

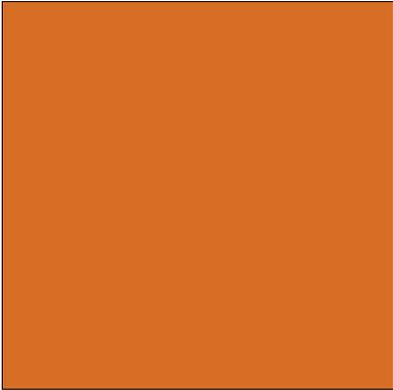
THE BURG



THE BURG

COMMUNITY PUBLISHERS

As members of Harrisburg's business community, we are proud to support TheBurg, a free publication dedicated to telling the stories of the people of greater Harrisburg. Whether you love TheBurg for its distinctive design, its in-depth reporting or its thoughtful features about the businesses and residents who call our area home, you know the value of having responsible, community-centered coverage. We're thrilled to help provide greater Harrisburg with the local publication it deserves.



COMMUNITY PUBLISHERS: HELPING TO BUILD A BETTER HARRISBURG

Look to the left, and you'll see logos for some familiar and trusted names in the greater Harrisburg area. We are delighted to announce that these companies have joined TheBurg as "Community Publishers," partners helping to ensure that TheBurg continues to thrive as an important resource for news and community. It's no secret that the traditional, advertising-based revenue model for publications is broken, leaving many newspapers and magazines struggling for survival. However, the need for original, quality reporting and writing is greater than ever, a vital element to building and securing a healthy community. In some cities, private businesses, organizations and even individuals have stepped up to fill the funding gap. With great generosity, the companies listed on the opposite page are helping to support us so that we can continue to serve the people of greater Harrisburg.

■ WHAT DOES THIS MEAN?

Readers will see no change in the way we cover our community. The writing, editing and design all will remain independent, of the highest quality we can produce. In fact, with the support of our Community Publishers, we hope, over time, to become even better—to add reporters, content and pages. For their part, Community Publishers will demonstrate, each month, their commitment to making the Harrisburg area an even better place to live, do business and visit.

■ A COMMUNITY PUBLISHER:

- Is a vital partner who allows us to continue to offer this important, free community news resource.
- Is a business or community leader with a vision and a belief that, when the region prospers, we all prosper.
- Believes an informed local public is a better local public and thus a better place to live and work.
- Recognizes that engaged, local reporting is a community good that must be paid for—but that, in the age of the Internet, must depend upon resources outside of traditional advertising.
- Supports arts, culture and the community good via news and education.
- Understands and believes that the health of the community is reflected through affirmative, responsible local reporting and features.

■ WHAT DOES A COMMUNITY PUBLISHER DO?

- Meets quarterly with the Publisher, Editor-in-Chief and staff to discuss TheBurg.
- Shares the Publisher's vision that a community paper is strongest when editorial and content are controlled by the Editor-in-Chief.
- Exercises no direct editorial control but shares overall vision and direction.
- Facilitates contact with other, similarly minded individuals and companies.

■ HOW IS A "COMMUNITY PUBLISHER" RECOGNIZED?

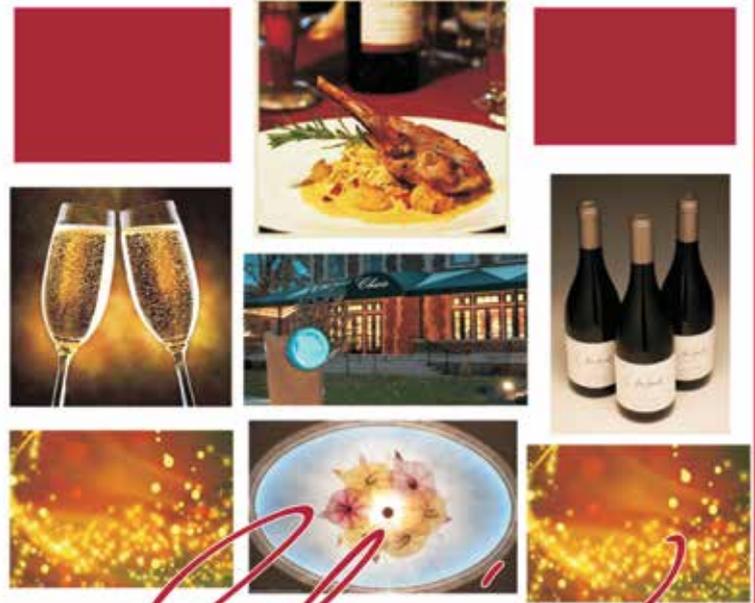
- Each month, a logo will be printed on TheBurg's inside front cover recognizing a company, organization or individual as a Community Publisher.
- A special section of TheBurg's website will provide a company description and additional recognition.
- Community Publishers will have a dedicated distribution point for TheBurg at their location for the benefit of employees and clients.
- Community Publishers will be honored each year at the annual Publisher's Dinner.

As we celebrate our five-year anniversary, we believe we've had great success in building a respected, high-quality magazine, brand and business. However, we simply can't do it alone. Therefore, we are asking key members of our community to become Community Publishers, joining us so we can continue to publish a beautiful magazine that reflects, promotes and elevates the Harrisburg area. We hope that our readers will respond, as well, by patronizing the businesses that help make this free community resource possible.

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COVER ART BY: ANELA BENICE-SELKOWITZ
WWW.ANELAPHOTOGRAPHER.COM

Raspberry chocolate truffles, made by Mangia Qui.

LETTER FROM THE EDITOR

For years, my good friend, Bob, and I have had a rather odd debate—an argument over which month is the worst.

His nominee, February, primarily for its cold, ice and snow, though I'm not sure he likes weather-savvy rodents much either. His feelings about the month are so strong that he usually can't say the word, "February," without preceding it with a certain alliterative expletive.

Honestly, I don't get it. Sure, February is no stranger is the occasional blizzard and, yes, by then, I've had it, had it, had it with winter. But it's also the month where we begin to see the light at the end of the tunnel.

The days start to get noticeably longer. Snowfalls melt quicker. If you're attentive, you'll see the first tiny flowering plants poking through the snow and mud. In most years, by the end of the month, you can feel winter loosening its icy grip.

For me, February is a month of anticipation. Sure, it's still cold, as this month's stories on soups and winter pet care attest. But it's also about what's to come, thus our column on outdoors shows, which hint at the start of springtime. It's also Black History Month, President's Day and Valentine's Day, all of which we write about in this issue.

So, I'm no Pollyanna. I agree with Bob that I'll probably be stuck inside much of the month, as another Arctic front or polar vortex or whatever comes screaming down Front Street. But, in the meantime, I'll have a Little Amps coffee, some cookies from Alvaro bakery and an entire Burg to read through. And that'll keep me plenty warm.

LAWRANCE BINDA
Editor-in-Chief

GENERAL AND LETTERS

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WHO ARE YOU?

Online anonymity devalues our conversation, our community.

BY J. ALEX HARTZLER

As I have mentioned before, one of the unexpected changes in my thinking since becoming publisher of TheBurg is my view of local media. Where I was once merely an avid consumer, I am now, with this column, a monthly producer of sorts. The added duty has caused me to think about local online and print media in new and different ways.

Far from making local media irrelevant, online social media seems to have enhanced individualized stories in the regional community. Anyone on Twitter or Facebook cannot help but notice the local stories of the day, week or month. Checking your Twitter feed or Facebook page will gain you instant knowledge of what your friends are thinking about. Much of it is hyper-local and great for real-world social gatherings. Keeping a close eye on what is happening in the local press certainly helps local media distribution, even if you don't purchase or even read the actual publication.

I find myself checking our statistics at theburgnews.com to see which articles have drawn the most interest based on viewership, sharing or posting on social media. While not an infallible guide to determining the relative merits of any one article, the amount of uptake gives at least some indication of how receptive you, our readers, have been to the story. Our writers are generally grateful each time someone takes the time to tell their cyber-friends (and/or actual friends) to check out this or "like" that article that they have written. This is clearly a good thing from a media-owner perspective. Non-readers become readers because their friends are easily able to share a story with them with the click of a keyboard or tap on their phone.

On the other hand, it is very hard to get any one local story to break through to more widespread awareness. The numbers are just not sufficiently large to achieve critical mass. Readers are too few and the stories too many, and focus is fragmented at best. This has led to the well-publicized crisis on the business side of local media that has experienced dramatically declining ad sales as a result of that fractured audience. In an effort to reverse this trend and stay in business, much of the focus has shifted to how many people are viewing and interacting with the content. This chase for online eyeballs and, thus, the ability to charge advertisers, has led to many changes, like fewer days of print publication, among other things.

The worst of these developments, in my opinion, is the advent of the ubiquitous anonymous commentator immediately following the online article. I believe that the practice of allowing anonymous comments, far from being a panacea for declining ad sales and tightening budgets, actually serves to hasten a publication's decline. A factual, rational story is easily overwhelmed by the non-factual, irrational opinion that follows. This commentary lessens and cheapens the very product that is being produced by the writer, while stretching and stressing that person, who now has to respond and defend her reporting to the uninformed. More work for less pay rarely makes for happy employees, but certainly tends to increase actual errors as time and volume pressures mount.

Let's take our local friends in big suburban media. There is perhaps nothing more simultaneously entertaining and disheartening, yet meaningless and time wasting, as

watching a writer who has published a well-researched piece go online and try to defend the article against the anonymous commentators. As a teaching psychologist friend once told me, "Rational argument is a useless tool against the irrational"—it only makes you crazy. Proof of that maxim can be found in nearly every one of these so-called forums. I feel for the writer who thought she had chosen a career in journalism with the local paper and now realizes that it is far more "Lord of The Flies" than the Wall Street Journal (the WSJ now requires real names in its commentary).

There is simply no point in engaging in combative back and forth with someone who doesn't want to be informed or for whom the facts do not matter. For many of them, it appears that the game is very different—it is to rant and rage for their own personal enjoyment, not to enhance knowledge or even to prove a rational point. When a commentator is anonymous, there is no social check in place to restrain ignorance or need to fear damage to a personal reputation by writing things online that one would never say in person or if identified personally in the real-world town square.

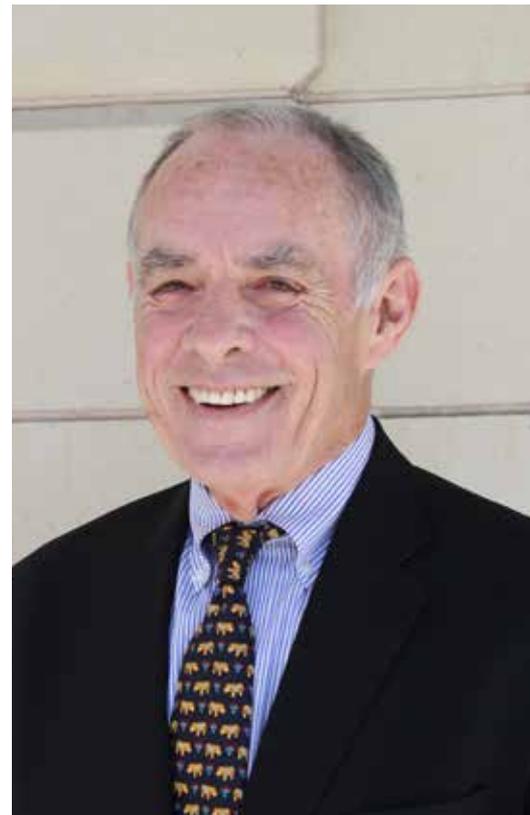
Let's be clear: There are exactly zero, as in bagel, whistleblowers or the like in the online local media forums that admittedly would deserve anonymity if they did have actually pertinent information. The "whistleblower exception" is easily preserved not by posting online, but by sending the information to a responsible reporter, who can then actually report a story. Anonymous online commentary is clearly not that.

The fix, however, appears to be simple. The requirement should be for a verified e-mail and physical address with the person's name, age and occupation. Requiring a person to identify herself or himself and stand behind the comment would bring great social pressure to be more dignified and respectful, if not articulate and informed. Simply put, it is requiring the same level of social decorum that we demand in person. A simple request for civility, it would seem.

For these reasons, TheBurg has made the decision not to allow online commentary on our articles. The articles speak for themselves; they are valuable and took time to research and write. We welcome your letters, e-mail, social media posts, etc., whether positive or negative. If you let us know your thoughts, we may share them more generally with other readers. If you have suggestions for improving our paper, we will gladly listen and try to do so.

However, the real danger in anonymous commentary is the demeaning of our public discourse and the rise of a forum for the exceedingly small minority of aggrieved and disaffected who crowd out the rest of us who actually like where we live and work. Those vocal few are not representative of the community, but they are a great impediment to a truly informed citizenry by spreading inaccuracy and misinformation and just for uselessly wasting time. Ultimately, after this online experiment has played out, I believe that advertisers and the community generally will see all this anonymous commentary for what it is: sound and fury, signifying nothing. Let's hope it is brought to an end locally, before it further threatens the viability of our otherwise valuable local media outlets. **E**

J. Alex Hartzler is publisher of TheBurg.



HARRISBURG RECEIVERSHIP TO END

The state last month submitted a petition to end Harrisburg's 26-month-old receivership, stating that "critical components" of the city's financial recovery plan had been completed.

If the petition is approved by the Commonwealth Court, the receivership would conclude on March 1, concurrent with the end of the state-declared "fiscal emergency" for the city. At that time, an Act 47 coordinator would replace the receiver to oversee and help guide implementation of the rest of the Harrisburg Strong Plan.

Just last November, the receiver's term was extended for two years.

"The receiver is no longer vital and necessary to successful implementation of the remaining components of the Harrisburg Strong Plan in the absence of a fiscal emergency, and the remaining components of the plan can be successfully implemented by a coordinator appointed by the secretary (of DCED)," according to the petition by C. Alan Walker, secretary of the state Department of Community and Economic Development.

While most of the plan has been implemented—including the sale of the incinerator and the long-term lease of the city's parking assets—a few parts remain unresolved, such as a new labor agreement with the city's firefighters' union.

The state imposed receivership on Harrisburg in November 2011 after the squabbling city government could not reach an agreement to resolve its financial crisis. Bond lawyer David Unkovic served several months in the post, drafting the initial recovery plan.

After Unkovic resigned, Air Force Maj. Gen. William Lynch took over as receiver, overseeing the creation of the final recovery plan and its implementation to date.



OFFICIALS SWORN IN

The leadership of Harrisburg’s municipal government changed dramatically last month as several recently elected officials took the oath of office.

Eric Papenfuse became the city’s 38th mayor at a brief swearing-in ceremony in City Hall, replacing one-term Mayor Linda Thompson in the office.

At the same event, Charles DeBrunner took the oath as the new city controller, and Ben Allatt and Shamaine Daniels were sworn in as new council members. Returning Councilwomen Wanda Williams and Eugenia Smith also began four-year terms.

Following the ceremony, City Council held its reorganization meeting. Williams was re-elected council president, while Sandra Reid became council vice-president.

In addition, council made committee assignments. The new committee chairs are:

- Administration Committee: Wanda Williams
- Budget and Finance Committee: Ben Allatt
- Building and Housing Committee: Shamaine Daniels
- Community and Economic Development Committee: Brad Koplinski
- Parks, Recreation and Enrichment Committee: Susan Brown-Wilson
- Public Safety Committee: Eugenia Smith
- Public Works Committee: Sandra Reid

Each committee is made up of three council members except for the administration committee, which includes all council members.

PAPENFUSE ANNOUNCES CABINET

Mayor Eric Papenfuse last month announced his choices for most of the top administrative posts in city government. These include:

- Neil Grover, who took over as city solicitor from Jason Hess. An attorney in private practice, Grover had served recently as special counsel to City Council.
- Aaron Johnson, who replaced Kevin Hagerich as director of the Public Works Department. Johnson, previously the department’s deputy director, ran against Papenfuse as a write-in candidate for mayor in November, garnering about 17 percent of the total vote.
- Bruce Weber, director of budget and finance, a post last held by long-time director Bob Kroboth. Weber formerly served on City Council.
- Joyce Davis, a key Papenfuse advisor, as director of communications.

- Jackie Z. Parker, a former mayor of Lebanon, as director of community and economic development.
- Roy Christ, former president of the Harrisburg school board, as director of building and housing.
- Lenwood Sloan as director of the newly named and reorganized Department of Arts, Culture and Tourism.
- Carlesha Halkias, former deputy city solicitor, as director of human resources.

In addition, Karl Singleton was named as senior advisor on education and youth and Catherine Stetler as scheduler.

The Harrisburg Regional Chamber and Capital Region Economic Development Corp. (CREDC) will fund Parker’s position in full for the first year and at 50 percent for the second and third years. The city will take over full funding of the position in year four.

BUDGET REVISITED

Harrisburg City Council last month reopened the 2014 budget to better reflect the spending priorities of the Papenfuse administration.

The \$78.5 million budget is about \$280,000 more than the budget passed in December, reflecting a slight increase in projected revenues from the earned income tax and intergovernmental transfers.

The greatest changes came on the spending side.

Mayor Eric Papenfuse proposed abolishing the post of chief operating officer, which paid \$110,000 a year. Instead, he wants to establish the position of chief of staff/business administrator at an annual salary of \$79,500. A new post of community services coordinator, paying \$50,000 a year, would replace the position of assistant to the COO, which paid \$41,000 annually.

Other proposed changes included:

- Creation of several new posts, including director of arts, culture and tourism, director of sustainability and director of planning.
- Raises for a number of management-level positions, including for the director of building and housing development, the director of financial management, the director of human resources, the police chief and the communications director.
- Consolidating certain positions, decreasing salaries for others and not filling several vacant posts.

The council’s first budget review committee hearing is scheduled for Jan. 30. A final vote on the new budget is currently slated for Feb. 11.

TRANSITION REPORT RELEASED

The Papenfuse administration last month released a report with dozens of recommendations on how to improve government performance.

The 17-page report contained suggestions ranging from aggressively seeking grant money to making greater use of technology to tighter integration and communication between segments of government.

A few of the recommendations include:

- Adequately staffing the finance unit by filling vacant positions and completing financial reporting on a timelier basis.
- Appointing or designating an arts, culture, heritage and tourism liaison officer to oversee programs, activities and events.
- Developing and implementing a plan for upgrading the city’s website, improving content and

implementing social media.

- Negotiating public/private partnerships to supplement resources.
- Creating a new department focused on education, youth, recreation and related matters, hiring a qualified director and staff and securing new funding and partnerships.
- Adopting a “broken windows” law enforcement approach to reduce crime and preserve order in targeted neighborhoods.
- Conducting an independent feasibility assessment of alternative ways of providing sanitation service.

More than 70 people served on Mayor Eric Papenfuse’s transition teams and contributed to the report, which was compiled by consultant Robert Melville.

“This report represents hours of hard work from very dedicated people who want to see Harrisburg rise out of its problems and become the model capital it should be,” Papenfuse said.

The report contains many more ideas to improve the city government’s functions and operations. Read the entire report on TheBurg’s website, theburgnews.com, under the “News” category.



BREWERY EYES MIDTOWN BUILDING

If all goes right, a new brewery will debut in the heart of Midtown Harrisburg in late summer or early fall.

Alter Ego Brewing Co. hopes to open a brewhouse in long-vacant space at the corner of Susquehanna and Boyd streets, at the rear of Midtown Cinema. The 4,500-square-foot brick building would house a beer-making operation, in addition to a tasting room with a limited menu featuring small plates, paninis and finger foods, said Brandalynn Armstrong, who operates Alter Ego with her husband, Theo.

The Armstrongs have numerous hurdles to overcome before they can open, including securing a liquor license and probable land use approvals. The dilapidated building also requires a complete renovation.

The couple took their first step late last month, holding a community meeting at Midtown Cinema, where they presented their plan and answered questions.

“We want to be a good neighbor and an active member of the community,” said Brandalynn. “We think it’s a good fit for Harrisburg and that Harrisburg is a good fit for us.”

In addition to offering Alter Ego beers and a limited menu, the Armstrongs will feature local Pennsylvania wines and art gallery space. No liquor will be served.

The building is owned by Lift Development LLC, which includes two partners of GreenWorks Development. A couple of years ago, the state tried to relocate the former Midtown magisterial district justice’s office and courtroom to the building, but an agreement could not be reached.

More information on Alter Ego Brewing is at alteregobrewing.com.

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- Green St., 1703: Wells Fargo Bank NA & J. Landis to PA Deals LLC & J. Etzle, \$116,500
- Green St., 2013: WCI Partners LP to L. Binda, \$209,000
- Green St., 2135: D. Boyle to V. Brown, \$35,000
- Green St., 2233: R. Shokes Jr. & Shokes Enterprises LLC to R. & D. Requa, \$60,000
- Kelker St., 213: J. Henning to M. Porter, \$124,500
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- N. 6th St., 2667: J. Vogelsong to G. Di Bosco, \$31,500
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- S. 13th St., 502: PA Deals LLC to J. & A. Garbanzos, \$45,000
- S. 15th St., 446 & 141 N. Cameron St.: G. Neff to San Pef Inc., \$45,000
- S. 17th St., 325: R. Ekvall to J. Tran & D. Nguyen, \$50,000
- S. 18th St., 1115: K. & W. Watson to M. Kaman & A. Phatimah, \$68,000
- S. 19th St., 1670: The Harrisburg Authority to the Lancaster County Solid Waste Management Authority, \$121,898,000
- S. 28th St., 806: DML Properties LP to AWK Consulting Engineers Inc., \$225,000
- Swatara St., 2025: Mussani & Co. to I. Fernandez, \$65,000
- Valley Rd., 2301A: F. & J. Haas to S. Thornsley, \$195,000
- Vine St., 114: F. Hutchinson to J. Robles, \$135,000
- Walnut St., 407: J. Brown & Graci LaPorta Partnership to J. & C. Bowen, \$50,000

Harrisburg property sales for December 2013, greater than \$30,000. Source: Dauphin County. Data is assumed to be accurate.

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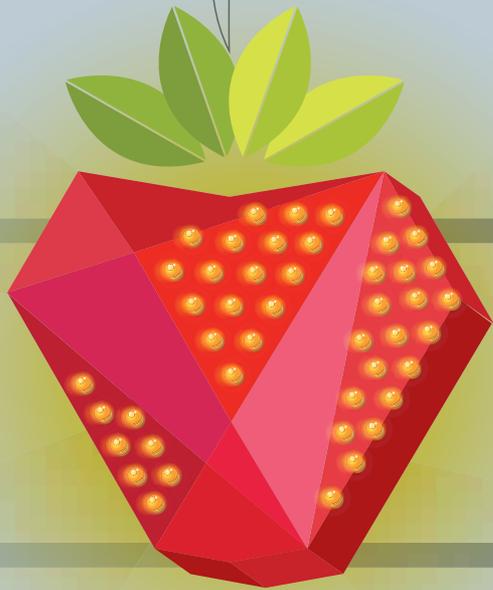
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2014

REACHING NORMALCY

*Mayor's first goal:
a normally functioning city.*

BY LAWRENCE BINDA

Over the past few years, my out-of-town friends and family have let me know whenever they've heard or read something about Harrisburg. It happens often and, when it does, I immediately brace myself, prepared to bat down questions having to do with:

Financial crisis. Even my casual news-following friends have read all about the lowlights of Harrisburg's fiscal ignominy.

Scumbags. I don't know why a silly, flip remark from the mayor of Harrisburg garnered international attention, but it did.

Wild West artifacts. An Old West museum in Harrisburg, Pa.? In Harrisburg? Really? This one took A LOT of explaining.

