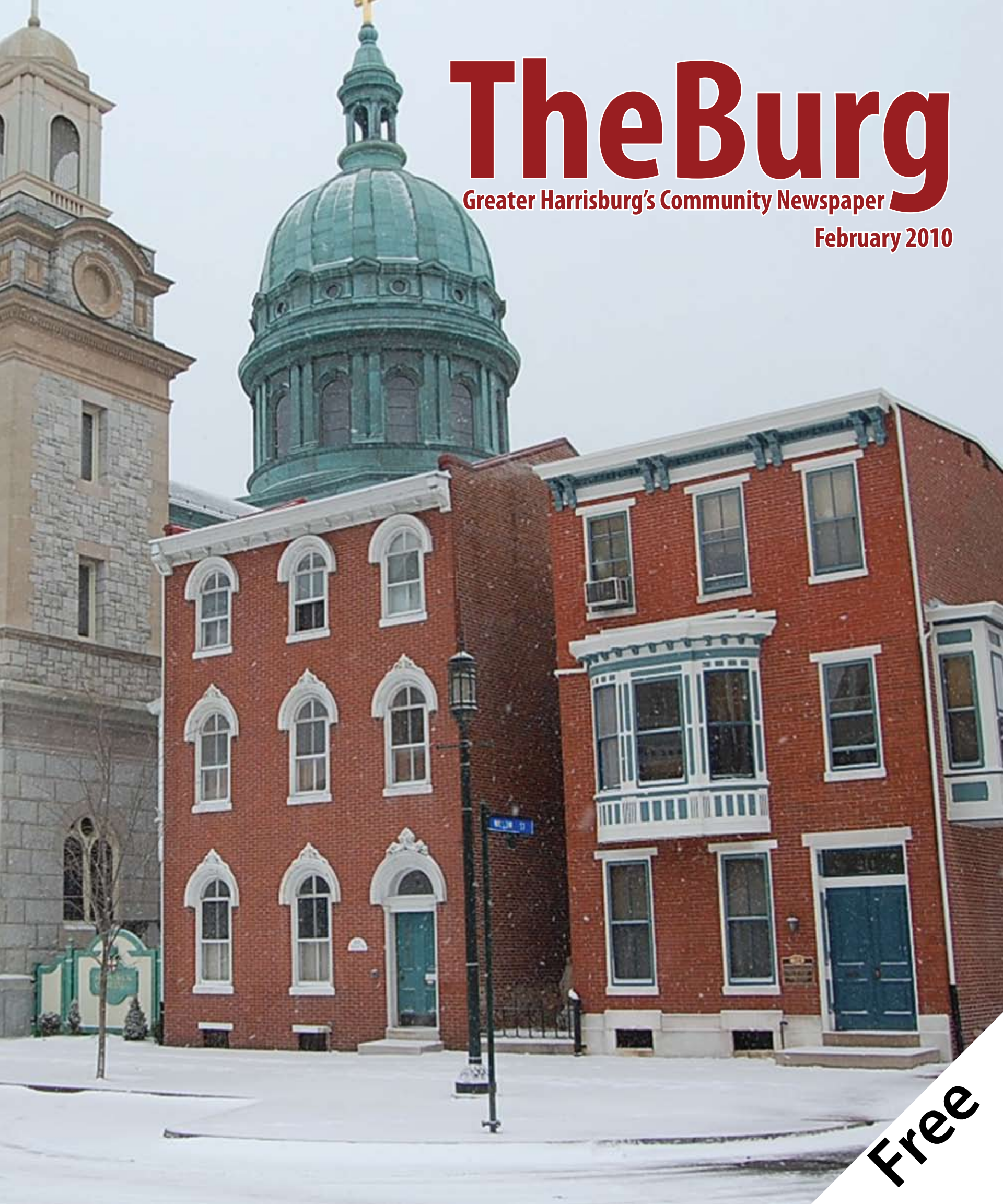


TheBurg

Greater Harrisburg's Community Newspaper

February 2010



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Ticket Reservations: 717-910-0313
www.centralpasymphony.org

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General & Letters

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A Community Comes Together

At TheBurg, we tend to shy away from the prediction or pundit business. We feel that's best left to others. However, it struck us that, when we reflect back some years from now, last month may stand out as enormously significant for the City of Harrisburg.

Of course, everyone knows that we have a new mayor and administration, which certainly will have tremendous consequences for everyone going forward. However, another event—the beginning of **3rd in The Burg**—may prove equally important for the future of the city.

Why? First of all, the debut of this monthly event—devoted to the city's arts, music and cultural community—was, by any measure, an unqualified success. Crowds packed each of the businesses that participated, a steady stream of people migrating among eight galleries and venues along 2nd and 3rd streets.

The spirit of the event was perhaps even more important. 3rd in The Burg was created, yes, to highlight Harrisburg's arts spots and expose more people to the too-often hidden cultural gems nestled in Midtown and downtown.

Equally, though, it was begun to help foster a sense of community and to promote Harrisburg as a terrific place to visit, be a part of and even call home.

To create 3rd in The Burg, the participating businesses came together with a sense of shared

purpose and a spirit of cooperation. Meetings were held, duties assigned, late nights put in, funding raised. In just a month or so, 3rd in The Burg went from a germ of an idea to a solid plan to a production all set to launch. On Jan. 15, the hard work paid off as the event went off with barely a hitch, despite the remarkable crowds.

For hours, attendees streamed into Arts at 510, the Art Association of Harrisburg, SPRAMA Gallery,

ArtHouse Lounge. You could hardly squeeze into Gallery Blu. The creatively inclined were making crafts at The HodgePodgery while, down the block, people met photographer Matthew Murray, whose stark, yet beautiful, photo exhibit, "Abandoned America," was showing at the Yellow Wall Gallery overlooking the beautiful space at Midtown Scholar

Bookstore. After 9 p.m., people packed into Stage on Herr, which had booked several local bands for the occasion.

Can this momentum be sustained in subsequent months, on the third Friday of February, March, April and beyond? We believe so. As is said, nothing breeds success like success, and we hear that more venues and more types

of businesses may be interested in jumping on board—or even beginning their own cooperative ventures.

At TheBurg, we're thrilled to have played a role in promoting the event. We were delighted to be invited to participate in the planning process, and we're excited about where this initiative is heading. For us, it's all about building community and creating a supportive, prosperous and welcoming urban environment in Harrisburg. That's why we began TheBurg, and that's why opportunities like 3rd in The Burg are so special to us and, we

believe, vital to the city.

If you missed the kickoff event, there's no need to worry. Just attend this month! On Feb. 19, there will be more great art,

music and socializing. For additional information and details, check out pages 16–17, our back page and www.3rdintheburg.com.

Otherwise, please enjoy our February issue, as we continue to highlight news, features and information of and for your community. And, to all our readers, Happy Valentine's Day!

