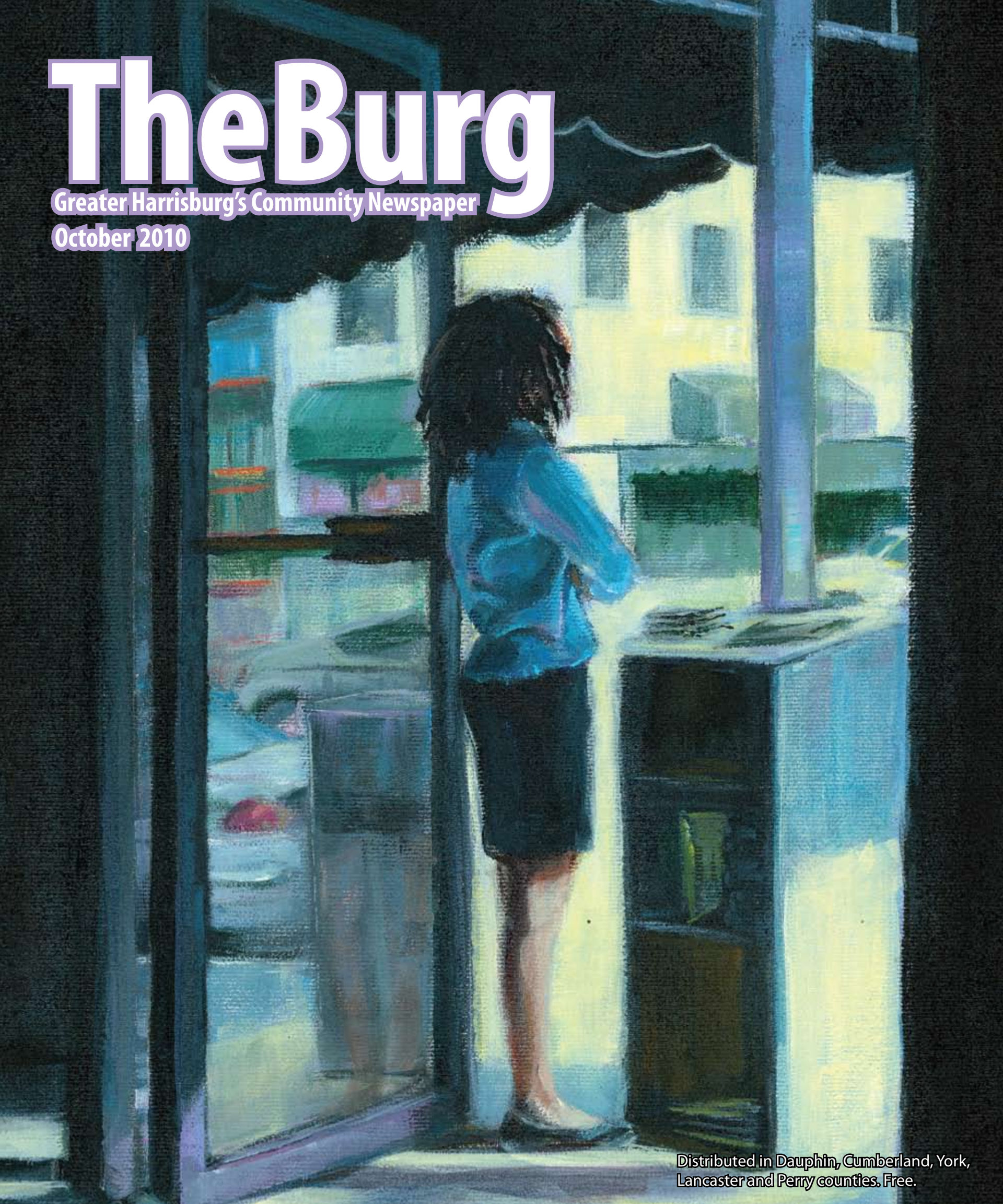


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Greater Harrisburg's Community Newspaper

October 2010



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This month's cover:
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Events Accelerate on Debt Crisis

After months of seemingly little movement, developments in Harrisburg's financial crisis began to unfurl at a rapid pace last month.

Notably, the state handed the city a \$4.3 million aid package, mostly from accelerated payments for pension and fire protection assistance. The package also included a \$500,000 loan and a community assistance grant.

Most of the money was used to make a \$3.3 million general obligation bond payment the city nearly missed. Another \$850,000 was intended to pay Scott Balice Strategies, a financial consultant hired by the administration.

In other developments:

- The City Council approved a third member to the Harrisburg Authority, giving that body a quorum so it can resume business. In late May, the state Supreme Court nullified the existing board, setting up a power struggle between the mayor and council over authority membership.
- The authority's creditors filed lawsuits against both the authority and the city, which has backed the authority's debt. The suits seek to force the city to honor more than \$35 million in debt payments that the authority has missed or that are due by Dec. 15. One of the lawsuits also asks the court to appoint a receiver for the authority to ensure that future debt payments are made.
- Mayor Linda Thompson proposed a plan to slash the city's general budget, which is in deficit, by about \$4.5 million. Proposals included closing one of the city's four fire stations and raising parking fees. The parking proposal, now in a council committee, would boost residential permit parking fees by about 20 percent. It also would significantly increase the cost of metered parking. The most expensive metered spaces downtown could go from \$1.50 to \$2.50 an hour.

This month promises to be just as critical as events unfold at an ever-faster pace. The council meets Oct. 12 and Oct. 26. Show up and make yourself heard.

—Lawrance Binda

The "B" Word: Municipal Bankruptcy, What Might It Mean for Harrisburg?

Chapter 9 bankruptcy—what is it? That's the question on the lips of many of us who live in the Harrisburg area, as the city struggles beneath a mountain of debt.

Chapter 9 bankruptcy, (aka "municipal bankruptcy") was born of the Great Depression. Before the Municipal Bankruptcy Act of 1937, if a city, town or village became insolvent, it was forced to raise taxes to pay its creditors. Chapter 9 was designed to protect residents from over-taxation, especially during tough economic times.

Chapter 9 is a very uncommon form of bankruptcy. Since 1980, fewer than 200 municipalities across the nation have filed for Chapter 9. Of those, only one has been from Pennsylvania.

In 2009, Westfall, a small town on the northeast tip of the state, filed and received bankruptcy protection after a 10-year legal battle left it in debt 20 times higher than its annual budget. That's our only state comparison, and things are quite different here.

It's a complicated and confusing topic—legally and otherwise—with little precedent and a lot of questions. However, with some research, a few facts are clear:

1. The city must be insolvent to seek municipal bankruptcy.
2. To be eligible for Chapter 9 protection, the city is to show that it attempted to "negotiate in good faith" and ultimately submit "a plan."
3. If the city files for bankruptcy protection, forced collections and lawsuits are "stayed."
4. The city is required to have qualified, experienced, and independent legal counselors and financial advisors to coordinate a financial plan to deal with the debt.

5. Contracts and pension benefits can be selectively renegotiated or will be left alone.

6. Only the city can propose a financial plan to the court.

7. Once a financial plan is approved by the court, the bankruptcy is over and the city must comply with the new financial requirements agreed to in the financial plan.

8. The governing powers of the mayor and City Council cannot be taken away.

9. A bankruptcy judge cannot force the city to sell property or to liquidate assets.

10. A bankruptcy judge cannot force the city to raise taxes.

Chapter 9 is entangled in great complexity, so it's a tricky subject to grasp. But there is information out there, especially with more and more municipalities having to look into it, due to economic stress and lower-than-expected tax receipts.

With a bit of research, we can find the things we need to know to get a better understanding of what Harrisburg's options are. The more of us who share a basic knowledge of Chapter 9 bankruptcy, the more constructively the public can be involved when there's talk about what's the best way to solve the capital city's financial crisis.

Two sites that yield a lot of information (and sources for this article): U.S. Courts, "Chapter 9: Municipality Bankruptcy" (www.uscourts.gov/FederalCourts/Bankruptcy/BankruptcyBasics/Chapter9.aspx); and Allegheny Institute for Public Policy, "What Happens in Chapter 9 Bankruptcy?" (www.alleghenyinstitute.org/government/act47/186-what-happens-in-a-chapter-9-bankruptcy.html)

—Tara Leo Auchey

TheBurg

Greater Harrisburg's Community Newspaper

General & Letters

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www.theburgnews.com

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The Market Up the Block

Uptown Food Market combines best of big chain, corner grocery.

Peter Durantine

It has long been a struggle to keep a supermarket near the Uptown corner of 3rd and Emerald streets, and now the latest to make a go of it are Isidoro Antonio Diaz and Mauricio Diaz, cousins with decades of experience as grocers.

Antonio, who has had a store in Reading for 11 years, was looking to expand when the former Eagle Supermarket at 2304 N. 3rd St. went up for sale. He bought the red-brick building and his cousin, Mauricio, became his partner in the business. In Pak, the owner of Eagle, had opened in November 2008, but, apparently unable to make it work, sold it to the Diazes in June. Pak still has his smaller store on Allison Hill.

With their grocery experience —Mauricio grew up helping out in his father’s grocery in Queens, New York, and then went to work managing stores in Brooklyn and the Bronx—the Diaz cousins see a viable supermarket in town with potential.

They renamed the store Uptown Food Market, and, throughout the summer, have been busy cleaning,

painting and refurbishing. They made a new entrance with an awning so customers can walk directly into the store from the parking lot. They added aisles, installed a frozen food and meat section with new freezers, brought in more refrigeration units for meats and opened a full-service deli with cheeses, meats and cold salads.

Moreover, they’ve increased their general stock of items and lowered their prices to compete with corporate grocers like Giant and Weis.

“We’re trying to stay competitive,” Mauricio said, noting that about 80 percent of prices have come down.

With a grand opening celebration scheduled the week of Oct. 7, customers are pleasantly surprised at the broader selection and lower prices.

Betty Misley, who lives a couple of blocks away, has been excited about the changes. “I walked in and said, ‘Wow!’ It’s stocked well. It’s a nice place for Uptown.”

“It’s really nice,” said Barb Mika, leaving with a bag of groceries as she headed home a block away. “The aisles have been full.”

As the general manager, Mauricio, who left the grocery business 10 years ago to open laundromats in New York, was eager to return.

“It’s part of me,” he said. The Diazes believe their success lies in making Uptown Food Market a full-service grocery.

Antonio’s nephew, Edgar Molineros, is front store manager. Molineros, a 21-year-old New York native, had just graduated from Fordham University with a degree in accounting information systems when the Diaz cousins hired him.



Edgar Molineros and Mauricio Diaz of the new Uptown Market.

Molineros has taken to the city. He has joined the Harrisburg Young Professionals and believes the Uptown Food Market will meet Uptown consumers’ demand.

“The store here is needed in the city,” he said, noting that, since opening, “People are so happy to see us. I’ve gotten hugs.”

Uptown Food Market, 2304 N. 3rd St., 717-412-4301. Open Mon.-Sat., 8 a.m. to 8 p.m.; Sun., 8 a.m. to 6 p.m.

Changing Hands: August Property Sales

Allison Ct., 1: G. Paul to A. Felty, \$88,500
Boas St., 251: Tang & Perkins Property Management to J. Heinly, \$194,000
Briarcliff Rd., 201: M. Leedom to K. Snow, \$195,000
Catherine St., 1528: John E. Haas Estate to J. Deibert, \$33,000
Chestnut St., 2208: T. & J. Sevison to J. Spangler, \$175,000
Dunkle St., 631: PA Deals LLC to R. & N. Rissler, \$41,500
Green St., 1912: WCI Partners LP to T. Wadlinger, \$195,000
Herr St., 1503: PA Deals LLC to R. & N. Rissler, \$35,500
Hudson St., 1147: Bank of New York Mellon to W. & G. Wilson, \$45,500
Kelker St., 220: H. Coons to J. Webb, \$45,000
Logan St., 2446: S. Toomey to Fern Lane LLC, \$45,300
Mercer St., 2449: F. Howerton to PA Deals LLC, \$35,000
N. 3rd St., 1834: Kiscadden Equity Invs. LLC to A. Peart, \$82,680

N. 4th St., 2308-2310: 828 Real Estate LLC to E. & C. Darling, \$118,400
N. 15th St., 517: Y. & M. Roberts to J. Sherman, \$30,000
N. 15th St., 1121: St. Paul Missionary Baptist Church to Golden Lover Realty, \$35,000
N. 16th St., 1217: St. Paul Missionary Baptist Church to D. Yorty et al, \$35,000
Norwood St., 941: M. & N. Godfrey to T. & V. Jones, \$79,900
Paxton St., 1917: S. & V. Noimany to T. & T. Thanasakrungruang, \$215,000
Rudy Rd., 1907: A. Frullani et al to M. Fraser, \$56,000
S. 13th St., 355: T.L. Ngo to T. Marsico, \$55,000
S. 23rd St., 604: N. Phe to L. Kun, \$75,000
S. 25th St., 634: C. & B. Leedy to J. Meredith, \$71,900
S. 25th St., 710: T.J. O’Leary to I.E. Green, \$93,000
Vernon St., 1555: D. Kiscadden to D. Hammonds, \$35,000
Source: Dauphin County, City of Harrisburg, property sales greater than \$30,000. Data is deemed to be accurate.