Mostly, their questions have been sincere (Hey, what's the deal with that incinerator?), with a few bad jokes tossed in (So, you really burned through your money, huh?). Ha-ha.

When I visited friends and family over the holidays, I received several questions about our latest contribution to the national conversation: the poor, shattered New Year's Eve strawberry. Evidently, National Public Radio and a few other news outlets thought their audiences would enjoy a good, seasonal chuckle at our expense.

I was asked how it broke, to which I could just say that they hauled it a few stories up the Harrisburg Hilton—then ker-plop. And then I was asked, "why a strawberry?" with folks eager to learn some interesting historical link between Harrisburg and that wonderful springtime fruit. When I responded that, well, there's this alley called Strawberry Street with an enclosed mall called Strawberry Square built over it, they seemed not impressed at all.

But, ah, then I saw my opportunity.

"This is how I look at it," I said. "It's a new year, with new leadership for the city, so I see the shattered strawberry as a symbolic break from the past."

A stretch?

Maybe, but I'm reasonably confident that Harrisburg is about to change considerably, and I'm hopeful that this change will be for the better. I don't expect Harrisburg to turn overnight into a paradise (or even Pittsburgh), but I think that it can become what I might call a "normal city" relatively quickly.

So, what is a normal city?

A normal city is a place that lives within its means, can pay its bills and isn't always dodging creditors.

A normal city is a place with conscientious, caring leadership, where residents don't nervously await the mayor's next miscue, intemperate remark or conflict.

A normal city is a place that provides solid, if not always spectacular, basic municipal services.

A normal city is a place where people like to be and don't worry excessively about their safety.

A normal city is a place with enough stability that people feel confident planning for the future and doing business.

In "City Contented, City Discontented," an excellent collection of columns about Harrisburg, journalist Paul Beers tells of Steve Reed's first months as mayor. Already, he wrote, both the promise and the peril of Reed's leadership were evident. He was ambitious, smart and had some creative ideas, but he also was imperious, overly confident and pugnacious, showing early signs of his ends-justify-the-means approach to governance.

Similarly, former Mayor Linda Thompson set the tone for her mayoralty early on. Within six months, she had shown herself to be domineering and confrontational, often personalizing issues to the detriment of good governance. While she showed some capacity to improve over her term, the basic tenor of her leadership never changed.

Therefore, to know whether Mayor Eric Papenfuse can make Harrisburg function as a "normal city"—or what to expect from him—we should pay close attention to his first six months in office. By mid-year, we should have a decent idea of his leadership style, his priorities, his capabilities, his strengths and his weaknesses.

In many places, normalcy would be judged as a low bar to aim for. However, in Harrisburg, it would represent an improvement, an end to years of uninterrupted crisis. Stability and predictability need to return to life here, a clear break from the recent past, as symbolized (if accidentally) by our broken strawberry. After that, we can start thinking greater thoughts. **E**

Lawrance Binda is editor-in-chief of TheBurg.

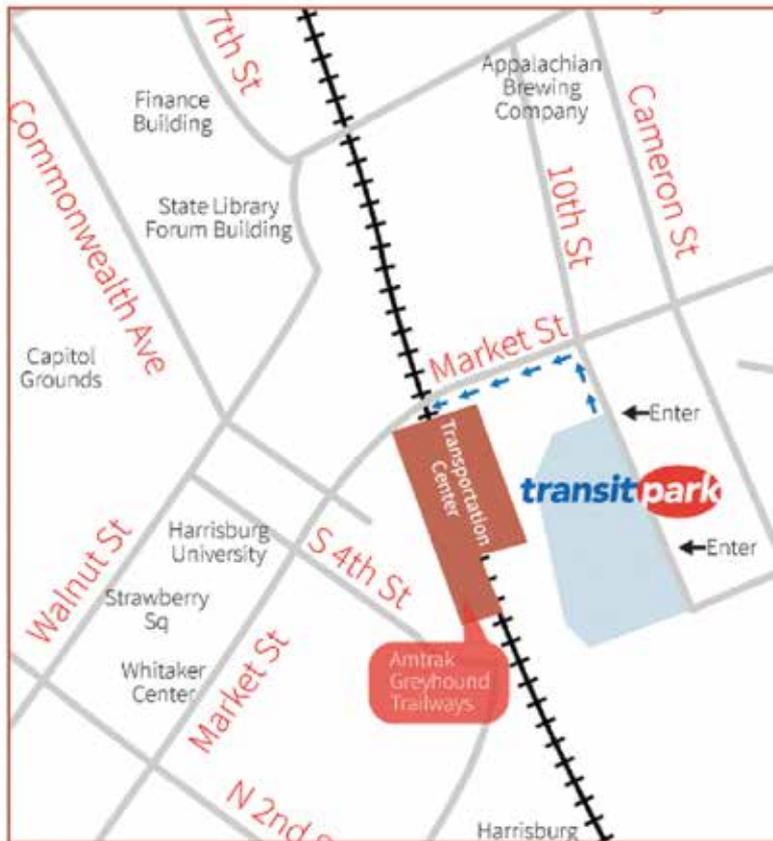
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INSPIRED BY THE PEOPLE

No longer docile, Harrisburg's residents helped guide the financial recovery plan.

BY TARA LEO AUCHEY

“I think part of why Harrisburg has succeeded to this point is because of the people who live there.” So said David Unkovic, former receiver of the City of Harrisburg, during a talk to McNeese, Wallace & Nurick law firm colleagues, various elected officials, and other interested persons who gathered in a room last month at the Hamilton Club in Lancaster to hear him give a presentation entitled “Harrisburg: A National Model for Addressing Municipal Distress.”

He called the story of Harrisburg remarkable. He said the sequence of events of Harrisburg's debt crisis were serendipitously just right despite the strife, fight and controversy that encompassed the saga.

In fact, he believes all of that was perfectly part of what happened.

As someone who closely watched and engaged with the unfolding events over the past five years—and studied the story much farther back—I agree. The strife reflected the complexity of the situation.

The fight pushed for substantive solutions.

The controversy attracted attention.

Without all of it, Pennsylvania's capital city would be much worse off.

Now, not everyone concurs, and Unkovic acknowledged that.

He spoke of the contingent who believe the city should have been permitted to file for Chapter 9 bankruptcy, convinced that was the only correct answer to solve Harrisburg's incredible fiscal crisis. “There are some people who think the city would have been better off in bankruptcy, but I don't think that's true.”

Aside from the cost and the unfortunate stigma, he pointed to the certainty that nothing is guaranteed in bankruptcy. “Everything is tested in the court,” he said.

However, such a position is not acceptable to those who think the city's current path to recovery is bogus. Some citizens feel the so-called Harrisburg Strong Plan is the wrong plan for the city's betterment, designed for the creditors and not for the people.

Unkovic sees it differently. “The plan for Harrisburg really got it right.”

What he didn't say outright is that the plan only works if the citizens make it work. It's all about the citizens. But, of course, he did say Harrisburg has some pretty special citizens.

For far too long, the citizens of Harrisburg were encouraged to disengage. Okay, so this may not have been the exact message that leaders splayed on flyers, declared in public service announcements or proclaimed in the media, but, all the same, the sentiment was loud and clear. For 28 years, Mayor Stephen Reed took care of things. He didn't require citizens to give input or involve themselves in the business he conducted on behalf of the city. He didn't need them to ask questions or offer suggestions. He merely needed them to listen to the pontifications he famously expounded.

Then came Linda Thompson. She modeled the reign that she observed for years, the reign she pined for and seized. When she became mayor, she adopted the attitude of power that separated her from the citizens. Rather than partner with people and their attempts to contribute, she had a tendency to appropriate projects and call them her own, cutting out the credit where credit was due.

Receivership changed all of that. Just as the state usurped the authority of the city, so could the citizens.

“PART OF WHY HARRISBURG HAS SUCCEEDED TO THIS POINT IS BECAUSE OF THE PEOPLE WHO LIVE THERE.”

For the first time in decades, the people of Harrisburg had the capacity to be heard and effective. And the strife, fight and controversy helped the cause along.

Our jobs have only begun, though.

Last month, the state filed a motion to end Harrisburg's receivership. It is deemed no longer necessary. The plan is accepted, the debt is paid off, and, theoretically, the potential for stability has been set in place.

With the receiver soon to be gone, the onus is now on the citizens to make the city's success happen. It is up to the citizens to engage, participate in the plan's implementation, sit on boards, offer counsel and hold leaders accountable.

Sure, there are people frustrated, people still apathetic, and people not happy with how the events unfolded. Yet, it's difficult to dispute that the citizens didn't have an influence.

Unkovic said it was the citizens who impressed him the most during his time in Harrisburg. What he didn't say—or really need to—is that it was the citizens who inspired him to do what he did for Harrisburg.

It hasn't been an easy road for anyone involved, nor does it look like the challenges will disappear anytime soon. The virtue, though, is that we've gotten this far.

It's not a bad place to be, and the next steps are essentially ours to take.

That means the future is filled with possibility and promise because, after all, the citizens of Harrisburg are pretty remarkable. **E**

Tara Leo Auchey is creator and editor of today's the day Harrisburg. www.todaysthe dayhbg.com

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An unfinished brass wall clock Arnold has been building for the past several years. The engraving was done by a late friend from Chicago, and the bearings and jewels he bought elsewhere. "Other than that, everything here I made."

TIME & MATERIALS

*A Harrisburg clockmaker
and the craft of keeping time.*

BY PAUL BARKER

On a recent weekday, David Arnold, a certified master clockmaker with a workshop on Logan Street, Uptown, removed an antique pocket watch from a small brown envelope and began taking it to pieces.

The watch, made in 1908 by the Elgin National Watch Company, some thirty miles outside Chicago, was about the size of a hockey puck, with a tarnished silveroid case and a porcelain dial. One of Arnold's regular customers, an avid collector, had sent it in for a basic tune-up: a cleaning and polishing, change of oil, possibly a replacement mainspring. But once the watch was open, Arnold knew, he might find more to attend to. "In an old watch," he says, "Lord only knows what you're gonna find."

He pried open the case and popped off the hands. Loosening two screws, he lifted free the movement—the assembly of springs, jewels, wheels and gears that keeps time—and detached the dial. The dial, made of porcelain fired on a copper disk, bore several hairline cracks that had filled with dirt. He placed it inside one of several mesh baskets, alongside other pieces he dismantled, in preparation for an ultrasonic bath.

When Arnold came to the watch's balance wheel, he paused. The balance wheel is a watch's primary timekeeping element, performing much the same function as a grandfather clock's pendulum. It contains a coil, called a hairspring, whose oscillations regulate the release of power stored up when a watch is wound. A brass ring dotted with tiny brass knobs, the balance wheel resembles a ship's wheel in miniature. When the watch is running, it rapidly spins one way, then the other, while the hairspring pulses in the middle, expanding and contracting.

The brass knobs circling the balance wheel are called timing screws, and they contribute small but significant amounts of mass. They can be added to slow down a watch if it's running fast, or removed to speed it up if it's running slow. They should be lined up symmetrically along the wheel's circumference, but the ones in the Elgin pocket watch were asymmetrical, with two extra screws on one side.

In his repairs, Arnold often comes upon the handiwork of people he calls "impairmen"—folks who don't really know what they're doing, and leave pieces worse than they found them. He suspected that someone had slapped on the timing screws unevenly while trying to solve a separate problem. The result was an "out-of-poise condition": an imbalanced balance wheel, unable to keep good time.

Once the case was buffed and the parts were clean, Arnold set about bringing the balance wheel back to poise. He added symmetrical screws, fitted the wheel back inside the movement and hooked it up to a timing machine, labeled "MULTIFUNCTION

TIMEGRAPHER." As the watch ticked, scattered dots appeared on the display screen in uneven bands. The timegrapher posted a reading: -449 s/d, nearly eight minutes slow per day.

Arnold extracted the wheel from the movement, removed some screws, and tried the timegrapher again. Now the watch was running as fast as it had been slow. He needed more mass. He reached into a drawer and took out an assortment of test tubes, plugged with cork, each containing a handful of miniscule washers. The tubes were labeled in minutes and seconds—the amount of time by which a pair of washers, once added to the balance wheel, would slow down the watch each day.

As Arnold fitted the washers, a plaintive meow came through the door. "Zeke! Hey buddy! Oh, my friend," he said. It was snowing. His white cat, Zeke, padded into the shop, trailing wet paw prints. "You want a treat, don't ya." Zeke meowed. "I know, Zeke. I know." He fished a bag of cat treats out of a drawer.

Washer by washer, Arnold slowed the balance wheel down to just under two minutes fast per day. But the timegrapher was recording another problem. The balance wheel was now swinging out of beat. He adjusted its orientation, but the problem persisted. "Most bench watchmakers hate antique watches for just this reason," he said. "You're always battling a hundred years of wear and every pair of hands that the watch has been through."

A couple hours passed. Arnold spotted a few more flaws, and made innumerable tiny corrections, yet couldn't get the timekeeping where he wanted. He knew there was a balance to strike between the value of the watch and the labor it would take to repair it completely. This Elgin wasn't worth much more than \$100. But then, he hated to do a job only part of the way.



A wooden clock mass—produced in the Connecticut River Valley in the 1820s. "The British wouldn't sell us brass, because they knew we'd turn it into cannon and point it at them," Arnold says.

Around 2 o'clock, he decided it was time for a break. He believed he had located the source of the trouble, but he had been working for nearly four hours—longer by far than it had ever taken him to set a watch in beat. He put the movement back in its polished case, behind the now-spotless dial, and set it on the table. Then he went into the fridge in the back of his shop and took out an IPA.

Arnold repaired his first timepiece in 1964—a brown mantel clock that still sits on a high shelf in his workshop, above a sign that says "Not For Sale." He was 13 years old, and had no formal training. "But, frankly, that was my gift," he told me. "I'm able to look at a mechanical device and see the way it's supposed to work, even when it's not working." In the late 1960s, as the U.S. was escalating its troop presence in Vietnam, Arnold enlisted for alternative service as a conscientious objector. ("Jesus said that he who takes by the sword dies by the sword, and I believe he meant that," he said. "You die spiritually in the act of picking it up.") He was stationed at a hospital in Elgin, Ill., home to the Elgin National Watch Company, where he met an instructor from the watch college who took Arnold under his wing.

On March 12, 1968, a surveying team for the Atlantic Richfield Company discovered an oil field at Prudhoe Bay, on the Alaska North Slope. A consortium of oil companies began lobbying for permission to construct a trans-Alaskan pipeline,

which Congress granted in 1973, in the midst of the Arab oil embargo. Arnold applied for a job on the line, and, after five months of waiting for his number to come up, he was hired. He worked in a labor camp for a year and a half, in nine-week stretches of consecutive 12- to 14-hour shifts, separated by two weeks of vacation.

The job was physically demanding—"working out in a ditch at 40 below," he says, through months-long stretches without sunlight. But the food was good ("steak twice a week, prime rib once a week, fresh crab salads, oysters Rockefeller"), and so was the pay. "Every Tuesday or Wednesday I'd be asking myself, 'What in the world am I doing here?' And then on Friday they'd come and they'd hand me this paycheck, and I'd go, 'Ohhh, yeah.'"

After his work on the pipeline, Arnold returned to Illinois, where he took a position at Craft Clocks and Gifts in Elmhurst, a Chicago suburb. "I bullshitted my way, literally, into the job as the repairman at the largest clock shop in Chicago," he said. Though he had only ever repaired one clock, Arnold was a quick study, and, within six weeks, Craft had given him his first apprentice. Over the next several years, he hired and trained the company's entire clock department, eventually overseeing an operation that installed upwards of 500 floor clocks each year. In 1981, he passed the national trade organization's exam and became a certified master clockmaker.

Arnold has a white ponytail and moustache and creased blue eyes. In shop, he wears blue jeans, a work shirt buttoned at the wrists and, usually, a magnifying visor on his forehead. He lives with his wife, Sandy, in a house nearby on 4th Street, and the pair grow fruits and vegetables in an adjoining lot, including pears, plums, apricots, asparagus and a variety of berries. (They also keep bees, whose honey they promote and sell via a Facebook page, "Sweet Honey in 'Da Hood.") He speaks admiringly of things of quality: watches, of course, but also good whiskey, good wine, and good conversation. He once described the late Henry Fried, a preeminent American watchmaker and an acquaintance, as a "brilliant, brilliant, brilliant man." Parting company, Arnold says "blessings" by way of goodbye. Even on a day when he was feeling "crappy," his expression tended to settle on a beatific grin.

In the early 1990s, after several years running a repair shop near Fayetteville, Arnold decided to become a minister. "I'd felt a call all my life, but I ran

away from that call for a long time,” he said. He sold all of his equipment, got a bachelor’s degree (history, with a minor in philosophy) and enrolled at Wesley Theological Seminary, in Washington, D.C. Over the next decade, he served a number of churches, the last of which was Rockville United Methodist, off Linglestown Road. “He was a terrific pastor and a terrific person,” Joyce Ralph, a Rockville parishioner, told me. When Ralph’s mother died, Arnold, who had never met her, visited with her family and later gave a funeral service that “astounded” her friends and relatives. “They couldn’t believe he didn’t know her,” she said.

“I enjoyed ministering to the people, and I enjoyed worship,” Arnold told me. “But I am not an administrator. I’m too ADD.” Eventually, he realized he was “probably not the best person” to run a local church, and he resigned from Rockville in 2004. “My ex-wife of 20 years told me she couldn’t live with me anymore, and that’s when I decided it was time,” he said. In 2006, he bought a garage on Logan Street, converted it into a workshop, and returned to the business of clock and watch repair.

On a Wednesday night in the middle of winter, before going to bed, you set an alarm for 7:15 a.m. The alarm, on a clock radio, or more likely, a phone, rouses you the next morning in darkness. You shower and eat in time to catch an 8:07 bus, which deposits you at work just before 9:00 a.m. You swipe your digital time card, and the machine beeps to alert you it’s counting—counting the hours, for you and everyone else, as you turn time into money.

The tools we have to measure time, making it possible for time to condition our lives, are so ubiquitous and so reliable that we mostly take them for granted. What time is it? My computer knows, to an extraordinary degree of accuracy. How long did it take? My phone can tell me exactly. Yet our access to private timekeepers—and the idea, moreover, that these devices should be synched to an internationally accepted divvying-up of days—is a remarkably recent achievement.

The earliest clocks marshaled the steady “flow” of various natural processes. These could be more or less reliable, depending on the process involved. The Greeks, for example, used various kinds of water clock, or clepsydrae, to time public events like speeches and chariot races. An exhibit at the National Watch and Clock Museum, in Columbia, PA., features a demonstration clepsydra based on a design from around the 2nd century B.C. It’s essentially a wide, heavy bowl with a tiny hole in the bottom which, when placed in a tub of water,

fills up at a consistent rate. Or at least, relatively consistent. A plaque above the exhibit informs visitors that speechmakers occasionally added silt to their clepsydrae, slowing the water’s flow, a time-extending technique that gave rise to the phrase “Don’t muddy the water.”

Mechanical clocks, at least when they were first developed, some time in the 13th century, were hardly more dependable. The real significance of clocks that used gears, the historian David S. Landes argues in his book “Revolution in Time,” was that they incorporated an oscillatory motion—initially of a weighted bar, called a foliot, later of a pendulum—that lent them a back-and-forth, rhythmic quality,



“You’re searching for perfection, but perfect is unachievable,” Arnold says. “Any shortcut you take keeps you short of perfection.”

audible as a ticking sound. The mechanical clock, in other words, divided time into a succession of regular, countable beats. The “unknown genius who built the first mechanical clock,” Landes writes, “set time measurement on a new path and planted the seed of all subsequent improvements in chronometry.” As another plaque at the National Watch and Clock Museum puts it, “Time no longer flowed through a clepsydra—it ticked.”

Something whose beats could be counted could be made to beat more accurately, and after the invention

of the mechanical clock, innumerable refinements followed. Yet in their quest for improvement, clockmakers faced an unrelenting enemy: the effects of time itself. Any machine that runs 24 hours a day will eventually wear out, lose accuracy and break down. Landes relates the story of a cathedral clock in Cambrai, in northern France, requiring various repairs and several complete overhauls over the course of a century and a half. The cathedral’s records indicate continual maintenance, but nonetheless, an account from 1435 “brings the mention that the clock ‘was in great ruin.’”

“You’re searching for perfection, but perfection is unachievable,” Arnold said. “Any shortcut you take keeps you short of perfection. And so that’s probably the most demanding thing about the trade, is that you have to do it all the way.” One way to prevent wear in watches is through the placement of synthetic jewels, whose hardness prevents scratching and warping. “A watch with enough jewels will run for a loong time without wear,” Arnold said.

But even then, the lubrication will eventually start to break down. Even high-priced luxury watches need to have their oil changed every three to five years.

“Give me the perfect oil,” Abraham Louis-Breguet, the great 18th-century horologist, is supposed to have said, “and I’ll build you the perfect watch.” There is no perfect oil, of course, and no perfect watch. But a nearly perfect watch may be a better symbol, conveying both human mastery and human limitations—our capacity to divide and measure the universe, and the universe’s ultimate indomitability. “O let not Time deceive you,” the poet W. H. Auden wrote. “You cannot conquer Time.”

My first conversation with Dave Arnold was not about clocks or watches. In early November, I called him about a letter he had written to the Patriot-News, about the effects of a trash-pickup fee hike on his business. City Council had raised prices indiscriminately, and his shop, despite producing less waste than his home, was being charged at a commercial rate. “My annual cost to get rid of two trash cans a month,” he wrote, “is going to total \$1,582.80! Do you have any idea how many watches I have to fix to pay for that?”

Arnold has the sort of independent streak you tend to associate with small business: one that demands dignity of labor, prizes quality over volume and speed, and reflexively stands up for the little guy. The privatization of Harrisburg’s sanitation services, a proposal that made headlines last fall, struck him as another iteration of the old capitalist lie. “What do

we want?” he asked me. “More Walmart workers? Collecting food stamps and collecting Medicaid because they can’t make a decent living?” One time, describing his own religious outlook, he brought up Pope Francis: “He’s actually holding up what Jesus said, and trying to do what Jesus said to do. And he’s criticizing the economic system that keeps so many people in poverty and enriches a very few inordinately.”

This streak flared recently during a crisis within the American watchmaking community. In the early 2000s, a number of Swiss watch manufacturers began restricting the sale of parts to independent watchmakers. In 2005, Andre Fleury, a watchmaker based in California, sued Richemont, a luxury goods holding company, in federal court, charging that the company was employing monopolistic practices. The leadership of the national trade organization, the American Watchmakers-Clockmakers Institute, intervened, and, over Fleury’s protests, came to a settlement that many watchmakers saw as favorable to the Swiss companies. Under the agreement, in order to gain access to Swiss parts, watchmakers now had to submit to an inspection, purchase certified equipment, and undergo new training, to the tune of several thousands of dollars.

“They caved utterly,” Arnold told me. “What is the point of having a national trade organization, if not to stand up for the independent watchmaker?” He had once served as a vice-president at AWCI, and written for its trade publication, “Horological Times.” But, this year, disgusted with the outcome of the litigation, he declined to renew his membership. (Jordan Ficklin, AWCI’s executive director, told me it was “the opinion of AWCI that parts should be readily available, but it is the reality that many brands choose not to sell them. We wish we had more influence, but we can’t dictate what industry will do.”)

Despite this, Arnold’s respect for Swiss craftsmanship is undiminished. Once, I brought in a New York Times watch-industry insert, a booklet of several glossy photos of fine Swiss watches. He paged through it, admiring the designs. “They do beautiful work!” he said. “There’s no question, they do beautiful work.”

