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September 2009



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Paul (11/28), Antje Duvekot (12/5)

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General & Letters

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Thank you for the wonderful comments we receive each month. We strive to provide interesting stories and information to our 25,000+ readers of Greater Harrisburg. We appreciate your support. Enjoy our September issue!

TheBurg is now on Facebook. Become a fan: facebook.com/theburgnews.

Letters

I just wanted you to know how much I really enjoy your publication. I look forward to seeing it every month at Alvaro's. The feature you did on them was very well done ("The Baker Man Is Back," August, 2009, p. 7).

Not only is your publication entertaining to read, but very informative on things that matter to locals, who now include the Amoroses, as we moved from York to Harrisburg about six weeks ago. I look forward to future editions.

Abraham Amorós
Harrisburg

Reading TheBurg made me feel more connected to other people in the Harrisburg area. I enjoyed the information and reading the accounts of people's passion for what they do, especially "The Baker Man Is Back." Thank you.

Miriam Wege
Hummelstown

We welcome all letters to TheBurg. We reserve the right to edit letters for space and grammar.

Cover: Dusk over the Susquehanna River, Harrisburg

Summer's Gone. Long Live Autumn

Every summer, my family took one week of vacation. We packed up the Mercury sedan and headed to a rented house on the Jersey shore.

For some reason, our beach vacation always fell the week before Labor Day. Perhaps that's why this time of year always evokes a bit of nostalgia in me. To this day, come Labor Day weekend, I can almost feel the summer end, like I'm back in the car getting my last glimpse of sand and ocean—knowing that a new school year was about to descend right upon me.

Unlike other seasons, summer doesn't fade away gradually. Instead, the door slams shut behind it over a single weekend.

Today, I don't see the end of summer as quite the tragedy I did as a kid. Despite my annual pique of nostalgia, I actually welcome cooler days and crisp nights. September has some of the finest weather of the year, and it's a great time to be out of the house, enjoying all that the Harrisburg area has to offer.

The three-day Kipona festival is a definite highlight of the month, as are Gallery Walk, the county Jazz Festival and Fort Hunter Day. But please don't hesitate to explore beyond these major events. On almost any day or night, you'll discover something great to do.

To help you decide, we've greatly expanded our "Happenings" pages, which now includes many more venues and events. Use it as your guide—then get out and enjoy your city!

—Lawrance Binda

Pride Festival of Central PA

"One World, One Goal, Equality for All"



September 6, 11 a.m. - 2 p.m.
Benefit Brunch at Liquid 891
Harrisburg

September 19, 11 a.m. - 3 p.m.
Burger Burn at Sam's Club
Harrisburg

www.harrisburgpride.org
717-801-1830

Pride Festival of Central PA is a Project of The Foundation for Enhancing Communities

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City Hall

Intersection Upgrade Program to Begin

Harrisburg will undertake a major intersection upgrade program this fall to improve safety for pedestrians and students.

The project features the installation of four flashing warning lights and "School Zone" signs approaching the intersection at 6th and Division streets, as well as 34 DuraTherm crosswalks at various school intersections, according to the city. DuraTherm crosswalks improve safety by making them more noticeable to oncoming drivers through patterns and colors.

DuraTherm crosswalks will be installed near the following schools:

- Foose School (1301 Sycamore St.)
- Shimmel School (548 S. 17th St.)
- Holy Family School (555 S. 25th St.)
- Marshall School /Harrisburg High School (John Harris Campus)
- Bishop McDevitt High School (2200 Market St.)
- Camp Curtain Sch. (2900 N. 6th St.)
- Hamilton School (1701 N. 6th St.)
- Ben Franklin Sch. (1205 N. 6th St.)
- Lincoln School (1601 State St.)

The project, estimated at \$287,500, is funded by a U.S. Department of Transportation grant. The design was jointly coordinated and funded by the city and the school district for an additional \$15,500.

Harrisburg Snags 2010 All Star Game

Harrisburg will host the 2010 All Star Game of the Eastern Professional Baseball League.

All Star Game activities will take place July 13 and 14 at Metro Bank Park on City Island.

The ballpark is halfway through a major renovation. The second phase of upgrades and expansion will begin this month for completion in April.

Details for All Star week are still being put together and will be released in the coming months, said Mayor Stephen Reed. Reed added that there will be special opportunities for the public to participate in events and meet the Eastern League all stars.

This year's All Star Game was in Trenton, N.J., and was hosted by the Trenton Thunder, the New York Yankees AA team.

Firefighters Wanted

Harrisburg is seeking a few good firefighters, accepting applications until Sept. 14.

The position offers a starting salary of \$21,000, which will be increased to \$47,557 after the completion of a 12-week training program. Applicants must submit an application to be considered. No resumes will be accepted. Applications must be accompanied by a processing fee of \$30.

Applicants also must undergo a civil service test and other screening processes.

All applications must be returned in person by the applicant, or applicant's designee, to the city's Bureau of Human Resources no later than 2 p.m. on Sept. 14.

For additional information, call the Bureau of Human Resources at 717-255-6475 or go to www.harrisburgpa.gov/Resident/Public_Safety/Fire_Bureau.html.

Did you know ...

... The Susquehanna River gets its name from the Susquehannock Indians, who had several settlements in the area?

... The sprawling Farm Show complex was built, in part, to create construction work during the Depression?

... The Liquor Control Board building on Forster Street sits on a site previously occupied by a brewery?



The Fall Concerts

The Piano Series

September 13 ~ Kevin Hays Trio
**CPFJ All Star Youth Jazz Band, Ron Waters, Director*

October 11 ~ Eldar
**Studio of the Arts Student Jazz Band, Curt Sipe, Director*

November 8 ~ Cedar Walton Trio
**Trez Music Education Center Jazz Band, Beth Trez, Director*

All Concerts at the Hilton Harrisburg at 6pm.
**Youth bands open the evening at 5pm.*






Tickets available online at www.CPFJ.org or at the door.

Pennsylvania Wine Society



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All are welcome to join—from beginners to connoisseurs



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State Street

More Streets Fixed Due to Low Bids

Additional area roads will be built, repaired and paved because bids came in lower than expected under projects funded by federal stimulus money, the state has announced.

"The combination of competition in the marketplace and the easing of costs for materials has produced bids that have been, on average, 11 percent below estimates," Gov. Ed Rendell said.

The additional projects include:

- Harrisburg, street paving, \$2.1 million
- Hampden Township, Carlisle Pike resurfacing between Route 581 and Salem Church Road, \$1.7 million
- North Middletown Township, Route 641 resurfacing, from Route 11 to Route 465, \$803,000
- South Middletown Township and Carlisle, Route 74 resurfacing, between Route 641 and Forge Road, \$800,000
- Carroll Township and Dillsburg, Route 15 resurfacing, from Golf Course Road to the Cumberland County line, \$3.6 million.

The state plans to spend about \$1 billion for road and bridge projects using federal stimulus funds. As of late July, PennDOT had instructed contractors to begin work on 178 such projects, worth about \$420 million.



The stairway entrance to Capitol Park at Walnut and 3rd streets has been restored and is now open. Work on the first phase of the park's renovation continues along Walnut Street, where construction crews are building a retaining wall and installing a sidewalk.

State Awards Grant for Chesapeake Bay

The local office of the Chesapeake Bay Foundation, 614 N. Front St., received a \$14.9 million state grant to help farmers better manage crop fields throughout the bay watershed in Pennsylvania.

The money would go toward reducing nutrient runoff into streams that flow into the bay. The funds are part of \$355 million in loans and grants for 111 green infrastructure, drinking water and wastewater projects in 47 counties announced recently by the state using federal stimulus funds.

For more information, visit www.pennvest.state.pa.us. To track the state's investment of federal stimulus funding, please visit the website, www.recovery.pa.gov.

Rail Meeting Slated

PennDOT will conduct a public meeting on its draft intercity passenger and freight rail plan, 6 p.m. to 8 p.m., Sept. 15, at HACC's C. Ted Lick Wildwood Conference Center, One HACC Dr., Harrisburg

The plan will detail how Pennsylvania intends to offer more frequent and timely passenger rail service and increase its use of the freight rail system for goods movement. It also will help decide upon the most needed projects.



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JOIN US FOR OUR "COMMUNITY NIGHT" FUNDRAISER

On **Wednesday, September 16, 2009**, Isaac's Restaurant & Deli (Harrisburg) will host a fundraiser to benefit The Salvation Army in Harrisburg. Bring your friends and family to enjoy great food and great company while supporting an organization that gives back to people in need within our community. Twenty-five percent (25%) of the total cost of your meal will go directly to The Salvation Army in Harrisburg to help keep up with their **65% increase** in demand for services since last year.

WHERE: Isaac's Restaurant & Deli
421 Friendship Road (behind Bass Pro Shop)
Harrisburg, PA 17111
(Valid at this location ONLY!)

WHEN: Wednesday, Sept. 16, 2009, 5:00 – 9:00 p.m.

HOW: Bring this flyer with you to Isaac's, complete the information, and hand it to the cashier when paying.

This form can be used for Dine-In or Takeout!

TAKEOUT: Call 920-5757 or come in and place your order.

Please complete this information for your server.

Name: _____

Number of People in Party: _____

Total Cost of Meal (excluding tax): _____

*Coupons, discounts, or specials not valid during this fundraiser.

Thank you for partnering with Isaac's and The Salvation Army Harrisburg.

I want to receive Isaac's special offers and discounts by email.

Email: _____

A Dream Come True

3 friends combine talents, ambitions to launch Sprama Design

TheBurg Staff

When they left the world of corporate design, the owner-trio of Sprama Design (pronounced sprá-ma—but more on this later) not only wanted to pursue their creative and business instincts. They wanted to pursue a shared lifelong dream.

"When the three of us sat down and discussed our wildest dream, it was the same," 32-year-old Harmony Boore said.

Boore sat with her partners, Josephine Stoltzfus and Ashly Tagle, who jointly founded the firm in May, and said, "It was a dream each of us had since we were little girls."

Working at drafting tables in a makeshift studio before the Sept. 13 grand opening of their storefront gallery along 2nd Street, the women said they approach design assignments with a "distinct three-stage program."

The first stage is consultation. They meet with a client in the space designated for design and discuss dreams, possibilities and options. The client has the option of Sprama either doing the design for them or instructing them how to do it.

It's based on what a client can afford, whether \$100 or \$1,000, Harmony said. "The client has the ability to determine how much and how little we can help them."

Second stage is research, rendering and design, in which

they sketch on paper the design the client seeks. The do-it-yourself client can use the sketch as a guide. The third stage is comprehensive service for the client who wants the designers to do the work.

"Each of these stages caters to a certain income," Josephine said.

The three stages provide checks and balances, so the client is clear on what they want and what they get.

The three designers each bring a specific talent to the firm:

Josephine, 27, has degrees in multi-media and industrial design and does kitchen and bath work. Harmony's psycho physics degree provides design science for creating a space that evokes the appropriate atmosphere. Ashly, 28, with her degrees in marketing and communication and interior design, specializes in historic design.

"Being creative people, we can do any realm for any client," Ashly said.

The lesser known realm is psycho physics—the study of sensory and perception in design.

"Do you ever go into a restaurant that has this fabulous vibe? That's psycho-physics," Harmony said.

What prompted their decision to start the firm was more than just a shared dream. Their talents formed a complement. "We recognized that the three of us made each other stronger," Josephine said.

While the women will work in a studio and offices at the back of their 2nd Street location, the storefront is for a gallery that will feature the art works of women who are stay-at-home mothers.

"There are many stay-at-home mothers out there who are excited about this," Harmony said, noting the gallery is open also to men who are unsung artists.

Sprama's name comes from the combination of the words "spirit" and "drama," which the women said is what design is all about. The spirit is not only in the work, but working one-on-one with clients, Ashly said.

"You build relationships with clients," she said. "You want to be able to help them the best you can."

Sprama Design, 308 N. 2nd St., www.sprama.com, 717-238-1001

ES3 Expands Locally

ES3 is adding a 705,000-square-foot tower to its existing 790,000-square-foot warehousing and distribution facility in Conewago Township in York County.

The expansion will add 650 jobs, according to the state, which estimates the project at \$200 million. The state kicked in \$2.9 million in incentives to entice the company to make the investment.

New Hampshire-based ES3 provides warehousing and distribution services to the grocery industry.

Area Gets Chipotle

Chipotle Mexican Grill has brought its organic burritos and tacos to the Harrisburg area, opening its first local restaurant last month at the Colonial Commons Shopping Center in Lower Paxton Township.

Chipotle has built a reputation for using high-quality, organic ingredients and for supporting sustainable farming methods.

Supplier Symposium Slated for Radisson

The Supplier Diversity Symposium, designed to connect area businesses with opportunities for new business, is scheduled for Sept. 23 at the Radisson Penn Harris, 1150 Camp Hill Bypass in Camp Hill.

The event, conducted by the Harrisburg Regional Chamber of Commerce, will take place 7:30 a.m.-11:30 a.m. The focus is to identify and locate diverse vendors in the region and to connect them with companies that understand the value of diverse supplier chains.

The symposium is open to certification providers, diversity professionals, prime contractors, grant and contract managers, procurement and purchasing professionals, project managers and small businesses.

