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Greater Harrisburg's Community Newspaper

August 2009



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**Kevin Hays**

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The CPFJ Youth All Star Jazz Band,  
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**Eldar**

**October 11, 2009**

The Studio of the Arts Student Jazz Band,  
Curt Sipe Director, opens at 5 pm.



**Cedar Walton**

**November 8, 2009**

The Trez Music Education Center Jazz Band,  
Beth Trez Director, opens at 5 pm.

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# Proven Heart Care.

As a mom and wife, it meant the world to Kelly that she could have heart surgery close to home.

Kelly Lesh, of Liverpool, underwent valve repair surgery for the second time last May. Her first valve repair was performed out-of-state, a five-hour drive from home. She endured the physical stress of open heart surgery as well as separation anxiety while being away from her young sons for nine long days.

When Kelly told her boys that she had to have a second valve repair, they asked, "Does this mean you're going away again?"

Thankfully, she could have her surgery at PinnacleHealth Heart & Vascular Institute in Harrisburg. Due to advances in surgical techniques and the cardiac team's compassionate care, Kelly's hospital stay was shorter, and recovery was easier. And this time, she had her entire family by her side.

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

Cover: Broad Street Market, Harrisburg

## What's in a Number? For Harrisburg, It Could Mean a Bright Tomorrow

According to the U.S. Census Bureau's latest numbers, between 2000 and 2007, Harrisburg lost 3.6 percent of its population, from 48,950 residents to 47,164. But such simple statistics fail to provide a complete picture.

For a brief, comparative analysis, the city's population fell by almost twice that rate in the 1990s. In fact, Census figures show that, between 2006 and 2007, Harrisburg actually had an increase in population of 22 people.

In other words, the long-term population trend (big losses) seems to have stabilized—and maybe even reversed. The proverbial glass now appears half-full, not half-empty.

In the post-war, baby boom period, Americans abandoned their cities in droves. In Harrisburg, this population loss first registered in the 1960 census and continued at a double-digit clip for decades. By the time the 1980 census rolled around, the city had lost an eye-popping 21.7 percent of its people in the previous decade.

After years of seeking greener pastures in the suburbs—even though they offered far fewer amenities—there now is a movement back to cities. The real estate giant Coldwell Banker last year surveyed 903 sales associates nationwide and found among home buyers a growing trend toward urban living.

Some of the reasons for wanting to live in a city included the freedom to walk to more places, being closer to work and access to public transportation, in part due to the rising costs of fuel.

"Over the past several years, we have seen a boom in downtown living all over the country, and this is not just reserved to major cities," said Jim Gillespie, president and chief executive officer of Coldwell Banker Real Estate. "It is interesting to note that the study showed that 53 percent of our surveyed sales associates have seen an increased interest in urban living, as compared to five years ago."

In recent months, two small grocery stores, 315 Mini Market and New York Deli & Convenience Store, opened downtown to the thankful welcome of residents who have a store they can walk to for sundry groceries.

These are just two of many businesses that have opened recently, which is nothing short of astonishing during this deep recession. In our August issue, we highlight these new stores, as well as many other things—cultural, commercial, historical, philanthropic—that make the city such a dynamic and vibrant place to live in and visit.

For Harrisburg, like in cities throughout the nation, the urban renaissance has only just begun.

—TheBurg editors



We'd love to hear from you.  
Write to our editor:  
pdurantine@theburgnews.com

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## Fed Funds Clear Way for Street Paving

Harrisburg will begin a major street re-paving project this fall, continuing through spring 2010.

The \$2.1 million project will include the re-paving of all or a portion of 15 separate roads, as well as repair of various storm inlets. It's being fully funded through federal stimulus allocations.

Streets to be repaved include:

- Division Street (from N. Front to N. 3rd streets)
- Hoffman Street (from Lewis to N. 6th streets)
- N. 3rd Street (from Schuylkill to Shamokin streets)
- N. 3rd Street (from Maclay to Muench streets)
- N. 6th Street (from Reily to Maclay streets)
- N. 7th Street (from Basin to Herr streets in the southbound lane)
- Market Street (from N. 2nd Street to the railroad bridge)
- N. 2nd Street (from Cranberry to Pine streets)
- N. 5th Street (from Market to Walnut streets)
- N. 13th Street at State Street
- Hale Street (from Market to Magnolia streets)
- Market Street (from Thomas to S. 25th streets)
- Market Street (from Cameron Street to the railroad bridge)
- S. 13th Street bridge over the railroad tracks
- S. 13th Street (from Sycamore Street to the I-83 bridge)

## Nomination Made for School Board Slot

Wayne L. Henry of Harrisburg has been nominated for an open seat on the city's school board.

Mayor Stephen Reed made the nomination to fill a vacancy that resulted from the death of long-time school board member Daniel Howard.

Henry has an extensive career background in science and technology, holding several patents for his work.

From 1984 until this year, he served as the senior chemical technician specialist for W.R. Grace and Co., and, during that period, also served as a chemist for several other firms, according to the city.

He is a graduate of Clark Atlanta University in Georgia, with a bachelor's degree in biology and chemistry.

## Crime Information Now Available Online

New police blotter and crime report sections are viewable on the city's website, which now lists all current arrests made by Harrisburg police and separately lists all crimes reported by citizens.

The crime-related information now listed on the city's website has always been available to residents upon request. However, it now is much more accessible to the general public, since all information

can be downloaded, said Mayor Stephen Reed. The police blotter lists all current arrests made by Harrisburg police. The preliminary crime report lists all current crimes reported in the city.

The information is updated daily to reflect the most current data. It can be accessed by visiting [www.harrisburgpa.gov](http://www.harrisburgpa.gov), selecting the "Government" tab, selecting the "Public Safety" tab and then selecting the "Police Bureau" tab.

## RFP Issued to Help Fight Homelessness

Harrisburg is asking qualified organizations to submit proposals for work designed to prevent homelessness.

The initiative is being funded through an \$855,000 federal grant as part of the Homelessness Prevention and Rapid Re-Housing Program.

Funds must be used for two purposes: \$665,899 will be spent on financial assistance, including short- and medium-term rental assistance, security deposits, utility deposits and payments, moving cost assistance and motel and hotel vouchers; \$142,528 will be spent on housing relocation and stabilization purposes, including case management, outreach, housing search and placement, legal services, mediation and credit repair.

The city will work with professional organizations to provide homelessness prevention assistance to households that would otherwise become homeless—many due to the economic crisis—and to provide assistance to rapidly re-housing people who are homeless, said Mayor Stephen Reed.

A full request for proposals can be obtained from the city's Department of Building and Housing Development by contacting Kathy Possinger, deputy director of Housing, at 717-255-6480 or [kpossinger@cityofhbg.com](mailto:kpossinger@cityofhbg.com).

All proposals are due by 4 p.m., Aug. 7.

## City Completes Bulk Trash Pickup

Harrisburg's city-wide bulk trash pickup initiative, which started in April, has been completed.

City crews picked up more than 3.1 million pounds of bulk trash, as well as more than 3,590 pounds of tires. According to the city, 43,110 pounds of metal items were sold to B. Abrams & Sons, a scrap metal business on N. Cameron Street.

Residents now can have bulk items picked up for a discounted fee by calling the Department of Public Works at 717-236-4802.

## On the Beat

Officer Milo Hooper, who has been with the department since 1996, is a member of the Robbery Task Force, a special unit of 10 officers who work various hours to assist with increased street robberies.

The unit's objectives: reduce robberies and major crimes; saturate areas that have a high concentration of major crimes; use zero tolerance in dealing with committed crimes; and respond to crimes and robberies in progress to make quick arrests.

This unit works as a team and has played a major part in reducing crime across the city.



## Did you know ...

... Early industrial development in Harrisburg focused on Paxton Creek, leaving the Susquehanna riverfront largely undeveloped?

... The city's festivals, concerts and special events attract more than 1 million residents, visitors and tourists annually?

... the Whitaker Center has 130,000 square feet of space?


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## Judicial Center Opens in Capitol Complex; Unites Appellate Courts

For more than three centuries, Pennsylvania's appellate courts have been scattered about, never effectively having a permanent home. Courts were tucked inside of office buildings, and administrative offices were housed across the river in Mechanicsburg.

That changed recently with the completion of the \$107 million Judicial Center. The 441,000-square-foot building, with its limestone modern classical design, sits at the corner of Commonwealth Avenue and North Street.

The site was an under-utilized lot that had been occupied by a three-level parking garage used by the Judicial Center's towering neighbor, the Health and Welfare Department. That demolished structure was replaced by another parking garage one block away at the corner of 6th and Forster streets.

The Center houses several arms of Pennsylvania's judiciary: the Supreme Court, Superior Court and Commonwealth Court; Prothonotary Middle District Office; and the Administrative Office of the Pennsylvania Courts.

"The building is intended to unify our courts' staff as well as provide a symbolic representation of the third branch in the Capitol Complex," said Thomas B. Darr, deputy court administrator of Pennsylvania.

In addition, the building has conference rooms, training rooms,

mail facilities, and mechanical and electrical rooms.

The building, its exterior designed to match other buildings in the Complex, has been arranged in distinct sections, according to the Department of General Services. Its first section on Commonwealth Avenue is five stories high. It houses the main entrance, conference center, training facility and Commonwealth Court with three courtrooms, as well as several judges' chambers.

A connecting building, designed to fill the central area with daylight, links to the nine-story office tower, where the prothonotary (court clerk), administrative offices and Superior and Supreme courts are located.

In addition to the courts, the Center, which had long been advocated by the late Chief Justice Ralph Cappy and local state Sen. Jeff Piccola (R-Dauphin), is home to 17 court-related agencies, including boards and commissions.

Court officers and staff have started moving into the building. When the move is complete, which is expected by the end of September, approximately 400 personnel will be working in the Center, Darr said.

While the Judicial Center provides a permanent home, the three appellate courts still will meet on occasion in Philadelphia and Pittsburgh.

—TheBurg Staff



Meet your new neighbor. The sprawling state Judicial Center is open.

## Motorists Squeezed by Rough Roads

An analysis of data from the federal Highway Administration finds that, in Pennsylvania, a large percentage of highways are in poor or mediocre condition, including state, city and county roads.

Rough roads in Pennsylvania are costing Commonwealth motorists as much as \$500 a year in extra vehicle operating costs, according to the report issued by the American Association of State Highway and Transportation Officials and TRIP, a transportation research group.

For Harrisburg, pavement conditions are 11 percent poor, 32 percent mediocre, 25 percent fair and 32 percent good. The additional vehicle operating costs per motorist is \$288.

The report is available at <http://roughroads.transportation.org>.

## High-Speed Rail in the Harrisburg Area? Rendell Asks the Feds for Stimulus Money

Pennsylvania once had a mighty railroad system, which faded away by the late 1960s. But now the Rendell administration is seeking billions of federal dollars for ambitious high-speed rail projects.

Gov. Ed Rendell recently asked the federal government to consider a list of state projects as candidates for a significant portion of the high-speed rail funding under the American Recovery and Reinvestment Act.

The amount available under the law: \$8 billion. The amount Rendell is seeking: \$6.8 billion.

"Investments in high-speed rail help to meet rising consumer demand for expanded transportation options, while easing stresses on our highway and bridge infrastructure," Rendell said. "The candidate rail projects we're outlining would not only jump-start local economies, but also will help spur our progress toward a more efficient transportation system."

A PennDOT spokeswoman said there is no guarantee that the state will receive the full amount it's requesting.

The initial project wish list was

## New Laws Attack Mortgage Fraud

Two new state laws that take effect in September are designed to combat mortgage fraud by strengthening communication between homeowners and their lenders and by encouraging employees at mortgage companies to report illegal activity.

The first law prohibits a mortgage broker or originator from being the sole recipient of communications from lenders. This will help ensure that consumers receive monthly statements and other lender notices.

The second measure shields mortgage company employees who report illegal activity or take part in an investigation. Employees are protected from retaliation through reduced salaries, termination or other employer actions.

developed based on the projects' alignment with federal guidance, provided through the Federal Railroad Administration, which required that projects' feasibility be supported by rigorous financial and environmental planning.

The initiative is part of the Obama administration's proposal to invest in efficient, high-speed passenger rail to address the nation's transportation challenges. Two projects are candidates for our area:

- Keystone East Corridor, Harrisburg to Philadelphia: funding would include track, signal, power and catenary upgrades, grade crossing removal and station improvements or replacements.
- Keystone West, Harrisburg to Pittsburgh High-Speed Rail Feasibility and Business Plan Study: funding for a feasibility study of enhanced intercity passenger rail service between Harrisburg and Pittsburgh.

The Federal Railroad Administration is expected to award the first round of grants by mid-September. For more information, visit [www.recovery.pa.gov](http://www.recovery.pa.gov).



## The Baker Man Is Back

Sal Alvaro has brought the art of fine baking and bread-making back to Harrisburg

*TheBurg Staff*

One early morning, as he does each day, Sal Alvaro pulled trays of loaves from a large oven and replaced them with trays of dough. While doing so, he explained that he had learned to bake bread in Calabria, Italy, where he was born.

"The Italian bread I make is a crusty kind of bread that you don't find in this area," he said, lifting a tray of warm, fresh-baked rolls, then sliding them carefully into a basket, ready for sale.