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Tires—Now with the Rest of the Car

Howard Henry expands from the ground up.

Peter Durantine



Howard Henry, surrounded by piles of the product he's best known for.

As American entrepreneurs go, 49-year-old Howard Henry is quintessential—raised in a small town, left college just short of a degree to get out into the world and, after 17 years working for others, decided to start his own business.

With childhood friend Troy Hughes, he opened a used tire business on Penbrook's Walnut Street. Hughes named the company Howard Tire. But after 20 months, Hughes decides to become a minister. Henry laughed as he recalled the moment.

"No wonder you named it Howard Tire," Henry said to his friend. "You never planned on

staying in it."

Henry—and his company at 205 S. Cameron St., right next to the Mulberry Street Bridge—have come a long way from removing and installing tires outside, as the shop then was only large enough for repairing or replacing tires.

"It was just brutal," Henry said, recalling the snow, sleet and rain. "We worked in all kinds of weather, and I mean all kinds."

Today, from a spacious, 18,000-square-foot facility, he sells thousands of used and new tires—he features the Hankook brand—and does general repairs, as well as state inspections and emissions with a crew of 13, including four mechanics.

In July, he bought the building next door, 201 S. Cameron St., the former location of the Auto Seat Cover Co., which moved to 1500 Paxton St. With the additional 32,000 square feet of space, he has increased his tire stock and opened an indoor car showroom.

Howard Motors came to him one day as he stood at the tire

shop window, looking across the street at Eddie's Furniture, watching customers come and go. When he went over and found them relaxing on chairs and sofas, deciding, without a sales person, whether to buy them, he had an epiphany.

"That's such a good concept; that's how cars should be sold," he said, deciding that's how Howard Motors would sell used cars. "We'll just park them inside, make them nice and clean, people will get inside them and, if they like them, they'll buy them."

Among his jobs before becoming a business owner, Henry briefly sold used cars, but left because of the ethical lapses encouraged to sell cars.

"I didn't want to do it," he said. "I always thought the used car business was so great, if you just fixed the car before you sold it."

Howard Tire Co.'s showroom is an eclectic décor with a few religious symbols among the car models, vintage signs and a large, faded poster advertising the 1954 movie, "Prince Valiant" ("You See It Without Glasses in Cinemascope").

"You get a sense of the kind of person you're dealing with when you



Auto Seat Cover owner Alan Leshner, left, with technicians Ed Procasco, Earl Herb and Ralph Ertle, has moved to 1500 Paxton St., allowing former neighbor Howard Henry to expand into his old space on S. Cameron Street.

walk in here," said Henry, a Christian. "We believe God founded and supported everything I have, and we are good stewards of it, and most of my customers know that, as well."

Since he started selling tires, Henry said he has looked out for his customers, offering the financially struggling mother free flat tire repair and everyone affordable tires. Now, he wants to give them quality used family cars and vans.

"That should keep us nice and busy for awhile," he said.

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The positive impact of transit on economic development, downtown revitalization and transit-oriented development is the theme for the Modern Transit Partnership's annual Transit Breakfast and Reception.

The reception is 5 p.m. to 7 p.m., Oct. 26, at the C. Ted Lick Wildwood Conference Center at HACC. The breakfast is 7:30 a.m. to 9 a.m., Wednesday, Oct. 27, at the Lancaster Marriott and Convention Center.

Tickets and sponsorships are available by calling Modern Transit at 717-238-2400. Modern Transit is a non-profit organization that serves as the leading advocate, facilitator, promoter and visionary for regional, integrated, multi-modal transit.

A Healthier Harrisburg

Garden Fresh unboxes organic in Midtown.

Lawrance Binda



Green grocer: Justin Peterson, inside his new organic food store in Midtown, Garden Fresh Market & Deli.

A conventional thinker may see the empty storefront at 3rd and Verbeke streets and immediately think—cigarettes, lottery tickets and junk food.

Not Justin Peterson. Instead of the usual noxious mix of corner store trash, he envisions shelves of organic produce, locally sourced dairy products, grass-fed meats, loose teas and specialty foods for people with dietary restrictions. By the second week of October, Peterson will open Garden Fresh Market & Deli, one of the few organic markets not only in Harrisburg, but in the entire central Pennsylvania region.

"We live in a world where any produce that you buy travels an average of 1,200 miles to reach you," he said. "I wanted to create a store where we have as many locally sourced products as possible."

Peterson, while just 28 years old, seems well-suited to introduce Harrisburg to organic, sustainably grown goods. At Indiana University, he studied organic farming and social and environmental sustainability. Two years ago, he bought the sprawling produce stand at the back of the Broad Street Market's brick building and renamed it Shady Nook Farm, after his family's farm in Juniata County.

When the 2,000-square-foot corner store across the street from the Broad Street Market became available, he jumped at the chance to pursue a personal dream of running a natural foods market, modeling the interior after a co-op he worked for in Bloomington, Ind.

But will the Harrisburg area support such a new concept in shopping, particularly since the market's organic and specialty goods inevitably will be priced higher than what many people are used to paying?

"It's the right fit for this building and for the neighborhood," said Eric Papenfuse, who owns the building, which is right next door to his Midtown Scholar Bookstore. "We believe that neighborhood support for a store like this exists and has existed for a long time."

Peterson agrees, seeing downtown, Midtown and Uptown Harrisburg as his core market, then branching out from there. He thinks that area residents are eager to follow the trend toward healthier eating—as well as knowing and caring more about their food—that arrived a decade or so ago in larger cities.

Getting people to eat better, and in a more environmentally friendly way, may take some education, he realizes, but he's prepared for that, as well. He plans to run regular educational workshops on a variety of topics, including medicinal herbs, urban gardening, canning and more.

"We want the store to be more than a store—we want it to have a real community feel," he said. "We want people to know that we're here to help support their lives and their health."

Garden Fresh Market & Deli, 1300 N. 3rd St., Harrisburg. Hours: Monday to Saturday, 9 a.m.–8 p.m. Sunday, 9 a.m.–5 p.m. Email: shadynookfarm@gmail.com.

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- Oct 3rd: Suzi Brown CD release party
- Oct 7th: Mike Banks & Friends
- Oct 8th: Cuddle Magic
- Oct 9th: InnaVibe
- Oct 10th: Soul Comedy Café
- Oct 12th: **Bitter Ruin**
- Oct 14th: **Pokey LaFarge & The Hot Seats**
- Oct 15th: Yarn
- Oct 16th: CASE 150 w/special guests
- Oct 17th: Zelazowa
- Oct 21st: Doug & Telisha Williams
- Oct 22nd: Darcie Miner Band
- Oct 23rd: Troegs Beer Night with **Mecca Bodega**
- Oct 24th: **The Fleshtones**
- Oct 25th: Holy Ghost Tent Revival
- Oct 28th–30th: **"Rocky Horror Picture Show,"** original musical
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Great Food—It's in Their Genes

Brick City: A new restaurant, generations in the making.

Lawrance Binda

You could consider Jacquie Ferentinos to be Harrisburg restaurant royalty.

She grew up amid the bustle of the Keystone Diner on N. 3rd Street, started more than five decades ago by her Greek grandparents and now owned by her father, John Mallios. She remembers getting underfoot of the wait staff, dodging trays of sandwiches and eggs, later learning the restaurant business from the ground up.

"I used to fall asleep in the back booth," she said.

Well, Jacquie is all grown up now and, along with husband Steve, is launching her own venture just a few blocks away. Brick City Bar and

Grille opens this month at the corner of N. 2nd and Sayford streets, where Blue Bistro last stood.

Brick City promises to be exactly what many Midtowners crave—a neighborhood restaurant, smoke-free, a place just up the block to grab a great meal, down a craft beer from one of 20 taps, watch the game, all for a reasonable price.

The restaurant could be considered a natural step for two people born into the business. Steve grew up in similar circumstances, steeped in the legendary Greek eateries of northern New Jersey. A big man, a former NFL offensive lineman, he now works full-time for a large food distributor and so

understands good from bad, knows what makes a restaurant a place people can relate to, grow fond of and return to time and again.

"We offer really good food at a very good price," he said. "In my restaurant, we don't skimp on ingredients or portions. We don't skimp on anything."

Jacquie added, "We came from families where good food was important, where it was an essential part of everything we did."

The restaurant's name, Brick City, is a nod to Steve's old stomping grounds around Newark, N.J., but can apply equally to the blocks of Midtown Harrisburg. The building sets off a corner smack-dab in the middle of the neighborhood—beautiful in a very urban way, solid, lightly colored brick with a touch of art deco, reflecting its 1930 roots.

The design inside similarly invokes its urban setting, a mix of black, blue and orange, with a mural of a subway car coursing through a city street. Credit for much of the interior design, as well as the restaurant's overall branding, goes to Dustin Dohm, owner of Stylin' Strings Media of Mechanicsburg.



Owners Jacquie and Steve Ferentinos take a break from preparing for the opening of Brick City Bar and Grille.

"The concept of a city theme carries throughout the restaurant in rich, vibrant colors matched with similar artwork," said Dohm.

In other words, the restaurant—from its name to its look to its design—fits perfectly within the surrounding blocks, and locals were excitedly buzzing about it well before its opening.

"The neighbors have been very warm and welcoming to us," said Jacquie. "We're very excited to be part of the boom that's going on in Midtown."

Brick City Bar & Grille, 1313 N. 2nd St., Harrisburg. Open Sunday to Wednesday, 11 a.m. to midnight; Thursday to Saturday, 11 a.m. to 2 a.m. 717-232-2522



It's a Wrap!



Obi Linton, with his son, Izaiha, prepares "The Greedy," the name of an overstuffed wrap at his new stand, Wrap 'n' Roll in the Broad Street Market's brick building. It's the second location for the York-based company, run by Linton and his wife Nicole. Next year, Linton hopes to expand into downtown Harrisburg. For all the delicious details, go to www.wrapnrollincorporated.com.

The Butcher, the Baker, the Sandwich-Maker

West Shore Market marks 60 years of fighting Harrisburg's hunger.

Peter Durantine

Corporate grocery chains may offer their version of a "farmer's market" inside their vast stores, but there's nothing like the real thing.

Just visit the 60-year-old West Shore Farmer's Market in Lemoyne, where vendors and customers value the relationship they have with one another as much as they do the products they sell and buy.

Take Larry Shaffer of Shaffer's Quality Meats, who runs the stand with his son, David, who's following in his father's, grandfather's and great-grandfather's footsteps. Shaffer's has been around since 1939, but at the market since 1964.

"It's very interesting," said Larry Shaffer. "I have people who come by and say, 'I used to buy from your dad and granddad years ago.' Then their children come by and say, 'Hey, do you remember me?'"

At Peggy's Silver Spoon, Peggy Harder sells gourmet foods and a wide range of condiments, including 120 different spices, many sauces and a large selection of vinegars and olive oils from five countries. "We try to have things that are hard to find and that complement the other vendors," she said, noting her customers like to socialize and get personal attention.

"That's why I do so well on Tuesdays," she said. "People who want to just talk to me will come here on Tuesday."

The market is unique, say vendors, because it has a large, loyal customer base that comes for the service, but also wide, fresh, and in most cases, home-grown selections.

At D&S Produce, Dawn and Scott Hintz of York Springs have the largest produce and vegetable stand in the market, much of it from their farm. "We do everything we can to be homegrown," Scott said.

Sharon and Skip Ward at Taking Care of Appetites will help with made-to-order sandwiches and subs while Ron Beek at DJ's Smoke Shack specializes in barbecued pulled pork and chicken, beef brisket, smoked turkey and twice-smoked ham.