Registration costs \$40, and sponsorship opportunities are available. To register, visit www.HarrisburgRegionalChamber.org or call 717-232-4099.

For sponsorship information, contact the Harrisburg Regional Chamber's Lindsay Marthouse at 717-213-5044 or at lmarthouse@hbgrc.org.



Sprama Design founders, Harmony Boore, Ashly Tagle and Josephine Stoltzfus, look over a project.



Pub notice: Pints Bar & Grill, a haven for Pittsburgh Steelers fans, opened earlier this summer at 25 S. 4th St., former location of Tara Station. Hours: 4 p.m. to 2 a.m., Mon.-Sat.; noon to 2 a.m., Sun. 717-233-0975.

Harrisburg Looks East

K&H Supermarket brings Asian food to increasingly diverse, sophisticated area.

TheBurg Staff

Large fish swim in tanks in the seafood section, and the produce department offers a varied selection of vegetables, from Chinese celery to okra. At K&H Supermarket, there are aisles of items not sold by your average American grocer.

Yet, while K&H may cater to Southeast Asian tastes, it appears to have something for everyone, attracting non-Asians as well as the Harrisburg area's Asian community.

Rachel Koppenhaver of Hummelstown, who was browsing through the store one morning, said she comes in because it offers "something different."

Located in the recently opened Asia Mall at 1030 S. 13th St., K&H is owned by Hoa Duc Dam, who is Chinese, and his Vietnamese wife, Hong Van Li. They have two children, seven-year-old Danny and three-year-old Katie.

K and H represent the first letters in Katie's and Hoa's name.

The store had operated along Cameron Street for about four years before moving to Asia Mall. Van Li's brother-in-law, Minh Higashi, works in the store, as well as helps translate for the Dams.

For the Asian community, K&H appears to meet their demand.



Shoppers come from around central Pennsylvania to buy K&H's hard-to-find Asian goods.

"I like the vegetables, the fish and the meat," said Diane Nguyen, an American of Vietnamese heritage. "Some of their vegetables, they don't have in an American store."

Nguyen, who has a hair salon on Derry Street, shops there every week. "You have to go every week because Asians cook fresh foods," she said.

Higashi said the 21,000-square-foot store carries all international brands, including between 400 and 500 different types of seasonings and spices.

"College students who are learning gourmet foods come here to learn the names of the seasonings," Higashi said, noting area Asian restaurants also shop there because of the wide selection.

The store also boasts a lunch-to-go counter. A hungry customer can take home a roasted duck, BBQ chicken or squid.

The store is open 8 a.m. to 10 p.m. daily. As a couple, the Dams said they put in 13-hour days, more sometimes. Though they are entrepreneurs, their goal is to give their children something to build on.

"Nobody likes to run a grocery store," said Higashi, who puts in 16-hour days, traveling to Philadelphia and New York to pick up inventory. "We do it for the next generation."

K&H Supermarket Inc., 1030 S. 13th St. Open 8 a.m. to 10 p.m. daily. 717-238-8686.



K&H owners stand in front of their very fresh, very popular seafood.

Music in Midtown

Stage on Herr: a comfortable new venue to relax and listen to great music.

TheBurg Staff

Outside, the corner stone is embossed with the Star of David and a Hebrew date, testifying to the building's former incarnation as the city's Jewish Community Center. Today, after extensive and impressive renovations, this part of the Midtown Arts Center is a place to get a drink and listen to live music performances.

"It's a neighborhood bar," said John Traynor, one of MAC's owners who poured drinks one afternoon in the spaciouly comfortable Stage on Herr, located on quiet Herr Street, just around the corner from MAC's 3rd Street entrance.

Local art works cover its walls. The bar is long. The corner stage has a piano and mikes set up for musicians—professional as well as aspiring. Every Wednesday is open-mike night for anyone who has a song to sing or play.

Formerly the Hebrew Gym, Stage on Herr is 3,500-square-feet with soaring ceilings. On a balcony across the room is a sound-mixing system operated by engineers at every performance.

"It's probably the most professionally set up audio stage in central Pennsylvania," Traynor said.

It's a valid boast. Jazz



The intimate Stage on Herr attracts both local and national acts.

saxophonist Tim Warfield, who has so far played here three times since the venue opened in late spring, called it "state of the art."

"The sound has been impeccable," said Warfield, who is performing there again on Sept. 10.

Traynor said the bar offers homemade Bloody Marys, generous drinks and beer at \$3. Stage on Herr has no TVs or cheap bar food—it's all about the music and the people, he said. And people in the Midtown neighborhood gather there.

"It's just a really nice crowd we're getting in here," Traynor said.

Stage on Herr, corner of Herr and Susquehanna streets, 717-441-7506; open seven days a week, 4 p.m. to 2 a.m. www.harrisburgarts.com/stageonherr.html.



TD AMERITRADE recently opened up a new branch downtown, located at 114 N. 2nd St. TD AMERITRADE offers investment tools, services, guidance and support. The Harrisburg office is open 8:30 a.m. to 5 p.m. Monday through Friday. For more information, call 717-730-3305 or visit www.tdameritrade.com.

Buyers: Protect Yourself

Never—ever—forgo a home inspection.

Ray Davis

When I purchased my first home in 1980, buyer's agents, seller's Property Disclosures and house inspectors did not exist. In those days, "buyer beware" was good advice. Times have changed. The early 1990s brought buyer protection in a number of ways.

I remember the first time I asked a seller to complete a Property Disclosure. It was almost as if I were accusing him of not being honest. Today, it's the law. There is no requirement, however, that buyers have a house inspection, unless required by the lender offering a particular type of financing contingent upon satisfactory inspections.

Below are five reasons why buyers should make an offer to purchase real estate contingent upon a home inspection.

1. To gather information and to gain an understanding of the home they are buying. Many buyers are not familiar with the mechanical operation of a house, and a house inspector is able to explain the technical aspects, pros and cons of a house, such as the type of construction, type of heat and how it operates, etc.

2. To gain an understanding of the maintenance aspects of the house. First-time home buyers, in particular, often have limited knowledge and

experience of the "how and why" of house maintenance. An inspector can help a new home buyer understand why proper grading may help prevent a wet basement or understand the benefits of regularly servicing a heating/cooling system.

3. To get answers to questions about the feasibility of making major improvements to the house in the future. Many house inspectors are very knowledgeable in construction and remodeling and are very happy to offer advice about things like adding central air conditioning to an existing heating system, adding a bathroom, etc.

4. To prioritize items that are aging and will need attention in the future. Inspectors can usually estimate the age of a home's components and help a buyer anticipate how much life a certain item might have remaining. For example, a water heater may be operating well now, but may be near the end of its life. This information can help a homeowner to budget for future repair or replacement of items that are aging.

5. To identify major defects in need of immediate attention. Identifying items that are unsafe or in need of immediate repair or replacement may be the most important role a house inspection plays. A roof that needs to be replaced and plumbing

that is in need of attention are just a couple of examples.

The key to a successful house inspection is understanding the information the inspector conveys. Buyers should always attend their inspection, which should be interactive between the inspector and buyer. Buyers should ask questions and not rely on a written or emailed report alone.

Upon completion of the inspection, the buyer and buyer's agent should review the report, identify major defects (if any) and, if necessary, approach the seller's agent with a written request to address the buyer's major concerns. Typically, if the seller is not willing or able to meet the buyers request, the buyer may accept the property as-is or terminate the agreement.

It is important for buyers to understand that the main purpose of a house inspection is to identify

major defects—not to identify minor or cosmetic items that were visible when they previously visited the house.

Conversely, it is important for sellers to remember that a seller who is unwilling to address major defects risks not only losing a buyer, but also then has a responsibility to disclose the defects to future buyers.

Home inspections protect everyone!



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

New Energy Era



The solar panels are up and running high atop HACC's Campus Square Building in Midtown. The 42-kilowatt photovoltaic system was installed by GreenWorks Development and augments a geothermal heating and cooling system for the 75,000-square-foot commercial and educational center. Funding for the \$281,000 solar electric system was provided by the PA Energy Development Authority.



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Building Razed; HACC Will Expand

The city has razed the former Domestic Linen building in Midtown, a site now designated for future expansion of Harrisburg Area Community College.

After being cleared, the site, located on Reily Street between N. 4th and N. 5th streets, will be turned over to HACC for future use. The site is just a block away from HACC's rapidly growing Midtown campus.

The demolition was funded through about \$832,000 in federal and state grants, according to the city. HACC also invested \$125,000.

Mayor Stephen Reed said the site, formerly a heavy commercial dry cleaning facility, was difficult to redevelop privately. Therefore, the Harrisburg Redevelopment Authority negotiated donation agreements between the former owner of the building and HACC. The authority took temporary title to the property, is overseeing the demolition and environmental clean-up and then will transfer the property to HACC.

"The demolition and site-clearing efforts will allow for the further revitalization of that part of the city," said Reed.

Hazard Mitigation Meeting Slated

Dauphin County residents are invited to attend a public meeting on flooding, ice storms, wildfires, and other hazards addressed in the county's Hazard Mitigation Plan.

The county will host two public meetings on the plan. The first meeting will be held at 7 p.m. on Sept. 2 at the Northern Dauphin Human Services Center, 295 State Drive in Elizabethville. A second meeting will be held at 7 p.m. on Sept. 10 at the Lower Swatara Township Municipal Building, 1499 Spring Garden Drive in Middletown.

The plan is designed to reduce or eliminate future losses due to natural, manmade, and technological hazards. It identifies areas of risk, such as flooding, and defines cost-effective avenues to reduce those risks, according to the county.

"The public can address what projects are most important to them and what steps they would like to see taken in their communities," said Commissioner George Hartwick III. "We also hope to hear ideas to improve the plan."

The plan is also on the county website at www.dauphincounty.org.

Changing Hands: July Property Sales

N. 3rd St., 3018, Raquel C. Aviles from Timothy Straub: \$83,500

N. 4th St., 1719, John Blymier Jr. from Morris Munsen Jr. & Linda Luebbering: \$149,900

N. 4th St., 2703, Kyle Shenk from Eileen Scott: \$94,900

N. 5th St., 1704, Stephanie Simmons from Gregory Norman: \$133,000

N. 5th St., 1719, PA Deals LLC from Richard Slabonik: \$41,000; Robert Cieszynski from PA Deals LLC: \$51,000

N. 5th St., 1948, PA Deals LLC from Nhung Thi Nguyen & Dinh Van Trinh: \$33,000; Curtis Evans from PA Deals LLC: \$43,000

N. 5th St., 2317, Mary L. Lewis from RHR Real Estate Investments LLC: \$102,000

N. 6th St., 2466, JWT Investors LLC from Walter & Robert Weatherly: \$10,000

N. 6th St., 3148, Trisha R. Malehorn from John & Kathleen Kush: \$65,000

N. 18th St., 713, Rob Lawson from Joyce Enos: \$27,000; MJE Properties LLC from Rob Lawson: \$34,500

S. 14th St., 119, Grace Mora from Members 1st Federal Credit Union: \$5,000

S. 14th St., 314, Teak Properties LLC from Sandra & John Reichwein: \$78,000

S. 15th St., 16, Craig Peters from Warren Woolfolk: \$33,000

S. 27th St., 707, Lemoyne Land Corp. Inc. from Carole R. Phillips: \$45,000

Balm St., 51, Renew Estates LLC from KDR Investments LLP: \$22,500

Boas St., 231, Christopher M. Harris from Ruth Miller and Kenneth Myers Jr.: \$169,900

Boas St., 1614, Joseph & Natalie Bream from Jeannine Huey: \$123,000

Camp St., 525, PA Deals LLC from Deutsche Bank National Trust: \$25,500

Camp St., 645, KMABC Investment Properties Inc. from Philip Dobson: \$30,000

Crescent St., 246, Ebodio Nunez Hernandez from Esfrain Cuevas: \$24,000

Geary St., 621, H&R Real Estate LLC from KDR Investments LLP: \$21,000

Green St., 1226, Wayne J. Weidig from Byron Kaster and Allison Curtin: \$126,500

Green St., 1708, Mark W. Stevens from John & Patricia Yoder: \$140,000

Green St., 1941, Ronald Boston Jr. from WCI Partners LP: \$219,000

Green St., 2340, Ernest & Kathleen Woolever from Jason & Cheryl Guinn: \$185,000

Hale Ave., 445, JAK Investment Properties LLC from Dale R. Ibberson: \$48,000

Hamilton St., 228, Andrew Enders from Scott Hendrickson: \$160,000

Hoffman St., 3242, Hancock Investments LLC from KCS Investment Associates LLC: \$69,999

Hudson St., 1215, Alisha N. Powers from Jason A. Marks: \$129,000

Hudson St., 1221, Megan Hogeman from Andria White: \$126,000

Hummel St., 230, Juan A. Romero from Wachovia Bank NA: \$15,000

Kensington St., 2142, Carlton M. Smith from Elizabeth Ducre: \$79,900

Kensington St., 2205, Eric & Nicole Anderson from Deutsche Bank National Trust: \$30,000

Kensington St., 2319, Alex G. Ginting from Lam Quoc Thai: \$48,000

Lexington St., 2642, PA Deals LLC from Mamie Chism: \$35,000; Mark 836 Properties LLC from PA Deals LLC: \$45,675

Market St., 1639, Evangelical Methodist Church from Aniema Udofa: \$34,000

Mercer St., 2450, North America Prop. Invmts. from Stephen & Shara Coughlin: \$42,000

Muench St., 202, PA Deals LLC from Deutsche Bank National Trust: \$44,000; Kevin & Lawrence Martin from PA Deals LLC: \$60,000

North St., 1720, Scott A. Warfel from NationStar Mortgage LLC: \$28,065

Park St., 1810, Foreclosure Division LLC from Troy L. Key: \$20,000; Papa Investment Properties LLC from Foreclosure Division LLC: \$22,000

Park St., 1822, Israel Colon from Beal Bank SSB: \$12,000

Paxton St., 1622, Skye Holdings LLC from LaSalle Bank NA Trustee: \$33,000

Paxton St., 1632, Sambath T. Rivera from Wells Fargo Bank NA: \$26,000

Penn St., 1618, Jeffrey A. Tran from Luis H. Lopez: \$128,000

Reel St., 2430, Steven Toomey from Bank of New York Mellon Trustee: \$33,000; Star REI LLC from Steven Toomey: \$33,000

Reily St., 216, Alex Manning Enterprises LLC from Patrick Redrick: \$218,000

Reily St., 218, Alex Manning Enterprises LLC from Patrick Redrick: \$218,000

Rolleston St., 1221, Sambath Riviera from U.S. Bank NA Trustee: \$26,900

Swatara St., 1256, TLOnze Inc. from Mohieldin B. Hagmusa: \$7,500

Sycamore St., 1817, Patrice Peterson from Sean Mateer and Jeremy Tombs: \$105,000

Tuscarora St., 121, Ravinder Dhatt from Craig Ernst: \$178,250

Verbeke St., 222, Instant Financial Solutions LLC from James & Jane Askins: \$31,850

Source: Dauphin County, property sales for Harrisburg. All data is deemed to be accurate.