—Lawrance Binda



facebook

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*This month's cover:
The corner of State Street and
Willow Street, Harrisburg*

City Hall

Thompson Selects New Chief of Police

Shortly after taking office last month, Mayor Linda Thompson named Capt. Pierre Ritter as Harrisburg's new police chief.

Ritter, a 29-year veteran of the force, replaced Richard Pickles, who briefly assumed the position after the retirement of long-time Chief Charles Kellar. Pickles also retired.

Ritter had served as commander of the Uniform Patrol Division since 2005 and was the department's highest ranking officer.

Ritter said that he would immediately organize programs to reduce the city's crime rate, including placing more police on the streets and opening police stations in residential neighborhoods.

Senior Staff, Salaries Announced by Mayor

Mayor Linda Thompson last month named some of her administration's top staff, support staff and salaries:

- Chief of Staff: Michael G. Holmes, \$83,000
- Senior Advisor/Communications Director: Joyce M. Davis, \$81,000
- Business Administrator: Michael Casey (temporary), \$83,000
- Ombudsman and Administrative Assistant: Brenda Alton, \$55,000
- Assistant to the Mayor: Jacquetta McCoy, \$40,000

The City Council must approve the salaries before they're finalized.

Council Chooses Committee Heads

With two new members, the Harrisburg City Council recently appointed committee chairs for the current term. Committee heads now are as follows:

- Administrative Committee: Council President Gloria Martin-Roberts
- Community and Economic Development Committee: Council Vice President Patty Kim
- Budget Finance Committee: Susan Brown-Wilson
- Parks and Recreation Committee: Wanda Williams
- Building and Housing Committee: Brad Koplinski
- Public Works Committee: Kelly Summerford
- Public Safety Committee: Eugenia Smith

Electronics Recycling Now Open Saturdays

Dauphin County's electronics recycling center will be open one Saturday a month this year, in addition to regular weekday hours.

The center will be open on the following Saturdays: Feb. 6, March 6, April 3, May 1, June 5, July 17, Aug. 7, Sept. 11, Oct. 2, Nov. 6 and Dec. 4.

Hours are 8:30 a.m. to 4:30 p.m. on weekdays and on the designated Saturdays. The center is located off Cameron Street near the Steelton-Harrisburg line. For more information, call 717-982-6772.

New Leadership for Harrisburg



Madam Mayor: Harrisburg Mayor Linda Thompson (left) stands beside her mother, Mary Crawford, and her granddaughter, Ja'Rae Mauldin, during her swearing in last month at The Forum. Thompson became the city's first new mayor in nearly three decades.

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A Capitol Work in Progress

1st phase of park improvements done, 2nd to come.

Peter Durantine

Since it was erected in 1868, the Mexican War Monument in Capitol Park, with its Greek Corinthian-style column, has been a fixture that, over the years, has gone almost unnoticed by passersby.

But the recent renovations to the south portion of the four-acre park, which included replacing the storm-drainage system and restoring the sidewalk along Walnut Street, has given the 75-foot tall monument a sort of makeover.

Concrete slabs that had surrounded the monument have been replaced—along with all the park's concrete sidewalks—with gray brick pavers to form an ellipse. Where a few wooden benches sat around the column, metal benches are now placed.

"We wanted to create a destination," said Christopher Ellis, project manager for the Capitol Preservation Committee, charged with maintaining the park. "The Mexican War Monument before was just lost—people walked past it. Now, it's this place for people to

stop. Hopefully, people will utilize it even for events."

Most dramatically, the monument is now, for the first time, illuminated at night by three sets of spot lights. Boies Penrose's statue near the park's southwest corner is also lighted, giving the park a more attractive appearance.

Come spring, park visitors will see bursts of color at southern entrances where Yoshino Cherry trees and dogwoods are planted, along with some oak trees.

"The main entrance to Capitol Park in the spring is going to pop with the cherry blossoms," Ellis said.

As for the new drainage system that was the primary purpose of the work—replacing 15-inch wide storm-drain pipes with 6-inch pipes that were installed sometime in the 1920s—it has corrected a decades-old flooding problem.

"Everything has been working as we expected," Ellis said.

Now that the south portion of the park is complete, workers will turn their attention to the area in



Capitol Park improvements give the Mexican War Monument a dramatic new setting (left). The replacement of the faulty drainage system should eliminate persistent ponding and flooding.

A new brick sidewalk on the Walnut Street side of the Capitol has made the area safer for pedestrians and far more pleasing to the eye (right). Sidewalks around the Capitol—what a concept!



front of the Capitol building. This April, shovels and backhoes will be a common sight along 3rd Street from Walnut to the wide stairway where 3rd meets State Street.

"Aesthetically, it will look the same," Ellis said.

A retaining wall like the one along Walnut Street will go up along 3rd Street, but it will be two-tiered because of the steep embankment, and a wide sidewalk will run from Walnut Street to the stairway.

Also, a handicapped switchback ramp will be built at the stairway across from Locust Street. New trees also will be planted. The cost for this portion is \$2.6 million.

The project should be finished sometime in the fall. The third and last phase—which would replace storm drains, widen the sidewalk and install a retaining wall along 3rd Street from the stairway to North Street—is scheduled to begin in April 2011 and continue throughout much of next year.

Lovely Bones



"Tusks!" opened last month at The State Museum. It features the museum's newly assembled Marshalls Creek mastodon, along with the story of extinct mammoths, mastodons and their tusked relatives.



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Commercial Realty: Less Boom, More Bust

Harrisburg market is healthier than most places, but it’s still rough.

Pat Carroll

There’s a reason why Forbes magazine called Harrisburg a place that is recovering quickly from the Great Recession.

“Our banks did not get involved in sub-prime,” said Joe Bedard of CIR, a 22-year veteran of commercial real estate.

Maybe it’s the Amish in us, or those tight-fisted Scotch-Irish traditions, but mortgage bankers often cite the region’s low rate of default and foreclosure. The Harrisburg area has always been on the side of prudence where money is concerned. Then there’s the employment base.

“We’re all fond of saying here that Central Pa. is recession-proof,” said Greg Rothman of RSR Realtors. “The reason we were recession-proof was we didn’t lose jobs because of government,” the largest employer

in the area. “And we still do have government. It’s our biggest user, owner, operator, tenant, landlord. The City of Harrisburg is still the state capital.”

Even now, unemployment in the Harrisburg market is falling from a July peak, according to the U.S. Bureau of Labor Statistics, and is always low compared to the national average.

What that means for Harrisburg’s bustling office market is, generally, good. Many businesses are staying in business because of some creativity in Harrisburg’s small-market atmosphere.

As everyone strives to cut costs, “landlords are renegotiating leases with their tenants rather than have their tenants leave,” Rothman said. “I think for the next year it’s going to be interesting. Everything in real

estate is about cycles. You can’t just continue to have growth, growth, growth; you have to have some kind of contraction.”