Arnold has an abiding preoccupation with fairness, though his idea of fairness can so heavily favor his customers that it occasionally seems to defy good business sense. Once, a woman brought in an estimate she had gotten years ago from a factory service center for a wristwatch repair. Arnold glanced at the slip. “Outrageous!” he said. He quoted her a price—less than half the factory’s estimate, which had been made in 1996.

“I think that a workman deserves a fair wage,” he said, when I asked him about it later. “At the same time, some places charge a lot of money to get something fixed. And I don’t want to say that their work isn’t worth what they’re asking, because if they’re able to get it, obviously it’s worth what they’re asking. But I’m more comfortable sleeping well at night, knowing that I’m charging a fair price

for the work that I do, and being able to smile and look the customer in the eye when they pick it up.”

Another time, a customer walked in with a watch that needed to be resized. In a matter of minutes, Arnold hammered out the pins and removed four links from the wristband. When the customer asked what he owed, Arnold told him not to worry about it.

“Geez, you can’t keep doing that,” the customer said. “Yeah, I know,” Arnold replied.

The customer turned to me. “Every time I come over here, he says, ‘Ah, don’t worry about it.’”

After the man had left, Arnold clarified. “Usually I would charge something, but the neighbors here on the street I generally don’t charge, because they keep an eye on the place.” He’s known to replace watch batteries for neighborhood children for free. They only cost a few cents anyway, and then the kids will sit and talk with him. “Goodwill is worth a lot,” he said.

In January, I paid a visit to the Henri Stern Watch Agency, in New York’s Rockefeller Plaza. There, beyond a pair of tall glass doors, were the regional offices and service center of Patek Philippe, the luxury watch manufacturer headquartered in Geneva. Henri Stern moved into the suite last year, and the lobby still had a glossy, un-lived-in quality. As I entered, a receptionist was speaking into a phone, alerting someone out of sight that there were customers “waiting in rooms one and three for assistance.” A moment later, a bald, broad-shouldered man in a semi-opaque white lab coat and white Crocs padded across the lobby and disappeared through a door in the opposite wall, which closed without making a sound.

A public relations manager, wearing a silk dress and knee-high black boots, gave me a brisk tour of the center. We visited a conference room with a view of the plaza’s skating rink, five stories below; an open-plan kitchen; and a number of offices with crystal doors. In a locker room, outside the service floor, we slipped cloth booties over our feet, to keep the room clear of stray particles. Inside, dispersed among several high tables, were watchmakers in lab coats, working quietly on watches. On a window sill, a machine like a series of bracelets mounted on poles rotated slowly, imitating the motion of the human wrist.

I was hoping to see—I don’t know what, exactly. Someone like Dave Arnold, I suppose, who would take down a bottle of Alaskan crude oil off a high shelf, or flip open an ancient case of washers in glass tubes, or show me the work of an impairman under a lens. But that was impossible: I was among the world’s most nearly perfect watches, which had little time for a novice. We passed a filing cabinet cabled to the ceiling, and a long, narrow drawer with minuscule parts in labeled cases, and then I was out the door. It seemed to be over in a few minutes, but I can’t be sure. Forgetting to check my phone, I had lost track of time. **B**

To contact Dave Arnold about a clock or watch repair, call 717-579-8760 or visit him on the Web at www.dave-arnold.com.



The service center of the Henri Stern Watch Agency, the regional distributor of Patek Philippe, in New York’s Rockefeller Plaza. From top: a polishing machine; a watchmaker working at the bench; the service room floor.

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HARRISBURG'S MR. LINCOLN

*James Hayney has built a career portraying
the Great Emancipator.*

BY RON HOPKINS

“My mission is to keep history alive.” So says James Hayney about his role as an Abraham Lincoln presenter. Hayney, a Camp Hill resident, has been keeping history alive around central Pennsylvania and beyond for most of the last decade.

He certainly looks the part. Hayney’s body is long and lean; he stands well over 6 feet tall and sports the trademark beard worn by the 16th president. Hayney states, with a wink, that he is about the same age of Lincoln at the end of his presidency.

Hayney took a circuitous route to the role, which he now plays full-time. He explained that, during his 20s and 30s, he was a telephone man, but had this dream of becoming an actor. As he approached his 40s, he saved enough to take a leap of faith and follow his dream. He resigned from corporate life and spent some time in New York, expanding his acting skills and trying to break into commercials. After a few months, he moved back to the Harrisburg area to work in the local theater scene.

“I’m a Harrisburg guy,” he explains, noting the terrific location for a professional Lincoln portrayer. “My roots are here. My son was born here.”

He began to find acting gigs around central Pennsylvania. He acted in Harrisburg’s Open Stage and Gamut Theatre. He soon began getting parts at Allenberry Playhouse and became a regular there. Then he received an unexpected break.

In 2002, the National Civil War Museum contacted him about playing the role of Lincoln for one of its fundraisers. Hayney accepted and began to research his new role, as any good actor would. He soon found that Lincoln fascinated him.

A short time later, Hayney began to look for a one-man play about Lincoln, one that spoke to him. He found it—“Mr. Lincoln” by Herbert Mitgang. The one-man play begins at Ford’s Theater just as Lincoln is about to be assassinated. Lincoln sees his life in a series of flashbacks just as Booth pulls the trigger: from his early days as a rail-splitter to his latter years as a lawyer and politician.

Hayney presented “Mr. Lincoln” on Lincoln’s birthday and President’s Day at theaters in Carlisle and Harrisburg. As he continued to play the role, he began to wonder if he could work full-time as a Lincoln portrayer.

Jim Getty, the long-time Lincoln presenter from Gettysburg, became an early mentor to Hayney. After Hayney approached him, Getty explained the thorough research he had conducted for the role and allowed him to peruse his extensive library. Getty also put him in touch with people and organizations that helped him make his start.

“Jim Getty is a terrific guy and was a tremendous help to me,” Hayney said.

Hayney started to build his own Lincoln library, which includes David Herbert Donald’s “Lincoln,” Harold Holzer’s “Lincoln President-Elect” and “Team of Rivals” by Doris Kearns Goodwin, among many other writings and biographies. Hayney purchased the complete collection of Lincoln’s writings and studied them extensively. He discovered that, the more he learned about the Great Emancipator, the more he admired him.

Mr. Lincoln throws the first pitch at a Harrisburg Senators game.





another presenter who portrays Lincoln's favorite general, Ulysses Grant. On occasion, Hayney even gets on television. He recently completed a commercial for the History Channel.

When asked which of Lincoln's speeches is his best, Hayney immediately points to the second inaugural address. He also considers Lincoln's first inaugural speech important, simply because of the gravity of a nation in crisis. Naturally, Hayney admires the Gettysburg Address, as he feels the president's "few appropriate remarks" were exactly right for the occasion.

"Of course, not everyone was thrilled with that speech," Hayney chuckles. "Some folks didn't like it at all, like the Harrisburg Patriot."

Hayney remains more than a little amused that the Patriot finally apologized for bashing Lincoln's speech at Gettysburg as the "silly remarks of the President" that "shall be no more repeated or thought of." Hayney acknowledges that pointing out the Patriot's lack of vision gets him lots of laughs and applause.

"When I point out that editorial, I always like to add that it's no wonder that the Patriot is only now published three days a week," he said, smiling. "People always burst out laughing and clapping about that line."

Hayney readily admits he has had to change with the times. When he started out doing his Lincoln research, he usually bought books, many of them hardcover. Now, he downloads them and reads them on his Kindle. When he started out in 2005, he had a brochure, with his address and phone number. Now, he has a website where people can get all his contact information, as well as information, pictures and testimonies about his Lincoln presentation.

One thing that hasn't changed is the support Hayney gets from his wife, Beverly. Though she prefers to stay in the background, she clearly is very important to him.

"She is the love of my life," he said. "We have been married 11 years, and I have loved every day." Beverly is a nurse practitioner and works for the PinnacleHealth, where Hayney also volunteers one day a week.

When Hayney is asked how portraying Lincoln has touched his life, he is quick to answer. "Lincoln makes me a better person. Whether I am dressed like Lincoln or I am wearing a ball cap and T-shirt and just driving around town, I don't want to do anything to denigrate his name."

Spend any amount of time with James Hayney talking about Abraham Lincoln, and his admiration for the man is bound to rub off on you. **E**

You can find out more information about James Hayney at his website, www.lookingforalincoln.com. He also appears in the video, "Meet Mr. Lincoln," at the National Civil War Museum and at the museum's website.

Photography by Al Holiday.

"There is no point of diminishing returns with Lincoln," Hayney states. "The more I learn about him, the better he gets."

Hayney turned his love for Lincoln into a career in 2005. He now spends a lot of time at Gettysburg, performing or giving presentations at the Battle Theater, the Dobbin House and the Fairfield Inn, just outside of the city. He also speaks to many corporate and school groups.

He explains that he prepares for his presentations by researching the group he will be speaking to and makes sure his knowledge of Lincoln coincides with their interests and their mission. Then he takes off his wedding ring—Lincoln never wore one—and puts on the mole. When he speaks to a group, he presses forward with a two-pronged attack.

"I always try to start out with humor," Hayney says. "Lincoln was an extremely funny guy. Back in Illinois during his circuit-riding days, people would travel from miles around to hear him tell his stories at the taverns at night. He was almost a stand-up comedian."

Once Hayney has his audience chuckling at one of his Lincoln stories, he hits them with a finishing punch. "When I get folks good and relaxed, then I sneak in some history lessons," he says with a laugh.

In 2009, the National Civil War Museum contacted him about a project. The museum wanted Hayney to become the Lincoln that it displays on a daily basis.

The "Meet Mr. Lincoln" video, which can be found both in the museum and on its online website, is Hayney's portrayal of Lincoln answering questions about the Civil War, slavery and his presidency.

Hayney traveled to Carnegie-Mellon University in Pittsburgh to film the project. "It was an exhausting experience," he remembers. "We worked 12-hour days doing the filming. I had to be at the top of my game every minute."

But Hayney remains thrilled about the final product, which puts his talents on full display. He is grateful that the museum gave him such an opportunity.

"The folks at the museum—Wayne Motts, Trini Nye and Kate McDermott—do such great things and have been so supportive," he said. "I love to go there whenever I can."

Being a Lincoln presenter has given Hayney a wide range of opportunities. He performed at the National Portrait Gallery in Washington, D.C., on the day of President Obama's first inauguration. He received the key to the town of Hummelstown and, earlier this year, was grand marshal for the Pennsylvania Farm Show. He even threw out the first pitch at a Harrisburg Senator's baseball game.

Hayney sometimes appears with other historical presenters, including a woman who plays the part of Mrs. Lincoln, a man who portrays the powerful abolitionist Frederick Douglass and, of course,

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USED GOODS, NEW HOMES

Harrisburg's ReStore helps Habitat for Humanity fulfill its mission. BY ASHLEIGH POLLART

Harrisburg residents were distraught when Tröegs announced that the successful, homegrown brewery was relocating to Hershey—and rightfully so.

Tröegs had become not only a social hub of the capital city but a beacon of hope for Harrisburg—a symbol that a small business can thrive within the city limits. Then, just a few months ago, the former Tröegs brewery and bar became a different symbol of hope for those who call central PA home, one of a comfortable life at an affordable price.

The Habitat for Humanity of Greater Harrisburg's ReStore is a dream to your average weekend warrior or homeowner. Although Harrisburg's ReStore only opened in late August, ReStores have been established all over the country for the past 15 years.

"The Habitat affiliate here in Harrisburg started putting together a capital campaign to get their ReStore open about two years ago. They also started accepting donations at their building at 13th and Walnut," explained Bill Wood, ReStore manager.

A Habitat affiliate can be compared to a chapter of the national Habitat for Humanity. Each operates individually but under the national umbrella and guidelines. Wood moved from Lexington, Ky., with the sole purpose of opening the Harrisburg ReStore.

After finding the location, recruiting volunteers and having conversations with those who had the potential for corporate involvement, Wood and his team began to build the ReStore from the ground up. Tröeg's recognizable bar still stands, but it now serves as a display area.

"While working on the building itself, we were securing donations from people to make sure donors are aware that we're a presence in the community—that we'll come out and pick up something if you want to donate it and give you a tax receipt," Wood explained. "That way, when we opened, we already had that donor base going."

In ReStore's fourth month of serving Harrisburg, the store had too many donations and a lack of space—a good problem to have. To move some old merchandise out of the store, Wood and his team had a storewide sale.

"That's a really good feeling to me. It shows that the community is hearing us," Wood said. "They're donating things that they no longer want, and we're turning them into funding for our programs."

Those programs help fulfill Habitat's mission of providing housing for lower-income people. The ReStore even serves as an inventory for Habitat's construction crew.

"If we're doing a rehabilitation, and the home is in need of a vanity, if we have a vanity here that fits and is in good condition, we'll use that for the home," Wood said. "We also get paint and other building supplies donated. One of our construction guys came by to get six tubes of drywall caulk for \$1 a tube. He would pay quadruple that in a store. It's small, but on a larger scale, we're saving 75 to 90 percent."

Many customers don't expect the ReStore to supply items such as caulk, but, walking into the warehouse, customers will see modern furniture alongside antiques, dishwashers and ovens, maple and cherry cabinets, paper weights, lighting fixtures and even an antique clawfoot tub. ReStore customers range from do-it-yourselfers to people in need of new items for their homes at an affordable price.

"We have one customer whose home was completely destroyed and has been waiting to put in a new kitchen but could never afford it. She's been coming in week after week and getting these cabinets piece by piece and putting it together herself," explained Lindsay Kirkwood, ReStore assistant manager. "She came in a few weeks ago with pictures of it all done. We got to see her every week and watch that process come together. It's really great. I'm glad we can be that resource for people out there."

Kirkwood worked with Wood at a ReStore during her college years in Lexington.

"I rode around on the truck and, once I graduated with an English degree, I thought I should probably go move some more furniture for a while," Kirkwood laughed. "I fell in love with the mission and what we do. It's one of those jobs where you get to go home exhausted most days knowing that you got a family in a new home or put a new roof on someone's house and that's good enough for me."

Others come in looking for furniture that they can recover or paint to use in their home. Harrisburg Councilwoman, Sandra Reid, for one, is a ReStore frequent shopper. Prior to the opening of the Harrisburg ReStore, she traveled to Lancaster or York almost every week to check out their inventory for her ongoing home remodel.

"I work on my own home, and I believe that, if we recycle things and repurpose things, you can get some more use out of them. If you're into DIY, this is where you need to be," Reid said. "It benefits the DIY-ers, the residents, the people working on their own homes; having the ability to come and get high-end fixtures and high-end ceramic, paint, stains—it's wonderful!"

Reid's favorite find so far was an antique mirror that matched a 100-year-old dresser. She was able to replace the broken mirror with one she found during ReStore's opening weekend, and, to her delight, many who see the piece believe it to be the dresser's original.

Other customers are attracted to ReStore because of the price point. Wood and his team set the items' prices before featuring them on the floor. To ensure accurate pricing, they sometimes will get the opinion of antique dealers who are experts in determining value.

Customer Stephanie Eshenour heard about ReStore and the good prices and decided to stop in for counter sealant for a home remodel.

"We're doing a home remodel and trying to do it on a budget. We heard they have a lot of good things at good prices," Eshenour explained. "We found a sink we're going to buy for \$35. Otherwise, it would be over \$100 for the same sink. ReStore is really beneficial to everyone; we would buy a tool or sealant and use it one time and never use it again. This way, you can get it at a cheaper price, and I think people will want to improve their homes more if they realize it doesn't have to cost tens of thousands of dollars."

ReStore collects a wide range of items, but not everything in the store is used. Some of the merchandise is donated directly from the warehouses, sometimes due to overstock, but other times because there was a logo or packaging change. A seemingly small change such as a switch in packaging material requires all new products on store shelves. The products with the out-of-date packaging are often delivered to ReStore in new condition.

"Anderson Windows actually called me to pick these up," Wood said, referring to a long line of brand new windows. "These were all windows that were sent out to job sites and returned because they were the wrong size or the architect changed designs."

Other merchandise that ReStore had available included chairs donated from Bob Evans; a bank deposit box; full sets of cherry and maple kitchen cabinets; office desks and chairs; paint, stain and sealant; ceramic tile and doors.

Wood estimates that 75 percent of the donations coming into the store are from individuals, with the remaining 25 percent from corporate or construction environments. The items leaving the store reflect this same balance. Most customers walking into ReStore are there for their own homes, while smaller numbers are shopping for a corporate or construction environment.



“We recently opened an account with a fire department. If they’re looking to remodel a fire station and need a new dishwasher, they can come here and purchase it. It saves the municipality a lot of money and helps us out, too,” said Wood.

Although ReStore’s doors have been open for about six months, Wood and his team are already looking into the future. One way ReStore will continue to positively impact the community is through a new conservation program called The Toyota Together Green project, sponsored by The Audubon Society. Wood is one of 40 fellows across the country chosen to receive training, networking support and funding to conduct a conservation project.

“The Audubon Society and Toyota Together Green will be giving us money to complete volunteer recruitment with groups that are typically left out of the conservation movement. Low-income families, LGBT groups and others that are generally left out of the equation,” Wood explained.

The project will make the conservation movement reflect the diversity of our society. Wood and his team at ReStore hope that, by spreading knowledge of Habitat for Humanity and spreading their passion for conservation, the Harrisburg ReStore location will see an even greater influx of volunteers and donations.

“This is an opportunity to get more active salvage projects going, so we can go out into the community when a building’s getting torn down and take the stuff out on location so it doesn’t get thrown away,” Wood said. “That will bring us in more material to sell and allow us to do our job better of providing funding for Habitat. We’ll also be able to do a little waste reduction by keeping usable furniture out of the landfill.”

A personal passion of Wood’s, waste reduction, is also actively happening in the store. In ReStore’s first three months, the staff and volunteers filled only one dumpster—a huge achievement for the store and for waste reduction goals. Wood hopes that the Toyota Together Green project will also spread the word about ReStore while reducing waste throughout Harrisburg.

“When we get this architectural salvage program started, I hope we’ll be able to go into people’s homes that are getting remodeled and pull cabinet sets,” said Wood, who explained that cabinets are one of ReStore’s best sellers. “It saves the homeowner a bit of money because they’re not paying for a contractor to tear them out. We’ll come in and do it for free, or for a very nominal fee, and the homeowner gets the tax write off.”

Like any 501(c)(3) charitable organization, ReStore relies heavily on volunteers. In any given week, the store’s paid staff of three employees sees volunteers moving items, doing pick-ups at donors’ homes or working on the administrative side of things.

“You can come in and clean the store or serve on a committee,” Wood laughed. “There’s a wide spectrum of volunteer opportunities available.” **B**

To learn more about the ReStore, or to donate or volunteer, please visit www.harrisburghabitat.org/restore.

Frank and Zhangji (also known as Vivian) Dominick worked for others for many years—he as a district sales manager and she as a computer programmer for the Pennsylvania Senate. The intrepid couple, longing to be in control of their own destiny, set the wheels in motion several years ago to start their own business.

Vivian, a Shanghai native, knew more than most about Asian cuisine and Frank, originally from Baltimore, was game for learning as the couple toyed with the concept of opening a restaurant. They bounced the idea off a few friends who owned restaurants in China and, after visiting the country in 2007, they decided to take the plunge. “They gave us a lot of pointers, and the idea of opening a restaurant of our own resonated with them, so they became our mentors,” said Frank.

When the husband and wife team learned that the building located conveniently across from the restaurant supply store on Simpson Ferry Road in Camp Hill was available, they jumped at the opportunity to purchase the property. Construction began while they worked full time at their day jobs.

Today, the New Cumberland residents, who have been married seven years, devote their time exclusively to the establishment and work well together as a team. He runs the back of the house, she the front.

Upon entering the BYOB, one is immediately aware that this isn't your typical Chinese restaurant. Their slogan, “luxury dining can be affordable,” is evident in the feel of the décor, featuring rich dark woods and etched glass panels that separate various sections of the room. Luxurious gold chandeliers contribute to the upscale atmosphere. To maintain authenticity, the couple had everything made in China and shipped to the restaurant.

One of the bigger challenges the couple has faced is the misconception that they're a typical Asian place. “A lot of the food available is unhealthy and commercialized. When people think of Asian food, they think ‘takeout.’ We wanted to create a restaurant where we, as a couple, would choose to dine—where everything is made to order and all the ingredients are fresh,” said Frank.

The cuisine features sushi, Thai, Asian and hotpot, along with a bit of Vietnamese sprinkled in for good measure. That turned out to be a good idea since the Vietnamese beef, described as sliced steak in an aromatic sauce served over a bed of onions, is one of their most popular entrees.

For those unfamiliar with hotpot, it's an Asian tradition dating back 1,000 years, according to Frank.



The dining experience, meant to be communal, centers around a simmering pot of stew that takes center stage in the middle of the table and is kept hot by built-in induction burners. Diners choose from a variety of meats ranging from kobe beef to pork and lamb.

Seafood like scallops and prawns are also an option, along with noodles and a variety of vegetables and dipping sauces. Patrons then proceed to cook their own meals.

“We offer two flavors of broth. People can mix and match to their taste. Vegetarians can dine with people who eat meat, and those who don't enjoy spicy foods can eat with those who do,” said Vivian.

On a recent visit, the parking lot was full during the restaurant's weekly “sushi club night,” where patrons can order off the regular menu or opt for the chef's selection. A sampler platter features 10 pieces of five types of rolls, which are also offered on the menu.

When my husband and I visited, we ordered the platter, and each piece was flavorful, fresh and delicious. If we were forced to crown a favorite, however, it would be the fire roll comprised of lightly breaded, smoked salmon, eel and cream cheese, topped with hot sauce and caviar. Every bite was a delight.

A group of Harrisburg residents dined nearby



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BY STEPHANIE KALINA-METZGER

in a separate room they reserved for the evening. Robyn and Sara Sitz joined Nate Melton and Mike Kravanis in sampling the chef's selections.

Melton said he learned about the business during the construction phase and wasted no time asking the owners if they would be up for hosting a diversity networking group. The place was a hit with the group, and he has been returning ever since, keeping a long-standing date with friends every Thursday for sushi club night.

“This place is always consistent in both flavor and quality,” said Melton. “The owners are very involved, and they care about the food. No one cuts any corners here.”

Kravanis agreed. “This isn't your standard Chinese fare. They use fresh ingredients, and it makes for a very upscale experience.”

Robyn said her favorite dish is the tropical mango chicken, which marries bell pepper and onion in a spicy mango sauce, while Sara's favorite is the drunken noodle, a Thai concoction that features stir-fried noodles, with fresh basil and a choice of chicken, beef or shrimp.

Sara said the service is top notch as well. “The staff here is very nice,” she said.

