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Greater Harrisburg's Community Newspaper

July 2011



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Photo: Carmo Photography

## Catch the 'Crime Bug' at Whitaker Center

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This month's cover:  
"Contact,"  
a scene from Metro Bank Park.



## Salvation or Sinkhole? State Issues Plan Meant to Rescue Harrisburg from Financial Crisis; Council Eyes Bankruptcy

Sell assets. Fire city workers. Boost property taxes. That's the broad outline from the state-appointed Act 47 team, which last month released its long-awaited financial recovery strategy for Harrisburg.

The team issued a 418-page report that specified numerous measures that the city could take to help it crawl out from under its massive debtload.

"There is something in here that everyone will dislike," said Julia Novak, president of the Novak Consulting Group, which led the Act 47 team and later testified to the City Council about the plan.

To address its annual structural deficit, Harrisburg should take a series of steps that includes modernizing sanitation collection; re-negotiating union contracts and freezing worker wages; transferring park maintenance to the Public Works Department; improving management and accounting; and selling certain city assets, according to the report. The report advises 19 worker layoffs, including five firefighters (resulting from a change in shift schedules) and nine employees from the recreation programming staff.

The report also recommends closing Fire Station #6, also known as the Paxton Station, at 336 S. 2nd St. Last year, Mayor Linda Thompson also proposed shutting the station,

which led to a fierce backlash among firefighters and the public.

To address the incinerator-related debt, now estimated at \$310 million, the report states that Harrisburg should sell the incinerator, sell or lease assets of the Harrisburg Parking Authority and restructure the remaining debt.

Harrisburg then would need to generate \$2.5 million annually to pay debt service and compensate for lost parking revenue. The report suggests that Dauphin County could make a \$2 million annual contribution to the city out of gaming funds, and the city could levy a property tax increase of about \$50 per household.

In addition, the county and the city's bond insurer, AGM, should relieve the city of certain fees and penalties, as well as guarantee new debt issuances, which, the report says, they seem willing to do.

The plan stresses that certain actions should be considered last-resort, including a large property tax hike for city residents and additional firefighter and police layoffs. It also implied that some of Harrisburg's crisis is political, originating from an unwillingness by the mayor and council to cooperate, coordinate and share power over many years.

If the city fails to agree on a financial rescue plan—or if one of several court cases goes against the

city, forcing it to pay large settlements—Chapter 9 municipal bankruptcy would almost certainly result, said the report.

At a later meeting with the Act 47 team, council members, almost in unison, stated their main objection to the plan—that the burden falls fully upon the city. Meanwhile, the county took huge risks of its own by backing about half the incinerator debt, as did AGM for insuring the bonds.

A divided council later asked its lawyers—Cravath, Swaine & Moore—to begin preparing for a bankruptcy petition filing.

Councilman Brad Koplinski stated that the prospect of Chapter 9 municipal bankruptcy would act as leverage with the city's creditors, possibly convincing them to accept less than the full value of their bonds. However, other council members feared that such an act would dissuade AGM from working with the city to resolve its financial crisis.

Similarly, Thompson disagreed with any suggestion of bankruptcy.

"The mayor thinks there are better options contained within the Act 47 recovery plan structure itself to minimize the impact on city citizens and services, while maximizing the shared economic pain," said spokesman Robert Philbin.

Under the current timeframe, the council is expected to have the final Act 47 plan, with possible modifications, in hand by July 8. It then will have 20 days to vote on it.

## Council Takes Up Zoning Code Plan

The City Council has begun debate and hearings on the city's proposed zoning code, nearly a year after first introducing the ordinance.

The current code, passed in 1950 and modified many times since, is regarded as overly complex as it includes 29 base zoning districts and six overlay districts. The proposed code includes just nine base districts and three overlay districts.

Public hearings on the code will be held in the council's Building and Housing Committee, with a full council vote expected in September.

—Lawrance Binda

# TheBurg

Greater Harrisburg's Community Newspaper

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## Midtown Arts District Takes Shape

Funding OK'd for SAM, Furlow; projects to begin this fall.

Peter Durantine

Midtown's 3rd Street, dubbed Harrisburg's "Corridor of the Arts" by former Gov. Ed Rendell just before leaving office earlier this year, is about to see significant growth now that current Gov. Tom Corbett has given his approval to two major projects that are little more than a block away from each other.

Corbett signed off on a \$5 million state grant for the Susquehanna Art Museum's new location in the now-empty, historic Keystone Bank building at N. 3rd and Calder streets, and \$2.5 million to renovate and restore the Furlow Building at 1334 N. 3rd St. Both projects are expected to start this fall.

The museum project, which will include a modern-designed, two-story addition to the 95-year-old building that most recently housed a Fulton Bank branch, will be 20,000 square feet and have the latest in security and environmental controls to meet accreditation from the American Association of Museums.

The total cost of the project is anticipated at \$5.5 million. The state grant requires matching funds, but GreenWorks Development, which owns the property on which SAM will call home, was given credit to meet the match for the nearly \$50 million in public and private dollars it has spent redeveloping parts of Midtown.

GreenWorks has completed several large projects in the area, including Harrisburg Area Community College's Midtown campus at N. 3rd and Reilly streets and the Campus Square building across the street.

GreenWorks is also developing the six-story Furlow Building in partnership with Brick Box Enterprises, owned by Dan Deitchman, developer of Riverview Manor.

The developers are matching the \$2.5 million for Furlow to transform the 19,000-square-foot Beaux Arts building, erected in 1908, into 20 to 24 one-bedroom apartments with about 1,000 square feet of commercial space on the ground floor.

"3rd Street is going to change a lot," said Matt Tunnell, vice president for GreenWorks, noting that the more than \$10 million invested over the

next 12 to 18 months should spur more development and businesses in Midtown, particularly along N. 3rd between Forster and Maclay streets.

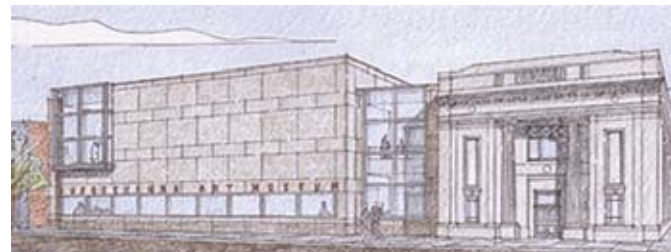
Furlow's developers anticipate young and old professionals will be in the market for their apartments. One enticement is the tax abatement that residents would receive as the building is in a tax-deferred Keystone Opportunity Zone, Tunnell said.

Up the block at 3rd and Calder, not only did the bank property meet SAM's space needs, but Stephen A. Moore, the museum's board president, said Midtown has become an arts corridor with many galleries and the monthly 3rd in The Burg event.

"It's a growing, but thriving area where there has been significant investment," Moore said earlier this year, citing HACC's Midtown campus, WCI Partners residential developments, Midtown Scholar Bookstore, a new federal courthouse and a condo/commercial project The Vartan Group is now building at 6th and Reilly.



Until late last year, SAM had been located for 10 years at 301 Market St., in the nine-story Kunkel Building. It's now temporarily housed in Strawberry Square.



Artist's rendering of the Susquehanna Art Museum's new home at N. 3rd and Calder streets (top). The original Keystone/Fulton Bank building is on the right, and a modern-style addition will be built on an adjacent parking lot. The Furlow Building, now a dilapidated shell, soon will house apartments and retail space (below, left).

## Paving, Parking in Midtown



GreenWorks Development last month began paving two empty lots it owns for additional parking for its commercial tenants. The first lot (top), at Reilly and Green streets, also will be used for patrons of the Midtown Cinema. The second lot is located at Calder and Susquehanna streets near the site of the new Susquehanna Art Museum. It long had been used to store construction equipment.

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## Steamed Up

As city steam vanishes, a group of homeowners fights back.

Lawrance Binda

In mid-March, a group of Harrisburg property owners received a big surprise—they had six months to find, install and pay for an entirely new way to heat their homes.

These 25 customers use “city steam,” a century-old system initially provided by the city and, now, by NRG Energy Center Harrisburg. NRG informed them that their steam distribution lines weren’t profitable, so it was shutting them down.

“We didn’t ask for this,” said Eric Webb of the 700-block of Green Street. “We were satisfied with steam heat.”

Most city steam customers are in the oldest parts of downtown and Midtown. The lines that NRG plans to abandon—the current plan is to end service in September—will affect customers on parts of N. 3rd, Green, Locust, N. 2nd, Forster, Bartine and Briggs streets.

NRG has offered some compensation to its soon-to-be ex-customers: 25 percent of the cost of a new boiler or a five-year loan, less a \$1,000 subsidy, that comes with a lien against the property until the loan is repaid. According to NRG, almost all customers choose the first option.

The problem, said Webb, is that new steam boilers cost \$6,000 to \$9,000 installed. In addition, many homes would require additional work, such as vents, gas lines and other infrastructure, which could add thousands more to the cost.

Most of his neighbors, he said, just don’t have that kind of money. In fact, many are retired and on fixed incomes.

“This is a bad economy,” he said. “Who wants to get into more debt or incur a large, unexpected expense when, tomorrow, the roof could go?”

This is the second time in four years that NRG has terminated service. In 2007, the company abandoned eight line segments affecting about 35 customers.

When NRG bought the system from Statoil Energy in 2000, city steam served about 300 customers. Come winter, it will serve just 200 or so, due to line abandonments and customers removing themselves from the system.

NRG defends its decision to end service, saying that retaining unprofitable lines unfairly penalizes its other customers, who pay more as a result.

“These 25 customers are served by seven inefficient pipelines that cost more than they make,” said Jan Sockel, general manager of NRG Energy Center Harrisburg. “Other customers actually pay for the subsidization of these customers.”

Moreover, NRG perceives its compensation model as fair. By combining the company’s subsidy with a switch to less-costly natural gas, customers can recoup their investment in less than 10 years, said Sockel.

“Over time, it’s cheaper to heat with natural gas,” he said.

It’s not just residences that are due to be shut off. The Broad Street Market and the Historic Harrisburg Association (HHA) building, which face each other across N. 3rd Street, also received notices of termination.

“This is a significant cost we’re going to be undertaking,” said John Campbell, HHA executive director. “Being a nonprofit, we’re not able to find these resources.”

Campbell said he’s received quotes of \$50,000 to \$100,000 for a new heating/cooling system for HHA. Meanwhile, the Broad Street Market faces a tab of \$250,000 to \$650,000 for its two buildings, he said.

Seeking a remedy, HHA, the Broad Street Market and a group of 18 homeowners have all engaged the state’s Office of Consumer Advocate (OCA), which represents consumers before the state Public Utility Commission. They wish either to have their service retained or receive better financial terms from NRG.

State Consumer Advocate Sonny Popowsky said he has met with NRG, but wouldn’t comment on those talks.

“We filed a protest,” he said. “By our participation, we hope to get a more reasonable solution to the case.”

Sockel confirmed that NRG has met with OCA and said the company may be willing to tweak its offer. For instance, it may be flexible on ending service in September, perhaps granting customers additional time to convert to in-building heat.

“We’re working with OCA to arrive at a resolution that will satisfy the customers and OCA,” he said.



Hot under the collar: Eric Webb stands outside his Green Street house, which is due to be cut off from city steam.

At press time, no firm adjustments to the initial offer had been made.

Sockel added that NRG plans to continue steam service in Harrisburg. The company serves several large commercial customers, including the state Capitol complex.

Additional line segments, though, may be terminated in coming years, he said. NRG’s rapidly diminishing residential user base includes several blocks of North Street and scattered locations downtown.

For his part, Webb isn’t banking on a better deal from NRG. His group of homeowners is exploring volume discounts from heating contractors.

Whatever the outcome, he’s incensed that he believes he’s losing service to the benefit of NRG.

“NRG says that these steam lines result in reduced revenue for them,” he said. “So, we’re going to help make them more profitable?”

## CAT Goes Green



It’s a hybrid: Capital Area Transit rolled out its 11 hybrid buses on May 26 at its Cameron Street headquarters. The buses operate on an electric-diesel propulsion system that improves fuel efficiency by 25 percent. Left to right: board member Eric Bugaile, Executive Director James Hoffer, board member Don Geiswhite, board Vice Chairman Todd Pagliarulo, board member and Cumberland County Commissioner Rick Rovegno, Harrisburg Mayor Linda Thompson, board Chairman Frank Pinto and Assistant Executive Director Bill Jones.



# Around Town

## Liberty on the Narrows

Give me your tired, your poor, your kayakers.

Peter Durantine

On the morning of July 2, 1986, drivers heading to work on Route 322 along the Susquehanna River near Dauphin Borough were greeted by a woman in white, her arm raised, floating on the mist-covered waters.

"She was an inspiration for people," recalled Gene Stilp, creator of the woman, actually "Lady Liberty" as she is better known. "People were calling the radio stations about it."

At the time, it was the centennial of the actual Statue of Liberty in New York Harbor, and Stilp, inspired by the occasion, built an 18-foot replica from plywood and Venetian blinds in his basement. He chose as its pedestal an old stone railroad pier jutting up in the part of the river known as the Dauphin Narrows. He and a group of friends set out late at night in a couple of boats from the borough to erect the statue.



Ladies' man: Gene Stilp, center in plaid shirt, and crew the night they erected the original Lady Liberty statue in 1986 (top); below, the current, more familiar statue.

It was a treacherous expedition. Even in daylight, the rocky, swift flowing waters of the narrows are difficult to navigate. Stilp and his crew, though, managed safely.