Commercial real estate sales peaked in 2007 at \$498 billion, Bedard said. “In 2008, there were \$143 billion in sales, through June of ‘08 there were \$15 billion. That’s a 94 percent decline from the peak.”

A major reason is new and stricter lending rules that call for 35 percent down money. It’s hard to make a loan on those terms. To keep the market running, Bedard said, bankers are letting expired notes run beyond the usual 5-year term because building owners can’t qualify under the new rules.

“What seems to be happening now is extend and pretend,” he said. “Banks continue the payment schedule and pretend there’s a new 5-year schedule in place because the borrower can’t meet the new lending requirements of 35 percent down. So they pretend ...”

It’s not a solution to the market churn that boosted property values six or seven years ago, in a

prosperous freewheeling time, and then cut them down again. It’s only a workaround.

The next three years will test lenders and borrowers alike.

“All the properties bought in 2005, 2006 and 2007 that had 5-year rollovers on their financing are coming up in 2010, 2011 and 2012 to be refinanced,” at new, reduced values with less owner equity—and at a larger equity requirement, Bedard said.

Let’s do the math. On a \$10 million property, say the owner put in \$2 million when he bought it. Five years later, it’s worth only \$8 million. So that 20 percent the owner put in is now worth only \$1.6 million.

And to keep the building, he has to come up with 35 percent of the \$8 million, or \$2.8 million. The equity counts for \$1.6 million, but that still leaves a large balance.

“That means,” Bedard said, “you have to come up with over \$1 million out of pocket to refinance a property, where you did everything right the first time.”

New Businesses Open



Melissa Visker cuts the hair of Matt Palumbo of Hummelstown. Her new salon, Melissa Alyson, opened last month at 202 N. 2nd St. in downtown Harrisburg. A licensed cosmetologist, Visker offers a full range of services, including nails and hairstyling in her richly decorated shop. You can reach her at 717-232-5652.



T-Mobile last month held the grand opening of its location at 1312 Derry St., in Allison Hill’s Mount Pleasant Plaza. The store, located in a long-vacant space, actually has been operating since November. Manager Dave Silva said business has been brisk.

Changing Hands: December Property Sales

Adrian St., 2451: \$39,000	Market St., 2305: \$123,500	Oxford St., 609: \$54,900
Brookwood St., 2408: \$102,500	Meadowlark Pl., 3012: \$85,000	Park St., 1915: \$24,000
Burchfield St., 319: \$22,000	Melrose St., 913: \$45,000	Penn St., 2229: \$104,000
Calder St., 213: \$125,000	Mulberry St., 1846: \$45,000	Reily St., 223: \$55,380
Caledonia St., 1943: \$89,900	N. 3rd St., 2528: \$74,596	Rumson Dr., 306: \$48,000
Derry St., 1711: \$30,000	N. 4th St., 1620: \$35,000	S. 16th St., 440: \$58,000
Derry St., 2114: \$34,950	N. 4th St., 1634: \$125,000	S. 25th St., 626: \$72,000
Derry St., 2116: \$34,950	N. 4th St., 2225: \$50,000	S. 25th St., 632: \$68,000
Derry St., 2329: \$73,700	N. 4th St., 2611: \$73,000	S. 28th St., 728: \$90,000
Edward St., 504: \$90,100	N. 5th St., 1730: \$50,700	S. Front St., 601: \$225,000
Emerald St., 249: \$90,000	N. 6th St., 3121: \$79,900	Susquehanna St., 1914: \$141,300
Forster St., 264: \$78,000	N. 6th St., 2654: \$39,000	Swatara St., 2134: \$24,600
Green St., 1118: \$173,500	N. 6th St., 2709: \$75,500	Zarker St., 1919: \$41,000
Hale Ave., 444: \$55,000	N. 16th St., 911: \$82,000	
Hamilton St., 222: \$193,000	N. 18th St., 1010: \$33,750	Source: Dauphin County, property sales for Harrisburg, greater than \$20,000. All data is deemed to be accurate.
James St., 1333: \$119,900	North St., 1900: \$125,000	
Market St., 1234: \$85,000		

Bolts and Strikes

Come spring, a nearly new ballpark will greet fans.

Peter Durantine

From across the frozen, snow-covered field on City Island, as workers assemble a cold steel skeleton for the new grandstand at Metro Bank Park, the boys of summer seem a long way off.

This is the last of the two-phase, \$45 million renovation of the Harrisburg Senators' new home. When the fans arrive on Opening Day, April 15, the transformation of the old baseball park, built in the late 1980s, will be completed.

Most of the facility, including seating, administration offices, box office and the Senators' souvenir and memorabilia store, is elevated above the 100-year flood zone. A boardwalk wraps around the park, allowing fans to walk around the field during the game.

"It's going to be very accessible," said Kevin Kulp, team president.

In mid-winter, when one could only dream of the balmy game days to come, Kulp gave a tour of the park, which seats 6,200, about the same number as the old park. Where general seating in the old park ran only along the first- and third-base lines, the new park offers outfield

seating and areas for picnics and parties.

And while there are 21 luxury suites overlooking home plate that can be purchased for multiple seasons—something the old park did not have—there also are three dugout suites along the third-base line that can be purchased per game.

Although home plate faces west and not east with the city skyline in view, patrons of the luxury suites will have a view of the field, while, behind them, large glass windows will offer the cityscape. The suites will range in price from \$25,000 to \$35,000 for 3-, 5- and 7-year terms.

The quality of the seating also has changed, from a park that was 90 percent bleachers to one that is 90 percent seats.

Josh Leventhal, who studies minor league parks as the news editor at Baseball America, said the old park did not take advantage of its location, noting that the new park, with its boardwalk, allows visitors to enjoy views of the city and river during the game.

"To see how effective it is, is to look at attendance," he said, noting

that, after the first phase of the renovations, completed for the 2009 season, attendance was up 43.6 percent, from 164,182 the previous year to 228,741. Average per-game attendance last year was 3,574, compared 2,488 in 2008.

"From all indications, the ballpark is going to be a huge impact for them," Leventhal said.

Kulp points out that significant parts of the old grandstand were not demolished, including the restroom facilities, which will be renovated. Yet more space has been added, presenting some interesting ideas going forward.

"It adds a bit of character to it," Kulp said. "We're really going to be growing with this park to see how to utilize all this space."

Other features include kid play areas under the stands that will have inflatable games and kids-only concession stands. Perhaps one of the best parts of the new ballpark is the entrance. Not only is it wide, but it's no longer a hike to reach.

It's just an easy pitch from the Walnut Street Bridge and the parking lot.



A stadium rises: Work continues on the major renovation of Metro Bank Park, despite the very non-summery landscape. Below, finishes are put on the interior of the box office.



CHERYL WHEELER

In Concert

Sunday 2/14
7:30 PM * \$20

This month's featured coffee: **Valle del Santuario** (Peru)
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February Coffee Cupping: Friday 2/19, at noon.