Alvaro offers numerous kinds of delicious baked goods, but breads distinguish the shop. Each day around dawn, Sal begins work with 150 pounds of dough, from which he bakes 120 loaves and 240 rolls. Then he prepares 10 pounds of homemade pasta. By 10 a.m., he and his wife, Lina, are making pizza and readying for the lunch crowd.

"It's a long day—15-hour days—but it's worth it," Sal said. "We have a passion for it."

Decades ago, Italian food stores and bakeries were common sights in Harrisburg, which once had a large European immigrant population. When the city went into decline, most closed down and left.

In recent years, though, a wave of openings has brought real Italian cuisine back into the city. Alvaro Bread and Pastry Shoppe has been



at the forefront of this revival.

In 2005, Sal and Lina bought an abandoned, century-old storefront on the corner of Green and Peffer streets. Built originally as a general store, the small building also had housed a laundromat before being boarded up and left to decay.

Sal had worked in construction for many years, so the couple took on most of the restoration themselves. Six months later, on a cold November day, they opened their charming bakery, offering

authentic, old world-style breads, pastries, pizzas and homemade pasta.

The neighborhood was slow to embrace the newcomer on the block—at first. But soon a favorable newspaper write-up changed everything, and customer traffic picked up dramatically.

"You can't imagine how many people came," Lina said. "Every day, we sold out."

Ever since, business has been strong. On almost any day, diners

crowd into the little shop for lunch and bread.

"He opened at exactly the right time," said Bruce Barros, a regular customer who was picking up bread and pastries one morning. He explained that the community was in need of an Italian bakery.

"Getting good cannoli in Harrisburg is not easy," he said.

Located in a quiet section of Old Uptown that is undergoing a renaissance with fashionable new homes, the shop, with its earth-tone tiled floor and exposed brick wall, has a distinctly continental feel, which is intentional.

"I wanted to give the feeling you were in Europe," Sal said. "I wanted it to feel like a Tuscany shop."

The Alvaros maintain their Italian roots. Every year they return to Calabria and bring back new recipes.

For the people of Harrisburg, that's a very good thing. Last year, for instance, they began offering authentic gelato, the creamy, frozen Italian treat. It may just make you swear off regular old ice cream forever.

*Alvaro Bread and Pastry Shoppe, 236 Peffer St., 717-238-1999. Open Monday-Saturday, 8 a.m. to 6 p.m. <http://alvarobread.com>*



Is it bread yet? Sal Alvaro takes us through the breadmaking process: from placing the dough in the oven (left); to baking the loaves until they're deep brown and crusty (center); to placing the finished bread on trays for sale that day.

"Many customers learned about Arepa City because they read about us in your paper. Thank you for helping us bring our culture and culinary traditions to central Pa. TheBurg is a great paper!"

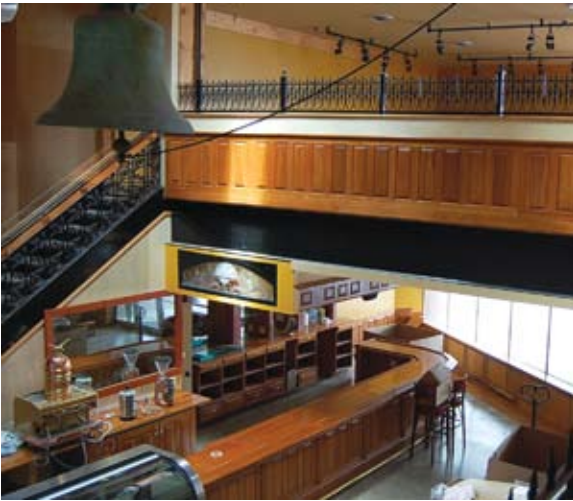
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## Rave Reviews for City Bookseller

Stunning renovation opens new chapter for Midtown Scholar.

TheBurg Staff



The beautifully renovated interior of Midtown Scholar.

Independent bookstores look as though they may become as uncommon an urban feature as daily newspapers, and this is no less evident in Harrisburg, which now only has one daily newspaper—after years of having at least two—and no bookstores.

But tides come in as well as go out, and no one is willing—yet—to bid farewell to either institution, most of all Eric Papenfuse, owner of the Midtown Scholar, an academic used and discounted bookstore, the largest, he boasts, between New York and Chicago.

Until last autumn, the bookstore stood near the corner of 3rd and Reily, but after being open five years, Papenfuse had outgrown the building and decided to relocate two blocks south, to 1303 N. 3rd St., across the street from the Broad Street Market.

That required closing what was essentially the last bookstore in the city as he went about refurbishing what was once a 1920s theater that later became a department store and an antique shop.

Poised to re-open on Sunday, Sept. 13 as part of Gallery Walk, Midtown Scholar promises to be not only a bookstore, but also a venue

for musicians, for literary and political discussions, for kaffeeklatsches and for coffee, pastry and a good read.

Papenfuse's vision is for Midtown Scholar to become a bookstore like the famous 80-year-old Strand in New York, which boasts 18 miles of books, or the 37-year-old Powell's Books in Portland, Ore.

"We want to be the finest bookstore between the Strand and Powell's," he said.

Linda Canon of Parson Weems, a publisher representative who sells to Papenfuse, believes he could well accomplish that goal.

"It's absolutely possible as word gets out," she said, noting over the last few years the number of independent bookstores nationwide has declined more than 30 percent.

Canon was meeting with Papenfuse one recent afternoon in the newly renovated 10,000 square-foot store, which has a large café, a stage for performers, a room for rare books, a lounge area with cushioned chairs, an outdoor patio and shelved walls for the 100,000 books that will range from academic titles to literary classics.

"It's exciting to see a bookstore opening because the climate has been so bad," Canon said. "And this is more than a bookstore."

The new store has many unique qualities. Its six floors are staggered, set on six different levels that provide wide open spaces in which to browse. On the main level is the stage. A series of large skylights flood four of the floors with sunlight.

The Famous Reading Café—a play off the old Famous Reading Anthracite—is located at the front

of the store. It will serve the Counter Culture Coffee brand.

An old bell from a church in England hangs from exposed rafters above the main level. Along the back wall on the next level up are twin doors leading into the rare books room. A leaded window sign above the doors that reads "Booksellers" came from a store on London's Charing Cross Road.

On the main level, along the wall behind the stage is the eight-foot high, 66-foot-long mural, "Sunset in Riverfront Park," painted by local artist Stephen Fieser.

A significant Midtown Scholar feature, which may explain why bookstores struggle but bookselling thrives, is Internet sales, which Papenfuse said generates most of his revenues. The store began as an Internet business in 1999.

From a 50,000-square-foot warehouse along 6th Street, where he has more than 1 million books stocked, Papenfuse's staff ships out books to buyers around the world.



Midtown Scholar owner Eric Papenfuse stands outside his rare books room, in front of an appropriate sign.

"Books deserve to be seen and touched, and you need a physical space to do that," he said, noting he expects the Internet sales to complement the bookstore. "It will allow a greater lead time for people to get to know us and to grow."

*Midtown Scholar Bookstore, 1303 N. 3rd St., 717-236-BOOK.*

*Grand opening: Sept. 13. Afterwards, open Wednesday, 9 a.m.-5 p.m.; Thursday to Saturday, 9 a.m.-9 p.m.; Sunday, 12 p.m. -7 p.m. [www.midtownscholar.com](http://www.midtownscholar.com).*

## New Hire at Versant



Versant Strategies, 116 Pine St. in Harrisburg, a public affairs firm that specializes in agricultural issues, has hired Walter N.

Peechatka, formerly executive vice president of PennAg Industries, as a senior consultant.

## Bus Company Ends Service to Pittsburgh

The Steel City Flyer business-class bus service between Pittsburgh and Harrisburg recently ceased operations.

The service, initiated last November by Railroad Development Corp., primarily served business travelers between Pittsburgh and Harrisburg, as well as passengers connecting to Amtrak's high-speed Keystone Corridor.

"Travelers who tried the Flyer loved it and vowed they would never drive to Harrisburg again," said Manager George DeBolt. "Unfortunately, it was just impossible to get enough people out of their private automobiles in spite of an outstanding, convenient green alternative."



## Caution: Women at Work

Women, artists mobilized to build, support Habitat homes.

*Faith Camp*

For years, Habitat for Humanity of the Greater Harrisburg Area has built homes for city residents. This past spring, Habitat tried something new, a special project that is now benefitting some residents of South Allison Hill.

One of the beneficiaries is the Roberts family. The Roberts' home was completed by a new Habitat venture called Women Build, which mobilizes women to construct houses for less privileged families.

Habitat decided to start the project when organizers realized more than 50 percent of their volunteers were women, of which less than 15 percent were actually on work sites. Through the program, Women Build volunteers are able to increase their confidence in home construction and participate in local classes to learn basic building techniques and how to use the necessary tools.



The Roberts' new house takes shape after being framed by Women Build volunteers.

Shannon Deatrach, a Women Build member, reflected on her experience with the project.

"At first, some may be a little apprehensive about joining in on such a project," she said. "But, when we are done, it is empowering to know that you can work with tools, and you can trust yourself to do what needs to be done."

Local artists also played a part through an effort called Artists Build, which mobilizes yet another group that frequently volunteers for Habitat projects. A portion of proceeds from Habitat's "One of a Kind" Art Auction supports the home.

Like many neighborhoods in Allison Hill, the corner of Brady and Bailey streets is struggling to improve and offer affordable living for residents. Last spring, at the groundbreaking for several homes—each covering 1,200 square feet, with four bedrooms and one-and-a-half bathrooms—Mayor Stephen Reed praised Habitat's selfless work.

"We thank them and their volunteers for making a difference in this neighborhood," he said.

Habitat, in fact, has been quite active in the South Allison Hill area in recent years.

At about the same time that the Roberts home was constructed, Habitat also built a new home for the Kamel/Moussa family. In this case, the Silver Spring Presbyterian Church sponsored the home as a



The ladies of Women Build, at their work site in South Allison Hill.

community involvement project in celebration of the church's 275th anniversary, while the Mechanicsburg Presbyterian Church also supported the construction.

Eve Wachhaus, Habitat's executive director, said, "Each new home is an example of transformational and sustainable community development. Together we are changing lives and improving our city."

As a local organization, Habitat became an affiliate of Habitat for Humanity International, the nonprofit housing ministry, in 1986. Mark Mattern, director of development for the Harrisburg group, said his staff and volunteers have built 55 homes in the city and across central Pennsylvania. They also have finished more than 150 home repair projects and served more than 190 families.

"There are 53 Habitat affiliates located here in the state of Pennsylvania," Mattern said. "Our Habitat, with just a staff of six, continues to be one of the most active affiliates in the state."

In fact, he said, it's the third highest ranking affiliate in the state in new builds.

Mattern credited the volunteers, "the life-blood of any Habitat affiliate," for much of the success of the organization.

"In recent years, we have had 3,000 or so volunteers work with our affiliate each year," he said.

"That translates into more than 20,000 man hours from volunteers annually."

Mattern said Habitat makes a difference in the lives of families and communities by helping to eliminate homelessness and substandard housing.

"We are able to change a family's life and change a community," he said.

Mattern is especially proud of the Women Build project, which started in April.

"The women take charge of the entire process, including administration, planning and special events," he said. "Women Build is not about excluding men. It's about empowering women."

## TheBurg "House of the Month"



This gracious house hasn't lost any of its late-19th century charm. It's located on N. 3rd Street in the reviving Old Uptown section of Harrisburg.

## Before the Architectural Review Board

Aug. 3 meeting agenda:

- 1709 N. 2nd St.: removal and replacement of the front porch
- 100 N. 2nd St.: installation of a sign.
- 1123 Derry St.: building demolition and grading of the lot level
- 700 Showers St.: installation of vinyl replacement windows
- 105 Calder St.: deck construction on the second story, rear roof

- 904, 906 Penn St.: installation of fiber cement siding, other issues
- 1329 N. 2nd St.: installation of five composite wood windows on the front of the house
- 1416-18 Lawton St.: awning installation, window replacement

The board meets at 6 p.m., Aug. 3, room 213, Public Safety Auditorium, City Government Center, Harrisburg.

## Area Home Prices Mostly Stable

The median home-sale price in the south-central Pennsylvania area decreased slightly in the second quarter of 2009.

The median sale price in the second quarter was \$164,767, a 1.9 percent decrease from the \$168,000 median home-sale price in the second quarter of 2008, according to statistics from the Central Penn Multi-List.

"Once again, our area median price is holding steady," said Frederick L. Briggs, president of the Greater Harrisburg Association of Realtors. "While we continue to see substantial drops in price in other areas of the county, south-central Pennsylvania homes are maintaining their value."

The number of residential housing units sold in the quarter was 1,952 units, down 6.9 percent from the 2,097 units sold in the second quarter of 2008.

The number of active listings in the quarter rose to 4,279, compared to 4,072 in the first quarter of 2009. Listings stayed on the market an average of 86 days, up from an average of 74 days in the second quarter of 2008.



The Lancaster train station had more than 484,000 passengers arrive or depart last year, ranking it the 22nd busiest of Amtrak's 525 stations. The 1929 station is undergoing a \$12 million renovation, but will remain open during the 18-month project.