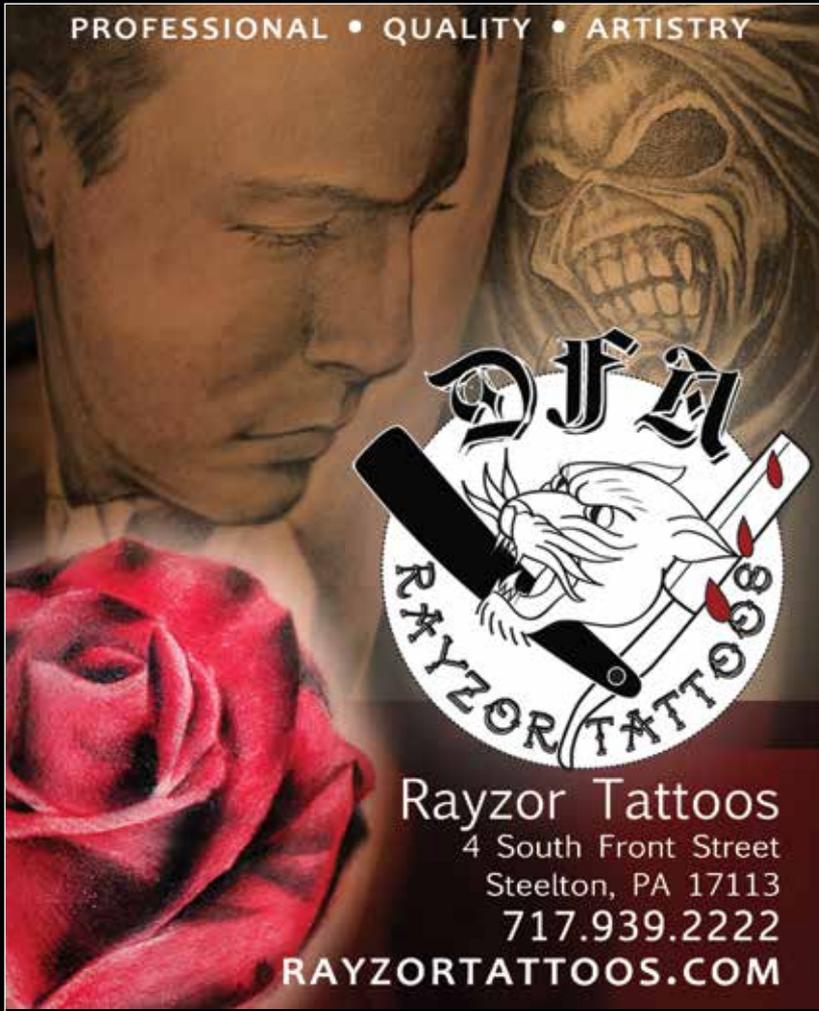
Despite being in business for just a few years, the Dominicks have successfully mastered the art of melding excellent cuisine with a fine dining experience—and that's just the right the recipe for many happy returns. **B**

Fusion Fire is located at 3421 Simpson Ferry Rd., Camp Hill. For more information, please call 717-731-1188 or visit www.fusionfire.com.

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BY MISSY SMITH

Homemade soup is a weekly staple in our household. You could go as far as saying that we are soup addicts. When we began cooking soups from scratch a few years ago, we turned into overnight believers.

We have found that the savory taste of homemade soup cannot be captured in canned varieties. You also can't beat the minimal cost per serving most home-cooked soups offer. While some soups take a bit of time and effort to make, if you cook up large batches over the weekend, you will have quick and easy re-heats during the week—one of the perks I love. And, during the chilly winter months, nutritious soups help to warm our souls, fill our bellies and protect our immune systems from nasty bugs. Soup is not only delicious, it is practical, cost-effective, usually healthy and the perfect complement to winter weather. I even find it to be a satisfying, creative cooking outlet.

So, stay toasty with these recipes, all of which can be adjusted according to your taste. If you prefer more or less of a particular vegetable or spice, feel free to adjust. Gather your family or friends, have fun in the kitchen and most importantly, kick back with a warm, aromatic, uplifting bowl of goodness.

Acorn Squash and Kale Soup

4 acorn squashes
8 cups chopped kale
1 chopped onion
1 teaspoon nutmeg
1 teaspoon cinnamon

1 tablespoon raw sugar
or maple syrup
salt to taste

Here is a hearty and delicious option for vegans. The acorn squash is rich and echoes flavors of fall, with the kale adding a delightful texture and taste to the soup. While this is a vegan recipe, I have seen similar recipes that call for a garnish of crumbled bacon, for those who prefer a meaty flavor. You can also garnish with the seeds from the acorn squash. Just roast and chop them and sprinkle on top.

Preheat oven to 400 degrees. Slice acorn squash in half, scoop out the seeds and place the halves cut-side down on a baking sheet. Bake for 1 hour 15 minutes. Let cool.

Scoop out the flesh and puree in a blender or food processor, with nutmeg, cinnamon and salt.

Add 2 tablespoons of olive oil to a pan on low heat. When the pan is heated, add the chopped onion, sprinkle with salt and cook until clear. Add the chopped kale and cook until soft.

Combine the squash puree, onions and kale in a large pot on medium to low heat. Add the raw sugar or maple syrup and 2 cups of water. Stir and let the soup heat.

Chicken Barley Soup

1 whole chicken
2 cups pearled barley
3-4 cups cubed potatoes
2 cups cut carrots
2 cups cut celery
2 cups corn
1 diced red onion
1 whole bulb of pressed garlic
2 bay leaves
4 tablespoons olive oil
salt and pepper to taste

This recipe makes a large batch of soup. Enjoy its heartiness and the simplicity of having a couple nights of leftovers. Our family of six can typically get about two nights out of this recipe. We go for a whole bulb of garlic for an immune system boost and add cayenne pepper to taste for an extra kick and a natural way to clear a wintery stuffy nose.

After removing the innards, place the chicken and half a bulb of garlic in a crockpot, cooking on low for 10 to 12 hours.

Toward the end of the chicken's cooking time, combine all of the vegetables, the remaining garlic and the bay leaves in a large bowl or pot, top with 3 tablespoons of olive oil and a tablespoon of salt, and toss. Roast the veggies in a large, greased baking dish for 1 to 1½ hours at 400 degrees, or until they become caramelized on the outside. Stir every half hour.

Salt and season 5 cups of water and bring to a boil. Add barley, bring to a boil, cover and reduce to a simmer, cooking on low heat for 40 to 50 minutes. Fluff the slightly al dente barley with a fork.

While your veggies and barley are cooking, remove the chicken from the crockpot and place on a large tray or pan to cool for 5 to 10 minutes. Save the juice from the chicken to add into the soup. Remove all meat from the bones and be sure to store the remaining carcass in the refrigerator or freezer to use at a later date as a base for a nutritious soup stock.

Combine all of the ingredients in an extra large soup pot, along with the chicken juice, and add 10 cups of water. Use more or less water depending on whether you like a brothy soup or a chunky soup. Salt and season to taste. Serve hot.

Pulled Pork Tortilla Soup

2 to 3 pounds pork roast
4 cups roasted tomatoes
2 to 3 cups corn
1 bell pepper
2 chopped red onions
5 garlic cloves
2 cups cooked white beans
(follow the package directions)
8 ounces of cheese, shredded
tortilla chips
olive oil
2 tablespoons cumin
salt and pepper to taste
a dash of cayenne pepper
10 cups water
lime and avocado garnishes (optional)

This large batch of tortilla soup is a favorite recipe at my house and one that offers a few nights of leftovers. Served over tortilla chips and cheese, this fun, flavorful meal is a crowd pleaser. Both the adults and kids in our family get exceptional joy out of the gooey cheese that hangs off of the spoon and accompanies each delicious bite. If you are like me and love spicy foods, add more cayenne pepper to taste.

Place pork roast, one chopped onion, 3 cloves of garlic and diced tomatoes in a crockpot, and cook on low for about 12 hours.

Add 2 tablespoons of olive oil to a pan on medium heat. When the pan is heated, add the second chopped onion, sprinkle with salt and cook until clear. Add the remaining garlic, chopped peppers and corn. Sauté on medium heat for about 10 minutes or until the peppers just become tender.

When the pork is finished cooking, remove from the crockpot and place on a large pan. Shred the pork into small pieces with two forks, if needed. Remove any large chunks of fat (which also can be saved for stock).

Combine the pork and its broth with the vegetables in an extra large soup pot. Pour 12 cups of water into the pot; add the cumin, salt, pepper and cayenne pepper; and bring to a slight boil. Reduce to a slight simmer and let cook for 5 to 10 minutes.

Place a small handful of chips in the bottom of each serving bowl, sprinkle the shredded cheese to the top of the chips and add a generous helping of hot soup. For additional flair, top with a lime wedge and several pieces of avocado.

Black Bean Coconut Soup

1 bag of dry black beans (16 ounces)
3 cups of coconut milk
2 cups water
1 bunch cilantro
5 garlic cloves, chopped
2 chopped onions
coconut oil
1 tablespoon cumin
1 bay leaf
1 teaspoon salt
¾ teaspoon pepper

Eating beans is an inexpensive way to fill your belly. Always on a search for interesting recipes, I discovered a variation of this one online, published by recipe author Ian Knauer, and tweaked it a bit to my taste. The hearty, rich flavor of this recipe makes for a unique and delightful winter comfort soup, with an extra creamy treat provided by the coconut milk.

Soak the beans for 8 hours or overnight in a large soup pot to soften before cooking (most bags will give specific instructions).

After the beans have soaked, add 1 tablespoon of salt and the bay leaf to the pot, and place on the stove, covered with a tilted lid. Bring to a gentle simmer. Cook for 1 to 1½ hours or until tender.

In a large pot, heat oil on medium heat and stir in the chopped onions, garlic, 1 teaspoon salt and ¾ teaspoon pepper. Cook for about 6 minutes, or until golden.

Add the cilantro stems, water, beans and their liquid, cumin and coconut milk. Bring to a simmer and cook for about 5 minutes, or until the cilantro stems are tender.

Puree the soup in batches. Finish by seasoning with salt and pepper. Garnish with cilantro leaves.



SWEETS FOR SWEETIE

Ignore the fungus; think about the love.

BY STEVE JULIANA

For such a short month, February is filled with celebrations. It contains weather forecasts by rodents, presidential birthdays and, my favorite, a holiday devoted to love.

It is wonderful that an entire day is dedicated to appreciating our significant others. Fine dining seems to be a great way to spend time with our loved ones, and the best way to end such a happy time is with a glass of dessert wine.

The three best in the world are all the color of gold in the glass and exist solely due to a mold known as the “noble rot.” The scientific term is *Botrytis cinerea*. This fungus occurs in only a few wine regions in Europe, but concentrates the flavor and sweetness of the grapes into a heavenly elixir. These are not inexpensive due to the labor-intensive hand harvesting, which can go as far as cutting individual grapes from the bunches.

The French wine comes from the Graves area of Bordeaux in a small group of villages known as Sauternes. The main grapes are semillon and sauvignon blanc. This is a sweet and wonderful quaff with a creamy taste and a distinctive nuttiness. The finish is clean and long, not at all cloying, which is a surprising feature for such a sweet wine. Try it alone or with dessert.

Beerenauslese is the German term for that country’s sweeter noble-rotted wine. Here, riesling is the main player with intensity and balance rolled into one. The

wine is rich with caramel and honey, but is never overpowering due to the high acidity that the grapes contribute. This is a rare treat that should be sought and appreciated—a truly unique treasure.

Hungary produces the legendary Tokay aszú. Older than the other wines mentioned here, aszú comes in various levels of sweetness ranging from three to six “puttonyos.” The higher the number, the higher the sugar and, usually, the higher the price. The main grape here is furmint. Once the fruit has developed the fungus, it is called aszú. The harvested berries are kneaded into a pulp to which regular Tokay wine is added. Depending on the amount of these noble aszú, the wine takes on its sweetness and richness.

This is a truly unique quaff. It has sparked its own lore across the world, as it was cherished for centuries by the crowned heads of Europe. French monarch Louis XV called it the “king of wines and the wine of kings.” Nowadays, it is available to everyone. So, you and I can drink a wine that was prized by the tsars of Russia and the royalty of France.

As you sit across the table from your significant other, I hope you can enjoy one of these wines, which are as unique as the two of you. Just don’t mention the fungus.

Keep sipping, Steve. **B**

FINE WINE & GOOD SPIRITS



Sauternes | Code 48263
Petit Guiraud Sauternes 2010

This has an unctuous feel, with apricot, date, meringue and almond cream notes all rolled together and lingering through the rounded finish. Ripe, polished and long, showing nice range. Drink now through 2017.

–Wine Spectator 90 points

Price: \$21.99



Beerenauslese | Code 45951
Serrig Schloss Saarsteiner Beerenauslese 2009

The palate impression combines creaminess, brightness, and levity for a delightful impression of lemon (and tangerine) meringue. Drink now through 2041.

–The Wine Advocate 93 points

Price: \$83.99



Tokaji Aszú | Code 31961
Disznoko 5 Puttonyos Takaji 2005

This is a rich sweetie, with electric acidity backing the dense flavors of dried apricot puree, golden raisin and light passion fruit custard, as the finish stretches out with layered notes of spice, candied citrus and mineral. Drink now through 2027.

–Wine Spectator 93 Points

Price: \$48.99

Learn more about these selections at: www.FineWineAndGoodSpirits.com

THE GRAIN ESCAPE

Einkorn offers a nutty alternative to potatoes, rice.

BY ROSEMARY RUGGIERI BAER

I'm 100 percent Italian, and I love potatoes. I always have. I think, if given the chance, I would take them with me, along with ice cream, to a deserted island. And I like them prepared any way: mashed (especially), baked with sour cream and chives, stuffed with cheese and re-baked, roasted with rosemary and, in the summer, in my late Aunt Cackie's famous potato salad.

How much do I love spuds? In a restaurant, I will order an entrée if it comes with whipped potatoes.

But here we are in 2014, and potatoes and other "white" foods, such as rice, bread, sugar and flour, seem to be in the doghouse of cooking. Even in my house.

Yes, there's concern about glycemic index and rising blood sugar. One of my adult sons is "avoiding carbs." And I recently received a not-so-favorable blood sugar report. So, I was searching for something besides brown rice to serve with dinner.

My friend, Peggy Harder, who runs a gourmet food stand (Peggy's Silver Spoon) at the West Shore Farmers Market, suggested I try some of the new whole grains she is carrying. She was already selling steel cut oats, barley and many different kinds of rice. One day, she handed me a bag of einkorn, which, she said, was the oldest known grain from Italy. I had never heard of it and was skeptical. But she told me to take it home and try it. The little bag sat in my pantry for several weeks alongside my never-used package of farro, another Mediterranean grain.

Then, one evening, I gave the einkorn a try, and I fell in love. It was delicious, with a chewy consistency and nutty taste. I buy it frequently now and have spent a little time trying to research exactly what this little grain is.

Einkorn, similar to farro and spelt, is said to be the oldest and purest variety of wheat ever recorded, going back to biblical times. It is packed with antioxidants, beta-carotene, Vitamin E and protein and is thought to be lower in gluten than today's genetically altered wheat.

I followed the directions on the package and found it easy to make.

- *Rinse 1 1/8 cup of einkorn in a colander and combine with 8 cups of water in a medium saucepan.*
- *I add a little salt (although the package directions do not call for it).*
- *Add a teaspoon or so of olive oil and stir to combine.*
- *Bring to boil and then lower the heat to medium low.*
- *Simmer until the einkorn is tender, about 35 minutes.*
- *Drain and add a little more olive oil to moisten if you wish.*
- *That is it!*

So far, I have only served einkorn as a side dish, mostly with chicken and fish. But here are some ideas I plan to try:

- *Cook the grain with rich chicken broth and add Parmesan cheese. This would be a great substitute for risotto, which is made with white Arborio rice.*
- *Combine the cooked einkorn with sautéed vegetables like zucchini, squash, mushrooms, cherry tomatoes or spinach. You get your starch and vegetable in one dish.*
- *Use the cooked einkorn in your favorite pasta salad recipe. Serve it chilled or at room temperature.*
- *Use the cooked grain in place of pasta with some good marinara sauce and Parmesan cheese.*

Peggy gave me another primitive grain to try. It is called freekeh, an organic cracked grain that is similar to and cooked the same way as einkorn. I like them both and find them to be a welcome addition to my weekly menus. And I think I'm ready to pull out my package of farro and try a hearty soup for winter.

Potatoes and pasta will always remain my best loves, but I am making room for new friends in the kitchen. I think you will like them too. **B**



Each year, Black History Month rolls around, and I think to myself, "Okay, get ready to hear story after story about and quotes from an outstanding American, Dr. Martin Luther King, Jr."

Now, hold on, in no way am I attempting to diminish his greatness and impact on our country. I am, however, attempting to enlighten some by sharing certain lessons and stories that are told in my family year round.

As black people, we are often praised and lauded for our physical and artistic talents, yet we have contributed so much more. We are scientists, inventors, doctors, engineers...in other words, we possess incredible intellectual capital that, unfortunately, is not as widely publicized and praised as our other achievements. Again...no hate, simply an expansion of thought and consideration.

When I lived in Maryland, I would visit my children's school during Black History Month and tell them a story entitled, "What if There Were No More Black People." The particular version I used is a story of a little boy named Theo, who wakes up one morning and asks his mother, "Mom, what if there were no black people in the world?" His mother thinks about that for a moment and then says "Son, follow me around today, and let's just see what it would be like if there were no black people in the world."

The story goes on to list all types of items invented by black Americans. I would bring in props and ask the children, "How many of you brushed your hair this morning? Raise your hands." I would raise my hand and most, if not all, of the kids would raise their hands, as well. And so it went on that way.

Now, the story is great in its attempt to highlight the many contributions black Americans have made, yet it also embellishes in some places. I think it's safe to say that, if a black person had not invented said item, someone eventually would have, as necessity is the mother of all invention and has no color—except for the sista' who invented hair care products specifically for black women's hair texture.

So, the world, in my opinion, would have naturally evolved technically and industrially.

With that being said, listed below are a few of the many inventions by black folks:

Garrett A. Morgan invented the automated traffic signal in 1923. Morgan sold the rights to his patent to General Electric for \$40,000.

Frederick McKinley Jones invented the portable air conditioning unit used at military field hospitals in World War II. With the use of this invention, the military was able to store perishable, life-saving medicines and blood serum near the theater of battle, helping to save more lives. In 1935, this same man invented the first refrigerated truck.

Madam C.J. Walker was the first American woman to become a self-made millionaire. Her business was worth more than \$1 million at the time of her death in 1919. She developed hair care products and styling instruments specifically for the needs of black women.

Dr. Charles Drew discovered the technique of storing blood plasma. As a result of this discovery, the first blood bank was formed and many lives have been saved through transfusions of blood and blood products.

Granville T. Woods invented the multiplex telegraph in 1887, a device that allowed train dispatchers and engineers at various stations to communicate with moving trains. Prior to that, collisions were a huge problem. In 1889, he invented an automatic safety cutout for electric circuits.

In 1892, George T. Sampson received the first U.S. patent for a clothes dryer.

Richard Spikes, in 1913, invented automatic directional lights, which would eventually come to be known as automatic directional lights or turn signals.

Percy Julian developed a material known as "bean soup," a soy protein blend that extinguished gas and oil fires that could not be put out by water. This mixture saved the lives of countless sailors during times of war. In addition, athletes all over the world can thank him for the production of cortisone, which has eased the sufferings of millions.

Elijah McCoy invented the automatic oil cup, which lubricated a train's axles and bearings while it was in motion, leading to fewer stops and improved safety. It was a huge success that imitators soon tried to cash in. Engineers, though, continued to prefer McCoy's product. So, when purchasing the part, they'd ask for "the real McCoy," coining that expression.

In 1883, Jan Ernst Matzeliger developed a machine that would sew the sole to the upper of a shoe in about a minute. His "shoe lasting" machine changed the process of how shoes were made by automating this part of the process that previously was done by hand, thereby cutting the cost of making shoes in half.

In 1882, Lewis Howard Latimer invented a method of making carbon filaments for what became known as the electric incandescent lamp.

George Crum developed the potato chip in 1853.

Dr. Patricia Bath, an ophthalmologic surgeon, invented the Laserphaco Probe, a surgical tool that uses a laser to vaporize cataracts.

"By the time we leave for work, Americans have depended on the inventions from the minds of blacks," said Martin Luther King Jr. in a speech delivered in June 1966 at the Southern Christian Leadership Conference.



Wendy Jackson-Dowe

A PEOPLE OF INVENTION

During Black History Month, let's publicize the intellectual accomplishments of African-Americans.

BY WENDY JACKSON-DOWE

As I think of the purposes of Black History Month, a couple of thoughts come to mind: to share information on the many positive contributions that Black Americans have made throughout history and to increase the confidence, pride and self-love we as black folks should embody. I hope, in some small way, I have accomplished this.

I would someday like to see black history discussed in terms of American history. However, in the present, as with other ethnic groups and cultures, we have to tell our stories in order for the facts and occurrences to accurately hold their places in the history of our great nation. **B**

Wendy Jackson-Dowe of Harrisburg is a consultant, serves as the government relations director with the African American Chamber of Commerce of Central PA and is a former engineer with ExxonMobil.

RESOURCES TO BEAR

*African-American
Chamber helps close gap
between skills, means.*

BY TREVOR PIERCE



Leland Nelson, AACCCP President

Small-business development is critical to Harrisburg's economic revitalization.

In recent years, the African-American Chamber of Commerce of Central PA (AACCCP) has been one of the most active organizations in our region promoting that growth, helping minority entrepreneurs translate their ideas and expertise into viable businesses. "A lot of times, our members have the skill set for their trade, but not the business skills for their industry," said chamber President Leland Nelson. "We bring those resources to our members."

The AACCCP's services are built around providing resources, education, advocacy and participation (REAP), said Nelson. This platform of core values inspires programs ranging from annual "Build Your Business" boot camps, which put local entrepreneurs through an intensive series of workshops, to "Professional Thursdays" networking events. The chamber also uses its relationships with area financial institutions to help member businesses secure loans and grants and assist them in collective bidding on contracts.

Besides his role as AACCCP president, Nelson is the owner of Harrisburg-based Dirty Dog Hauling, so he understands the difficulties new business owners face.

"For example, a member may know construction, but be unfamiliar with things like certified payroll, capability statements—the things they need to run their business," said Nelson. "We listen to what the members want, and programs and events are geared towards their needs."

The chamber gives minority business owners the chance to work alongside professionals with similar experiences.

"We're faced with some real challenges in central Pennsylvania, including workforce development and providing jobs to people whose skills are not highly specialized," said member and management consultant Wendy Jackson-Dowe. "I believe in the chamber's mission, and that it's important for folks of color to see other folks of color who can share our unique lens, our journey, from starting businesses to becoming successful. Being the daughter of entrepreneurs and having my own business, it was an easy decision for me to join."

In 2013, the chamber completed a multi-year process to be designated as a 501(c)(3) charitable nonprofit organization by the IRS. "The 501(c)(3) allows us to accept contributions from corporations and organizations that see diversity and inclusion not just as keywords, but as a way of doing business," said Nelson.

The charitable contributions help the chamber provide free programs for those who cannot afford membership and assist underserved populations, such as ex-offenders, to develop professional careers. It is also working with the state to become authorized to provide certification programs for minority, disadvantaged and women-owned businesses. In addition, several chamber members consulted with Harrisburg Mayor Eric Papenfuss's transition team.

Among the most inspirational of the chamber's efforts this year has been the work of member Hope Latimore, the owner of Cover Me with Hope, a Hershey-based wig and post-mastectomy boutique that assists people who have been diagnosed with cancer.

"My mission is to help customers build their confidence and self-esteem, to feel good about themselves through difficult times," said Latimore.

Her services include fittings, hair restoration, hair replacement and prosthesis, developed in collaboration with patients' healthcare providers.

"I've been in business for five years now, and, doing things by myself, it felt like I was at a standstill," she recalled. "Becoming a member has opened more doors, and meeting more successful businesspeople who are doing positive things for society and making our community better was a great opportunity."

Through the chamber, Latimore was able to increase Cover Me with Hope's visibility in the region, reach out to more area oncologists and let more patients take advantage of her services, including the uninsured. "The chamber is truly sincere and genuine about helping you out," she said. "They really do care and have helped me take my business to the next level. I

believe all businesspeople should be connected and that any businessperson should become a part of it."