The lady on the river caused such a stir that driving along that section of 322 became treacherous. WITF's Nell Abom covered the story and recalled traffic jams and fender-benders as drivers rubber-necked.

"It was just a tremendous draw for people," Abom said. "People were coming from far and wide to see this thing. It was a swirl of interest and controversy."

For awhile, the authorities tried to find the statue-maker because of the traffic problems, but the public response was so overwhelmingly positive (Stilp received letters from people across the country expressing appreciation) that they stopped investigating.

Eventually, Stilp revealed himself with a press release to local media. "He's a grand showman with so much flare, but with a purpose," Abom said.

Stilp is a local grass-roots activist known for political props—a giant pink pig (used to protest the legislative pay raise outside the state Capitol) and a giant ear of corn (used to protest genetically modified crops outside the U.S. Capitol).

Stilp expected Lady Liberty to last no more than two weeks on her windswept perch, but she stood, greeting the tired, the poor and the huddled masses in their automobiles for six years until a windstorm blew her down.

It took five years of planning for a more permanent statue, but, in 1997, Stilp erected one made of wood, metal and plastic standing 25-feet tall.

Instead of taking her out by boat, he spent thousands of dollars to have a helicopter place her on the pier, where she has stood the last 14 years, holding her torch, unlit because Stilp is worried it would create dangerous traffic conditions at night.

No telling how long the lady on the river will remain on her perch, but for Stilp, "I'm very honored and humbled just to have been able to put smiles on people's faces."

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# Around Town

## Governor's Square Back on Track

Construction on again for Uptown development.

Peter Durantine

Governor's Square, an Uptown Harrisburg development where construction halted when the housing market went bust, is getting its final group of new homes.

At a groundbreaking ceremony last month, Mayor Linda Thompson praised the developer, Maryland-based Landex Corp., for its commitment to the city and the number of jobs, particularly to minority contractors, it will provide.

"This project brings a wealth of prosperity to the city," Thompson said, noting, "It's a worthy city to do business in. The timing is right to invest in Harrisburg."

Landex could not agree more. It invested more than \$13 million a decade ago when it renovated the Maclay Street Apartments and

replaced rundown houses in the area for a total of 222 rental units for low-income residents in what is now Governor's Square.

"We truly do love the city," said Vonnette Larkin, general counsel for Landex, which specializes in building quality homes that low-income renters can eventually purchase. "We do think it's destined for greatness."

The 69 new townhouses (three additional units for sale were nearly completed when work was halted a few years ago) is located between the blocks of N. 4th and 5th streets and Peffer and Maclay streets in a once crime-ridden and blighted neighborhood that has been almost completely redeveloped. The latest



Mayor Linda Thompson and a swarm of media attended the Governor's Square groundbreaking

round of construction already is underway.

It's a \$22 million project aided by the city's 10-year tax abatement program. Once renters complete the 15-year tax credit program, they can purchase their homes, no matter how much their income has increased, Larkin said.

## YouthWorks Offers Homeowner Help

About 70 junior and senior high school student volunteers with YouthWorks, the largest youth mission organization in the country, are in Harrisburg to help Dauphin County homeowners who need assistance with inside or outside maintenance of their homes, such as landscaping, painting, clearing lots, simple repairs and other tasks suitable for teens.

Projects may be scheduled through Aug. 4, Monday through Thursday.

To apply, contact YouthWorks at 717-525-1724 or Harrisburg@YouthWorks.com, or complete an application at the Dauphin County Area Agency on Aging, 2 S. 2nd St., 3rd Floor, Harrisburg. Contact: Robert Burns at [rburns@dauphinc.org](mailto:rburns@dauphinc.org).

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## Market Art

**Uptown Food Market** managers Edgar Molineros, left, and Roque Diaz, right, stand with the artists of the mural they commissioned for the 3rd Street side of their building. Allison Muschalk, left, and Rachel Campbell, both 25, grew up together in Enola and are 2004 graduates of the Capital Area School for the Arts. They assembled and painted the mural on fabric in Campbell's basement before putting it on the grocery's wall.



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## Events in Our Area

**Harrisburg Jazz and Multicultural Festival**  
July 2-3: Harrisburg's annual music festival returns to Riverfront Park for a two-day stint. A holiday fireworks display will take place on July 3, 9:05 p.m.

**Party on the Bridge**  
July 3: The 11th annual Party on the Bridge is back on the Susquehanna River, complete with train ride and the best view of Harrisburg's fireworks display. Modern Transit Partnership will host as many as 200 guests at its annual fundraiser, 7:30-10 p.m. Tickets are \$65 per adult, \$55 for seniors age 63 and older and \$30 per person under 21 (children age 5 and under are free). Call 717-238-2400 for ticket availability.

**Declaration of Independence Reading**  
July 4: From the front porch of his home at 219 S. Front St., John Harris, Jr., will read the Declaration of Independence at 10 a.m., 11 a.m., noon, 1 p.m. and 2 p.m. The Harris-Cameron Mansion is open for tours at a discounted rate of \$4, 10 a.m.-2 p.m. Rev. David Biser of Crosspoint UMC portrays John Harris.

**Free Holiday Concert**  
July 4: "An American Salute," the 8th annual free holiday concert, is at 7 p.m. on the Penn State Milton S. Hershey Medical Center front lawn. The Hershey Symphony Orchestra will perform. Following the concert, at approximately 10 p.m., Hersheypark's fireworks can be viewed from the lawn.

**Sunset Music and Movie Series**  
July 6-July 31: Dauphin County's free Sunset Music and Movie Series will be held on the following dates: July 6, 7 p.m., Lykens Borough Park, music by Diane Wilson and Friends; July 24, 7:30 p.m., Fort Hunter Park, music by Erin Cruise and Cruise Control Band; July 30, 8:30 p.m., Ned Smith Center, outdoor movie "Yogi Bear"; and July 31, 7:30 p.m., Fort Hunter Park, music by Incendio.

**CPAFE monthly meeting**  
July 6: The Central PA Association for Female Executives (CPAFE) will meet for speed networking, 7:30-9 a.m., at the Giant Super Foods' Community Room, 3301 Trindle Rd. in Camp Hill.

**Backyard Bash**  
July 9: This year's Backyard Bash is at 2825 N. 2nd St., Harrisburg. Backyard Bash has donated more than \$252,000 to local needy organizations since its inception. This year's event is limited to 800 guests and will benefit breast cancer awareness—the Feel Your Boobies Foundation of Middletown.

**Unity Festival**  
July 9: The Latino Hispanic American Community Center's 2nd annual Unity Festival, sponsored by Highmark Blue Shield, WSK and United Healthcare, runs 10 a.m.-3 p.m. at 13th and Derry streets, Harrisburg. In the last year, the center has served more than 1,100 people, conducted more than 10 job fairs and found jobs for more than 100 people.

**Mansion Tours**  
July 10: The John Harris-Simon Cameron Mansion is open for tours, 1 p.m.-4 p.m., on the second Sunday of each month, through October. This replaces the mansion's Saturday hours. Admission is \$8 for adults, \$7 for senior citizens (age 65+) and \$6 for school-age children. Children 5 and under are free. Call 717-233-3462.

**Keystone Concert Band**  
July 10 and 13: The Keystone Concert Band performs at 7 p.m., Sunday, July 10 at Adams-Ricci Park in East Pennsboro Township and at 7 p.m. Wednesday, July 13, at Country Meadows in Hershey. Visit [www.keystoneconcertband.com](http://www.keystoneconcertband.com) for more.

**Fanfares and Lawn Chairs**  
July 10-29: The Greater Harrisburg Concert Band kicks off its 28th season of free concerts with a 7 p.m. concert at Schaffner Park in Hummelstown. Other dates for the month: 7 p.m., July 16, at South Middleton Township Park, Boiling Springs; 5:30 p.m., July 17, at Wesley United Methodist Church, 203 S. Filbert St., Mechanicsburg; 7 p.m., July 22, at Fredricksen Library, 19th St., Camp Hill; 7 p.m., July 24, Trinity Lutheran Church, Camp Hill; 7 p.m., July 24, at Messiah Village, Mt. Allen Drive, Mechanicsburg; and 7 p.m., July 29, at Cumberland Crossings Retirement Community, Marsh Drive, Carlisle.

**Joshua Farm at Five**  
July 15: Joshua Farm is celebrating five years of urban agriculture and youth employment with an open house, 5-8 p.m., at 213 S. 18th St. in Harrisburg. Live music from Crooked Hill, artists at work on a new mural, children's activities and hors d'oeuvres will be offered, in addition to tours of the farm. The event is free and open to the public. See [www.joshuafarm.wordpress.com](http://www.joshuafarm.wordpress.com) or call 717-213-9316 for more.

**Live & Learn**  
July 15-16: Jump Street and the Pennsylvania Humanities Council sponsor a "Live and Learn Weekend" to promote education of the state's African American history. On July 15, a scavenger hunt will start at 5:30 p.m. On July 16 at 3:30 p.m., a book discussion with Dr. C. James Trotman, director of the Frederick Douglass Institute, will take place, with all attendees receiving a free copy of "Great Speeches by African Americans." Both events take place at Midtown Scholar Bookstore, 1302 N. 3rd St., Harrisburg. For more, contact Bob Welsh at [rwelsh@jumpstreet.org](mailto:rwelsh@jumpstreet.org) or 717-238-1887.

**Harrisburg Mile**  
July 20: Millers Mutual Harrisburg Mile will celebrate its 30th annual running at 6 p.m. in Harrisburg. The run has raised more than \$450,000 to benefit the youth and childcare programs at the Harrisburg YMCA. Register online at [www.harrisburgmile.com](http://www.harrisburgmile.com).

**Friends of Midtown Social**  
July 22: Friends of Midtown will host its summer social, 7-9 p.m., at breads'n spreads, 1419 N. 3rd St., Harrisburg. Members and non-members are welcome. More at [www.friends-ofmidtown.org](http://www.friends-ofmidtown.org).

**Pride Festival**  
July 29-31: The Pride Festival of Central Pennsylvania holds its annual three-day celebration in Harrisburg with the theme, "Making Strides for 20 Years Strong." The festival is seeking volunteers to contribute their time that weekend. For more on events and volunteer opportunities, go to [www.prideofcentralpa.org](http://www.prideofcentralpa.org).

**Nature and Arts Festival**  
July 30: The Ned Smith Center for Nature and Art's free 18th annual Nature and Arts Festival will take place along the Susquehanna River at MYO Park in Millersburg. For festival programs, visit [www.nedsmithcenter.org](http://www.nedsmithcenter.org).

## Other

**Keystone State Games Seek Volunteers**  
Help support Pennsylvania's top amateur athletes by volunteering at the 2011 Keystone State Games Festival of Sports in Harrisburg, July 26-July 31. Contact Mary Ann Costello, [mcostello@ksgoffice.com](mailto:mcostello@ksgoffice.com) or 570-823-3164 x21.

## City Updates

**Halfway House:** A developer that wants to turn the Hudson Building into a pre- and post-release facility for female inmates is now slated to appear before the Harrisburg Zoning Board on July 18. Philadelphia Suburban Development faces considerable community opposition to its proposal for the historic building at N. 6th and Maclay streets. The case has been continued several times before.

**City Website:** Harrisburg plans to launch a new domain name, says the mayor's office. The city will begin to phase in the domain [www.harrisburg.gov](http://www.harrisburg.gov). It will replace the city's longstanding location at [www.harrisburgpa.gov](http://www.harrisburgpa.gov).

**City Trees:** This month, Mayor Linda Thompson plans to announce a city tree restoration task force to study city green space and tree needs. It will be headed by resident and conservationist Josh First. Many city trees were damaged and destroyed by violent storms this past spring.

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May 30: The local arts group, BARAK Inc., invited people into its tent to contribute to a group painting during this year's annual Artsfest, which was greeted by large crowds and summertime heat.



June 6: Harrisburg Police Capt. Annette Oates instructs residents how to observe, record and report crime during foot patrol orientation held by Friends of Midtown. At the meeting, Mayor Linda Thompson said she hopes to use the FOM program as a model for the rest of the city.



June 13: City Council chambers were packed with media and residents, who wanted to hear how the state-appointed Act 47 team proposed solving Harrisburg's financial crisis.



June 17: Jazz Walk opened Harrisburg's Annual Jazz Festival, sponsored by the Central PA Friends of Jazz. Here, the Tim Wolfe Jr. Quartet plays at Suba.

ShutterBurg

... a Month in Pictures



June 5: A record 726 cyclists pedaled the Capital Area Greenbelt during this year's Tour de Belt. The annual 20-mile bike ride, which includes much of Riverfront Park (pictured), raised \$20,000 to support the Greenbelt.



June 12: Emma Yeager, 7, of Middletown was among more than 600 visitors to Amtrak's special exhibit train marking the railroad's 40th anniversary. Traveling the country for a year, the train made a stop in Harrisburg. The four-car exhibit displayed photos, uniforms, china, memorabilia and a glimpse into rail's future.



June 17: Harrisburg artist Stephen Fieser demonstrated his technique at Midtown Scholar Bookstore during last month's 3rd in The Burg.



June 18: Under William Penn's gaze, hundreds of people attended the opening reception of the 2011 Art of the State exhibit at the State Museum.



# Past Tense

## Farm Fields to Ball Fields

City Island has grown, evolved as a destination.

Jason Wilson

Since prehistoric times, Harrisburg's City Island has been used as a natural river crossing, but recreation is what has dominated the island's use in modern times.