## Diocese Buys Land for New School

The Diocese of Harrisburg has completed the purchase of land for the new Bishop McDevitt High School and is preparing construction plans. The 86-acre site in Lower Paxton Township is on Spring Creek Road near Page Road.

School and project officials expect to spend six months preparing for the next phase, which includes bidding out the estimated \$45 million project. Reynolds Construction Management has been retained as the project construction manager.

Site work could begin in November and construction could start by spring 2010 with completion by May 2012. On this schedule, the doors would be open to students in September of that year.

The new, 175,000-square-foot school will have a 1,200-seat auditorium, 120-seat chapel, 1,000-seat gym, state-of-the-art library and fine arts center. Plans for the campus include a football stadium, a variety of other athletic facilities and ample parking.

Bishop McDevitt was founded in 1918 and has about 19,000 alumni.

## Changing Hands: June Property Sales

1037 S. 16th St., Juan A. Gonzalez to Beatrice Sneed: \$82,900  
308 Hummel St., Daniel Slantis Jr. to Jessica Lynn Byers: \$60,000  
408 S. 13th St., Gary Neff to Elias & Tina Hornberger: \$41,122  
1535, 1537, 1539, 1541 Swatara St., City Redevelopment Authority to Tri County HDC Ltd.: \$15,885 per house  
1417 Berryhill St., Jerry & Boni Myers to Murmaid Investors LLC: \$20,000  
904, 906 Penn St., Equity Secured Investments to Urban Equity Investments of PA: \$18,500 for each house  
1727 Herr St., KDR Investments LLP to Entrustcama: \$29,000  
236 N. 15th St., Deutsche Bank National Trust Co. to PA Deals LLC: \$20,000  
236 N. 15th St., PA Deals LLC to Thomas & Marilyn Muretic: \$31,800  
1430 Walnut St., Troy L. Key to Foreclosure Division LLC: \$18,000  
1430 Walnut St., Foreclosure Division LLC to PA Deals LLC: \$23,000  
1430 Walnut St., PA Deals LLC to Betsy & Larry McDonald: \$35,600  
1322 Walnut St., Hazel Allen to Ausy Properties LLC: \$36,000  
1232 Walnut St., Dorothy Evans & Janice Willis to Valley Real Estate Holdings: \$37,500  
1633, 1635, 1646 Market St., DMJ Enterprises to Pernell Enterprises: \$11,667 per house  
169 S. 18th St., Bank of New York Trust Co. to Wallace & Cheryl Kimmel: \$26,500  
1855 Spencer St., Shari A. Pollard Cohen to Marklee Real Properties LLC: \$45,500  
2050 Market St., Cory M. Friend to Joseph R. Coleman: \$132,500  
2031 Chestnut St., HSBC Bank USA to PA Deals LLC: \$23,500  
2031 Chestnut St., PA Deals LLC to MRI Properties LLC: \$36,000  
311 Rumson Dr., Della M. Waller to Michael Chandler Jr.: \$90,250  
611 Oxford St., City Redevelopment Authority to Christina Gorman: \$54,900  
2312 N. 5th St., Raymond A. Urrutia to Brandon N. Conway: \$129,900  
2145 N. 4th St., Jennie L. Dyarman to Kiana D. Williams: \$63,600  
2232 N. 4th St., Zilwest Cnty to PA Deals LLC: \$23,000  
2232 N. 4th St., PA Deals LLC to Paul Meissner: \$37,900  
2140 Susquehanna St., FTM Properties LLC to Joanne M. Yurcaba: \$125,000  
2112 Susquehanna St., Constance Bolen to Emily Reichert: \$50,000  
2236 Green St., Erma M. Berry to Marty Thomas Brumme: \$65,000  
2224 Penn St., Stephen Roberts to PA Deals LLC: \$39,750  
2224 Penn St., PA Deals LLC to Riverside Renovations LLC: \$53,500  
2134 Green St., Winston Pinnock & Shir. Wallace to T&R Property LLC: \$20,000  
2654 N. 2nd St., Thomas & Jenni Archer to Alexander & Courtney Lang: \$234,900  
276 Peffer St., Stephen Roberts to PA Deals LLC: \$31,500  
276 Peffer St., PA Deals LLC to Wickham Rand: \$55,000

2042 Green St., Donald & Debbie Acor to Roxanne Peters: \$65,000  
1904 Green St., WCI Partners LP to Stephane Hewitson: \$199,000  
346 Muench St., WCI Partners LP to Elana Ortiz & Winston Scarlett: \$29,000  
1834 N. 3rd St., JP Morgan Chase Bank to Kiscadden Equity Investments: \$19,800  
507 Muench St., Gloria Patterson to Home for the Friendless: \$40,000  
222 Hamilton St., Russell Kawel to Wendell Hoover: \$61,438  
1727 Susquehanna St., Irvin Ansel to Timothy Enders: \$23,000  
1712 Susquehanna St., Alison Lanyon to Judd Pittman: \$125,900  
1613 N. 2nd St., BKM Construction & Renovation to Mesaros Kyzer LLC: \$175,000  
437, 439 Harris St., Kusic Financial Services LLC to Matthew Gerald Helwig: \$121,850 per house  
1926 Swatara St., Keystone Realty to Angel Rodriguez & Helen Custur: \$90,000  
1926 Kensington St., Equity Secured Investments to Maco Properties: \$17,250  
2015 Kensington St., Federal National Mortgage to Stephen Toomey: \$28,000  
2015 Kensington St., Stephen Toomey to Valley Real Estate Holdings: \$28,000  
2326 Kensington St., Fannie Mae to Emily McCloskey: \$47,000  
417 Hale Ave., Dennis Wilson to Ivaylo Yolov: \$71,500  
2243 Greenwood St., US Bank NA Trustee to Hung Pham & Van B. Do: \$30,000  
3242 Hoffman St., US Bank NA Trustee to KCS Investment Assoc. LLC: \$28,500  
3234 Green St., Jeffrey & Nancy Lyons to Rebecca Krasevic: \$130,000  
3100 N. 5th St., Joy Verner & Sue Walder to Jessica Fay Pellam: \$145,000  
3025 Green St., Peter Palashewsky to Steven Kersting & Denise McMillen: \$243,500  
1930 North St., US Bank NA Trustee to Stephen Toomey: \$32,380  
1930 North St., Stephen Toomey to Brey Ltd. LLC: \$32,380  
1930 State St., Michael & Susan Duvall to Tory N. Keefer: \$130,000  
1526 S. 13th St., Secr. of Housing & Urban Development to Michael Baltozer: \$26,000  
604 Race St., Jos. & Holly O'Connor to Shane M. Cairns: \$182,000  
1413 Fulton St., John Michael Maddy to Ashley Beasy: \$110,000  
1412 Wyeth St., Britta J. Bjorkedal to James B. Cruz: \$101,000  
218 Emerald St., Safa & Rachael Farzin to Heather Michelle Buda: \$109,500  
1723 N. 3rd St., Homes of Struever Rouse to Gladys A. Robolino: \$121,800  
922 Penn St., Elizabeth E. Rathje to William Danowski: \$125,000  
1503 Penn St., Robert & Eileen Davis to Jonathan N. Adams: \$75,000  
337 Reily St., Nathan H. Hartman to Sarai Nelson: \$130,000  
335 Reily St., Green Street Properties to Heather J. Bailor: \$154,000.

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



## Pitcher, Writer, Inspiration

Willie Fordham, making a difference in the lives of others.

Molly K. Hans



Willie Fordham shows his pitching style to a lucky young fan, circa 1952.

When Wilbur L. “Willie” Fordham gives his motivational speech, “One Person Can Make a Difference,” he speaks from his heart—in more ways than one.

In 1994, at the age of 67, Fordham suffered a heart attack and was rushed to Harrisburg’s Polyclinic Hospital.

“For a few moments, my heart stopped beating,” said Fordham, a long-time city resident and fixture at the Broad Street Market. “When I passed over, everything was so peaceful. They say you’re supposed to see a tunnel of light when you go over. I didn’t see that, but I can truthfully say that everything was so peaceful that I really didn’t want to come back. But they started my heart with the electric paddles, kept me in the hospital for two weeks and sent me home.”

While Fordham was in the hospital, his wife Jessie convinced him to use the time to begin writing a book about his life as a black man growing up in central Pennsylvania, serving in Germany during World War II, playing Negro League baseball, coaching an all-white Little League team in Canada and pitching

for the Harrisburg Senators back in 1952. In that same year, he had a tryout with the Brooklyn Dodgers, nearly making the team just as baseball began to integrate.

Fordham hesitated because he knew it would be a difficult task. He was a ballplayer, not a writer.

“Some people are gifted,” he said. “They have the words and can put them together quickly. That wasn’t the case for me. It was very difficult to put my thoughts into writing.”

Three years later, his memoir, “I Gave It My Best Shot,” was published, and no one was surprised. Fordham has spent his life taking on difficult tasks and persevering until the job was done. Now he hopes to convince others—especially young people—that they can do the same.

He explained, “I had a serious heart problem, and I felt that, through my motivational talks, I could inspire other people to carry on even though they may have limitations.”

Fordham has never recognized limitations in his life—only possibilities. As a boy, he was raised by a single mother and his

grandmother in a house in Perry County with no electricity, indoor plumbing or running water. His family lived through the experience of a cross-burning in their yard. At high school in Carlisle, he was the only black player on the baseball team. During his senior year, he pitched a no-hitter. When the team went out to celebrate, Fordham was refused service at the restaurant.

He went on to serve his country, graduate from college, play professional baseball and raise a family. Today, he can be found most weekends at the Broad Street Market, where he sells Negro League memorabilia, signs autographs and soaks in the admiration of an appreciative community. Above all, he enjoys dispensing a lifetime of wisdom, sharing his experiences and life lessons with some simple, but powerful, words of advice:

### *Follow Your Dreams*

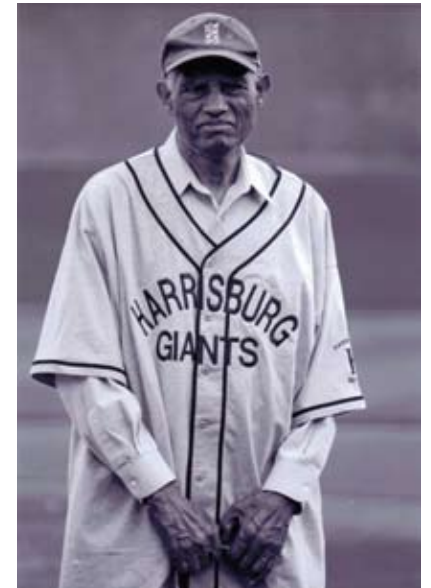
Fordham loved baseball. He never let the attitude of white coaches or managers interfere with his desire to play.

“We did go through some adversity,” he says. “We couldn’t stay at hotels, we couldn’t eat at restaurants, couldn’t use bathrooms. But there were a lot of black families along the way who helped us when we traveled and we were so grateful.”

He made it possible for other players to follow their dreams as well. In 1951, he was hired to coach a struggling Little League team in Belleville, Ontario. Under Fordham’s leadership, they never lost a game, and he remains friends with the “boys” he coached so long ago.

### *Don’t Blame Others for Your Problems*

Fordham observed that young people are apt to fall into this trap. “They lack motivation,” he says. “They sit back and say, ‘Give me,’ but they don’t know how to give back.” He encourages his audiences to stop wasting time figuring out who to



A recent photo of Willie Fordham, donning his old uniform from the Harrisburg Giants of the Negro League.

blame and spend more time figuring out how to solve the problem.

### *Stay on Course—Stay Focused*

Mary Fordham gets all the credit for Willie’s strong sense of perseverance. He said, “My mom insisted that we do our best and that we continue until we completed whatever task was assigned. She was the inspiration for staying focused throughout my life. And that has carried me through some tough times.”

“The bottom line,” he said, “is always give it your best shot.”

For more information about Fordham’s memoir, “I Gave It My Best Shot,” and his motivational speech, “One Person Can Make a Difference,” visit him Fridays or Saturdays at the Broad Street Market, 3rd and Verbeke streets.

Molly K. Hans is a freelance writer living in Shiremanstown. She and her husband own Hans Frozen Custard at the Broad Street Market.

## Mixed News on City Crime

Recent steps helped dampen summer spike.

*M. Diane McCormick*

Harrisburg's June shooting outbreak emerged from a combustible convergence of hardcore criminals, all on city streets at the same time, Mayor Stephen R. Reed believes.

"If you long-term remove from the streets those who are engaged in habitual, violent criminal behavior, you will have, I guarantee you, a reduced violent crime rate," Reed told TheBurg.

Data shows that when repeat offenders are locked up during one year, "you will see a decline (in crime) in the subsequent year, the subsequent year, the subsequent year," Reed said. "When they start coming back out, it goes back up."

From January through May 2009, overall city crime was down compared to the same period in 2008, but that was because the lesser of the serious offenses—burglary, theft, stolen vehicles—were fewer. Murder, rape, robbery and assault all were up.

Laws don't need to change, Reed said. Instead, county judges should impose harsher sentences for violent crimes. Asked if he has talked

with county officials since a cluster of 12 shootings rocked the city in June, Reed said, "I'll just politely say, 'yes.'"