The AACCCP is also looking towards the future with programs such as Junior Entrepreneurs Training (JET), a series of classes and exercises aimed at children aged 7 through 14. JET helps participants start their own businesses with investment capital



Hope Latimore, Cover Me with Hope

from the chamber's partners. "They work at events like Kipona or the Jazz Festival and come up with a return on investment," explained Nelson.

"Too often, we hear stories about the negative things happening in the black community. There are so many positive stories about young, progressive, business owners and future leaders that are often overlooked or just not in the general conversation," said Jackson-Dowe.

She believes that it's vital that minority business owners realize that their hard work is appreciated and supported, so they can become successful.

"It's important to teach people self-reliance, to become independent," concluded Jackson-Dowe. "The small business owner is the greatest creator of jobs in this country. It's important that, instead of complaining and sitting back on the sidelines, people want to be part of the solution." **B**

AACCCP's February Breakfast Club meeting is sponsored by Highmark and will be held at Nellie's Southern Style Café, 301 Reily Street, Harrisburg, on Feb. 4 at 7:45 a.m. The event is free for both current and prospective members, and features guest speakers, networking opportunities and a complimentary breakfast. On Feb. 13, AACCCP will host Corks, Canvas & Commerce, a free Professional Thursday event, 5 to 9 p.m., at Cravdaddy's, 1500 N. 6th St., Harrisburg.

For more information regarding memberships, business resources and upcoming events, visit ChamberForUs.com or [Facebook.com/ChamberForUs](https://www.facebook.com/ChamberForUs).

GREAT JUMP FORWARD

BY JESS HAYDEN

From a single program, Jump Street has become a connecting point for the arts.

Bob Welsh, Jump Street's impressive executive director, wasn't always at the helm of a top-notch non-profit that provides creative opportunities for youth and adults. Back in the day, he was just an ordinary city resident who was unhappy about what he saw happening in the city school's music programs.

"Music education was really in terrible shape," he said. "Not that the teachers weren't great, there were just not many resources."

Wanting to do something about it, he came up with the idea of starting an instrument donation program.

"I went to Mayor Reed to see what he thought, and he basically told me I have lots of energy and good ideas but no clue how to execute. He told me that I needed to go out and find some agencies that do this kind of work and find out how this work gets done. It was the best advice I ever got."

Welsh found a kindred spirit in Metro Arts, where he was able to learn about non-profit management and how to write grants. One of the grants that he got allowed him to start the fledgling "Gift of Music Program." Welsh served as a volunteer, a board member and then was hired as executive director of Metro Arts. A year later, in 2000, the organization changed its name to Jump Street.

Now, Jump Street is a thriving organization providing multiple programs for youth, teens and the community at large. It operates a facility on N. Cameron Street that includes the Thrive Art and Fitness Center for Seniors, teaching and rehearsal space, arts business incubator/office space, gallery space and administrative offices.

The following is a spotlight on three of Jump Street's programs.

THE GIFT OF MUSIC

The Gift of Music is Jump Street's oldest program. Through the program, band and orchestral instruments are collected, restored and distributed to students interested in learning to play an instrument. It's not the first time that organizations have collected instruments, but Welsh has come up with some ideas that have streamlined the process.

"We decided not to get involved with trying to determine if individuals qualify for an instrument," Welsh said. "Instead, we qualify programs."

Accordingly, Jump Street works with 40 or 50 schools, community organizations or churches.

"They let us know what they need, and then they take responsibility for determining which students should get the instruments," he said.

Repair of the instruments is done in local repair shops and typically costs about \$100.

"In a former life, I repaired instruments, so that



Shailen Vines, Xavier Farrow & Ayat Muhammad in period costume after training to become docents for the Bethel Trail.

helps,” said Welsh. “So that’s one place that we have a leg up because I can identify what will probably get out into the field.”

Welsh says that he has a rule of thumb that, if the repair is more than one-third of the value of the instrument, check with him. If it doesn’t, the shop can just go ahead. “That saves time and cost,” he said.

During the 12 years of the program, Jump Street has refurbished and distributed around 500 instruments in the Harrisburg region, but the program expanded several years ago and now operates in four other cities. “All across the state, we’re probably pushing towards a distribution of 5,000,” Welsh said.

Jump Street accepts instrument donations at its offices in Harrisburg or at any area Classic Cleaners.

AND MAGAZINE

One of Jump Street’s major literary projects is the publication of a magazine for teens written exclusively by teenaged journalists.

AND Magazine (which stands for “A New Diversion”) has been in publication for seven years and, since its inception, has had about 150,000 readers. The magazine was conceived as a way to provide opportunities for regional teens to participate in all phases of the magazine publishing process, including writing, editing, graphic design, photograph and marketing.

“Most magazines [geared towards teens] are people our age writing what we think and what wisdom we can offer to teens,” said Welsh. “It occurred to me that it might be more interesting to mentor young writers or just be with them to facilitate their own process.”

So far, the project has involved around 100 dedicated writers and about 100 more who may have contributed one or two stories, poems or photographs. One of the magazine’s most famous graduates, and its first editor, is Annie Stone, who is now editor of teen books with Harlequin. Many other students also have benefited from working on the magazine by being able to include stories they have written in their college portfolios. Welsh notes that the literary work of AND Magazine writers has helped them to net scholarships to many prestigious schools, such as Point Park University in Pittsburgh, Temple University, the University of Pennsylvania and Shippensburg University.

Every year, the project attracts a core of roughly half-a-dozen students from local school districts, many of whom travel to Jump Street’s offices on a daily basis as part of their school’s senior project programs, during a free period or after school. Working together as a team gives these students an opportunity to learn to work with people who have different backgrounds and skills.

“We may have a Harrisburg High School student sitting next to a Boiling Springs student so, for the first week or two, they may as well be from different galaxies,” said Welsh. “They won’t know very much about where each other is living, but it’s personally been a joy for me to watch those barriers dissolve—and they almost always do.”

Jump Street staff also goes out to schools to work with groups of students, tasking them to create pieces around a particular editorial thread, such as young people’s attitude towards voting during election time. Teens also can contribute work remotely on their own or through their teacher, counselor, community

organizations or probation officer.

“Some of the most interesting work in one issue was from a kid in lock-up,” said Welsh. “He actually received a small scholarship from what he submitted to AND Magazine while incarcerated.”

THE SPEAK TEAM

Besides its regular staff, Jump Street pulls in other professionals to help develop and facilitate creative projects for area teens.

Lenwood Sloan, an actor, playwright, director and self-described “catalytic agent,” has been the lead resident artist. Under the direction of Jump Street, he spent this past school year heading up an intensive theater lab program at Susquehanna Township High School, where students learned everything from basic acting skills to set design, lighting and make-up. The theater lab is part of the high school’s new School of the Performing Arts, which also focuses on the visual arts and fashion.

When some of the students asked to continue working with Sloan during the summer months, Welsh created a program that trained the students to be historical actors and docents in Harrisburg. Modeled after a decade-old tourism model called the “Past

Players,” the young members of the “Speak Team” were trained to portray civilians and military personnel from the 19th century and went out as an ensemble to the city’s historical places such as the train station, the Capitol building and the Broad Street Market. There, they engaged tourists and school groups with renditions of period stories, poetry, dances and songs.

“They were scheduled on Tuesdays and Thursdays to appear in different places,” said Welsh. “They would start at the market and stroll through a scripted batch of locations while another Past Player might be going in the opposite direction. The two teams might meet up in the Capitol, one heading north and one heading south. It was very, very well received.”

At times, group members portrayed composite or generic people of the era, but, more often, they reenacted actual Pennsylvanians that they had studied. The message was mostly focused on African American history, which is where Sloan’s professional experience lies. In a typical day, passersby would be able to hear stories of the Underground Railroad and African American life during war and Jim Crow. The goal was to get history to come out of the books and celebrate the lives of

people in Pennsylvania who made a change, one person at a time, one neighborhood at a time.

During the inaugural year of the “Speak Team,” members of the ensemble received more than 100 hours of training. In addition to learning historic songs, stories, poetry and dances, they took elocution lessons and received tips on how to adopt mid-19th century postures.

“The cool thing for the kids is that they are working with a total pro,” said Welsh. “Lenwood Sloan is a treasure. We are lucky he hangs out with us.”

Moving forward, Jump Street is looking towards continuing to serve the community.

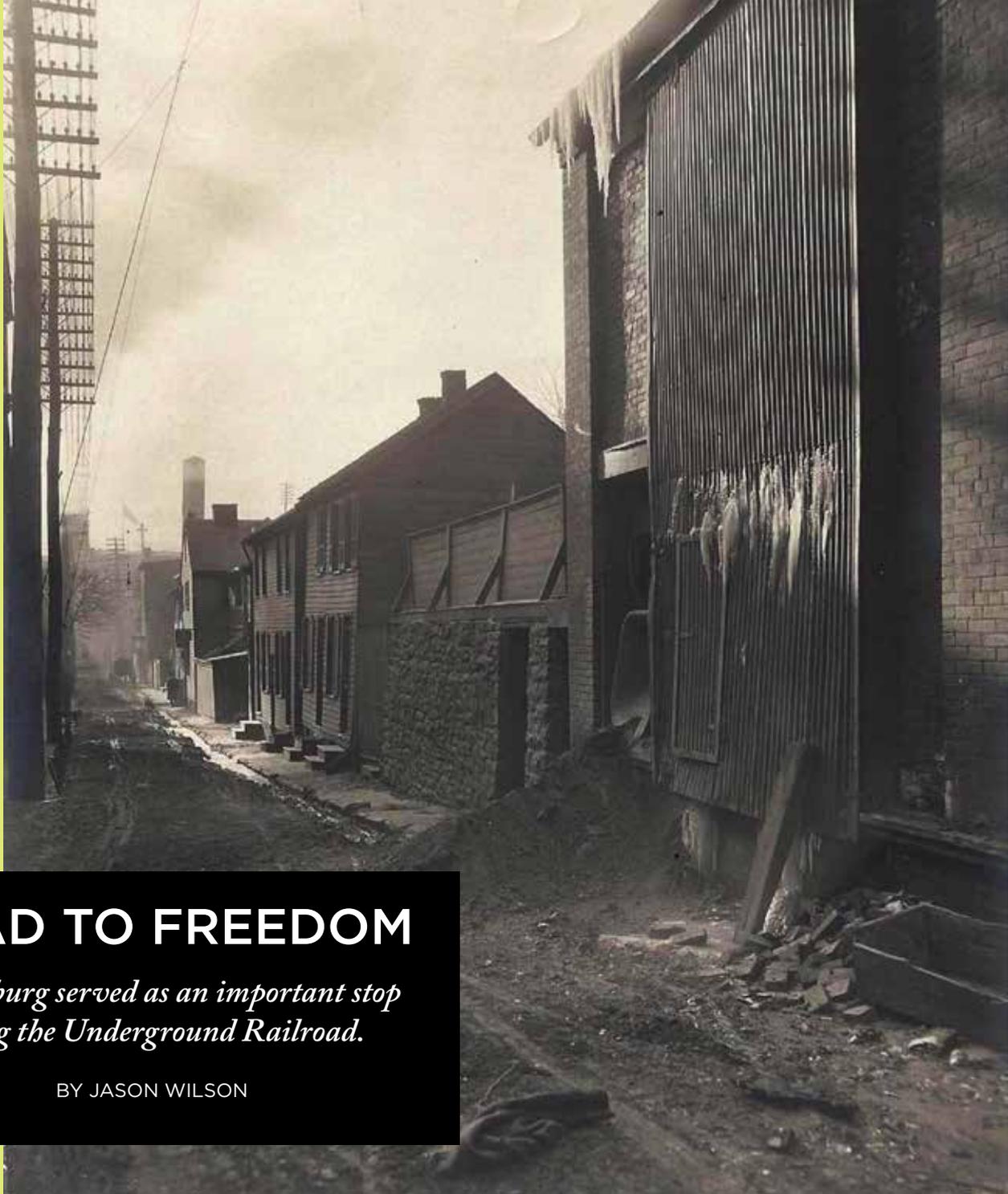
“Much of our success has been based on assessing needs in our sector,” says Welsh. “Then we train up our staff in certain responsive skill sets and take reasonable risks to grow toward the opportunities.”

Welsh says that he’s sure that Jump Street can meet any challenge that the community throws at them. “I have one of the best non-profit staffs around,” he said. **B**

To learn more about Jump Street, visit www.jumpstreet.org.



Sylvan Heights Charter School students perform at the Governor’s Residence.



ROAD TO FREEDOM

Harrisburg served as an important stop along the Underground Railroad.

BY JASON WILSON

*Tanner's Alley, from South Street looking towards Walnut Street, 1904.
Credit: Historic Harrisburg Association.*

Harrisburg's location as the closest northern capital to the Mason-Dixon line—and the numerous roads, canals, ferries and railroads that converged here—led to its importance as a hub for the Underground Railroad prior to the Civil War.

As early as 1836, Harrisburg formed an antislavery society to demand the immediate emancipation of all slaves held in captivity. The next year, a statewide antislavery convention was held in the city.

By 1850, the year that the notorious Fugitive Slave Act was passed, the free black population of Harrisburg was around 900. A decade later, it would nearly double, likely a testament to escaped slaves who chose to remain in the city. For those runaways who made it to Harrisburg—and due to the heinous nature of the fugitive slave law, which required local authorities to assist in recapturing slaves—runaways often were forced to go on further.

From Harrisburg, routes led east to Lancaster and Philadelphia, as well as north to Sunbury, Williamsport, Elmira and Rochester, N.Y. In Harrisburg, there were various houses and churches throughout the city that were likely used as hiding spots.

An especially well-known location was the area near Commonwealth and

Walnut streets, an African-American community then known as Tanner's Alley. Here, several houses, including those of free blacks Joseph Bustill and William Jones, were stops on the journey northward. Bustill was a schoolteacher, and Jones was a doctor and a merchant, both men highly active in the anti-slavery movement.

According to one source, Bustill wrote several letters to William Still of Philadelphia informing him of the operations of Harrisburg's Fugitive Slave Society. Bustill, however, was very careful to always refer to "passengers" on the railroad metaphorically, one time mentioning the passage of "four large and two small hams" traveling to Philadelphia.

Bustill, Jones and Tanner's Alley are three of the more familiar names associated with the Underground Railroad in Harrisburg, but secrecy was what made the railroad a success. Many families, businesses, farms, churches and organizations, some known, and some that will forever remain unknown, formed the web of the Underground Railroad throughout the Keystone State—with the city of Harrisburg as the nexus. **B**

Jason Wilson is an historian for the Capitol Preservation Committee.

Art Association of Harrisburg
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 Harrisburg Mayor
 Eric Papenfuse



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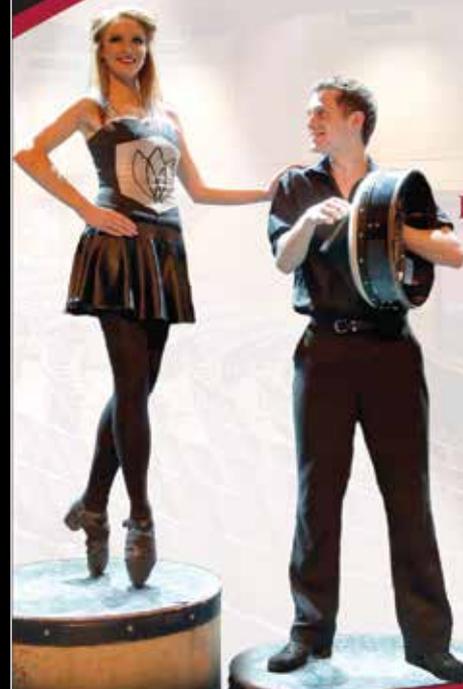
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STUDENT SCRIBES

CASA PUPILS SHARE THEIR STORIES

Periodically, TheBurg highlights the work of student writers at Capital Area School for the Arts (CASA). Here, we feature excerpts of four essays. You can find the complete works on our website, www.theburgnews.com.

LIVING IN A FANTASY WORLD

The score is the most important thing in football, right? Not so fast.

BY IAIN SUNDAY

It was almost Monday morning football as the Denver Broncos took the field with a minute and 16 seconds left in the fourth quarter. I stood inches from the television screen, anxious for the drive. "Let's go," I hollered into the phone at my friend, Dylan Ardo.

"There's not enough time," he groaned on the other end. Peyton Manning threw it deep down the left side of the field to Eric Decker. "Clock's running," Ardo said, his tone now more confident. Manning completed one out of his next four passes then got sacked at the Indianapolis Colts' 29-yard line.

I pounded my fist on the table. "Hurry up!"

Denver's special team unit sprinted onto the field. They lined up for the field goal. The center shot the ball out between his legs into the holder's hands. Kicker Matt Prater swung his leg forward, striking the ball through the uprights. I thrust my fist towards the television, inaudible from the shock. Ardo, however, made up for my lack of response with a parade of expletives. Final score: Indianapolis 39, Denver 33.

On Oct. 20, the 4-and-2 Colts handed the undefeated Bronco's their first loss of the season. It was Peyton Manning's homecoming. Manning spent 14 seasons with the Colts, leading them to several division championships and one Super Bowl. Denver had come back to score 16 points in the fourth quarter. I couldn't have cared less. What mattered was Matt Prater, the Broncos kicker, hitting a 47-yard field goal that put the Broncos down by six. The Broncos never came back to win the game, but the kick did do one thing: the three points made my fantasy team beat Ardo's by two.

According to the Fantasy Sports Trade Association, 24.3 million people played fantasy football last year. It's a billion-dollar industry. On the other hand, it loses billions of dollars in worker productivity during the work year. According to a study made by Challenger, Gray and Christmas, fantasy football accounts for a loss of \$6.5 billion during the 15-week season. This doesn't account for the three-week playoffs that most standard leagues hold from weeks 16 to 18. In recent years, fantasy football has gotten a bad rep for ruining football. In many people's minds, it has taken away from the team aspect of football and focuses more on individual accomplishments. During a panel interview I recently held, Josh Carter, fantasy football newcomer said, "I'm checking the bottom for stats instead of the top for scores."

On Sunday, Oct. 27, my good buddies and members of my fantasy league Josh, Pj, Anthony, Mark and I found ourselves at Dylan's house. We drank about 20 liters of soda while consuming at least six large pizzas. It was a typical Sunday afternoon watching football. Around the start of the middle slate of games, Chuck Ardo, Dylan's grandfather, came downstairs offering wings. "What game you boys watching?" he asked.



Iain Sunday by Eden Edmonson



Kasey Smith by Olivia Austin

“All of them,” I said. Mr. Ardo gave me a puzzled look. The Ardos didn’t have the NFL package, making it impossible to watch every game.

“What the hell do you mean all of them?” he jokingly asked. Dylan explained to him that we were watching NFL Red Zone, the NFL-affiliated channel that brings you all the most important plays, commercial-free, all Sunday. Confused and a little angered, Mr. Ardo asked, “Why would you do that?”

We all answered at the same time, “Fantasy.”

Read the complete essay at www.theburgnews.com.

QUIDDITCH, ANYONE?

What accounts for the popularity of Harry Potter? The characters themselves.

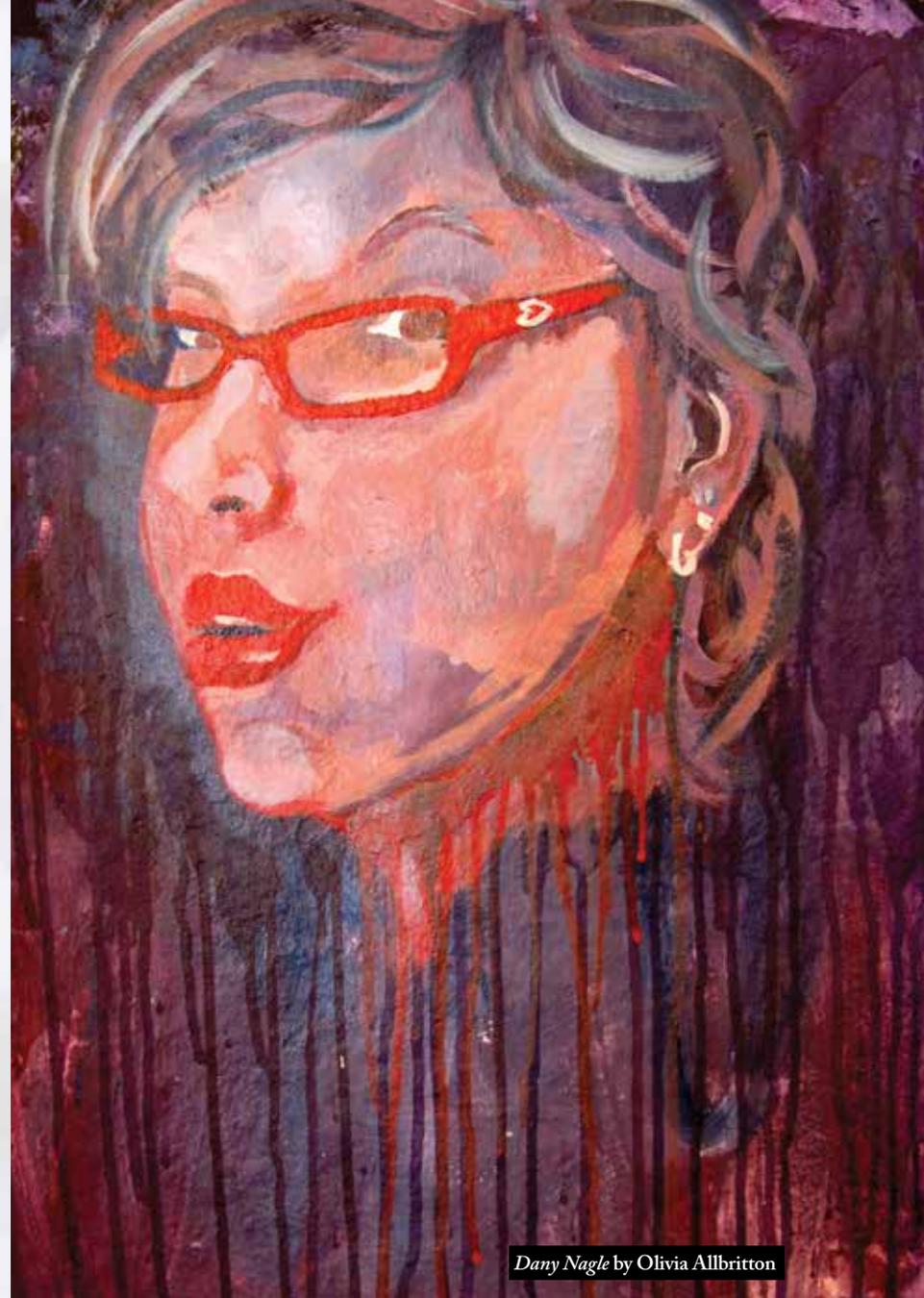
BY KASEY SMITH

A woman sat on a bench in a Manchester train station, waiting for a train that wouldn’t arrive for several hours.

Suddenly, a strange idea came to her, an idea so bizarre it seemed real. She sat on her bench seemingly for ages, turning this idea over and over in her mind. She saw only a little boy with black hair, green eyes and round glasses at first, but sitting there and thinking about him produced more ideas. Who was he, what was he like? Who were his friends? His enemies? What made him special? After four hours of waiting and thinking, her train finally arrived, but she firmly fixed the little boy inside her head, not allowing herself to forget him. One day, everyone would know his name, and the name of his creator: Harry Potter and J.K. Rowling.