Brett and Derek Shugar of Shugar's South Street Steaks; David Shaffer of Shaffer's Quality Meats; and cooked crab at Kepler's Seafood.

For chicken, Sensenig Poultry offers all-natural from their Lancaster farm and other poultry products and prepared foods.

At the market's southeast corner, Shugar's South Street Steaks offers chicken, but specializes in authentic Philly cheesesteaks, said owner Brett Shugar, whose son, Derek, manages the stand. "We're the only one who sells the real Philly cheesesteak," said Brett, who moved here from Philadelphia 23 years ago.

At Pascale's Gourmet Pie and Cake Co., you can find owner Frank Pascale behind the counter baking fresh pies for the day. "When you buy a pie from us, it's still warm," he said, while preparing an apple pie, one of 250 he sells per week. "We make what's in season—we don't sell anything we don't make." That includes his popular cupcakes. Pascale said most of his sales are to regulars. "That's what kind of market this is. Customers are very loyal."

The Country Gourmet specializes in a variety of homemade salads. Owner Michael Fine said he goes through 280 pounds a week of his popular chicken salad, which is prepared three ways: classic with celery, club with bacon and grape with grape and dill dressing.

At Nina's Let's Talk Turkey, owner Cindy Kreitzer prepares soups, sandwiches, meatballs and more.

"Everything and anything turkey," she said. That includes turkey rolls, stuffed with such delicacies as asparagus and peppers that make a great meal even for Thanksgiving, replacing the usual holiday bird.

A cheese stand has been in



the market for about 30 years and the latest is Vasco's, imported and domestic cheeses that are handmade and some that are exclusive to the market, said owner Joseph Saracco. He said his service provides customers, "little things I don't think they're going to get from any other cheese place."

Another of the market's longtime vendors, Kepler's Seafood, a family-run store around since the late 1950s, prides itself on a "variety of fresh fish" brought in weekly, said Lloyd Kepler, who runs the stand with his wife, Patti. Kepler's seafood comes from all over the world—tilapia from Ecuador, haddock from Boston. And if they don't have it, "I can find it," Lloyd said.

For European-style breads—

from baguettes to pumpernickel—Mussoline's Bakery offers a large selection that includes pastries and sandwiches. Owner David Van Loon said Philadelphia wholesalers ship the breads in fresh daily.

"Everything is artisan, hand-formed and hearth-baked," he said, noting the breads contain no preservatives and are made simply with flour,



water, yeast and salt.

For cakes and other pastries, Sharon Campbell and Debi Saltzer of A Matter of Taste say they make traditional and "fun, seasonal food." The women got their start working at a local high school concession stand, where their treats even drew crowds. They're creative around the holidays—at Halloween deviled eggs become eyes of newt and meatloaf looks like a rat.

"It's homemade," Saltzer said. "It's what we did for our kids."

West Shore Farmer's Market, 900 Market St., Lemoyne. Open Tuesday, 8 a.m. to 3 p.m.; Friday, 8 a.m. to 7 p.m.; and Saturday, 8 a.m. to 2 p.m. 717-554-7220 or www.westshorefarmersmarket.com.

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Built to Last

East Shore Y adapts, adjusts to changing times.

Peter Durantine

It was erected in the early years of the Great Depression, a massive red-stone and brick building with tiled roof and gargoyles. Its Italian Romanesque style reflected optimism for better times, as well as a Christian mission—architectural flourishes were taken from the Baptistry of San Stefano in Bologna and other northern Italian churches.

Yet, it was not a church, but what was then known as the Young Men's Christian Association's Central Branch Building. Today, it is the East Shore Y, serving more than 4,000 members, in addition to hundreds of underprivileged youth and adults.

Its completion in January 1933 came 1½ years after construction crews broke ground at the corner of North and Front streets. While it inspired hope for thousands of boys in the city, the five-story building also represented the end of an era.

"It was one of the last grand YMCA structures of its type to be built," according to a 2004 history celebrating the Y's 150 years in Harrisburg. Harrisburg's YMCA was the eighth one to open in the United

States in 1854, and it was one of the first to offer boarding, and still does, providing 86 beds for transient men who may otherwise be on the streets.

The Y had several locations before settling into its present home that even today is one of the city's magnificent structures, a gem, if not the jewel, in Harrisburg's architectural crown.

A labyrinth of glaze-tiled hallways leads past a sun-dappled courtyard to a spectacular mosaic-tiled swimming pool, two gymnasiums and, thanks to a recent addition, an enormous modern exercise room with tall windows overlooking the Susquehanna River.

Winding stairwells lead to aerobic studios, spinning rooms and squash, handball and racquetball courts. Years ago, people could sunbathe on part of the Y's roof, known as Tar Beach, but safety concerns eventually made it off limits.

Lawrie and Green, a Harrisburg architectural firm that had started less than a decade before the building began, designed the East



Fitness tastes change: Men relax under a heat lamp in the 1930s (left), and the Y's newest addition, a Wellness Center (right).



Shore Y. Ritchie Lawrie Jr. was the construction engineer and M. Edwin Green the supervising architect.

The firm designed many notable buildings in the city, such as the Capitol Complex's Greek Revival-style North Office Building, the Farm Show Building and Dauphin County Courthouse, both examples of Art Deco.

Over the years, as space needs demanded, additions have been made to the Y along its north façade. Its south and west fronts remain nearly unchanged from the original construction.

As Harrisburg has grown and changed, the Y has adapted to meet the modern age, including a name re-branding that left off the "MCA," which has raised some concern—Y officials say needlessly so—about the organization keeping to its primary purpose.

"Our mission is still the same—to put Christian principles into practice," said Jeff Allen, executive director of the East Shore Y. "We're much more diverse than we were 150 years ago—diverse in people, diverse in programs."

And the building at North and Front streets reflects just that.

Gallery Walk 2010: A Stroll thru Town



Clockwise from top: Nice crowd at The Art Association of Harrisburg; brothers Nicholas and Sheldon Pink create at The HodgePodgery; Karen Commings paints at Gallery Blu; and "Seats for Peace" installed on a wall at 3rd Street Studio.



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Around Town

It's Easy Being Green

Just head over to HACC Midtown.

Peter Durantine



HACC students eye the solar panels on display in the Green Center classroom.

Since its opening last spring in Midtown's Campus Square Building, where 48,400-foot geothermal wells heat and cool the building, the Green Center of Central Pennsylvania has been a public resource of yet unrealized potential.

For the conservationist, the environmentalist and the homeowner who is looking to save money in utility costs, the Green Center is a clearinghouse for renewable and alternative energy sources, as well as green building materials such as paint and carpet.

It not only offers the public comprehensive information, it also offers workshops in solar photovoltaic system design and installation and courses on how to assess a home's energy efficiency and monitor a building's impact on health and safety.

"You get information, and you also can be trained," said Julia Knight, a geologist and the center's executive director.

The Green Center is a collaborative venture of Midtown developer GreenWorks, which built Campus Square, and Harrisburg Area Community College, which uses the center's three classrooms for courses in environmental engineering and science.

For Doug Neidich, president and CEO of GreenWorks, the center is his passion, as he proudly notes that Campus Square is "the biggest green commercial building in Pennsylvania."

"Our goal here is to make the central Pennsylvania region one of the greenest regions in the country," he said.

For an idea on what the Green Center offers, visit its exhibit space, where you can browse information free of charge on geothermal heating and cooling, solar electricity and hot water, energy efficiency, green certified contractors and more.

And mark your calendar on Oct. 9 for the center's Green Living Fair, which will feature a series of speakers.

Green Center of Central Pennsylvania, 1426 N. 3rd St., Harrisburg, 717-649-4574, www.greencentralpa.com. For HACC Green Tech courses, contact Dan Wagner, director of manufacturing and green technology, 717-221-1397, ext. 1407.



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Walking in a Circle

Reveling in nature, dodging cars: an amble around the Greenbelt.

Ruth Hoover Seitz

The idea was intriguing from the start—walking around Harrisburg on a narrow ribbon of parkland. And that's what the Capital Greenbelt is. All 18.91 miles are public lands set aside since 1900 when the City Beautiful movement left its verdant imprint on the Capital City.

At Forster and Front streets, my hiking companion and I set out leisurely going south. The 4.5 miles of Riverfront Park, with its plazas and lookouts, handles the most traffic of the whole "emerald necklace." Along Front Street, there are few guiding Greenbelt signs because its official route is down a ramp and close to the Susquehanna River. Warren Manning, who designed this park, conceived of creating a string of small parks connected by parkways.

The walk beyond the site of the city's summer fests was quiet and sun-filled. Young cherry trees, each one honoring the memory of a loved one, gave way to fence row species. I watched monarchs play near the chokecherries. Walking between wide steel panels on a bridge, we crossed over the rail lines.

Onto the Cameron Parkway just south of Quigley's Restaurant, I enjoy the shady ravine. Way above,

trucks unload at the incinerator. But here along Spring Creek, I recall the goal of Mira Lloyd Dock (1853-1945), the initiator of this Greenbelt—bringing the forest to the people. She dreamt of residents throughout the city packing a picnic and walking to a shady park. Landscape designer Manning remembered that his teacher Frederick Law Olmstead regretted making Central Park in one enlarged location.

Huge trees form a canopy. A rustling intrudes on my silence, and a giant blue heron ascends from the creek shallows. Farther along, two gardeners in bamboo conical hats work with a submersible pump to water their vegetable rows.

Where the Cameron Parkway crosses Route 441, we slip into one of Harrisburg's treasures, The Five Senses Garden. These 3.5 acres, a one-and-only in the United States, are still maintained by their creator, Shirley Disend, now in her 80s. Do take her tour and find out which plant smells like peanut butter and which one says, "Oink, oink."

Whether on foot or wheels, one is likely to meet Norman Lacasse, a Forest Department retiree, supervising young volunteers.

Worthy of being called Mr. Greenbelt, Norm says he "is committed to restoring, protecting and expanding this precious gift."

Our map directs us across Paxton Street and down Derry past several eateries. The most-needed item from the City Line Diner is water. Tanked up, we head onto verdant Paxtang Parkway. Again water flows beside the path, but, after four-plus miles, we are on a street that leads across Reservoir Park. Guiding triangles take me across the Asylum Run Link, and soon we are into a park on the former State Hospital grounds. We end the first day's half at the Farm Show Complex.

The next morning, energy has returned, and the day is inviting. Starting at the main entrance to the Farm Show Building, we find the Greenbelt path and step towards HACC Campus and Wildwood Park. Note: excellent restroom—even heated—at Industrial Road/Wildwood Way. The loop around Wildwood is a natural treasure walk.



Some view: An especially lovely section of the Capital Greenbelt near Sunken Gardens.

There are many birds and the lotus sports blooms and pods. A mallard leads her ducklings. But then we trek down city streets past '70s homes along Green and Graham streets. Just before I reach the Harvey Taylor Bridge, I note the marker at 1427 N. Front, Mira's home. Thank you, Mira, for your vision. And thanks also, volunteers, for your 6,000 hours of maintaining the Greenbelt last year.

Walking the Greenbelt took Harrisburg resident Ruth Hoover Seitz to new paths and streets.

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Around Town

Leadership Harrisburg Turns 25

Miles Gone, Miles to Go for the Group

Una Martone

Milestones commonly mark the distance we've come from a certain point, whether in actual miles or in accomplishments. In fact, the definition for milestone is a stone marker set up on a roadside to indicate the distance in miles from a given point.

When Nancy Dering Mock greeted the Leadership Harrisburg Area 25th anniversary class at its opening retreat last month, she offered a new perspective. She suggested that milestones were also used historically to 1) affirm that you're on the right path and 2) indicate the remaining distance left to go to meet the destination.

After 25 years, is Leadership Harrisburg Area "on the right path?" Each year, our program participants tell us we are and their success is proof. Look around the boardroom; look at the volunteers; look at the donors behind any successful non-profit organization or community program in town, and you're bound to find LHA graduates. Look at the community organizations meeting needs throughout our cities—the YWCA of Greater Harrisburg,

Estamos Unidos de Pennsylvania, Christian Churches United, Dress for Success, the Medical Outreach Center, Channels Food Rescue—and you'll find LHA graduates. Look at the highly successful businesses that choose to stay in Central PA and support community service, and you'll find LHA graduates.