First Assistant District Attorney of Dauphin County Fran Chardo said his office and the courts efficiently identify and incarcerate offenders.

"The sentencing guidelines appropriately treat violent crime and call for substantial state sentences, and we send people to the state penitentiary all the time," Chardo said. "Our judges appropriately deal with violent crime."

Since the June shootings, county detectives have helped city police investigations, Chardo said. "It provides more resources, and we were glad to provide them," he said. "We're hopeful that we're going to solve these crimes."

City streets were much quieter from the end of June to mid-July. Reed credited a crackdown built on new and existing city initiatives:

- Extended, 12-hour shifts for uniformed patrols—in cars and on foot—in targeted areas, especially on weekends.

- A new robbery task force concentrating on gun crimes, which was formed in June has grown from 10 officers to 14.

- Military field tactics to hone in on suspects.

- Police, probation and parole officers checking on parolees without advance notice "because that's the group that is far more likely to be engaged in the commission of crime," Reed said.

- Officers from different departments working together to prevent violence in high-crime areas. The unit, formed in January, has made 280 arrests, Reed said.

- Help from Gov. Ed Rendell in the form of six Pennsylvania State Police troopers in four patrol cars.

"We keep arresting people," Reed said, citing a man caught with a gun after fleeing a traffic stop. "We got another young guy with a gun, and in most instances, sooner or later, if he hasn't already used that gun, he probably will."

## Big Brothers, Sisters Hold Restaurant Tour

Big Brothers Big Sisters of the Capital Region will host its annual Destination Downtown, a popular restaurant tour with live entertainment to benefit mentoring programs in the Harrisburg region.

Sponsored by TEAM Financial Services of Harrisburg, Destination Downtown tour stops will include Stocks on 2nd, Ceolta's Raftery Room, Suba Tapas Bar and the Civic Club of Harrisburg.

The Aug. 20 event kicks off at 5:30 p.m. with a Sparkling Sponsors Reception at the Civic Club. General registration takes place 6 p.m. to 6:30 p.m. at the club.

Tickets are \$125-\$150 per person. For menu details and tickets, call 717-236-0199 or visit [www.capbig.org](http://www.capbig.org).

## Fire Hydrant Fireworks



Fourteen-year-old artist Caiti Deane of Camp Hill finishes her "Fireworks over the Capitol" painting near the corner of Walnut and Court streets. Maps locating each of the 58 painted hydrants are at Harrisburg Downtown Improvement District, 22 N. 2nd St.

## South Allison Hill

### Volunteers Needed

Weed and Seed is looking for regular volunteers to help monitor probationers in regular Friday community cleanups in South Allison Hill. Contact Jason Rissler, coordinator, at [jrissler@ywcahbg.org](mailto:jrissler@ywcahbg.org).

The Joshua Group is looking for regular volunteers to help with the Joshua Farm, located at 19th Street with a market to sell its produce at 213 S. 18th St. Contact Kirsten Reinford, Joshua Farm project manager, at [joshuafarm@pa.net](mailto:joshuafarm@pa.net).

### Beautification Tip

Participate in Harrisburg's Adopt-a-Block program. The program entitles participants to city-provided supplies, including gloves, bags, and sometimes tools. The form is available for download: [www.cleanstreetsproject.org/resources](http://www.cleanstreetsproject.org/resources).

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## New ER: Vital for Quality Emergency Care

Harrisburg Hospital's expansion will benefit entire area.

*Dr. Christian Caicedo*

You may have seen the recent media coverage about PinnacleHealth's new, and much needed, Emergency Department at Harrisburg Hospital. With increased patient volumes, more than 65 percent of all patients seen now live outside Harrisburg. The renovations to the hospital will allow better service to our entire community by providing a more efficient, larger ER.

As an ER physician, my colleagues and I at PinnacleHealth System have made a commitment that, upon opening, no patient will wait more than 15 minutes to be seen by a healthcare provider. Seconds count when a baby enters the world sooner than planned or a heart attack victim enters our doors.

In the past several months, we have made incredible strides towards raising the funds for this new facility, including a \$5 million matching grant by the Donald B. and Dorothy L. Stabler Foundation, and we are still working to meet our \$12 million goal.

In appreciation of the largest bequest to our health system, the new building will be designated the Donald B. and Dorothy L. Stabler Emergency Department Building, as jointly announced by Dr. Roger Longenderfer, PinnacleHealth president and CEO, and Larry Warkoczski, vice president for development and head of the PinnacleHealth Foundation. This will help immortalize the memory of

the humble Harrisburg couple who built a construction empire and set up a foundation, which to date has supported education and healthcare in central Pennsylvania.

In a similar vein, Dr. Longenderfer has restated that, despite the challenges posed by the current economic downturn, PinnacleHealth remains determined to fulfill a mission that dates back to the opening of its doors in 1873—to provide quality, accessible healthcare to the region.

Making the case for the ER expansion, Dr. Longenderfer described the strain the current state of the economy has placed on the nation's healthcare system. Approximately 50 million people in the United States do not have health care insurance, and the numbers are growing as workers who depend on employer-provided healthcare are laid off by the tens of thousands across the nation.

The emergency room has become the venue of choice for many people who have no primary health care and insurance coverage. Since 1993, emergency visits have increased at a faster rate than the population growth. PinnacleHealth has seen a 38 percent increase in ER visits within the past five years. Oddly enough, less than 10 percent of ER patients are trauma victims, and about 65 percent are from outside the Harrisburg region.

While we look forward to reforms at the national and state levels to bring down health care costs, PinnacleHealth currently provides \$28.6 million in uncompensated care to the people of this region. According to the Pennsylvania Health Access Network, an additional 44,000 working age adults become uninsured with each 1 percent increase in the unemployment rate.

Harrisburg Hospital's emergency room facilities were

designed for 41,000 visits annually, but 60,000 people visit each year. Dr. Longenderfer said it will cost \$28 million to upgrade the emergency room at Harrisburg Hospital, in order to handle 100,000 visits annually five years from now.

You can follow me on Twitter (<http://twitter.com/drcaicedo>) as I post live updates during my shifts in the ER. You'll get to see what it is like to be a doctor in the ER, learn about health conditions and understand the true crisis we are facing in emergency care.

Just as every life we encounter makes a difference in another, so does every dollar received help strengthen the lifeline within our community.



*Dr. Christian Caicedo, MD, MBA, is an emergency room physician at Harrisburg Hospital.*

## Priests Ordained, Begin Ministries

Four recently ordained men have begun their ministries as parochial vicars of parishes within the Diocese of Harrisburg. A parochial vicar works with the pastor in providing pastoral care to people of a parish.

The newly ordained are:

- The Rev. Jose Elias Mera-Vallejos, who served as a deacon at Seven Sorrows of the Blessed Virgin Mary Parish in Middletown, assigned to St. Catherine Laboure in Harrisburg.
- The Rev. Keith Carroll, who served as a deacon at St. Joan of Arc Parish in Hershey, assigned to Corpus Christi in Chambersburg.
- The Rev. Jonathan Sawicki, who served as a deacon at St. Francis Xavier in Gettysburg, assigned to that parish.
- The Rev. Paul Theisz, who served as a deacon at St. John the Baptist Parish in New Freedom, assigned to St. John Neumann in Lancaster.



Artist's rendering of PinnacleHealth's new ER.



NRG Energy's Harrisburg employees recently devoted a day to painting and making repairs at Christian Recovery Aftercare Ministry (CRAM), an organization that helps ex-offenders make a successful return into the community. Pictured from left are NRG Energy employees: Louis Wegrzyniak, Keith Schoffstall, Steve Arabia, Jose Sosa (in back), Gerald Brown (holding sign) and Dan Quinn.

## Retrospective: Clayton Lappley

Harrisburg native designed many of the city's most beautiful, best-known buildings.

Ken Frew

The 1920s was a peculiar decade for Harrisburg's architecture. While it should have roared with revolt, what prevailed was a reliance on traditional Renaissance and classical styles. Although a "modernism" entered the streetscape, architects really weren't attempting modernism as much as working new textures into their already comfortable masonry.

Clayton Jacob Lappley, a city native born in 1892, was probably Harrisburg's most prolific architect, exploring new textures and reworking historical styles. Many of his buildings endure today, such as the newly restored 1927 Riverview Manor Apartments at Front and Harris streets, which is noteworthy for its Collegiate Gothic style.

Lappley was the maverick in a family of Harrisburg shoe merchants. His father, John W. Lappley, emigrated from Germany in 1886 to open a shoe repair shop on Market Square, followed later by a retail shop at 4th and Kelker streets. His brother, John, stayed with the shoe business; Clayton had dreams of being an architect.

At Pittsburgh's Carnegie Institute of Technology, where he enrolled in the architecture course in 1911, Lappley met the great

Henry Hornbostel, the school's first professor of architecture and an influential practitioner in his own right. Hornbostel was regarded as a bold interpreter of the Beaux Arts style and would remain Lappley's mentor throughout his career.

Following graduation in 1915, Lappley worked briefly for the Philadelphia architectural firm of Zantzinger, Borie & Medary, engaged then in government housing projects. In 1919, although hoping to set out on his own, he settled for opening his first Harrisburg practice with a former fraternity brother, Carnegie alumnus Ritchie Lawrie Jr., who had earned a degree in civil engineering in 1911.

The firm of Lawrie & Lappley lasted only until 1922. Most of their work consisted of enlargements or alterations to existing buildings, with the classically fronted, former Market Street Trust Company, at 1006-08 Market Street, a notable exception (that building now is used by a public relations firm).

In 1923, Lappley launched his own independent practice. His neoclassical-style Moose Temple at 3rd and Boas streets was built in 1924 and was last used as the Ron Brown Charter School.

However, the style Lappley would most be identified with was Collegiate Gothic, or the secular use of the Gothic style, which had become popular with schools and universities. The architect's 1925 Doutrich's Men's Store at Market and Dewberry, with its façade now incorporated into Strawberry Square's Market Street entrance, was once a commercial version of the style, but has since lost most of its flamboyant Gothic motif.

The Riverview Manor and the 1926, five-story former Gannett-Fleming Building at 2nd and Liberty, the famous engineering firm's original headquarters, were

classic Lappley buildings. The belt courses and roof cresting were made from artificial, or cast, stone.

Lappley designed many houses in Harrisburg, and the architect's 1928 octagon-shaped, Romanesque Revival Beth El Temple, 2637 N. Front St., was one of his rare radical design statements.

Unquestionably, he won his widest acclaim with the design, in association with Henry Hornbostel, of John Harris High School, which opened in 1926 and was recently restored. Before the Great Depression brought new construction to its knees, Lappley designed another landmark, the Art Deco-inspired Payne-Shoemaker Building at 3rd and Pine, in 1930. At 13 stories, it soars above Capitol Park as one of his greatest achievements.

The architecture of the 1920s was in many respects the last gasp of the revivalist, traditional movement. The post-Depression



Eighty years after being built, Lappley's iconic Payne-Shoemaker building still defines the Harrisburg skyline.

years saw a shift from city-based architecture upon which countless architects, including Lappley, had built their practices.

Clayton Lappley continued his practice, designing mostly large public institutional buildings, until his death in 1964.

*Ken Frew is a research librarian at the Historical Society of Dauphin County. This article was adapted from a longer version printed in the November 1998 issue of Harrisburg Heritage. This fall, Frew will release, "Building Harrisburg: The Architects and Builders 1719-1941," a book on Harrisburg architecture.*

## Then and Now

Courtesy: Library of Congress



These views of the Harrisburg's train station were taken about a century apart. Today, the building is largely unchanged, even if the crowd has thinned out a bit.



Clayton Lappley, circa 1925



## Get Schooled in the Fish Dish

Seafood lovers find a treasure at Devon Seafood Grill.

Ellen Perlman



A dish of chipotle shrimp enchiladas is just one delectable choice at the new Devon Seafood Grill.

**D**evon Seafood Grill in Hershey makes the case for tearing yourself away from everything chocolate in the town known for it.

Housed in the historic Hershey Press Building, across from The Hershey Story museum, the restaurant is an education in fish, not just for diners, but for the chef as well. "I'm learning fish I didn't even know about," said Joe Mishler, executive chef, who was born and raised in Hershey.

That makes two of us. Always in search of something new, I had perused the lunch menu and was trying to choose between seared monchong (\$13.95) and seared walu

(\$13.50), both shipped in from Hawaii. Neither of which I'd heard of before. I went with the walu, a thick, buttery white fish, even though the waiter was extolling the virtues of the copper salmon, and I was tempted. I would definitely order walu again. It was tender and lemony with a slightly crunchy exterior.

Devon's fish is shipped in fresh, five days a week, and changes daily. The menu can change twice daily. And when Mishler says fresh, he means fresh. "We never serve Chilean sea bass, because it's flash frozen."

The fish may come from Alaska, Chile, the Pacific Rim or Prince Edward Island, but it's guaranteed to have still been swimming a short time ago.

Upon request, Mishler took me into the long and narrow, brightly lit kitchen to show me how, once the fish arrives, the boxes go immediately into a large refrigerator. There, a fish expert cuts them into portions on a table. And by there, I mean IN the refrigerator, where it stays a refreshing 40 degrees. Mishler also pointed out the mesquite wood-chip grill, where all the fish is cooked unless someone requests otherwise.