City Island has held several names over the years, including Turkey Island, Bridge Island (early 1800s) and later Hargest's Island for resident John James Hargest, who purchased it in 1887.

In 1817, the Camelback Bridge made the connection between the east and west shores and naturally the island served as a crossing. Farming was the principal activity on the island throughout the 1800s, but, by the 1880s, baseball fields, running tracks, and swimming barges started to make an appearance.

From 1897 to 1901, much of the debris from the old capitol buildings was dumped as fill to enlarge the western side of the island. During this time, swimming occurred off the southern tip of the island where a floating bath house was anchored.

Two professional baseball teams played at "Island Park" at the turn of the 20th century: the Harrisburg Athletics and the Negro League's Harrisburg Giants. Baseball greats such as Satchel Paige and Babe Ruth played at Island Park, and, in 1908, Jim Thorpe won the high jump on the track that was originally located on the island's south side.

Harrisburg's 25-year campaign of municipal improvements led to

the creation of a filtration plant in the early 1900s, as well as field improvements and the building of a concrete beach and bath house in 1922. Pictures from the 1920s and '30s show hundreds of people using the beach on hot summer days.

City Island evenings were dominated by ball games and, later, dancing on George Reist's Danceboat, which was located below the Walnut Street Bridge on the west side of the island. Unfortunately, the period from 1950 through the 1970s saw recreational use of the island decrease and the facilities generally fell into disrepair.

A campaign of rehabilitation in the 1980s and '90s again made the island a premier destination. Sports facilities, minor league baseball, football, rugby, volleyball, concessions and hundreds of other yearly activities



A century of sports: A track meet on City Island, when it was called Island Park (top); and a Harrisburg Senators game today. Top photo: Historic Harrisburg Association.

make City Island one of the most-visited and perhaps best-known attractions within the city.

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

## Then & Now

Photo: Historic Harrisburg Association



Since 1909, the seven-story Governor Hotel has occupied the corner of Market and 4th streets in Harrisburg. Built as a grand hotel, as in this circa-1920s postcard (left), it later became low-income housing. Last year, the building was bought by Riverview Manor Associates, renovated and converted into Harrisburg University's first dedicated student residence.

# HARRISBURG

15th ANNUAL

# 2011

# HALF MARATHON

## SEPTEMBER 11, 2011

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### 8:00 a.m. on City Island

**PROCEEDS BENEFIT** the **HARRISBURG AREA YMCA**

Now in its 15th year, the Harrisburg Half Marathon is run on City Island and along the scenic Riverfront Park in downtown Harrisburg. Last year over 1,000 participants competed for money and prizes in what has become one of the largest running events in the Harrisburg area. The race is open to individual runners, walkers and 2-person relay teams.

For more information call (717) 232-9622  
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A Good Man, a Good Cause

Tourney honors activist, benefits children.

TheBurg Staff

As a detective with the Lower Paxton Police Department, Joseph Allegrini brought a passion and interest in his work with abused children who went through PinnacleHealth Children's Resource Center.

His humor and engaging demeanor made him a favorite among staff, yet he was serious-minded as he worked hard to prepare cases to help child abuse victims and their non-offending family members find justice and heal.

In 2009, Allegrini, 44, died unexpectedly due to complications of hip surgery in New York. He left his mark, though, having been involved with the center's fundraising and public awareness arm, Friends of the CRC, since its 2004 inception. He served as the first chair of The Friends Committee until his death.

Allegrini developed the center's "Reading Heroes" program, partnering middle schools with businesses to encourage reading and community service to help children who may suffer from physical or sexual abuse or neglect. By 2010, the program had



Joseph Allegrini, speaking before a group.

reached 12 area schools, and more than 9,100 children have participated reading more than 31,000 books.

In memory of this Hershey native, his family and PinnacleHealth started the annual Joe Allegrini Memorial Golf Tournament, the proceeds of which go to the Children's Resource Center. This year's event is at 8 a.m., Saturday, July 23, at Sportsman's Golf Club, 3800 Linglestown Road in Harrisburg.

For tournament information, contact Rich DePietress at [quips50@comcast.net](mailto:quips50@comcast.net).

For information on the Allegrini Children's Hero Fund, visit [www.allegrinichildrensherofund.org](http://www.allegrinichildrensherofund.org).

For PinnacleHealth Children's Resource Center, go to [www.pinnaclehealth.org/services/CRC](http://www.pinnaclehealth.org/services/CRC).

Generosity Allows YWCA to Open Pool

Renovation of the YWCA of Greater Harrisburg's Camp Reily pool, located in rural Fishing Creek Valley, north of the city, is completed, and campers began swimming in late June.

The YWCA said its fundraising goal of \$190,000 for pool repairs had been exceeded. Appeals to local foundations, organizations and individuals—helped by Highmark Blue Shield's efforts—resulted in more than \$204,000 in contributions.

Camp Reily has provided a safe, healthy and fun camp experience for low-income children in the Harrisburg area for decades. More than 150 children are expected to participate in this summer's camp program, which includes water safety and learning how to swim.

Arts Fund Elects Directors, Officers

The Cultural Enrichment Fund, the capital regions' united arts fund, has elected board directors and officers.

The new directors are Taylor Ranker II, owner of Ranker Hanshaw Wealth Management, and Kathryn D. Sallie, associate, Rhoads & Sinon, LLP.

Officers re-elected are Debra Cohen, executive vice president and chief operating officer of Capital BlueCross, board chair; Nancy Dering Mock, president of Nancy Dering, Inc., vice chair; Constance Foster, partner at Saul Ewing, LLP, secretary; and Alan Krasner, financial advisor at Morgan Stanley Smith Barney, treasurer.

Steven Neiman, chairman of Neiman Group, remains a member of the executive committee as immediate past chair.



## Retail, across Generations

8 decades ago, the Mishkins arrived on Market Street. They're still there.

Lawrance Binda



Like father, like son: Shawn and Isaac Mishkin among clothes racks in The Plum. The family dates back in Harrisburg retail to the early 1930s.

Nearly 80 years ago, a young man arrived in Harrisburg from Rochester, N.Y. He soon opened a hat shop on Market Street in a storefront now occupied by the downtown Rite Aid.

Moe Mishkin started The Astor Millinery in an effort to make a living selling women's hats, which he did for the next quarter-century. Little did he know that he'd begun something much greater, founding a Harrisburg retail dynasty.

"He only came to Harrisburg because his store in Rochester burned down," said his son, Isaac. "He felt there was opportunity here."

When Moe died in 1957, Isaac took over the store, which he ran with his mother, Pauline. Then the hat business petered out, so Isaac smartly moved on, opening The Plum, a clothes shop catering to professional women that thrives to this day. Decades later, his son, Shawn, began Plum Sport, a store that specializes in fashionable, more casual clothing.

"We've tried to change with the times," said Shawn.

Indeed, the family's history parallels the city's to a remarkable degree.

When Moe Mishkin came to town, Harrisburg was the retail center of the entire region. Sales were so hot in Moe's store that he took partial ownership in two other hat shops—all three located on the same block.

Starting in the early 1960s,

not only did the hat business fade, so did downtown commerce in general.

Isaac adapted, selling the family's hat business before the market completely tanked, while eyeing an opportunity to cater to an emerging class of working women who wanted more modern styles. The first Plum store opened in 1968 in the old State Theatre building, moving across Locust Street when the theater was

razed a decade later.

Today, the spacious Plum shop occupies the entire stretch of N. Court Street from Locust to Walnut streets. It offers a full array of women's apparel, including accessories and footwear.

Isaac, now 74, describes his shop as a "bridge store," as it bridges the gap between exclusive, haute couture fashion and run-of-the-mill styles that can be found in almost any department store.

"We appeal to people who want the high-end look, but don't want to overpay for it," he said.

The Plum also prides itself on customer service and a deep knowledge of its stock, both of which can be in short supply at big box stores and in suburban shopping malls. Isaac and his daughter, Kirsten, can be found in the store nearly every day, except perhaps when one of them is in New York meeting with buyers.

Up the block at the corner of N. 3rd and Market streets, Shawn Mishkin, 41, represents another phase of Harrisburg history—its revival. He actually started Plum Sport in the suburbs, in a location on Carlisle Pike, but returned to the family's downtown roots a few years later in 2001 as the city was renewing itself as a place to live, work and visit.

"I didn't like the spread-out, ever-expanding suburban rings where you have to drive everywhere—it's not convenient," he said. "I wanted the

possibility of walk-in traffic. I like the thought of all the people who were downtown coming in to see us."

Like his father's shop, Shawn's boutique is unique. It's a long-time survivor in a difficult urban retail environment, as well as a place that refuses to dilute its stock—that is proud to deliver the latest fashions and styles to central Pennsylvania.

"I'm the only store in this area that is like this," he said. "Within a 50-mile radius, the only similar store is in Lancaster."

In a perfect coincidence, Shawn has located his store right across the street from his grandfather's flagship hat shop. In addition, the store's 3rd Street side and its basement are where his grandfather ran his two other

shops, bringing the story of the Mishkin family in Harrisburg full circle.

*The Plum, 210 Walnut St., Harrisburg; 717-232-9251. Hours: Monday to Friday, 10 a.m. to 5 p.m.; Saturday, 10 a.m. to 4 p.m.*

*Plum Sport, 300 Market St., Harrisburg; 717-737-4505. Hours: Monday to Friday, 10 a.m. to 6 p.m.; Saturday, 10 a.m. to 5 p.m.*





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# From the Ground Up

## Fill'er Up: New Station/Store OK'd

Council bucks opposition, approves Sunoco's plan for Olde Uptown.

Peter Durantine

By late this fall, the corner of N. 2nd and Maclay streets will have a new Sunoco convenience store and gas station, following City Council action last month that approved a replacement of the oil company's 55-year-old facility.

The council voted 5-1 to permit Sunoco to redesign the half-acre site across the street from the Governor's Residence with a larger, more modern store and a gas-pump canopy almost three times the size of the current one.

Construction should begin in August and take 90 days to complete, said Sunoco's Jeff Bauer.

Council approved Sunoco's design after the Harrisburg Architectural Review Board was unable to agree in May on the configuration for the store and canopy. The board's split vote sent the issue to the council.

The Historic Harrisburg Association and many area neighbors, while supportive of the project, objected to the store's architecture. They saw it as not compatible with neighborhood homes and its configuration as more conducive to a suburban than an urban lifestyle.

HHA expressed disappointment in a statement that read in part: "While we commend and encourage economic development, the decision by City Council this evening does not provide for a structure which respects and enhances the architecture of the surrounding neighborhoods nor of the Pennsylvania Governor's Residence located directly across the street."

Council was less concerned about aesthetics and more concerned with keeping Harrisburg business-friendly. Councilman Brad Koplinski praised Sunoco for always paying its annual \$4.2 million in taxes on time and for "being a good community partner."

The other council members who voted to approve Sunoco's plans made similar statements. They complimented Sunoco for making changes to its usual store design, for



Artist's rendering of Sunoco's new station and store for N. 2nd and Maclay streets.

agreeing to install faux brick and a faux mansard roof that better mimics the neighborhood architecture.

"To me, this is almost kind of nit-picking," said Council President Gloria Martin-Roberts. "It will not take anything away from the historic value of those properties."

Since Sunoco began seeking city approval, it had met resistance and concern from the Zoning Hearing Board and HARB about its configuration and its initially proposed flat-roof, box-like store that lacked even the slightest conformity to the architecture in the historic Olde Uptown neighborhood.

Even the state Department of

General Services weighed in with concern about lights from cars shining into the Governor's Residence. The current configuration of the pumps requires cars to face Maclay Street, negating that concern.

In its final design, the store will move to the back of the property towards Penn Street, expanding from 1,700- to 3,000-square-feet, with parking in front. A 99-foot-long-by-24-foot-wide canopy will shelter the gas pumps in front of the store.

Sunoco's "A Plus" store has served as a gas station since it was built in 1956, while the Governor's Residence has stood across N. 2nd street since 1968.

## Changing Hands: May Property Sales

Bellevue Rd., 2200: K. & M. Lynn to R. Schuldenfrei & B. Tayler, \$379,900

Benton St., 535: G. Houck to R. & M. Bagot, \$120,000

Benton St., 601: J. Danowitz to M. Munro, \$80,000

Chestnut St., 2112: R. & L. Butler to S. Siciliano, \$136,000

Derry St., 2449: C. Lambert to T. Dieu, \$42,000

Elder St., 821 & S. 26th St, 808 : Portfolio Six LLC to GR Sponaugle & Sons Inc., \$900,000

Green St., 1832: Green Street Properties Ltd. to WCI Partners LP, \$117,925

Green St., 1906: JMW Solutions LLC to WCI Partners LP, \$115,000

Green St., 1909: K. Duncan to WCI Partners LP, \$135,000

Green St., 1913: JMW Solutions LLC to WCI Partners LP, \$120,000

Green St., 1920: Green Street Property to WCI Partners LP, \$108,250

Green St., 2036: US Bank National Assoc. to WCI Partners LP, \$58,000

Lewis St., 100: A. & L. Lingle to C. & S. Cleary, \$189,000

Manada St., 1915: PA Deals LLC to W. & K. Nolt, \$48,750

Market St., 1615: PA Deals LLC to R. & N. Ressler, \$59,900

Market St., 2001: L. Baer to Corl Family Services LLC, \$270,000

Muench St., 234: J. Webb to WCI Partners LP, \$90,000

Muench St., 274: J. Webb to WCI Partners LP, \$90,000

Mulberry St., 1942: Seymore Brothers Construction LLC to R., E. & W. Pierre, \$67,900

N. 3rd St., 1618: PA Deals LLC to J. King Jr., \$53,000

N. 4th St., 3212: Secr. of Veterans Affairs to L. Bowers, \$42,000

N. 5th St., 2253: K. & L. Waggoner to J. Baxter, \$96,000

Peffer St., 226: JMW Solutions LLC to WCI Partners LP, \$95,000

Penn St., 1907: K. Scott to WCI Partners LP, \$126,000

Penn St., 2211: Kusic Financial Services to WK Rentals, \$69,500

Race St., 522: Wachovia Mortgage FSB to K. & W. Miller, \$70,000

S. 13th St., 500: GH&P Real Estate Investment to N. Weems Sr., \$50,000

S. 17th St., 102: D. Seymore to J. Contreras, \$45,000

S. 24th St., 609: S. & K. Varner to D & D Enterprises LLC, \$53,000

S. 25th St., 601: Fannie Mae to M. & B. Boulos, \$56,000

Woodbine St., 230: Orrstown Bank to 230 Woodbine LLC, \$140,000

Source: Dauphin County, City of Harrisburg, property sales greater than \$40,000. Data is deemed to be accurate.