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Great Grapes



Best-in-Glass: The Pennsylvania Wine Society last month gave its annual Wine Excellence Award to Chaddsford Chambourcin 2007, produced by Eric Miller of Chaddsford Winery. The awards event, held at the Hilton Harrisburg, honors the best in Pennsylvania wine-making.

On a Mission of Mercy

Mission Central formed to expedite relief, assistance.

Kathy M. Briner

In June 2002, the Central Pennsylvania Conference of the United Methodist Church, having looked across the vast landscape of need, decided a central missionary organization was required to serve individuals and organizations that are near and far.

The Conference presented a grant for the creation of "Mission Central," which enabled the new organization to purchase a 48,000-square-foot warehouse in Mechanicsburg, where it operates independently. No shared funds from the Conference's member churches are available to Mission Central.

The organization has a dual purpose mission: we are a clearinghouse for other, more targeted local missions, and we are a mission in our own right.

Our mission partners in our "house of missions" are: Bethesda Mission, Computer Ministry Inc., New Digs Ministry Inc., Mission Transport and Somali Community of Pennsylvania. These missions actually operate inside our warehouse; they have their own

space and offices to conduct their daily work.

As a mission, Mission Central has multiple tasks. We have a medical supply ministry, supplying medical equipment to people who are uninsured. We work with several local hospitals. We also work with Project Cure, Lemoyne-based Cure International and many small medical ministries worldwide.

In 2009, Mission Central gave \$1.4 million worth of materials to people in need in Harrisburg and around the globe.

We assemble and verify "relief kits" for local and worldwide use. The kits used internationally have standardized lists of ingredients that are sent worldwide to give aid to the needy wherever a disaster occurs. The kits we assemble are for general health, infant care, sewing materials, birthing supplies, school supplies and cleaning supplies. The cost to us ranges from \$8 to \$50 per kit.

The "relief kits" used locally in Harrisburg and surrounding communities are "Mission Central Kits." They are kits for children, for personal care and for babies; kits for the homeless and for people who are incarcerated. These kits are made with supplies donated to Mission Central. They are worth \$10 to \$30 each.

We distribute clothing to the needy, locally and to people worldwide.

We network people and missions so they can help each other. We have supported more than 230 different social service and ministry agencies with supplies they have requested. We are intentionally ecumenical: all races, all religions, individuals and groups of people with a legitimate need. We serve people by fulfilling their needs.

All of the work is done by volunteers. Last year, we had 3,500 volunteers from all over the Northeast and Mid-Atlantic



Volunteers are hard at work at Mission Central in Mechanicsburg.

states. The age range of volunteers is 4 to 90 years old. They do all types of tasks: sorting, packing, relief kits, recycling, cleanup and loading shipments to go worldwide.

Our volunteers may be of different religious groups, Girl and Boy Scout troops, civic organizations, schools and individuals fulfilling court-ordered community service.

We are registered as a participant in the Disney "Give a Day, Get a Day" program, in which people may volunteer and earn a free one-day pass at a Disney Park.

In 2010, Mission Central is conducting events throughout the year to recognize missions near and far. The first, which is free, is 1 p.m. on Feb. 27. The featured local mission is Bethesda Mission and the worldwide is Arms Around Africa. We will have refreshments, door prizes and tours. No registration is required, except for groups of five people or more. Baskets will be provided for donations to the two missions. For more information or to register a group, contact Wanda Jacobs, Mission Central's Mission Education Chairperson, at 939-2993 or buddy.beetle@verizon.net.

Our financial needs are met in different ways. We need gifts from individuals, groups and corporate donors. We hope to solicit grants from corporations and endowments from individuals. Our operating budget consists of monetary gifts

and supplies we receive from people.

We have a few fundraising initiatives, such as Friend in Mission (\$60 per year membership). We also need corporate, family and individual interaction. To provide more resources for our outreach ministry, we are trying to eliminate the debt on our building, which is about 30 years old and needing repair. Donors providing products, services and labor for major upgrades to the facility using green initiatives are sought.

The people helping people idea is nothing new. It is mission.

Mission Central is located at 5 Pleasant View Dr., Mechanicsburg. To volunteer, donate or request a tour, call 717-766-1533 or visit www.missioncentral.org.



Kathy M. Briner is Mission Central's deputy director.

In Tribute ...



Harrisburg recently named its Public Works Department building in honor of Joseph L. Crosson, Jr. A long-time department worker, Crosson died in an accident while collecting trash. He was the first city employee killed while performing his job in three decades.

Pastor Leads Diocese until Bishop Named

Father Chester P. Snyder, pastor of St. Joseph Parish, Mechanicsburg, has been elected Diocesan Administrator by the College of Consultors of the Diocese of Harrisburg.

Snyder will lead the diocese until a new bishop has been appointed to replace Bishop Kevin Rhoades, who was transferred to Indiana in January.

"My job is to help the diocese transition into the era of a new bishop and to maintain the status quo and stability of the diocese with the help of the very capable personnel in the diocesan offices and parishes," Snyder said.

Activism, over the Air

Phyllis Bennett's gospel show blends religion, community, purpose.

Peter Durantine



Phyllis Bennett plays beautiful music and asks tough questions on her gospel radio program.

Each week, Phyllis Bennett leaves the pews of Greater Zion Missionary Baptist Church on Progress Avenue to drive to a little radio station in Shiremanstown and hosts central Pennsylvania's only Sunday afternoon gospel music program.

"I enjoy it," said the longtime community activist and public speaker. "It's an opportunity to meet the needs of people. We have

people in prisons, in hospitals or who are shut-ins listening to us."

Listeners of the "Joyful Praise" show on WWII Radio 720 AM live in 16 Pennsylvania counties, northern Maryland and parts of West Virginia. The broadcast lasts anywhere from three to five hours and it includes an hour-long issues

program Bennett started two years ago called "Community Perspective."

"We bring people in to talk about issues that are important to the community at large," said Bennett, a soft-spoken, but tough-minded person.

On one particular Sunday last autumn, Bennett was interviewing judicial candidates from both parties, asking them pointedly, "If you were a defendant, what would

you want in a judge?"

Bennett knows judicial elections garner perhaps the least attention as well as the least participation from voters. She began the program urging her listeners "to please get out and vote ... the judges have a great impact on your life."

Other program topics have ranged from street violence, inmate abuse in Dauphin County Prison and drug abuse.

Bennett, who grew up in Pittsburgh listening to Sunday radio programs of gospel music, said she started the broadcast 13 years ago, "because there was no gospel music on in central Pennsylvania on Sunday afternoons, and I thought that was sad."

She sees the broadcasts as giving listeners and, in particular, people in need—the imprisoned, infirmed and the homebound—hope and encouragement, as well as good gospel music.

Recalling her gospel radio listening days in Pittsburgh, she said, "You had the opportunity to listen to some of the finest artists anywhere."