Work again is underway at the Harrisburg Transportation Center. This round of upgrades includes paving, masonry, painting and drainage work, as well as improvements to the bus canopies and train sheds (above). Funding comes from the state Department of Community and Economic Development, the federal Transportation Administration and the Harrisburg Redevelopment Authority. Ganflec Architects and Engineers designed the project and Pyramid Construction Management is managing it.

A Lifetime of Service

For Al Baker, employing the disabled is his latest mission.

Pat Carroll

Before he took up the cause of people with disabilities, Al Baker's job was chief of staff, U.S. Command, Berlin Brigade. Before that, he headed the United Nations Truce Supervision Organization, monitoring Arab-Israeli borders during the bloody Lebanon conflict of the 1980s. Before that, he lived and worked with villagers in the mountains of Vietnam, a lone American on his third tour of active duty in that war and already one of the most decorated soldiers in the U.S. Army.

Today, the retired colonel is president and CEO of Pennsylvania Industries for the Blind and Handicapped, a non-profit at 1007 N. Front St. It was created to win work contracts for people with disabilities. Pennsylvania Industries has 76 member agencies that employ its people, including most of the regional Associations for Retarded Citizens.

"Baker was able to do things that were almost impossible, that other people could only dream about, real miracles," an American who served with Baker, Herman Kafura, told an interviewer when

Baker left the Army.

A West Virginia native, the cigar-loving Baker was commissioned regular army as the distinguished military graduate from Marshall University. He and his wife, Joan, proprietress of RAE's Tobacco Shop in Strawberry Square, moved to Harrisburg in 1995.

What Baker brings to the handicapped population of Pennsylvania, with its 70 percent unemployment rate, is an oversized personality and a lifelong habit of putting up a good fight.

"Wherever we have a contract for people with disabilities to do work, they generally do it better than people without disabilities," Baker said.

Take call centers, for example. They are traditionally tedious workplaces where employees sit at computer terminals and spend all day listening to complaints from customers about bad products and worse service. The turnover of workers is rapid among the able-bodied, even in India.

"For people with disabilities, the turnover is very low," Baker said. "It's like your first job at 15, when

you got your first paycheck. It didn't come from mom or dad, and nobody can tell them what to do with that money. It's theirs by the sweat of their brow. And that feeling of euphoria lasts. That's one advantage with people with disabilities. Once they learn a job, they stay put."

A major success for disabled workers was the licensing



Al Baker

program for the Pennsylvania Department of Motor Vehicles, a public interface once legendary for rudeness, located in the dank basement of the old PennDOT building.

Then the DMV contracted a photo license program through PIBH. "Those people function really well, even though they're disabled," Baker said. "Anybody who has gotten a driver's license will tell you that it's the best place in the world to get a license because the people are courteous and nice. That's something we're very proud of."

His agency has won national honors, receiving the American Business Award for Best Overall Company in the nation with fewer than 100 employees. It was a finalist three years in a row for a Stevie Award for Best Corporate Social Responsibility Program, and has been named one of the Best Places to Work in Pennsylvania. Baker regularly sends all of his office staff into the field to see the effects of their work, "to take all the selfishness out of the organization and make it selfless, because that's what we do."

Every summer, he brings them together with organizations and individuals from across the state who are recognized for helping people help themselves. Brightening the evening are stars you probably never knew were here. Danny Glover, Harry Belafonte and Jose Feliciano have all slipped into town over the past few years for small fees and less press coverage, just to help the cause of the disabled.

When Feliciano was here, he said, in between serenades, "I really enjoyed my visit with the awardees, and the entire evening was inspiring. So many folks benefit from what you all are able to do together."

Classes Help to Get, Keep Kids in Shape

To teach and promote healthier lifestyles in youth, PinnacleHealth is offering nine weekly classes for children ages six to 14 starting on Sept. 8 in the Brady Building of the Harrisburg Hospital Campus, 205 S. Front St.

KidShape classes require a parent or guardian to attend. Kids will learn to choose healthy foods and engage in an active lifestyle that is designed to help them feel good about themselves. No physician referral or health insurance is required. Call 727-231-8900.

Church Work



A worker removes years of stain and varnish from one of the doors of Pine Street Presbyterian Church, where renovations have included re-pointing the stone work and repairing and painting the wood trim. Inside the 149-year-old building, the 32 stained-glass windows, removed last October and sent to a restorer, have returned. For more, visit www.pinestreet.org.

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A New Start for a Small Town

Little Lemoyne reimagines, reinvents itself.

Pat Carroll



Market Street in Lemoyne, where a major streetscape upgrade is on tap.

It took a stunning black eye for Lemoyne to look in the mirror and re-imagine itself.

"One of the big buildings here on Market Street partially burned down," said Jim Balaban, president of the Lemoyne Business Association. "It sat there looking decrepit and terrible for a long time. It became known as 'The Burnt-Out Building.' A group of us got sick and tired of seeing it and having our town be known as the place with 'The Burnt-Out Building.'"

That was in 2004. Five years later, the eyesore's down, a new retail building is up and leased, and Balaban sees Lemoyne, a borough of about 4,000 residents just across the Susquehanna River from Harrisburg, starting a 10-year or even 20-year journey to a new downtown.

A successful face lift takes that long. And small towns on the West Shore from Shiremanstown to tiny West Fairview are increasingly willing to begin the process.

"It really started in New Cumberland, with the revitalization of that one- or two-block area by the old movie theater," said Lou Thieblemont, mayor of Camp Hill.

Now it has a friendly, welcoming center of town, but New

Cumberland has been decades in growing good retail components—Coakley's, Oxford Hall, the second-run West Shore Theatre, Dingeldein Bakery and the recently deceased Avatar's Natural Foods.

In the 1990s, even dowdy old Camp Hill woke up. Allen Holmes bought the abandoned Post Office building on Market Street and moved his bike shop in, the Cornerstone Café opened to take advantage of the new coffee shop culture and antique dealer David Cordier bought the landmark borough building and renovated it for a mix of retail uses.

Now that block or two of Market Street in Camp Hill has two fine dining restaurants—Matt Black's Confit and 2201 in the Borough—and a lively Lebanese place with belly dancers. Cornerstone Café is packed most of the day every day.

But Thieblemont said Lemoyne can do even better.

"What Lemoyne has that we don't have is a true business area with a boulevard, a wide street. Lemoyne has a lot of possibilities if they get their act together. They have five or six times the businesses we have, and they're very interested in getting more."

Market Street is Lemoyne's focus for the first part of the renovation, which is due to begin this month. Between State and North Third streets, the improvements will include sidewalks, brick crosswalks and ornamental street lights.

Market is a small part of Lemoyne's retail, however. Business goes south on Third Street to Lemoyne Sleeper, Kauffman's Tea Shop and the German Deli. And it goes west to the State Street Plaza, the very busy West Shore Farmers' Market and West Shore Plaza—and to probably the most popular beer distributor in the area, Glenn Miller's.

Balaban thinks even more business will be coming to his town, especially since the borough broke with its dry history last spring and voted to allow beer and liquor at licensed establishments.

"Susquehanna Bank is closing, at Third and Market streets, where Hardee's used to be," he said. "That would be a great location for a fine dining restaurant. Convenient, plenty of parking. And that could be the ground zero where everything just sort of radiates from there."

Hineline Named CEO for Area Youth Ballet

Alan Hineline has been named the new chief executive officer for the Central Pennsylvania Youth Ballet, where he previously served as resident choreographer.

In his role of CEO, Hineline will supervise the day-to-day operations of CPYB's administrative staff and act as liaison with the board of directors.

During his tenure as choreographer, Hineline created numerous ballets, including "Cinderella," "The Legend of Sleepy Hollow," "Coppélia," "Adieu Waltzes," "The Adventures of Sneaky Pete" and "The Wolf and de l'innocence," among many others.

His body of work also can be seen in the repertoires of Ballet Philippines, American Ballet Theatre Studio Company, Pennsylvania Ballet, Atlanta Ballet, Dayton Ballet, Kansas City Ballet, The Juilliard Dance Ensemble, Sacramento Ballet, Alabama Ballet, Ballet Concierto de Cuba and Utah Regional Ballet, among many others.

The Central Pennsylvania Youth Ballet can be found online at www.cpyb.org.

Park Art



New murals were recently unveiled at Reservoir Park, located on the archways of the park's water retainers. The mural project was a collaborative effort between the BARAK Voices of Youth Mural Program and the city's Department of Parks and Recreation. Voices of Youth Mural Program is an artistic series designed to reach out to at-risk youth while enriching the city. For more on BARAK, visit www.barakdrama.org.

Salvation Army: a Critical Community Link

Feeding the poor, fighting violence are among current efforts.

Major John Griner

The Salvation Army is much more than bell ringers and Red Kettles at Christmas and white clothing donation boxes scattered throughout our communities. We serve the Harrisburg region with programs that, literally, as our slogan says, "Do the Most Good." As the economy has slid, our demand for programs and services has risen—65 percent in the last year.

How are we meeting this unprecedented increase? Simply put, we keep adapting our resources to meet present and emerging needs. I'd like to focus on two current priorities.

First, we feed people. The Salvation Army's "Hot Breakfast Program" serves up to 125 nutritious meals daily, Monday through Friday, to anyone coming into the Midtown Harrisburg facility at 1122 Green St. It isn't a cheap breakfast. It's a free breakfast. In addition, the Emergency/Disaster Services office located across the street provides food baskets; vouchers to Salvation Army Thrift Stores for clothing, furniture and other household items; and referrals to other helping organizations in the community. In case of a fire, flood or other community disaster, the Army's Emergency Mobile Canteen is ready with food and beverages for victims and first responders.

Our programs help real people. One of our beneficiaries said, "I fell on hard times after recovering from cancer. My income wasn't enough for my child and me to get by, and I became desperate, depressed and fearful. Because of The Salvation

Army, I was able to keep food on the table."

Another beneficiary wrote, "I was a participant of The Salvation Army's Super Cupboard Program. I learned much more than just cooking. I learned to be more self-sufficient and to prepare nutritious meals. Words can't explain my thanks towards this program."

A second priority in the current environment focuses on the rising violence among Harrisburg youth.

Our response to this need is a highly successful program for at-risk teens named "Bridging the Gap." This eight-week program addresses the emerging needs of youth between the ages of 10 and 18 and is designed to accommodate a small group format.

The Army partners with area churches, elementary, secondary and high schools to offer 10 satellite locations. Using a curriculum targeted to their needs, Harrisburg youth develop a healthy self-awareness, and they learn self-sufficiency, alternatives to violence, better communication skills, job readiness and other life skills that will help them make proper choices. Results are important. Out of the youth enrolled in BTG, 95 percent did not receive any new charges while attending the program.

The Army's Community Center Program focuses on the needs of school-age children for safe, engaging after-school activities. The program provides after-school care, recreation, tutoring and homework help, as well as nutritious meals and snacks through the Army's partnership with the Pennsylvania Food Bank's Kid's Café program. Supervised by the program director, volunteers from local colleges make these after-school hours a productive time for the participants.

With the end of the school year, we roll right into our Summer Youth Enrichment Program, providing a professional staff whose passion is a positive investment in youth.

It includes field trips, creative arts, educational programs, and other life-building experiences.