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## Lattes & Literature

Agia Sophia pours a cup, with a shot of wisdom.

Peter Durantine

Nothing is as peaceful as a cup of coffee, a good book on philosophy and time to quietly enjoy it all.

That's what the folks at Agia Sophia coffeehouse and bookstore—expected to open either later this month or in August—want to offer: an intellectual, spiritual and physical haven from their customers' frantic living.

"Our hope is to make it a beautiful business that people, regardless of their beliefs or opinions, feel comfortable in and don't feel like their being strong-armed into anything," said the Rev. Stephen Vernak, pastor of Christ the Saviour Orthodox Church in Harrisburg.

Working with four other Orthodox churches—Holy Apostle Orthodox Mission in Mechanicsburg, Holy Trinity Greek Orthodox Cathedral in Camp Hill, St. Nicholas Serbian Orthodox Church in Oberlin-Steelton and Holy Annunciation Macedonian-Bulgarian Eastern Orthodox Church in Steelton—Vernak organized a nonprofit to operate the coffeehouse, which will have a full-time staff.

The five churches have worked on the project for more than two years. Vernak said profits will support local and international charities. Members of the churches have contributed

their particular expertise and skills in setting up and designing the business.

"We want to be sure it's done tastefully and professionally," he said. "The goal is to be a benefit to the community."

And to serve good coffee. From this corner shop at 3rd and Market streets, where Starbucks first blazed the coffeehouse trail before closing a few years ago, Vernak's flock of bean grinders will serve "high quality" coffee from a "great roaster," along with selected café foods.

With their coffee, baklava or maznik, customers can then browse the literary classics collection before sitting down to read or just chat. Vernak said the coffeehouse will be designed to serve as a comfortable meeting place for friends and acquaintances.

"It's just set up for a coffeehouse," he said of the location. "What a beautiful space that is."

Agia Sophia is from the Greek "holy wisdom." It's also the name—though spelled Hagia Sophia—of the massive structure built in 5th century Istanbul as an Orthodox patriarchal basilica, later a mosque and now a museum. Until 1453, it served as the Greek Patriarchal cathedral of Constantinople, the Turkish city's former name.

What inspired Vernak to open the shop was the Agia Sophia coffeehouse and bookstore in Colorado Springs, Colo., which, according to its website (agiasophiacoffeeshop.com), is highly rated for atmosphere and coffee.

A note on its website explains, "The very first coffeehouses in the western world were aromatic dens where people met to discuss business, politics and religion. Here at Agia Sophia we want to inspire that same historical coffeehouse culture."

Vernak is essentially—and doing so proudly—duplicating it for Harrisburg. He has photos and a link to the coffeehouse in Colorado on Agia's



Relax, read a classic: The future home on Market Street of Agia Sophia coffeehouse & bookstore.

website (www.agiasophiaharrisburg.com).

"We are going to try to create that same sort of ambience," the pastor said. "What we're doing is supporting our community, not just Orthodox Christians."

## New Owner, New Items

Maricruz Alvarez stands behind the counter of Garden Fresh Market & Deli, which changed hands last month. Alvarez took over Midtown Harrisburg's popular organic market from founder Justin Peterson. Alvarez said she plans to expand the product offerings and add more

vegetarian/vegan and probiotic items at the grocery at N. 3rd and Verbeke streets. She also has introduced a new sandwich menu. Alvarez is a familiar face in Midtown, as she also owns Shady Nook Produce across the street inside the Broad Street Market.



## Dinner Specials!

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## Cart Wars

A food fight breaks out on 2nd Street.

*Lawrance Binda*

Last winter, something new rolled into Harrisburg—a large, metallic truck with a sign saying that it served breakfast, lunch and dinner.

At the time, there was no indication of controversy. But, as the weather warmed, the truck, operated by Angela Klobusicky, ignited a dispute between downtown restaurants and mobile food vendors that drew in the city government, the local media and downtown diners.

"They're taking away my lunch business," said Angelo Karagiannis of Zemie's, as he presented the City Council with a petition protesting food carts and signed by his fellow downtown restaurant owners.

The 16 petitioners want the city to do two things: re-assess Harrisburg's policy toward mobile food vendors and ensure that, when they are allowed, they follow the same strict

health, tax and code regulations as brick-and-mortar eateries.

Klobusicky, who parks her EZ EATS truck on N. 2nd Street near the Harrisburg Hilton, countered that she is fully licensed and follows all city rules for her operation.

"We think our food truck is a good fit for this city," she told the council, adding that its presence makes the streets of Harrisburg feel more like a larger city like Philadelphia.

After hearing both sides, Council President Gloria Martin-Roberts instructed the city clerk to investigate how the city handles mobile vendors. An administrative committee meeting on the issue will follow, she said.

Karagiannis and Eric Roman, owner of 2nd Street Pizza, told the council that mobile vendors have an unfair advantage, as they can sell during high-volume times, such as weekday lunch and weekend nights, then just drive away.

"I've seen a tremendous decrease in my business late at night," complained Roman.

Klobusicky isn't backing down, even proudly posting the petition against her on the side of her truck. She thinks there's room downtown for everyone to compete.

"We believe we're a positive addition to the city," she said. "We've had tremendous support from our customers."



Meals on wheels: Angela Klobusicky serves a customer last month from her EZ EATS truck.

## Biz Notes

**Muncheese**, an eatery devoted to all-things grilled cheese, will open downtown this month at N. 2nd and Locust streets, a perfect recipe for the night-time partying crowd. It will be open for lunch weekdays and late nights Thursday through Saturday.

**Brick City Bar & Grille**, 1313 N. 2nd St., now offers dinner specials early during the week. Monday: Yuengs & Wings; Tuesday: shrimp night, featuring 1 pound of steamed shrimp; Wednesday: Greek night, with popular Greek dishes.

**Alder Health Services** opens July 5 at 100 N. Cameron St., Ste. 301, and will begin accepting patients for primary care. It's the latest effort by Alder Health (formerly AIDS Community Alliance), bolstered by a \$25,000 grant from Highmark Blue Shield, to address growing health disparities among members of the lesbian, gay, bisexual and transgender (LGBT) community, as well as people struggling with addiction. Visit [www.AlderHealth.org](http://www.AlderHealth.org) or call 1-800-867-1550.

**American Mint**, an international direct-mail marketing firm based in Mechanicsburg that sells high quality collectible coins, knives, die-cast replicas and other memorabilia, named Lewis P. Checchia as its vice president of marketing. Checchia had spent 15 years at The Franklin Mint.

**Wy Networks**, a 20-year-old information security and managed services company that offers its clients protection for their network and information assets, has opened its headquarters in Uptown Harrisburg at 3029 N. Front St. Visit [www.wynetworks.com](http://www.wynetworks.com).

**Owlsville.com**, a web-based business for people who want to sell their homes without an agent, has been launched by Enola resident and former real estate agent Sarah Pratt. An owner listing service and community, Owlsville connects homeowners and homebuyers in a free, interactive social-network website setting. Visit [www.owlsville.com](http://www.owlsville.com).

## Pops & Pedals



The ice cream man (aka, Allan Johnson) stands beside his movable treat wagon near Riverfront Park. Johnson was inspired to start his business, CreamCycles, after driving for Harrisburg Bike Taxi. He found an old-fashioned, pedal-powered ice cream cart, then completed the look with a traditional, Good Humor-style white outfit. Johnson can be found biking throughout downtown Harrisburg after 4 p.m. weekdays and on weekends. He'll also pedal over to your barbecue, party or other celebration, bringing along his frozen treats and juggling pins. Call 603-801-2420.

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## The Perfect Summer Dish

The warmth of grilled steak, the crispness of salad.

Rosemary Ruggieri Baer

When I was growing up, summer cooking in our house was almost the same as it was in the dead of winter. Big steaming pots of spaghetti sauce and chicken soup were still on the stove. The oven was on every day, and my mother's baking continued unabated. Summer peppers and big, fat sugar beets were roasted, bathed in olive oil and vinegar and served for dinner. All this with no air conditioning.

My father still had his nightly ritual of a Jack Daniels "highball," which consisted of one shot of bourbon, a tall glass with ice and lots and lots of water. No silly fruity summer drinks for him. Once for a summer picnic, we had pot roast with mashed potatoes and gravy at my Aunt Mary's insistence. And, of course, we had to have chicken corn soup (because fresh corn was in season) and ham and green beans (for the same reason). There was hot food for hot summer days.

However, sometime during the early '70s I made a giant stride. Having become enamored of Tanqueray gin, I convinced my Dad that a gin and tonic was the perfect drink for a languid summer day. He loved it. From that time onward, when we'd arrive for a summer Sunday dinner, a big bottle of Tanqueray sat waiting on the table beside some freshly cut limes. Gin and tonic had become his favorite drink, and he was so proud. It was like a wonderful new discovery. Life existed outside of Jack Daniels!

Then it was on to grilling. My father entered that brave new world by buying a little hibachi. (Do they still make those?) It was no more than a foot wide and maybe two feet long, but it worked. He bought charcoal and lighter fluid, and we began grilling my mother's favorite, Porterhouse steaks. She had these specially cut at her local Weis store and always asked the butcher for steaks with "nice big tenderloins and a long bone." The memory of my father standing on the

lawn, donned in one of my mother's frilly aprons (sorry, Pop), gin and tonic in hand, cooking steaks, is such a happy memory for me. No big outdoor kitchen with a brick pizza oven, professional gas grill and Pottery Barn furniture sitting around. Just good food and love of family.

We liked to grill at the Baer household, too, despite some personal failings. We do have a new Weber gas grill, which I have already broken by pressing too hard on the ignition button. Often, I overcook things and turn hamburgers into what my spouse calls "hockey pucks." But we endure. And, luckily, our son James is a wonderful cook and griller. He seems to make everything turn out perfectly when he comes for Sunday dinner.

For me, steaks taste best when grilled outside. I make marinated London broil from flank steak and New York strips with a smoky bourbon sauce my father would love. Our son Johnny favors Steak au Poivre, and, once in a while, we do that. Williams and Sonoma has a wonderful jarred glaze for Steak au Poivre that turns this recipe into an easy, one-step

process. One of my "go-to" dinners on a warm summer night is a salad I only recently discovered in one of Giada Di Laurentis' cookbooks. It is easy, healthy and an Italian spin on outdoor grilling. With a little Italian bread or some rolls, it is a complete meal. The recipe below serves four, but you can adjust the amount of each ingredient to the number of people you are serving and the amount of meat you like relative to greens.

### Italian Steak Salad

- Brush 4 steaks of your choice with extra virgin olive oil and sprinkle them with sea salt and pepper.
- Wash 4 cups of arugula, dry it well and chill in the refrigerator until the steaks are grilled.
- Slice a jar of roasted red peppers (about 1½ cups) into strips and set aside. Be sure to pat the peppers dry before slicing.
- In a small bowl, whisk 4 tablespoons of good olive oil, 2 tablespoons of balsamic or red wine vinegar with salt and pepper to taste.

- Grill the steaks over direct heat to your desired level of "doneness." At our house, that is usually a lot less "done" than some of us would like.
- Let the steaks rest for 10 minutes and then cut them across the grain into inch-thick slices.
- Divide the chilled arugula, the sliced steak and the pepper strips onto 4 plates.
- With a vegetable peeler, shave a small block (about 8 ounces) of Parmesan cheese into wide strips and sprinkle over the salads. Drizzle the dressing over the top.

This is fast food at its best. Not much else is needed. Except maybe for a gin and tonic.



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

Clarification: The June issue's recipe for lemon pie omitted a key ingredient: 2 eggs. Also, blend the ½ cup of sugar with the cream cheese and lemon juice.

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## Best in State

“Art of the State” returns with Pennsylvania’s finest.

*TheBurg Staff*

Forty-four years ago, to showcase Pennsylvania’s established and emerging artists, the Greater Harrisburg Arts Council initiated an annual exhibit in partnership with the State Museum: “Art of the State.”

Over the decades, this official, statewide juried competition has drawn thousands of painters, photographers, artisans and sculptors, but each year no more than 200 are selected to show their work in the state Capitol’s museum.

“It’s really a true honor to be selected at this exhibit,” said Robert Stadnycki, the Arts Council’s executive director.

The exhibit opened June 19 and runs through Sept. 11, the date of Harrisburg’s Gallery Walk.

