foot venue will be from Herr Street.

Stage on Herr opens March 7 with Tim Warfield, the jazz horn player from York, Pa., who is a board member of the Central Pennsylvania Friends of Jazz and an artist-in-residence at Messiah College in Grantham, Pa.

The second floor offers a large, 10,000 square-foot auditorium that the Police Athletic League once used. The building became vacant when PAL moved out 30 years ago. This art deco theatre, built in the late 1920s, will become the Playhouse, for staging plays as well as concerts and private events.

A bar area for cocktails also will occupy the second floor, at the front of the building overlooking 3rd Street. French doors will open onto the newly restored porch.

"This porch is an exact replica of the one built in 1929," said John Traynor, part of the trio that purchased the building to create the Midtown Arts Center.

On the ground floor, a full-service restaurant, Cafe Sip, will focus exclusively on locally grown foods. Run by the owners of the city's popular Italian bistro, Mangia Qui, Cafe Sip will offer indoor seating for 60 to 80 people and an outdoor patio for 40 to 50 diners.

In a quirky twist, the restoration also includes a large art deco tiled pool in the basement that dates to the 1930s, when the building housed the Jewish Community Center, which re-located to Front Street. When finished this spring, the center's Splash Swim Club will boast saunas for men and women, steam rooms and hot tubs over space covering 10,000 square feet.

Traynor, who carries a British accent from years living in England, Gary Bartlett and Chuck London produce films, TV shows and stage plays. Traynor and Bartlett came across Harrisburg by chance (they were looking for a place to eat on the way back home to New York), found it charming and decided it could use more culture.

"We are very anxious about seeing it open up," said Joe Solomon, president of the Midtown Square Action Council. "What they will have inside will be an asset to the neighborhood."

The 56-year-old Solomon, who remembers from his youth these blocks along 3rd Street bustling with shops and businesses, said neighbors are hopeful the center will provide a catalyst for economic



Midtown Arts Center: fully restored, ready to open.

development to an area with many empty storefronts.

"People are really excited that there's going to be something worthwhile there," he said.

David Morrison of Historic Harrisburg Association calls the timing of the center "perfect" and believes there is great potential for the renovated mansion that had stood vacant for so many years.

"In its boarded up state, it created a kind of no man's land in a critical part of 3rd Street," he said. "The renaissance of the 3rd Street corridor as a Main Street has long been a goal of a lot of people."

The art aspect of the center is the 3rd Street Gallery, a 2,000 square-foot gallery that can expand by using the Playhouse and Stage on Herr. Also, a film office, to promote Harrisburg as a movie location and to provide some production support to producers and film students, will be located in the building.

Traynor and his partners are eager to welcome the community to the center, and people are responsive. Solomon said the council is already eyeing it for their meetings.

It has been more than a \$2 million undertaking, but Traynor believes it will be a great success, though he admits to some "insanity" behind their vision.

"We went into it with optimism and hope, which is what you need when you open an arts center," he said. "A little insanity and a huge amount of optimism."

More about the center and photos old and new are found at harrisburgarts.com

Courtesy, Penn. State Archives



Through the years: from left, the original mansion, circa 1880; boys stand by the entrance, 1930s; the Arts Center interior under restoration, 2008.

Facelift Slated for Capitol Park

Sidewalks, Drainage Targeted in Major Rehab

Peter Durantine

As parks outside state capitol buildings go, it's one of the more pleasant places to stroll or relax on a bench, and has been for more than a century. But time has taken its toll, particularly on the drainage system, which has pooled water in pedestrian traffic areas.

This spring, heavy machinery begins digging up South Capitol Park, the four-acre grassy area along Walnut Street between 3rd Street and Commonwealth Avenue, adjacent to the southern end of the Capitol and filled with all variety of trees and shrubs.

In addition to replacing old drainage pipes, workers at the direction of landscape designers will reconfigure the steep embankments that run along Walnut and 3rd streets so the park looks less like a fortress, said Ruthann Hubbert-Kemper.

Hubbert-Kemper is the executive director of the Capitol Preservation Committee, which is overseeing the \$8 million, three-year project. She says the park's renovation will include adjusting elevations and creating landscaped tiers along the embankments.

The purpose of this is to install wide sidewalks along Walnut and 3rd streets where today pedestrians have little more than a concrete footpath, marked by parking meters, on which to follow.

When the park was last re-configured, and it has been through many changes over the years, the planners built the embankments to serve as a barrier. The city removed the sidewalk along 3rd Street when it added a lane, Hubbert-Kemper says.

"That's really a no-walk zone there," Mayor Stephen Reed said. He welcomes the wide sidewalks and says the city will replace parking meters with the blue kiosk meters now in use along parts of 2nd and State streets.

The park's Walnut Street boundary, with its partial rip-rap embankment that sends rocks tumbling into the street during heavy



Artist's rendering of South Capitol Park upon completion of renovations.

rains, has the worst flooding problems around the area just before the ramp to the walkway bridge leading to Strawberry Square.

"That's the most dangerous thing in this park," Hubbert-Kemper said. "The whole area becomes a big sinkhole. All this water just sits there."

The park has a long history. Conveyed to the Commonwealth in 1785 by city founder John Harris, the park underwent different landscaping designs throughout the 19th century, according to *The Pennsylvania Capitol – a Documentary History*.

In 1817, the state arsenal was built on the park's grounds, a three-story structure that stood there until it was demolished in 1870. Trees were first planted in the 1820s. In late 19th century, the park grounds were improved and expanded.

During this time, the Mexican War Monument was erected in the park, the black-iron fence that ringed the area was removed, flower beds were planted and a "State Botanical Conservatory" was built near 4th Street, near the site of the old arsenal.

The conservatory was known as the "Rose House" because of the predominant floral feature. It was razed in 1918. In the following decade, the park was reconstructed and, during that time, the "grand staircase" at the corner of Walnut and 3rd was built.

The park's drainage problems date back to the 1930s, when pipes installed to carry the water off the property were undersized for their task, said Hubbert-Kemper.

In addition to replacing drain pipes, reconfiguring the embankments and putting in sidewalks, landscaping changes will be made. Among them: a tree will be cut down to allow for a disabled-access ramp at the stairway leading up from 3rd Street; the shrubs will be removed around the Boies Penrose statue in the park's southwest corner; and benches will ring the Mexican War Monument.

The first phase of the three-year project will involve the park along Walnut Street, where the worst flooding occurs. The project is expected to be completed by 2011.



Let's walk: drainage will be improved in this area known for ponding (left), while wide sidewalks will make 3rd Street pedestrian-friendly (right).

Bridge of Hope: Providing Support to End Homelessness for Families

Melanie Miller

Homelessness affects people from all walks of life and knows no racial or gender lines. There is no typical homeless person. Take, for example, Sue, a single mother of four young children who moved her family into a homeless shelter when they faced eviction. Her prospects for housing and employment were slim until she discovered her local Bridge of Hope.

Bridge of Hope introduced Sue to a mentoring group from a local church and helped her register for computer classes and find an apartment. She graduated from the program with a good job, a safe home, and a group of close friends in her community. Nationally, Bridge of Hope has served hundreds of families like Sue's and boasts an 80 percent success rate. Bridge of Hope Harrisburg Area is now providing this program locally.

Bridge of Hope Harrisburg Area is committed to ending and preventing homelessness among single mothers with young children in the local area, one church and one family at a time. To get a real sense of the work Bridge of Hope performs, it's important to consider the state of homelessness in Harrisburg.

The 2008 "Point in Time" survey conducted by the Capital Area Coalition on Homelessness provides poignant insight into homelessness in the Harrisburg Area. Of 396 survey respondents, more than 150 were chronically homeless. There were 96 families with one or more children, and women comprised 53 percent of the homeless population.

While these are staggering numbers, it's important to also remember those who are near-homeless. In addition to those homeless in a traditional sense, Bridge of Hope accepts mothers who are "doubled up" with other families in inadequate living arrangements, mothers who remain in physically or emotionally abusive situations because they have nowhere else to go, and those who are at high risk for eviction.

Homelessness is tough on anyone, but especially on children. Homeless children

often cannot receive proper healthcare and nutrition. Also, because they may be shuffled from shelter to shelter or house to house after school, a steady homework helper or even the materials needed to complete homework are not always available.

Obtaining special education services is a feat in itself, but if children bounce from school to school or have spotty attendance, those services are nearly impossible to maintain.

Homeless women and children in the Harrisburg area are lucky to have important resources, such as temporary shelters and transitional housing facilities that help in times of crisis. Bridge of Hope is designed to pick up where these leave off. Rather than temporary help, Bridge of Hope provides homeless mothers with lasting tools to overcome homelessness permanently.

This is accomplished through the Bridge of Hope triangle, a three-way partnership between a mentoring group from a local church, a professional Bridge of Hope case manager and a homeless family.

The mentoring group functions as a group of peers for the family. They may help with things such as moving belongings when a mother finds housing, babysitting and transportation – in addition to their main role, which is to be a support system of close friends for the mother and her children.

The Bridge of Hope staff person provides referrals to assistance programs, locates housing and keeps the mother on track to meet her goals in the areas of education, employment and budgeting. The Bridge of Hope program also provides rental assistance on a decreasing basis and helps with other startup costs associated with finding a home.

For her part, the mother brings a desire to create a better life for her children and an attitude of determination to reach her goals. By the end of the program, which in most cases lasts between 12 and 18 months, the mother has a safe home, a group of friends and mentors in the local community, as well as the means to retain self sufficiency in the future.



Melanie Miller is program director for Bridge of Hope Harrisburg Area. You can reach her at bridgeofhope.hbg@gmail.com or by calling (717) 635-5957.

Bridge of Hope Harrisburg Area is currently using this triangle of support to serve its first family. In the coming year, Bridge of Hope plans to serve at least four more. Though it's easy to become discouraged by the looming problem of homelessness, Bridge of Hope prayerfully and boldly continues in its pursuit of ending homelessness among single mothers with young children, one church and one family at a time.

"Festival of Hope" Honors Mental Health Champion

The Mental Health Association of the Capital Region is sponsoring The Festival of Hope to honor Dr. Denis J. Milke, a Harrisburg psychiatrist noted for his work in the mental health field.

The event begins 11 a.m. Saturday, March 28, in Marysville, for the opening of the Glenn W. Jones Mental Health Wellness Center with a ribbon cutting by actor Joey Pantoliano, who, among other roles, portrayed tough guy Ralphie in *The Sopranos*.

At 2 p.m., the event moves to the Sunoco Theatre of the Whitaker Center for the Arts, where Milke will be honored, followed by film produced by and starring Pantoliano about a family's struggle with mental illness. Afterward, Pantoliano will conduct a Q&A with the audience as well discuss his own personal battle with mental illness.

The Whitaker event is open to the public. Tickets are \$26.50. To order, call 717-214-ARTS or visit whitakercenter.org.