Why do The Salvation Army staff and volunteers invest so much in the community? It's their mission and passion. For many, the desire to help others is driven by their love for God; for others it is simply a love and concern for people in need and the knowledge that they can, in some small way, make change possible in the lives of others. Whatever the reason, those who have joined hands with The Salvation Army are committed to caring for others.

Wondering how you can help? To learn about the variety of financial-giving opportunities, call Kirt Barden, 717-233-6755; for youth program volunteer opportunities, Jenny Gallagher Blom, 717-233-6755; for Family Services, Trinetta Ream, 717-233-6755.



Major John Griner is Area Coordinator for the Harrisburg Capital City Region. He has served The Salvation Army for 25 years.

For more information, visit www.salvationarmyharrisburg.org.

Firefighters Raise Funds for MDA

"Please fill the boot!"

Harrisburg firefighters have been making that request of drivers idling at busy intersections to raise money for the Muscular Dystrophy Association.

Donations get placed in the boots and are turned over to the MDA. The campaign will end after Labor Day.

For more information, visit www.mda.org or call the Harrisburg District Office at 717-540-4316.

Bethesda Mission Hosts Block Party

Bethesda Mission will hold a Labor Day Celebration Block Party on Monday, Sept. 7, 2 to 5 p.m.

The event will take place in front of the Men's Shelter, located at 611 Reily Street, Harrisburg.

The party will feature music, speakers, free food, a moon bounce, games, prizes, pony rides, clowns, face painting and more.

Reily Street will be closed between 6th and 7th streets throughout the day.

For further information, please contact Ken Ross at 717-257-4442, ext. 223 from 8 a.m. to 3:30 p.m. weekdays.



A line forms for the Salvation Army's hot breakfast program, held weekdays.



Harrisburg Mayor Stephen Reed recently cut the ribbon to open the new Susquehanna Harbor Safe Haven, a semi-permanent housing facility for the chronically homeless and disadvantaged, located at 1805 N. 12th St. The facility consists of 25 units of permanent housing for homeless people suffering from a mental disability or recovering from dependence.

Making of the Modern City

City Beautiful movement sparked effort to modernize, improve Harrisburg.

Jason Wilson

When Pennsylvania's first state Capitol burned in February of 1897, a debate began in Harrisburg that was to have far-reaching effects. The first issue was whether or not to rebuild the old Capitol—largely a debate for state officials. The second issue was what could be done to improve the city itself, and this debate would be headed by some of Harrisburg's leading citizens.

In 1897, the city had few paved streets, no sewage system and no water filtration. The banks of the Susquehanna were used primarily as the city dump. To leading resident Mira Lloyd Dock, this situation was unnecessary, unacceptable and, most of all, dangerous. Diseases such as typhoid and dysentery were still common due to the filth.

Mira Dock was born in 1853 to a wealthy Harrisburg family. Unlike many women of the time, she was college-educated, and this infused her civic activism. On December 20, 1900, shortly after it was learned that a new multi-million dollar state Capitol would be built, Dock delivered a speech to the Harrisburg Board of Trade, titled "The City Beautiful." This lecture advocated changing the physical landscape of Harrisburg through civic building

programs, such as parks, recreation areas, paved streets and sewer and water filtration systems.

Dock included lantern-slide images in her lecture showing other cities that had implemented similar programs and urged Harrisburg to do the same. Soon, 60 citizens had raised \$5,000, and the Harrisburg League of Municipal Improvements was created. The League proposed that a citywide beautification campaign be adopted.

Harrisburg was also fortunate to have as a resident, J. Horace McFarland. McFarland was born in Juniata County, but lived the majority of his life in Harrisburg.

In 1878, he established the Mount Pleasant Press, which published numerous seed and horticultural catalogs, and the wealth from his company allowed him to examine civic improvements throughout the nation.

By 1904, McFarland became president of the American Civic Association, and this role allowed him to influence political decisions on a national level, including protecting Niagara Falls from increased development and advocating a national park system.

The election of Progressive Mayor Vance C. McCormick further aided Harrisburg's progressive reforms. Loans were quickly approved, and the city earnestly began to clean up. A sewer system was installed, roadways were paved and a dam was built across the Susquehanna with a filtration plant to follow.

Though there was some resistance at first to this campaign of spending, the fear of disease and epidemics from the horrid conditions were a strong motivator for change. Once the campaign began, it became self-perpetuating, with recreational facilities, especially improvements to Reservoir Park

and the recommended establishment of a park north of the city (today's Italian Lake Park), which largely silenced opposition.

After the completion of the new Capitol in 1906, the state took a far-reaching, progressive view of its grounds around the building. Beginning in 1911, the commonwealth started buying property in the city's 8th ward, just east of the Capitol building. The commonwealth acquired 25 acres of additional ground and began to raze the structures. The state then hired New York architect Arnold Brunner to design a series of buildings that would complement the Capitol building. Brunner's preliminary sketches included four buildings and a bridge arranged symmetrically along the east/west axes of the Capitol's north and south wings. In 1920, construction began on the South Office Building and, despite Brunner's death in 1925, the North Office Building was completed by his associates, William Gehron and Syndey Ross, in 1928. Soldiers' and Sailors' Memorial Bridge was finished in 1930; the



The Forum building nears completion, 1930. (courtesy: Pennsylvania State Archives)

Education Building in 1934; and the Finance Building in 1939. The final piece of Brunner's plan was the Capitol's East Wing expansion, completed in 1987.

The vestiges and extent of these initial progressive-era reforms can be seen throughout modern Harrisburg. When residents walk along the riverfront, attend a concert at Italian Lake, a ballgame on City Island or casually stroll through Capitol Park, they can thank Dock, McFarland and Brunner for knowing that natural environments are just as necessary as built ones.

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



Mira Lloyd Dock (courtesy: Penn. DEP)

Then and Now

Courtesy: Library of Congress



Federal Square, at N. 3rd and Walnut streets, has been the site of Harrisburg's central post office since 1882, when this Renaissance Revival-style building (left) was completed. Deemed obsolete by the 1960s, it was razed and replaced with the current 11-story building (right), which also houses other federal offices.



The Neighborhood Restaurant

Civitas fuses food and community in a uniquely American way.

TheBurg Staff



The staff of Civitas, in front of their new Midtown restaurant. Back from left: Jemine Roberson, John Payne Sr., Eric Payne, Kandis Scott and John Payne III; seated: Sheena Hicks and Heidi Haupt.

For John Payne, restaurant owner and chef, deciding on a name for his Midtown establishment proved difficult. He toyed with House of Payne, but only toyed. He then held a contest.

Neighborhood resident Rebecca Krasevic suggested Civitas, which is Latin for "community." The name immediately struck a chord with Payne, an easy going man with a big smile. That's exactly what he wanted: a restaurant name that reflected his

dedication to family and community.

His corner restaurant is inside a gray-painted, early-20th century building that has turrets and cone-shaped roofs. It stands along a section of 2nd Street lined with trees and other old stately homes.

Looking out of the dining room's large window, Payne nodded. "This restaurant is going to thrive off this community," he said.

The restaurant opened in June in a location that has seen other well-regarded dining rooms such as the Bayou come ... and go. Before Civitas opened, the restaurant was the high-end Table 15, which closed weeks after it opened.

Table 15 may have been too ambitious in an economic downturn, but Payne is approaching his menu with fine dining—such as roasted tomato soup with bleu cheese and cumin or Asian barbecue chicken with garlic mash—at moderate prices.

His menu is American fusion, which, he said, "actually gives you the ability to have anything on your menu."

Keeping with the family/community theme, Payne's son, 23-year-old John Payne III, is the kitchen's sous chef or under chef.

"Cooking is in our blood," the younger Payne said. "It's our favorite thing to do."

Payne came to cooking quite by accident. As a barber in Philadelphia, he sought extra money at a pizza joint where sandwich-making sparked his culinary interest. From there, he moved up Philadelphia's restaurant chain, learning gourmet skills at

restaurants such as Roy's at 15th and Sansom streets, where Hawaiian fusion is served.

"That's where I got the high-end bug," Payne said.

Payne and his wife, Linda, moved to Harrisburg a few years ago for a slower-paced lifestyle. He worked at the Sheraton downtown as a line cook supervisor and the banquet chef. He also was executive chef at Camp Hill's 2201 In the Boro.

He "fell in love" with cooking long ago. After 20 years, he's still buying books, studying and experimenting with different foods and recipes.

"It's the art part of it that I like the most," he said. "It's the creating."

Civitas, 1530 N. 2nd St. Open Tues.-Fri., 11 a.m. to 2 p.m., 5 p.m. to 9 p.m.; Sat., 8 a.m. to 2 p.m., 5 p.m. to 9 p.m.; Sun., 11 a.m. to 2 p.m. 717-236-1122.

Webb, "Ace of Cakes" at Blue & Gray Gala

U.S. Sen. Jim Webb of Virginia will be the keynote speaker at the National Civil War Museum's 3rd annual Blue & Gray Gala on Friday, Oct. 2.

Webb's achievements include combat Marine in Vietnam, attorney, former U.S. Navy Secretary, Emmy-award winning journalist, film-maker and author of nine books. He's also a passionate proponent of battlefield preservation.


The Gala also will feature Duff Goldman of the Food Network's Ace of Cakes. He uses blowtorches and chain saws to create masterpieces.

Proceeds from this black tie optional fundraiser benefit the museum's operations, educational programs and exhibits. Tickets are \$125 per person. To reserve, call 717-260-1861, ext.1108.

For more information about the National Civil War Museum, visit www.nationalcivilwarmuseum.org.



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To the Soul of the Bean

First stop on our journey: Indian coffees.

Ambreen Esmail

Ah! How sweet coffee tastes! Lovelier than a thousand kisses, sweeter far than muscatel wine!

—“Coffee Cantata,” J.S. Bach

For centuries the coffee bean has fascinated people worldwide, whether it's the business of coffee, the cultivation of it or the little thing inside called caffeine. The bean has been at the center of much research, speculations and even legends. In all this, though, we have yet to discover the “soul of the bean.”

Personally, I've been fascinated by the bean. Over the years, I've done my part in researching and understanding the character of the coffee bean. However, the difference has been that I am more interested in the heart and culture of the bean rather than the science.

Character comes from within, and, if you look deep into the heart of a coffee bean, you will find the character. Each coffee bean carries within its soul the history and culture of where it was grown and cultivated and, since the coffee bean has traveled many lands, it has evolved much.

The flavor of the bean always reflects the character of its background. I will take you through a cultural journey, along with the understanding of coffee, so you will learn to make a connection with the soul of the bean. That ultimately will help you better appreciate your daily cup of java.

We will explore one region every other month starting, this month, with Indian coffee beans: the Monsoon Malabar, Indian Mysore Nugget and the Indian Peaberry. I picked these particular beans because the Monsoon Malabar is the most popular on my bean list at the café and also because I am asked curious questions about it.

“Earthy” and “nutty” best describe the Monsoon. It is bold and has an after-bite, giving you the extra thrust that appeals to coffee drinkers. It's called “Monsoon”

because it's harvested and aged during the monsoon season in India. It's one of the top-rated coffee beans in the world. Poor marketing or just plain ignorance has kept Indian coffee beans underestimated and largely unknown.

Chain coffee houses and the non-specialty coffee industry seem to always bend towards the better known Colombian and vastly produced Brazilian or Sumatra coffee beans for their blends, mostly because they are widely available and roast consistently at all levels. In contrast, an Indian Monsoon is a sensitive bean, and its flavors are best explored when roasted at a full city or maybe a Vienna roast. The Indian coffees are very flavorful and full-bodied, thus requiring extreme care in cultivation and roasting.

Indian coffee has its roots and heritage from African beans. Like most beans in the world today, African beans arrived in Asia during the 1600s through traveling scholars and pilgrims. Just like the Indian culture, the coffee beans of India are filled with mystique and spicy undertones. You can almost taste the rain in the Monsoon Malabar, the sweet cinnamon in the Mysore Nugget and an aftertaste of tea in the Indian Peaberry. The region's rich soil and culture have participated in creating one of the world's most perfect-tasting cups of coffee. The Indian beans are also low in acidity and make an excellent espresso.

You cannot learn all about the bean in just one sitting. It takes an experienced palate and passion to understand the culture and soul of the bean. So, shall we begin the journey?



Ambreen Esmail is a coffee artisan and café owner. Her café, Café di Luna, is now located at 1004 N. 3rd St. For more information, visit www.cafediluna.com.

Cool Days, Juicy Apples

Raw, sauce or pie, it's all delicious.

Stephanie Pomraning

The kids head back to school, football takes over TV and the cool, crisp evenings of early autumn return. September also is the start of apple season, and if you take a short drive outside of Harrisburg, you'll find 40 acres of apples that are just beginning to be picked.

At Strite's Orchard Farm Market and Bakery, the earliest varieties have morphed from beautiful spring blossom to sweet, juicy fall fruit. These apples are available already picked, or you can pick your own if you want to enjoy the fresh fall air.

Gala, a variety known for its sweet flavor and attractive yellow pink skin, arrives first, followed by members of the McIntosh family including McIntosh, Macoun and Empire. These apples boast a crisper bite, deep red skin and bright white flesh. They are ideal for baking.