How far do we have to go to meet our destination? When every leader is a Servant Leader, our job will be done. When young leaders echo the words of current class member, Alonzo Hankerson of the National Recovery Agency, we will have met our destination: "I want to be able to change lives, develop dreams, and witness success; and I believe this program, with the help of past graduates and community support, will continue to accomplish this task."



Una Martone is president of Leadership Harrisburg Area. For more information, contact umartone@leadershipharrisburg.org

or visit www.leadershipharrisburg.org.



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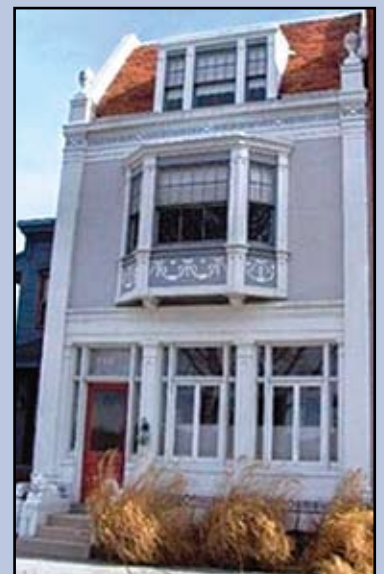
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... a Month in Pictures



Sept. 5: A sizable crowd enjoyed music at the Market Street stage on a sunny day for Kipona.



Sept. 10: Kate Galvin of Philadelphia and Hillary Greene, Matt Ziegler and Emily Cope, all of Harrisburg, chat at Level 2 during the opening social for the ImPAct conference, hosted by Harrisburg Young Professionals.



Sept. 10: A Friday night crowd is entertained by No Last Call, which pops up to perform any weekend night on any given street corner downtown.



Sept. 12: Runners dodged raindrops during the 14th annual Harrisburg Half Marathon. (photo: Bob Murray)



Sept. 12: The rains fell, but that didn't stop Harrisburg artist Kelly Charlesworth from painting en plein air on Verbeke Street during Gallery Walk.



Sept. 15: Mayor Linda Thompson, along with city and state officials, helps kick off Habitat for Humanity's 25th anniversary in Harrisburg with a groundbreaking of three homes on the 600 block of Woodbine Street in Uptown.



Sept. 17: Singer-songwriter Rebecca Pronskey of New York (left) performs for free at Midtown Scholar Bookstore during September's 3rd in The Burg.



Sept. 24: Ground was broken for the Vartan Group's 1500 Project at 6th and Reily streets. The 43-unit condo building should be completed in late 2011.

On a Path to Literacy

OIC changes lives through education, training.

Judy Forshee

When Executive Director Jeff Woodyard chose the green plastic turtles to alert drivers on Maclay Street to foot traffic crossing between the education building and the reading classes at Governor Square Community room, he probably was not thinking about the fable of the tortoise and the hare.

However, the moral of that story, slow and steady steps to success, may apply to many of the students, families and educators participating in opportunities offered by the Tri-County OIC (Opportunities Industrialization Center of America).

Many of us pass those green turtles and carts of free books with no idea of the drama and magic inside, unaware of the vast size of the organization and its countless miracles.

Tri-County OIC is a community-based, non-profit organization, part of OICA, a nationwide alliance of 58 affiliates in 30 states. OIC originated in Philadelphia, where the Rev. Leon H. Sullivan founded the program in an abandoned jail. The Harrisburg OIC was created in 1965, the third organization in the country. It offers employment and training programs to the economically dependent, unemployed or underemployed.

Like its students' lives, the Harrisburg OIC has experienced ups and downs. Confronted by economic and funding challenges, the dedicated staff has persevered with creativity, determination and just plain grit. Once located in the old Simon Cameron School, the staff huddled around kerosene heaters there until those were stolen.

"Two miracles in one year kept us going," said Priscilla Ferguson, coordinator of family literacy.

Ferguson described an evening meeting called to discuss their fate. "During the session, we were visited by an angel on a bicycle, a person who rode in off the street, offering funding to sustain the organization. That same year we received an anonymous check for \$3,000."

Recent acquisitions that have a lasting impact include a greenhouse for the courtyard horticulture program and a FEMA trailer, which evolved into the "Booky Mobile," a traveling free bookstore. Visits to neighboring events and senior centers keep volunteers busy. Always in need of children's and teen books to replenish the shelves for "Booky Bee," the current specific quest is for free, dry garage or warehouse space to store donations prior to use and delivery.

OIC classes and training vary by community need and location. Offerings may include GED classes, English language lessons, early childhood education, adult basic skills, gardening, nutrition instruction or specific vocational skills.

Colorful tales of training for the PennDOT CDL (commercial driver's license) trucking test abound. OIC staff can relate many stories of road weary/wary clients seeking the literacy skills needed to pass the written CDL test, on which their livelihoods depend. Stress is always intense, but, in most cases, success is achieved.

A father of three, Matt S. is a current OIC client. Unwavering in the pursuit of his GED certificate, he and his children are reliable attendees, determined to improve their quality of life. Other clients turn to Tri-County OIC for its intense, 14-day preclinical class for potential candidates in the Certified Nursing Assistant (CNA) program at Harrisburg Area Community College.

Christine Seay, adult education instructor, shares stories of triumph and heartbreak. One woman, who might have excelled, was eliminated by two misdemeanors on her record—youthful shoplifting transgressions. CNA employers require a clean record. If people are not qualified for hire, they cannot



The OIC Booky Mobile (actually a converted FEMA trailer) is a familiar site around Harrisburg.

be accepted into the program. Seay also relates success stories. Most recently, graduate Rachel R. called excitedly to report that she had purchased her own house, one more goal achieved by this CNA, who is aspiring to become a registered nurse. Mary W. diagnosed her own high blood pressure and diabetes while she was learning to do blood work. Proper medical interventions allowed her to complete her training.

So many stories, so many people overcoming overwhelming odds. Next time you slow for the OIC turtles, why not slow your thoughts? Take a moment to be thankful for Mr. Jeff, Mr. Bob, Ms. Priscilla, Ms. Christine, and the entire OIC staff, volunteers and students whose struggles, dreams and triumphs enrich and benefit Harrisburg and beyond.

Judy Forshee, a retired educator, discovered the impact of TriCounty OIC through the Friends of Midtown participation in the annual June Summer Reading Kickoff Event.

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When the Rains Came

Floods have left their watery mark on Harrisburg history.

Jason Wilson

The Susquehanna River is the 16th longest and geologically one of the most ancient rivers in the United States. The 444-mile waterway has seen numerous floods along its main branch at Harrisburg. Legend has it that John Harris, Jr., who was a longtime observer of the river, built his mansion on a high bluff where the water had never reached.

The year 1810 was the first time river levels were recorded at Harrisburg, possibly because it was a flood year. This flood was memorable because it occurred in November and thousands of pumpkins from farm fields along the riverbank washed downstream, leading it to be called the "Great Pumpkin" flood.

Throughout the 19th century, numerous floods raised the river to just over the bank, but a great flood in 1865 broke all previous records on the North Branch and raised the river 24½ feet at Harrisburg.

In 1889, the West Branch

followed suit, but, this time, hundreds of thousand of logs floating near Williamsport's saw mills helped to increase the damage downstream. This was the same weather system that caused the infamous failure of the South Fork Dam that killed more than 2,200 people in the Johnstown Flood. Water levels at Harrisburg reached almost 27 feet.

March 1936 was the next time the Susquehanna surpassed its previous record, cresting just above 29 feet at Harrisburg. Images of Pennsylvania Railroad engines half-submerged at the train station show just how high the waters reached. The flood of '36 was caused by a combination of snowmelt and two storm systems. It became the flood of record for 36 years.

The current all-time flood of record was achieved in June 1972 when the remnants of Tropical Storm Agnes stalled over the northern portion of the state. It

dropped more than 28 trillion gallons of water over a three day period—and on soil



already saturated.

Agnes remains the benchmark for most streams, creeks and rivers in the state. The Susquehanna at Harrisburg crested at an amazing 32.57 feet, and the enormous amounts of freshwater had devastating effects on the Chesapeake Bay. The discharge at the river's southern most impoundment, the Conowingo Dam located just south of the state line in Maryland, topped 1.1 million cubic feet of water per second.

The 1996 ice flood, which is remembered as the one that destroyed the western span of the Walnut Street Bridge, crested 7 feet lower than the flood of '72. The Susquehanna remains an amazing scenic and recreational river, but the vast mountainous areas that its



Water, water everywhere: From top left, the flood of 1889, the flood of 1936 and the ice flood of 1996.

tributaries drain make it at times a trickle and at others a torrent.

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

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Then and Now

Photo courtesy East Shore Y



The Romanesque-style East Shore Y, under construction in the early 1930s (left), was built on the site of the old Harrisburg Cotton Factory at Front and North streets. It was one of the last of grand, ornate buildings constructed by the organization, to the great benefit of Harrisburg today (right).

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Peter Durantine



Pastry chef Megan Seiferth, owner Sofia Nelms and executive chef AnnMarie Nelms of Sophia's on Market.

For Sophia Nelms, growing up in a Greek household with a mother who loved to bake from scratch was vocational training; more so considering her father, an immigrant, started out in America as a short-order cook in New York City.

Nelms parlayed what her mother taught her—plus her experience helping siblings and friends open restaurants—into Sophia's on Market in Camp Hill, where everything from baked goods to salad dressings to soups is made fresh from her own recipes.

Tucked in an out-of-the-way corner on the east side of the Shoppes of Hampden, and across the street from the Appalachian Brewing Co., Sophia's on Market has a warm, inviting dining room, where patrons like to linger long after their meal is finished.

In 2003, Nelms opened her bakery in the Broad Street Market, serving a limited lunch menu, but finding nonetheless much demand for her baked goods and sandwiches.

Five years ago, her success brought her to the larger place she now occupies and where she operates not just a bakery but a full-fledged restaurant with three bakers, four chefs and a large wait staff serving breakfast, lunch and, starting last year, dinner. She also has take-out.

Nelms honed her skills over 24 years in the restaurant business, baking, catering, and helping her sisters—Olga Lembesis has a catering and event planning

business in Juniata County and Joanna Lembesis owns What If ... of Hershey.

Food is a family affair. Nelms' daughter, AnnMarie, a graduate of the Pennsylvania Culinary Institute in Pittsburgh, works as her executive chef. Another daughter, Michelle, is a reading specialist; son Jake works at Tyco.

Nelms said what motivates her in the business is serving great food—not just good—and hearing that from customers. "When you say 'good' to me that tells me something is wrong—there is something missing. I hate that word."

She also enjoys seeing customers pleased by the service

and atmosphere.

"I love the interaction with people," she said. "I love to see their faces as they come through the door and realize it's not what they thought it would be."

Having grown in seven years from a small bakery in the corner of a market to a restaurant, Nelms has aspirations for expanding, perhaps a restaurant in the East Shore or in the city, but not too soon.

"We won't deviate from our quality," she said. "I won't move forward without it."

Sophia's on Market, 3700 Market St., Camp Hill, 717-975-3800, www.sophiasonmarket.com



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Put Down the Parmesan

Show eggplant some respect and try a few other dishes.

Rosemary Ruggieri Baer

Perhaps for many Americans, eggplant is known primarily as the star ingredient in the ubiquitous eggplant Parmesan.

Now I love this dish, too—if properly prepared. My Aunt Mary's version was pure heaven. But this beautiful and oddly shaped deep purple vegetable can be the basis of so many other delicious Italian dishes. Yet I'm not sure many people know quite what to do with it.

In our house, my mother filled eggplants with a savory mixture of ground beef, rice, onion and cheese and then covered them with her wonderful tomato sauce. The eggplants were baked until very soft and tender. My father savored every bite. Other than his beloved shellfish, this might have been his favorite food.

Many countries use eggplants in their cooking, but nowhere is it more prevalent than in southern Italy, especially in Sicily. During our recent trip there, I looked for "aubergines" on every menu—I couldn't get enough! Even here in the heart of Pennsylvania Dutch country, I'm noticing eggplants at

almost every produce stand at local farmers markets. And, besides the familiar tear-drop shaped variety, eggplant is now appearing in new shapes and colors: round, white or pale lavender; striped and small and "skinny" varieties said to be more tender and less bitter than their larger counterparts.

Some cooks believe that eggplants, especially large ones, can be bitter and so they recommend a salting process prior to cooking. I often do this if I have the time, but will omit it if the eggplants are young, tender and fresh from the market.