Juried categories are: crafts, sculpture, work on paper, photography and painting. The State Museum this year awarded \$2,000 in prizes to purchase three of the pieces to display. The exhibit has 135 pieces by 133 artists from 35 counties.

The works are displayed randomly in the museum’s second-floor exhibit hall with no particular order to their categories, said Michele Ensminger, exhibit coordinator.

“You can wander where you like,” she said.



Two views of the State Museum’s new “Art of the State” exhibit.

With this year’s exhibit, the museum is conducting three Sunday afternoon programs, “Artists Conversations,” that will feature artists, show jurors and officials who will provide a special tour sharing their perspectives on the exhibition.



The conversations take place at 2 p.m., July 17 and Aug. 14, and 1 p.m. Sept. 11. The first two programs are free with admission; the last is on the museum’s free admission day.

*The State Museum of Pennsylvania, 300 North St., Harrisburg, 717-787-4980, www.statemuseumpa.org.*

## Summer Music Series

Karen’s Harmony Hall last month launched its 2011 Sunday Summer Lawn Concert Series.

Concerts will take place through July, August and September at Harmony Hall, 1400 Fulling Mill Rd., Middletown.

For a schedule of concerts, flip to p. 21. For more information, go to [karencatering.com/concerts](http://karencatering.com/concerts) or call 717-756-5006.

## Casting Call Slated

Open Stage of Harrisburg this month will hold auditions for the opening season production of Sam Shepard’s “A Lie of the Mind,” directed by Executive Artistic Director Don Alsedek.

Auditions will be held July 18 and 19, 6 p.m. to 9 p.m. each day, by appointment.

To schedule an appointment, email [casting@openstagehb.com](mailto:casting@openstagehb.com) or call 717-214-3251. A two-minute memorized monologue is required.

Rehearsals begin Aug. 15. The production runs Oct. 7 to Oct. 29 at Open Stage, 223 Walnut St., Harrisburg. Compensation is paid.

## Chorale Auditions

The Susquehanna Chorale, Ensemble-in-Residence at Messiah College, has extended the audition schedule for adult singers interested in performing with the choir for its 2011–12 concert season.

Interested singers can audition on July 18, 6:30 p.m. to 9 p.m., at Holy Trinity Church in Hershey. Previous singing experience is required.

To schedule an appointment, contact Deb Randolph, administrative director, at 717-533-7859 or [sc@susquehannachorale.org](mailto:sc@susquehannachorale.org).

## Wake Up and Hear the Home-Grown Coffee

For a rhythm and blues band that fuses jazz into its instrumentation and vocals, Black Coffee sounds like it comes out of the Mississippi Delta or Chicago or Harlem, not State College, where they’re based.

Fronted by vocalist Caitlin Cuneo, a Berklee College of Music scholar whose voice has a wonderful range, the band includes Vincent Cuneo on guitar and vocal harmonies, Micky New on bass and keyboard, guitarist Ryan Alford and drummer Jim DeVoss. The band recently recorded a live CD at the Harrisburg Midtown Arts Center, titled “Live at the HMAC: Stage on Herr Volume 1,” where they will be performing this month.

This young band’s passion for R&B and jazz is heard in the guitar rhythms, the bass fingering and the drumming gait. On a couple of CD tracks, aspects of their sound bring to mind Traffic and their jazz fusion LP “The Low Spark of High Heeled Boys.”

Cuneo’s vocals are reminiscent of such performers as Anita O’Day (singing Black Coffee), Sarah Vaughan, Ella Fitzgerald and Billie Holiday. On the track, “Blind Crippled and Crazy,” an O.V. Wright song, Cuneo sounds like Janis Joplin on “Try” and “Piece of My Heart.”

Similarities aside, Cuneo has her style and the band their sound, both of which renews rather than imitates the forerunners of R&B and jazz. This is evident on one of their original songs, “Don’t Tell Me to Stop.” Black Coffee is a good cup of music.

*Black Coffee performs at HMAC Stage on Herr, 268 Herr St., on July 2. Learn more about the band at [www.nocreamorsugar.net](http://www.nocreamorsugar.net).*



State College-based Black Coffee, this month at HMAC, where they also recorded a new CD.

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## On the Beach, with a Book

Sun, surf and a local author.

### TheBurg Staff

#### The Jack Bank

By Glen Retief

St. Martin's Press, 288 pp, \$24.99

Review by Liz Larabee



You really ought to see his live show.

That's how it happens for me: I'm slinging cappuccinos for a line of eager book-clutching Harrisburgers, all of us glancing

sideways at Glen Retief clearing his throat before the podium. He's here to read portions of his memoir, "The Jack Bank," in his marmalade South African accent, and I'm aware even now of a certain quiet power in how he stands and smiles into our faces.

Later, when I read the book for myself, I hear the chapters in his tenor. Deftly crafted and elegantly personal, Retief's reflection on his coming of age and coming out reads as a narrator stumbling toward clarity.

Retief is a master of his craft, teasing together the fibers of a cultural shroud. The title's reference to the abusive antics of a boarding school bully appears subtly and painfully in the power dynamics within the broader stories of apartheid and the queer movement in 1980s South Africa. The usual sympathetic stuff of memoirs, the shy pimples of youth, serves to ease the reader through adolescence and into a mature reflection on a historical chapter within human rights.

About his bunk bed perch in boarding school, he writes "it will be years before I look up the word 'homosexual' in the encyclopedia, let alone link it to the idea of 'nothing wrong'; more time still before I wrestle with apartheid, authoritarianism, patriarchy and cycles of violence."

His engagement in his own story

is a powerful comment on the interconnectedness of power and struggle, violence pointed clumsily in various directions.

Retief's writing is the kind that makes you regret the end of a chapter. His story is the kind that makes you hope for better from humanity. But seriously, ask him to read it aloud to you himself.

*Glen Retief is an instructor of creative writing at Susquehanna University. His memoir "The Jack Bank" is available at Midtown Scholar Bookstore.*

*Liz Larabee is events coordinator and a barista at Midtown Scholar Bookstore.*

#### Morning Glory

By Thomas R. Wolf

Tate Publishing, 217 pp., \$14.99

Review by Peter Durantine



Morning Glory, according to the novel, is a term that describes a horse that shows high hopes in the morning, but "whose brilliance disappears like the morning dew by the afternoon—when it counts."

The novel's title refers to its protagonist, Clint Holman, rather than a horse, but in ironic fashion. "Morning Glory" is certainly about horses and racing, and Wolf, a horse trainer and blacksmith from York, is

strongest in his storytelling explaining particulars of the sport. The novel's racing episodes are depicted with excitement and suspense.

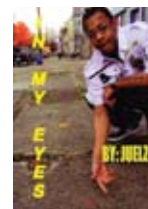
Ultimately, though, this novel is about the journey Clint, a winning horse trainer, takes through a bad relationship and a racing scandal to learn what is most important to him in life. It's a simple story and a nice read.

#### In My Eyes

By Juelz

Juelz Publishing, 50 pp., \$12.50

Review by Peter Durantine



Julian Davenport, who goes by the nom de plume Juelz, is a young Harrisburg man who writes interesting and thought-provoking urban poetry. That

in the introduction to his book of 50 poems:

"I believe this book can be used in so many different ways, but my main purpose in publishing it is to send a positive message to the youth who are just like me."

In his 20s, Juelz offers wise insights for those who want to understand the anguish often felt by urban youth, such as in the verse titled "The chosen one:"

"The chosen one smiles to cover up what we feel inside, I smirk instead of cry, I live instead of die, and even though I've been through such considerable pain, I have to keep my head up and remember my name."

Juelz writes concisely and effectively in his book. He speaks to his peers, but his voice and message also speak to anyone else who is willing to listen.

he self-publishes his work and has entrepreneurial ambitions makes him all the more impressive.

His heart is in his community as he writes



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## Museums & Art Spaces

### 3rd Street Studio

1725 N. 3rd St., Harrisburg  
717-385-3315; www.3rdstreetstudio.org

"Transformation," drawings and paintings by Lesley Blandy, through July 15.

### Antique Auto Museum at Hershey

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

"Buses and Baseball," through Sept. 15.

"Stainless Steel, 1967 Lincoln Continental Convertible," through September.

"Leading the Pack: 100 Years of Indy 500 Pace Cars," through Oct. 9.

### Art Association of Harrisburg

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

The Art School Annual Exhibition, through July 21.

### Café di Luna

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

The art of Douglas Butari, through July.

### Cornerstone Coffeehouse

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

Painting and photography by Andy Murray, through July.

### Cygnets Studios/Conewago Coffeehouse

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

Artwork of Jay Gerber, through Aug. 31.

### Gallerie Thirteen

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

Group show: The Daily Painters of Pennsylvania, through July.

### Gallery@Second

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

Works by Joseph Caroppoli and Daniel Watts, through July 16.

The art of Andrew Guth and Bryan Molloy, July 21–Sept. 10; artists' reception, July 22, 6–9 p.m.

### Gallery at Walnut Place

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

The art of Philip Colgan, through July; artist's reception, July 15, 5–8 p.m.

### Garden Fresh Market & Deli

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Photography by Mike Donovan.

### Harsco Science Center

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

"CSI: Crime Scene Insects," interactive exhibit that explores criminal investigations through forensic entomology, through Sept. 4.

### HMAC/Stage on Herr

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

Works by various local and regional artists.

### Mangia Qui

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

Paintings by Elide Hower & Joanne Landis.

### The Mantis Collective

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

Paintings by Andrew Guth, through July 11.

### Midtown Scholar/Yellow Wall Gallery

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

"Juxtapose," small drawings and prints by Stephen Fieser, through July 3.

"Recollect," 3-dimensional works by sculptor Lauren Nye, July 5–Aug. 14; artist's reception, July 15, 6–10 p.m.

### National Civil War Museum

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

"Among Soldiers: Animals in the Ranks of the Civil War," through Sept. 4.

"1861," an exhibit highlighting the first year of the Civil War, through December.

### Ned Smith Center for Nature and Art

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

"Gone for the Day: Ned Smith and the Pa. Game Commission," through Aug. 13.

### Rose Lehrman Arts Center

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

"Reflection," works by Suzanne Mead, Young Won and Ellen Evans, July 18–Aug. 11.

### The Soup Spot

1014 N. 3rd St., Harrisburg  
717-232-7867

Photography and paintings by Harrisburg-area artists.

### The State Museum of Pennsylvania

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

"Art of the State," a juried competition for Pennsylvania artists, through Sept. 11.

"Voices of the Revolution," an exhibit commemorating the Civil Rights movement.

### The Susquehanna Art Museum

717-233-8668; www.sqart.org

"Variations on a Theme," juried exhibit, held at Whitaker Center, through July 15.

"Latent Images," held at The State Museum of Pennsylvania., 300 North St., July 13–Dec. 30.

## The Stage Door

### Allenberry Resort Inn and Playhouse

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

"Hello Dolly!" through July 24

"Smoke on the Mountain," July 27–Aug. 21

### Broadway Classics Productions

Harrisburg Mall, 3501 Paxton St., Harrisburg  
877-717-7969; broadwayclassicspa.com

"Oliver!" July 15–Aug. 28

### Fishing Creek Playhouse & Dinner Theatre

450 Fishing Creek Rd., Etters  
877-998-7469; fishingcreekplayhouse.com

"Bye-Bye Birdie," July 8–Aug. 14

### Harrisburg Comedy Zone

110 Limekiln Rd., New Cumberland  
717-920-3627; harrisburgcomedyzone.com

Shawn Banks, July 1–2; Andy Hendrickson, July 8–9; Jay Black, July 15–16; Raymond the Amish Comic, July 22–23; Tim Kidd, July 29–30

### Harrisburg Shakespeare Festival

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

"Sonnet Inspirations," original works inspired by Shakespeare's sonnets, July 22–23, 29–30

### Hershey Area Playhouse

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

"Seussical, the Musical," July 21–31

### Hershey Theatre

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

The Wiggles, July 14

### HMAC/Stage on Herr

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

"Soul Comedy Café," July 10

### Open Stage of Harrisburg

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

No shows scheduled for July.

### Oyster Mill Playhouse

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

"Seussical, the Musical," July 8–24

### Popcorn Hat Players at the Gamut

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

"Three Billy Goats Gruff," July 13–Aug. 20

### Theatre Harrisburg

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

No shows scheduled for July.

### Whitaker Center

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

"Stars of CPYB 2011," July 2

"A Magical Evening with John Westford," July 9



## Live Music around Harrisburg

### Appalachian Brewing Co./Abbey Bar

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

July 8: Deliah Low  
July 9: The Rogue Evening w/The Coal Town Rounders, DB Cooper, Coup Couroux and Kid PA  
July 15: The Fallen Troubadours  
July 16: The Sauce Boss  
July 17: Jesse Malin & The St Marks Social plus Biters and The Line  
July 20: The New Mastersounds  
July 22: Sand Ox (featuring Duff Goldman of Ace of Cakes) w/Holy Ghost Tent Revival  
July 24: Oxymorons, improv show  
July 28: The Trainjumpers  
Open Mic: Every Wednesday

### Blue Front Lounge

109 N. Front St., Steelton  
717-939-2800

July 6: BSCP Acoustic Jam  
July 9: The Blind Willies Blues Band  
July 20: Danny Stuber & City Jazz Band

### Carley's Ristorante and Piano Bar

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

July 6: Bryan Herber  
July 7: Wade Preston  
July 8, 23, 29: Ted Ansel  
July 9, 20: Mark Zangrilli  
July 13: Chelsea Caroline  
July 14, 28: Anthony Haubert  
July 15: Brandon Parsons  
July 16, 22: Noel Gevers  
July 21: Giovanni Traino  
July 27, 30: Jett Prescott  
Every Tuesday, Open Mic Night

### Central Pennsylvania Friends of Jazz

Hilton Harrisburg, 1 N. 2nd St., 2nd Floor  
717-540-1010; www.cpfj.org

No concerts scheduled for summer.