A Woman of Vision

Violet Oakley and Her Enduring Murals

Jason Wilson

During an era when men ruled the art world, Violet Oakley accomplished much against the odds, leaving Pennsylvania, and America, great murals that can be found throughout the state Capitol, depicting the nation's ideals.

The vast majority of murals in the Capitol were done by the Philadelphia painter. Perhaps most significantly, Oakley created the murals in the Governor's reception room, which was, at that time, the largest commission for murals ever given to a female artist. It was 1902, and women could neither vote nor hold elected office — and her work was for a government building.

For the reception room artwork, Oakley cautiously chose her subject matter. She knew that noted muralist Edwin Austin Abbey was selected for the Capitol's principal chambers, and she wanted to avoid duplicating his subjects. She chose the evolution of William Penn's Quaker theology and the founding of what she termed "the State of Liberty Spiritual."

For that work, Oakley won the Gold Medal of Honor from the Pennsylvania Academy of the Fine Arts in 1905 and a Medal of Honor from the Architectural League of New York in 1916, both firsts for a woman artist, according to the Pennsylvania

Historical Association.

After Abbey's death in 1911, Oakley contracted with the Commonwealth to paint the murals for the Senate and the Supreme Court. In the Senate, she created a figure titled *Unity* — representing the coming of world peace. Below *Unity*, she depicted patriotic motifs in *The Creation and Preservation of the Union*. In 1919 she installed two Quaker legends at the rear of the chamber.

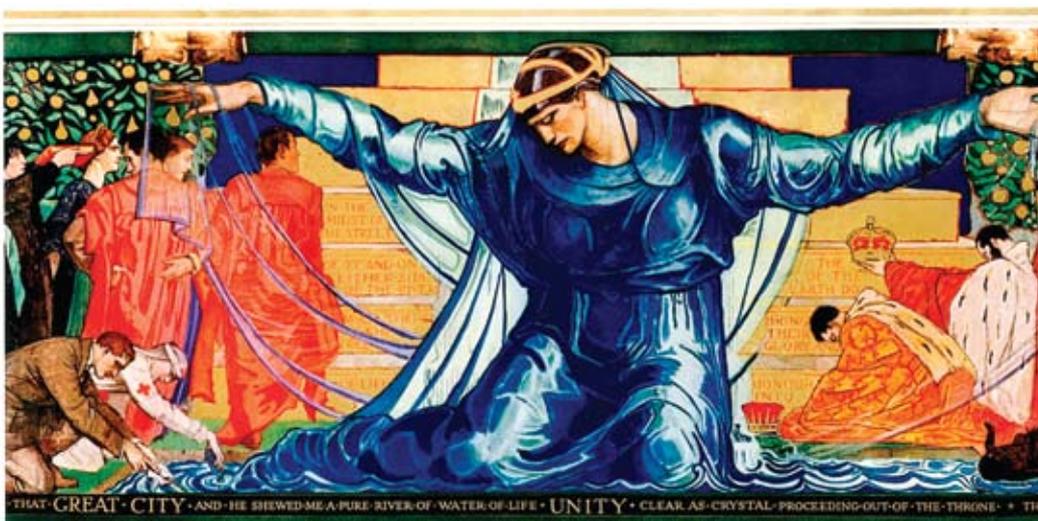
The Supreme Court Chamber remains the culmination of her 25 years of work in the Capitol Building. Her most original mural, *Divine Law*, adorns the area overtop of the main entrance, while the rest of the mural frieze traces the evolution of law from antiquity to modern times. It concludes with world peace, an idea that Oakley espoused all her life. She died at age 87 in 1961.

Oakley's Capitol murals, 43 in all, are significant because they are the largest collection of murals produced by a female within a government building. Her subject matter still resonates with visitors who view them, and her ideas of world peace, the rule of law and freedom of religion are as significant today as when she painted them more than a century ago.

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



Violet Oakley, as a young artist.



Unity, a mural by Violet Oakley featured in the Capitol's Senate chamber.



The Creation and Preservation of the Union

Stock's on 2nd: Blazing the Trail on Restaurant Row

Stephanie Kalina-Metzger

Eleven years ago, Stephen and K.J. Weinstock began planning their wedding and the opening of their new restaurant, Stock's on 2nd — quite an undertaking for two 26-year-olds whose only restaurant experience included managing various Houlihans around the Philadelphia area.

K.J. explains it simply, "We were young!" She laughs, as if every young couple would venture into wedding planning and running a restaurant simultaneously if given the chance.

The enthusiasm of reckless youth fueled their brave foray into the spartan restaurant scene in downtown Harrisburg. Says K.J.: "You could gaze out your window and practically see tumbleweeds rolling down the street."

When questioned on how it feels to be a Restaurant Row pioneer, she humbly brushes off the moniker, reminding me that other restaurants like Scotts and the now-defunct Gazebo Room also shared downtown space at the time. Perhaps the perception exists because the success of Stocks seemed to lure so many others into the downtown restaurant scene

Fast forward to February 2009, and business is booming on a weeknight. K.J. remarks that the weak economy isn't keeping people home and literally knocks on the back of the wood mahogany booth where she is seated. Although it's busy, the high ceilings contribute to the feeling of spaciousness, and tables are spaced far enough apart that one hardly notices the crowd. Several cooks busy



Stock's dining room, familiar sight to city diners.

themselves in front of diners in the open kitchen, which started out as one of the first in the area.

Stock's décor remains much the same as it did when it first opened, yet the timeless classic doesn't feel dated. Large LeRoy Neiman paintings decorate the olive green walls, and a lounge that seats approximately 20 was added in 2002.

K.J. chuckles when she reflects on the couple's timing. They added a second floor to Stock's on 2nd while K.J. was pregnant with her son Carter, and a lounge while she was pregnant with her daughter Ashley. (Weinstock's second restaurant Carley's is an amalgamation of the two names). Hey, when adding a little addition, why not add a little addition?

The ceiling of the lounge consists of a red velvet curtain that K.J. sewed herself (while pregnant, of course) and the high, black-velvet banquettes evoke a Moroccan ambiance conducive to intimate conversation over drinks among friends.

For anyone who hasn't visited in the past several years, the menu is no longer whimsical. Gone are the cutesy phrases used to describe dishes.

"This chef doesn't do that," said K.J. Perhaps he takes his food a little more seriously, given his background. James Woltman, a native of the area, was trained in Hershey and went on to cook at such places as London, Hawaii, Puerto Rico and the Greenbrier, the award-winning, five-diamond luxury resort in Sulphur Springs, W.Va., before returning home and joining the Stocks family. A "locavore," earning the title of Central Pennsylvania's PA Preferred Best Chef in 2007, Chef Woltman uses as many local products as possible, and changes the menu with the seasons.

"Using PA Preferred items is easier for us to control specifically what we want," Stock's Sous Chef, Matthew Poorman, said. "PA Preferred has a list of farms that we can purchase from and can skip the middle man."

When asked about the customer favorite both then and now, K.J. said, "It was the crabcakes in the beginning, and it's still the crabcakes."

The more things change ...



Restaurant pioneer: Stephen Weinstock helped entice the hungry masses downtown for a good meal.

Bill's Big Burgers Sizzle in Strawberry Square

Burger fans have something to flip about. Bill's Big Burgers restaurant has opened in downtown's Strawberry Square at N. 3rd and Walnut streets.

The new 771-square-foot venue in the food court offers one-third pound fresh burgers with all the fixings made specifically to the customer's taste. Also available are hotdogs, South Philly-style cheese steaks, specialty sandwiches, French fries, chili and seasonal soups.

BBB's Bill Wasch, who also owns the food court's Arby's franchise, has been in the restaurant management business for 40 years. Approximately \$75,000 was invested into the restaurant space to convert it to its current use, according to the city. Bill's Big Burgers is the first such restaurant to bear the name.

Bill's Big Burgers is open 10 a.m. to 6 p.m. weekdays, 10 a.m. to 3:30 p.m. on Saturdays. It is closed on Sundays.



Burger fans wait to savor Bill's, new downtown.

A New Career, a New Life

Channels Brings Culinary Arts to Less Privileged, Students

Pat Carroll

Kitchen work is so labor-intensive most of us avoid it. So the idea of taking in people who haven't worked for years — the poor, the homeless, recent graduates of the state prison system — and teaching them the ways of professional chefs is something only a pretty quirky food bank would do.

That's Channels.

"Basically it's a two-year education in culinary arts in 12 weeks, 8:30 to 5:30, Monday to Friday," said Channels executive chef Michael Demarco. "Three months of schooling is very difficult for some of them. A lot of the students haven't been in school in 20 years. They're in their 40s so they haven't used their basic adding, subtracting or reading. It's a challenge to get them up to speed again on just the simplest things."

Challenge is what this organization does well. Channels Food Rescue has been on the road less traveled for 20 years, serving just four counties with an intensity that sparkles beside the dull public image of food banks.

"A lot of times when you think of hunger relief you think of canned goods or things that are pre-packaged," said Channels' new executive director Frances Seeger. "You don't think of giving people produce and helping them learn about nutritional value."

While the Central Pennsylvania Food Bank handles 28 counties and the bulk of

prepared product distribution, Channels concentrates on the Harrisburg metro area and the hard work of food rescue. Jean Beatty of New Cumberland founded the non-profit to go into hotel and institutional kitchens and pick up leftovers, then deliver them to soup kitchens and homeless shelters.

Beatty retired at the end of 2008, leaving a legacy of programs beyond food rescue.

- Plant a Row for the Hungry garnered 1,418 pounds of fresh produce from local gardeners over the growing season last year, and delivered it to more than 60 shelters and soup kitchens in Dauphin, Cumberland, Perry and York counties.
- Kids Café feeds 600 poor children daily after school, and during the summer it offers breakfast, lunch and dinner.
- Food for the Future is a new partnership with Harrisburg School District, in which Channels is developing the curriculum, writing lesson plans and promoting the fundamentals of knife skills, kitchen safety and recipe development.

And, as Chef Beth Jackson says, Food for the Future means at least one good meal a day for the culinary students. She runs the kitchen classes at Harrisburg Career and Technology Academy. "When I came here there was no kitchen, it was just an empty room," she said. "I had two little stoves in the back that they called culinary arts."

Now she teaches two classes and runs a small café at the William Penn campus of Harrisburg High.

The kids work in groups, all making part of the same dish. "That way, they're not all doing the same thing, and I don't have 18 kids saying 'chef ... chef ... chef.' And we can compare, too. What's the difference, what tastes better?"

She just hit her one-year mark at Career & Tech, and likes the intensity. "It's definitely different, teaching. I'm getting it. I'm a chef, but this is very challenging. I'm going to Penn State at the same time to get my teaching degree."

New Director at Channels

Replacing a legend is never easy. In Jean Beattie's 20 years with the food rescue group she founded, Channels has brought 7 million pounds of food to 100,000 hungry people. Beattie will stay on as consultant while Frances Seeger settles in as the new executive director.

Seeger is a political science graduate of Lebanon Valley College, with an MBA in strategic management and marketing. She worked in television production in Washington, D.C., and did event organizing before moving back to the Harrisburg area to teach at LVC.