Jonathan and Jonagold are also earlier varieties. The Jonathan apple has the unique characteristic of making pinkish applesauce because of its dark red skin. The flavor, which is a perfect balance of sweet and tart, makes this apple a wonderful all-purpose apple. The Jonagold, a hybrid variety of Jonathan and Golden Delicious, offers a unique tangy, but honey-like, sweet flavor with firm flesh. These are excellent fresh-eating or cooking apples. Smokehouse apples, which have a beautiful greenish yellow skin, are a very flavorful variety that originated right here in Pennsylvania. The flesh is firm, and the taste slightly tart and spicy, making it ideal for cooking.

When it comes to storing apples, keep in mind that some varieties keep better than others. Thick-skinned apples store better than thin-skinned ones. Keep them in a cool, dark place—preferably the crisper drawer in your refrigerator—in a plastic bag with some ventilation holes. Storing in a basement, root cellar, garage or unheated porch may be fine, but temperatures may vary during the

winter months, making those spaces too warm or too cold. If you are storing apples somewhere other than a refrigerator, keep a close eye on the temperature, making sure it remains close to 35 degrees.

While an apple a day probably won't keep the doctor completely away, there is much to be said for the health benefits of eating fresh apples. Leaving the skin on will provide the most nutritional value as it provides both soluble and insoluble fibers. Soluble fiber helps prevent cholesterol build-up, and insoluble fiber aids in digestion. The high-fiber content also allows the fruit's natural sugar to be released slowly into the body, helping to maintain steady blood sugar levels.

Along with the early varieties of apples, the on-site cider press at Strite's begins operating early in September to provide freshly pressed cider throughout the summer, fall and winter seasons. Each batch of cider is unique, since the combination of apples used is always different. The ratio of sweet-to-tart apples is approximately 50-50, but the exact varieties per batch are dependent upon which types of apples are being harvested at the time of pressing. Other happenings in September include the Fall Farm Festival and Pick Your Own Apples.

Some of the other varieties of apples grown at Strite's include Red and Golden Delicious, Cortland, Stayman Winesap and Fuji. These are later crops that become available from the end of September to the end of October. Please visit our website at stritesorchard.com for updates on what apples are available, along with Pick Your Own dates and other special events.



Stephanie Pomraning writes from Strite's Orchard Farm Market and Bakery, located off Rte. 322 between Harrisburg and Hershey.

Get Stuffed!

Two favorites for the end of summer:
Rosemary's mushrooms and Mary's tomatoes.

Rosemary Ruggieri Baer

As we approach the end of summer with its wonderful harvest of fresh vegetables, I am reminded of some of my father's favorite dishes that kept my dear mother cooking in a hot, non-air conditioned kitchen. When I was young, it wasn't always possible to get fresh eggplant, zucchini or real tomatoes at any other time of year except late summer. So, when that time of year rolled around, my father always asked for his favorite: stuffed eggplant.

Now, my mother was always ready and willing to cook Pop anything he wanted and at any time. But as great as her love of providing culinary pleasure was, she dreaded making stuffed eggplant. It required finding specimens that were just ripe enough, but not turning soft and brown. She would scrub and dry them, and scoop the creamy flesh away from the dark purple skins very carefully, so not to break the eggplant shell. She would chop the flesh and sauté it gently in some olive oil with some minced onion.

Then she would do the same with ground beef, browning it in a skillet. She boiled fresh, white rice to mix with the eggplant and ground beef and spooned the mixture into the eggplant shells. She wasn't done yet! Next came the tomato sauce. If no pasta sauce was on hand at

the moment, she made some fresh marinara to cover the eggplants and their filling. She would gently place the filled eggplants, covered with sauce and grated cheese, into a baking dish, cover with foil, and bake for a very long time to meld the flavors and soften the eggplant shells. It was hot work for a summer afternoon, but my father relished it. I don't think he got it more than once a year.

I don't know why Italians like to stuff summer vegetables, but they do. I love stuffed peppers. They are wonderful with ground beef, sausage or rice and gorgonzola cheese. At the end of summer, it is nice to mix green, red and yellow peppers for this dish. I also have a wonderful stuffed zucchini recipe that calls for ground sausage, breadcrumbs and parmesan cheese. It would beguile even those among us who find the ever-plentiful summer zucchini watery, bland and tasteless. These dishes are hearty enough to serve as a main course.

I would like to share with you two of my favorite stuffed vegetable recipes. The first is stuffed mushrooms. While not strictly a summertime dish, it seemed appropriate to include here. They are wonderful as a side dish or a first course with grilled steak or chicken. I had one guest ask if there were any more out there in the kitchen after finishing a whole plate.

Rosemary's Mushrooms

Gently clean 12 large white mushrooms. Remove the stalks and finely chop them. In a medium skillet, sauté 1 crushed garlic clove and 1 chopped medium onion in 3 tablespoons of olive oil for about 5 minutes.

Stir in a 3/4 cup of fresh breadcrumbs (your leftover Italian bread works here), and fry for 2 or 3 minutes until the crumbs are crisp.

Stir in 2 tablespoons of chopped fresh parsley, 1/4 cup of chopped ham, 2 tablespoons of grated Parmesan, and salt and pepper to taste. Mix well.

Lightly oil the bottom of a shallow, oven-proof baking dish, and place the mushrooms, cut side up, in a single layer. Gently spoon some filling into each mushroom cap, mounding slightly. Drizzle the mushrooms with olive oil and cover loosely with foil. Bake in a pre-heated, 375-degree oven for about 30 minutes. When finished, sprinkle with a little more fresh minced parsley—and enjoy.

Mary's Tomatoes

My friend Mary is an extraordinary Italian cook. Her homemade cappeletti and gnocchi are to die for. Last year, she brought us some wonderful stuffed tomatoes that were different from the breadcrumb-and-cheese version I usually make. I hope she won't mind that I share this recipe with you.

Cut the tops off 6 large or 8 medium ripe tomatoes and save them. Remove the tomato seeds and chop the pulp. (Remove the tomato flesh with a small spoon, being careful not to pierce the skin).

Cook 2 packages of boil-in-the-bag rice and place in a bowl when cool. Mix in the chopped tomato pulp, 1 cup of grated Parmesan or Locatelli cheese, 4 cloves of grated garlic, 1 tablespoon of chopped parsley,

1/3 cup of extra virgin olive oil, 1 beaten egg, and salt and pepper to taste.

Fill the tomatoes generously with the rice mixture and place in a baking pan. Place the tops back on the tomatoes. Bake at 350 degrees for 45 to 60 minutes until the skins start to crinkle.

You can eat these as a light, meatless summer dish with a green salad and good Italian rolls. You will thank Mary for this recipe as I do.

Add a lovely wine to both of the above, and you will relish the lovely languid days of Indian summer.



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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A Lively Artist, 50 Years Later

Earl Blust still heads group of local landscape painters.

Peter Durantine



Earl Blust, at work on a landscape in his studio.

In a studio attached to an old farmhouse located in the country, just south of the city, Earl Blust always retreats with palette and canvas to finish the landscapes he has been painting. Often, he returns from the Chesapeake Bay and New England.

"I like to be outside in nature—*en plein air*," they call it in French, "in the open air," explained the gray, bespectacled, 77-year-old painter, who relaxed one quiet, sun-dappled summer afternoon, sitting in his wood-paneled living room.

The house, nestled against a verdant wood on tree-shaded property bordered by the burbling Yellow Breeches Creek, is a fitting place for an artist. Blust has lived here more than four decades. It's where he and his late wife, Joan, raised five children.

The small, modest studio, softly lit by an afternoon sun, was added to the house nine years ago. It's an addition to an addition built some 60 years ago to the farmhouse that dates to around the year 1800.

Blust is among the founders of a group of Harrisburg-area painters who, in the 1950s, formed the "Seven Lively Artists," men who started out touring the region and then the country, painting the landscapes and scenes of America.

Yes, he acknowledged, men, not women. "This was back in the 1950s," Blust chuckled. "You didn't carouse

with women and take them on trips."

He has painted most of his life. A teacher at John Harris High School, Dorothea Ilgen Shaffer, encouraged his artistic pursuit and, as a member of the Royal Society of Art, recommended him for a fellowship, which he received and holds to this day.

"She was a neat lady—still is; she lives in Florida and is 97," he said.

Blust was born in Penbrook. He said his family's arrival in Harrisburg dates to at least 1890. His grandfather and great-grandfather were doctors; his father worked for the Pennsylvania Railroad.

After graduating Philadelphia College of the Arts (now University of the Arts) in 1954, he worked in art departments at various Harrisburg advertising firms until landing employment with the late Charley Krone, who did art for publishers and corporations.

At the time, Krone, also a founding member of the Seven Lively Artists, operated out of his New Cumberland basement. He later built an office and studio on the bluff that overlooks the Susquehanna River, at the west end of the Interstate 83 bridge. (For more on Krone, visit www.pagallery.com.)

Blust remained with Krone for 35 years, and they painted together as members of the Seven Lively Artists, a group that has contributed significantly to the region's art community. In fact, the Cumberland County Historical Society organized an exhibit of more than 50 works by the artists in 2006. (For more on the group, visit sevenlivelyartists.com.)

"For the most part," wrote independent historian Jean Woods in the book, "Seven Lively Artists:

50 Years of Art," "these artists were American scene painters recording the forests, hills, streams, fields and buildings around the region."

Over the years, there were many more than just seven artists, and today the group continues—Blust is still involved—with 14 members, under the same name.

"I don't know how it would sound—the fourteen lively artists," he said.

In his early years, Blust studied under such painters as the abstract expressionist Franz Kline. Blust prefers to paint in impressionist style. The colors and composition of his Chesapeake Bay scenes of fishing villages he has visited capture the coastal life and culture beautifully.

For aspiring artists, Blust's advice is this: "Keep painting. The more you paint, the better you are going to be."

Burg Books



Retired Oceanside, Calif., homicide detective turned cozy mystery author John J. Lamb (left) will be at Boyds Bear Country in Gettysburg, Sept. 5, to

launch the latest book in his teddy bear mystery series.

Lamb, who also served as hostage negotiator, said that, after his retirement, he was offered a job teaching crime scene analysis and behavioral profiling for a private security firm. In 1999, he followed his wife's advice to pursue his dream of becoming a writer and published "San Diego Specters."

This is the fourth time Lamb chose Boyds Bear Country to launch a national book tour, this time for his latest edition in the series, "The Treacherous Teddy."

Lamb said he first became aware of Boyds Bears when he

bought a bear for his wife. He met his wife while working homicide. She's a fingerprint and crime scene expert with the forensics division of the police department.

"I bumped into Joyce at the Xerox machine and she said 'I think you're really just a big teddy bear,'" he said. "My first gift to her was a Boyds Bear."

Lamb said the idea for the teddy bear mystery series evolved after his agent suggested writing a "cozy mystery." A cozy, Lamb explained, has clean language and does not contain graphic violence or sex.

"I was living a cozy," he said. "I live in the Shenandoah Valley of Virginia and was surrounded by about 600 teddy bears at the time."

In October 2004, he submitted a proposal with sample chapters that his agent took to Berkley Books. His agent told him not to expect an answer from the publisher for a month or so. That afternoon, the publisher called and asked if he could write a series of books, using teddy bears as part of the plot.

At previous book signings held at Boyds Bear Country, hundreds of Lamb's fans attended and waited in line for a chance to meet the popular author.

The premise of his latest book again features retired San Francisco PD homicide inspector, Bradley Lyon, and his wife, Ashleigh, a teddy bear artist. The couple travel to their hometown, located in the Shenandoah Valley, to organize a teddy bear show. When they arrive, they hear of an apparent, accidental death of a local farmer—but the clues begin to convince the Lyons that the death was a homicide.

Lamb will sign books from 10 a.m. to 4 p.m., Saturday, Sept. 5, at Boyds Bear Country, 75 Cunningham Rd., Gettysburg. Visit www.johnjlamb.net or Boyds Bear Country at www.boydsbearcountry.com.

—Jeffrey B. Roth

"500 Days": a Tad Too Precious

Also, check out a Mumblecore film.

Kevyn Knox

Summer may be ending, but one of the most highly anticipated indie flicks on the circuit this summer is just getting around to the Harrisburg area. It is the appropriately titled "(500) Days of Summer." The film, directed by music video stalwart Marc Webb, is the story of two twentysomethings, Tom Hanson and, you guessed it, Summer Finn, and their tumultuous relationship over a course of, you guessed it again, 500 days.

Taking a heavy queue from Woody Allen's seminal romantic comedy "Annie Hall," Webb weaves his film with no concerns for linear storytelling whatsoever.

The film opens with day 488 and the break-up of Tom and Summer (the outcome is never kept a secret) and shunts quickly back to day one, only to leap frog to day 112 and then back to day eight and so on and so on and so on. The film shifts back and forth and back and forth through the story as if it were a child nervously shuffling in his seat on his first day in school. This trick, though not as innovative as many seem to believe, works to show the instability of Tom and Summer's relationship.