This is why guests should not make the mistake of filling up on the restaurant's signature sweet drop biscuits, which come to the table first thing, served warm, right off the cookie sheet they were baked on, accompanied by homemade honey butter. I wished I'd arrived with pockets or a large bag.

If you're not a fish lover, you can find turkey, chicken and beef options. I could have filled up on

the lemon asparagus risotto that is one of the side dish choices, and those drop biscuits, and walked away happy.

The 215-seat restaurant, opened at the end of April, is one of four Devon Seafood Grills around the country, including one in Philadelphia, founded in 1980 by Paul Robinson. The other two are in Chicago

and Milwaukee. The Hershey's franchise is operated by Hershey Entertainment and Resort Co. and is located next to Houlihan's.

It's the kind of place that works as a special occasion venue but also is welcoming to the casual diner, with its butcher block tables and attentive waiters. The cool, elegant dining room felt like a sanctuary from the heat and noise and crowds that can overwhelm a visitor to Hershey's attractions after too long. The nice part is that the shorts and t-shirts are okay.

I was with a large group, and we ended up in one of the two private dining rooms with hand-laid mother-of-pearl walls that showcase the restaurant's wines and champagnes. But I pined to be sitting in one of the big booths in the main dining room.

If you're a wine lover, you can choose from the menu's nearly 100 bottles, ranging in price at lunch from \$25 to \$215 (for the Dom Perignon), or from the 25 wines by the glass, ranging from \$7 to \$13.50. Devon offers two categories that you see more and more at fine dining restaurants: "interesting whites" and "interesting reds."



Some diners prefer to sail into the sleek bar area, where they reel in a generous happy hour each weekday.

At happy hour, Monday through Friday, the bar/lounge serves "ultra-premium" cocktails, appetizer and lobster specials and "handcrafted" martinis.

Dessert? Well, I certainly didn't have room for any of the gorgeous creations they brought out on a tray to show us. But I would have gone with the chocolate mousse in a cannoli-like shell with the fruit on the side. Something I've never tried before.

*Devon Seafood Grill, 27 W. Chocolate Ave., Hershey. 717-508-5460  
www.devonseafood.com*



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## Milk, Juice & More

Two new groceries add convenience to downtown living.

*TheBurg Staff*

Two small groceries have opened downtown in recent months, New York Deli & Convenience Store at 318 N. 2nd St. and 315 Mini Market at 315 Market St., across from Strawberry Square. They appear to have been needed.

Zia Bhatti, the 37-year-old proprietor of New York Deli, said that his customers include many of the senior citizens who live in the 23-story Presbyterian Apartments right next door.

"Anything they don't have, I get it for them," he said, while holding his four-year-old son, Haider.

The closest similar type of grocery is at least several blocks away. Keith LePrevost, manager at the apartment house, said the store serves a neighborhood need.

"A lot of our residents go over there," he said.

Bhatti also offers deli meats, sandwiches and salads. In addition, he owns a convenience store in Uptown, at 1601 N. 4th St., but is excited about being on 2nd Street. Nodding to a customer entering the store one afternoon, Bhatti said, "I like it here—nice customers and everything."

On Market Street, 315 Mini Market sells groceries, household goods, gifts and, in a few weeks, Pennsylvania Lottery tickets. Muhammad Malik, the owner, said the 1,300-square-foot store, across the street from Harrisburg University, has room to grow.

Malik also operates Choice Cigarette Outlet at 2408 Market St. At a recent grand opening, Mayor Stephen Reed praised the entrepreneur.

"Mr. Malik is no stranger to owning and operating a successful business within the city," Reed said. "We are confident this new store will thrive."

Noting the Rite Aid and CVS stores located a few doors



**Zia Bhatti holds his son, Haider, outside his new grocery store and deli.**

down already offer large grocery selections, Malik said customers come to his store because he prices lower than the chains.

"A lot of people are saying, 'We're happy you are here,'" Malik said, one recent afternoon as a steady stream of customers came in to make purchases. "Everything is so high compared to us."

As fall approaches, Malik anticipates brisk business from returning HU students.

*New York Deli and Convenience Store, 318 N. 2nd St. Open 8 a.m. to 2 a.m., Sunday to Thursday and 8 a.m. to 3 a.m., Friday and Saturday. 717-901-3650.*

*315 Mini Market, 315 Market St. Open 7 a.m. to 9 p.m., Monday to Saturday. Closed Sunday. 717-238-3437.*



**Malik, behind the counter of his store.**

## The Peaches of August

There's heat, humidity and bugs. Who cares? We have peaches!

*Stephanie Pomraning*

Fuzzy, fist-sized, ranging in color from deep, yellow-orange skin with golden flesh to smooth, white skin and creamy-colored flesh, peaches are one of the most treasured bounties of the summer.

It's no wonder people look forward to August at the market! The earlier varieties of peaches are known as cling peaches, meaning that they do not come off the pit as easily as the later freestone varieties. The early peaches are tasty and are best for fresh eating, while the later peaches are easier to work with for pies, jelly, canning and freezing.

The most sought-after varieties of peaches are Red Haven, Sun High, and Loring. These are all a yellow-flesh peach, with the Red Haven skin being almost completely red when ripe, while the Sun High skin remains yellow and is slightly larger than the former. The Loring peach is similar in size to the Sun High.

White peaches are also gaining popularity, with the Raritan Rose variety the most widely known in the local area. There's also the "donut peach," though it's limited in quantity and a little hard to find. It looks like a flattened-out white peach, but the taste is as sweet as a donut. If you are lucky enough to be at the market on one of the days that it is available, do yourself a favor and pick some up.

Peaches are a nutritious, low-calorie fruit. One medium-sized peach provides almost three-quarters of the daily requirement of vitamin C. Peaches contain lycopene and lutein (giving fruit their yellow-orange color), which are chemicals found to be helpful in prevention of heart disease and cancer. They are also a good source of fiber, iron and potassium.

Unlike some other fruit, peaches will continue to ripen once picked. To ripen under-ripe peaches, place them in a paper bag and leave them



**Fresh peaches make August a favorite time for news editors, among others.**

on your counter. Be sure to check them frequently, as they can ripen in as little as 24 hours. You can keep ripe peaches at room temperature for up to three days, but space them apart so air can circulate between the fruit.

Ripe peaches can be refrigerated, but this will not extend their life more than a day or two. Before storing ripe peaches in the refrigerator, place them inside a plastic bag to keep in humidity.

Freezing peaches is an easy way to enjoy their taste year-round. To freeze them, you'll need to peel and remove from the pit, slice into pieces of desired size and place in a single layer on a cookie sheet in the freezer.

Once they're frozen, just pop them into freezer bags, and you have them to use throughout the year. They're especially good when you put some of your frozen peaches in a blender with orange juice, a banana and some yogurt to whip up a delicious smoothie during the cold winter months.



*Stephanie Pomraning writes from Strites' Orchard Farm Market and Bakery, located off Rte. 322 between Harrisburg and Hershey. The market*

*offers fresh peach pies and freestone varieties, including, while quantities last, the coveted donut peach. [www.stritesorchard.com](http://www.stritesorchard.com)*



### A Summer Break

Take a vacation from the hot stove.  
You still can whip up a delicious Italian meal.

Rosemary Ruggieri Baer

I'm sure you've heard the expression "slaving over a hot stove." That is something my mother made a career of, even in the summer.

No matter how hot the weather, a big pot of chicken soup could be found on her stove. She made spaghetti sauce year-round, and summer was her favorite time to broil fat green and red bell peppers. She would take the steaming peppers from the oven and, when they were cool, remove the skins, cut them in strips and toss with olive oil for a roast pepper salad. Today, I char peppers on the grill outside in lieu of sticking my head under the broiler on a hot summer day.

If you're like me, you like to eat pasta all year around, but prefer something quicker, lighter and cooler than a heavy-cooked sauce. But there is so much more to the world of summertime pasta than the cold mayonnaise-laced dish we call "pasta salad."

Over the years, I have collected a number of pasta recipes that can be put together with a few ingredients and are perfect for a summer evening with a glass of chilled white wine. The wonderful thing about these dishes is that, most times, I improvise using whatever I have on hand. Now, it's true that even these uncooked sauces will require you

to cook pasta, and that is a hot job in any season. But that is the end of the cooking. The dishes can be prepared in advance and served at room temperature accompanied by a green salad or fresh melon.

I have three favorites I would like you to try. These dishes might be a little different than pastas you've eaten before, but maybe one of them could become a summer standby for you. Experiment with the amount of each ingredient according to your taste or substitute your favorite fresh herb if you wish.

#### ***Terrific Tapenade***

For the first, I use a variety of mixed Italian olives, both black and green. Try to find good imported olives, which have a very different taste than the water-logged products on the supermarket shelf. Chop them very finely along with several cloves of fresh garlic and place in a small bowl. Toss with good extra virgin olive oil and (please try this even if you think you don't like anchovies) several teaspoons of anchovy paste. It will add a distinctive taste that is not at all fishy. Add some fresh minced Italian parsley and, if you like, some crushed red pepper flakes. Toss with any fresh pasta of your choice. This olive mixture is called tapenade, and it is also wonderful on bruschetta.

#### ***Delectable Tomatoes***

My second favorite summer pasta relies on the fresh, ripe, juicy tomatoes only found in summertime. Chop several into small chunks and place in a medium bowl. Drain the tomatoes of any excess juices in the bowl. Take several handfuls of bright green basil, remove the stems and cut the leaves into strands. Mix in the shredded basil and toss with olive oil and a little minced garlic. Now add a cup or so of grated mozzarella. This

is a good opportunity to try fresh mozzarella rather than the rubber ball encased in plastic we all grew up with. Salt and pepper to taste and let sit until you are ready to toss with pasta. This uncooked sauce can sit for hours. It smells heavenly.

#### ***Tasty Tuna***

My third favorite uncooked pasta sauce calls for good Italian canned tuna. You can find this at Italian grocery stores or farmers' markets. Italian tuna is packed in olive oil, which can be kept and added to the sauce. It is worth a search to find it. I use 1 or 2 cans of tuna to a pound of pasta, along with 1 cup of chopped red onion, some diced roasted red pepper, lots of chopped fresh Italian parsley and hot red pepper flakes. Sometimes, I will toss in a small can of drained and rinsed cannelloni beans, which really add body to the dish, and ½ cup or so of drained capers. Try the combination of ingredients you like best. You'll feel you're dining at a trattoria on the Adriatic coast.

All of these easy summer pasta dishes go wonderfully with good Italian bread. Take your bowl outside on the porch, pour an ice cold Pinot Grigio and play a little Italian music. Savor the warm summer evening. And mangia!

### Pinot Grigio: Just Right for Summer

As Rosemary says, the popular Italian white wine, Pinot Grigio, is the perfect complement to light summer fare, preferably enjoyed al fresco. The following suggestions are well-rated and modestly priced:

- Santa Silvana Pinot Grigio, 2008
- Tosca Pinot Grigio, 2007
- Vino Dell'Arte Pinot Grigio, 2008

—TheBurg Staff



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

### Tuck into "Pasta: Barbershop Style"

"Pasta: Barbershop Style" will be on the menu Saturday, Aug. 29, as the Keystone Capital Chorus serves up a complete baked ziti dinner, followed by an hour-long show featuring the award-winning chorus and its member quartets.

The chorus will be under the direction of co-directors Dr. Jay Butterfield and Fred Womer, both of whom have sung in international competition. The event will take place at the Scottish Rite auditorium, 2701 N. 3rd St. in Harrisburg.

The Keystone Capital Chorus has won its division championship in nine of the past 12 years, most recently in 2008. They will vie for Mid-Atlantic District honors in Lancaster, Oct. 3.

Door prizes will be presented, along with a menu that includes baked ziti from A Taste of Italy, tossed salad, crusty bread, dessert, coffee and soft drinks. Dinner will be served beginning at 6 p.m., with the show set for 7:30 p.m.

Tickets are available for \$20 for adults and \$10 for children 10 and younger from chorus members and by calling 717-695-7527.

The Keystone Capital Chorus is south central Pennsylvania's premier men's chorus. For more, visit [www.keystonecapitalchorus.org](http://www.keystonecapitalchorus.org).

—TheBurg Staff

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#### Contact

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[jmiller@theburgnews.com](mailto:jmiller@theburgnews.com)

## New Steps for Danzante

Arts group evolves with new leadership, enhanced mission.

*Peter Durantine*



Danzante students perform flamenco at Artsfest.

For more than three decades, Danzante Community Arts Center has offered programs in Spanish art, dance and music. Now, as the founder moves to retire, new leadership is looking to expand the nonprofit's reach and services.

With an art studio and three dance studios, including a studio theater where music and dance is conducted, Danzante offers opportunities for youth, whether they live in the city or around the region, to express themselves through various forms of art.

"I think it's a treasure," said Corrina Mehiel, the new director, who is taking over for founder Camille Erice.

When Erice decided to start Danzante in 1978 with guitarist and co-founder Paco Molinero, her intention was to open a dance company where she could offer lessons in Spanish dance. A New York native, she had studied the art in Spain, where she became a Flamenco dancer.

"I just wanted to dance and share it with a community," she said of Flamenco, a form that is slow and soft and loud and rapid in its rhythm. "It's my love for the art."