The salting process removes bitter juices from the eggplant and is easy to do. Prepare the eggplant according to your recipe by cutting into cubes or slices. Place a thin layer of cut eggplant in a large colander and sprinkle generously with salt. Keep adding layers of salt and eggplant until all the eggplant is used and let sit for at least 30 minutes to an hour. At the end of this time, you will see dark juices coming from the eggplant. Rinse the eggplant cubes or slices with lots of

fresh water and dry with paper or cloth towels. Your eggplant is now ready for cooking.

Many recipes call for eggplant to be peeled prior to cooking. Again, it will often depend on whether it is young and small or larger with a thicker skin. I follow the recipe directions. If the eggplants are to be stuffed, for example, peeling is not necessary; but pasta dishes do better with skinless.

The recipe that follows is one of my favorite dishes—so much so that my dear "Aunt Cacky" and I made huge quantities of it many years ago for a 50th wedding anniversary dinner for my parents. It is another one of those Italian dishes that can be served in different ways.

It is called "caponata" in Italian. It can be used as a relish next to grilled meats, part of the antipasti course or as a topping for pasta. It is wonderful for a light vegetarian lunch with Italian bread. The recipe I use is from the "Encyclopedia of Italian Cooking" (1981), but there are numerous variations of this dish.

Caponata

- Place 1 pound of diced eggplant in a colander and sprinkle generously with salt as described above. Let stand for 1 hour. Then rinse under cold running water, drain and dry thoroughly.

- Place 4 tablespoons of light olive oil in a skillet. Sauté the diced eggplant in the oil until brown all

over and then place on paper towels to drain.

- Place 6 additional tablespoons of olive oil in the skillet and fry 1 pound of finely chopped onions until golden brown. (You can use your food processor for chopping).

- To the skillet, add a cup of diced green pepper, a cup of pitted green olives and 2 cups of chopped canned tomatoes. You can find canned tomatoes now that are cut into small pieces and these are great to use. Add a pinch of salt and pepper and cook over medium heat for 5 minutes. Be careful of the salt if the olives are salty. Taste and see. Use black olives if you prefer.

- Some cooks add a handful of pine nuts (pignoli) and/or golden raisins to the mixture. These add a true Sicilian flair to the caponata.

- Add 2 tablespoons of sugar, 7 tablespoons of wine vinegar (red or white), 2 tablespoons of capers and the drained eggplant.

- Cook for 10 minutes more until all the liquid has evaporated. Taste for seasoning and adjust to your taste.

- Serve the caponata cold or at room temperature. Warm it slightly if you are placing it over pasta.

This is another one of Sicily's sweet and sour delights. I hope you will enjoy it.

Rosemary Ruggieri Baer, a first generation Italian-American,

grew up in Harrisburg and has spent her life perfecting her mother's country cooking.







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The Beauty of the Everyday

Cecelia Lyden captures life through its passing moments.

Lawrance Binda

Since TheBurg began publishing, our covers have become known for featuring iconic scenes and landscapes of the Harrisburg area.

Looking for something a little different, we were delighted to come across "Spice Awaits," the second painting we're featuring from "The Burg" group exhibit, which showed over the summer at Gallery@Second.

Nearly everything about "Spice Awaits" is new for a Burg cover. The colors are darker, the perspective is unique and the mood is contemplative.

It's also our first interior cover image, though the bustle outside can be viewed from the doorway. In fact, we loved the juxtaposition of the peaceful foreground with the busyness of N. 2nd St. The viewer knows that, soon enough, the outside world will invade the interior space—that the young woman's quiet moment is fleeting.

For our cover, we cropped the image to emphasize the figure and limit the dark space a bit. But, as can be seen below, the full image brings out even more of the painting's mood and spirit.



TheBurg: What is the background of the painting (what exactly is the event and when did it occur)?

Cecelia: "The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."

That quote by Marcel Proust is the motivation for my choices of subject matter. I am a representational genre painter, interested in the everyday people, places and things around me.

I see the beauty in those everyday subjects and attempt to elevate them into art. A favorite subject for many of my paintings is people engaged in their jobs and other activities.

I carry my camera everywhere snapping pictures of things I think might make an interesting painting. When my husband and I were dining at Spice last summer in the early evening, I noticed the hostess in the doorway waiting for arrivals and took a couple of photos of her from my table inside the restaurant, looking out to the street. There was a great, strong contrast between the dark interior and the light filled street. I loved the hostess' stance, waiting for diners to appear.

I thought it would make a dramatic painting.

TheBurg: What medium did you work in? Why did you select that medium?

Cecelia: Although I have used oils and pastels as mediums, I now always use acrylics. They suit my temperament well. I like to work fast and acrylics dry instantly, which allows me to progress correcting and changing immediately. Also acrylics are versatile. They can be applied to look like watercolors or oils.

TheBurg: Why did you decide to submit that work to "The Burg" exhibit?

Cecelia: When I became aware "Spice Awaits" (left)

of the new gallery opening and their call for paintings of Harrisburg, I decided to paint this scene, thinking it would be a unique way to feature the restaurant scene on 2nd Street.

TheBurg: What other types of subjects and media do you enjoy working with?

Cecelia: I paint mostly from my photos in my studio in Camp Hill. I have, however, just discovered the joys [and annoyances] of painting en plein air (outdoors).

Other subject matter I paint include florals and trees, landscapes, beach and seascapes, urban and rural scenes. I especially love old buildings and structures that remind me of days past.

TheBurg: Please provide some personal background for our readers.

Cecelia: I have been painting steadily since retiring as an art instructor from the West Shore School District.

TheBurg: How can our readers find out more about you and your work?

Cecelia: My paintings are presently showing at Gallerie 13 in Mechanicsburg, Carlisle Arts Association, Art and Soul Gallery in Lemoyne, Gallery@Second in Harrisburg and 3rd Street Gallery in New Cumberland. They also have been displayed at the Harrisburg Art

Association, ArtHouse Lounge in Harrisburg and The Art Center School and Galleries of Mechanicsburg.

I paint with two friendly and talented groups of local artists, many of whom are juried members, as am I, of the Daily Painters of Pennsylvania (www.dailypaintersofpennsylvania.blogspot.com). It's a daily blog where you can find many of my works and those of other artists from all around the state.

My fine arts website is <http://cecelylyden.com>. You can find all of my paintings and prices on that website.



Cecelia Lyden

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Enter: Stage Left (and Right)

A new theater season takes its cue in Harrisburg.

Lori Myers

Appause, applause! Once again, Harrisburg theaters are making it edgy, fun and lavish with its show picks for the 2010–11 season. Musical theater aficionados will find both big and small shows to their liking, and those who prefer a mental workout will discover challenging and enlightening plays.

Gamut Theatre is still the place to go for plays by the Bard and those rollicking shows for children and families. But theater magic is the name of the game here for the upcoming season and, with a few tricks up its sleeve, Gamut has snuck in some surprises. While it sounds like “A Year With Frog and Toad” might be a youngsters-only pleaser,

Clark Nicholson, the theater’s artistic director, said there’s more within its content that makes it a great pick for its evening series.

“It is truly surprising to me how this very simple story of the rewards and complications of friendship is so clearly received by both children and adults,” Nicholson said.

Another surprise addition to Gamut’s season this year are benefit performances of Neil Simon’s “The Sunshine Boys,” the story of two curmudgeonly old vaudeville actors to be played by long-time local performers Jay Miffoluf and Jay Krevsky. Sure, the comedy isn’t Shakespeare, but Nicholson considers it classic in terms of “bits”

and “schtick” and a learning tool for those starting stage careers.

“I don’t know how many young actors I have introduced the classic film production with Walter Matthau and George Burns to,” he said. “A lot.”

Open Stage will begin its 25th theater season with a four-person comedy entitled “[title of show].” No, we didn’t forget the title—that is the title. According to Don Alsedek, the theater’s founder and executive artistic director, “[title of show]” will invite audiences on the creative journey of two New York nobodies who set out to write an original musical for a festival in three weeks.

“They name their show after the words “[title of show]” from the festival application,” Alsedek explained. “And they win the contest. Then they put on the show off-Broadway. Then they take the show to Broadway. And the best part is that it’s a true story. Sometimes their journey is brash and sometimes it’s touching; most of all, though, it’s just downright funny.”

Once again, a play from renowned playwright August Wilson will be presented following last year’s successful “Jitney.” “The Piano Lesson,” the fourth in Wilson’s cycle of plays will grapple with issues such as vengeance, debt and reparation.

“It’s great theater by one of the greatest playwrights of the 20th century,” Alsedek said. “I think our audiences can relate to that.”

Finally, Theatre Harrisburg, where community takes center stage, boasts its 85th season this year with more lush Broadway musicals with tunes that seem to transcend time. “Camelot” and “Gypsy” both fit that bill. From the Knights of the Roundtable to stage mothers that end all stage mothers, audiences will love the storylines, the choreography and familiar songs like “If Ever I Would Leave You” and “Small World.”

So there you have it. Get your ticket, find your seat, and enjoy this theatre season’s exciting ride!



Coming soon: Annual favorites “A Christmas Carol” and “The Diary of Anne Frank” will show this season at Open Stage of Harrisburg.

2010–2011 Theater Season

Gamut Theatre

“Barefoot in Athens,” Nov. 5–20
“The Sunshine Boys,” Jan. 14–22
“A Year with Frog and Toad,” Feb. 18–March 12
“Hamlet,” March 24–26
“All’s Well that Ends Well” (Free Shakespeare in the Park), June 8–12 and 15–18

Popcorn Hat Players

“Aladdin,” Oct. 6–9
“The Halloween Show,” Oct. 15–23, Oct. 30
“Santa Claus Is Coming to Town,” Dec. 1–23
“The Frog Prince,” Jan. 26–Feb. 12
“The Elves and the Shoemaker,” March 16–April 2
“Thumbelina,” May 4–26
“Tales from Ancient Greece,” June 15–25
“Three Billy Goats Gruff,” July 13–Aug. 20

Open Stage of Harrisburg

“[title of show],” Oct. 8–Nov. 6
“Glitterama,” Nov. 13
“Charles Dickens’ A Christmas Carol,” Dec. 2–5
“The Piano Lesson,” Feb. 4–26
“The Diary of Anne Frank,” March 12–13
“Court Street Cabaret,” March 19
“August: Osage County,” April 15–May 8
Flying Solo Festival, June 2–25

Theatre Harrisburg

“Camelot,” Nov. 5–21
“Crazy for You,” Feb. 4–20
“Same Time, Next Year,” April 1–10
“Gypsy,” June 3–19

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Jazz, with a Latin Accent

Catch some great music this fall with CPFJ.

Judith Brown

In recognition of National Hispanic Heritage Month, Central PA Friends of Jazz (CPFJ) will celebrate Harrisburg's cultural diversity with a special one-time performance by Grammy award-winning Latin percussionist Poncho Sanchez and his Latin Jazz Band at 6 p.m., Sunday, Oct. 17. The concert will take place at the Hilton Harrisburg.

With 40 years in the music industry, Sanchez has proved to be an established force in his field. With 24 CDs to his credit, he has a penchant of transforming tunes from their original niche and "taking it to another level," with his own Latin flair. For instance, his most recent CD, "Psychodelic Blues," (released in 2009) features Sanchez's own twist on Herbie Hancock's "Cantaloupe Island," and Freddie Hubbard's "Crisis," among others.

Often described as "Afro-Cuban," on any given tune you might hear traces of swing, bebop and salsa.

His music is often reflective of his own zest for life. Sanchez, who is of Mexican and American descent, was born in 1951 in Laredo, Texas, but grew up in a suburb of Los Angeles, where he was exposed to traditional jazz, Latin jazz and soul. Self-taught at the guitar, flute, drums and timbales, eventually he fell in love with the congas, where he continues to shine in front of audiences all over the world.

Known for his effervescent style, his musical abilities are rivaled only by his longevity in the industry. Sanchez has been signed with the same record company since 1982—a feat rarely experienced in an industry known for its revolving-door policies. It serves as a true testament of his musicianship.

The upcoming Oct. 17 concert is part of CPFJ's Sunday fall concert series and, even more importantly, an opportunity to pay homage to the Hispanic and

Latino communities of Harrisburg and surrounding areas during National Hispanic Heritage Month, which began Sept. 15 and ends Oct. 15.