What does not work for the film is the cloying (and quite annoying) indie movie cutisiness that pervades just about every scene. Filled to the proverbial brim with rom-com cliché and heavy-handed hipsterisms, "(500) Days of Summer" could easily have fallen into complete saccharine overload. The stars of film, however, save it. The lovely, kewpie-eyed Zooey Deschanel as the titular Summer has a disarming charm that manages to overwhelm you—even when her acting does not live up to what it

should be (she is more muse than character)—but it is not her alone that keeps the movie afloat.

What truly keeps the film going is the wonderfully nuanced performance of Joseph Gordon-Levitt as the ultra-infatuated Tom. Levitt, who is best known for his work on the TV sit-com "3rd Rock from the Sun" (but should be known for his work in such darkly sublime films as "Mysterious Skin and Brick"), here goes back to his comedic roots. Playing Tom as hapless victim of love—as opposed to Summer's quite jaded outlook on the subject—Gordon-Levitt gives us a character who is not only the inevitable evolutionary outcome of Charlie Chaplin, Buster Keaton, Jack Lemmon and Woody Allen, but one who is also as humanly frail as each and every one of us.

Perhaps the film falters when trying to be the fresh, hip commodity it so wants to be, but Gordon-Levitt's hilarious performance, blending honest pathos with absurd sit-com bravura, gives this skeleton of a movie its real flesh and blood—even if it is just a mask to hide the nothingness inside.

Among other films that may make their way to the Harrisburg area, the most alluring may be the least cinematic. "Beeswax," the third

film from director Andrew Bujalski, is also the latest film in the so-called Mumblecore film movement. A bare-bones collective of about a half-dozen young filmmakers, Mumblecore, like many new wave filmmaking movements before it, has stripped clean cinema as we know it and created something akin to what the "Real World" should have been, if it had ever been allowed to be real.

Starring a mix of non-professional actors and a corps of regulars, Mumblecore has thrown cinema onto its head with its 20 or so films. Perhaps not taking the multiplexes by storm (nothing ever blows up here), Mumblecore is nonetheless a serious change in the way movies are getting made these days—at least outside of the mainstream. Even indier than independent, Mumblecore is cinema at its very core, and "Beeswax" is the latest of the bunch.

Director Bujalski, who is usually credited with making the first Mumblecore film with 2002's "Funny Ha Ha," gives us the story of twin sisters (played by real twins in their film debuts) and the ups and downs of their lives. What "Beeswax," and all of Mumblecore, offers is a lot of talking and very little action. This is why these films will never make it at

the suburban multiplex, but it's also what makes them worth seeing.

If you miss its limited release, "Beeswax" will be out on DVD later this year. Besides the aforementioned "Funny Ha Ha," other Mumblecore titles include "Hannah Takes the Stairs," "Mutual Appreciation," "Dance Party USA," "The Puffy Chair," "Baghead" and "The Guatemalan Handshake." If only for curiosity's sake, one should seek out these films on DVD. Also be sure to look for yet another Mumblecore, "Humpday," in theatres now.

Well, that's it for this month. I was unable to discuss what is surely one of, if not the, most anticipated movie coming out this year—Quentin Tarantino's "Inglourious Basterds." My deadline precludes my adding this film to my column this month (the screening is just a week too late), but I couldn't leave without at least mentioning my giddy expectations. Anyway, I digress. See you next time with a look at QT's new film, as well as what is all abuzz at this year's New York Film Festival.



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

Post-Pride Events Set

Pride Festival of Central PA is ready with several post-Pride fundraisers:

- Sept. 6, benefit brunch at Liquid 891, Harrisburg
- Sept. 19, Burger Burn at Sam's Club, Harrisburg
- Oct. 1, "... and All That Jazz," special preview show at Club XS
- Oct. 6, Community Day at Hoss's, Hummelstown and Mechanicsburg

For more, go to Harrisburgpride.org or thecentralvoice.ning.com.



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Take an Artsy Amble during Gallery Walk

From Midtown to downtown, art lovers will find plenty of interesting and evocative works to see at the 21st annually Gallery Walk.

The free event is slated for 11 a.m. to 6 p.m., Sunday, Sept. 13. Most of the city's numerous galleries and museums will participate. In addition, some places not typically associated with art, such as churches, restaurants and private businesses, will open their doors, as many contain interesting and valuable collections. A popular stop, the Governor's Residence, again will welcome visitors this year.

Gallery Walk was founded in 1988 by The Art Association of Harrisburg to showcase the city's galleries and artists. Since then, the annual event has grown increasingly popular, drawing large crowds, who can be seen strolling throughout the city, making their way from location to location.

Some galleries have actually come into existence in order to participate in the self-guided tour, said Carrie Wissler-Thomas, Art Association president.

On Gallery Walk day, even the smallest and newest venues are expected to experience record crowds, Wissler-Thomas said. Many galleries will have live music to complement the art, and most will offer light refreshments. In all, more than two dozen art locations will participate in this year's event.

Gallery Walk flyers will be available at each participating site on Sept. 13. They also can be located at the Art Association's website, www.artassocofhbg.com.



Gallery Blu, 1633 N. 3rd St., will be one stop on your Gallery Walk stroll.

The Stage Door

Harrisburg Shakespeare Festival

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

Auditions for "Richard III," Sept. 11, 6-7:30 p.m.; Sept. 12, 1-3 p.m.; Sept. 14, 3-4:30 p.m. Auditioners must call the theatre at 717-238-4111 for an audition appointment.

Hershey Area Playhouse

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

Auditions for "The Best Christmas Pageant Ever!" Sept. 27 and 28, 7 p.m.

Live at Rose Lehrman

One HACC Drive, Harrisburg
717-231-ROSE; www.liveatroselehrman.org

No shows scheduled for this month.

Open Stage of Harrisburg

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

No shows scheduled for this month.

Oyster Mill Playhouse

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

"Early One Evening at the Rainbow Bar and Grille," Aug. 21-Sept. 6.

Popcorn Hat Players at the Gamut

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

"Little Red Riding Hood," Sept. 16-Oct. 3.

Theatre Harrisburg

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

"Mister Roberts," Sept. 18-20, 23-27.

Whitaker Center

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

"Labor Day Weekend Comedy Jam," featuring Capone, Deon Cole, Kelly "K Dubb" Walker, and Turae. Sept. 4, 8 p.m.

"Whitaker Center's 10th Anniversary Birthday Bash," with food, entertainment, prizes and a look at what has made Whitaker Center what it is today. Sept. 9, 6 p.m.

"Whitaker Center's 10th Birthday Band Bash," featuring the Jellybricks, Tripp McNeeley and Brooks West. Sept. 12, 7:30 p.m.

"An Evening with David Garrett," Sept. 18, 8 p.m.

"An Afternoon with Garrison Keillor," Sept. 20, 4 p.m., at the Forum.

"Doc Severinsen & El Ritmo de la Vida," Sept. 22, 7:30 p.m.

"The Wrong He's Done," a play written by Nathan Lee Gadsden. Sept. 26, 8 p.m.

"An Elegant Evening," the Harrisburg Harp Orchestra, Sept. 30, 7:30 p.m.

Museums & Art

Art Association of Harrisburg

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

"Invitational Exhibit," annual invitational featuring local artists Rachel Blaser, Chet Davis and Don Weaver, through Sept. 3.

"Fall Membership Show," an all-media show featuring the theme "Structures," Sept. 11-Oct. 15. Reception: Sept. 13, noon-6 p.m.

Arthouse Lounge

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

Fang Ling Lee, portraitist, Sept. 4, 6-9 p.m., free entertainment.

Arts at 510

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

Painter Susan Biebyuck and wood sculptor J. Mark Irwin featured. Opening reception, Sept. 13, coincides with Gallery Walk.

Demuth Museum

120 East King St., Lancaster
717-299-9940; www.demuth.org

"Luigi Rist: Master Printmaker," Sept. 5-Nov. 29. Reception, Sept. 4, 5-8 p.m.

Gallery Blu

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

"Reduce/Reuse/Recycle," with artists Larry Robenolt, Gordon Wenzel, Shane Morgan and Elide Hower. Opens Sept. 13 to coincide with Gallery Walk. Free entertainment.

Harsco Science Center

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

"Invention at Play," a hands-on exhibit for children, through Sept. 9.

Midtown Scholar/Yellow Wall Gallery

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

"The Real Steel," prints by Peter Treiber, Sept. 13-Nov. 30. Reception: Sept. 13, 1-3 p.m. Treiber and author Elizabeth Kovach will sign copies of their book, "Inside Bethlehem Steel."

National Civil War Museum

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

"Box Car War: Logistics of the Civil War," through Sept. 13.

Rose Lehrman Art Gallery

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

"The Art Faculty at HACC," an exhibit featuring the skills and talent of the HACC studio art faculty, Sept. 2-25. Reception, Sept. 3, 6-9 p.m.

The State Museum of Pennsylvania

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

"Art of the State," juried exhibit featuring Pennsylvania artists, through Sept. 20.

"Voices: African American and Latina Women Share Their Stories of Success," featuring 50 accomplished women, through March 2010.

"The Fine Art of Giving," a selection of artwork given to the museum, through June 2010.

Susquehanna Art Museum

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

"Ancient Marks: The Sacred Origins of Tattoos and Body Marking," through Sept. 13; Bob Herr, Abstract Expressionist, Sept. 24-Jan. 24.

"Juried Exhibition," Doshi Gallery, Aug. 6-Sept. 13; Painter Miles Halpern, Sept. 17-Oct. 18.

Architect Association Marks 100 Years

The Central Pennsylvania chapter of the American Institute of Architects will mark its centennial this month with an exhibit entitled "The Art of Architecture."

The exhibit will feature a display of drawings by local architects from the past century. It will run the week of Sept. 21 at the Art Association of Harrisburg. The exhibit is free and open to the public.

Moreover, local author Ken Frew will discuss his soon-to-be-published book, "Building Harrisburg, The Architects and Builders, 1719-1941."

The Art Association is located at 21 N. Front St. in Harrisburg. For more, visit www.aiacentralpa.org or www.artassocofhbg.com.

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Events

Sept. 4: Harrisburg First Fridays. A group of city venues open late and feature special events and entertainment. www.harrisburgarts.com/firstfridays.html

Sept. 5-7: Kipona Festival. Variety of events, music, food, arts and rides along Harrisburg's riverfront. Fireworks, Sept. 6. www.harrisburgevents.com/Events/Kipona

Sept. 8: Second Tuesdays at the Mansion. "A Conversation with John Harris Jr." Harris-Cameron Mansion, 219 S. Front St., Harrisburg. 7 p.m. Free. www.dauphincountyhistory.org

Sept. 12-13: Dauphin County Jazz Festival. Jazz, food and crafts at Fort Hunter Mansion and Park, Harrisburg. 1-9:30 p.m. Music starts at 4:30 p.m. \$20-\$25 for weekend pass. www.forthunter.org

Sept. 13: Gallery Walk. Harrisburg art venues hold special hours and offer entertainment and other events. 11 a.m.-6 p.m. Free. www.artassocofhbg.com

Sept. 13: Remembering 9-11. Tolling of the bell at Pennsylvania National Fire Museum (various times, a.m.). Memorial service at the Fire Fighters Monument, Front & Verbeke streets, 2 p.m. www.pnfm.org

Sept. 16-20: 41st Annual PA RV & Camping Show. America's largest RV show features exhibits, speakers, seminars and more. Giant Center and Hersheypark parking complex. Sept. 16-19, 9 a.m.-8 p.m.; Sept. 20, 9 a.m.-5 p.m. Adults: \$8. www.prvca.org

Sept. 19: Women's Music Festival. Levitt Pavilion, Reservoir Park. Noon-9 p.m. www.harrisburgevents.com

Sept. 19: Annual Capital City Invitational Beerfest. Beer from more than 20 breweries, plus live entertainment. Appalachian Brewing Co., 50 N. Cameron St., Harrisburg www.abcbrew.com tickets: roundtabletickets.com

Sept. 20: Fort Hunter Day. Autumn festival features crafts, games, exhibits, music, farm animals and more. Fort Hunter Mansion and Park, Harrisburg. 10 a.m.-5 p.m. Free. www.forthunter.org

Sept. 22: Monarch Watch. Citizen science program teaches volunteers how to catch, tag and release monarch butterflies. Fort Hunter Park, Harrisburg. 3-6 p.m. www.dauphincounty.org



Notable events, including the Dauphin County Jazz Festival, are planned for Fort Hunter during September.