While Beattie started from scratch, Seeger takes over a group that is picking up 600 pounds of food a month from commercial kitchens, and more when the occasion arises. The strawberries, for instance, that come into Shari's Berries in Lower Allen Twp. Shari's sells the very best berries, dipped in chocolate and swirled in sugar, as gift packages for Christmas, New Year's and Valentine's Day. The surplus fruit has gone to Channels, which distributed about 12 tons of berries over the last couple months.

"I did a lot of volunteer work when I lived in D.C. in food and hunger related topics," Seeger said. "I got interested in gleaning. I was amazed at how much food, how much produce went to waste after the commercial harvesting. I really was drawn to this group."

In a few months, Seeger and her staff will be working out of a new kitchen and warehouse facility on North Sixth Street, along the city line in Susquehanna Twp., across from Theatre Harrisburg.



Janel Morton, Johanna Solomon and Alicia Miller prep some veggies in the kitchen.



Voige Moore slices, dices at Channels.

The Greens of Winter

Italian Veggies Add Color, Flavor during Cold Months

Rosemary Ruggieri Baer

Most Italians love vegetables. And as we begin to see over the edge of darkest winter, we think of the sun-kissed vegetables of summer upon which so many authentic Italian dishes are based. Today, we can buy almost any vegetable year-round, but their long journey from points south and west bear little resemblance to their homegrown summer counterparts. I recently picked up an artichoke at the grocery store that I think was grown in 1994.

Kidding aside, winter offers us an opportunity to try some of the more unfamiliar inhabitants of the produce aisles, especially the leafy variety. I was exposed to these dark green beauties by my mother, who was once stopped by a fellow shopper in the grocery store and asked if "all those greens" were hers. They showed up everywhere at our table, but it took a large part of my adult life to appreciate their goodness and versatility. Let's look at some of them.

Arugula, sometimes known as "rocket," is a dark salad green that is very popular in Italy. Its taste is very distinctive, often described as spicy and peppery. Following its emergence in fine Italian restaurants, arugula (often in its "baby" form) is becoming more readily available in supermarkets. As a child, I ate arugula with much reluctance. Today, I buy it often, serving it alone or mixed with other salad greens.

Escarole (to Italians, 'scarole) is a type of chicory. It is a broad-leafed green, pale at its roots and less bitter than others in its family. You might recognize it as the green that gives Italian Wedding Soup its distinctive taste. A week never passed that my mother didn't make homemade chicken broth, and much of the escarole she piled into her shopping cart ended up in her ever-simmering pot of soup.

Kale has long been over-used as a garnish on dinner plates in restaurants. My mother always ate hers, no doubt astonishing the wait staff. It might be the most intimidating of the dark winter greens,

but it is wonderful. A very large bag of kale can cook up to nothing so you need to buy a lot. It requires thorough washing (like spinach) and trimming the tough stalks. It is extraordinarily rich in vitamins, such as Vitamin K, and is loaded with calcium.

Radicchio looks like a small reddish-purple cabbage and may be one of the leaves your family picks out of the mesclun mix. While not technically a green, this bitter tasting member of the endive family is loved by Italians and finds its way into salads, pastas, risottos and the vegetable platter.

Curly endive or frisee, also a member of the chicory family, looks like pale green lace and, of all the winter greens listed here, might take the most getting used to. It is quite bitter although it can be mixed with lettuces and Italian black olives for a very different salad. Curly endive is often "blanched" to an almost pale yellow color, making it more tender.

I encourage you to try some of these wonderful greens tucked into your everyday salad to learn their distinctive tastes. But I would like to share with you my favorite ways to prepare a few of them:

- Toss baby arugula with homemade balsamic vinaigrette, maybe a few cherry tomatoes, and shave strips of Parmesan Reggiano over the top. Grind fresh black pepper over all for a fresh tasting salad that goes well with your dinner entrée or served with hot crusty Italian bread for a light lunch.

- Grill or pan fry your favorite steak, seasoned with sea salt and fresh black pepper, slice into thin strips and arrange on top of the arugula salad described above. This is any easy weeknight dinner (good with roasted, small red potatoes).

- Toss thoroughly washed kale into a pot of boiling, lightly salted water. Cook for two minutes and remove with a slotted spoon or strainer onto a towel to absorb the moisture. Drain and dry the same pot and heat some good olive oil with a handful of chopped garlic. When the oil is hot and the garlic is cooked (not browned) a little, add the drained kale and sauté until wilted but still bright green. If you have it on hand, you can add a little pancetta or bacon in with the



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

garlic. Serve the kale as a vegetable or toss with orchiette pasta and chopped browned Italian sausage.

- Prepare escarole same as the kale above, but add a small can of rinsed and drained cannellini beans. This can be served as a meatless entrée, again with good Italian bread. Or try some chopped escarole in your favorite chicken soup.

- Slice several heads of radicchio (like coleslaw) and sauté in olive oil until wilted. Serve as a vegetable or mix into rice or risotto.

I hope you will give these nutritious greens a try while we are all still dreaming of summer. You will be healthier and you will make my mother smile.

Don't Forget the Vino

There's nothing like a good bottle of crisp white wine to complement a salad of Italian-style greens. Try these inexpensive Italian whites as a fine accompaniment. All should be found for under \$15 a bottle.

- Alois Lageder Pinot Bianco, 2006
- Antinori Castello della Sala Chardonnay, 2005
- Concilio Pinot Grigio Reserve, 2007
- Danzante Pinot Grigio Venezia IGT, 2007
- Falesco Est! Est! Est!, 2007
- Luna di Luna Pinot Grigio/Pinot Bianco, 2006

A saluti — enjoy!

— Lawrance Binda

Culture Club

La Salsa: Cooking Up Spicy Moves in Harrisburg

Shakiyla Colden

Salsa is Latin for sauce or spice. You spice up anything you cook with when you use salsa, and la salsa is a spicy Latin dance.

Where you can hear or dance salsa? Right here in Harrisburg.

A local organization by the name of the South Central PA Salsa Meetup Group dances downtown every other Thursday at the Quarter, 101 N. 2nd St. You can hear salsa music, meet new people, even learn to dance la salsa.

"Even if you didn't know how to salsa, everyone made you feel real comfortable," says Jennifer Mohammed, who was learning salsa for the first time one recent evening. "It was very enjoyable."

The organization's founder, Greg Fitzpatrick, and assistant organizer, Loida Esbri, say salsa is most definitely a fabulous extravaganza of movement.

"Personally, I've been attempting to do salsa for about four to five years now," says Fitzpatrick. "I'm still learning."

Salsa music is a diverse and predominantly Latin American Caribbean genre, popular across Latin America and among Latinos abroad. Salsa refers to a particular style developed in the 1960s and 1970s by Cuban and Puerto Rican immigrants to the New York City area. It incorporates multiple styles, variations, and has diverse musical tastes. At its root, however, salsa is a mixture of African and Spanish music, filtered through the music histories of Cuba and Puerto Rico, and adapted by Latin jazz.

Fitzpatrick says, "The great thing about South Central PA Salsa Meetup is, when you come to an event, you'll see young people to older members and anyone in between. Our events look like a cultural melting pot, and it's fantastic. The music and the dance bring all together to have fun."

As a Puerto Rican, Esbri says she's been dancing most of her life. "I've been teaching salsa for over 20 years now. I had a dance company called, Forlando, for 15 years."

The couple also conducts classes that are basic, but exciting to learn. They bring in out-of-town salsa instructors for weekend workshops to expose central Pennsylvania to

different instructors and teaching styles.

"I love the music, and I love dancing," Greg says. "I have met so many cool people from all over the world dancing salsa. Salsa is not only a Latin dance; it's become an international dance. You can go dancing in Dublin, Ireland, to San Juan, Puerto Rico to Malaysia and anywhere inbetween. Once salsa gets into your soul, you've been bitten by the bug. It's a life-long endeavor."

Founded in 2007, South Central PA Salsa Meetup Group is looking to double in size in 2009. Up until this point, they have had a magnificent start creating the beginnings of a salsa community in the Harrisburg area. They are the first and largest group in central Pennsylvania with more than 400 members and a strong core of 70 to 80 dancers.

Dance lessons are \$5 for members and \$7 for non-members. To become a member, go to the website, www.meetup.com/centralpasalsa.

Shakiyla Colden has been a proud a member of South Central PA Salsa for a little more than a year and enjoys herself every time she attends.



Learning la salsa at the Quarter on 2nd St.



Greg Fitzpatrick and Loida Esbri show off a move at a downtown salsa gathering.

Let's Dance

Irish Dance? Must Be St. Patrick's Day

The Rebel Heart Irish Dancers perform this month at the Appalachian Brewing Co., 50 N. Cameron St., on the 7th, 14th and 17th (St. Patrick's Day). The young dance troupe also performs at Appalachian's Camp Hill location, 3721 Market St., on the 13th. Shows are at 6 p.m. and 8 p.m. each night.

The Rebel Heart Irish Dancers are among central Pennsylvania's new entertainment rising stars. Formed in January of 2007, the group has performed more than 50 shows, including appearances at the Hershey Theatre, The Forum, the PA State Museum, and the Rose Lehrman Theatre. They also perform at nursing homes, private events, Irish pubs and are featured at the Jubilee Day Street Fair in Mechanicsburg.

"Our group is different from other Irish dance schools, in that we are strictly performance-based, and we have a high ratio of male to female students," said Stephanie Oscilowski, director of the Lemoyne-based Rebel Heart. "Whereas other schools use competition as an incentive for dancers to improve, Rebel Heart prefers to shine before live audiences." For more information, visit www.myspace.com/rebelheartx3.



Catch the local Rebel Heart Irish Dancers perform at the Appalachian Brewing Company on and around St. Patrick's Day.

Passing Judgment

Lawrance Binda

A Good Day Priscilla Ahn

Life isn't fair — we all know that. But over the years, as I've seen countless amazing musicians and bands struggle (and often fail) to survive while untalented, corporate-made pop tarts skyrocket to fame and fortune, I've often had this thought: does life have to be so unfair?

Now, I don't know how many CDs or songs Priscilla Ahn has sold, but I'm pretty sure the answer is "not nearly enough." How do I know that? Unfortunately, singer-songwriters simply don't get enough exposure in order to sell well, despite how wonderful their music may be.

Priscilla Ahn is actually a local artist. She grew up in Bernville, Pa., honing her craft as a teenager at coffee houses and small spaces in Berks County and around Philadelphia. She plays guitar, piano and harmonica, writes her own music and sings in a sweet, wide-ranging soprano, which she frequently layers onto her songs in delightful harmonies. Let me put it this way: she's talented as hell.

These substantial gifts are on full display on her newest release, *A Good Day*. The songs generally fit into the broad category of acoustic music, but contain more unique twists and a deeper instrumentation than usually found in this genre.