### Char's Bella Mundo

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

"Jazz Wednesdays," with special wine menu

### Cornerstone Coffeehouse

2133 Market Street, Camp Hill  
www.thecornerstonecoffeehouse.com

July 1: Marty Loofe & One Voice  
July 2: Kim & Ed Rhoades  
July 9: Paul Zavinsky  
July 10: Andrew Bellanca & Friends  
July 15: Antonio Andrade  
July 16: Womack & Lowery  
July 17: Kevin Kline  
July 22: Nick & Jason  
July 29: Jeremy Fayer  
July 30: Dominick Cicco

### Dragonfly Club/Spy Club

234 N. 2nd St., Harrisburg  
www.dragonflyclub.com

July 30: Sawed-Off Saturday: Beer Gut w/Bad Mask & Black Lung

### Giant Center

550 W. Hersheypark Dr., Hershey  
717-534-3911; www.giantcenter.com

July 7: Keith Urban  
July 27: Lil Wayne

### Harrisburg Symphony Orchestra

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

July 1-4: Free summer concerts (July 1, Annville; July 2, Harrisburg; July 3, Carlisle; July 4, Mifflintown)

### HMAC/Stage on Herr

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

July 1: Aortic Valve  
July 2: Black Coffee  
July 8: The City Music Project  
July 9: Music from the Boys at HMAC  
July 15: The Passionettes  
July 16: A Tribute to Tom Petty's "Damn the Torpedoes," w/Parallax Project, The Jellybricks, CASE 150, Up Pops the Devil & more  
July 17: Eli Charleston & Chris Santana  
July 21: Sam Baker & Jon Dee Graham  
July 22: The Fleshtones w/ Parallax Project  
July 23: FARLEY CD Release party w/CASE 150 & Hot Wing Jones  
July 24: Coyote Grace  
July 28-30: Pretty Things Peep Show  
Every Wednesday, Open Mic

### Hollywood Casino at Penn National

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

July 1: Cazhmeire  
July 2: Blue Moon Swamp & Restless  
July 3: Bennie and the Jets & Flashback  
July 8: Full Tilt  
July 9: Category 5  
July 15: Laredo  
July 16: Smooth Like Clyde  
July 22: Uptown Band  
July 23: Dr. K's Motown Revue & Solid Gold  
July 29: HoneyPump  
July 30: Marshall's Highway

### Karen's Harmony Hall

1400 Fulling Mill Rd., Middletown  
717-756-5006; www.karencatering.com/  
concerts

July 10: HillBilly Thunder  
July 17: Tropical Soul  
July 24: The Flashback Band w/  
Donna Mark  
July 31: Smokin Gunnz

### Mangia Qui/Suba

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

July 1: Emily Yanek  
July 2: Mark Kroos  
July 8: Erica Everest  
July 9: The Robert Bobby Trio  
July 15: Up Pops the Devil  
July 16: Alison Tartalia  
July 22: Jackson Monsour  
July 23: Dirk Quinn  
July 29: Havana Blue  
July 30: Batida

### Midtown Scholar Bookstore-Café

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

July 1: Paul Zavinsky  
July 8: Betty Barnicle  
July 12: Chris Cernak  
July 15: Grace Stumberg  
July 18: Koji on the Roof (ticketed show)  
July 19: David Mayfield Parade  
July 21: Cosby Gibson  
July 22: Jon Felton & His Soulmobile  
July 23: Allison Tartalia

### Ski Roundtop

925 Roundtop Rd., Lewisberry, Pa.  
717-432-9631; www.skiroundtop.com

July 1: Blue James Band  
July 2: Copper Sky  
July 8: Jaminfinity  
July 9: Second Time Thru  
July 15: Ric LeBlanc  
July 16: Hot Wing Jones  
July 22: Dave Winter Trio  
July 23: Strange Eden  
July 29: Robert Bobby  
July 30: Copper Sky

### Stock's on 2nd

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

July 2: Stan Middleton Band  
July 9: Funktion  
July 16: Cruise Control  
July 23: Funktion  
July 30: Don Johnson Project Band

## Read, Make, Learn

### Midtown Scholar Bookstore-Café

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

July 16: Jump Street Author Talk with Dr. James Trotman, 3:30-5:30 p.m.  
July 18: Midtown Poets monthly reading and workshop, 5-7 p.m.  
July 26: Art Kaleidoscope presentation and meeting, 6-9 p.m.  
July 30: Book signing for local poet, John Destalo, 2-4 p.m.

## At the Cinema

### Movie Film Co-Op

1106 N. 3rd St., Harrisburg; movieate.org

July 7: "Stranger Danger!!!" Vintage 16mm Educational Films on keeping kids safe, 8 p.m.

July 14: "Complaints Choir," a documentary following the worldwide Complaints Choir art project by the Finnish artist couple Tellervo & Oliver Kalleinen, 8 p.m.

July 15: Reverend Screaming Fingers and Phantom Drummer with The Expanding Man, live sound/visual experience (at Der Maennerchor, North Street, Harrisburg).

July 21: Local Filmmaker Adrian Selkowitz presents the Harrisburg premiere of "Sex, Drugs and Guns", 8 p.m.

July 28: "Countdown to the Rapture (part one)": Vintage 16mm Educational/Scare Tactic Films, 8 p.m..

## 3rd in The Burg: July 15



"Jewels of Autumn" is among the works by Philip Colgan that will be featured at Gallery at Walnut Place, 413 Walnut St., during this month's 3rd in The Burg, July 15. You can visit many galleries, restaurants and other venues at the monthly celebration of art, music and more at locations throughout Harrisburg. For additional information, see our back cover or visit [www.3rdinTheBurg.com](http://www.3rdinTheBurg.com).



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## A Garden Grows in Harrisburg

Greenhouse Club helps connect urban youth to soil.

*Peter Durantine*

One mid-spring day after school, two dozen students from 3rd to 6th grade at the Downey School on Monroe Street sat in Room 213 and studied soils before venturing outside to begin planting their salsa garden.

They listened as Rick Sayles with RSVP of the Capital Region, Inc., drew on the chalkboard and explained a plant's environment. There's the top layer, which is leaf litter, followed by topsoil, subsoil and bedrock.

Sayles, who teaches kids about gardening for the volunteer organization, said the purpose is to expose these young urban students to a little plant science and give them an understanding of the origins of the food they eat. "Basically, just to increase their awareness of the environment," he said.

After the lesson, Sayles handed out clear plastic cups in which he had each student first crumble a granola bar (bedrock). Then, with the help of two other instructors, he dished out butterscotch pudding (subsoil) to put on top of the granola, followed by chocolate pudding (top soil) and Cocoa Pebbles (leaf litter).

The snack was a big hit among the budding green thumbs, who then divided into two groups: one to plant the salsa garden; the other to plant

flowers in pots that would decorate the outside of the red-brick school.

At three garden boxes next to the school's greenhouse, which had been dormant for several years, the salsa gardeners went to work, planting bell peppers, banana peppers, Roma tomatoes, basil and cilantro.

"You get to plant a lot of different things," said Ceani Rosario, 10, as she and the other children used spades to prepare small holes for their plants.

The gardeners are members of the school's Greenhouse Club, which has 35 students who met every Thursday during the school year. In summer, they are assigned watering duties to keep their plants growing.

"Greenhouse Club is the cool club now," said Bonnie Sypolt, the 5th grade teacher who supervises the club.

The club is three years old and was started around the school's small greenhouse that was funded through a grant a decade ago. It fell into disrepair five years ago, but the school librarian repaired it this year.

The idea behind the club and the greenhouse is to teach children where their food comes from and how they can grow their own food, Sypolt said. This year, she said, the club has taken off and the students are always eager to learn and do more.

"They pester me all the time," she said. "It's something new to them."

As 9-year-old Tatyana Gibson explained: "It's fun, and you plant a lot of things like vegetables."

Gardening expertise, such as RSVP's Sayles, and supplies are donated. Utopian Landscapes in Hershey donated the soil and built the garden beds.

The students helped prepare the beds for planting, putting in the various layers of soil they had learned about. It took them five hours after school and Sypolt said they enjoyed themselves.



Greenhouse Club members Tatyana Gibson, left, and Ceani Rosario planted their peppers this spring for the salsa garden.

"They worked so hard," she said, smiling. "No one was complaining."

## Whodunit? Exhibit Combs Insects for Info

It was the cricket with a missing leg, found in the pant cuff of the culprit.

That clue solved a Texas murder, and amateur sleuths now can learn how insects play a role in criminal detection with a new exhibit at Whitaker Center titled, "CSI: Crime Scene Insects." It's interactive, inspired by the hit CSI television shows, and explores the field of forensic entomology with hands-on displays.

When a dead body turns up, insects often provide significant clues for investigators, said Steve Bishop, vice president of science and IMAX programs at Whitaker Center.

"By studying the insects on the body, you can determine how long the body has been dead," he said.

Insects—and yes, the exhibit has live ones—can also tell if a body has been moved. In another case, a corpse found in a field had bugs on it that are only found indoors.

The first insects to arrive at a new corpse are blowflies, followed by other tiny creatures; the last are spiders that eat the insects already feasting.

While the topic may sound a bit gruesome, the exhibit is not. It's filled with simulations, such as a strobe display depicting the lifecycle of flies and model cadavers in real morgue drawers for visitors to explore.

More than 30 years ago, when Bishop started as a museum curator, an exhibit like this may not have been considered worthy of general interest, he said. But today's visitors have an in-depth interest in science.

"I think that showed the fascination people have with topics you don't discuss in polite society," he said. "Science is portrayed as a pretty cool thing on all the CSI shows."

Helping guide visitors through the exhibit are two interns, students at Harrisburg University who also offer insights into forensic entomology.

"I also teach them about our Madagascar hissing cockroaches," said Ashley Green, a 21-year-old biology student. "We have three of them."

Green said adults tend to be a little more squeamish at first, "But the kids love it. They ask a lot of questions."

The exhibit runs through Sept. 4 at Whitaker Center, 222 Market St., Harrisburg. For more, visit [www.whitakercenter.org/crime-scene-insects.html](http://www.whitakercenter.org/crime-scene-insects.html) or call 717-214-2787.



Creepy-crawly clues: Mechanicsburg sleuths Brett Russotto, 6, and his 4-year-old sister, Teagan, examine bugs in a microscope.

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## A Career, a Life, Shaped by Faith

Joe Green has gone from troubled to thriving.

### Faith Camp

In south-central Pennsylvania, there are many great pioneers and legends. But all too often the stories of these men and women go untold until they have passed on from this life.

However, there is one local man, Joe Green, whose story is now worth telling. Joe is a quantum leap from your ordinary "Joe;" this Joe is still living to tell his story about how he overcame many stereotypes and seemingly insurmountable obstacles to see his dreams become reality.

Born in Washington, D.C., Green grew up in Harrisburg. A 1985 graduate of Harrisburg High School, he attended the University of Pittsburgh and Towson University, earning a bachelor's degree in communications. He traveled the world during four years in the U.S. Navy, serving as an electronic technician.

Green is now a successful businessman, author, pastor and missionary. He is married to Gwendolyn, and together they have four children. Green said he currently feels fulfilled in all aspects of his life—but it was not always that way.

"I thank God for the many blessings He has bestowed upon me," Green said. "He forgave me for my indiscretions and gave me a second chance at life."

Green grew up in the church and was



Joe Green

baptized at 9 years old. As a teenager, he indulged in a world of sex, drugs, and violence.

"I was looking for something to fill my emotional void, and I thought women and material things would do the trick," he said. "At the time, I thought I was enjoying myself

and living a life one could only dream of."

The fast life came to an end in 2000 when he returned to Harrisburg homeless and broken. Green said coming back home was one of the best things that happened to him.

"When I came back to Harrisburg, I did not just return, but I re-connected with my roots and my first love, the Lord, and have not looked back since," he said. "I asked God to forgive me, heal me and help me fulfill His will for my life. Life has been good ever since."

Green has been able to turn many of the professional skills he learned in the Navy into a profitable business. He is president of Hensley Broadcasting, chief financial officer of Trustworthy Radio LLC and a graduate of the National Association of Broadcaster's leadership training program.

In 2005, Green became the manager, production engineer and on-air personality for radio station WWII 720 AM "THE ROCK." Two years later, he purchased the station, becoming the first African-American to own an FCC-licensed radio station in central Pa. He also is co-owner of Trustworthy Radio LLC, parent of WHYL 960 AM in Carlisle. He has interviewed political figures including Jesse Jackson and John Edwards.

Green shares his experiences in his 2008 memoir, "From Kilos to the Kingdom," taking readers through an in-depth journey of his transformation from drug dealer to pastor. He just released his second book, "The Power of the Original Church, Turning the World Upside Down!"

He is determined to share his story so others do not have to make the same mistakes.

"If I had done it God's way in the first place, I would not have had to learn the hard way," he said. "I could not ask for a better life because as the Bible says, 'with God's promises comes no remorse.'"