Bennett, the former public relations director for the National Convention of Gospel Choirs and Choruses, got the broadcasting bug when she was asked to appear on a local radio gospel program, then worked with Olin Harris, a minister and gospel musician who had been broadcasting on Harrisburg radio and TV since 1957.

Harris, who died in 2009, founded and produced "Echoes of Glory" for WKBO 1230 AM. He advised Bennett to start her own program, and, on a leap of faith, she started "Joyful Praise."

Kirsten Nicole Harris, who used to broadcast with her father and is now host for a Sunday morning gospel program at The Touch 95.3 FM, cited Bennett's "sincere desire and passion" as the reason for her father's encouragement.

"I think she's following the template my father set," Harris

said, noting Bennett's "Community Perspective" program is integral to the gospel music program.

Bennett has a long, distinguished career as a community activist. She has her own public relations and advertising firm, PIB Associates, is a public speaker and heads the Pennsylvania chapter of the Speakers Access Agency, which books such notables as former Massachusetts Gov. Mitt Romney and singer/actress Melba Moore.

Bennett, who holds a master's degree in public administration from the University of Pittsburgh, was appointed in 1998 to serve under Gov. Tom Ridge's administration as liaison to educate churches and faith-based organizations about the welfare reform law and its effect on recipients and the community in general.

With her background, Bennett has appeared abroad in such places as Thailand and Israel, as well as across the United States, giving speeches on such topics as the role non-government organizations play in the peace process and poverty.

Locally, she casts a wide net in volunteer work and community involvement—past president of the Harrisburg Kiwanis Club, board member of the Fair Housing Board and Rejoice Adoption and Foster Care Agency, among other groups.

"Phyllis is a hard-charging, dedicated servant-leader bound with energy," said Tony Ross, president of the United Way of Pennsylvania.

Bennett has political aspirations. She ran unsuccessfully a few years ago for a state House seat that stretches from Harrisburg's eastern suburbs to Hershey. She intends to try again this year.

"I'm active in all these organizations because I feel we all need to give back to the community," she said. "Every one of us needs to give back to the community in which we live."

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Doors Shut, Era Ends

Patriot-News' move caps long, colorful history of Harrisburg-based dailies.

Peter Durantine

In a few months, The Patriot-News will close the doors of its flagship editorial and business office in downtown Harrisburg, leaving the city it has called home for 156 years.

As The Patriot packs off for an office building in Cumberland Technology Park in Hampden Township, the city no longer has a daily newspaper to call its own. This sad state stands in stark contrast to days gone by, when the city had as many as five daily papers.

"Harrisburg always tried to keep three dailies going," said city historian Ken Frew of the Dauphin County Historical Society.

The newspapers usually identified with either the Republican or Democratic Party, and their editorials supported their chosen party's candidates and policies. Some papers stood more independently, though still leaned toward a party. And then there was the occasional radical editor.

"There was always some maverick out there who felt the need for an independent paper," Frew said.

Among the primary papers, according to Frew's recent book, "Building Harrisburg: The Architects



Photos courtesy Historical Society of Dauphin County

Days of papers past: In its long history in Harrisburg, The Patriot-News occupied several sites downtown, mostly in and around Market Square (circa 1880s and 1940, left and center). For years, the Patriot's main rival was The Telegraph, housed in a now-razed building on Locust Street (right).

and Builders, 1719-1941," was the Oracle of Dauphin (1792-1827); Pennsylvania Republican (1811-1820); Pennsylvania Telegraph, Daily Telegraph and Telegraph (1856-1948); Evening Mercury (1874); Morning Call (1885-1897); and Patriot and Union, The Daily Patriot (1859-1941).

Clearly, newspapers came and went in Harrisburg. According to a

history written for The Patriot-News by the late Mary O. Bradley, between 1820 and 1854, nearly a dozen newspapers appeared in the city, such as The State Capital Gazette, The Keystone and the Morning Herald.

"The newspapers consolidated and/or folded until 1854, when the Democratic Union was being published by George M. Lauman," Bradley wrote.

But because the Democratic Union supported Republican Simon Cameron for U.S. senator—later to become President Lincoln's Secretary of War—Andrew Hopkins started The Daily Patriot to support Democrat James Buchanan, who became president three years later in 1857.

The Union and Patriot eventually consolidated and changed ownership many times over the years, according to Bradley. In 1890, the paper became The Patriot. In 1902, it was again sold, this time to Vance C. McCormick, who was elected mayor that same year. In 1917, he added an afternoon paper, which he called The Evening News, the company now known as The Patriot and The Evening News.

McCormick's rival was the

Harrisburg Telegraph, which also had many reincarnations and many owners until 1900, when E.J. Stackpole bought it.

"From 1901 until Stackpole's death in 1936, the Telegraph was the reflection of its editor and publisher," Bradley wrote.

Stackpole's family continued running the Telegraph and in 1946, when McCormick died, the Stackpoles made a bid for The Patriot and The Evening News, but McCormick's family refused to sell to their rival. Instead, the papers went to Samuel I. Newhouse of New York and Edwin F. Russell, former associate publisher of the Newark Star-Ledger, for \$2.7 million in 1947, according to Bradley.

A year later, citing economic circumstances, the Stackpoles sold the Telegraph name and features to Newhouse and Russell. Eventually, the company became The Patriot-News, and, in 1996, the afternoon paper was dropped entirely.

Since its founding, Bradley noted, The Patriot has had six homes around the city's downtown, principally around Market Square before moving to 812 Market St. in 1953. Now it has a seventh home—out in the suburbs.

Then and Now



The Penn-Harris Hotel (left) long anchored the corner of N. 3rd and Walnut streets, as shown in this shot from 1918. Generations celebrated weddings, proms and other events in this 400-room jewel of the city. The hotel was razed in 1973 in favor of Phase 1 of the mixed-used Strawberry Square, an early attempt to try to revitalize downtown Harrisburg.

Caring, by the Spoonful

Nothing says love like homemade chicken soup.

Rosemary Ruggieri Baer

I admit it. Every week, as I journey through the grocery store, I pick up one of those cardboard containers of chicken broth. After all, many recipes these days call for "low sodium chicken broth" to de-glaze a pan, make a stew, throw together a quick soup for a work-night meal or even use it to make mashed potatoes instead of butter and milk.

But I grew up in a house where canned or boxed chicken broth was unheard of. My mother, known to us in later years only as Grammy, made chicken soup every single week, even during the heat of summer. Whether it was to accompany a sandwich for lunch or served alone for a light dinner, a bowl of gold and glistening chicken broth was always in the refrigerator. She would add a variety of tiny pastas to the broth, like pastina, orzo, little stars or maybe rice. If there were chicken left over from the broth-making, that would go in the pot, too. Often, she would slowly pour a beaten egg into the bubbling liquid, and it would cook into diaphanous threads and rise to the top. She loved to add chopped escarole, her favorite winter green, and the soup was

always topped with fresh parmesan cheese.