Erice came to Harrisburg, where her family now lived, looking to open her studio. A church in Allison Hill's Mount Pleasant Historic

District offered her space in return for offering lessons to the youth in the community.

Thus began Danzante's evolution, from a dance company to community center.

"It evolved because of the needs in the community," Erice said. "There are not enough children involved in the arts." Noting the crime problems in the neighborhood, she said, "A lot of these kids are in trouble because they don't have any outlets."

Danzante's success as a community center was noticed and about a decade ago, when the old McFarland Press Building at the corner of Crescent and Mulberry streets was renovated, the developer invited Erice to move the community center there.

The large stone and red-brick structure, built in 1880 as a printing plant, stands at the Mulberry Street Bridge in South Allison Hill. Its mixed use of apartments and offices included a large, multi-room area for a nonprofit.

The invitation to occupy the space could not have come at a better time. Erice said the center had outgrown the church basement. The accommodations at McFarland, where Danzante's red sign hangs above the doorway, offer much greater space and efficiency.

Now, as Erice steps down, she said she is confident in Mehiel's leadership. "She's taking the organization into the 21st century with all her great ideas."

Mehiel said the long-term goal is to improve the quality of services for Danzante to become accredited as an arts program, allowing for more educational opportunities as well as scholarships.

Each year, between 400 and 500 students come through the program, learning to dance—

Flamenco or ballet—play musical instruments and paint. Students are taught the Spanish culture and some of the language behind the dance and music.

Danzante works with other community groups in the city such as Gamut Theatre Group, Capital Area School for the Arts and Salvation Army. It coordinates after-school programs with the school district. This year, it received a \$12,500 grant to help provide mentoring from the Harrisburg Institute of Messiah College.

"We were impressed with their application," said Jill Osielski, the grant projects coordinator for the institute, which works to help address urban community needs while fostering mutual learning among students, educators and groups.

At the city's Artsfest this year, while the students, dressed



Danzante's dance studio in the old McFarland building.

in traditional costume, danced and played music with Molinero leading on guitar, Mehiel said that Danzante's mission is "empowering youth with art."

"It's about teaching the kids that they're making a commitment to this art form," she said. "It's important for the kids to know the end result: they're showing the community their art and the community appreciates it."

*Danzante Community Arts Center, 200 Crescent St., [www.danzante.org](http://www.danzante.org), 717-232-2615, [danzante@paonline.com](mailto:danzante@paonline.com).*

The new home of the Capital Area School for the Arts is almost ready for students. At press time, the hallway (right) was done, while a dance studio (below) was nearing completion. The 10,400-square-foot space is on the ground floor of Strawberry Square at 3rd and Walnut streets. CASA, which has been in Salem Church at S. 3rd and Chestnut streets, is scheduled to open at its new location on Aug. 30. Visit: [www.casa-arts.org](http://www.casa-arts.org).





## Coming Soon ...

Shows for all tastes to hit Harrisburg stages this season.

Lori Myers

**S**ure, the Big Apple is only an Amtrak train ride away, and Washington, D.C., is a fast drive down and around the interstates. But theater, the live kind, is best when it's in your own backyard. The theaters in Harrisburg this coming season are serving a veritable smorgasbord of stage productions that will move you, thrill you and have you singing familiar tunes.

"Four of our five productions could rightfully be considered classics of their genre," explains Sam Kuba, Theatre Harrisburg's executive director. "Sometimes more jaded individuals will cynically refer to these titles as 'old chestnuts,' but there is an excellent reason why they have remained popular for so long. They happen to be very good shows that are fondly remembered and strike a responsive chord with an audience."

Of course, Kuba is talking about shows like "Mister Roberts" and "Annie," but the Hurlock Street theater, which performs its big-scale



musicals at the Whitaker Center, also boasts a newer "chestnut" this season entitled "Curtains," a musical comedy that closed on Broadway just last year.

"This is the central Pennsylvania premiere of this particular work," Kuba says. "It is a very funny show that has a great score with hummable tunes, big dance numbers, delightfully quirky characters and lots of costumes—each chorus member has no less than nine different outfits."

Open Stage of Harrisburg should know all about quirky characters. Last season's smash production of "Glitterama" returns



The funky "Glitterama" returns this season to Open Stage of Harrisburg.

this November to delight audiences with vaudeville and burlesque shenanigans. Outrageous and uproarious, "Glitterama" presents Gregg Glitterati and the gang from Baltimore with their almost circus-like entertainment...with a twist. You won't believe your eyes.

And staying true to its edgy and on-the-cusp mission, Open Stage will also regale the midstate with thought-provoking productions such as "Doubt, A Parable," the stage play that inspired the film with Meryl Streep and Philip Seymour Hoffman. Other special treats will be playwright/actor Sam Shepard's "Curse Of The Starving Class," one of the rare times one of Shepard's plays will grace a midstate stage, and August Wilson's "Jitney," a play described by the New York critics as explosive, soulful and immensely moving.



And if you're looking for soulful and moving, then you must be on the hunt for William Shakespeare.

Search no more, as Gamut Theatre will give audiences plenty of what the Bard ordered. Its season starts off with a production of "Richard III," a play with evil and greed at its core. On the lighter side, there's also "The Complete Works of William Shakespeare (Abridged)" filled with pratfalls, puns and ribaldry.

The kids (and adults, too) will enjoy watching the ever-entertaining Popcorn Hat Players in "Little Red Riding Hood" and "Robin Hood." Come December, they'll reprise "Twas the Night Before Christmas," which will be full of holiday hijinks for the entire family. The Players then take a breather when an all-student cast performs "Snow White" in Whitaker's Sunoco Theatre.

"This will be our first time producing a show for the public comprised of students," says Melissa Nicholson, Gamut's executive director. "Ellie (Alayne) and I are creating our own adaptation of the play, which will feature singing and dancing."

Singing, dancing, comedy, drama, glitter. It's here, all in our own backyard.

## Theater Season at a Glance: 2009-2010

Gamut Theatre  
www.gamutplays.org

Harrisburg Shakespeare Festival  
Nov. 6-21: Richard III  
Feb. 26-March 13: The Complete Works of William Shakespeare (Abridged)  
April 9-10: Macbeth  
June 9-12, 16-19: As You Like It (Free Shakespeare In The Park)

Gamut's Popcorn Hat Players  
Sept. 16-Oct. 3: Little Red Riding Hood  
Oct. 14-24: The Halloween Show  
Dec. 2-19: 'Twas the Night Before Christmas  
Jan. 20-Feb. 20: Robin Hood  
March 17-April 3: Beauty and the Beast  
April 17: Snow White  
May 5-27: Jack and the Beanstalk  
June 16-26: Aesop's Fables

Open Stage of Harrisburg  
www.openstagehbg.com

Oct. 9-31: Doubt, A Parable  
Nov. 14: Glitterama  
Dec. 3-6: A Christmas Carol  
Feb. 5-27: Curse Of The Starving Class  
March 13: The Diary Of Anne Frank  
April 16-May 8: Jitney  
June 3-26: Flying Solo Festival

Theatre Harrisburg  
www.theatreharrisburg.com

Sept. 18-27: Mister Roberts  
Nov. 5-22: Annie  
Feb. 19-28: Curtains  
April 16-25: Arsenic and Old Lace  
June 10-20: Bye Bye Birdie



Courtesy: Popcorn Hat Players

In December, Popcorn Hat Players will offer holiday fun in a "Twas the Night before Christmas." This scene is from a 2007 performance of the play.

## Alumni Exhibit at Lehrman Gallery

The artwork of Harrisburg Area Community College students is being celebrated at a juried Alumni Exhibit, which runs through Aug. 27 at the Rose Lehrman Art Gallery.

The show offers a wide spectrum of media, including painting, drawing, photography, sculpture, ceramics and jewelry. The jury reviewed more than 100 submissions before selecting 30 pieces for the exhibit.

A closing reception at the Gallery will be held Aug. 27, 5-7 p.m.

Summer hours are Monday to Thursday, 11 a.m.-3 p.m., or by appointment. Call 717-780-2435 or e-mail [kebanist@hacc.edu](mailto:kebanist@hacc.edu) for more information.



The HACC alumni exhibit includes this work by Bob Willis of Shiremanstown.

## Events Scheduled at Roland Mansion

A full slate of business, cultural and arts events is scheduled for the Roland Builder Mansion during the week of Aug. 10.

Showcased organizations and events include: Business Professionals Social Circle; Estamos Unidos Social and Silent Auction; Central PA Arthritis Foundation Chapter; Central PA Gay & Lesbian Chamber of Commerce; and Amma Johnson's debut CD release.

The 5,800-square foot Roland Builder Mansion is located at the Estates of Forest Hills off of Linglestown Road.

For more information, visit [www.gandjevents.com](http://www.gandjevents.com) or contact G & J Events at 717-433-1784, 717-805-9019 or [gandjevents@hotmail.com](mailto:gandjevents@hotmail.com).

## Civil War Museum Hosts Railroad Day

The National Civil War Museum will host a Civil War Locomotion Day on Saturday, Aug. 8.

Activities will be themed around trains and railroads in honor of the museum's current exhibit, "Boxcar War: Logistics of the Civil War."

The schedule of events will include "The Great American Railroad Show" with railroad songs and stories by singer/songwriter Ray Owen. Kids will have the opportunity to participate in a scavenger hunt, story time and much more. Presentations will include "The Importance of Harrisburg and its Railroads in the Civil War."

Additionally, visitors will experience a living history encampment with the Federal Generals Corps, which includes loading and firing demonstrations.

A complete listing of activities is available on the museum website at [www.nationalcivilwarmuseum.org](http://www.nationalcivilwarmuseum.org).

## Diversity Celebrated with Cultural Fest

Come celebrate diversity in our area with the Dauphin County Cultural Fest, scheduled for downtown Harrisburg.

The Aug. 7 event begins at 4:30 p.m. on Market Street between Front and 2nd streets. It's free to the public. The event is sponsored by the county's commissioners and the county's Cultural Diversity Task Force.

The open-air street festival will offer national and local recording artists, ethnic foods, crafts, special children's activities and more.

## At the Libraries

### Family Explor-a-Story

Stories, songs and crafts for whole family. Registration required. Aug. 1, 1 p.m. Olewine Library (232-7286), 2410 N. Third St.

### Y.O.U.R. Book Club

Join the Youth Services Librarian for an hour of book sharing, ages 9-14. Aug. 17, 4 p.m. Olewine Library (232-7286), 2410 N. Third St.

### Family Movie

Aug. 24, 5 p.m., popcorn provided. Olewine Library (232-7286), 2410 N. Third St.

## Museum Musings

### Art Association of Harrisburg

21 North Front St., Harrisburg  
717-236-1432; [www.artassocofhbg.com](http://www.artassocofhbg.com)

"Invitational Exhibit," the association's annual invitational featuring local artists Rachel Blaser (photographs), Chet Davis (acrylic paintings) and Don Weaver (mixed media), through Sept. 3.

### Arts at 510

510 N. 3rd St., Harrisburg  
717-724-0364; [www.artsat510.com](http://www.artsat510.com)

"Water: Art to Refresh You," water-themed paintings, photographs and sculptures, Aug. 18-31.

### Gallery Blu

1633 N. 3rd St., Harrisburg  
717-234-3009; [www.galleryblu.org](http://www.galleryblu.org)

"Japonisme," works inspired by Japan. Opens Aug. 7. Featured artists: Joann Wells-Greenbaum, Susan Ball-Faeder, Paul Long, Donna Belleson.

### Harsco Science Center

Whitaker Center, 222 Market St., Harrisburg  
717-214-ARTS; [www.whitakercenter.org](http://www.whitakercenter.org)

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

### National Civil War Museum

One Lincoln Circle at Reservoir, Harrisburg  
717-260-1861; [nationalcivilwarmuseum.org](http://nationalcivilwarmuseum.org)

"Box Car War: Logistics of the Civil War," supplying the armies, through Aug. 30.

"Living History," encampments by Civil War re-enactors, Aug. 1-2 (4th Texas).

### Rose Lehrman Art Gallery

One HACC Drive, Harrisburg  
[www.hacc.edu/RoseLehrmanArtsCenter](http://www.hacc.edu/RoseLehrmanArtsCenter)

"Alumni Exhibit," July 16-Aug. 27. See exhibit story this page.

### The State Museum of Pennsylvania

300 North St., Harrisburg  
717-787-4980; [www.statemuseumpa.org](http://www.statemuseumpa.org)

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

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

### Susquehanna Art Museum

301 Market St., Harrisburg  
717-233-8668; [www.sqart.org](http://www.sqart.org)

"Ancient Marks: The Sacred Origins of Tattoos and Body Marking," works by photographer Chris Ranier, through Sept. 13.

"Hidden in Plain Sight: The Vernacular Art of Mexico," works by Karen Kaiser, Doshi Gallery, through Aug. 9.

"Juried Exhibition," Doshi Gallery, Aug. 6-Sept. 13.

## The Stage Door

### Harrisburg Shakespeare Festival

3rd Floor, Strawberry Square, Harrisburg  
717-238-4111; [www.gamutplays.org](http://www.gamutplays.org)

See page 19 for 2009-10 season schedule.