### Milestone



Monsignor Vincent Topper, the oldest and longest-serving priest in the Harrisburg Diocese, celebrated the 75th anniversary of his ordination on May 31 with a Mass at St. Catherine Laboure Church on Derry Street. The 98-year-old retired priest has been pastor at four parishes and an assistant pastor at two. In his lifetime, there have been nine popes and eight bishops of the Diocese. Photo: The Catholic Witness

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## Grace Stumberg in concert

Benefit Show for the Central PA Food Bank  
Friday, July 15 • 7:30 pm

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## It's All in the Game

Learning is serious fun at Harrisburg U.

Peter Durantine



Harrisburg University's Virtusphere, a simulation platform for everything from games to medical training, was featured at last year's Learning and Entertainment Evolution Forum.

Spongebob's Truth or Square on Xbox 360, Scrabble and Blokus is not what's typically found in academic libraries, but Harrisburg University of Science and Technology has started a rare special collection of these and other games.

Games are effective at teaching analytical thinking, and game design programs have become popular at many universities, but, according to HU's librarian, few have coordinated with their libraries to develop electronic- and tabletop-game

collections for students to study in game design courses.

Academic and public libraries have started to provide access to games for their students and patrons, but few develop those collections with an emphasis on the learning value of games, said David Runyon, the university's librarian.

"It's very rare and probably the only one in the region," he said of the university's collection, which he started about eight months ago.

This year, through its Center for Advanced Entertainment and Learning Technologies, the university was the only regional higher education institution to offer an academic program in video game design, development, programming and art, according to the Entertainment Software Association.

"Games are becoming a communication vehicle and an experience vehicle in a lot of disciplines," said Andy Petroski, director of HU's Learning Technologies. Depending on the game, students

learn critical thinking, decision-making and behavioral changes.

The collection is intended to provide students the resources needed to understand the game industry and inspire creativity in the classroom and in professional life.

"You couldn't have a chemistry program if you don't send your students into the lab and work with chemicals," Runyon said.

As the private and public sectors embrace games as viable tools for learning, commerce and simulation of complex tasks and ideas, HU expects its students will be well-equipped to step from college directly into employment on the cutting-edge field of games and gaming.

Whether electronic or tabletop, games teach players tactics and strategies that are useful in practically any endeavor, said About.com's board-game columnist/blogger Eric Arneson, who's based in Lebanon County.

"There's a lot to be learned from those games," Arneson said. "Modern table games, in particular, and certainly the classics, help develop different kinds of thinking."

The university's nascent collection includes games for the Sony Playstation 3, Microsoft Xbox 360, Nintendo Wii and PC, as well as more than a dozen table games that go far beyond the typical family game night. Working with input from game design instructors, HU's student board game club and other librarians, the collection offers games representing multiple genres, several nations and weeks of engaging game-play.

In addition to its game collection, the university has a Virtusphere, a simulation platform—a 10-foot hollow sphere described as a giant hamster ball. One of only four in the country, it provides infinite space for the most immersive experience, ranging from games to medical training.

The university also conducts the annual Learning and Entertainment Evolution Forum—this year's was in June—that attracts game designers across the nation and showcases immersive learning case studies, design and development, as well as technologies that may impact future game and simulation design.

To learn more about the library at Harrisburg University, visit <http://library.harrisburgu.edu/home>.

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## Harrisburg Schools May Suffer Huge Cuts

The Harrisburg school district could open the 2011-12 school year down more than 200 employees and four schools, thanks to large budget cuts.

Last month, the school board introduced an austere budget that proposed slashing 226 workers, including 153 teachers.

In addition, the district proposed shutting Hamilton and Lincoln schools, in addition to the William Penn and Shimmell schools, which already were expected to close.

Much of the budget shortfall was blamed on state cuts in public school aid. There's no planned boost in the school property tax in Harrisburg.



# Wags & Whiskers

## Have Pooch, Will Travel

Prepare before packing up Fido for vacation.

Kristen Zellner

Traveling with your pets is a great way to increase the bond you already share with them.

Many animals don't get the opportunity to travel, aside from visiting the vet or the grooming shop. But as our world becomes more pet-friendly and even pet-welcoming, there are a few things to remember when loading your furry friends into your vehicle for an adventure.

No matter how long the trip, all animals should be safely restrained. Having a loose pet in the car, no matter what the size, is a hazard to everyone. If you need to brake suddenly, a pet can be thrust forward, and seriously injured or killed. Human passengers are in danger of being injured by the airborne pet, as well.

If you have ever been in a car accident, you know the physical and emotional trauma that can result. Imagine driving home on a sunny summer evening and, suddenly, you are broadsided by a drunk driver. Your dogs are in the car, and they are unrestrained. You are shaken and upset and so are they. Luckily, you had a seatbelt fastened. Later, bruises appear on your arm and then you remember feeling something hit you during the accident. This happened to me two years ago. The bruises on my arm were caused by my dog slamming into me. I normally restrained my pups for any trip, but I was just going a mile down the street and was in a hurry. Luckily, they weren't seriously injured, but I still feel horrible for my negligence. I learned my lesson, and back into the crates they went.

Crates and carriers are the safest methods for transporting pets. Collapsing wire crates can be quickly opened and folded for storage. Carriers with handles are easier to transport if you need to carry your pet. Both will give pets a place to feel safe and secure while traveling and prevent the animals from roaming freely. If you don't have room for a crate or carrier, a simple seat belt strap can help keep your dog in place. This attaches to the dog's harness and the seatbelt slips through the other end and buckles. The dog can sit upright or lie down to get comfortable, but can't move around. Cats should always be in a carrier, as they can squeeze into smaller, more dangerous spaces like underneath the gas or brake pedal.

Pets should never be allowed to sit on the driver's lap while the vehicle is moving. And, it may be fun to sit next to Fido on a road trip, but if you can't turn off your passenger airbags, your friend should be in the back seat. Air bags can kill a small child and will do the same to your dog.

If you have a long-distance to travel, plan a stop to let your pet relieve herself and have a drink of water. Don't forget to take a water bowl, leash, poop bags, wipes or paper towels, a comfortable bed or blanket and a first aid kit. If you prepare for the unexpected, your pet will be a safer and happier traveler.



Kristen Zellner is the owner of Abrams & Weakley General Store for Animals in Harrisburg.

Beauty on wheels: Sixty rare, seldom seen automobiles graced the lawns of the Hershey Hotel on June 12 for the show and fundraising event, The Elegance at Hershey, which raised more than \$200,000 for the Juvenile Diabetes Research Foundation, the Antique Automobile Club of America Museum and the AACA Library and Research Center.



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community/dance/performance/multi-cultural



### July Schedule

- July 1: **Aortic Valve** Audio/Video Dance Event
- July 2: Black Coffee
- July 8: The City Music Project
- July 9: Music from the Boys at HMAC
- July 10: Soul Comedy Café
- July 15: The Passionettes
- July 16: A Tribute to Tom Petty's "Damn the Torpedoes," featuring Parallax Project, The Jellybricks, CASE 150, Up Pops the Devil, & more
- July 17: Eli Charleston & Chris Santana
- July 21: **Sam Baker & Jon Dee Graham**
- July 22: **The Fleshtones** w/ Parallax Project
- July 23: **FARLEY** CD Release party w/CASE 150 & Hot Wing Jones
- July 24: **Coyote Grace**
- July 28-30: **Pretty Things Peep Show!!** Each night a different show! Get tickets on-line.
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[www.humanesocietyhbg.org](http://www.humanesocietyhbg.org)

[www.harrisburgriverboat.com](http://www.harrisburgriverboat.com)





## Global Game, Midstate Flair

Local flavor gives Islanders soccer an extra kick.

*Peter Durantine*

Soccer in greater Harrisburg has grown significantly among school, youth and adult leagues over the last two decades, which is part of the reason the area's only professional team, the City Islanders, draws an average of 1,800 fans per game.

But the biggest reason the stands fill at Skyline Sports Complex on City Island is this: the players' are intensely competitive, a trait that has put them in the playoffs for five of seven seasons and earned them a league championship in 2007.

Since the team's founding in 2004, the head coach has been Bill Becher, a bearded man with a wiry build who played for the now-defunct Harrisburg Heat, an indoor soccer team. He was United Soccer Leagues 2nd Division Coach of the Year in 2005.

The Heat, and before them the Impact, Hershey's indoor soccer team, opened the region to professional soccer and paved the way for the Islanders. It wasn't long after the Heat folded in 2003 that the Islanders were organized.

"The goal of the owners group has always been to keep a pro team here in central Pennsylvania," said Patrice Pettis, marketing director of the Islanders and wife of Eric Pettis, one of the five owners. The others are: Chris Barker, Bryan Gobin, Chuck Fox and Jay Chadwick.

Pettis called Head Coach Becher "the thread" that pulls the team together. His seven-season record is 75 wins, 47 losses and 40 ties. In mid-June of this year, nearly halfway through their season, the team was 6-4-2.



Head it: Three City Islanders rush for the ball in a recent game against Orlando City. Photo: Carmo Photography.

As USL-2 champions in 2007, the Islanders defeated major league D.C. United in the Lamar Hunt U.S. Open Cup to reach the quarterfinals. In 2009 and 2010, they repeated that achievement, defeating two other major league teams: the New England Revolution and the New York Red Bulls.

Perhaps a sign of how much soccer has become a part of the region's sports culture is the number of players on the Islanders' roster that grew up in the area: five—midfielders Geoff Bloes and JT Noone, Harrisburg; defender Dustin Bixler and midfielder Andrew Welker, Mechanicsburg; and midfielder Jason Pelletier, Middletown.

"We love to have some local players on the team," said Becher of Hummelstown, just before the team went on to defeat the Richmond

Kickers for the second time this season.

Soccer, unlike American football, draws players from around the world, and the Islanders' roster also includes players from England, Costa Rica, Columbia and Gambia.

"We want to get the best players we can," Becher said. "It doesn't matter where they come from."

When Becher is not coaching the Islanders, he's working with local youth as director of coaching for the Lower Dauphin Soccer Association, where he brings his players to help with clinics for these budding soccer stars.

LDSA, and other area associations, is where the Islanders will find their future fan base and perhaps even future players. Many of the team's

adult fans today played soccer in their youths.

*The City Islanders' regular season continues until Aug. 12. The team has six home games during July and August at Skyline Sports Complex on City Island. For more information on the team and for tickets, visit [www.cityislanders.com](http://www.cityislanders.com).*



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# Great Outdoors

## Rocks in Their Hands

For these lapidarists, collecting is stone-cold fun.

Stephanie Kalina-Metzger

When it comes to rocks, Betsy Oberheim of Harrisburg really knows her stuff.

Within seconds, she informs me that the attractive "rock" I have in my possession is not a rock at all, but rather a common mineral called calcite. And here I thought I had a gem on my hands—can anyone say "neophyte?"

As past president of the Central Pennsylvania Rock and Mineral Club, Oberheim enjoys sharing her vast wealth of rock and mineral knowledge with others.

"I'm obsessed," she laughed.

She is in good company, joining approximately 170 other club members that meet every second Thursday at the St. Thomas United Church of Christ in Linglestown.

Celebrating its 52nd year, the Central Pennsylvania Rock and Mineral Club was established to "encourage the interest, enjoyment, and appreciation of members, prospective members and the public for rocks, minerals, gems, fossils and the lapidary arts," according to the official statement on its website. Lapidary, members informed me, means "concerned with stones." Despite sounding serious, lapidary is actually a lot of fun, said Oberheim, who also crafts jewelry from rocks and minerals using a slab saw and a grinding wheel. "It's so amazing to take something like a geode and cut it, oh my," she said.

Almost every meeting features a speaker who educates the group on various aspects of the hobby. With Marcellus shale being a current topic, the group recently arranged for a Department of Environmental Protection panel to answer members' questions. Bob Jones, editor of Rock and Gem Magazine, spoke at a recent meeting, and ecologists and geologists are often asked to address the group, as well.

Club members consist mostly of adults, called Rock Hounds, but Pebble Pups (aka children) are welcome, and, in fact, encouraged. Oberheim conducts rock and mineral workshops in the schools for 10- and 11-year-olds to foster budding enthusiasts. "I give them Pyrite, polished rocks, sharks teeth, and they pick them out of a tub full of sand, using tweezers and magnifying glasses



Isabella Brandon of Camp Hill shows off some of the rocks in her collection.

to examine them," said Oberheim. "One girl said, 'this is the best day of my whole life!'"

David Brandon, vice president of the Club, brings his wife Jill and his daughter Isabella to the meetings.

"One of the benefits of membership is going on organized trips. We take along experts to identify what we find, and all the trips are kid-friendly," he said. "If a student attends six meetings in one year, we sign them up for the 'mineral of the month' club where a mineral is sent to their house every month, along with an extensive write up."

Additionally, members have access to a library of books on rocks and minerals that they can borrow to expand their knowledge of the hobby.

The non-profit club also takes part in various community service projects and is currently working collecting books to send to Africa. "We have a lot of great educational programs," said member Mike Stefanic, a geologist who was initially drawn to the club when he discovered that there was a meeting only 15 minutes from his house. "Now I work with the Scouts on geology-based merit badges and pins."

One of the highlights of the club's many activities is the annual Gem, Mineral and Jewelry Show that will be held Sept. 17 and 18 at the Zembo Shrine in Harrisburg. "We will have a silent auction, as well as many displays and fun activities for the kids," said Oberheim.

Oberheim encourages those who might be interested to just drop by for a meeting. "People who come as a visitor often join because they're usually very favorably impressed," she said. "Come on out, it's a lot of fun!"