For instance, "Leave the Light On" is a love song that can best be described as acoustic swing gospel. "Lullaby" sounds like, well, a modern lullaby with — is that a harpsichord? "Red Cape" is a superb pop song with a great hook that, if the world were fairer, would be in heavy radio rotation right now. "Find My Way Back Home" features a strumming ukulele that brilliantly complements Ahn's vocals, while "Astronaut" plays around with a whimsical circus or midway sound, akin to a few mid-period Beatles songs. Ahn also works into the CD some well-chosen covers, most notably Willie Nelson's "Opportunity to Cry."

In short, Ahn demonstrates incredible musical sophistication and range for someone so young (she turns 25 this year). She's even learned the magic of brevity and conciseness. Most songs clock in at under three minutes, 30 seconds, leaving the listener begging for more.

Fortunately for Ahn, she has managed to gain broader recognition than most

other gifted musicians in this genre. After starting in the usual way (a self-released album in 2007), she was signed to Blue Note Records, which released *A Good Day*. Last year, she appeared on *The Tonight Show*, playing "Dream," the album's lovely, somber opening track. She's also had a few songs featured on television shows, which is great, except that TV rarely explains who has created the 30-second song snippets that serve as mood setters.

So perhaps there is a cause for hope for talented singer-songwriters. Sure, the radio won't play them, and MTV long ago took the music out of "music television." But, in recent years, some have been able to earn a decent living playing smaller and mid-sized venues, marketing their music mostly through the Internet and selling CDs at concerts. As a fan, that works out great, since I'd much rather see a remarkable talent like Priscilla Ahn at an intimate venue like the Whitaker Center than lost in the rafters at the Wachovia Center in Philadelphia. Unfortunately, my gain is the musician's loss, as this circumstance ultimately shortchanges the artist and diminishes the cause of great American music.

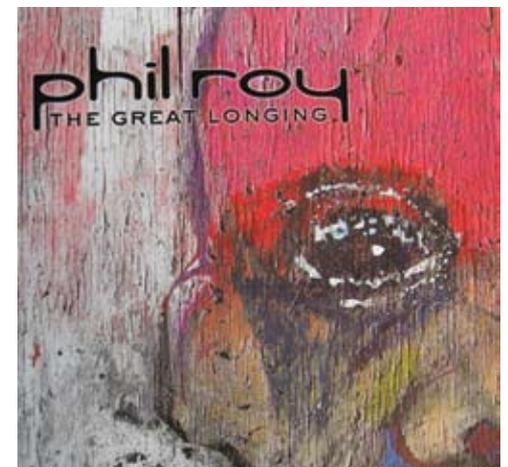
The Great Longing Phil Roy

Like Priscilla Ahn, Phil Roy is a talented musician and songwriter who hails from eastern Pennsylvania. However, unlike the young Ahn, he's a hard-bitten veteran, moving back to his native Philadelphia a few years back after becoming disenchanted with the unforgiving Los Angeles music scene.

His recent album, *The Great Longing*, shows the kind of musical versatility you might expect from someone who's been writing and recording for decades. "Busy Thinking 'Bout Today," in particular, sounds as if it could've been part of a Stevie Wonder album, circa 1975. The next track, "Exceptionally Ordinary," takes a funky turn right into the blues, while "You Were There for Me" is a more traditional acoustic love ballad — and an excellent one at that. This diversity makes perfect sense for an artist who has written songs for musicians as unique as Ray Charles, Katey Segal, Los Lonely Boys, Joe Cocker and Tuck & Patti.

Many of the songs on this CD have a distinct air of disillusionment. "Without Conscience," for one, tells a story of deep personal disappointment, while "Day to Day Thing" informs the listener of Roy's strategy of surviving in a difficult world. The lovely songs, "A Meditation on War and the Fight for Love" and "A Deeper Meaning," let us know that, despite it all, Roy hasn't given up, and he encourages others to carry on in the face of the madness around them.

If *The Great Longing* has a flaw, it's that some of the songs seem a bit dated, rooted perhaps too much in a late-1970s, early-1980s sound. But that's a relatively minor quibble for this high-quality disc that is full of wonderful surprises.



From Steel City to Modern City Pittsburgh Shines, Melts Preconceptions

Dan Nephin

Pittsburgh. The Steel City. Iron City. Ah, to be forever linked with the metal that made it famous. The association is outdated, though enduring. There hasn't been a steel mill within the city proper for well over a decade, but that doesn't shake preconceptions.

That's okay; it allows visitors to be pleasantly surprised.

"When you visit Pittsburgh, I think the first thing that happens is, most of your old ideas go out the window," says Rick Sebak, a producer of offbeat documentaries for WQED, Pittsburgh's public TV station.

Sebak believes the association with steelmaking endures because it's such a potent image. "I think we all complain about that, but I think there's a certain pride about that," he said.

Instead of belching smokestacks, a visitor will find residential and commercial building projects and a multi-million dollar light rail extension project as the city tries to build a vibrant and dynamic downtown.

New stadiums for the Steelers and Pirates lie just across the Allegheny River,



From high atop Mount Washington, the view of Pittsburgh can't be beat.

one of the city's three iconic rivers. A slots casino under construction is expected to open later this year near Heinz Field and PNC Park, and a new arena is being built to house the Penguins near the old Mellon Arena just north of downtown.

Cultural offerings abound, including the world-class Pittsburgh Symphony Orchestra and numerous museums, such as the Carnegie Museums – four museums actually, including a natural history museum with a stunning dinosaur collection and the Andy Warhol Museum, a celebration of its most famous artistic son, even if he high-tailed it for New York City as soon as he could.

The Senator John Heinz History Center documents the city's 250-year history, which was celebrated last year. It covers everything from the French and Indian War through coal mining and steelmaking, even including Pittsburgh's lesser-known history as an important glassmaking center and its obsession with sports.

"That's the best way to understand why this community is the way it is," Andy Masich, the center's president, said.

Pittsburgh's geography and location made it a place of isolation. It wasn't the East, yet it wasn't quite the Midwest, either.

"We're this place in between where the three rivers come together," Masich said, a geography that helped foster an independent spirit in people "who ended up changing the world," such as steel magnate Andrew Carnegie, industrialist Henry Clay Frick and banker Andrew W. Mellon. "I think it's a place with a rich tradition of innovation."

Not that its citizens are likely to brag, except maybe about their beloved Steelers. "People think we have an inferiority complex, when in fact, Pittsburghers are intensely proud. But they're not showy," Masich said.

While Pittsburghers may not be showy, there's plenty to see and do. Some must-sees, besides those mentioned above:

Mount Washington, which *USA Weekend* ranked the No. 2 most beautiful place in America. Bring your camera. Unless you have the lens cap on, it's almost hard NOT to take a good picture here. Fine houses and condos command views of downtown from Grandview Avenue. Viewing platforms

jutting over the hillside are frequently the setting for wedding pictures with downtown and the stadiums serving as backdrop.

"It's a beautiful city," Sebak said. "I just don't think people really realize what a beautiful setting we have, the fact that we're so many hills and valleys, besides bridges."

Getting there is half the fun. Park near Station Square, a former train station now refashioned as a shopping, dining and entertainment complex across the Monongahela River from downtown. Take one of Pittsburgh's two funiculars or inclined planes, which are rail cars that travel up and down the hillside on mounted tracks.

Pittsburgh once had numerous inclined planes carrying workers living on Mount Washington and nearby to and from the steel mills along the Monongahela. Only the Monongahela and Duquesne inclines remain today.

The Strip District. No, it's not a red-light district. It takes its name from its setting, a strip of long, flat land along the Allegheny River (a rarity in this city of hills and valleys). Over the years, it's evolved into an area of shops, restaurants and specialty markets.

Pick up made-on-the-premises sausages or prosciutto at Parma Sausages (recommended: rustico salami in natural casing, made with garlic and wine). Grab Italian and other goodies at Pennsylvania Macaroni Co., where Carol Pascuzzi will greet you as "dear heart." (Tip: If it's crowded, grab a number from the ticket machine to your left as you enter the cheese area.)

Reyna Foods offers homemade tortillas and a variety of fresh-made sauces. Labad's Mediterranean Grocery and Cafe has you covered for hummus. Sip a rich espresso at La Prima, where the TV is always tuned to Italian stations. For seafood and more, it's Wholey's. The Enrico Biscotti Co. for biscotti, breads and other goodies. Try the black pepper-walnut biscotti.

Plenty more here, too, so allot a good couple hours, especially Saturday mornings around a holiday. It can get crowded.

"Pittsburgh was one of the great cities of the world as the 19th century became the 20th century," Sebak said. "I think people forget that. I'm learning myself and discovering things every day. The city is old enough now to have lots of secrets. Nothing's better in life than surprises. That's one of the things that make Pittsburgh so cool."

Dan Nephin is a writer in Pittsburgh.

"Patient A" at HACC, Story of Complexity, Morality

Harrisburg Area Community College TheatreWorks presents "Patient A," a drama documenting the experiences Kimberly Bergalis, whose case marked the first known instance of HIV transmission from a health-care worker to a patient.

Written by playwright Lee Blessing at the family's request, "Patient A" will be presented at 8 p.m. Friday and Saturday, March 6 and 7 in the Studio Theatre (A104) of the Rose Lehrman Arts Center on HACC's main campus off Cameron Street.

Directed by Theatre Professor Marnie Brennan, "Patient A" addresses the issues of HIV testing, ignorance, discrimination and personal responsibility against the backdrop of the AIDS epidemic in America. The moral complexity of these issues is skillfully interwoven into the profound nature of Kim's predicament.

Matthew, another character, emerges as a composite of thousands of AIDS sufferers, while Lee (the playwright) is the third character. As the play recounts Kim's case, highlighting the media and political circus surrounding it, we see all three characters struggling not only with the debate but with their innermost feelings about themselves and each other.

"Patient A" is a platform for a young woman's rage against the violation of her body, a catalogue of symptomatology and a forum for conflicting attitudes.

The cast includes Kimberley Bergalis, played by Vida Joines; the intense Lee, played by Mark Deiter, and Matthew, played by Kyle DiRaddo, recounts details rather than develop characterizations.

Tickets are \$10 adult and \$7 student/senior citizen, available at the RLAC Box Office at 231-ROSE (7673) or online at www.LiveatRoseLehrman.org. There is no admittance after the play begins. Note: This play is not appropriate for children under 17.



"Patient A" cast members rehearse, from left, Mark Deiter, Kyle DiRaddo and Vida Joines.

Museum Musings

Harsco Science Center

How People Make Things." Investigate the workings of everyday objects. This colorful, limited-engagement exhibition takes kids right to the factory floor to experience the roles of designer, engineer, maker and manufacturer.

"Branches, Bristles and Batteries: Toothbrushes through Time." This hands-on experience "brushes up" on the terrific truths about toothbrushes while helping to develop habits that ensure good oral health. Through Apr. 30.

"Earth as Art 2." View more than 40 images of Earth as seen from space, including images obtained by NASA's Landsat-7, ASTER and MODIS satellites. Through Apr. 30.