When my father was old and in ill health and she had lovingly prepared him a dinner he was unable to eat, he would ask if there was any chicken soup. In our house, this simple food, unlike anything else, was comfort, love and sustenance.

Making homemade chicken broth or soup is not hard. But it does take some time and, to be honest, can be a little messy. But if you persevere and make a lot, you can have broth at the ready all winter long by freezing it in pint or quart containers. The smell of it cooking on a cold winter afternoon will warm your soul.

I use a very large 8 quart stainless steel or cast-iron enameled pot to make chicken broth. My favorite chicken vendor at the West Shore Farmers Market has young "birds," about 4 or 4½ pounds, which are perfect for this process. I usually add some extra chicken wings to intensify the flavor. The following is a step-by-step guide for making Grammy's wonderful homemade chicken soup.

1. Rinse a whole chicken with cool water and place into the stock pot, along with some extra chicken wings or backs, if you wish.

2. Add the following vegetables: a large sweet onion sliced into 6 wedges, 2 whole scrubbed carrots, 2 celery ribs, 1 small bunch of parsley, a bay leaf and a few whole peppercorns.

3. Pour enough fresh cold water into the pot (I use spring water) to cover the chicken and the vegetables.

4. Add a tablespoon or 2 of salt and bring the pot to a fast boil over high heat. You can always add more salt later.

5. When the pot begins to boil, you will notice white foam forming at the top. Skim the foam from the surface of the bubbling liquid with a spoon and discard. This will increase the clarity of your finished broth.

6. Reduce the heat to medium-low and cover the pot with the lid askew to allow some of the liquid to evaporate. Let the mixture gently bubble for at least 2 hours, maybe even 3.

7. At the end of this time, the liquid in the pot will be a golden yellow and the chicken cooked. Turn off the heat and strain the chicken, vegetables and broth into a very large bowl or another clean pot. Allow the broth and cooked chicken to cool on the counter until room temperature. Then cover the chicken and broth separately and place in the refrigerator, preferably overnight. Discard the vegetables.

8. The next day, remove the broth from the fridge. You will notice a layer of yellow chicken fat that has formed on the surface. Remove as much of the fat as you can with a large spoon. The remaining broth, which will have jelled in the cold, will be beautifully fat free.

9. Divide the chicken broth into freezer containers of your choice and freeze for up to 6 months. The frozen broth will be ready for an unending variety of soups, risottos and sauces. The cooked chicken can also be used for soup or chicken salad.

But don't freeze all the broth you have made. Place a quart of it into a saucepan, add some tortellini and cook according to package directions. When done, ladle the *tortellini en brodo* into bowls and sprinkle with parmesan cheese. You will be cured of all ills.

The classic Italian cookbook, "The Silver Palate," says it best: "The way in which plain water is transformed from a tasteless, colorless and odorless liquid into broth is almost magical."

I hope you will give Grammy's chicken soup a try.



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

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Rice Pudding in Paradise

An old standby makes a comeback.

Sara Goulet

After the hectic holiday season, the calmer days of winter can look either blissfully quiet or depressingly void of anything to look forward to. Either way, I have a solution: comfort food.

Whether you're a glass half-full or half-empty person, now is the perfect time to dive into comfort food. You have time to devote to home cooking, and the comforting smells and tastes are sure to clear up even the worst winter blues. You still have to exercise and eat lots of fruits and vegetables, but you also need something to keep you warm and filled up in order to get outside for that run or to shovel the snow.

Comfort foods are usually simple dishes, easy to prepare with the ability to conjure up a fond memory. Does meatloaf make you think of Gramma? How about fresh-baked cherry pie? Aunt Mary? I can't eat rice pudding without thinking of my wonderful mom. Rice pudding. Creamy, vanilla-y, smooth, soft.

Believe it or not, rice pudding has become a trendy dessert. Rice to Riches is a rice pudding store in New York City offering myriad choices for the rice pudding novice or



Mom's rice pudding, gussied up for Valentine's Day.

aficionado. Flavors such as chocolate chip flirt and Cuban rum raisin entice visitors to the Soho location, where pastry chef-turned-rice pudding guru Jemal Edwards cooks up new versions daily for gourmands and comfort-foodies alike. (You can order online at www.ricetoriches.com.)

Central PA doesn't have a rice pudding shop (yet), but thanks to my mom, I have a rice pudding recipe that is easy and oh-so-delicious. I made it recently while my son had some

friends over to play hockey. One of the boys asked me what I was making. I told him rice pudding, and he just looked at me quizzically. "Have you ever had rice pudding?" I asked him. "Nope," he answered. "Well, you should. It's fabulous." By the look on his face I'm not sure he was convinced.

It may sound strange—the combination of rice with milk, cream, sugar and egg yolks—but it works. I like to think of it as a nearly-complete vegetarian meal, sans the vegetable. Why not serve it after a first course of a big salad? That could be dinner tonight.

Winter blues. Schminter blues. With comfort food on the menu, a happy tummy is sure to make even the coldest winter day feel warmer. Please consider this an invitation to introduce your favorite comfort food into your recipe repertoire. I've included my favorite here. Maybe it'll become a favorite of yours, too.

Mom's Good Old-Fashioned Rice Pudding

6 cups milk (I use 2%)
¾ cup long grain rice
1 cup heavy cream
¾ cup sugar
3 egg yolks, beaten
2 teaspoons vanilla
¼ teaspoon salt
About 1 teaspoon cinnamon for topping

Rinse medium saucepan with cold water. Do not dry. Pour in milk and bring to boil over medium heat. Stir in rice and return to boil. Reduce heat and simmer, uncovered, until rice is tender, about 55 minutes, stirring occasionally.

Meanwhile, in a small bowl, combine cream, sugar, beaten egg yolks, vanilla and salt. Set aside.

When rice is tender, stir in cream mixture until completely combined; heat to a boil. Remove from heat and pour into a 2-quart serving dish. Sprinkle generously with cinnamon. Chill at least four hours.

Makes 6 cups, about 250 calories per ½ cup.



Sara Goulet is the owner of Putch & Buckie's Baked Goods. For more, visit www.putchandbuckies.com.

“Because he loves me,” says the LORD, “I will rescue him; I will protect him, for he acknowledges my name.”

Psalms 91:14

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Can You Tap This?

Dancers hoof it through the ages.

Noreen Livoti



Young pups: dancers Mary Shettel, Millie Hitz and Dorothy Mitchell (left to right).

Their energy is infectious; their feet fly a mile a minute. They are lawyers, teachers, housewives and CFOs. They are the Tap Pups, the largest adult tap group in America, based out of Lemoyne and joined together by the philosophy "happiness through tap." And their average age? Around 60.

Vicki Grubic Riordan, creator and artistic director of the Tap Pups, has only one rule about joining the group: You can be too young to join—the minimum age is 21—but you can never be too old. In fact, several members of the group are in their 70s and 80s, although age, they say, simply is not a factor once they lace up their dancing shoes.