All of us have, at one point, heard something about Harry Potter. From the get-go, the phenomenon has been infectious. According to Time magazine, what started as a 500-copy first print of “Harry Potter and the Philosopher’s Stone” has expanded to six additional volumes, the entire saga totaling 450 million print copies, translated into 73 languages.

Ever since that first installment hit British bookstores and libraries on June 30, 1997 (the date happens to be one day before both the author’s and the main character’s birthday), everyone wanted to read them—children, parents, friends of anyone who’d read it already. Eventually, the acclaimed book series produced movies, collectible merchandise, Pottermore (a website where users can experience Harry’s journey first-hand through interactive illustrations), a



Dany Nagle by Olivia Allbritton

theme park, spinoff books based on the series (“Fantastic Beasts and Where to Find Them”; “Quidditch through the Ages”; and “The Tales of Beedle the Bard”), and a spinoff movie series based on “Fantastic Beasts,” the screenplay of which will be written by Rowling herself.

But just what made these books so enticing and popular? What about them made them deserve their own amusement park, website and spinoffs?

Perhaps the characters themselves. More than 300 actors combined helped create the movie adaptations (according to “Harry Potter: Film Wizardry”), offering something for every fan.

“I love Hermione,” said Zarqua Ansari, an eighth grader and fellow fan of Harry Potter who attends Crestwood Middle School, Mountain Top, Pa. “She is just perfect. I think it’s probably her ingeniousness and the fact that she is a bookish person just like me.”

Having read each volume several times, I understand her: these books have given me best friends, sworn archenemies and the wisest mentors I have ever known. Through seven volumes, readers can watch these characters grow, change and develop, learning the characters’ lessons along with them. We have the ability to explore and understand a character’s motivations, and sometimes we preserve that understanding and take it with us into real-life situations. We relate to and learn from characters and their actions and mistakes, and that’s some of what makes these characters timeless. They become precious to us, and we love them like real people.

“I actually cried when the characters that I loved died because I felt like I knew them and they were important to me,” said Ansari.

Read the complete essay at www.theburgnews.com.

ACHES & ENERGY

Pole dancing: once seedy, now a sport.

BY DANY NAGLE

It's a chilly evening in mid-November. I stride down the sidewalk, dressed in a tank top, yoga pants and unzipped hoodie despite the cold. I feel confident and energized as I crunch through a carpet of fallen leaves, strong despite the complaining of my muscles. I'll be feeling tonight's class in the morning—in fact, I'm feeling it right now—but I don't mind.

I reach my car, sit in it in the dark and take inventory: my abs hurt, no surprise there after the floor work; my arms ache—again, not a surprise with the pull-ups I did—and bruises already dot my knees and inner thighs. The top of my right foot stings, but it's nothing too major—I've seen worse cases of pole burn. All in all, a typical catalogue of hurts. And these aren't just because I'm a newbie, either: most people involved in my sport come home with little injuries much like this after every practice.

This is my sport. This is pole dancing.

Mimi Nicks, a self-taught dancer who has been involved with pole since May 2011, owns my studio, Addicted to the Pole. "I just fell into it," she says. "I love the flexibility and strength it requires and what it does to my body, my personality and my self-esteem."

Mimi became an instructor because "I love encouraging women," she says, going on to explain how pole brings out her inner sexiness and beauty and how she wants other women to feel the same way. She loves seeing her students improve and reach for their goals, explaining, "You can't be weak in pole, either physically or emotionally."

Many other talented dancers teach at Addicted, each with their own style and brand of wisdom to pass on to their students. Giselle Butts is the first instructor I encountered at Addicted; she currently teaches intro classes. She tells me she got into the sport because of an exchange student from Colombia who she hosted in September of 2012.

"I asked her what she missed most about home, and she said her pole dancing classes," Giselle, whose daughter Brittany also dances at Addicted, says. She scheduled a class for the student's birthday, fell in love with the "vibe of the sport," and has been involved ever since. She became an instructor as a favor to Mimi, who was short on instructors. "It was a no-brainer," she says.

I sit with Giselle on the floor of the studio after my intro class and ask her to tell me her favorite pole trick. "The Scorpio," she answers immediately. "It's an inverted move, and...do you want me to show you?"

I nod, and Giselle walks over to the pole and climbs it effortlessly before inverting herself, gripping the pole between her left arm and her side. Her left leg hooks around the inside of the pole while her right hangs out from the pole, bent at a perfect 90-degree angle. She holds the pose for a few moments, then flips herself right side up and slides gracefully down the pole, striding back over to me with a smile on her face. She tells me she likes the move because of the control and strength in her legs that it requires. Giselle says she loves the challenge of pole dancing. "It makes me feel beautiful," she says, also describing how the sport has increased her confidence.

Read the complete essay at www.theburgnews.com.

OVERCOMING ANXIETY

To some, it seems irrational; to others, it's a part of daily life.

BY MICAELA SISCO

The subway car smells dirty. Indistinct faces swirl in and out of focus. Bodies clamber into view, filling the aisle. It's getting warm, uncomfortably so. I don't know anyone here, they don't know me. Except my dad. He sits still beside me like a rock. I take a deep breath to settle my nerves. The door slides open, and more bodies file in. Suddenly my vision narrows, the light narrows and my pulse quickens. I whip around to face my dad, but I can't see him. Everything feels hazy, and I cannot take a full breath. I plunge my head into his broad shoulder, trying to hide from my fears. Stifled, guttural sobs emanate from somewhere



Micaela Sisco by Mady Ho

deep inside my soul. Finally, we jolt to a stop. The masses begin the exodus, but you better believe I got out first, sprinting to get up to where there was sunlight and fresh air.

And thus we learned that I suffer from moderate claustrophobia.

People with claustrophobia constantly devise an escape plan. When they walk into a room, they check for windows and doors, any sign of the outside. The Medical News Today website defines a phobia as "a kind of anxiety disorder in which the sufferer has a relentless dread of a situation, living creature, place or thing." When confronted with a stressor, the sufferer exhibits many of the following physical symptoms: trembling, twitching, shaking, the feeling of fullness in the throat or tightness in the chest, increased heart rate, light-headedness, agitation and/or inability to catch a full breath. These indicate anxiety, a normal reaction to stress. But the source of the stress is not.

According to the Anxiety and Depression Association of America, "Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older." Anxiety and depression often go hand-in-hand. People with a phobia will go to great lengths to avoid that which they fear or dread. They are careful not to incite the distress that revolves around their phobia.

Four years later, I've come to understand my triggers. So, here I am, a high school senior. I stroll into class as usual. My science teacher is gone; a frumpy blonde substitute sits in his place. An interruption, an irregular step in my daily life. The already unfriendly grey walls glare threateningly. With haste, I snatch laptop number nine and skitter from the room. Almost. Her voice rings out.

"Where are you going?"

I explain that I work in the hallway every day, a little snappy because her intrusive tone further disrupts my pattern. My palms begin to sweat: step one of a panic attack.

"Look, I have crippling claustrophobia, OK?"

It isn't actually crippling, but the longer I stay in that windowless room, the more uncomfortable I get, the more I really, really, really need to leave: step two. Half of me knows, though, that my oncoming panic is irrational. That's a part of the struggle, acknowledging that what's happening is illogical and still not being able to stop it or calm down. Insensitive people only add to the panic.

"This is a pretty big room," she says.

The pain in my heart feels strong enough to break down walls. Yes, I know the actual size of the room, but I have this irrational fear of windowless rooms, so this place actually looks quite small to me. My throat tightens. I take a raggedy breath, grit my teeth and stumble out of the now spinning room, without answering her. **B**

Read the complete essay at www.theburgnews.com.

WINTERIZING FIDO

Cold weather requires special care for dogs, cats.

BY KRISTEN ZELLNER

Frigid temperatures, snow, wind and ice prompt pet owners to take precautions to ensure the safety and optimum health of their best friends. Protecting pets from the elements and giving adequate exercise are both challenges during the winter months.

If your dog likes to romp in the cold weather, have her wear a lined, water-repellent coat to help retain body heat and stay dry during walks. Short-coated dogs, toy breeds, puppies and seniors are at greater risk of becoming chilled faster. Shaving your dog is not advisable, as fur is a dog's natural insulation from extreme temperatures. If your dog is sensitive to the cold, take her outdoors only long enough to relieve herself and keep all outside visits short during very cold temperatures. If you have cats that spend time outdoors, keep them safe inside.

Protecting your dog's paws for outdoor adventures is equally important. Have your groomer trim the hair between the paw pads to prevent salt and snow from collecting. These are very painful for a dog to walk on. Some dog owners use dog boots to keep the paws warm and protected. If you do this, be sure to purchase the correct size for your dog to avoid discomfort and slipping. Training your dog to wear booties will take some time and patience because it's a very strange feeling. Don't assume she will accept it immediately.

When returning from a mucky, winter walk, it's good to have a towel ready by the door to dry your dog. Wipe off her paws, legs and stomach. You can wash her feet with lukewarm water to remove unwanted snow, debris and chemicals. Keep in mind: any salt or other de-icing agents that are swallowed by licking can make a dog sick. If the paws become dry and cracked, you can soothe them by massaging a light coat of Vitamin E oil or pure aloe gel into the paw pads.

Inside the house, give dogs and cats a warm place to sleep, away from cold drafts. If you keep your thermostat down while you are at work, consider a heated pet bed or heating pad. You can also put a hot water bottle under a towel on the pet's bed. For extra warmth, put a pet bed in a place that gets sunlight. Toss in a cozy, fleece blanket, fresh out of the dryer, and your cat or dog will be thrilled to burrow.

When you and your critters are stuck indoors, exercise is harder to get, but still very important. There is nothing like being cooped up with a dog or cat that has lots of energy to spare! Bored pets often find things to do, of which you may not approve.

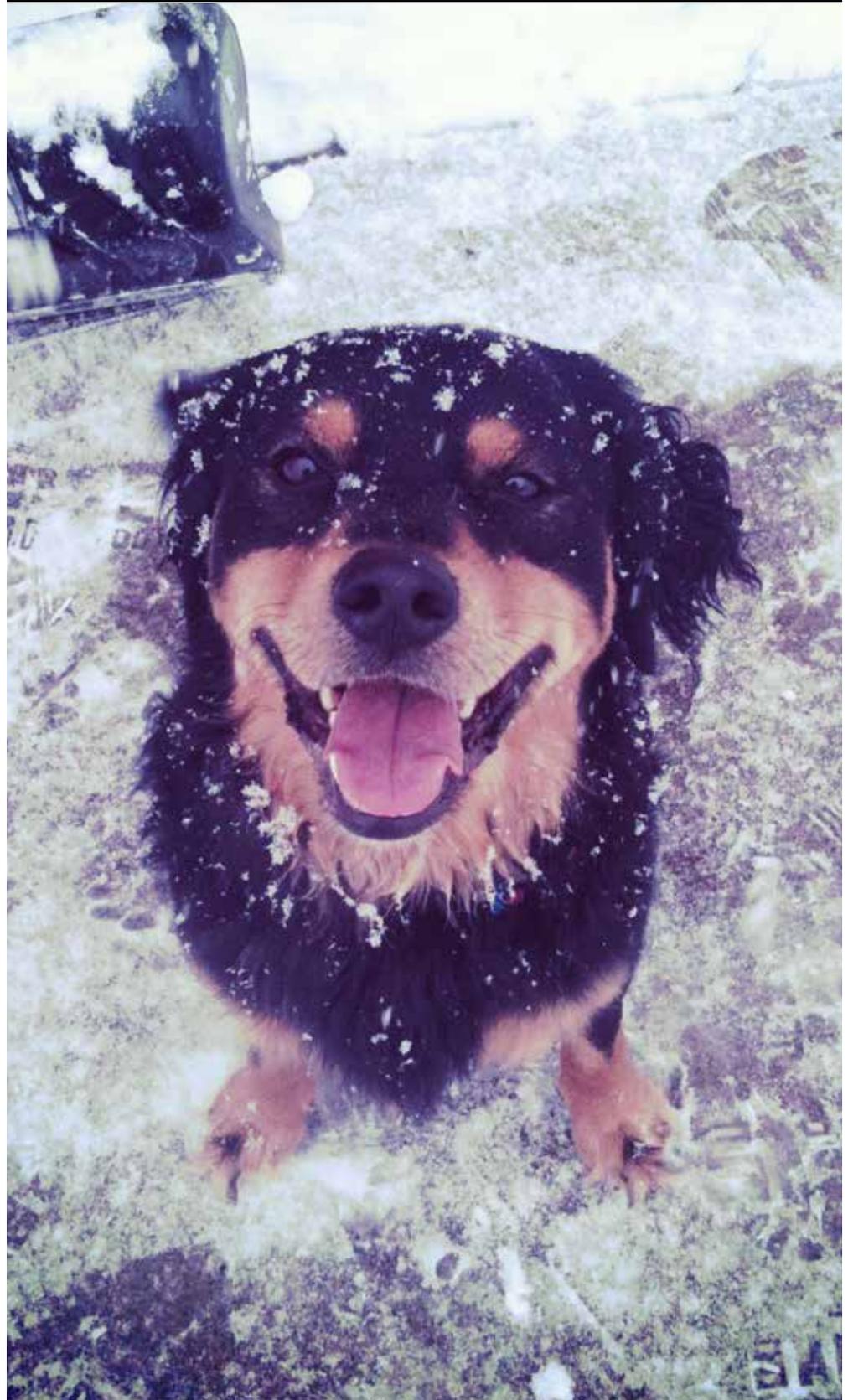
Keep them occupied by playing indoor games, such as fetch, chase and tug. Mental stimulation gives pets a great workout, too. Puzzle toys and toys stuffed with treats or catnip can entertain them for hours.

For dogs, you can fill a hollow bone or rubber toy with a mixture of sugar-free peanut butter, yogurt, oatmeal and honey or your dog's favorite treats. Freezing the concoction makes it even more of a challenge. Treat-dispensing balls and toys are great for cats to bat around, too. It gives them the feeling that they are "hunting" and tires them out, as well.

Just remember to reduce the amount you're feeding at meal times to account for the additional caloric intake. You don't want to pack more pounds on your pets during the winter months. It is just as unhealthy for them as it is for humans. **E**

Kristen Zellner is owner of Abrams & Weakley, a general store for animals, 3963 N. 6th St. (rear), Harrisburg, www.abramsandweakley.com.

Pictured: Bernie Hambone Davis





LITERARY DRESS-UP

FROM GATSBY TO HARRY POTTER: YOUR FAVORITE CHARACTERS WILL PARTY AT THE BAL MASQUE. BY TREVOR PIERCE

For the coming Mardi Gras weekend, Harrisburg art lovers will be given the opportunity to spend a night as their favorite literary characters at one of the year's most stylish events. On March 1, the Art Association of Harrisburg will hold the 2014 Bal Masque at the Appalachian Brewing Co.'s Abbey Bar in downtown Harrisburg.

"The Art Association has held a Mardi Gras costume party called the Bal Masque since 1941, each with a different theme," said Art Association President Carrie Wissler-Thomas. "This year, we've picked 'Literary Allusions.' It's a very broad theme that we thought people would enjoy dressing up for. Guests can come as their favorite author, as a character from a book, as a depiction of the title of a book—all kinds of things. It's always amazing to me how creative people can be with their costumes."

While traditional party attire is welcomed, costume-wearers will be eligible for prizes in a variety of categories. The evening will also include a silent auction on literary themed gift packages, heavy hors d'oeuvres, and performances that include DJ sets by Chuck Schulz and Jonathan Frazier, psychic readings by Dr. Edward North and new-school jazz by singer Erica Lyn Everest. Harrisburg Mayor Eric Papenfuse will serve as the Bal Masque's honorary chairman.

In addition to being one of the year's biggest parties, the proceeds from the Bal Masque provide the Art Association with much of the funding needed for its educational programs and exhibits.

"The Art Association of Harrisburg School has about 30 different classes a year for both kids and adults," said Wissler-Thomas, "and our gallery at 21 N. Front Street holds eight exhibits per year that are free to the public to visit, seven days a week. The money that comes in from our fundraisers helps to keep us available for the public to enjoy." **B**

The 2014 Bal Masque will be held on Saturday, March 1 from 7 to 11 p.m. at the Appalachian Brewing Co.'s Abbey Bar, 50 N. Cameron St., Harrisburg. Admission is \$50 for open seating and \$80 for reserved gallery seating. Tickets can be purchased online at artassocofhbg.com or by calling 717-236-1432.



Pictured: Scenes from last year's Bal Masque. Photos by M.R. Gruber Photography. www.gruberpix.com



CONNECTED AT THE HEART

Valentine's Day—Theatre Harrisburg style.

BY LORI M. MYERS

Could it be karma? Or perhaps coincidence? Or maybe just foresight and good planning.

For couples in love or those with stars in their eyes, it appears that Theatre Harrisburg has planned an event so perfect in its conception that it's come together like some romantic puzzle. So let's take a look at the pieces.

On Feb. 14, Theatre Harrisburg will present "Evening of Romance." It's on a Friday—close to the weekend and absolutely perfect for those lovers or wannabes who wish to express what's in their hearts for their significant other. Feb. 14 is Valentine's Day. Remember?

"Evening of Romance" will take place in Uptown Harrisburg at the Jay & Nancy Krevsky Production Center, 513 Hurlock St. No big deal, right? But it is.

"It is appropriate that this event is being held here, named after a couple who met in this building, fell in love and married," says Samuel Kuba, executive director of the theater. "Jay and Nancy's passion for each other and Theatre Harrisburg has never diminished after all these years."

Are you beginning to notice a theme here? Okay. Stay focused. There's more.

Doors to the event will open at 6:45 p.m. There'll be complimentary champagne, a gourmet dessert buffet and flowers and candy for each guest. No need to rush out and get the obligatory (and somewhat boring) heart-shaped box of chocolates

and wilting posies. Theatre Harrisburg takes care of all that for you, and it'll all be quite artistic. Additionally, there will be several special grand door prizes awarded. All of this amidst a sparkling draped lobby, illuminated by candlelight and decorated with fresh flowers. See? One less item to worry about in impressing that special person. Next.

As you gaze into the eyes of that wonderful someone, you will be serenaded by songs sung by Jonathan and Beverly Hudson of Palmyra, another real-life married couple (there's that romance theme again) with selections from Mozart's "Don Giovanni," "Candide" and other selections, including works by Verdi, Gershwin and Irving Berlin. All or most will surely speak to the affairs of the heart. Along with being a duet in the true sense of the word, the Hudsons have a creative connection to Theatre Harrisburg: Jonathan lent his operatic vocals to the show "The Last Romance" staged at the theater last summer which starred... wait for it... the Krevskys. Beverly starred in the 2012 production of "A Little Night Music" presented by Theatre Harrisburg at Whitaker's Sunoco Theatre.

"Together, these two artists will generate enough musical heat to warm any heart and take the chill off even the most frigid weather," Kuba says.

The puzzle is almost complete. Onward.

At 8 p.m. that evening, there will be a performance of the Ken Ludwig romantic farce

"Lend Me A Tenor," a lightning-fast, non-stop laugh fest that, at its core, involves several different—and sometimes unlikely—couples. One of those couples is the constantly quarreling spouses, Tito and Maria Merelli, played by—you guessed it—real-life husband and wife, Anthony and Ann Ariano. In keeping with the romance theme, all disagreements will remain on the stage and true domestic bliss will prevail. Audiences will witness every nuance because the venue's intimate space guarantees everyone an up-close-and-personal experience.

So, could anything or any evening be more perfect? A venue named for a loving couple, sung by another loving couple, and performed by yet another loving couple. Candy, flowers, champagne, gourmet desserts, prizes, candlelight, Mozart and Gershwin. You can't ask for more.

Wait, there IS more.

As if Theatre Harrisburg had some sort of magic wand, there will be a full moon that night.

C'mon, Theatre Harrisburg. You planned all this, right?

You did, didn't you? **B**

"Evening of Romance" will take place on Feb. 14, at Theatre Harrisburg, 513 Hurlock St., Harrisburg. Tickets available by visiting or calling Whitaker Center Box Office, 717-214-ARTS. "Lend Me a Tenor" runs Feb. 7 to 23.



FEM FEB

This month, the ladies make the music.

BY DAN WEBSTER

promised to balance the scales this February with leading ladies. In addition, the Millennium Music Conference returns this month to the midstate stage, hitting venues in and around Harrisburg. One diversion from the norm is a plug in the mentionable section for a young Colombian blues player who has an affinity for central PA. His name is Carlos Elliot Junior, and he'll be playing on Jan. 31, barely making the February cut.

YO MAMA'S BIG FAT BOOTY BAND, APPALACHIAN BREWING COMPANY, 2/12, 8 P.M., \$10: This band's name is suggestive of their music—funky. Mary Frances (vocals and keyboard) leads this itinerant group around the country, evangelizing their brand of funk. "Onward!" is their most recent album, dropping in late October. The track, "Trunk Fallin' Off," is a blend of old school hip-hop and straight-up rap and encourages you to dance that derrière off. The album opener, "Ante Up," is a more straightforward funk tune, employing horns and more instrumentation and relying more on the repetitious, but smooth-sounding, lyrics found in this genre. If you have the dance-bone and are in for an upbeat time, this show will be just that.

CLANNAD, WHITAKER CENTER, 2/7, 8 P.M., \$29: Clannad is a New Age Celtic band, comprised of three siblings (Moya, Pol and Ciaran Brennan) and their twin uncles (Padraig and Noel Nuggan). Everyone knows the Brennans' sister, Enya, but they were the first to blend Gaelic and pop/rock and have been rewarded for their hit tunes, "I Will Find You" (theme from "The Last of the Mohicans") and "In a Lifetime" (featuring Bono), selling 15 million records worldwide. Their legacy is as the forerunners of earthly/spiritual music, and Moya's voice got quite the endorsement when Bono said she "has one of the greatest voices...ever."

MILLENNIUM MUSIC CONFERENCE, 2/20-2/23, VENUES IN HARRISBURG/CAMP HILL/NEW CUMBERLAND/LEWISBERRY/DUNCANNON: The 18th Annual Millennium Music Conference is part-educational/mentoring for young artists and a way for emerging musicians to showcase their talents. The lineup is loaded at bars, venues and restaurants in the area. Be sure to hit up their website to see the roster of events. Locally, bands will be performing at Anthony's, The Abbey Bar, Carley's, Ceolta's, Midtown Scholar, Momo's, Stage on Herr and Suba. In the past, the music has been hit-or-miss, but this is certainly a lens into the farm league of East Coast artists. **B**

Mentionables: Carlos Elliot Jr., Stage on Herr, 1/31; Jimkata, Appalachian Brewing Company, 2/5; Roofbeams, The MakeSpace, 2/15

2 | 5

JIMKATA, FEB. 5

APPALACHIAN BREWING COMPANY
50 N. CAMERON ST., HARRISBURG
STARTS AT 8 P.M.

2 | 7

CLANNAD, FEB. 7

WHITAKER CENTER
222 MARKET ST., HARRISBURG
STARTS AT 8 P.M.

2 | 12

YO MAMA'S BIG FAT
BOOTY BAND, FEB. 12

APPALACHIAN BREWING COMPANY
50 N. CAMERON ST., HARRISBURG
STARTS AT 8 P.M.

2 | 15

ROOFBEAMS, FEB. 15

THE MAKESPACE
1916 N. 3RD ST., HARRISBURG
STARTS AT 8 P.M.



*Yo Mama's Big Fat Booty Band
(Photo credit: allgorwest.wordpress.com)*

VERY HARRISBURG

From their home base, the Very Americans look to go national.