National Civil War Museum

"Personal History: Stories of War." This exhibit highlights the personal story behind each of the artifacts on display, giving visitors a true glimpse into the lives of several individuals. Through Mar. 14. Included with admission.

"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. Apr. 1 to Aug. 30. Included with admission. Location: One Lincoln Circle at Reservoir.

Rose Lehrman Art Gallery

"Seen and Unseen," art by Brian Kreydatus. Through Mar. 5. Reception, Mar. 5, 5:30-7 p.m.

"Contemporary Glass," works of glass art by Angus Powers, Jessica Julius and Che Rhodes, Mar. 11 to Apr. 8. Reception, Apr. 2, 5:30-7 p.m. Location: One HACC Drive, Harrisburg.

Susquehanna Art Museum

"USS Subterranean," a fine arts exhibit featuring five expressionist artists, including three from Harrisburg. One day only, Sunday Mar. 14, 1-4 p.m.

"Fresh Light," an exhibit of photography by Carlisle artist Guy Freeman. DŌSHI Gallery, through Mar. 15. Works by painter Rawn Martin will be featured, Mar. 19 to Apr. 19

"Art and Illusion: Selections from the Frederick R. Weisman Art Foundation," showcasing more than 70 works from the Frederick R. Weisman Art Foundation, one of the country's most prominent collections of modern and contemporary art. Main Gallery, through Apr. 19. 301 Market Street.

Whitaker Watch

Young College Artists and Collegiate & Resident Concert Artists. The Wednesday Club presents recitals of classical music by its performing members. Mar. 1, 2 p.m. and 4 p.m., respectively. Free, \$5 donation suggested.

Josh Blue. The *Last Comic Standing* participant comes to town for a night of fun. Mar. 7, 8 p.m. Tickets: \$28.

The Peking Acrobats. Experience gravity-defying feats with this team of world-renowned acrobats. Mar. 8, 3 p.m. & 7:30 p.m. Tickets: \$28 adults, \$20 children 12 and under.

Dar Williams and Jeffrey Gaines. Enjoy an evening of music from two of America's most talented singer-songwriters. Mar. 12, 7:30 p.m. Tickets: \$34.

David Munnely Band. This energetic fivesome creatively combines a traditional Irish sound with a hint of old-fashioned dance hall music. Presented by the Susquehanna Folk Music Society. Mar. 19. 7:30 p.m. Tickets: \$25.

Dorian Wind Quintet. Five masters of traditional wind instruments bring passion and polish to compositions ranging from the Baroque to the contemporary. They will be joined by HSO Maestro Stuart Molina on piano. Mar. 21, 8 p.m. Presented by Market Square Concerts.

George Thorogood & the Destroyers. The house rocks with this band's energetic, guitar-driven music. Mar. 22, 7:30 p.m. Tickets: \$29.50 and \$39.50. At the Forum.

Tower of Power and David Sanborn. Veteran musicians take the audience to school with a night of heart-thumping soul and cool jazz. Mar. 24, 7:30 p.m. Tickets: \$39.50 and \$49.50. At the Forum.

Doc Severinsen and El Ritmo de la Vida. In his newest incarnation, Johnny Carson's former bandleader is joined by two talented Mexican musicians for a night of Latin jazz. Mar. 26, 8 p.m. Tickets: \$55.

Canvas, a special screening. Emmy award winner Joey Pantoliano will attend this special screening of his film, *Canvas*. Afterwards, he will share the story of his personal battle with mental illness and take audience questions. Mar. 28, 2 p.m. Tickets: \$26.50. Presented by the Mental Health Association of the Capital Region.

Coffee House Brews Up Celtic Rock, Modern Folk

Clover Lane Coffee House will present Arcona Reel Band Friday, Mar. 20, 7 p.m., with Melissa Cox opening. The concert is open to the public; admission is \$5. The monthly coffee house is at the Unitarian Church of Harrisburg, 1280 Clover Lane.

Arcona Reel features eight local musicians who provide a decidedly American spin on traditional music from the British Isles. They have played at the Pennsylvania Renaissance Faire and other area events for more than 20 years. Their discography includes five CDs, including original compositions and traditional music ranging from Irish sea shanties to Scottish ballads.

For over a decade, Melissa Cox has captivated audiences with her powerful mezzo soprano voice, award-winning songwriting, provocative lyrics and powerful stage presence. In 2008 she was voted "Best Singer/Songwriter of the Year" by *Spark Magazine* and Best Musical Folk Artist by the Delaware Division of the Arts. She is also lead singer for the Celtic rock band, Mythica.

Clover Lane Coffee House is a smoke-free, alcohol-free vehicle to showcase professional musicians. For more information, go to www.harrisburguu.org or contact Coffee House coordinator, Bart Carpenter, at 717-234-3844 or carpentr@paonline.com.



Arcona Reel (left), Melissa Cox (above) bring their music to the Clover Lane Coffee House this month.



Sew Much for Charity

The 3rd annual Sew Much for Charity and Fabric Swap, a networking event for those who crochet, knit or sew for charity, has a new time and location: 10 a.m. to 2 p.m., Saturday, March 21, at the Rutherford House, 3300 Parkview Lane.

This free event gives participants an opportunity to share information about charity needle arts groups in the Greater Harrisburg Area, collect a contact list, and work on your own group projects to benefit the community.

For more information, please call Marcellene Currens, founder of Sewin' Sisters Sowing, 717-561-9964.

HSO Events for March

The Harrisburg Symphony Orchestra will host the following events this month:

- 2009 Showhouse and Outdoor Design, Empty House Tour. Visit the showhouse before designers bring the space to life. Mar. 14, 10 a.m.-4 p.m.; Mar. 15, noon-4 p.m. Tickets: \$5 at door. Shuttle available from the parking lot at Fort Hunter, 5300 N. Front St.
- A tribute to Benny Goodman. This year marks the 100th anniversary of the birth of great American musician Benny Goodman. Jump, jive and wail to hot jazz tunes of the swing era, with clarinetist Dave Bennett. Mar. 14, 8 p.m.; Mar. 15, 3 p.m., at the Forum.
- Music of classic composers. The HSO will feature works by Ravel, Mozart, Strauss and Shostakovich. Mar. 28, 8 p.m.; Mar. 29, 3 p.m., at the Forum.

Information and tickets: 717-545-5527 or visit www.harrisburgsymphony.org.



March 21 is Harrisburg's St. Patrick's Day parade.

See you there!

The Stage Door

Gamut Theatre

Aristophanes' *Lysistrata*, an ancient story of the battle of the sexes. Due to mature themes, no children under 12 will be admitted. Students under 17 will not be admitted without a parent or guardian. Gamut Classic Theatre, Third Floor of Strawberry Square in Harrisburg. March 7-29. Tickets: 717-238-4111.

Popcorn Hat Players at the Gamut

Puss in Boots, the whimsical story of a crafty cat who works her way into a prestigious position near the king. Mar. 11-28. Tickets: 717-238-4111.

Open Stage of Harrisburg

The Diary of Anne Frank, the 10th annual telling of this inspiring and courageous story. In the Sunoco Theatre at Whitaker Center. Mar. 14, 8 p.m. Tickets: 717-214-ARTS.

Rose Lehrman Arts Center

Hormonal Imbalance, with the 4 Bitchin' Babes. Prepare for a side-splitting, hot-swinging musical revue starring singer/songwriters Sally Fingerett, Debi Smith, Nancy Moran and Deirdre Flint. Mar. 21, 8 p.m.

Giordano Jazz Dance Chicago. Founded in 1962, this unique dance company is still going strong, expanding the boundaries of jazz dance while preserving this indigenous American art form. Apr. 3, 8 p.m.

All shows: One HACC Drive, Harrisburg. Tickets: 717-231-ROSE.

Theatre Harrisburg

Rodgers & Company. Mar. 6-7, 8 p.m.; Mar. 8, 2 p.m. At Theatre Harrisburg's Krevsky Center, 6th and Hurlock streets, Harrisburg. Tickets available only through Theatre Harrisburg's business center, 717-232-5501, ext. 21.

HACC Theatre Works

Patient A, a true account of the experiences of Kimberly Bergalis, whose case marked the first known instance of HIV transmission from a health worker to a patient. Mar. 6-7, 8 p.m. Studio Theatre, Rose Lehrman Arts Center.

Oyster Mill Playhouse

Dial "M" for Murder asks: is there such a thing as a perfect murder? Mar. 6-22. Information, call 717-737-6768. 1001 Oyster Mill Road, Camp Hill.

Party for New Hip-Hop CD

Local hip-hop group, After.Words, will hold a CD release party for its new disc, *Before the War*. The launch will take place at the Appalachian Brewing Company on Mar. 14, doors opening at 8 p.m.

In addition to the release, the night will feature performances by After.Words, Pluto, Bliz and Digital Frontier.

Tickets are available for \$10 in advance and \$15 at the door. For more information and tickets, go to www.stip.net.

A Hundred Men, Countless Lessons

TheBurg Staff

In a few weeks, scores of men will pass through classroom doors in Harrisburg and Steelton schools to spend the day reading to students from kindergarten through eighth grade while also serving as role models. The Apr. 2 event, at more than a dozen public schools, will mark the fourth "100 Men Reading Day" in our area over the past two years.

"With the older kids, you also talk to them about staying in school as part of being successful in life," said Floyd Stokes, founder and executive director of Harrisburg-based American Literacy Corp. "With the younger kids, you have more fun."

Stokes arrived at the idea of 100 Men Reading Day several years ago and initiated it with the help of the Harrisburg and Steelton school districts. The event is held twice a year, in the fall and spring semesters.

"It's a wonderful event because it shows the students of the district how much value grown-ups — particularly grown-up men, who are often missing in these children's lives — place on reading," said Harrisburg School District spokeswoman Lisa Paige. "It's also a wonderful testament to the dedication of men in the community to the education of all of our children, not just their own."

Each reader visits with three groups of students during the course of the day and spends about 25 minutes with each group. The readers share a couple of books they have selected, talk about what they do for a

living and encourage students to study.

Stokes directs volunteers to choose stories that are not only entertaining, but that also address important character development traits, such as honesty, kindness, sharing and acceptance of others.

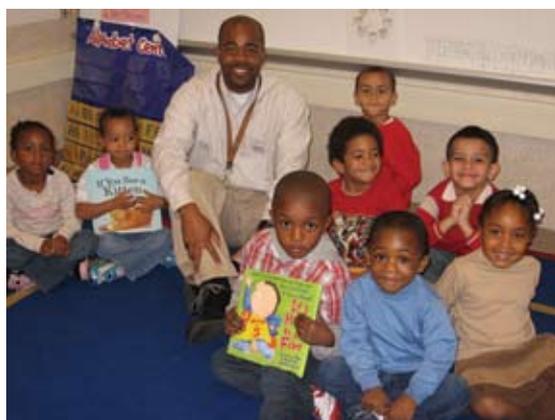
Although it's billed as the "100 Men Reading Day," the event's turnout is always more.

"We average about 120 men every time," Stokes said. "It's a nice cross section of parents of kids in the district and just professionals who want to give back."