Live Music around Harrisburg

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

Sept. 2: Sunset Reggae Series farewell jam
Sept. 4: April Skies w/The Thrives & Kheris
Sept. 5: Extended Family Internat'l benefit
Sept. 9: Cabinet w/Colebrook Road
Sept. 11: Evening with Hexbelt
Sept. 12: Herbie
Sept. 16: Cabinet w/River Town Revival
Sept. 18: The Jellybricks
Sept. 19: Cap City Invitational Beerfest
Sept. 23: Cabinet
Sept. 25: J Roddy and The Business
Sept. 26: Pariah Pirhana CD Release Party
Sept. 30: Cabinet
Every Thursday, Open Mic Night

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

Sept. 3: Giovanni Traino
Sept. 4: Ted Ansel
Sept. 5: Chris Novak
Sept. 10: Anthony Haubert
Sept. 11: Wade Preston from "Movin Out"
Sept. 12: Noel Gevers
Sept. 17: Giovanni Traino
Sept. 18: Chris Novak
Sept. 19: Noel Gevers
Sept. 24: Ted Ansel
Sept. 25: Anthony Haubert
Sept. 26: Chris Novak

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

Sept. 4: Sugar Coat
Sept. 5: Coast is Clear
Sept. 11: White Bread Band
Sept. 12: Mia Mafia
Sept. 18: Love Haters
Sept. 19: Ken Shelley Band
Sept. 25: Love Gods
Sept. 26: Smooth Like Clyde

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

"Jazz Wednesdays," with special wine menu

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

Sept. 18: Buddy Mondlock

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

Sept. 5: Hierosonic, My Inner Animal
Sept. 6: 4+3 Music Fest
Sept. 19: Digital Elvis, Mean Tambourines, In Wilderness, An Early Ending
Sept. 26: Trillbass, Braptism

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

"Throwback Saturdays," barbershop quartets sing tableside

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

Sept. 4: Smoke the Groove
Sept. 5: The Sketties
Sept. 11: Blue Elephant
Sept. 12: Creek Side Soul
Sept. 18: Drake
Sept. 19: Margy Finnegan and Guest
Sept. 25: Karl Walters Jr. Trio
Sept. 26: Batida

McGrath's Pub
202 Locust St., Harrisburg
717-232-9914; www.mcgrathspub.net

Sept. 12: Halfway to St. Patrick's Day Festival
Every Monday, Open Mic Night

Midtown Arts Center/Stage on Herr
1110 N. 3rd St., Harrisburg
717-412-4342; www.harrisburgarts.com

Sept. 4: Hard Knox
Sept. 10: Tim Warfield & Friends
Sept. 11: The Swaines
Sept. 12: Garrahan's Ghost
Sept. 18: Waiting on a Train, Jump the Gun
Sept. 19: Hank & Cupcakes
Sept. 24: Danny Stobes
Sept. 25: Home Video
Sept. 26: Case 150
Every Wednesday: Open Mic Night

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

Live music events begin in October.

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

Sept. 4: Strange Eden
Sept. 5: South Street
Sept. 11: Second Time Thru
Sept. 12: Jim Rhoads
Sept. 18: Jewett & Staz
Sept. 19: New Experience
Sept. 25: Don Johnson Project
Sept. 26: Shea Quinn

Scott's Grille
212 Locust St., Harrisburg
717-234-7599; www.scottsgrille.com

Sept. 2: Shea Quinn & Steve Swisher
Sept. 5: Joseph Daub
Sept. 9: Cruise Control
Sept. 12: Michael Burton and De Jam
Sept. 16: Dan Kibler
Sept. 19: Smooth Like Clyde
Sept. 23: Short Street
Sept. 26: Silver Sunday
Sept. 30: Joseph Daub

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

Sept. 5: Cruise Control
Sept. 12: Funktion w/ Robin McClellan
Sept. 19: Shea Quinn and Steve Swisher
Sept. 26: Hunter Hayes

The St. Moritz
714 N. 3rd St., Harrisburg
717-232-9949; www.stmoritzclub.com

Sept. 5: Charles Lee
Sept. 11: Diane Wilson
Sept. 18: Chyp & Andrea
Sept. 25: New Experience
Every Sunday, Oldies Party

The live music calendar is deemed accurate as of press time. Schedules often change. Please check with the venue before attending.

Rolling on the River at the Kipona Festival

What do chili, karate, crafts and bass fishing have in common? It must be time again for the annual Kipona Festival.

Kipona is a hodgepodge of fun things to do on and near the Susquehanna River in Harrisburg. The three-day festival takes place every year over Labor Day weekend, which falls this year Sept. 5-7.

Kipona features something for everyone. Lovers of arts and crafts flock to the PSECU Artfest. Like some spice in your food? Then you have to check out the chili cook-off. There's a Native American pow-wow, a bass fishing contest, a street soccer tournament, a karate competition, a footbag tournament and dragon boat and canoe races.

Kipona also features a wide assortment of rides, music and food. The celebration reaches its climax on Sunday night with a fireworks display over the river.

There's much more to know. Check out www.harrisburgevents.com/Events/Kipona.html.



Ring the bell: Owner Eric Papenfuse opens the beautiful Midtown Scholar Bookstore/Famous Reading Cafe on Sept. 13 at its new location, 1302 N. 3rd St. The grand opening will feature an art exhibit and book signing (see p. 20).

Going for the Gold

Big Boys in Training seeks to teach lessons in sports, in life.

Rebecca LeFever

Whether they're running down the football field, making a slam dunk on the basketball court, or gliding balls down the bowling lane, kids in downtown Harrisburg have been given a new opportunity to get off the street and learn what it means to work together.

At a free bowling event, nine-year-old D'rell Waters ran to the edge of his lane to throw the ball before running back to his friends to give out high-fives all around.

"I like sports, mostly because they're tough and there's so much enthusiasm," Waters said.

His enthusiasm for sportsmanship was triggered by a group of Rowland School teachers who saw a need for Harrisburg's children to be mentored and trained in how to be responsible members of the community. Nearly six months ago, due to their dedication to the children of the city, Big Boys in Training (BBIT) Athletics began.

"We had a vision of going into the sports arena, but taking that and molding it into mentorship," said Andrae Martin, co-founder of BBIT. "This organization is about the community and giving kids activities that they need to keep busy."

Along with Jamien Harvey and Andrew Erby, Martin and members of BBIT have received overwhelming support from the city

of Harrisburg. They were recognized by the Harrisburg City Council during a legislative session earlier this summer, in which they were thanked for their efforts in changing the lives of children.

BBIT's first summer camps were held in July, and about 70 children participated in the free program. Through sponsors and fundraisers, BBIT has been established as a nonprofit organization that is able to offer children from all backgrounds a way to get involved.

"We are really stressing the need for change in the community as far as violence," Martin said. "That's why we continue to do different work inside of Harrisburg, but will stretch anywhere we need to in order to reach these kids."

Although he now works as a teacher, Martin has experience as a delinquency parole officer and uses that to mentor about 10 to 15 children.

Along with athletic training, BBIT offers SAT prep, sex education and drug and alcohol education to children within Harrisburg city.

"As long as we can offer routine activities, [kids] like it and get involved," said Tracie Johnson, who works with BBIT on recruiting sponsors and scheduling events.

Beyond athletics, BBIT has pulled together resources within the city to cultivate a sense of responsibility and self-respect in these children. Free workshops, like a Summit event, which will be held Nov. 14 at Goodwin Memorial Baptist Church, 2247 Green St., center on self-esteem and accountability.

Children ranging in age from eight to 18 are encouraged through workshops on such issues as money responsibility, creativity, domestic violence, study skills and how they are valuable people within society.

"What we need most to further reach children and continue to offer workshops and events is a place to call home," Johnson said.

Right now, members of BBIT hold meetings in each other's homes and utilize facilities within Harrisburg to host events.

"If we want to be available to these kids 24 hours, we have to have a place in which we can do that," Johnson said.

With additional events planned throughout the year, BBIT hopes that word-of-mouth and support from the community will draw more children to participate.

"Sometimes you have to get people to come out by offering free food or free activities, and other times they just come because they know it's something fun," Johnson said. "Right now we're working on getting the kids involved, and hopefully, in the future, we can get parents involved too."

Big Boys in Training, 717-421-5272, www.bigboysintraining.com.



Nine-year-old D'rell Waters has his eyes on a strike during a bowling outing held by Big Boys in Training Athletics.

Students Can Act Up at Theater Classes

Area theater groups are offering fall classes for school-age children.

In Harrisburg, Gamut Theatre Group is offering classes for ages 5 through high school seniors. Classes, held at Gamut's theater in Strawberry Square, begin Sept. 8 and run an hour every week for 13 weeks. To register, call the theater at 717-238-4111 and ask for Ellie.

In Hershey, classes begin Sept. 12 at the Hershey Area Playhouse Theatre Academy. Classes are available for students grades 1-12.

Classes take place at the Hershey Area Playhouse at Country Meadows, located on Sand Hill Road at Cherry Drive in Hershey. For more information, visit www.HersheyAreaPlayhouse.com. You also can call 717-497-2315 or email TheatreAcademy@HersheyAreaPlayhouse.com.

At the Libraries

Family Movie

Family-friendly movie. Sept. 1, 5:30 p.m. Kline Library (234-3934), 530 S. 29th St.

Family Explor-a-Story

Stories, songs and a craft for the whole family. Sept. 5, 1 p.m. Registration required. Olewine Library (232-7286), 2410 N. Third St.

Fall Into Stories: Early Fall Storytimes

Story times for toddlers and pre-schoolers. Sept. 14-Oct. 16. Check calendar for specific dates and locations. Registration requested.

Born to Read—Books for Babies @ MOM

Sept. 17, 1 p.m. Registration begins Sept. 1. Olewine Library (232-7286), 2410 N. Third St.

BookRATs

Monthly book discussion group, ages 6-10. Sept. 17, 6 p.m. Kline Library (652-9380), 530 S. 29th St.

Tales at Twilight Family Storytime

Stories, rhymes, music and activities. Sept. 23 and 30, 6 p.m. Friendship Center (652-9380), 5000 Commons Dr., Harrisburg.

Family Movie

Movie and popcorn. Sept. 28, 5 p.m. Olewine Library (232-7286), 2410 N. Third St.

Harrisburg public schools opened for the new year on Aug. 31. TheBurg wishes all students, faculty, staff and parents the best of luck for a great school year!

Education Revolution

In Harrisburg, technology is being used to re-make learning, not just automate it.

Mark Lamont

If Rip Van Winkle woke up today after a 120-year nap, what changes would he see? Advances in transportation would astonish him. He'd barely recognize commerce, communications, culture and pretty much everything else. But if he walked into a U.S. classroom, it may feel strangely familiar.

During the presidential campaign, Barack Obama challenged all U.S. schools to be more innovative, to teach the skills students really need in the 21st century to keep the country globally competitive. Then, this June, in a speech at Cairo University, he committed to connecting U.S. students with students in Egypt and other parts of the world. The technology is available, and our new president recognized that it's time to use it more effectively.

Harrisburg is moving to meet the challenge. This fall, the school district's students will be connecting with students in Cairo through an online program called Connected Learning Communities, already being used by 2.5 million students, teachers and parents worldwide.

What's needed today?

Educational leaders worldwide no longer assume that the industrial model of schooling best serves our students. The traditional model that places 25 or 30 students of roughly the same age in a series of 45- to 50-minute 'periods' with a teacher in a single room—and where much of the lesson requires students not to talk to classmates—is failing many. In our fast-changing world, workplaces function differently. They are continually evolving and more rapidly than schools can teach the new skills needed. Students have to learn to adapt quickly to demands and opportunities.

Worldwide, educators are realizing that learning, not

instruction, is the core business of schools. That's exciting for students, but also good news for teachers. The best teachers are those who identify themselves as learners and who recognize that more responsibility has to be placed on students for their own learning. As technology is examined as a tool for transforming learning—not automating instruction—top educators have addressed some K-12 “sacred cows.”

In the United States alone, millions of dollars have been spent on technologies that automate or virtualize traditional schooling. We hear of “schools of the future,” but, in some cases, technology is simply being implemented to reinforce the functions of schools of the past. Research shows that electronic, or interactive, whiteboards can too often simply reinforce the teacher as the “sage on the stage,” leaving less time for students to problem solve, build team skills and apply new concepts. Even new Web 2.0 blogs and wikis are being used in some schools just to list homework. Then students e-mail their responses to teachers. It's the same stuff Rip would have seen on a chalkboard.

Harrisburg educators are asking themselves how technology can best engage students in more authentic and reflective learning; support students in constructing understanding; build core skills of teamwork and research; develop higher order skills of analysis, evaluation, problem solving and creativity. These are the skills 21st century workplaces seek, and they are the skills that cause students to become more engaged as learners.

Where to from here?

In Harrisburg, educators are transforming learning, enabling students to do new things never before imagined or possible—the very things an innovative, globally

competitive city needs. What city students will do at school and home this year to accelerate learning and become successful global citizens will be explored in a later column.



Mark Lamont is an educator, author and education policy advisor experienced in transformative school projects around the world. Based in

Harrisburg, he has assisted school districts in the Northeast region in school reform. (photo: Paul Emberger)

Harrisburg Pupil Earns Recognition

Gonzalo Oquendo, a recent graduate of The Nativity School of Harrisburg, was one of six students from across the nation featured at the closing night of a violence prevention ceremony, emceed by MSNBC host Chris Matthews.

A personal witness to domestic violence, Oquendo wrote about his experiences. He was one of 55,000 middle school students nationwide to take part in the “Do the Write Thing” essay contest. After winning the regional contest, Oquendo joined other winners at the national “Do the Write Thing” conference in Washington, D.C.

“Do the Write Thing” is an initiative of the nonprofit National Campaign to Stop Violence. Visit www.dtw.org for more information.