### Hershey Area Playhouse

Sand Hill Road at Cherry Drive, Hershey  
717-838-8164; [hersheyareaplayhouse.com](http://hersheyareaplayhouse.com)

Auditions will be held Aug. 16-17 at 7 p.m. for roles in "Wait until Dark." The play will be performed Oct. 22-Nov. 1.

### Live at Rose Lehrman

One HACC Drive, Harrisburg  
717-231-ROSE; [www.liveatroselehrman.org](http://www.liveatroselehrman.org)

No shows scheduled for this month.

### Open Stage of Harrisburg

223 Walnut St., Harrisburg  
717-214-ARTS; [www.openstagehbg.com](http://www.openstagehbg.com)

Auditions will be held Aug. 3-4 at 6 p.m. for three roles in "Doubt, a Parable." The play will be performed Oct. 9-31. To schedule an appointment, call 717-214-3251 or contact [casting@openstagehbg.com](mailto:casting@openstagehbg.com).

### Oyster Mill Playhouse

1001 Oyster Mill Road, Camp Hill  
717-737-6768; [www.oystermill.com](http://www.oystermill.com)

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

### Popcorn Hat Players at the Gamut

3rd Floor, Strawberry Square, Harrisburg  
717-238-4111; [www.gamutplays.org](http://www.gamutplays.org)

"Cinderella," July 15-Aug. 15.

### Theatre Harrisburg

Sunoco Performance Theater, Whitaker Center  
717-214-ARTS; [www.theatreharrisburg.com](http://www.theatreharrisburg.com)

Auditions will be held Aug. 1 at 10 a.m. for children and Aug. 2 at 6 p.m. for adults for "Annie." The play will be performed Nov. 5-22.

## Whitaker Watch

**Church Basement Ladies.** Heartwarming play for the whole family, with actor William Christopher. July 29-Aug. 2. Tickets: \$42.50.

**Menopause the Musical.** A hilarious celebration of women going through changes in their lives. Aug. 4-9. Opening night will benefit Dress for Success, a charity that helps less privileged women prepare for work lives. Opening night includes a pre-show featuring a silent auction, wine and a dessert buffet.

**The Pretenders.** A night with the legendary rockers. Special guest Juliette Lewis. Aug. 15, 8 p.m., at the Forum. Tickets: \$47, \$53, \$60.

*All performances at the Whitaker Center, Sunoco Performance Theater, 222 Market St., Harrisburg, unless otherwise noted. 717-214-ARTS [www.whitakercenter.org/theater/index.asp](http://www.whitakercenter.org/theater/index.asp)*



## Cairo Connection: Harrisburg Students First in Nation in Global Learning Effort

*TheBurg Staff*

Just a few weeks after President Barack Obama appeared at the University of Cairo and shared a vision to connect American students with students around the world, the Harrisburg School District launched just such an initiative.

So far, local students have connected with students in London and are connecting in August with their Egyptian counterparts through an online program called Connected Learning Communities or cLc, already being used worldwide by 2.5 million students.

"Harrisburg is the first city in the United States to implement the cLc city-wide," said Mayor Stephen Reed. "Implementation of this 21st century learning platform has become possible and will radically alter the way many of our city's youth are learning."

"I want students in Kansas working with students in Cairo," Obama said in his speech, and Reed said Harrisburg is "the first school district in America to answer the president's challenge."

This global learning initiative first will involve students exchanging information about their cultures and countries. This fall, they will work on projects together.

Of Harrisburg's 9,000 students, 95 percent are minorities and about 80 percent live in poverty. School district officials recognize that innovation in education is necessary to help youth escape poverty's limitations, Reed said.

The school district is working jointly with Dr. Nermien of Nermien American International School in Cairo. The partnership formed with the help of the Harrisburg Public School Foundation, which seeks private and corporate contributions to help fund innovative educational programs for the district.

Dr. Lisa Paige, the foundation's executive director, said the district had been working with UniServity, the company that created cLc. After the president's Cairo speech, UniServity connected the district with Egyptian educational leaders.

Paige said Cairo students would benefit from the district's "arts in the schools," a pilot project geared toward introducing students to arts opportunities in the community and organized by such groups as the Harrisburg Symphony, Market Square Concerts, Theatre Harrisburg, OpenStage and Midtown Arts Center.

Dr. Gerald W. Kohn, district superintendent, praised the global learning initiative as "the beginning of the phenomenal learning opportunities that will be made available to our students through the implementation of the outcome-proven cLc."

For more information on the organizations involved, visit [www.hbgpsf.org](http://www.hbgpsf.org); [www.hbgpsd.k12.pa.us](http://www.hbgpsd.k12.pa.us); [www.harrisburgpa.gov](http://www.harrisburgpa.gov); [www.uniservity.com/usa](http://www.uniservity.com/usa); and [www.harrisburgacademy.org](http://www.harrisburgacademy.org).

## Harrisburg University to Hold Open House

Future students and community members can learn more about Harrisburg University of Science and Technology at a free open house, Saturday, Aug. 15, 10 a.m. -2 p.m.

The event will feature tours of the new 16-story Academic Center, hands-on demonstrations, presentations from faculty about the undergraduate and graduate degree programs and information on financial aid and the application process.

The university offers a variety of undergraduate programs in the sciences and technology. In addition, the university's graduate programs include master's programs in learning technologies and in IT project management.

Students may pre-register by calling 717-901-5101, by email at [CONNECT@HarrisburgU.net](mailto:CONNECT@HarrisburgU.net) or online at [www.HarrisburgU.net/visit](http://www.HarrisburgU.net/visit).

## HU Named a "Great College to Work For"

Harrisburg University has been recognized as a "great college to work for," according to the second annual survey by the Chronicle of Higher Education.

The university was recognized under the "facilities & security" and the "physical work space conditions" categories.

The Chronicle's "Great Colleges to Work For" program recognizes groups of colleges based on enrollment size for specific best practices and policies, such as compensation and benefits, faculty-administration relations and work environment. The results are based on responses from nearly 41,000 administrators, faculty members and staff members at those institutions.

The Chronicle of Higher Education is a leading journal for college and university personnel.

## Works of Art on the Waterfront



Young people from Harrisburg and Steelton spent part of their summer sprucing up the Steelton riverfront by painting benches, picnic tables and storm drain walls. In these photos, Jordan Jones of Susquehanna Township (top) and Melody Weaver of Harrisburg (bottom), both 17, add design and color to benches on the boat dock. They worked as "apprentice artists" in Jump Street's Design It! program. On Aug. 5 at 1:30 p.m., the Design It! apprentices will present their works of art at the boat dock to Steelton Mayor Tom Acri and Dauphin County Commissioner George Hartwick, III. For more information, please visit [www.jumpstreet.org](http://www.jumpstreet.org).



Central Penn College presented Harrisburg resident Floyd Stokes, head of the American Literacy Council, with an Honorary Doctorate of Humane Letters at its 127th Annual Commencement Ceremony at the Forum on May 1. Stokes (left), standing with College President Todd Milano, organizes "super reader" events, in which adults in the community take time from their jobs to spend a morning reading to school children. He's been holding reading events at schools in the Harrisburg area since he founded the organization in 2000.

## Bad Dog! Good Dog!

Are your pet's behavioral issues driving you nuts?  
Fortunately, most are easily resolvable.

Todd Rubey, DVM

How do I get Fido to do what he is supposed to do and stop chewing my shoes? How do I get Fluffy to use her litter box? How do I stop Polly from squawking all night? Bruno is always growling at the neighbors, what do I do?

These are just a few examples of the behavioral questions I frequently get. Behavior problems are common concerns for many pet owners, who must deal with them on a regular basis. Unfortunately, there is not one single, hard-fast rule when dealing with behavioral issues. Every case is individual.

Let's start with the new puppy. This is the most common behavioral scenario that pet owners face. Issues involved include house breaking, chewing, listening, learning easy commands, begging, sleeping through the night, etc. The first, and most important, factor in training a puppy is repetition, repetition, repetition. Puppies, like children, learn by copying and doing things they see and hear, which means repeating a lesson over and over again until they learn it. This process

takes a good bit of patience and time. It is important to start early, establish the ground rules and stick to them.

Often times, it is important to train the owners and other family members as much as, if not more than, the puppy. Ask for help. Go to a trainer or a puppy class at your local pet store or vet office. There are a multitude of training techniques out there. Try different ones until you find one that works for you and your puppy. Don't give up.

Kittens are not much different than puppies and, yes, they can be trained. Cats, in general, are just more independent and think they know everything. The problem is that we humans allow cats to get away with too much, and it goes to their heads. Again: repetition, repetition, repetition. I have trained my cats to come when I shake the treat box or shake a toy. I have trained them to stay off the counters and dining room table. I have many clients whose cats can do tricks. It just takes time and patience.

Grown pets can develop behavioral problems, as well. For example, the cat that quits using its litter box, an all-too-common occurrence. Try multiple litter boxes, especially if it is a multiple-cat household. Give the perpetrator a choice. It's vital that litter boxes be cleaned daily, or more frequently in some cases. Some cats won't go to the box if there is anything at all in

it. Also, offer different types of boxes and litter. Get both covered and uncovered, or try the electric self-scooping box. It is also important to have the cat examined by a vet to make sure there is no medical issue involved.

Isolation therapy is another technique to try. This is where the cat is put in a large dog crate with a bed, a litter box, some food and some water. The idea is that most cats will not go to the bathroom where they sleep, so they have no choice but to use the box, thereby retraining them to use it. Unfortunately, there is no fool-proof way, and it may end up that the cat needs medical intervention in order to help.

Separation anxiety is one of the most common behavioral issues affecting dogs. Dogs become so attached to their human companions that they can't stand to be alone. They become destructive, or they cry and bark continuously, driving the neighbors crazy. Try crating the dog at first. This keeps him from being destructive in the house. Some dogs will try so hard to get out of the crate that they can injure themselves, and some dogs are such good escape artists that no crate can hold them.

Another technique to try: give the dog a toy that is "special" and only used when you leave the house. Make it a good thing. Put peanut butter or another favorite treat inside it, so the dog has to work to get it. There are a couple of medicines available on the market to help with separation anxiety. There has been a pretty high success rate with these drugs (not perfect unfortunately), and they are relatively affordable. But, like most medications, there are potential side effects, so careful monitoring with your vet is important.



Todd Rubey, DVM, a veterinarian for 11 years, works for the Colonial Park Animal Clinic. He has a wife, three kids, one dog, two cats, one tortoise, five snakes and fish.

Aggression is another behavioral issue. This is typically the most difficult to deal with because it's often difficult to figure out the trigger for the aggression. The best solution is to avoid or try to prevent situations that trigger the aggressive behavior.

For example, avoid other dogs or cats, put the animal away when guests come over, build an enclosure or fenced area to contain the animal, provide some sort of distraction during negative stimulating periods. There is no good medical intervention for aggression. Prozac or other anxiety/mood altering medication can help in some cases but is by no means the best option. Most cases of aggression that cannot be easily controlled require the help of a behavioral specialist. There are many such veterinarians who have studied and offer behavioral consultation.

When dealing with behavioral issues, the most important thing to remember is this: do not give up. Don't be afraid to ask for help, but also don't expect an overnight fix.

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# Home Work

## Stop the Seep: Save Money, Energy by Fixing Air Leaks

Barry Kindt

Do you have uncomfortable rooms in your home? Are they too hot in summer; too cold in winter; stuffy in spring and fall? Are your energy costs rising?

Comfort and energy costs are closely related, but, as a homeowner, you can do something about both problems. In many cases, it's simply a matter of identifying and stopping unwanted air leaks.

First of all, watch the receptacle or switch on the exterior wall. Few homeowners are surprised by the leaks around their receptacles. I often hear statements such as, "I always felt a chill and draft sitting in that chair—but it's my favorite place to watch TV, so I simply bundle up."

Other areas for potential leaks include all exterior walls, ceilings exposed to attics, recessed lights, bathroom walls where a vent stack might traverse and—the real surprise—the soffit over the kitchen cabinets. It's important to have a certified Whole House Energy Audit Expert test for leaks in these areas.

And, remember, leaks don't originate just from outside the house. "Unwanted" air also circulates within a house, infiltrating into living areas from a basement or attic.

Pulling air from the basement or

attic into the living space is usually not a good thing. Basements are typically damp and some are musty, while the attic can be hot, and some are "creature" inhabited. So, stopping leaks from these areas can lead to a much healthier living environment.

Another benefit of testing: the assurance homeowners get that their heating and cooling system is properly sized for their home. Too small, and it won't condition the space adequately. Too large, and the heating and cooling system uses more electricity to operate, then short-cycles, causing drafts and destroying the comfort of the home.

Fortunately, fixing many air leaks is not too complex. Many fixes are simple and can be handled by a handy homeowner. Others are more complicated, requiring the expertise of a professional to repair.

It will be worth it. Testing and fixing leaks lead to a more comfortable and healthy living environment for you and your family. In addition, fixing air leaks can save substantial energy and, in the long run, a large sum of money.

Barry Kindt is president of SECCO Home Services. Contact him at [info@SECCOhome.com](mailto:info@SECCOhome.com) or 717-737-8100. [www.SECCOhome.com](http://www.SECCOhome.com).



Plug that leak! This diagram shows typical air movement within a house.