Even some unemployed men have participated, he said.

The success of the program has been such that Paige said it's "becoming a staple in the Harrisburg School District schedule."

Sign-up deadline is March 26. Men who are interested should contact Stokes at superreaders@aol.com or (717) 232-6656.



A volunteer takes time to read to kindergartners.



Students from the Masonry and Horticulture Shops at the Harrisburg Career and Technology Academy, under the direction of Reading Specialist MaryRose Noto-Hardy (pictured), created a Monarch Butterfly Habitat last year in one of the courtyards at the William Penn High School campus. It received national recognition as a Certified Monarch Habitat.

At the Libraries

Pajama Time

Wind up and wind down with stories, music and activities. For children ages 3-6 and their adults. Registration required. Call 652-9380, option 5. Thursday, Mar. 5, 7 p.m. East Shore Area Library, 4501 Ethel St.

Family Explor-a-Story

Stories, songs and a craft for the whole family. Registration required. Call 232-7286, ext. 108. Saturday, Mar. 7, 1 p.m. Olewine Memorial Library, 2410 N. Third St.

Twos at Twilight

Explore rhythm, rhyme and wordplay with stories and activities just right for your inquisitive toddler. For two-year olds and their adults. Registration required. Call 652-9380, option 5. Thursday, Mar. 12, 6 p.m. East Shore Area Library, 4501 Ethel St.

Daddy Saturday

Join other dads and their kids, ages 3-6, for a lively session of stories, rhymes, songs and activities. Registration required. Call 652-9380. Saturday, Mar. 14, 11 a.m. East Shore Area Library, 4501 Ethel St.

8 to 12 Book Club

Volunteers from Idearc Media will lead a book club for children ages 8-12. Registration required. Call 232-7286, ext. 108. Wednesday, Mar. 18, 3:45 p.m. Olewine Memorial Library, 2410 N. Third St.

Born to Read - Books for Babies @ MOM

A special program for newborns up to 6 months old. Begin the fun of sharing rhymes and music with your baby. Registration on an ongoing basis. Call 232-7286, ext. 104. Thursday, Mar. 19, 1 p.m. Olewine Memorial Library, 2410 N. Third St.

BookRATS

Read a book and talk about what you've read. You'll also do a craft or activity, have a snack and pick a book for next month's meeting. BookRATS meetings are for kids 6-10 years old. Registration required. Call 652-9380, option 5. Thursday, Mar. 19, 6 p.m. East Shore Area Library, 4501 Ethel Street

Born to Read - Ones Upon a Time

A free library program to help families discover the joy of reading together. For parents, grandparents and babies up to 23 months of age. • Tuesdays, Mar. 3 & 10, 10:30 a.m. East Shore Area Library, 4501 Ethel St. • Thursdays, Mar. 5 & 12, 10:30 a.m. Olewine Memorial Library, 2410 N. Third St. • Fridays, Mar. 6 & 13, 10:30 a.m. Kline Library, 530 S. 29th St.

Family Movie

Enjoy a free family movie. Popcorn provided. Monday, Mar. 23, 5 p.m. Olewine Memorial Library, 2410 N. Third St.

From Idea to Action

Finding Design Ideas Is Not the Challenge, Doing Them Is

Renee Jackson

Spring is almost upon us. We are feeling restless. We can't wait to spend time outdoors. Yet early spring in our area can still keep us inside the same rooms and spaces we have occupied all fall and winter. We feel a need for a change and some way to make us feel lighter, happier, more like the summer to come.

The economic doldrums we all share may be taking some of the spring out of your step when it comes to a decorating budget. Trying to find freshness in a home, or even a room, can be a daunting and expensive task.

We all have seen the TV shows about remaking a room for pennies. Renew, recycle, reuse — there are ideas everywhere you shop, online and in the magazine pages in every supermarket checkout lane.

But the challenge isn't in finding ideas or inspiration. It is in the doing.

As a designer, I often encounter clients stymied by their fear of making a mistake. This is understandable because some mistakes can be costly and time consuming. If you find you cannot jump in with both feet, take baby steps. Even a small change can make a difference and lead to more changes as you become more confident with your choices.

Walk around your home and take inventory. Swap things in and out. Look at the colors and shapes of your furniture and accessories. Go through your attic, storage bins, cupboards and closets. Note what you have. Really look at your STUFF and think about unconventional ways to use it or display it. Will a bedside table work as an end table? Take a pair of garden urns and an old door: clean them and paint them in your colors. Rest the door on the urns. Cover the door with glass. Voila! A funky but functional desk! (See picture.)

We tend to see things in the way we've always used them — not in the universe of possibilities that are out there. It can be fun to walk around your home, pick different items from different rooms and reuse them in another room to create a whole new look without



Creative design on the cheap: a desk made from two used garden urns and an old door.



Renee Jackson, an interior designer, can be reached at pywacket56@comcast.net

spending a dime on new things.

One of the most useful first steps in any design project is research. Take the time to understand what it is you are trying to accomplish. What is the room you want to change used for? How many people use the room? Is it a multi-use room? What about the room do you like and what don't you like? Are there too many items in the room? Are people able to move about easily from one room to the next?

Look at pictures, magazines, movies, television shows, and identify what looks you like and are happy with. Think about what you want to feel like when you are in the room. Think about rooms you have been in or seen and the feelings they have evoked in you. Some people love bold vibrant colors. Others find solace and joy in soft muted colors.

The key is to take the time to understand what makes you comfortable. This will enable you to create a room and a home that feels and functions the way you want it to. That is what good design is all about.

An advertisement for Gallery Blu Grand Opening. The ad features a purple and white background. On the left, there are three framed artworks: a painting of a person in a pink shirt, a landscape painting, and a colorful abstract painting. The text on the right reads: "GALLERY Blu 1633 N. 3rd St. Grand Opening March 6, from 6-9 p.m. 1633 N. 3rd St. Harrisburg, PA 17102 (717) 234-3009 www.galleryblu.org". Below the text, it says: "The March opening will showcase Carlos Diaz of Lancaster, Elide Hower of Harrisburg and Joanne Landis of Troxelville. Entertainment by Batida, a 3-woman percussion group featuring Brazilian rhythms."

Beyond Fido

Exotic Pets Are Fun but They Take Special Care

Todd Rubey, DVM

What do you do if your child or significant other says they want a pet, but they don't want a dog or cat? What else is out there? How do you determine what will fit in your household and lifestyle? These are all good questions, and there are a multitude of possibilities.

First, what are the options? There are the obvious "pocket pets" like hamsters and gerbils. There are reptiles, fish and birds. The ever popular rabbit and guinea pig as well as ferrets. Terrarium pets such as frogs, hermit crabs, tarantulas and other insects. All of these options have their own pros and cons.

Pocket pets are often the first choice of parents – the cute, furry hamster that sits in its cage and only has to be checked on once a day or so. The life expectancy of these guys is only about two years so parents can use them to teach about the loss of a pet as well. The low cost to purchase both the pet and supplies is a plus. These are not pets that you can put in a cage and forget about for a few days. They require daily care and interaction. There are many kinds of these rodents available. I find rats to be the best choice myself, as long as you can get past the stereotype that comes with them. They are by far the most intelligent and social of the rodents. I had one myself once that I taught to do multiple tricks as well as litter box train.

My favorite alternate pets are reptiles. There are a multitude of options to choose from. You can find a lizard, turtle or snake that will fit into any household. They vary widely in size, shape and cost. One of the big advantages of reptiles is that most of them do not require daily care. These are perfect pets for individuals or families who are away from home a lot. The biggest turnoff to most people is feeding these animals. The thought of feeding mice or insects to them can be difficult to overcome. There are many lizards, and all of the tortoises, that are vegetarians. Though not outwardly affectionate, like a dog or cat, reptiles do develop personalities and show emotion and attachment toward their owners. There is definitely a gradient to reptile ownership. Don't jump into a python

that will get 15 feet long having never had a snake for a pet. Be sure to do some research beforehand. Find someone with experience. Ask lots of questions to see what would fit for you. I personally have five snakes and a tortoise residing at my home.

Another option is birds. This group is probably the most expensive as well as time consuming. However, they are often the most rewarding pets. Birds are incredibly intelligent and emotional. They will bond quickly and become part of the family. Birds require large amounts of attention and interaction. They can't be left alone or forgotten about like reptiles. One must also remember that most birds live an extremely long time compared to other pets. I have heard of people putting stipulations for their parrots in their wills. Another big drawback of birds is the mess. They are by far the messiest of pets. But getting past that, it is fun to have something say "Hi" to you when you walk in the door.

Ferrets, rabbits, chinchillas and guinea pigs are other choices. These are a happy medium between dogs/cats and pocket pets. They are generally very social, easier to take care of, less expensive and can interact with the family easily. Ferrets are probably the most difficult because they require the most time and care. Ferrets get into everything and are always causing trouble. They also have that musky odor that a lot of people find offensive. They are, however, very friendly and intelligent, and they love to play. Rabbits and guinea pigs are less hyperactive than ferrets. Chinchillas tend to be more nocturnal. All of these animals do require daily attention, and the space requirements for the cages can be significant.

Fish tanks are a good option for people who don't need interaction with their pets. There is a huge variety of fish. The biggest thing when deciding on fish is cost, in my opinion. A budget needs to be set for both time and money.

One other thing to remember: these pets, like dogs and cats, will get sick or injured. They need veterinary care as well. You need to find a vet who will take care of alternate pets (or exotics as we call them). Not all vets will. It can be a tough decision to spend a \$100 or more on a \$5.99 hamster. Just about any illness or crisis that can affect a dog or cat can affect an exotic pet.

There are lots of options out there. Look around, talk to people you know who have an exotic pet and find one that is right for you.



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.

TheBurg Pet of the Month

Would Harvey ever get adopted?

That question was foremost on the mind of Harvey's foster mom, who was caring for the long-eared pup on behalf of Castaway Critters, a local no-kill animal rescue. Then, in early December, an application finally arrived from the Blankenbiller family of central Pa.

It was touch and go at first. Ralph, one of the family's two min-pins, was unsure if he wanted Harvey around. But parents Edie and Chris gradually took the leash, and the dogs began to walk together. Evan, their son, was excited and said, "The other dogs are my parent's dogs, but Harvey will be MY dog!"

After a tentative romp in the yard, the family settled in the living room, and the dogs and Evan interacted. Sometime later, Edie and Chris decided that it just might work. Truly, Harvey now had a boy of his own and had found a new home.

If you're looking for your next furry family member, please remember those who have been lost or abandoned in local rescues and shelters. Come and see your next best friend at Castawaycritters.org.



Harvey cuddles up next to 6-year-old Evan.

Block That Cough!

Ways to Handle a Common Childhood Ailment

Dr. Deepa Sekhar

The constant cough...

Many frustrated parents bring their children into the office with the complaint of a persistent cough. The child has been up all night coughing fitfully. The parents are exhausted and sleep-deprived.