National Hispanic Heritage Month was established to pay tribute to Hispanic Americans who have positively influenced and enriched our nation and society. A local jazz ensemble, the Trez Music Education Center Jazz Ensemble, will open the festivities at 5 p.m., under direction of Beth Trez.

General admission is \$25. However, for this concert only, people with an I.D. that identifies them as members of any Hispanic or Latino civic organization will be charged just \$10 for admission. As with all CPFJ concerts, children under the age of 12 are admitted free of charge and all students receive a discount for admission.

CPFJ's November concert will be a CD release party held on Nov. 14 with local favorite, saxophonist Tim Warfield and His Organ Band. Warfield, from York, will feature tunes from his recently released CD, "A Sentimental Journey."

On Dec. 5, CPFJ presents its Military Big Band Holiday Gala.

All concerts take place at the Hilton Harrisburg. For more information regarding these and other CPFJ-sponsored events, log onto www.cpfj.org.

Judith Brown is a writer, jazz fan and publicist for Central PA Friends of Jazz.

Folk Music Season Picks Up

Veteran fiddler featured in fall concert.

Jessica D. Hayden

Darol Anger is considered one of the most innovative fiddlers performing today, getting his start as a bluegrass fiddler. He has since explored many genres and played in a variety of configurations over more than 35 years. He is best known as a founding member of the David Grisman Quintet and the Turtle Island String Quartet. His fiddling is heard every week as theme song of National Public Radio's "Car Talk."

These days, Darol heads a new group, The Republic of Strings, a band built on the idea that there is a nation of string players and string enthusiasts—people who love string band music and who set no boundaries, make no distinction, between musical styles.

The Republic of Strings appears for a Susquehanna Folk Music Society-sponsored performance at 7:30 p.m., Oct. 31, at the Camp Hill United Methodist Church. Expect a nice mix of instrumentals and vocals from different folk traditions. In an interview, Darol shared more about his career and band.

Q: What aspects of bluegrass music appeal most to you?

A: Bluegrass music was the first music I ever got serious about. It was music that had a strong tradition and kind of a lure. It's as easy and as difficult to play as Mozart.

Q: You started playing with David Grisman in 1974. How long did you play with them?

A: Nine years and, during that time, we did just about everything that

we set out to do, including playing Carnegie Hall twice, and got some real recognition for what we did.

Q: What about your association with Turtle Island String Quartet?

A: In 1985, I got together with violinist David Balakrishnan. David had a lot of compositional knowledge and great harmonic grasp and was writing very amazing, new beautiful material. So we thought, wow, we should start a string quartet that actually does improvise and play contemporary music because no one else was doing that.

Q: Tell me about The Republic of Strings.

A: The group is very creative—people who sing very well and write very well. Basically we're covering a pretty wide swath of the evolution of the string band.

Q: The Wednesday Club Youth Chamber Orchestra will join you for several numbers. How did this come about?

A: When I was working with Turtle Island, I realized that most of that music could be expanded to larger groups. I've been working on orchestrations that introduce students to different styles while giving them something fun to play.

Jess Hayden is the executive director of the Susquehanna Folk Society. For more information on this concert, visit www.sfmsfolk.org.

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3rd Street Studio

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"Seats for Peace," featuring chairs artistically painted by neighborhood youth. Bid on a chair (photo, p. 10) and help support the Neighborhood Center of the United Methodist Church, through Oct. 6.

"Indigenous Vernacular," works by Nataka McNeal Bhatti, with an interactive component focusing on community art and artistic expression. Opens Oct. 15, reception: 6–8 p.m.

Antique Auto Museum at Hershey

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

"All-American Girls Professional Baseball League and Their Buses," through Oct. 31.

"Two-Wheeled Treasures from the Dennis Carpenter Collection," motorcycles from the 1930s to the 1970s, through May 2011.

Art Association of Harrisburg

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

"The Green Zone," fall membership show, through Oct. 14.

Invitational Exhibit, Oct. 22–Nov. 24.
Opening reception: Oct. 22, 5–8 p.m.

ArtHouse Lounge

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

Neo-futurist photographs by Erin Sparler and sculptures of John Medashefski.
Closing reception: Oct. 15.

Arts at 510

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

Drawings by Richard Chandler Hoff and oil paintings by Sandra Marino, through Oct. 30. Reception: Oct. 15, 5:10–8 p.m., music by 510 Express.

Café di Luna

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

Artwork by local children.

Cornerstone Coffeehouse

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

Artist of Month: Joe O'Donnell, watercolors.

Cygnets Studios/Conewago Coffeehouse

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

Artist of the Month: Diana Robinson.
Reception: Oct. 10, 3 p.m.

Gallerie Thirteen

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

October's featured artists: Kathy Corr, Patty Toth and Lawrence von Knorr.

Gallery@Second

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

Works by Gene Suchma and Michael Bricker, through Oct. 30. Reception: Oct. 15, 6–9 p.m.

Gallery at Walnut Place

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

Oil paintings by Doris Valdes. Artist reception, Oct. 15, 5–8 p.m.

Gallery Blu

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

"Graffiti Then and Now—from Petroglyphs to Urban Scrawl"; also, plein air artworks by Don Lenker and Paul Gallo.

Harrisburg 2010 History Center

Dauphin Deposit Bank Building, Harrisburg
210 Market St.; dauphincountyhistory.org

United States Colored Troops and the Harrisburg Grand Review, Oct. 16–Dec. 11.

Harsco Science Center

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

"Carnival of Health," an adventure in wellness.

HMAC/Stage on Herr

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

Works by various local and regional artists.

Mangia Qui

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

Featured paintings by Elide Hower and Joanne Landis.

The Mantis Collective

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

Engravings and drawings of Katie Grove, through Oct. 10.

Paintings by Jeffrey Johnson, Oct. 15–Nov. 14.

Midtown Scholar/Yellow Wall Gallery

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

"Motley," drawings and paintings by Kelly Carmack, Shauna Myers and Melanie Waters, through October. Reception, Oct. 15, 6–9 p.m.

National Civil War Museum

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

"War on the Homefront," through March 13.

Ned Smith Center for Nature and Art

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

"Moments in Time," art using natural elements by Andy Goldsworthy, through Dec. 31.

Rose Lehrman Arts Center

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

"Mirrors of Creation," photographs by Jim Hartsen, through Oct. 21.

SPRAMA.gallery

308 N. 2nd St., Harrisburg
717-238-1001; www.sprama.com

Contemporary works of Sandra Milner; sculptures of Mary Lee Kerr, through Oct. 29. Reception, Oct. 15, 5–9 p.m.

The State Museum of Pennsylvania

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

"Voices of the Revolution," an exhibit commemorating the Civil Rights movement through woodcuts, poetry and more.

Susquehanna Art Museum

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

"People, Places and Things: A Celebration of Harrisburg's Artistic Heritage," Aug. 19–Jan. 2.

Dōshi Gallery: Paintings by Ruth Trapane, through Oct. 31.

The Stage Door

Allenberry Resort Inn and Playhouse

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

"Not Now Darling," through Oct. 10

"Over the River and Through the Woods," Oct. 13–30

Harrisburg Shakespeare Festival

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

No shows scheduled for October.

Hershey Area Playhouse

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

"Harvey," Oct. 21–31

HMAC/Stage on Herr

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

"Soul Comedy Café," Oct. 10

"Rocky Horror Picture Show," (the original musical), Oct. 28–30

Midtown Scholar Bookstore-Café

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

"Death Scenes from Othello," performed by Big Spring High School's Traveling Shakespeare Troupe, Oct. 15 (free, part of 3rd in The Burg)

Open Stage of Harrisburg

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

"[title of show]," Oct. 8–Nov. 6

Oyster Mill Playhouse

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

"Ravenscroft," Oct. 1–10

Popcorn Hat Players at the Gamut

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

"Aladdin," through Oct. 9

"The Halloween Show," Oct. 15–23

Rose Lehrman Arts Center

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

"Riolt" (Pascal Riolt Dance Company), Oct. 7

Ballet Folklorico Quetzalli de Veracruz, Oct. 20

Theatre Harrisburg

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

No shows scheduled for October.

Whitaker Center

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

"Hansel and Gretel," Oct. 23–24

3rd in The Burg: Oct. 15



"Piscataway" (left) is one of the featured works this month at 3rd Street Studio, 1725 N. 3rd St. The exhibit, entitled "Indigenous Vernacular," showcases the work of Harrisburg artist Nataka McNeal Bhatti. The exhibition includes an interactive component focusing on community art and artistic expression. "Indigenous Vernacular" also will be featured as part of October's 3rd in The Burg. You can visit many galleries and restaurants on Friday, Oct. 15 for 3rd in The Burg, the monthly event featuring art, music and more at venues around Harrisburg. For more information, see our back cover or visit www.3rdinTheBurg.com.

Live Music around Harrisburg

Appalachian Brewing Co./Abbey Bar

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

Oct. 1: Tim Kasher
Oct. 2: Music for Malawa (benefit concert)
Oct. 9: Weapons for Peace
Oct. 10: Southern Culture on the Skids
Oct. 14: J-san and the Analogue Sons
Oct. 15: Hillbilly Gypsies
Oct. 16: MiZ w/Gleason's Drift & Slimfit
Oct. 17: Alternate Routes w/Barefoot Truth
Oct. 18: Agent Orange
Oct. 27: Lucero
Oct. 28: The Toasters
Oct. 29: The Bridge
Oct. 30: Cabinet w/Colebrook Road
Every Wednesday in Oct.: American Babies

Carley's Ristorante and Piano Bar

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

Oct. 1: Wade Preston
Oct. 2, 8, 16, 29: Noel Gevers
Oct. 6, 27: Chelsea Caroline
Oct. 7, 21, 22: Giovanni Traino
Oct. 9, 30: Ted Ansel
Oct. 13: Andrew Bargh
Oct. 14, 28: Anthony Haubert
Oct. 15, 23: Alex Wash from Perkasio
Oct. 16: Noel Gevers
Oct. 20: Mark Zangrilli
Every Tuesday, Open Mic Night

Ceolta's Irish Pub

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

Please contact the venue.

Char's Bella Mundo

540 Race St., Harrisburg
717-213-4002; www.charsbellamundo.com

"Jazz Wednesdays," with special wine menu

Clover Lane Coffeehouse

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

Oct. 15: Coyote Run

Cornerstone Coffeehouse

2133 Market Street, Camp Hill
www.thecornerstonecoffeehouse.com

Oct. 1: Trace Morgan
Oct. 2: Hemlock Hollow
Oct. 3: Mitch and Lee
Oct. 8: Chris Nelson
Oct. 9: The Lone Wolf Project
Oct. 10: Andrew Bellanca and Friend
Oct. 15: Ben Pierson
Oct. 16: Ruby and the Hummingbirds
Oct. 17: Kevin Kline
Oct. 22: Jeanne and Friend
Oct. 23: Brian Jacobsen
Oct. 24: Aaron Daniel Gaul
Oct. 29: Cynthia Gorski
Oct. 30: Jeff Greenawalt
Oct. 31: Stan Hoke and The Hopefuls

Cygnets Studios/Conewago Coffeehouse

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

Oct. 1: Matt Wheeler
Oct. 2: Andy Mowatt

Harrisburg Symphony Orchestra

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

Oct. 2-3: "Pull Out All the Stops"
Oct. 30-31: "Mancini Moonlight"

Hilton Harrisburg and Towers

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HMAC/Stage on Herr

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

Oct. 1: Arthouse Cinema DJ
Oct. 2: Chelsea Caroline
Oct. 3: Suzi Brown CD Release Party
Oct. 7: Mike Banks & Friends
Oct. 8: Cuddle Magic
Oct. 9: InnaVibe
Oct. 12: Bitter Ruin w/Jason Webley
Oct. 14: Pockey LaFarge & the Hot Seats
Oct. 15: Yarn
Oct. 16: CASE 150 w/special guests
Oct. 17: Zelazowa
Oct. 21: Doug & Telisha Williams
Oct. 22: Darcie Miner Band
Oct. 23: Troegs Beer Night w/Mecca Bodega
Oct. 24: The Fleshtones
Oct. 25: Holy Ghost Tent Revival
Every Wednesday: Open Mic Night

Hollywood Casino at Penn National

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

Oct. 1: Burning House
Oct. 2: Natural 9
Oct. 8: Restless
Oct. 9: Honeypump
Oct. 15: M80s
Oct. 16: Mustang Sally & Laredo
Oct. 22: Flashback
Oct. 23: Pentagon
Oct. 29: Uptown
Oct. 30: Blue Moon Swamp

Mangia Qui/Suba

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

Oct. 2: Kyle Morgan and The Back Road
Oct. 8: Win Tichenor
Oct. 9: Jessica Jellen and The Yellow Day
Oct. 15: Phipps and Friends
Oct. 16: The AD Chandler Band
Oct. 22: Samantha Gibb and The Cartel
Oct. 23: Jeff Calvin and The Converse All Stars
Oct. 29: Blue Elephant
Oct. 30: Batida

Midtown Scholar Bookstore-Café

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

Oct. 8: Mary Gauthier w/Tania Elizabeth
Oct. 15: Camela Widad Kraemer
Oct. 21: Jill Sobule
Oct. 29: "Folk-Café Friday"

The Midtown Tavern

1101 N. 2nd St., Harrisburg
717-236-7583; themidtowntavern.com

Oct. 2: Blind Willie's Blues Band
Oct. 9: Rotten Belly Blues Band

The Midtown Tavern, continued

Oct. 16: The Cornlickers
Oct. 23: Reggie Wayne Morris Blues
Oct. 30: The Porkroll Project Blues Band

Morgan's Place

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

Please contact the venue.