The Capital Area School for the Arts (CASA) is a high school program for highly motivated students in the Central Pennsylvania area who wish to expand their education in the arts in innovative ways. Offering accelerated experiences in five major art areas: visual art, dance, film and video, music, and theatre. CASA is administered by the Capital Area Intermediate Unit in partnership with Open Stage of Harrisburg.

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## Where Harrisburg Goes to Play

City Island: an urban oasis of nature, fun.

Rebecca LeFever

Imagine a wildlife park that's hidden from the bustling streets and sits right in Harrisburg's backyard. Welcome to City Island.

Ron and Diane Bell of New Cumberland visit City Island a few times throughout the year with their granddaughters, Kylie and Kacey Bell, to play a round of miniature golf at the island's Water Golf attraction.

"It's not too far, and it's a great place to come," Ron said. "We try and get out here a couple times a year when the weather is nice."

It's when that warmer weather of summer strikes that nature draws visitors to the island. In droves, people join the beaver, mink and deer that reside here year-round, reminding everyone that City Island is at the heart of a vibrant urban center. Beyond the trails and the foliage, the river itself tugs at the interest of young and old.

In its early history, the 63-acre island was a seasonal home to the Native American tribes of the Susquehannocks and the Iroquois. According to the Historical Society of Dauphin County, John Harris, founder of the city of Harrisburg, began his ferry service in the early 1700s. City Island remained reachable only by boat until 1817, when Camelback Bridge, the site of



Pride of the Susquehanna plies the river from City Island.

today's Market Street Bridge, was built to connect those who dwell in the city with the resources of the island.

If you're visiting the island today, for a minor league baseball game played by the Senators in their soon-to-be renovated park, or a soccer game put on by the City Islanders, you'll find that a hot dog in one hand and a cold drink in the other never tasted so good.

Visitors can stop by the 1922 beach house and concrete beach, open each day at noon. Nearly 20 activities, including miniature golf, a ride on a horse-drawn carriage, a train ride or food vendors waiting to tempt your palette have entertained visitors since the mid-1980s.

The waterfront heritage that the island offers goes beyond what you read in textbooks. That's why the Pride of the Susquehanna, which finds its home on the banks of City Island, has become a distinct piece of history for the community.

"She's not just a ride, she's a rather cool part of the city," said Peter Davey, executive director for the Pride. Run by self-proclaimed "river rats," the city riverboat is powered by two hydraulic pumps and can hold up to 120 passengers

on one of its cruises.

As a not-for-profit attraction, the riverboat is a piece of the community, belonging to the people of the region. From late April to early November, visitors can ride on one of three cruises offered each day, with the occasional dinner cruise to liven up the night life.

"What I really like to see is kids who wouldn't normally get on the river get to do so," Davey said. "Some kids live five miles inland and never get out here."

In an effort to become more of a spotlight for the city, Jazz on the Pride takes the riverboat from City Island to the corner of Locust and Front streets from June through September. Live music is played on the boat and members of the community are welcome, free of charge, on-board the Pride to enjoy a drink from the bar and a good time on the deck.

But don't let the water tempt you from afar. The history of the island surrounds boating of all sizes, and that's what makes City Island, home to three marinas and water lovers of all ages, the ideal spot to get your feet wet.

"If there's water nearby and I can be on it, or in it, I am," said Jill Miller, co-owner of Susquehanna Outfitters. Growing up near the Poconos, Miller spent most of her time on sailboats or small motorized boats. Spending so much of her young life on the water made jumping into a kayak and gliding along the Susquehanna River feel like home.

Now with her business partner, Steve Oliphant, the pair have started

a business that allows them to share their love of nature and the river.

With an environmental education background, Oliphant offers eco-tours through Susquehanna Outfitters, as well as teaching school age children on the Pride of the Susquehanna.

"I think it's worth encouraging the people of Harrisburg to take advantage of what's in Harrisburg," Oliphant said. "Having grown up in Harrisburg, I had no idea the river was part of the city."

Between a love of the river and a love of the city, Miller and Oliphant continue to educate visitors of all ages on what the island has to offer.

"Life looks different and feels different on the water," Miller said. "It gives a sense of ownership to the river."

It's with that philosophy that City Island remains an icon for Harrisburg. As long as the river remains a vital part of the community, the island will continue to welcome old and new friends alike to play on its shore.

### Live Outdoor Events

Levitt Live!  
Reservoir Park, 7:30 p.m.

Aug. 1: Reggae Festival  
Aug. 7: Friday Nite Gospel  
Aug. 8: Movie: "Kung Fu Panda" (starts 8:30 p.m.)  
Aug. 14: Friday Nite Gospel  
Aug. 15 Blues in the Night  
Aug. 21: Friday Nite Gospel  
Aug. 22: Movie: "Bedtime Stories" (starts 8:30 p.m.)  
Aug. 28: Friday Nite Gospel  
Aug. 29: Susquehanna Folk Music Society

Italian Lake Concert Series  
Italian Lake Park, 7:30 p.m.

Aug. 2: The Mumbles  
Aug. 9: David Bach  
Aug. 16: Harrisburg Harp Orchestra  
Aug. 23: Deni Bonet



Seven-year-old Kasey Bell makes a putt on City Island's miniature golf course.



## Watch Out: It Could be Lyme

Early detection, proper treatment is vital.

*Dr. John Goldman*

Lyme disease has become increasingly common in the Harrisburg area. In my last column, we discussed how to avoid getting the disease. In this column, we will discuss the symptoms of Lyme, including acute, early and late disease.

Acute Lyme infection occurs within four weeks of being bitten by an infected tick. The initial infection can be completely asymptomatic, can cause a non-specific, flu-like illness (fever, muscle aches and joint aches) or may cause a rash unaccompanied by other symptoms. The classic rash of Lyme disease is "erythema migrans," a painless, red lesion that expands slowly and is often clear in the center. It often resembles a bull's-eye.

Infection with Lyme can cause a wide variety of skin lesions. Therefore, even if a rash does not have the classic appearance, the possibility of Lyme disease should still be considered; about 20 percent of cases are without any rash. Consequently, Lyme disease should be considered whenever someone has a non-specific febrile illness or an unexplained rash during the season when Lyme most commonly occurs (April to October).

It can be important to recognize acute Lyme disease because it responds well to a short (two- to three-week) course of oral antibiotics, and proper treatment will prevent the long-term complications of the disease.

Early Lyme disease occurs within days or weeks of the initial infection, when the bacterium that causes Lyme disease disseminates throughout the body and can invade the heart, joint and nervous system. At this stage, patients often develop fevers, headaches, stiff neck and multiple skin lesions.

Lyme can infect any component of the nervous system. However, the most common symptom is a "Bell's Palsy," in which one side of the face droops and a patient may have trouble smiling, closing the eye or raising the eyebrow on the affected side.

When Lyme infects the heart, it often causes a heart block—in which there is delay in transmission of the heartbeat from the top of the heart (the

atrium) to the bottom (the ventricle). This delay is often asymptomatic. However, if there is complete heart block (where there is no connection between beats of the atrium and the ventricle), a patient's blood pressure may become too low, they may faint and may require a temporary pace maker.

When Lyme invades the joints, it frequently causes a "migratory polyarthralgia." This arthritis is characterized by multiple painful joints that do not swell. The pain is short lived, travels from joint to joint and typically self resolves.

Any patient who develops a new Bell's palsy, heart block or migratory arthritis in an endemic area should be checked for Lyme disease. The symptoms of early Lyme disease will resolve spontaneously even if untreated.

However, antibiotics are recommended to prevent long-term complications.

Late infection occurs months to years after dissemination and most typically affects the large joints (causing a chronic arthritis) or the brain (causing a subtle dementia). Lyme arthritis typically causes intermittent pain and swelling in the large joints (hips or knees). These intermittent attacks may progress to chronic arthritis. Lyme arthritis is typically treated with a trial of oral antibiotics, but if these fail then IV antibiotics are administered.

Lyme encephalitis typically causes subtle cognitive disturbances, most typically a loss of memory. It is often a hard disease to diagnose and requires treatment with IV antibiotics.



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

It is important to recognize the symptoms of acute, early and late Lyme disease. If Lyme is caught early and treated properly, the long-term complications can be prevented. If long-term complications are recognized and treated properly, they will usually be resolved.

## Street Snap



**Late morning in Soldiers' and Sailors' Grove behind the state Capitol building.**

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## Small Steps to Better Health

For seniors, a little movement can make a big difference.

*Brenda Hoover*

**E**xercise! How can you exercise when just getting out of bed in the morning, standing and walking are difficult ... or even painful?

Meet Dottie—proof that exercise provides surprising remedies for aching muscles and bones—no matter what your age. Dottie, in her 80s, had difficulty moving when she began exercising at Linden Terrace, where Absolute Wellness Group holds senior exercise classes. She was receiving injections—themselves painful—to relieve pain in her hip, but found exercising provided more relief than anything she had tried. She now joins classes held every Monday, and exercises with others at Linden Terrace during the week.

Meet Maude, a 90-ish, young-at-heart woman who is so determined to lead an active, healthy, physically

fit lifestyle that she serves as an inspiration to me—the professional, certified fitness trainer—when I am not completely motivated to work out.

Meet the amazing people who come to classes in wheelchairs and with walkers. These are not people who have exercised all their lives. Rather, they are just getting started during their senior years. However, they immediately feel the results of physical activity, and enjoy it enough to move on their own. Regardless of their current condition, they still benefit from movement and exercise, even if modified to adapt to their circumstances.

It is never too late to begin living a lifestyle that incorporates exercise, or what I refer to as “movement.” Seniors are not the

only age group to reap the health benefits. When we think about exercise, we often think of it only as a way to get in shape, lose weight or fit into our clothes. As children, we moved around constantly—if we had not, we would not have developed correctly. Why do we stop moving? By age 30, our bodies begin to lose muscle, and exercise is an easy way to build that muscle while strengthening bones.

Movement is critical to a properly functioning body. Everything—from metabolizing food for energy to blood flow into joints and our brain to less stress on our hearts—depends on movement. Movement is good for us, but do we really understand why?

Here is a short list of how movement supports our health:

- Reduces risk of joint and muscle injuries
- Improves flexibility and range of motion in joints
- Reduces risk of osteoporosis by strengthening bones
- Promotes good cholesterol levels
- Reduces risk of diabetes
- Decreases triglyceride levels
- Improves lung function in the ability to take in oxygen
- Reduces feelings of depression
- Improves immune system
- Contributes to mental clarity and well-being

Exercise has more benefits than just losing weight or getting into shape. Your individual exercise program does not need to be difficult, nor does it require equipment. When I started with the groups in Harrisburg, we had chairs and people. That was it! I simply took

them through the motions. Some have advanced to holding light weights; others have not, nor do they ever need to. The movement alone is supporting blood flow and is using the muscles in a different way than during their “day-to-day” lives.

A few tips on getting started:

- Start walking and moving.
- Join a group or create a group. A group is two or more people.
- Ask for assistance from a certified trainer. Ask questions. Be sure your trainer is actually certified from an accredited organization.
- Reach out to a local fitness or wellness center. Perhaps they have programs designed specifically for seniors. If not, you may be able to start in a beginner’s program. If you are not currently “moving” on a regular basis, I encourage you to start. If you can only walk five minutes at a time, then start there. Next week, you might be able to walk six minutes. Set small, attainable goals with a purpose of improving your health and quality of life.

A word of caution—before starting a program, please consult with your physician, and be sure you have the support you need to get started.



*Brenda Hoover is owner of Absolute Wellness Group. Contact her at [brenda@absolutewellnessgroup.com](mailto:brenda@absolutewellnessgroup.com).*

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## Landmark Building Opens



Daniel Deitchman, president of Riverview Manor Associates, his wife, Jennifer, and his parents, Gary and Rita, are joined by Mayor Stephen Reed for the July 20 ribbon cutting of the newly restored Riverview Manor, at 1519-1525 N. Front St. The first occupant of the 1927 residential building is expected in August. Many units have already sold, but some remain available. For more information, visit [www.harrisburgriverview.com](http://www.harrisburgriverview.com)



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August 12 - Central PA Arthritis Foundation Chapter Social Reception - [www.arthritis.org](http://www.arthritis.org)

August 13 - Central PA Gay & Lesbian Chamber of Commerce - [www.cpglcc.org](http://www.cpglcc.org)

August 14 - Amma Johnson's CD Debut Release Party - [www.ammajohnson.com](http://www.ammajohnson.com)

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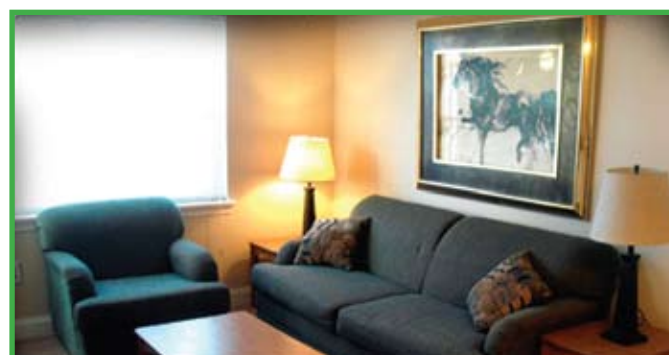
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