Cough accounts for a significant number of pediatric office visits. In otherwise normal, healthy children, the majority of these coughs are caused by viral upper respiratory infections (URIs), otherwise known as the common cold.

Numerous cough and cold medicines are available. Recently these products have come under scrutiny due to rare, but serious side effects in children including death, decreased level of consciousness, rapid heart rate and convulsions. In January 2008 The Food and Drug Administration (FDA) released a statement strongly recommending *against* the use of cough and cold medicines in children under two years of age. In October 2008, following another FDA hearing on this issue, makers of over-the-counter cough and cold products changed the labels on their products, advising parents not to give them to children under age four.

Though no specific statement was made regarding older children, studies involving both adults and children have failed to provide good evidence that over-the-counter cough and cold medicines are effective for treating cough and cold symptoms. None of these products shorten

the duration of a cold or target the virus responsible for causing the cold. Children respond to drugs differently than adults and dosing for young children has not been well studied. Also, many of these products contain multiple medications, increasing the possible side effects and making it easy to unintentionally overdose. The American Academy of Pediatrics (AAP) currently advises parents to avoid over-the-counter cough and cold medicines for children until they are proven to be effective.

I like to reinforce with families that a cough is actually a normal and beneficial response of the body. Coughing helps clear the lungs of mucus and debris. Though a cough may not seem "productive," often children swallow the mucus and subsequently pass it out of their systems. I worry more about children with impaired coughing ability as they are apt to develop serious complications from a simple cold because they are unable to clear their mucus and secretions.

Although we don't have safe and effective cough and cold medicines for children, there are several non-medicine alternatives that I offer families to soothe a cough. Cough related to a cold frequently worsens at night when a child lays down to sleep. The mucus congestion in the nasal passages drips to the back of the throat leading to irritation and coughing. A bath before bedtime will help loosen some of the mucus and congestion. For infants who cannot blow their noses, using nasal saline and a bulb suction may be helpful. The saline drops are also helpful for older children who *can* blow their noses. A cool mist humidifier placed in the child's bedroom may also prove beneficial.

A study recently conducted by my colleague, Dr. Ian Paul, at the Milton S. Hershey Medical Center also suggests that buckwheat honey may have an effect on reduction of cough symptoms. The AAP website recommends half a teaspoon of honey for children 2-5 years, one teaspoon for children 6-11 years and two teaspoons for children 12 and older. Honey should not be given to children under one year of age.



Dr. Deepa Sekhar is a pediatrician at the Milton S. Hershey Medical Center.

In children four years and older, cough drops and lozenges may be helpful. Do not give more than is directed on the package, and do not give children under four years old cough drops or lozenges, as they could present a choking hazard.

Contact your pediatrician if a cough is persistent or worsening or accompanied by fevers, difficulty breathing, wheezing, weight loss or blood-tinged mucus. These additional symptoms may involve more complex causes of cough.

Reassuringly, the majority of coughs related to the common cold will gradually improve over approximately two weeks. Despite several sleepless nights, children and parents alike recover without any long-term effects.

New Classified Ad Section

Selling a product or service? Have a room to rent? Need a date?

Good news! TheBurg is starting a classified ad section. It's a very affordable way to reach thousands of local readers.

To learn about our low rates, e-mail sales@theburgnews.com.

GAMUT THEATRE GROUP PRESENTS
Aristophanes' *LYSISTRATA* Directed by Karen Ruch

UPPITY WOMEN UNITE!
March 7 - 29, 2009
Show Times: Fridays and Saturdays at 7:30 p.m. Sundays at 2:30 p.m.
Tickets: General Admission - \$25 Student / Senior - \$17
Due to mature themes, no children under the age of 12 will be admitted to Lysistrata. Students 17 and under must be accompanied by a parent or guardian.
CULTURAL ENRICHMENT FUND

The Great Outdoors

Tackle Tune Up

From Rods to Lures, Prep Your Fishing Gear Now

Kermit G. Henning

You stuffed the fishing gear in the closet last fall, just far enough to look for your hunting gear. In a month or so you're going to start thinking of the first day of trout season, the warm weather, wading in the Susquehanna River for bass, and head back to the closet.

Don't wait! Get that tackle out now and get to work tuning things up so there are no surprises and disappointments when the time comes.

Chances are you still have an old granola bar in your fishing vest pocket, half-bitten pieces of plastic worms and jigs in your tackle box and an old frayed line still wound tightly on your reel.

Let's start with the tackle box. Empty it completely and wash it thoroughly with hot soapy water and a bristle brush. Use the brush to clean each lure compartment, even a cotton swab to get the tight spots. Rinse and let dry completely before you repack it.

Now go through the pile. Get rid of all the things you never used. I know it's difficult. Some of those lures have become good friends – but you never use them, and they take up space. A lot of lures are better at catching the fisherman than the fish. As these gems hang on the hook at the tackle shop, you think, "They have to work!" Most times, they don't.

Clean up the remainder of the contents and, again, dry thoroughly before replacing them. Check the hooks. If they are broken or missing, replace them. Are they still sharp? If not, sharpen them. Check the lips of the crank baits to make sure they run straight. If not, tune them up.

Put your most favorite lures in the top trays of your tackle box, the least used further down. Remember all the Rebel crawfish lures you went through last year? It's a great lure and catches a lot of bass, but you're running low. These are the lures you should go out and buy now. The shelves still will be full with all the popular colors and sizes. Avoid the gimmicks.

Rods and reels are next. Clean your rods with hot soapy water and a brush.

Check the wrappings and the ferrules. Are there line guides missing or do they have cuts from the line? Before throwing away the whole rod, check with a local tackle shop – most places can replace the ferrules and wrappings. Check the reel seat too to make sure it is still intact and tight.

Unless you are very sure about what you are doing, do not take your reels apart to clean them. Remove the old line and give them a good bath in clear fresh water. Replace your line with a premium line that is right for your type of fishing. Your line is your connection between you and that lunker you just hooked. Don't lose it by scrimping on a cheap line or keeping an old one. Exposure to sun, heat and cold deteriorates your line and makes it brittle. Check the line often in season as well for fraying and weakness.

Getting after your tackle now will not only ensure a much more productive fishing season, but also give you something to do to get through the rest of the winter.

Legal Seafood

Before casting your first line of the season, you'll need to obtain your new fishing license. Here are some places to buy a 2009 license in the Harrisburg area:

- Bass Pro Shops Outdoor World, 3501 Paxton St.
- Dauphin County Treasurer, 101 Market St., Rm. 105
- Dicks Sporting Goods, 5086 Jonestown Rd.
- Dunhams Discount Sports, 3847 Union Deposit Rd.
- Gander Mountain, 5005 Jonestown Rd.
- K Mart Store, 5050 Jonestown Rd.
- Pa. Fish & Boat Commission, 1601 Elmerton Ave.
- Ron's Wholesale Bait, 7805 Allentown Blvd.
- Trophy Questsporting Goods, 5700 C Linglestown Rd.
- Trout Salmon Collector, 1601 Elmerton Ave.
- Wal Mart Store, 6535 Grayson Rd
- K Mart Store, 1170 Mae St., Hummelstown
- Middletown Bait and Tackle, 27 E. Emaus St., Middletown
- Bens Bait, 2912 River Rd., Middletown

You also can get a license online at <http://www.fish.state.pa.us/license.htm>. The 2009 license went into effect Jan. 1. Don't forget any additional stamps or permits you will need.



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.



Gone fishing: a sample of the gear you might want to acquire before the season starts. We found this selection at a local outdoors store.

**Reach your community
with an ad in TheBurg.**

**Contact
Angela at 717-350-0428 or
adurantine@theburgnews.com**

Gut Check

Hard Abs Mean Hard Work

Laura Spurgeon

The other day I was sitting in the café at the gym, gazing up at an infomercial touting the benefits of the latest fitness gizmo. It was a little squishy ball that the models placed behind their backs to do crunches. Of course, there were plenty of testimonials from satisfied customers showing off their chiseled abs.

As a personal trainer, it was depressing.

Not just because somebody else was making a fortune selling \$20 rubber balls of dubious value, but because I knew millions of people would waste no time picking up the phone and ordering those \$20 rubber balls.

When I orient new clients and new gym members, I invariably give “the belly speech.” Nearly everyone I talk to about fitness wants to have flatter abs. A national survey conducted for Fitness magazine found that 36 percent of women and 48 percent of men named abs as the body part they most want to change. That’s almost three times more than any other trouble zone.

It’s no wonder. Belly fat, also known as visceral fat, may be more damaging to your health than any other fat on your body. It’s been linked to hardening of the arteries, which is a major risk factor for heart disease and heart attacks. And, of course, a tubby tummy is the universal sign of inactivity and bad eating habits. It’s unhealthy and unattractive.

So we all want to lose the gut. Can it be done? Of course. But there’s no secret formula.

“There is no magic bullet, diet plan, specific food or type of exercise that specifically targets belly fat. But the good news is belly fat is the first kind of fat you tend to lose when you lose weight,” says Dr. Michael Jensen, a Mayo Clinic endocrinology specialist and obesity researcher interviewed by WebMD.com.

In fact, as people lose weight, they usually lose proportionately more from the abdominal region than elsewhere.

“Ninety-nine percent of people who lose weight will lose it in the abdominal region before anywhere else — and will

lose proportionately more weight from the upper body,” says Jensen, also a professor of medicine.

So the key, folks, is weight loss, not muscle toning. In other words, you can’t crunch your way to a six-pack, no matter what the infomercials say.

My “belly speech” consists of the following statement: “Losing abdominal fat is all about diet and cardio.” That means -- are you ready? -- eat less and exercise more. Specifically, eat less in the way of refined carbs (cakes, cookies, enriched breads and pasta), alcohol (an empty calorie if ever there was one) and sodium (a big bloater) and more in the way of complex carbs, fiber and protein. And you need to do moderate cardio -- walking, aerobics, elliptical -- for about 45 minutes at least three times a week.

I could end this column right there, but it’s important to understand the rest of the story.

Make no mistake: Ripped abs are no indication of a strong body -- specifically a strong core. Everyone from the serious weightlifter to the tiniest dancer needs a strong core. The term “core” actually applies to several muscles throughout the upper and lower body. The transverse abdominis, rectus abdominis (your “six-pack” muscle), internal obliques and erector spinae, among others, make up the core muscles.

All work together, often simultaneously, to stabilize and support the spine. Building a strong core is the first step toward gaining strength and performing any athletic movement. Strong muscles around the spine also reduce lower back pain and the risk of back injury.

If you can hold a plank for two minutes or more without breaking form or experiencing pain, your core is reasonably strong. If you can’t hold a plank for at least 30 seconds, your core is seriously weak.

Are crunches the answer? Hardly the only one. Pilates and yoga focus on controlled movements designed to safely stress the core muscles. Those with lumbar weakness can benefit from using a Bosu ball when executing weight training exercises such as squats or shoulder presses. And yes, crunches can be effective if executed correctly and consistently. Working on a stability ball will support the lower back while allowing good range of motion. That old standby, the bicycle crunch, is one of the best exercises for the abs, as it works both the rectus abdominus and the obliques.