For more on the upcoming Gem and Jewelry Show or on becoming a member of the club, visit the Central Pennsylvania Rock and Mineral Club, Inc., at [www.rockandmineral.org](http://www.rockandmineral.org).

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## Harrisburg Honey

Beekeeper Dave Arnold keeps Uptown well-pollinated.

Ruth Hoover Seitz

The sign on the light-green pale fence sounds ominous: Caution. Danger. Do Not Pass This Point. And then the explanation: "Honeybees Sting to Defend Their Lives."

Inside the wooden gate is an Uptown Harrisburg environment where bees, vegetables, fruits and laying hens all thrive together. It was hard work for owners Dave Arnold and Sandra Strauss. What had been seven city lots with plenty of weeds and trash in 2004 is now a terraced organic garden with four beehives and six chickens.

Arnold stokes a smoker with pine cones, twine or straw so that smoke will be continuous during his visit to the hive. Dave's voice speaks softly to the bees. "You need to be very gentle,"

said this strong man who is Handyman Dave in his day business. The small insects sense a human's fear level and may respond by stinging.

With smoke wafting in the still air, Dave lifted out a frame, one of the hive apartments. He was pleased with how healthy the bee family seemed. There were wax cells, each one holding a tiny egg. Some wax combs were filled with honey and sealed shut. (Glands in a bee's abdomen need several pounds of honey to make a pound of wax.) The queen was at work laying eggs, and the worker bees were manufacturing wax and royal jelly, the food needed by the newly hatched eggs. After a queen hatches, she makes her nuptial flight, mating with numerous drones. This is the sole job of the males who

"hang out together in single flower bars," Dave explained.

The worker bees, who hatch in 21 days, gather pollen and nectar from flowers. They may fly a 4- to 5-mile radius from the hive. They enter the bottom of the hive carrying saddlebags of pollen on their rear legs. In spring, they may carry white pollen gathered from the plumes of the Japanese tree lilacs on N. 3rd Street. It can be orange from butterfly weed. Sandy planted a bee-oriented garden near the hives. Black-eyed Susans are a bee favorite—as well as the locust flowers along Harrisburg's train tracks. Apricot, pear and plum blossoms proffer nectar.

A hive may have 60,000 to 70,000 bees, all directed by the queen's pheromones or scent communicators. As bees struggle to find nectar in the autumn, they become feisty. A hive of bees needs 50 to 70 pounds of honey for food in the winter. Additional honey is harvested. Dave and Sandy sell "Sweet Honey in da' Hood" in 1-, 2- and 5-pound packages. A spinner removes the honey centrifugally so that the wax combs are not destroyed and can be refilled by the bees.

In Uptown, bees gather pollen and chickens eat grass. 'Tis summer and all organisms are in full production. What results is healthy, pesticide-free food. Vegetables began from seeds. Resident cats deter birds from eating the berries. Red raspberries are plump and tender. Sweet potatoes, corn and tomatoes grow from composted soil topped with hay and leaf mulch.

For gardener Sandy Strauss and beekeeper Dave Arnold, growing what they eat makes life in da' hood sweeter.

To order "Sweet Honey in da' Hood," call Dave or Sandy at 717-238-2161.



Urban buzz: Beekeeper Dave Arnold checks on his hives (top); and a close-up of his pride and joy—happy, healthy, active honeybees (bottom).

## Walker Set to Retire from Men's Chorus

The Harrisburg Men's Chorus' artistic director, David Walker, is retiring after eight years. The 2011-2012 season will be his last.

Walker has taken the chorus to new heights under his talented leadership. The chorus has attended GALA (Gay and Lesbian National Choral Association) festivals in Miami and San Jose, and next year in Denver. Walker also has encouraged collaboration with other musical groups both in Pennsylvania and out of state.

The chorus will be on the search for a new artistic director this fall.

Those interested should visit [www.harrisburgmenschorus.org](http://www.harrisburgmenschorus.org) or send a resume to Harrisburg Men's Chorus, P.O. Box 62201, Harrisburg Pa., 17106.

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## Now Go Get Some Sleep

A few simple measures can lessen insomnia.

*Dr. John Goldman*

Insomnia, or difficulty falling or staying asleep, is extremely common. About three-quarters of the population experience some intermittent problems sleeping and approximately one out of 10 will have chronic insomnia that is severe enough to cause daytime sleepiness. Unfortunately, insomnia also becomes more common as we get older and becomes very common in the elderly.

Some people simply need less sleep. A person who only sleeps for four or five hours but does not feel tired during the day does not have insomnia. Insomnia is defined as both difficulty sleeping and symptoms of sleep deprivation, such as daytime sleepiness, irritability or difficulty concentrating.

It is also important to distinguish the acuity of the sleeplessness. Short-term or transient insomnia is the most common type of difficulty sleeping. It is often due to an acute stressor such as a problem at work or other small life crisis. A normal sleep pattern usually returns when the stressor is resolved. Transient insomnia does not require pharmacologic treatment. Specifically, I discourage using sleeping pills. They will often make you sleep, but they have the potential for habituation. If sleeping pills are used regularly, they often cause rebound sleeplessness when stopped. So, they may become necessary for sleep and can convert transient insomnia into a more chronic form.

Acute insomnia occurs for more than a week, but less than once month, and is often due to jet lag, a change in work shift, a more prolonged stressor or environmental factors such as light, noise, or sleeping in a new environment. Acute sleeplessness will usually resolve when the change or stressor resolves and is best treated by acclimatization to the environmental change or relaxation techniques. Again, sleeping pills should be discouraged. With more prolonged insomnia, the

chances of dependence on the sleeping pills increase.

Chronic insomnia lasts for more than one month and can be due to a sleep disorder such as sleep apnea or restless leg syndrome, but is most often due to anxiety, depression or other forms of long-term stress. It is most important to treat the underlying medical or psychological cause. Chronic sleeplessness, though, can be helped by good sleep hygiene.

Good sleep hygiene includes limiting alcohol and caffeine and getting regular exercise. Many people try to self-treat insomnia with a "nightcap" before bed. However, alcohol may help you fall asleep, but it prevents deep sleep and often causes you to awake feeling tired.

Avoid caffeine in the evening or late afternoon. Many people who have insomnia often drink coffee, tea or other caffeinated beverages late in the afternoon or evening to keep themselves awake and then have difficulty falling asleep at night. Other stimulants such as nicotine in cigarettes should be avoided. Also, you should not have a large meal or fluids

before bedtime. Regular exercise also promotes sleep. People with insomnia should exercise at least 20 minutes each day, preferable four to five hours before bedtime. You also should optimize your sleep environment, ensuring your bedroom is not too hot or cold and that light, noise and other distractions are minimized.

Many people experience sleeplessness because they have come to associate their bed with staying awake. People with insomnia should only use their bedroom for sleeping or sexual activity. They should not watch TV, eat or read in bed. If you cannot fall asleep after about 30 minutes in bed, you should get up, leave the bedroom and do something else such as read or watch TV to relax. You should return and attempt to sleep only when you feel tired.

A regular "sleep routine" can also help you rest. Insomniacs should go to bed at the same time each night and awake at the same time in the morning. Many people also find it helpful to establish a sleep ritual by doing the same activity (reading or watching television for a short time)

prior to trying to fall asleep.

It is also important to avoid oversleeping on weekends or napping during the day. Some people experience insomnia because they reverse their sleep-wake cycles by doing most of their sleeping through naps during the day.

Again, I discourage the use of sleeping pills in chronic insomnia. If the underlying medical condition or poor sleep habits are not addressed, there is too much temptation to use the pills regularly, and this frequently results in dependence. Consequently, it is extremely common for chronic insomniacs to become addicted to their sleeping pills.

Insomnia is very common. Most of us experience it at some point in our lives. However, with attention to any underlying medical problems, good health habits and good sleep habits, normal sleep can be restored.



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

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## Midstate Medicine Advances

Technology boosts care to big-city levels.

TheBurg Staff

Technology continues to bring to greater Harrisburg a quality of healthcare for medical diagnosis and cancer treatment once found only in big metropolitan areas.

The latest is the Medical Sciences Pavilion, which houses the PinnacleHealth-Fox Chase Regional Cancer Center and PinnacleHealth Imaging Center, which opened in April at the Community General Hospital Campus in Lower Paxton Township.

PinnacleHealth's cancer center follows the opening in 2009 of a similar facility, the Penn State Hershey Cancer Institute at its Derry Township campus. Both facilities are significantly enhancing quality care for the region's patients.

Harrisburg-area residents no longer have to travel to Philadelphia,

where the nationally renowned Fox Chase Cancer Center is located, or to other places to receive the high-level of care once only found in large metropolises.

The latest technologies and the Internet have allowed for the evolution of PinnacleHealth's 25-year partnership with Fox Chase, which gives PinnacleHealth early access to new research and discoveries on cancer prevention and treatment. Where PinnacleHealth once sent patient data to be analyzed and patients to be diagnosed and treated to Philadelphia or Baltimore, leading cancer specialists there now can work in real-time with doctors here without patients having to leave the area.

"By offering comprehensive cancer services across many disciplines

in this new facility, we can expedite care from the first symptom to treatment for each patient," said Dr. Brij Sood, director of the PinnacleHealth-Fox Chase Regional Cancer Center.

The center employs the latest technological advancement in robotic surgical and scanning instruments, while the architecture is designed for greater quality of care as patients undergo testing and treatment.

William K. Wilkison, vice president of PinnacleHealth's ambulatory care and ancillary services, said the hospital system incorporated the suggestions and advice of cancer patients in the \$28 million facility's interior design and amenities.

A tour of the center revealed welcoming rooms with warm, earth-tone colors on walls adorned with beautiful artwork and photographs, part of the center's effort to provide



Radiation therapist Jill Shafer demonstrates the Intensity Modulated Radiation Therapy machine, which more narrowly focuses radiation on tumors.

patients the best possible comfort during their stay.

Among the myriad services the center offers are radiation therapy, outpatient chemotherapy and blood transfusions, CyberKnife robotic radiosurgery, cancer risk assessment and genetic testing and counseling, care for benign and cancerous breast disease and breast surgery consultation and follow-up.

*PinnacleHealth-Fox Chase Regional Cancer Center, 4300 Londonderry Rd., Harrisburg, 717-652-3000, [www.pinnaclehealth.org](http://www.pinnaclehealth.org). For more information about Fox Chase Cancer Center, visit [www.fccc.edu](http://www.fccc.edu) or call 1-888-369-2427.*

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## Street Snap



At Sylvan Terrace on South Allison Hill, Susan Holleran has prepared and dedicated a colorful garden to her late husband, Jim, who died of cancer. Holleran has lived on the Hill all of her life and resided for 30 years at this house.



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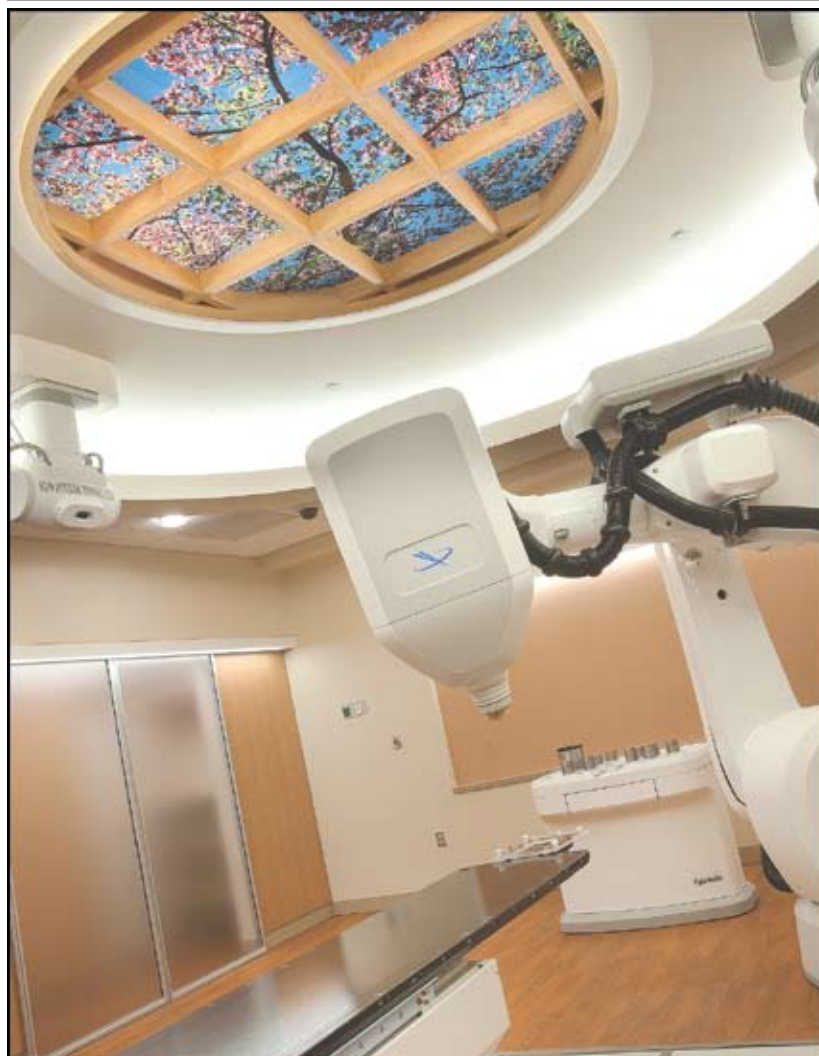


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