School District Sets Student Dress Code

The Harrisburg school district has issued guidelines for student dress in K-8 schools for the new school year. Guidelines include:

- No hats, bandanas, headbands or head coverings in the building.
- Outerwear (coats, jackets, windbreakers, etc.) may not be worn in the building.
- Underwear should not be visible.
- Belly buttons must be covered.
- No slashed jeans or jeans with holes.
- No items worn shall bear offensive images or messages.
- Shoes should be safe and must be tied. Flip-flops are not permitted.
- Tank tops, midriff tops, muscle shirts and spaghetti straps are not to be worn.
- See-through/sheer and tight/spandex clothing may not be worn.
- No chains, keys or long necklaces may be worn/carried outside of pockets or shirt.

Welcome Students!



Just in time for the new academic year, workers recently installed a new metal sculpture with the letters “HU” outside the Market Street entrance to Harrisburg University. The school's fall semester began Aug. 28.

The Great Pet Store Debate

Mom-and-pop or chain?
Dr. Rubey shares his thoughts.

Todd Rubey, DVM

I am often asked by my clients about pet stores. Which store should I go to? Should I shop at the huge chain stores or go to the local small store? Should I buy a puppy from a pet store? Is (insert store name here) a reputable place with healthy animals and a clean environment? These are all thoughtful questions with a multitude of answers.

First, let's discuss the debate of the huge chain stores verses the mom-and-pop, local pet store. I am very much in favor of enhancing the local economy with my business, as opposed to feeding the huge monster. However, the large stores do have their advantages. The cost factor, of course, is the biggest reason to shop at Petsmart, Petco, Superpets or any of the other department stores. These companies buy in bulk and, therefore, can offer lower prices on most items than the small local stores. For dry goods like dog and cat food, toys, fish tanks and supplies, these stores are hard to beat. In addition, there are often coupons and advertisement

pages in the Sunday paper, and club benefits can further reduce costs. In today's economic times, this is hard to pass up.

So why should you frequent your locally owned store? My number one reason: the one-on-one interaction. It is much more personal and easier to get questions answered. The knowledge base is usually higher. Small store owners have more ability to hand pick the animals they wish to sell. They offer a much larger variety of choice when buying a pet. If you are looking for a specific animal, the local owner probably has the ability or contact to find it quickly. Also, the small store owner will often barter and negotiate, while the chain store prices are set at the home base located, well, who knows where?

I may sound a little biased toward the mom-and-pop store, but that's because I worked at and managed a small store throughout my college and vet school days. Today, I work with many of the local stores as an advisor, in addition to taking care of the animals that they sell. Don't be afraid to ask about a store's care of the animals. If you are looking to purchase a specific pet, ask how long it has been in the store, if it's eating well and if

there have been any suspicious behaviors or illnesses. What are your guarantees or warranties on said animal? These are all legitimate questions that any pet store should be able to answer.

The question of buying a puppy from a pet store comes up all of the time. Are they from "puppy mills" or from local breeders? Are they healthy and well cared for before they're sold? These are all questions I get asked daily. The important thing to look for is a good warranty and records of a vet check and shots. The convenience of buying a puppy from a pet store is huge. The store has the cute, furry, cuddly little ball of joy sitting in its window, drawing you into the store. It gets a lot of its sales based on impulse buys—this can be dangerous. It is important to do some research and also be absolutely sure that a puppy (or any pet) is what you need in your life. Perhaps most importantly: do you have the time and financial ability to take care of it?

Wherever you decide to do your pet shopping, it is important to try and establish a good relationship. Meet the owners and employees who work at the store. Ask lots of questions. Don't be afraid to negotiate. Shop around. There are a lot of options out there.

Todd Rubey, DVM, a veterinarian for 12 years, works for the Colonial Park Animal Clinic. He has a wife, three kids, one dog, two cats, one tortoise, three snakes and fish.



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TheBurg "Pet of the Month"

Betsy Clark

Little Buddy's tale began this past Memorial Day. It was late at night, on Church Road in Hershey. A car slowed down, tossed something from the window then sped away.

Two women happened to be in the area and witnessed this event. As they peered through the evening darkness—they saw him, a tiny ball of white and gray fur, scared but alert. The two kind women picked up the little package and contacted a volunteer at Castaway Critters.

Castaway Critters took in the little guy and saw that he quickly received the vet care he needed. Luckily, he was not seriously hurt and soon recovered into an active, happy kitten.

When he became old enough and was ready, it didn't take long for the Sellars family of Dauphin County to arrange to meet him. They just couldn't resist his sweet little face and kitten charm. Little Buddy is now basking in the love and attention of his new adoptive family. It was truly a terrific end to a very rough start for this little guy.

When thinking about a new furry member of your family, please remember all the homeless pets just waiting for their chance to be your loving companion for a lifetime. Visit us at www.castawaycritters.org.

Betsy Clark is the board chairman of Castaway Critters.



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One Tough Bird

Mourning doves: a slice of humble pie on the wing.

Kermit G. Henning

So you think you're a good shooter? You think your wing shooting ranks with the best? Have you ever tried doves? America's favorite game bird, the diminutive mourning dove, is a tough target indeed, and consistently humbles even the best shotgunners.

Doves are quite common birds, found in most every habitat except deep woods. They are strong, fast flyers, reaching 55 mph, and their wings make a distinctive whistling sound when taking off and landing. Light gray-brown plumage above and slightly pinkish feathers below identify the dove; they reach a maximum 12 inches and weigh a slight 4 to 6 ounces.

Mourning doves are the most frequently hunted species in North

Joe Kosack, Penn. Game Commission



The mourning dove: challenging shot.

America, with liberal limits for the hunter. They are surely one of the favorites of America's ammunition manufacturers. Being small, fragile birds, it only takes a very few pellets to down one, yet most hunters are confounded by how they can escape a full pattern of shot. More shells are spent on these little rockets than any other bird. To better your odds, there are things you can do to put more birds in your bag.

No matter what gauge shotgun you use, make sure it has an open choke. Most shots are taken at 20 to 30 yards, so improved cylinder or skeet chokes will be a better choice. Shot size should not be bigger than sizes 7 1/2, 8 or 9. Use good premium target loads; they're definitely worth the extra cost. An auto-loading shotgun gives you three quick shots, but any gun you use should be comfortable to you and fit you well.

The secret to hitting doves is the same as with any other flying target—swing through the bird and keep the gun moving when you pull the trigger. Practice days at the sporting clays course definitely pay off.

Doves are primarily seed eaters and are most active in the early

morning and late afternoon. Pre-season scouting surely pays off. Look for doves where there are fields of grain, low weed fields and pastures with fences and high trees for roosting. Doves always go to water before roosting. Using decoys can often draw the birds closer for better shots. Make sure you place them where they will be highly visible to passing doves, as high as possible.

To increase your odds of success with doves, remember one simple rule: Sit still. Closing birds will easily spot any movements and flair away from the gunner before getting close enough. As the birds come closer, don't move yourself or your gun barrel until absolutely ready to take the shot. Wearing camo clothing and blending in with a tree line or fence row or even hiding in a portable blind will definitely help.

Don't be intimidated by these speedy little rockets. Practice your wing shooting, concentrate on your target, use the proper equipment and sit still. You'll be surprised how many more doves you put in your game bag. And this early season shooting will help later on when grouse and ringnecks are the quarry.

Season, Bag Limits

Seasons and bag limits for doves and early waterfowl are determined by the U. S. Fish & Wildlife Service and are not set until late summer. Going by previous seasons, however, Pennsylvania will have a three-part split season.

The first season will open on Tuesday, Sept. 1. Shooting hours for this split are from noon to sunset. For the second and third splits, shooting hours are one half-hour before sunrise until sunset.

Daily bag limits for all seasons are 15 per day, 30 in possession.

Check the Pennsylvania Game Commission web site for final dates and bag limits: www.pgc.state.pa.us.



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

New Developments on City Island

Visitors may notice a few new things around City Island, as two of its main attractions recently held dedications.

At Metro Bank Park, the new boardwalk was dedicated and named the Capital BlueCross Boardwalk. Part of the \$41 million upgrade of the park, the boardwalk now is open to the general public (near right).

Over at Susquehanna Outfitters, Mayor Stephen Reed cut the ribbon on the expansion of the popular business that specializes in kayak, canoe, and bicycle rentals, as well as guided tours of the Susquehanna River and the riverfront area (far right, with owners Jill Miller and Steve Oliphant).



I'll Text You ...

Be careful how your kids use technology.

Dr. Deepa Sekhar

Television, the Internet and cell phones have revolutionized our lives. Today, we can easily "TiVo" all our favorite television programs, buy clothes without setting foot in a store and communicate with friends without ever having met face-to-face. As a pediatrician, I find I am often concerned both by my patients' savvy use of electronic media and their parents' lack of involvement and understanding.

Studies have found children eight to 18 years of age average nearly six-and-a-half hours of electronic media exposure daily. When this is compounded by the fact that our children are excellent multitaskers, often using several forms of electronic media at once, their exposure increases to more than eight hours daily.

Even younger children have significant electronic media

exposure. The American Academy of Pediatrics recommendation is that children under two years of age not watch any television. However, many parents feel screen media is important to their child's intellectual development. Despite millions of dollars generated from the sale of "baby videos," there is no evidence they have any positive effects on infants or toddlers.

In fact, numerous studies have demonstrated disturbing negative effects of media exposure. Television violence is one of the most extensively researched areas. For example, a preschooler watching two hours of cartoons a day is estimated to view 10,000 violent acts yearly. This is especially concerning as young children are very impressionable and cannot easily distinguish fantasy from reality. Over 1,000 studies have

demonstrated a link between media violence and aggressive behavior in children. Additionally, alcohol advertising, especially during sports programming, as well as risky sexual behavior depicted on television, influences our children. Also, sitting in front of the TV has long been correlated with inactivity and obesity.

Internet and cell phone use pose additional areas of concern. Many teenagers are engaged in platforms such as MySpace or Facebook. At a young age, children are very skilled at e-mailing and instant messaging. Texting allows children to quickly and silently communicate. It is a testament to how skilled our children are at using

these services that the 2009 LG U.S. National Texting Championship was won by a 15-year-old girl from Iowa.

Parents need to be aware of which television programs their children are watching. In the case of a younger child, sit and watch television shows with them. Ask questions about the show and gauge their understanding. TV time should be strictly limited. It has been reported that 68 percent of children eight to 18 years old have televisions in their rooms. As a society, it is important our children learn values and life lessons from our good parenting as opposed to trashy television shows.

Explain to your children that everything sent via the Internet and cell phone can easily be broadcast to the rest of the world. Teach your children to use good judgment in what they say. Discourage gossiping, spreading rumors or destroying another child's reputation through electronic media. Know where your children are online and explore the websites they are frequenting. Make it a policy that your children must "friend" you on their social networking sites so you can keep an eye on their activities. Keep the computer in a public area of the house. Set limits on Internet, cell phone and television time, and stick to these limits. Be upfront with your children that you will periodically check their online profiles, e-mails and cell phones.

Despite precautionary efforts on your part, your children may still encounter or receive inappropriate or disturbing media content. If this happens, encourage them to discuss it with you. "Sexting," text messaging with explicit sexual content (including pictures) involving young people, is a recent problem. These cell phone "messages" can be very traumatizing for those pictured, as well as for the sender and receiver. Talk to your children, even if they

are younger, and explain your rules about cell phone use in general and text messaging in particular. Text messages should not have pictures of people who are not clothed or doing things they have never seen before.

Though the media revolution has brought us speed, convenience and wonderful ways to share and communicate, it also brings on a whole new level of responsibility. The same way we would never want our children to attend a party without our knowledge, we must be aware of their electronic media use and teach them how to successfully navigate this new arena.



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

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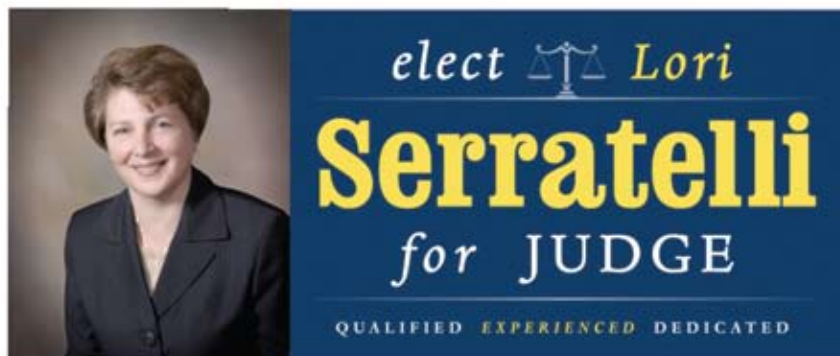
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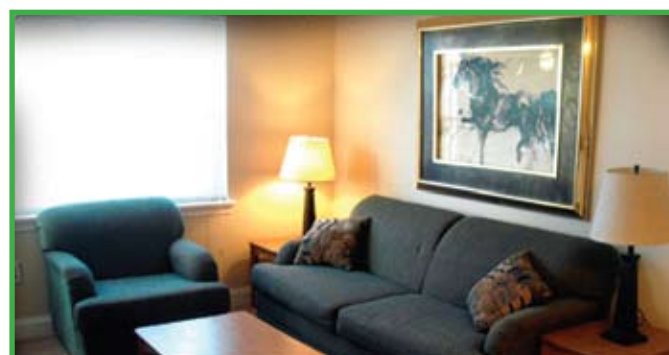
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