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. She can be reached at 717-599-8091 or lsurgeon@aol.com.

Remember that your abs are mostly endurance muscles, and they shouldn’t be trained the same as a biceps or quad muscle. In other words, you’re training for strength, not size.

Sorry to be the bearer of bad news, but a little squishy ball isn’t going to make your squishy abs any tighter. So put down the beer, pick up the dog’s leash, and do the work.

Winter Fitness Classes Continue through March

Harrisburg’s city-sponsored winter fitness classes will continue for five days each week until wrapping up on Mar. 29.

Classes run from Sunday through Thursday and include such popular regimens as muscle sculpting, aerobics, pilates and interval training.

Sunday sessions begin at 2 p.m. Two consecutive sessions take place from Monday through Thursday, with the first session starting at 5:30 p.m.

Each hour-long class costs \$2 for walk-in participants. Pre-paid discount cards for multiple sessions are available. All classes are held at the Brownstone Building at Reservoir Park near the Art Colony buildings.

Interested? Call 717-233-7403 or visit www.harrisburgevents.com for more information.

One More Thing ...

Still Cause for Concern at TMI

Security Is Better, but Steps Don't Go Far Enough

Scott Portzline

In the summer before the 9-11 attacks, al Qaeda operatives traveled to Three Mile Island on a surveillance mission. This wasn't the first time that al Qaeda moved through our region. In 1993, men associated with terrorist leader Ramsey Yousef trained in Perry County. A few weeks later, the World Trade Center was bombed.

But it was the threat they made to attack nuclear targets, combined with their night time mock assault on an electrical substation during their paramilitary training near New Bloomfield that had me worried about Three Mile Island. On top of that, an intruder had just penetrated the weak defenses at TMI by crashing his car right through the turbine building. He hid for nearly four hours before being captured. It was then that I decided to "go public" with my knowledge of security weaknesses at nuclear power plants. I testified to numerous governmental overseers, hoping to sure-up defenses.

Now, sixteen years later, I would never have dreamed that there are still no requirements to post guards at the entrances of nuclear plants. Is that what we want terrorists to see when they scope out a potential target – an open gate and no guards? The 9-11 mastermind Khalid Shaikh Mohammed originally planned to attack nuclear plants but told a reporter that they had "left out nuclear targets for now."

Equally troubling is the fact that the Nuclear Regulatory Commission (NRC) deliberately bungled an effort to amend the rules so that entrance guards would be required. More than seven years ago, I filed a petition for rulemaking with the NRC for such a rule. On more than 40 occasions, the NRC failed to adhere to its procedural guidelines and to its principles of openness and clarity, until eventually our proposal had vanished from the new security rulemaking proceedings. The NRC deliberately misled congressional leaders about the status of our entrance guard rule.

There have been many improvements to security at TMI and other nuclear plants. However, weaknesses still exist. The NRC removed a number of weapons which terrorists commonly use from its list of attributes to defend against. They also reduced the size of the postulated vehicle bomb to the amount the industry had proposed. At one nuclear plant, a large truck bomb detonated from a nearby interstate highway could rupture coolant pipes and cause a meltdown.

The NRC's lenient regulatory style for overseeing security is flawed. Licensees are given too much "wiggle room" whereby on paper, security plans become overly optimistic and allow certain scenarios to be brushed under the rug. The NRC must adopt a "directive" regulatory style rather than its current "performance-based" style. This would allow for specific mandates at each site. Instead, we have a regulator that surrendered to industry pressure for generic solutions. The NRC has repeatedly stated that it does not want to be prescriptive.

The new NRC Computer Security Office is charged with cyber situational awareness, analysis and response duties. Here again, the NRC ignored a suggestion from TMI Alert to require licensees to report any "data storm" or network slowdown, whether the cause is understood or



Scott D. Portzline, security consultant to Three Mile Island Alert, has researched sabotage and terrorism of nuclear power plants for 25 years. His research has been featured on CNN, Dateline, PBS and in the US News and World Report Magazine.

undetermined, within 30 minutes of its commencement. This would assist with the detection of a rapidly developing coordinated cyber attack.

The NRC has made some rare admissions regarding the destructiveness of aircraft impacts. If notified of an impending attack, licensees are now required to have plans to turn out the lights, shelter certain employees nearby and initiate procedures to maximize specified safety systems' effectiveness to mitigate the consequences. Bottom line – we are still not protected from a 9-11 style attack.

TheBurg welcomes opposing viewpoints.



The cooling towers at Three Mile Island (left), a familiar sight around greater Harrisburg.

**Get
Results!**

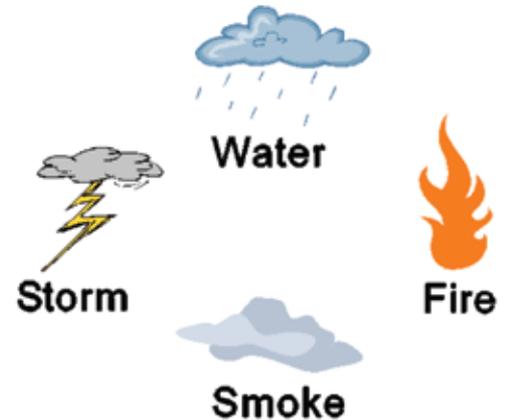
**Place an ad
in TheBurg
today.**

**Call Jill at
717-571-9146
or
Angela at
717-350-0428**

**Check out our
updated ad rates
at:
www.theburgnews.com**

Serving Southcentral PA for 14 Years

**Specializing in fire, water, and
smoke restorations and repairs.**



**Yeager Construction
& Insurance Restoration Inc.**

944-8000 * 774-1090

yeagerconstruction@yahoo.com

**“IT HELPS TO BE
ON A WINNING
TEAM.”**

— Earvin “Magic” Johnson

**9 OUT OF 10 JACKSON HEWITT®
CUSTOMERS GET A TAX REFUND.***

That's because our team works hard for you.
We dig deep, asking you all the right questions so
you'll get every credit and deduction you deserve.

1-717-238-9050

www.jacksonhewitt.com

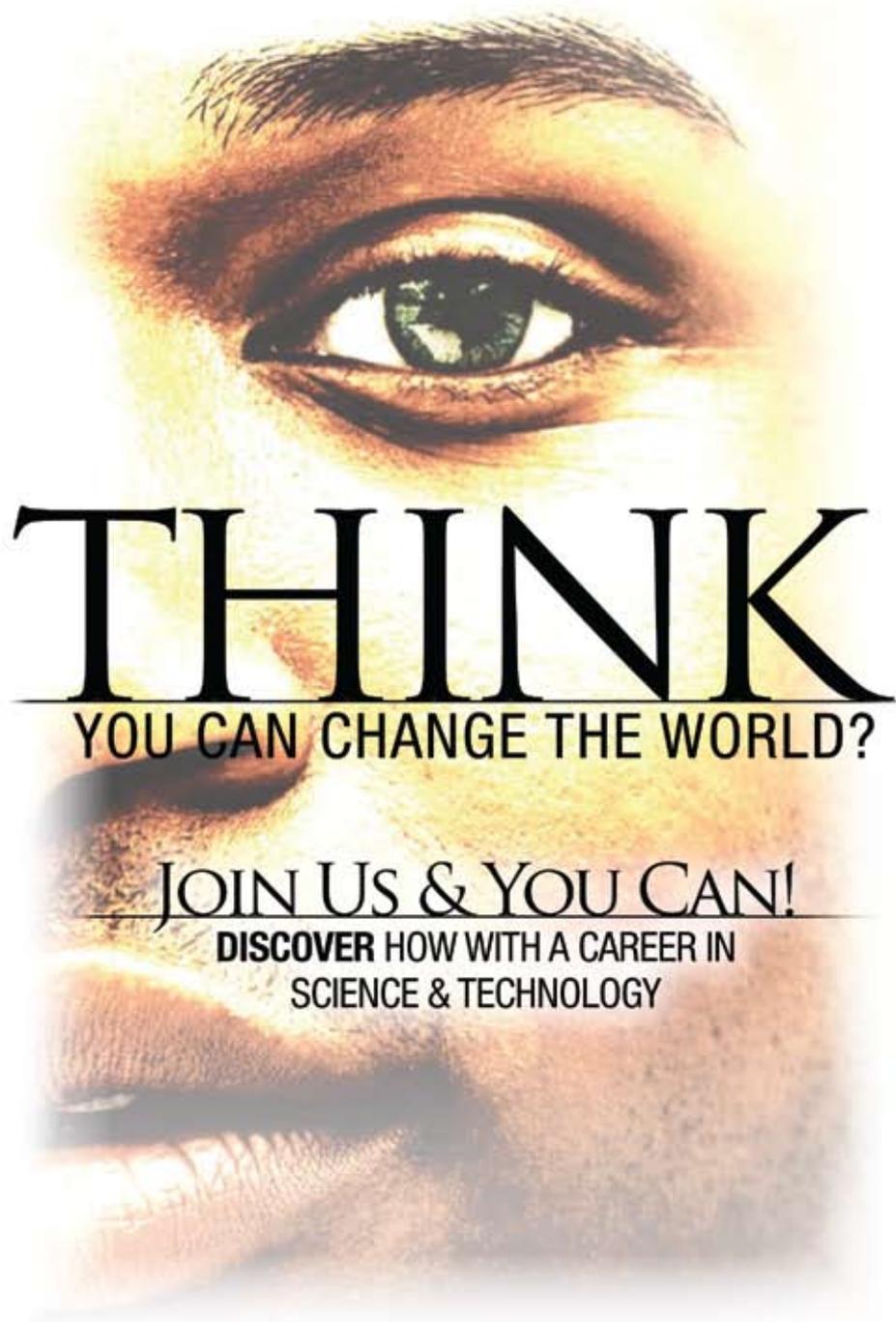
**10 locations
in Dauphin County**



A Partner And A PathSM



* Based on 2007 & 2008 Jackson Hewitt customers receiving a federal tax refund. Current year customer experience may be different.
A taxpayer's refund eligibility is determined by his/her individual tax situation. Most offices are independently owned and operated.



THINK
YOU CAN CHANGE THE WORLD?

JOIN US & YOU CAN!
DISCOVER HOW WITH A CAREER IN
SCIENCE & TECHNOLOGY

**UNDERGRADUATE
PROGRAMS:**

- Biotechnology
- Integrative Sciences
- Computer & Information Sciences
- e-Business & Management
- Geography & Geospatial Imaging

**GRADUATE PROGRAMS
& CERTIFICATES:**

- IT Project Management
- Learning Technologies
- GIS Developer

FAST FACTS:

- Private comprehensive university
- Experiential hands-on learning
- New 16 story academic center
- Convenient capital city location

CONNECT WITH US TODAY: 717-901-5101

www.Harrisburgu.Net • admissions@Harrisburgu.Net

326 Market Street, Harrisburg, PA 17101



THINK. DISCOVER. CONNECT.