"Even though the average age of the Tap Pups is 57, you really don't feel like there's an 'age' to the group," Riordan said. "There's a 54-year-old dancing next to a 28-year-old dancing next to a 73-year-old. Tap dancing is the unifying commonality, and it's a very powerful thread that bonds these ladies and men."

At 84, Harrisburg resident Dorothy Mitchell is likely the oldest Tap Pup, but, when she's dancing, no one notices. "When we're all together, it's like we're all the same age," she said.

The group's camaraderie defines them just as much as the tapping:

Many find it an outlet and support group when they're going through a difficult period in their lives. "This is a group of people that we're all together and there for each other," said Mitchell.

Many people use dance as an outlet for stress or grief, but get more than what they bargain for: a caring group of friends. "That's how close-knitted this Tap Pups thing is," she said.

The health benefits keep her coming back as well. "My doctor told me this was the best thing I could've done," she said. "When I'm dancing, I have no pain. And I just have a ball."

Like many of the aged 50-plus members, 81-year-old Lawnton native Millie Hitz joined to fulfill a childhood desire to take dance lessons. When she was 6, Hitz took tap lessons, but had to quit after only six weeks when her mother couldn't afford the quarter-a-week fee. "When I heard Vicki was giving lessons, I asked her if I was too old, because I was 78 then," she said.

Since 2006, Hitz has enjoyed learning tap alongside her now-friends, although she does sometimes have to deal with the shocked comments of those who are amazed she's taking dance lessons in her 80s. "People don't tell me to slow down, but they can't believe that I'm doing this," she said. "You're only as old as you feel!"

Vicki's Tap Pups Studio & Cultural Center, located in Lemoyne, offers both day and evening classes for adults in three levels: beginner, intermediate and advanced. "Vicki-certified" instructors also teach in Harrisburg, Hershey and Mechanicsburg.

Joan Sandherr, 79-year-old Harrisburg resident who has been dancing most of her life, is in the advanced class, cultivating the love of dance that she's had since



Top dog: Vicki Grubic Riordan, creator of Tap Pups.

she was a child. Riordan's teaching style, among other things, keeps her coming back year after year.

"They're a wonderful group of people and I'm very fond of Vicki," she said. "I think she's a wonderful teacher."

Sandherr felt immediately accepted when she first joined, despite her age. "We're all adults. And they're all very good dancers."

Still, "it doesn't make a difference whether you're the best or the worst," said Mitchell. "We're all the same—the age doesn't matter at all. It's a fun group."

Vicki's Tap Pups Studio & Cultural Center, 415 Bosler Ave., Lemoyne, 717-329-6239, www.tappups.com.

Central PA Symphony Celebrates 20 Years

The Central Pennsylvania Symphony Orchestra celebrates its 20th anniversary season on Saturday, Feb. 13, bringing its annual Dancing & Desserts Gala to The Radisson Penn Harris Hotel Ballroom in Camp Hill.

Beginning at 7:30 p.m., the evening will feature a tribute to the music of the Beatles, dancing, orchestral treats, an array of desserts, coffee, tea and a cash bar.

Ticket prices are as follows: single ticket, \$55; table for eight, \$400; table for 10, \$500. For more information and to make reservations, call 717-910-0313 or visit www.centralpasymphony.org.

Barbershop Quartets: a Unique Valentine

Barbershop quartets from the Keystone Capital Chorus will deliver "Singing Valentines" in greater Harrisburg on Feb. 12, 13 and 14.

A tuxedo-clad quartet will sing a song, present a long-stemmed red rose, Hershey's Kisses and two tickets to the Chorus' spring show, "Traveling in Harmony."

The cost is \$40, and arrangements can be made by calling 717-732-9403.

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Happenings

Music & Art : Sure Cures for Cabin Fever

A good friend of mine counts February as his least favorite month. Oh, the cold, the snow.

I disagree. To me, February—at least the latter half—is when we begin to see the first signs that winter may not last forever.

In Harrisburg, there are plenty of other reasons to love February. It's a blockbuster month at **Midtown Scholar Bookstore**. This dynamic new venue kicks things off by hosting political hot potato, Bill Ayers, on Feb. 5. Then it turns up the music with renowned cellist Zuill Bailey on Feb. 10 and folk music legend Cheryl Wheeler on Feb. 14.

Speaking of music, if it's February, it must be time for the annual **Millennium Music Conference**. On Feb. 18-21, 250 artists will perform at 25 venues around Harrisburg. Prefer more theater with your music? That same weekend, head on over to **Stage on Herr** for a four-day run of "Cabaret."

On the arts front, **Gallery Blu** opens "Sweet Salvation 100 for \$100," which includes a silent auction to raise money for The Salvation Army. And be sure to check out "Tusks!" **The State Museum's** new mastodon exhibit.

These events just scratch the surface. Check out these pages for more. See you around town!

—Lawrance Binda

Museums & Art Spaces

Art Association of Harrisburg

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

"Figuratively Speaking," interpretations of the human form, through Feb. 11.

"Invitational Exhibit," featuring four diverse artists: photographer Evelyn Burton of Harrisburg; dyed silk artist Sun-Na Jung of South Korea; abstract painter Donna McGee of Maryland; and watercolorist Lauren Mulhern of Chadd's Ford. Opens Feb. 19, reception 5–8 p.m. Music by Jonathan Frazier.

Arthouse Lounge

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

New artists for winter include photographers Paul Duda, David Lee Fish, Tone Palermo, Leann Leiter, Elena Jasic, Ron Barrick and Matthew Murray; sculptors Charlie Barton and Juan Mejias; and jewelry artist David Wright.

Also showing: "The Best of the West by PIPER," a photography exhibit, Feb. 19, 6–9 p.m.

Arts at 510

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

"Four-Legged Friends," celebrating pets in paintings and mixed media. Opens Friday, Feb. 19, 5:10 p.m. Music by 510 Express.

Gallery Blu

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

"Sweet Salvation 100 for \$100," a benefit for The Salvation Army featuring a silent auction of art. Opening and reception, Feb. 12, 7–9 p.m. Music by Jonathan Frazier. Auction continues for 3rd in The Burg, Feb. 19, 7–9 p.m.

Harsco Science Center

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

"Tech City," a fun and interactive exhibit about engineering that features 12 activity stations.

Midtown Scholar/Yellow Wall Gallery

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

"Summer in Winter: A Visual Escape," a group exhibit of warm imagery, opens Feb. 19. Luau and live music, 6–10 p.m.

National Civil War Museum

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

"More Deadly than Bullets: Illness & Disease in the Civil War," through March 1.

Ned Smith Center for Nature and Art

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

"Fragile Nature," a photo exhibit by National Geographic photographer Joel Sartore, through June 13.

Radius Gallery

300 North St., Harrisburg
717-787-5590; www.radiusgallery.com

Featured showcase: "Turn a Cheek: Face Pottery," through Feb. 28.