BY ALEXIS DOW CAMPBELL



Did you catch a Senators game last summer? If you did, you have already heard Harrisburg-based indie band Very Americans. They wrote the team's fight song, aptly titled "Hey Senators." The band has just celebrated the release of its new EP, "Stereo Types," which came out last month digitally and on CD through iconic punk/hardcore label Eulogy Recordings.

"One thing to remember is that most record labels have gone 100 percent digital now, so it was important for us to find a label that was going to release a 'physical' version of our record," explained bassist Garrett Rothman. "We were also anxious to have the record released on vinyl, which is our favorite format. Luckily, Eulogy and local label Rock Paper Records were able to work out an arrangement by which Rock Paper would release strictly the vinyl version of the record."

"We all come from a punk and hardcore background, so [Eulogy] is not that far of a stretch," added drummer Tyler Coleman.

Eulogy is a subsidiary of Sony, which will mean worldwide distribution of Very Americans' music.

"[It's] an amazing feeling," said keyboardist Steve Radtke.

"Stereo Types" was mixed by famed producer J. Robbins at Magpie Cage Studios in Baltimore, a treasured experience for the members of Very Americans. And speaking of treasured experiences, the band performed live on The Artie Lange show in November, which aired on DirecTV and on Sirius and XM Radio.

"Although playing on live TV was a new experience and a little anxiety-ridden, it was just great to get our music out there," said Radtke. "It was extra special for me because it was my birthday."

The band is working on a few videos to accompany songs on the new album, like the one for "Floodgates," directed by Moviate's Caleb Smith.

"We can't wait for people to see it," said Rothman. "In a couple of months, our next video will come out for 'Without a Trace,' which should be fun... we recorded it in a mansion in Mechanicsburg."

And, despite the increasing reach of their music, the members of Very Americans are proud of their central Pennsylvania roots and are quick to point out lots of reasons that this 'Burg is a great place to be a band.

"I'm actually from Tampa Bay, Fla., but I've always loved the Harrisburg area and music scene," explained vocalist Rich Wise. "[It] feels more connected to

me than other scenes, and the fact you're a hop, skip and jump away from a few major markets without the big city life is perfect."

"We can play New York City, D.C., Philly and Baltimore and still drive home after the show if need be," added Rothman. "And there are some great promoters and live venues that keep getting better, like FedLive, the Abbey Bar, HMac and MakeSpace. Also, we don't deal with the same space constraints that our band friends in New York deal with... we have a lot of options for rehearsal spaces."

Very Americans is hard at work writing more songs and plans to record a full-length record this spring. **B**

For more information visit facebook.com/veryamericans.

Alexis Dow Campbell lives in Harrisburg with her husband Robert and daughter Rosie, age 1. She is the director of creative programming at the Ned Smith Center for Nature and Art in Millersburg.





Devan Cayro with Bella, top fundraiser 3 straight years

PENGUIN PLUNGE

Hundreds of brave (and maybe a little nutty) people shed their coats and dipped their near-naked bodies into the icy Susquehanna River last month during the Penguin Plunge. The annual event, which takes place on City Island, benefits the Humane Society of the Harrisburg Area, which raised more than \$40,000 this year for the cause of homeless pets.

Photos by PaulVPhotography.com



Back Row L to R: Brian Burton & Bernie Strackhouse with Flinchy's customers; Front Row L to R: Anita Burton, Dawson Flinchbaugh, Barbie Kobr, unknown, Carrie Fowler, Virginia



Nick Rodkey, Brian Harned, Nick Willcox, Chloe Enders, Erika Bates, George Enders & Brian Riddle



Misti Troxel, Alesha Miller with Malta

//////////////////// SOCIALBURG / ON THE SCENE //////////////////////



Jobntrae, Journie & DeAnna Williams



Serenity Hawkins, Sbernia Winston & Lawrence Ravenell



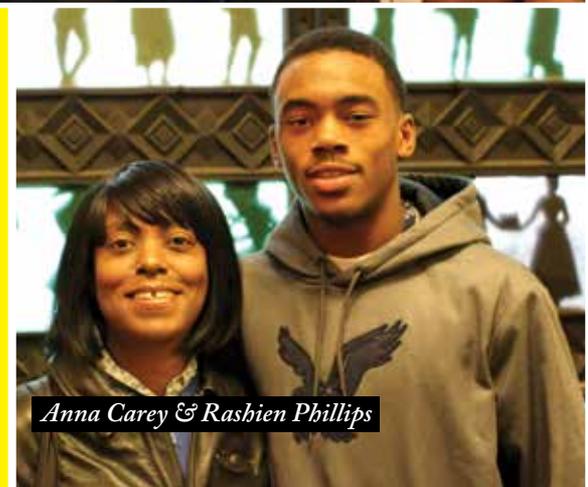
Daizah Warren, Jayla Allen, Alexis Miller & Nia Howard



Jamile Madison & Antonio Gonzalez

MLK DAY OF SERVICE

Volunteers from throughout central Pennsylvania picked up paintbrushes and mops, sang and celebrated last month during the annual MLK Day of Service. Events at more than a dozen locations were held in our area, including at schools, churches, community nonprofits and even City Hall. At the Forum, area youth participated in the Dream Performing Artist Showcase, which featured music, performances and lessons in honor of the life and legacy of Rev. Martin Luther King, Jr.



Anna Carey & Rashien Phillips



COMMUNITY CORNER

Groundhog Day Celebration

Feb 1: Think warm thoughts of spring at Shipoke's first-ever Groundhog Day celebration at 10 a.m. at Race Street Park, Race and Conoy streets, Harrisburg. The free event will feature resident groundhog Shipoke Sheena, who will issue a forecast, in addition to music, refreshments, giveaways and children's activities. For more, visit shipoke.org.

Monte Carlo Night

Feb. 1: The Jewish Community Center of Harrisburg hosts a night of professional Monte Carlo games, auctions with fantastic merchandise, hors d'oeuvres, wine, beer and live music. The event also features a Texas Hold 'Em tournament, with special prizes awarded to the winners. The night begins at 7 p.m. Prices vary. For more information, visit jewishharrisburg.org.

Great American Outdoor Show

Feb. 1-9: After a year hiatus, the annual outdoors show returns to the state Farm Show Complex in Harrisburg. Now sponsored by the NRA, the show will feature exhibitors, classes, demonstrations and more for all outdoor activities, including hunting, fishing, hiking, etc. Visit greatamericanoutdoorshow.org for more.

Fort Hunter History

Feb. 2: History educator Elizabeth Johnson will lead a hands-on workshop on the daily life of Indians and enslaved people who once populated Fort Hunter. The event takes place 1:30-3:30 p.m. at Fort Hunter, Harrisburg. Registration required. More information is at forthunter.org.

Kim Bracey Address

Feb. 4: York Mayor Kim Bracey will speak of her challenges and triumphs at a Black History Month event sponsored by the Penn State Harrisburg Commission for Women. The event will be held on campus at the Gallery Lounge, starting at noon. More information is at harrisburg.psu.edu/calendar/event/celebration-black-history-month.

Nicaragua: A Peace Corps Journey

Feb. 5: The World Culture Club of Central PA will present a lecture by Carol Lindsay, who will discuss her experience teaching English in Nicaragua. She will also explore the culture, geography, history and climate of the country, in addition to information on travel and tourism. The free presentation will be at Penn State Hershey Medical Center, 500 University Dr., Lecture Room C, 5th floor, Hershey. Refreshments will be served. For more, visit worldcultureclubpa.org.

Babes in Arms

Feb. 6-9, 13-16: Messiah College Theatre Department presents the musical "Babes in Arms," featuring the music of Richard Rodgers. Performances begin at 8 p.m. with the exception of two 3 p.m. matinees on Feb. 9 and 16. Admission is \$10; student and senior citizen rates are \$7. For tickets and information, visit messiah.edu/theatretickets.

Shea Quinn Sings the Beatles

Feb. 7: Enjoy the Beatles songs you've always loved performed by Shea Quinn of The Luv Gods in celebration of the 50th anniversary of the Fab Four's appearance on the Ed Sullivan Show. The performance begins at 7 p.m. at the Fredricksen Library in Camp Hill. No registration is necessary, and all ages are welcome. For more information, visit fredricksenlibrary.org.

Hot Stove Dinner

Feb. 8: Join the Harrisburg Senators for their fourth annual Hot Stove Dinner at the Crowne Plaza Hotel in downtown Harrisburg. Cocktail hour begins at 6 p.m. with dinner at 7 p.m., followed by keynote speakers. Other highlights include a silent auction, a raffle and an opportunity for fans to get autographs. Proceeds benefit the Easter Seals of Western and Central Pennsylvania. For more information and ticket prices, visit senatorsbaseball.com.

Harris Railroad Tower Museum

Feb. 8, 9, 15, 16: Experience the history of the Pennsylvania railroad system from the vantage point of the Harris Railroad Tower Switch Museum, 637 Walnut St., Harrisburg. The museum is interactive, and guests will have the opportunity to operate machinery and watch and photograph Amtrak and Norfolk Southern trains as they pass. There are limited reservations at the price of \$20 per person. For more information, call 717-232-6221 or visit harristower.org.

Second Sunday at the Mansion

Feb. 9: Hear Laurene Buckley, executive director of the Susquehanna Art Museum, speak about SAM's new museum in Midtown Harrisburg. The talk begins at 2:30 p.m. at the Harris-Cameron Mansion, 219 S. Front St. A tour of the mansion begins at 1 p.m. Admission is free for members of the Historical Society of Dauphin County, but a suggested donation of \$5 is requested. For more information, visit dauphincountyhistory.org.

Wildwood Winter Lecture Series

Feb. 11: Randy Cassell, biology teacher at Cumberland Valley High School, gives his talk, "Life in and around a Vernal Pool." He will focus on the ecology of the pond, as well as the animals that visit it and the need for forest buffers. The 7 p.m. event is free with no pre-registration required. For more information, visit wildwoodlake.org.

Networking Mixer

Feb. 12: Socialize with local business professionals while touring The Overlook facility at this free West Shore Chamber of Commerce event at 150 Erford Rd., Camp Hill. The mixer begins at 11:30 a.m. and goes until 1:30 p.m. For more information, visit wschamber.org.

Women's Erotic Poetry

Feb. 13: A group of female poets and artists from across central Pennsylvania will join together at Midtown Scholar Bookstore to discuss and read from their sensual works. The event begins at 7 p.m. For more information, visit almostuptown.com.

Singing Valentines

Feb. 14: Barbershop quartets from the Keystone Capital Chorus will deliver singing valentines to your loved ones. In addition to a love song, the tuxedo-clad quartet will present a long-stemmed rose, a personalized Valentine's Day card, Hershey's Kisses and a ticket to the Chorus' 66th annual spring dinner show on May 31. Cost is \$45. To make arrangements, call 717-730-0289 or visit kccsinc.com.

Free Day at Civil War Museum

Feb. 15: Enjoy the annual free day at the National Civil War Museum in honor of President's Day and Black History Month. Experience the museum's collection, as well as educational programs, music, lectures and games for children and adults. Be sure to check out the new exhibit titled "1864," commemorating the final full year of the Civil War. Visit www.nationalcivilwarmuseum.org.

Fascinating and Funny Faunae

Feb. 20: Jon Dale presents a collection of fascinating, humorous or unusual photos of the faunae of Pennsylvania and other states. There will be refreshments and a chance to socialize at 7 p.m. A brief meeting will begin at 7:30 p.m., with the presentation to follow. The free event is at Christ Presbyterian Church, 421 Deerfield Rd., Camp Hill. For more, visit appalachianaudubon.org.

Chamber Mixer

Feb. 20: Interact and connect with local professionals and organizations, while touring SSS Printing, 901 Market St., New Cumberland. The evening begins at 5 p.m. and goes until 7 p.m. There will be several giveaways, and there is no cost to attend. For more information, visit wschamber.org.

Millennium Music Conference

Feb. 20-23: The 18th annual Millennium Music Conference and Showcase will take place at venues throughout the greater Harrisburg area. In addition, workshops, mentoring, exhibits and more will be held at the Best Western Premier, 800 E. Park Dr., Harrisburg. For more information, visit musicconference.net.

Doshi Dialogues

Feb. 21: This insightful talk will feature current 3rd in The Burg artists, R. Andrew Hoff and Jo Margolis, as they discuss the artwork they have displayed in the Doshi Gallery at the Susquehanna Art Museum. The talk will begin at 6:30 p.m. at the State Museum, N. 3rd and North streets, and is free to the public. For more information, visit sqart.com.

Garden Expo

Feb. 21-23: The annual PA Garden Expo returns to the state Farm Show Complex in Harrisburg, featuring more than 50,000 square feet of manicured gardens, as well as classes, lectures, a market and more. Visit pagardenexpo.org for more information.

Polar Bear Plunge

Feb. 22: Brace yourself for a cold dip in the Susquehanna River at the annual fundraiser for the Special Olympics. Activities begin at 10 a.m. followed by the chilly plunge at noon on City Island, just off the Market Street Bridge in Harrisburg. More details are at specialolympicspa.org/polar-bear-plunge/harrisburg.

Susquehanna Folk Music Coffeehouse

Feb. 22: Listen to a talented array of central Pennsylvania's amateur acoustic musicians. This event will be held at the Centennial Barn at Fort Hunter, Harrisburg. Refreshments will be provided. The event is free and runs 7-9 p.m. For more information, visit sfmsfolk.org.

2014 Oscar-Nominated Short Films

Feb. 28: Watch all the short films nominated for Oscars by stopping by the Fredricksen Library in Camp Hill during Film Fridays. All five nominees for Animated Short Film will be shown starting at 3:30 p.m., with Live Action Short Film nominees shown at 7 p.m. Documentary Short Film nominees will be shown at a later date. No registration is necessary. For more information, visit fredricksenlibrary.org.

MUSEUM & ART SPACES

Antique Auto Museum at Hershey

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

"Chocolate Covered February," celebration of all things chocolate with a special gallery displaying downtown Hershey in the 1920s, Feb. 1-28.

Art Association of Harrisburg

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

"Figuratively Speaking," a showcase of art by members of the Art Association of Harrisburg, through Feb. 13.

"Invitational Exhibition," works by Todd Fry, Susan Benigni Landis, Sharon McCuen, Jill Peckelun and Blair Seitz, Feb. 21-March 27; reception, Feb. 21, 5-8 p.m.

The Cornerstone Coffeehouse

2133 Market St., Camp Hill
thecornerstonecoffeehouse.com

Artwork by Donna Barlup, through February.

Fenêtre Gallery

HACC Midtown 2, 2nd Floor
N. 3rd and Reily Streets, Harrisburg

"The Artifacts of Journey and Home," quilts and map books by Katie Grove, through Feb. 12.

"Constructions," sculptural prints by Shawn Williams, Feb. 21-April 5.

Gallery@Second

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

The artwork of Elaina Posey and Peter J. DeHart, through March 15.

Historical Society of Dauphin County

219 South Front St., Harrisburg
717-233-3462
dauphincountyhistory.org

"Reily Family Portraits," through June 26.

National Civil War Museum

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

"In the Service of Our Nation: Conscription during the Civil War," an exhibit examining the reasoning that led to conscription acts during the Civil War, through June.

"1864," an exhibit highlighting the fourth year of the Civil War covering battles, strategies and civilian lives, through Dec. 31.

Ned Smith Center for Nature and Art

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

"Only Owls," an exhibit giving a glimpse into the world of owls through a variety of stylistic approaches by more than 30 artists, through March 15.

The Gallery at Pennsylvania College

1 College Ave., Williamsport
570-320-2445; pct.edu/gallery

"Frank Lloyd Wright's Samara: A Mid-Century Dream Home," an exhibit highlighting the work of one of America's greatest architects through original objects, through March 29.

Rose Lehrman Art Gallery

One HACC Drive, Harrisburg
717-780-2435; hacc.edu

"Kesenuma: Japan's Altered Landscape," paintings by Amer Kobaslija, through Feb. 12; lecture and reception, 5:30-7 p.m.

"Ten Years of Rectangles," graphic design by the Heads of State, Feb. 24-April 2.

St. Thomas Roasters

5951 Linglestown Rd., Linglestown
717-526-4171; stthomasroasters.com

"Hè Mú," art show by Messiah College students Jesi Zinn and Jeff Tan, Feb. 28-March 2.

The State Museum of Pennsylvania

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

"Chairs from the Collection of the State Museum of Pennsylvania," exhibiting a variety of styles that represent the diversity of Pennsylvania and its artisans from the past 300 years, through April 27.

"Recycling Works!" an exhibit highlighting the commonwealth's recycling industry, through March 16.

Susquehanna Art Museum

300 North St., Harrisburg
sqart.com (at the State Museum)

"Lost World/Found World," artwork representing abstract themes through line, color or concept, through June 1.

Whitaker Center/The Curved Wall

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

"Instructor Exhibit," featuring the Art Center School and Galleries of Mechanicsburg's collection of watercolors, oils, acrylics, photography, mixed media works and pastels, through April 14.

Yellow Wall Gallery/ Midtown Scholar

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

"Prints from Earth," an exhibit that explores the magical universe created by painter Vivian Calderon Bogoslavsky, through Feb. 16.

Artwork by Susan Getty, Feb. 21-March 16; reception, Feb. 21, 6-9 p.m.

READ, MAKE, LEARN

Fort Hunter

5300 North Front St., Harrisburg
717-599-5751; forthunter.org

Feb. 2: "Everyday History: Native People and African Americans at Fort Hunter," 1:30-3 p.m.

The LGBT Center of Central PA

1306 N. 3rd St., Harrisburg
717-920-9534

centralpalgbtcenter.org

Feb. 5, 12, 19, 26: Common Roads Harrisburg, 6-8 p.m.

Feb. 6: Women's Group 7-9 p.m.

Feb. 16: LGBTQ Book Club, 5 p.m.

Feb. 21, 22: GSA Leadership Summit, all day

Feb. 28: Open Mic Night, 7 p.m.

The MakeSpace

1916 N. 3rd St., Harrisburg
hbgmakespace.com

Feb. 1: Collagery

Feb. 13: Untitled (Stories)

Midtown Scholar Bookstore-Café

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

Feb. 1: Donna Ferguson reading and signing, 11 a.m.

Feb. 1: Good News Café, 6 p.m.

Feb. 2, 9, 16, 23: TED Talks, 1 p.m.

Feb. 3: Swing Dance at the Scholar, 6:30 p.m.

Feb. 4: Larry Kabe Book Release, 5:30 p.m.

Feb. 4: Sci-Fi Writers Group, 7 p.m.

Feb. 4: Young Dauphin County Democrats meeting, 7 p.m.

Feb. 5: Midtown Chess Club, 11 a.m.

Feb. 6: Poetry Out Loud Competition presented by Jump Street, 6 p.m.

Feb. 6: Almost Uptown Poetry Cartel: Open reading with Christian Thiede, 7 p.m.

Feb. 6: Coffee with Alinsky presented by Nathan Sooy, 7 p.m.

Feb. 7, 14, 28: Nathaniel Gadsden's Spoken Word Café, 7 p.m.

Feb. 8: Wildwood Park Nature Event at the Little Scholar, 11 a.m.

Feb. 11, 25: Meet-up, 9 a.m.

Feb. 12: Midtown Chess Club, 11 a.m.

Feb. 12: Friends of Midtown: Events Meeting, 6 p.m.

Feb. 13: Camp Curtin Toastmasters 6:30 p.m.

Feb. 13: Almost Uptown Poetry Cartel: Feature Below the Belt 2; Go Lower: Women's Erotic Poetry with Christian Thiede, 7 p.m.

Feb. 15: Storytime with Jane Alleman and Diane Boylard, 11 a.m.

Feb. 15: Local Author Signing Saturday, 2 p.m.

Feb. 15: Poison Pen Book Club, 5 p.m.

Feb. 16: Philosophy Salon: Open Discussion, 12:30 p.m.

Feb. 16: LGBT Book Club, 5 p.m.

Feb. 17: For Starters presentation: Strategic Thinking 101, 7 p.m.

Feb. 19: Midtown Chess Club, 11 a.m.

Feb. 19: Sci-Fi/Fantasy Book Club, 7 p.m.

Feb. 20: Camp Curtin Toastmasters, 6:30 p.m.

Feb. 20: Almost Uptown Poetry Cartel: Open Reading with Christian Thiede, 7 p.m.

Feb. 21: Coffee Education with Café staff, noon.

Feb. 21: Tea Tasting with Café staff, 2 p.m.

Feb. 22: Children's Book Blast, 10 a.m.

Feb. 22: Habitat for Humanity Events at the Little Scholar, 11 a.m.

Feb. 23: Moving from the Past to Visit the Present: The Life and Times of Harriet Jacobs, One Woman Show Performance, 1 p.m.

Feb. 23: Harrisburg Young Professionals Book Club, 2 p.m.

Feb. 24: Feminism Group Book Club, 7 p.m.

Feb. 26: Midtown Chess Club, 11 a.m.

Feb. 26: Bike the Burg meeting, 7 p.m.

Feb. 27: Almost Uptown Poetry Cartel: Feature, The Triangle: Erin Dorney and Tyler Barton with Christian Thiede, 7 p.m.

Penn State Hershey Medical Center

500 University Dr., Hershey
800-243-1455; pennstatehershey.org

Feb. 1: Hands-Only CPR Training, 9:30-3 p.m.

Feb. 13: HeartSaver AED Training 6-9 p.m.

The Susquehanna Folk Music Society

717-745-6577; sfmsfolk.org

Feb. 1: Greco-Serbian Dance Workshop

Wildwood Park

100 Wildwood Way, Harrisburg
717-221-0292; wildwoodlake.org

Feb. 1: 7th Annual Used Nature Book Sale, 10 a.m.-4 p.m.
Feb. 1: Wild About Art Series: Recycle Bags into "Yarn," 1:30-3 p.m.
Feb. 11: Wildwood Winter Lecture Series: Life in and Around a Vernal Pool by Randy Cassell, 7 p.m.
Feb. 13: Advanced Wild Educator Workshop: Mammals in Our Backyard, 9 a.m.-3 p.m.
Feb. 15: Scout Workshop: Bears Elective "Weather," 10:30 a.m.-2:30 p.m.
Feb. 16: Wild About Art Series: Snow Candles, 1:30-3 p.m.
Feb. 22: Creature Feature: The Northern Cardinal, 10-11:30 a.m.
Feb. 25: Wildwood Winter Lecture Series: Pennsylvania Elk—A Reintroduction Success Story by Theresa Alberici, 7-8:30 p.m.