Stock's on 2nd

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

Oct. 2: Funktion
Oct. 9: Shea Quinn and Steve Swisher
Oct. 16: Cruise Control
Oct. 23: Don Johnson Project Band
Oct. 30: Music Through Science

The Susquehanna Folk Music Society

www.sfmfolk.org (check website for location)

Oct. 2: Claude Méthé & Dentdelion
Oct. 10: Jam Session
Oct. 15-17: Serbian/Bulgarian Dance Weekend
Oct. 23: Fall Coffee House
Oct. 31: Darol Anger & The Republic of Strings

TuesdayBluesday

Der Maennerchor, 221 North St., Harrisburg
www.tuesdaybluesday.com

Oct. 5: Blue Elephant w/guests
Oct. 12: Pokey LaFarge & the South City Three
Oct. 19: The Humblers
Oct. 26: Dane Paul Russell

Whitaker Center

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

Oct. 7: Brandi Carlile
Oct. 9: Trio Solisti (Market Square Concerts)
Oct. 12: The Max Weinberg Big Band
Oct. 14: 100th Anniversary Concert for the Pennsylvania Association for the Blind
Oct. 24: Los Lonely Boys
Oct. 27: Preservation Hall Jazz Band
Oct. 29: Terri Clark w/Lauren Lucas

Lectures, Readings & Classes

The HodgePodgery

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

Oct. 2: "Halos and Horns Make and Take," noon
Oct. 7: "Close to the Heart Charm Class," 6 p.m.
Oct. 15: "Decorative Painting 101," 1 p.m.
Oct. 28: "Square Crochet," 6 p.m.

Midtown Scholar Bookstore-Café

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

Oct. 1-2: A weekend of Civil War/Civil Rights discussions and films, hosted by Amanda Kemp, Midtown Scholar's resident scholar for 2010. Check website for details.

Oct. 16: Mystery Writers Day, featuring authors Peter Durantine, Mike Silvestri, J. R. Rife and John Sabol, discussing and signing their books.

Other Highlights

Oct. 1: Lancaster First Friday. Lancaster highlights its arts and gallery community in this citywide event. lancasterarts.com

Oct. 2: Midtown Fall Beautification. It's clean-up time in Midtown Harrisburg. Meet at 9 a.m. at the Historic Harrisburg Resource Center, 3rd and Verbeke streets. Gloves, bags and refreshments provided. friendsofmidtown.org

Oct 3: Harrisburg Cupcake Cup. Bring your confections and your appetites to the 2nd annual Cupcake Cup, which benefits the Central Pennsylvania Food Bank. 2-4 p.m., Midtown Scholar Bookstore, 1302 N. 3rd St. Facebook: Cupcake Cup

Oct. 8: Decorating with Arts & Crafts. Bungalow Society of Central Pennsylvania holds a free public event on decorating the arts and crafts way. 6:30 p.m. at Giant Food Community Center, Camp Hill.

Oct. 8: Friends of Midtown Social. Friends of Midtown will hold its fall social at Historic Harrisburg, 3rd and Verbeke streets. 7 p.m. Free for members; \$5 for non-members. friendsofmidtown.org

Oct. 15: Fairies & Monsters Face Painting Extravaganza. Face painting and pixie strands for kids and adults. The HodgePodgery, 1100 N. 3rd St. 5-10 p.m. thehodgepodgery.com

Oct. 16: Under the Hunter's Moon. Annual fundraiser for Fort Hunter features elegant dining, music and dancing throughout the Centennial Barn. 6 p.m. forthunter.org

Oct. 17: Benefit Recital. Recital features works by Brahms performed by local musicians. Recital is free, but there will be a freewill offering that benefits programs of The Nativity School in Harrisburg. St. Lawrence Chapel, 205 State St., 4 p.m.

Oct. 21: YWCA Power of Style Fashion Show. Local boutiques will be featured at the annual fashion show to benefit the YWCA of Greater Harrisburg's Domestic Violence Intervention and Prevention programs. 11 a.m., West Shore Country Club. Contact Devan at 717-724-2248 or ddrabik@ywcabg.org.

Oct. 24: Architectural History Tour. Explore 18 historic landmarks in Lancaster designed by renowned architect C. Emlen Urban on a self-guided tour. Noon-5 p.m. Call 717-291-5861 for tickets. For more information, visit www.hptrust.org.

At the Cinema

Moviate Film Co-Op

1106 N. 3rd St., Harrisburg
www.moviate.org

Oct. 9: "Cinema Soloriens," with live music by Marshall Allen to films of James Harrar (in-person), at Midtown Scholar, 8:30 p.m.

Oct. 23: "Nosferatu," with live score by The Living Screen, 8 p.m.

Oct. 27: "Tiger Saw," with opening bands Winter Sons and St. Claire, 7 p.m.

Oct. 28: Filmmaker Mike Kuchar, presenting old and new rare works, 8 p.m.

Falling Leaves, Rising Fun

Autumn is perfectly made for big & little kids.

Rebecca Mack

Fall is one of my favorite times of the year, and I love spending it with my family engaged in the particular outdoor activities this season offers.

There's something about having children that has unlocked a part of me I forgot ever existed. It's almost as if I have a free pass to act like a kid myself, viewing the world through their eyes, discovering different aspects of life as if I were doing them for the first time. As the hot temps surrender to cooler ones, tank tops are traded in for sweaters, and the grill relinquishes dinner duties to the crock pot, I find myself falling in love with the season as I anticipate all that it will bring.

This year, I have many activities in mind for our family. With four young children, determining what to do that is age-appropriate and will excite everyone often gets quite dicey. Luckily, the baby is pretty complacent, and the 3-year-old will do whatever her older brother and sister do. Apple- and pumpkin-picking are definitely high on the list. Since moving to Pennsylvania almost four years ago, we have not gone apple-picking even though we live so close to Adams County, aka "Apple Country." It is definitely a fun treat, and I can't wait to go this year!

Hay rides have to be on my list as well. Other activities include a corn maze, trick-or-treating for

season. The whipped cream atop the pumpkin pie is that the kids will learn a lot about nature, the seasons, life and each other—all without spending anything but time.

My favorite fall activity when I was a kid was jumping in piles of leaves. I can almost hear the crunch of the dried leaves and smell their earthy scent as I remember diving into those newly raked piles. What a day of fantastic fun we would have, crashing into one of nature's perfect factors in the cycle of life. It didn't cost a thing and yet we managed to come home at the end of the day with a sense of having found something of great value.

Of course, fall would not be complete without creating some of our favorite comfort foods and treats. Our list of yummys will include chili, pumpkin bread and pie, hearty soups, corn bread, homemade chex mix and popcorn balls. There are tons of recipes on the Internet that are geared toward this season and are kid-friendly too.

As in all things family, the most important part is to spend quality time together. Take the time to relax with your children, let them show you the world through their eyes

and rediscover what it's like to be a kid experiencing the changing of the seasons of life.

Rebecca Mack is the mother of four children, a freelance writer and the co-owner of New Growth Landscaping. Visit www.motheringgodschildren.blogspot.com.

Sweet Sciences Day

High school students can learn the science behind chocolate and other foods during Harrisburg University's Sweet Sciences Day, a free, day-long workshop, slated for 8:30 a.m. to 1:30 p.m. on Friday, Oct. 22, at the university's campus, 326 Market St.

The event will feature hands-on experiments. HU encourages educators to bring classes to the event. For more information, contact Rene Massengale at 717-901-5133 or sweetsciences@harrisburgu.edu.

School Cuts Proposed

Harrisburg schools Operating Officer Shawn Farr has proposed closing a \$6.8 million budget gap through dramatic measures, including slashing sports programs and early childhood education.

The district's school board has not yet acted on the proposals, which have been met with parent outrage. Public forums to discuss the budget crisis will be held at 6 p.m., Oct. 5 at Harrisburg High School and Oct. 7 at Ben Franklin School.

New IT Center at HU

LECG and Harrisburg University of Science and Technology have teamed to create an information technology support services center.

The center, located at 304 Market Street, will promote learning, foster experience and create job opportunities for IT students and professionals in the region. The center provides a laboratory-like environment that enables students to develop marketable skill sets.



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Wabbit—er, Rabbit Season

Grab a beagle and head for the woods.

Kermit G. Henning

The unmistakable bawl of a beagle on a rabbit bellowed through the brambles. Otis was hot on the trail of the rabbit we jumped just a few minutes earlier as we struggled through the sharp and tangled briar patch. If all goes well, Otis will bring the rabbit around to the original starting point and we will be ready with a sure shot.

Cottontail rabbits are very popular with hunters. Find the right habitat, and you can usually jump enough to make the day interesting. Seeing lots of bunnies is also a good way to introduce young and novice hunters to the sport.

Rabbits are most often found in brushy areas, agricultural fields, fencerows, brush piles, briar patches, even along railroad tracks where they find emergent vegetation. They just love clover, alfalfa, broadleaf weeds, soybeans, garden crops and

small twigs, buds and bark of young saplings—especially in the winter when other food sources are scarce. Basically, anywhere there is both food and cover, you'll find bunnies.

Gearing up for rabbits is relatively simple. Slowly walking along field edges or likely cover, a hunter can often spot a bunny before he makes a break for it. Here, an accurate .22 rifle will bring bunnies to bag. For most rabbit hunting, though, a light, quick-handling shotgun works best. A 20-gauge gun with an improved cylinder choke will work fine for the quick snap shots in thick cover. Shot size in 6 or 7½ is best.

Hunting in thick cover calls for heavy, canvas pants, especially those clad in vinyl fronts. Briars and thorns will tear you up otherwise. Sturdy, cleated boots that support the ankles going through rough terrain

head, chest and back combined.

Walking up rabbits can certainly be productive, but nothing beats the thrill of hunting them with beagles. What makes it work so well is the rabbit's natural instinct to circle and come back to the same spot it jumped.

Rabbits have a relatively small home area, and they hate to leave it. When flushed, they sprint away in flash, leaving the dogs way behind. When they are again threatened, they will take off again. But eventually they turn and head back for their home haunts. This is when the hunter can usually get a shot, when the dogs bring the rabbit back. Stand still and watch intently for the slightest movement. If you're lucky, you will add another tasty bunny to the bag. Even if the bunny outsmarts you, listening to the music of the baying beagles makes the whole day worthwhile.

Rabbits are a very versatile treat in the kitchen. The first step to a great, healthful meal is proper field care. Rabbits should be skinned and gutted as soon as possible to cool the delicate meat. Uncleaned rabbits carried around all day in the back of a canvas hunting vest will spoil quickly. The white meat is lean and delicious used in a wide variety of ways. Perhaps the easiest, and most common, way to prepare them is to separate the carcass into front and

rear legs, rib sections and the back saddles. Parboil the rabbit pieces with a carrot, an onion and a stalk of celery until tender—about an hour. Now dredge the pieces in seasoned flour and pan fry in oil until golden brown and crispy.

Save a choice morsel for Otis. He did most of the work after all.



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

Largest Pie Fight

Central Penn College graduate Nathan Smoyer is looking to set a Guinness world record for World's Largest Pie Fight.