LIVE MUSIC AROUND HARRISBURG

Appalachian Brewing Co./Abbey Bar

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

Feb. 1: Altered Essence
Feb. 2: Clair Lynch Band (SFMS)
Feb. 5: Jimkata
Feb. 7: The Hold Steady
Feb. 12: Yo Mama's Big Fat Booty Band
Feb. 14: "The Truth about Love" (Valentine's Day Cabaret)
Feb. 16: Vishten (SFMS)
Feb. 21: Steve Forbert
Feb. 21: Millennium Music Conference

Carley's Ristorante and Piano Bar

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

Feb. 1, 8: Roy Lefever
Feb. 4, 11, 18, 25: Brandon Parsons
Feb. 5, 19: Jason Krieder-Brant
Feb. 6, 20: Bernie Stevenson
Feb. 7: Brandon Parsons
Feb. 9, 13, 23, 27: Anthony Haubert
Feb. 12, 26: Jessica Cook
Feb. 14, 28: Noel Gevers
Feb. 15: Ted Ansel
Feb. 21, 22: Millennium Music Conference

FedLive

234 N 2nd St, Harrisburg
717-525-8077; fedlive.net

Feb. 7: The Smithereens

Fort Hunter

5300 N. Front St., Harrisburg
717-599-5751; forthunter.org

Feb. 22: Susquehanna Folk Music Coffeehouse

Harrisburg Symphony Orchestra

The Forum at 5th and Walnut St., Harrisburg;
717-545-5527
harrisburgsymphony.org

Feb. 8-9: Romancing The Cello
Feb. 10: Harrisburg Symphony YOUTH Orchestra Concert

Hershey Theatre

15 E. Caracas Ave., Hershey
717-534-3405; hersheytheatre.com

Feb. 21: Hershey Symphony Orchestra

HMAC/Stage on Herr

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

Feb. 5, 12, 19, 26: Open Mic w/Mike Banks
Feb. 6: Nate Myers
Feb. 7: First Friday w/Aortic Valve
Feb. 8: Veshecco
Feb. 13: Strangest of Places
Feb. 14: New York Grin
Feb. 15: The Dirty Sweet
Feb. 16: Soul Comedy Café
Feb. 20: Still Hand String Band
Feb. 21-22: Millennium Music Conference
Feb. 27-28: Pretty Things Peep Show

Hollywood Casino at Penn National

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

Feb. 1: The Burning House
Feb. 7: Gas Station Disco
Feb. 8: Dr. K's Motown Revue
Feb. 8: Funktown
Feb. 15: Smooth Like Clyde
Feb. 21: The Uptown Band
Feb. 22: The Luv Gods
Feb. 28: Sapphire

Luhrs Performing Arts Center

1871 Old Main Dr., Shippensburg
717-477-7469; luhrscenter.com

Feb. 1: "Love Me Tender," Elvis Valentine's bash
Feb. 27: Mandy Patinkin: "Dress Casual" w/Paul Ford

The MakeSpace

1916 N. 3rd St., Harrisburg
hbgmakespace.com

Feb. 15: Roofbeams/Jake Lewis and the Clergy
Feb. 22: Cuddle Magic
Feb. 27: No Artificial Sweeteners Benefit

Market Square Concerts

717-221-9599
marketsquareconcerts.org

Feb. 26: Ray Chen, violin; Julio Elizalde, piano

Midtown Scholar Bookstore-Café

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

Feb. 7: Billy Reighns
Feb. 8: Kites in Flight
Feb. 14: James Hearne
Feb. 21-22: Millennium Music Conference
Feb. 23: Grant & Steve

MoMo's BBQ & Grille

307 Market St., Harrisburg
717-230-1030
momosbbqandgrill.com

Feb. 6: Visitors Duo
Feb. 7: Soul Esteam
Feb. 13: The Robinson's
Feb. 14: Chaz Depaulo
Feb. 20: John Senft
Feb. 21-23: Millenium Music Conference
Feb. 28: Nate Myers Band

The Tomato Pie Café

3950 TecPort Dr., Harrisburg;
717-836-7051; tomatopiecafe.net

Feb. 8: Razen Kane Band
Feb. 15: We3

St. Thomas Roasters

5951 Linglestown Rd., Linglestown
717-526-4171; stthomasroasters.com

Feb. 1: Joe Cooney
Feb. 7: Sean Bennett
Feb. 8: Alexandra Madden
Feb. 14: CotoLo
Feb. 15: Rhoads Butt
Feb. 21: Henry Koretzky
Feb. 22: Rough Edge

The Susquehanna Folk Music Society

717-745-6577; sfmsfolk.org

Feb. 2: Claire Lynch Band at Appalachian Brewing Co.
Feb. 9: February Jam Session at Fort Hunter Barn
Feb. 16: Vishten at Appalachian Brewing Co.
Feb. 22: Winter Coffeehouse at Fort Hunter Barn
Feb. 23: Dovetail Ensemble at Market View Arts

Whitaker Center

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

Feb. 7: Clannad

THE STAGE DOOR

2nd Street Comedy Club

236 N. 2nd St., Harrisburg
717-681-8012
secondstreetcomedyclub.com

Feb. 1: Chris Barnes w/Ben Bergman
Feb. 7, 8: John Moses w/Jay Nog
Feb. 14, 15: Dave Waite w/Shane Copland
Feb. 21, 22: Tom Arnold w/Sally Brooks
Feb. 28: Darryl Lennox w/Nick Cantone

Harrisburg Shakespeare Company

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

Feb. 15-March 9: Ronald Hardwood's "The Dresser"

Hershey Theatre

15 E. Caracas Ave., Hershey
717-534-3405; hersheytheatre.com

Feb. 8: "Dinosaur Train"
Feb. 25: "Sister Act"

Little Theatre of Mechanicsburg

915 S. York St., Mechanicsburg
717-766-0535; ltmonline.net

Feb. 2, 9: "It Runs in the Family," by Stephanie Via

Luhrs Performing Arts Center

1871 Old Main Dr., Shippensburg
717-477-7469; luhrscenter.com

Feb. 6: "Memphis: The Musical"

Open Stage of Harrisburg

223 Walnut St., Harrisburg
717-232-OPEN; openstagehbg.com

Feb. 7-March 1: August Wilson's "Fences"

Oyster Mill Playhouse

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

Feb. 6, 7, 8, 9: "Spider's Web," by Agatha Christie

Popcorn Hat Players at the Gamut

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

Feb. 1: "Goldilocks and the Three Bears"

Rose Lehrman Arts Center

One HACC Drive, Harrisburg
717-321-ROSE; hacc.edu/RLAC

Feb. 12: Rhythm of the Dance
Feb. 21: Hubbard Street 2

The Tomato Pie Café

3950 TecPort Dr., Harrisburg;
717-836-7051; tomatopiecafe.net

Feb. 22: Rebel Heart Irish Dancers



I see many children for itchy, irritated skin at the office.

One of the more frequent causes is commonly referred to as “eczema.” Eczema can be very frustrating for parents and children alike, and below I hope to clarify what it is, what causes it and some initial steps to treatment.

Eczema actually refers to a number of conditions in which the skin becomes red and irritated and may develop small, fluid-filled bumps that ooze. It often begins around 2 to 6 months of age, but almost always appears by 5 years of age. The typical complaint is dry, red, itchy, bumpy skin. Any part of the body may be involved, but eczema often occurs behind the knees, in the bends of the elbows and on the cheeks.

Officially, eczema is called atopic dermatitis. Atopic refers to conditions that result when someone is overly sensitive to allergens in their environment. It is thought the dermatitis, or inflamed, red skin results from the body’s reaction to these allergens. As a person will have varying reactions to different allergens, each child has different triggers for his or her eczema. Some common triggers include pollen, dust, dry winter air, certain soaps and detergents, tobacco smoke, stress and heat.

Since eczema has a genetic link, many kids with eczema will have family members with other allergy-related conditions such as hay fever, asthma or food allergies. Researchers feel such children may be genetically predisposed to develop eczema.

Eczema affects one in 10 children. The good news is that eczema clears in almost 40 percent of children by adulthood. Children typically try to relieve the itch by rubbing the areas on anything they can find, but this often makes the skin worse.

My goals for children with eczema are to establish a good skin care regimen that will minimize symptoms and prevent flare-ups. The mainstay of treatment is continually moisturizing the skin and avoiding any known triggers. In cases of mild eczema, I will ask parents to use a fragrance-free moisturizer (Eucerin and Aquaphor are popular brands, but petroleum jelly works just as well). The moisturizer should be thick enough that it has to be scooped out of the container rather than dispensed with a pump. This can be applied liberally and as often as parents remember, but we typically aim for two to three times per day, depending on the severity of symptoms.

To avoid triggers and minimize skin irritation, parents are advised to give children short, lukewarm baths, use fragrance-free hypoallergenic soaps and be mindful of other exposures (i.e. tobacco smoke, certain foods, excessive heat), which trigger eczema in their children.

For more severe cases, I will add a topical steroid. The strength of the steroid depends upon the severity of symptoms. The steroid is used for short-term treatment to decrease the inflammation and irritation of the skin and get the symptoms under control. Once this is achieved, I ask parents to stop the steroid, but continue application of a moisturizer two to three times per day.

If children experience flares in their eczema after exposure to a trigger, the steroid may be used again. Many parents are appropriately concerned about the use of topical steroids, which may cause skin discoloration or skin thinning from overuse. However, the constant irritation from poorly treated eczema may also cause skin discoloration, thickening of the skin (lichenification) and secondary skin infections. I like to reinforce getting control of eczema when it flares by

using a well-established skin care regimen. This helps prevent repeated and severe flare-ups, which otherwise might require steroids.

If you think your child has eczema, it is a good idea to see his or her doctor. Eczema may be confused with other skin conditions such as cradle cap and psoriasis. Though there is no test available to make the diagnosis, a thorough history and examination will allow the doctor to come up with a good management plan for your child.

In addition to what is mentioned above, there are numerous other strategies to improve eczema control that the physician may suggest (drinking adequate water, keeping

fingernails short to avoid scratching). Cases of severe eczema that do not respond to routine treatment may require referral to an allergist or dermatologist. Lastly, parents should be aware that eczema is not contagious, so there is no need to keep children with eczema away from others.

For parents dealing with eczema, it is an annoyance, but that itch can be managed with a good skin care routine and guidance from your child’s physician. **B**

Dr. Deepa Sekhar is a pediatrician at the Penn State Milton S. Eshelman Medical Center.

THE ITCH THAT RASHES

Good skin care is key to fighting childhood eczema.

BY DR. DEEPA SEKHAR





THE SHOW GOES ON

*Cancelled last year,
Harrisburg's mid-winter
outdoors expo is back.*

BY KERMIT G. HENNING

Cabin fever is running rampant. This especially cold winter has thus far kept all but the hardiest souls inside. We're itching to get out of the house and do something outdoors—or at least outdoor related.

Well, good news: it's show time! Outdoor sports show time, that is. The Great American Outdoor Show at the state Farm Show Complex runs Feb. 1 to 9 and will cure even the worst case of cabin fever. While this is the first-ever show here sponsored by the NRA, sportsmen and women have been attending a similar show for many years. Last year's cancellation due to gun exhibition issues left us all with an empty calendar, wondering if it would ever be resurrected.

The show has been rebuilt from scratch. This is a nine-day event celebrating hunting, fishing and outdoor traditions that are treasured by millions of Americans and their families. The show features nearly 1,000 exhibitors ranging from shooting manufacturers to outfitters to fishing boats and RVs, from archery to art, covering 650,000 square feet of exhibit hall space. Add to this a jam-packed schedule that includes concerts, fundraising dinners, speaking events, archery competitions, celebrity appearances, seminars, demonstrations and much more.

If you are looking into a fishing or hunting trip to Canada, the United States or other worldwide destination, the Main Hall will be packed with outfitters ready to accommodate you. Family vacations? An entire hall of tourism exhibitors can map out a tailor-made vacation for you and your clan. In the market for a new bow? You can see all that's new in the industry, as well as actually shoot the new bows before you decide. And so it goes—you just can't miss this show for everything outdoors.

If a new boat is in your future, talk with local

dealers representing and showing all brands of boats, motors and accessories. And while you are at it, check out all the newest in rods, reels and lures before the spring thaw. Campers and motor homes are also here to be inspected.

If you are the competitive type, this show features contests in all fields of the outdoors. The taxidermy contest runs the full length of the show and features the best wildlife mounts of both fish and animals. You may just get an idea of a mount you may want for a future trophy.

During the week, there will be calling contests for duck, goose, turkey, owl and elk. Listen to the best callers and get some pointers. A 3-D Bowhunter Challenge will run the entire nine days and offers big money prizes to the winners.

Finally, a whole list of seminars and demonstrations will cover topics including deer hunting and butchering, law enforcement, fishing and waterfowling, presented by celebrity outdoorsmen like Roland Martin, Timmy Horton, Chef Albert Wuntz, Sean Mann, Ralph and Vicki Cianciarullo and many more.

My group, the Pennsylvania Outdoor Writers Association, will hold its 31st Annual Sportsman's Auction to benefit outdoor education on Feb. 9 at noon in the Main Hall contest room. A Smith & Wesson revolver, hunting and fishing trips to Canada and the United States, hunting and fishing equipment, wildlife art, clothing and much more will be offered. POWA has raised more than \$400,000 to date, and every penny has gone to fund grants for organizations that introduce young people to the outdoors.

This year's show has several added bonuses that previous shows did not. For instance, the NRA Foundation will host a banquet at the show on

Friday, Feb. 7. Held in the PA Preferred Ballroom, the evening will feature fundraising, food and exclusive firearms. On Feb. 8, country music star Trace Adkins will perform in the large arena. The show starts at 6:30 p.m. and tickets are \$30.

The Harrisburg show kicks off several other important regional outdoor expos.

The following week, the Greater Philadelphia Outdoor Sportshow will run Feb. 13 to 16 at the Greater Philadelphia Expo Center in Oaks, Pa. Here, again, you can learn about, see, touch and buy anything related to outdoor sports. Along with exhibitors representing the shooting sports, archery, lodging, outfitters, hunting, taxidermy, boats, camping and wildlife art and photography, there will be a climbing wall, kayak demos, a fly casting pond, paintball and much more. Visit www.sportshows.com/philly for more information.

The Lehigh Valley Sportsman Show follows, running Feb. 28 to March 2 at the Agri-Plex in the Allentown Fairgrounds. For decades, "the Allentown show" marked the end of the outdoors show season and signaled that the beginning of the spring fishing and hunting seasons were within sight for generations of outdoors enthusiasts in eastern Pennsylvania, as well as many in southern New York, western New Jersey and northern Maryland. The hall will be filled with exhibitors and feature an expanded schedule of seminars and special events. For more information, visit www.lehighvalleysportsmanshow.com. **E**

The Great American Outdoor Show runs Feb. 1 to 9 at the state Farm Show Complex in Harrisburg. For more information, visit www.greatamericanoutdoorsshow.org.

“CHANGE OF PLANS”

Lawrance Binda on two major changes to city governance: the planned end of the receivership and the elimination of the chief operating officer position.

This is no reclassification. If defunded by City Council, the COO job is gone, and Harrisburg will revert to its strong-mayor form of government. The business administrator will serve as the mayor's right-hand man (or woman), important but clearly beneath the mayor in the hierarchy. The huge pay cut emphasizes this point, with the business administrator's salary tellingly just a whisker (\$500 a year) below the mayor's.

These changes are quite an achievement for Papenfuse, so early on in his administration. If both the receiver and the COO go away, he will have effectively re-consolidated the power of the office of the mayor. He also will have clarified the city's hierarchy of authority, which has been muddled for more than two years, first by the creation of the receiver then by the addition of the COO.

Evidently, Lynch and others at DCED have enough confidence in Papenfuse that they no longer deem either office necessary. On Tuesday, Papenfuse told council that Lynch supports ending Harrisburg's COO experiment, which, admittedly was no great success under two short-lived, if very well paid, administrators.

And that brings me to the second way of judging these developments.

Ultimately, how you view the re-creation of the powerful mayor's office depends upon how you view Papenfuse. If you believe he can handle the office effectively and responsibly, you might be happy that he has consolidated power so quickly. If not, then you probably aren't.

So far, I like what I've seen from the administration. Papenfuse's appointments have been solid, and I support his decisions to work closely with council and to make government more accessible and friendly. His early moves have been pragmatic, not dogmatic or personal.

That said: it's very early. I would be reluctant to reach any conclusions until at least six months have passed—and that's why these recent moves give me pause.

I expected the receivership, which was extended just in November, to end well before its two-year term, but not just weeks into it. I expected the COO job to go unfilled for some time, until the administration got its bearings and the flow of government settled.

As a resident, I would have felt more comfortable had the receiver allowed more time, so that the new administration could settle in and show itself capable of governing well. As it stands, these changes appear rushed. I understand that the re-opening of the budget was viewed as an opportune time to make adjustments, but the resulting changes are huge. A more gradual evolution in the city's power structure may have better served the still-wary, skeptical residents of this city.

“INSPIRATION RECONSIDERED”

Lawrance Binda on Mayor Eric Papenfuse's first week in office.

“Can't I get the job done and inspire you at the same time?”

So asked then-long-shot-candidate Eric Papenfuse in a text message to me, shortly after he announced his intention to run for mayor of Harrisburg. He was responding to a column in the March 2013 issue of *TheBurg*, in which I had written that I would settle for basic competence from my next mayor, as opposed to some type of inspiration.

Since then, Papenfuse and I have revisited that topic several times, including in an extensive Q&A in January's issue of *TheBurg*, as well as in several casual conversations. I set the bar at competence; he raises it with both competence and inspiration.

Therefore, I was pleased, if a little surprised, at the stone-cold pragmatism he's demonstrated during his first week in office.

It started right at the beginning, during his swearing-in on Monday. His address focused not on grand ideas, theoretical concepts, dreams or history, but on repairing the bedraggled municipal building. After brief, plainspoken remarks, he led reporters on a tour of City Hall's dirt, disrepair and dank, hoping to use the assembled media and rolling cameras to put out a public call for private funds.

I've written that I see a mayor, primarily, as an administrator tasked with delivering a core group of critical services to the people—the residents—who are paying for them. And nothing is more fundamental to that mission than providing a decent environment for workers who must deliver those services. That said: even I was surprised by the smallness of the small ball. That's not intended as criticism, but as an acknowledgement that reform and advancement of city government must start at the bottom, building up from there.

BEST OF THE BURG BLOG

Some highlights from our blog posts over the past month. Read the full posts at:

WWW.THEBURGNEWS.COM

Papenfuse's cabinet appointments similarly showed attention to the practical realities of governing and delivering services. We already knew that the well-connected and respected Joyce Davis would serve as communications director. He then named Neil Grover, a founder of Debt Watch Harrisburg and special counsel to City Council, as city solicitor. Former Councilman Bruce Weber will serve as budget and finance director, and Aaron Johnson, Papenfuse's former rival for mayor, will lead the Public Works Department.

Taken together, the appointments serve another important and practical function. These department heads all have ties to City Council, which should help Papenfuse with Harrisburg's often-contentious legislative body. He seems to understand the reality that he cannot dictate, that, in order to get anything done, he needs the support of council members. That may sound obvious, but it's a lesson that both mayors Reed and Thompson never seemed to learn, to their—and the city's—great detriment.

“FORM AND FUNCTION”

Paul Barker on Mayor Eric Papenfuse's media tour of City Hall immediately following his swearing-in.

“The idea was to create an indoor civic space, similar to an outdoor civic space, like the plaza outside.”

So said Martin Murray, formerly of Murray Associates, the architecture firm that designed the Rev. Dr. Martin Luther King, Jr., City Government Center—or, as Harrisburg residents know it, City Hall.

Murray, who retired in 2003, was describing the sunny atrium beyond the center's brick façade, which earlier that day had witnessed the inauguration of Mayor Eric Papenfuse, along with the swearing-in of other newly elected officials.

The atrium rises through several floors of overlooking balconies to a transparent ceiling, which usually floods the interior with natural light. While the building was being constructed, in 1981, the soon-to-be Mayor Stephen Reed, then on the campaign trail, criticized the atrium as a waste of space. “But once he was elected,” Murray said, “he made great use of it.” Now the atrium is home to potted plants, a rotating art exhibit and innumerable press conferences.

It was also, until very recently, home to a metal detector that may or may not have impeded the impression of an open space. But Papenfuse, in advance of the inauguration, had ordered its removal. “I felt it sent the wrong message and set the wrong tone,” he said. On Monday morning, in place of the plastic baskets for phones and keys, the welcome desk held an array of free pocket-sized booklets titled “Where To Go When You Need Help.”

As with each piece of architectural design, each political gesture has a form and a function. There's the question of what it does, and there's the question of how it looks. Inaugurations, of course, are ripe for such gestures, and the Papenfuse team had prepared many—from the ejected detector to the absence of an inaugural speech to the choice, applauded by many observers, to forgo an inaugural ball. Whatever his mayoralty may come to mean, it's clear enough how he wants it to be interpreted: as a harbinger of frugality, openness and getting down to work.



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PARTICIPATING VENUES:

ART ASSOCIATION OF HARRISBURG, 21 N. FRONT ST., 9:30 AM-9 PM

FENÊTRE GALLERY AT HACC, HACC MIDTOWN 2, N. 3RD & REILY ST., 6-8 PM

FRIENDS OF MIDTOWN, FRIENDSOFMIDTOWN.ORG

GALLERY@SECOND, 608 N. 2ND ST., 6-9 PM

LGBT CENTER GALLERY, 1306 N. 3RD ST., 6-9 PM

LITTLE AMPS COFFEE ROASTERS, 1836 GREEN ST., 6-9 PM

THE MAKESPACE, 1916 N. 3RD ST., 6-10 PM

STASH, 234 NORTH ST., 5-9 PM

ST@RTUP, 1519 N. 3RD ST., 6-9 PM

SUSQUEHANNA ART MUSEUM, HELD AT THE STATE MUSEUM, N. 3RD & NORTH STS., 6-8 PM

YELLOW BIRD CAFE, 1320 N. 3RD ST. 6-9 PM



HOP THE SUTLIFF SHUTTLE!

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**FRIDAY FEB. 21: ART, MUSIC & MORE.
THE THIRD FRIDAY OF EACH MONTH IN HARRISBURG.**



MIDTOWN SCHOLAR BOOKSTORE

1302 N. 3RD ST.

236.1680 | MIDTOWNSCHOLAR.COM

12 pm: Coffee Education

2 pm: Tea Tasting

6 pm: Gallery opening in Yellow Wall Gallery for "Blink" by artist Susan Getty

7 pm: TMI Improv

8 pm: Comedy Night at the Scholar



WHITAKER CENTER

222 MARKET ST.

214.ARTS | WHITAKERCENTER.ORG

9:30 am-8 pm: The Art Center School and Galleries of Mechanicsburg will feature their annual Instructor Exhibit at Whitaker Center, showcasing a collection of watercolors, oils, acrylics, photography, mixed media works and pastels. Free to the public.



CITY HOUSE B&B

915 N. FRONT ST.

903.2489 | CITYHOUSEBB.COM

Art from various local artists. Refreshments will be served.



STUDIO A

106 STATE ST.

925.0337 | PAHOUSE.COM/KIM

6-10 pm: "Postcards Home" by photographer Amanda Mustard. Currently based in Cairo, Amanda returns to her roots to share a collection of work and experiences from projects in the Middle East, Southeast Asia and China. Light refreshments will be served. \$3 suggested donation.



MANGIA QUI & SUBA

272 NORTH ST.

233.7358 | MANGIAQUI.COM

5-11 pm: Featured artists are Joann Landis and Elide Hower. The One Night in Bangkok is the special featured cocktail in your hand.



MIDTOWN CINEMA

250 REILY ST.

909-6566 | MIDTOWNCINEMA.COM

9:30 pm: A \$3 film screening of Clue, and an after-party BYOB.



THE STATE MUSEUM

N. 3RD ST. (BETWEEN NORTH AND FORSTER)

787.4980 | STATEMUSEUMPA.ORG

6-8 pm: Join the staff and volunteers of The State Museum of Pennsylvania with open galleries and presentations throughout the evening.



HISTORIC HARRISBURG ASSOCIATION

1230 N. 3RD ST.

233.4646 | HISTORICHARRISBURG.COM

6-9 pm: The Gallery at Historic Harrisburg Association will feature artwork by Jo Ann Neal, with an artist reception. Jo Ann's art features both an Afrocentric flavor and geometric works.

FOR MORE INFORMATION, VISIT THIRDINTHEBURG.ORG