The battle is scheduled to start at 2 p.m., Oct. 16, on the college's campus, 600 Valley Rd., Summerdale.

The cost to throw pies is \$5 each, the money going to Vickie's Angel Walk, which assists families of cancer victims, and Central Penn's Education Foundation, which raises money for student scholarships.

For information, visit www.facebook.com/worldslargestpiefight or email Nathan at nathansmoyer@gmail.com.



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An Undetected Menace

Routine screening recommended to diagnose diabetes.

Dr. John Goldman

Diabetes has become increasingly common in the United States. It is estimated that approximately 20 million Americans have diabetes and more than one third of all Americans will develop the disease at some point during their lives.

More than 90 percent of the patients with diabetes will develop the disease as an adult due to the development of resistance to insulin (the hormone that regulates blood sugar levels). Patients who have diabetes often have no symptoms, and the disease is undiagnosed in as many as one-third of people with the disease. It can be as long as 10 years from the development of the diabetes to its diagnosis. Some patients will already have developed complications of the diabetes (damage to the kidney, damage to the eyes or nerve damage) at the time of diagnosis.

Consequently, it is important to screen patients without obvious symptoms for diabetes. Some experts recommend screening all adults above the age of 30. Other experts recommend screening for diabetes in patients with risk factors like obesity, increased cholesterol, high blood pressure, a family history of diabetes or physical inactivity.

There are two main methods to screen for diabetes. The first method is to check a fasting blood sugar. Patients without diabetes and who are not at risk for developing diabetes will have a fasting blood sugar less than 80 mg/dl; patients who do not have diabetes but are at high risk for developing will have a fasting blood sugar between 81 and 125 mg/dl; and patients with diabetes will have a blood sugar above 125 mg/dl. Any patient with an abnormal blood sugar (>80 mg/dl) should have the fasting blood sugar repeated. The diagnosis of diabetes or pre-diabetes cannot be made unless the sugars are elevated on at least two separate occasions.

The second method is to check a hemoglobin A1c (HgbA1c).

An HgbA1c is a measure of the percentage of hemoglobin molecules (the molecules that carry oxygen in red blood cells), which have had a sugar molecule attached to them. The frequency in which glucose is attached to hemoglobin is directly dependent upon the concentration of glucose in blood. Consequently, an HgbA1c gives a measure of the average blood sugar over the last 90 days (the lifespan of a red blood cell).

An HgbA1c of less than 5.7 percent is considered normal. An HgbA1c of 5.8 to 6.4 percent is considered at high risk of diabetes, and an HgbA1c of greater than 6.5 is considered diagnostic of diabetes. An HgbA1c only has to be elevated once to make the diagnosis of diabetes.

In my opinion, every adult should be screened for diabetes with a fasting blood sugar at least once every five years, and patients with risk factors should be screened once a year. Any patient with an elevated blood sugar should have a follow-up HgbA1c. Diabetes is very common, often asymptomatic, often undiagnosed. Therefore, routine screening will result in uncovering

undiagnosed disease, prevention of diabetic complications and better treatment of the disease.



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

PinnacleHealth Grant

Steel company ArcelorMittal has given a \$5,000 grant to support PinnacleHealth's Children's Resource Center, located at the Polyclinic Hospital campus in Harrisburg.

The grant was devoted to updating equipment and creating a child-friendly environment for young and adolescent victims of abuse.

"Walk to Remember"

To mark National Pregnancy and Infant Loss Awareness Month, PinnacleHealth will sponsor a "Walk to Remember" at 2:30 p.m., Sunday, Oct. 3 at Woodlawn Memorial Gardens, Londonderry Road, in Lower Paxton Township.

The walk begins at the chapel and concludes at PinnacleHealth's memorial plot for a non-denominational service of remembrance. Refreshments will be available at the chapel following the service.

For more information, call Marianne Allen at 717-782-5906.

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Pam Waters

Running can be a solitary sport. Keeping pace with someone slightly faster is taxing; marginally slower, aggravating; and as any runner will tell you, chatting uses up valuable lung space. With a larger group of runners, however, it is easier to find someone with a similar pace and desire for conversation.

I recently joined about 20 members of the Harrisburg Area Road Runners Club on their Sunday Club Run. It was a 5-mile course starting at Shank Park in Hershey and following paved trails over hills towards Hummelstown and back. Every Sunday, the club sponsors a bare-bones race for any member

who shows up. Locations, distances and race directors vary.

Many members have had a hand in putting together larger races than the Sunday Club Runs. HARRC itself directed the Harrisburg Marathon for 36 years, but last year ceded control to the Harrisburg Area YMCA. This year's marathon is Nov. 14, kicking off from City Island at 8:30 a.m. (walkers are allowed to start at 6:30 a.m.).

Many club members still volunteer for the marathon; others run it each year. Marge Lebo, HARRC's director of publicity, has been a director for 17 years for a race series that benefits domestic

violence services. She also directs a June race for colon cancer prevention.

Mary Lou Harris plans to stage the Harrisburg area's first-ever 10-mile race in late March to benefit non-profit arts organizations in the area. With both running and the arts as her key interests, she would like to "get some cross-organizational work going" between Harrisburg's running and arts communities.

On this particular day, runners gathered at the start of the course, as race director Steve Whittle gave course directions. "On your mark," he said, "get set" and, with a loud blast on his duck call, he started the race. Participants ranged from beginners to ultra-marathoners, from those just out of college to grandparents, from human to canine. Some ran as part of a training regimen for an upcoming race. Others took up a more leisurely pace than usual in order to run with friends.

As we all took off down the path, Whittle remained behind with a stop watch, a clipboard and a trunk full of water, sports drinks and



Runners and walkers pound the pavement at a recent Sunday Club Run in Hershey and Hummelstown sponsored by HARRC.

snacks. I was nursing a hamstring injury, so I turned around well short of the 2.5-mile marker and crossed the finish line first.

The website shows my finish as a "fun run" without a time, but it lists times for every other runner. Frank Leiter ran the course in 34 minutes to take first place. It wasn't a particularly good time, he said, but according to Gary Grobman, who came in second, "If Frank shows up, he's going to win."

At the other end of the spectrum, Shelly Perry and Chuck, her black lab, finished in 1:05:06, to Perry's delight.

"I'm always going to be last," she said, "but that's OK. Did I do my best for that day? I'm okay with that."

Perry joined the club in June and listed motivation and camaraderie as the main draws for her. "I've been welcomed the whole way," she said.

HARRC: www.harrc.org; the Harrisburg Marathon is Nov. 14: www.harrisburgmarathon.com.

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One More Thing

Way Down upon the Swattie

In praise of a creek that runs through our region.

Ryan Dibeler



Swatara Creek has long been a waterway of recreation for people in the midstate, and as I grew up in Hummelstown, the “Swatty,” as it’s affectionately called, has been a place to enjoy nature. Whether fishing, canoeing, tubing or enjoying

a rope swing with friends, the Swatty has given me many fond memories.

The creek comes out of the mountains in Foster Township, Schuylkill County, north of Pine Grove, and meanders about 60 miles through four counties—Schuylkill, Berks, Lebanon and Dauphin—before draining into the Susquehanna River just below Harrisburg between Middletown and Royalton, eventually making its way into the Chesapeake Bay. That’s right: our area is part of the Chesapeake Bay Watershed.

The creek is a critical resource, especially to people in Lebanon city, Hummelstown, Palmyra, Fort

Indiantown Gap and Jonestown who rely on the Swatty for their water supply. Parts of the creek’s 570-square-mile watershed get drainage from abandoned mines in the coal region as well as from farms.

The Swatty has its guardians, such as the Swatara Watershed Association, whose mission is to help clean and preserve the creek. Director Jo Ellen Litz said that, since the 1970s, the group has worked with state agencies, municipalities, and other watershed groups to make the creek healthier.


“We have enjoyed a remarkable success in bringing the community together to preserve the creek and make it more accessible to everyone,” Litz said.

Their efforts have led to new access points to the creek—canoe docks and break spots along the water trail. They work with local farmers to plant buffers along the creek to help subdue polluting field runoff. They educate residents of the watershed about what they can do at their homes and businesses to help preserve the creek.

The Swatara Creek has played a great role in my life. It’s a place where I spent summer days with friends or found refuge for personal contemplation. In an era run by 24/7 news coverage, it’s easy to forget about things right under our noses.

For more about Swatara Creek, visit www.mbcomp.com/swatara.

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Pennsylvania ranks 46th in the nation in regard to electing and appointing women to higher office. This trend must be broken. Mr. John Baer of the Philadelphia Daily News wrote in a recent column,

"I've long argued that politics needs more women, especially in Pennsylvania's self-protective, bloated, ineffective, scandal prone, men's club Legislature. Cut its size, its cost and add more women and there would be less corruption and more production."

By John Baer
*Philadelphia Daily News,
Daily News Political Columnist*

Phyllis Bennett has been given unanimous support by Central Pennsylvania Building & Construction Trades Council.

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Cement Masons Locals 592 & 526
Carpenters Locals 214, 645 & 950

Asbestos and Insulators Locals 23 & 38
Painters Local 411
Glaziers Local 252
Roofing & Waterproofing Local 30
Boilermakers Local 13

Elevator Constructors Local 59
IUPAT District Councils 21 & 57
Millwrights Local 2237
Sprinkler Fitters Local 669
Bricklayers Local 5



3RD in the burg

3RD IN THE BURG

EVERY 3RD FRIDAY IN HARRISBURG: OCT 15

Gallery Blu (1633 N 3rd St • 717.234.3009 • www.galleryblu.org • Hours: 11 am-9 pm)

“Graffiti Then & Now- From Petroglyphs to Urban Scrawl” continues. Side Room Gallery features plein air works by Don Lenker and Paul Gallo. Hours 11 am-9 pm.

Midtown Scholar Bookstore (1302 N 3rd St • 717.236.1680 • www.midtownscholar.com • Hours: 9 am-9 pm)

Noon: the science of coffee (cupping). 2 pm: the art of tea (tasting). 6-9 pm: reception for “Motley: Drawings & Paintings by Kelly Carmack, Shauna Myers & Melanie Waters.” 6:30-7 pm: scenes from Othello. 7-9 pm: music by Carlisle’s Camela Widad Kraemer.

The HodgePodgery (1100 N 3rd St • 717.236.0150 • www.thehodgepodgery.com • Hours: 11 am-10 pm)

“Fairies & Monsters” costume face painting starting at \$3. 5-10 pm.

Midtown Cinema (250 Reily St • 717.909.6566 • www.midtowncinema.com)

Movie Trivia: 7:30 pm. Prizes and free popcorn.

Arts at 510 (510 North 3rd St • 717.724.0364 • www.artsat510.com • Hours: 11 am- 8 pm)

Featured artists are Richard Chandler Hoff and Sandra Marino. Reception and music by 510 Express: 5:10-8 pm.

Mangia Qui (272 North St • 717.233.7358 • www.mangiaqui.com)

Featuring paintings by Elide Hower and Joanne Landis. Featured cocktail: Count Diablo.

Gallery at Walnut Place (413 Walnut St • 717-233-0487)

Oil paintings by Doris Valdes. Artist Reception: 5-8 pm.

SPRAMA.design. (308 N. Second St • 717.238.1001 • www.sprama.com)

Award-winning Philadelphia artist, Sandra Milner, displays works of figurative abstracts. These hypnotic & mysterious contemporary paintings are complemented by the strikingly similar works of sculptor, Mary Lee Kerr. 5-9 pm.

ArtHouse Lounge. (217 N. Second St • 717.236.2550 • www.arthouselounge.com)

Featuring Erin Sparler’s Neo-Futurist photographs & sculptures by John Medashefski. Closing reception: 7-9 pm.

Nonna’s Deli-Sioso (263 Reily St • 717.232.6150) South Central PA’s only authentic Italian Delicatessen.

Gallery@Second (608 North Second St • www.galleryatsecond.com)

Featured artists: Gene Suchma and Michael Bricker, plus The Upstairs Gallery. Join us for food and drink. 6-9 pm.

Broad Street Market (1233 North Third St • 717.236.7923 • www.broadstreetmarket.org)

Enjoy great food from local vendors while shopping for your creative art wares! Noon-7 pm.

3rd Street Studio (1725 N 3rd St • 717.385.3315 • www.3rdstreetstudio.org)

Featured artist: Nataki McNeal Bhatti presenting “Indigenous Vernacular.” Reception 6-8 pm. Open 3-9 pm.

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