Featured craftsman: Peter Cunicelli of Philadelphia, ceramics. Open house and demonstration: Feb. 7, 1–3 p.m.

Rose Lehrman Art Gallery

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

"This Is Not Cuba," images by Colette Gaiter, until Feb. 5.

"Home Is Where One Starts From," landscape paintings by Jim Condon, Feb. 10–March 5. Reception: Feb. 11, 5 p.m.

The State Museum of Pennsylvania

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

"Voices: African American and Latina Women Share Their Stories of Success," featuring 50 accomplished women, through March 7.

"Tusks!" the story of extinct mammoths, mastodons and their tusked relatives, through May 2. The exhibit features the museum's reassembled Marshalls Creek mastodon.

"Wind Titans," a photo essay by State Museum photographer Don Giles, who visited five wind farms to document 21st century "wind titans," through May 2.

"The Fine Art of Giving," a selection of artwork given to the museum, through June 30.

Susquehanna Art Museum

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

Dōshi Gallery: "ion, ism and ic," non-injured members' show, through Feb. 7.

3rd in The Burg Sets Events for Feb. 19

Did you miss January's 3rd in The Burg—or do you just want more? You're in luck!

This must-attend event returns on Feb. 19 with a full slate of art, music, socializing and fun. Activities for the event include:

Art Association of Harrisburg—Opening of invitational exhibit featuring Evelyn Burton of Harrisburg, photographer; Sun-Na Jung of South Korea, dyed silk artist; Donna McGee of Maryland, abstract painter; and Lauren Mulhern of Chadd's Ford, watercolorist. 5–8 p.m. Music by Jonathan Frazier.

Arthouse Lounge—Photography exhibit, "The Best of the West by PIPER," 6–9 p.m.

Arts at 510—"Four-Legged Friends," celebrating our pets in paintings and mixed media. Starts at 5:10 p.m. Music by 510 Express.

Gallery Blu—"Sweet Salvation 100 for \$100," a benefit for The Salvation Army of Harrisburg. Silent auction with 100 pieces of art work from well-known local artists. Bidding begins at \$100/per item. 7–9 p.m. Music by Andrew Bellanca Duo.

HMAC/Stage on Herr—On stage, full production of "Cabaret" at 9 p.m., plus original artwork.

The HodgePodgery—Jewelry-making demo by Michelle Harvey of Michabella Creations, 5–9 p.m. Several HoPo consignors will be on site discussing their wares.

Midtown Scholar—Luau party and live music for the opening of "Summer in Winter: A Visual Escape," a group exhibit featuring a range of warm imagery evoking a desire for escape from winter, 6–10 p.m.

Progressive Galleries @ Der Harrisburg Maennerchor's Cathedral Room—An evening of art and bluegrass, with six artists and four bands. 7 p.m.–midnight. \$5 cover. Cash bar.

SPRAMA.design—"Urban Boulevard" a collection of street art and design. Join the hip-hop party for drinks and music. 6 p.m.–midnight.

For more details, check out our back cover or 3rdinTheBurg.com.

The Stage Door

Harrisburg Shakespeare Festival

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

"The Complete Works of William Shakespeare (Abridged)," Feb. 26–March 13

Hershey Area Playhouse

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

"I Love You, You're Perfect, Now Change!" Feb. 11–14; 18–21

Open Stage of Harrisburg

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

"Curse of the Starving Class," Feb. 5–27

Oyster Mill Playhouse

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

"A Shot in the Dark," Jan. 22–Feb. 7

Popcorn Hat Players at the Gamut

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

"Robin Hood," Jan. 20–Feb. 20

H. Ric Luhrs Performing Arts Center

Shippensburg University; 717-477-7469
www.luhrscenter.com

"Charlotte's Web," Feb. 13

"Jesus Christ Superstar," Feb. 21

Stage on Herr

268 Herr St., Harrisburg
717-441-7506; www.harrisburgarts.com

"Cabaret: The Musical," Feb. 18–21

Theatre Harrisburg

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

"Curtains," Feb. 19–28

Live Music around Harrisburg

Appalachian Brewing Co./Abbey Bar

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

Feb. 5: Cabinet w/Dan from Hexbelt & Dr. Slothclaw
Feb. 6: Harrisburg Art Association Bal Masque
Feb. 12: Davisson Brothers w/Colebrook Road
Feb. 13: Nate Myers and The Aces
Feb. 18-20: Millennium Music Conference
Feb. 26: WXPB Land of The Lost Live Broadcast
Feb. 27: The Greatest Funeral Ever

Carley's Ristorante Piano Bar

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

Feb. 4: Chris Novak
Feb. 5: Wade Preston from Broadway's Tony-Award-winning "Movin Out"
Feb. 6: Noel Gevers
Feb. 10: "Fresh Keys," a night with singer/songwriters, featuring Andrea Britton
Feb. 11: Giovanni Traino
Feb. 12: Chris Novak
Feb. 13: Anthony Haubert
Feb. 18: Chris Novak
Feb. 19-20: Millennium Music Conference
Feb. 25: Giovanni Traino
Feb. 26: Ted Ansel
Feb. 27: Noel Gevers
Every Tuesday, Piano Open Mic Night

Ceoltas Irish Pub

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

Feb. 5: Red Letter Morning
Feb. 6: Adrian Blitzter
Feb. 12: Luv Gods
Feb. 13: Whitebread Band
Feb. 19: Dingleberry Shortcake
Feb. 20: Smooth Like Clyde
Feb. 26: Shots McGee
Feb. 27: Kenton Shelley Band

Char's Bella Mundo

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

"Jazz Wednesdays," with special wine menu

Clover Lane Coffee House

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

Feb. 5: Idgy Vaughn
Feb. 19: Bobbi Carmitchell w/Janie Womack and Julie Lowery

Dragonfly Club

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

Feb. 5: Knuckleduster, Penntera & Killhole
Feb. 6: In Wilderness, Dollface & Brightside
Feb. 20: 91s, Adamo Drive & Jay Wiley
Feb. 26: Digital Elvis, Don't Panic, The Cheaters & Darry Miller

H. Ric Luhrs Performing Arts Center

Shippensburg University; 717-477-7469
www.luhrscenter.com

Feb. 11: The Neville Brothers w/ Dr. John and the Lower 9-11
Feb. 16: The Pink Floyd Experience

Harrisburg Symphony Orchestra

The Forum, 5th & Walnut streets, Harrisburg
717-545-5527; www.harrisburgsymphony.org

Feb. 23: HYSO Winter Concert
Feb. 27-28: "Spotlight on the Maestro"

Hilton Harrisburg and Towers

1 N. 2nd St., Harrisburg

Solo jazz piano in the bar Tuesday through Saturday evenings

Hollywood Casino at Penn National

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

Feb. 5: Luv Gods
Feb. 6: Echelon
Feb. 12: Category 5
Feb. 13: Gary Puckett and the Union Gap & Restless
Feb. 14: Fretwork
Feb. 19: Uptown Band
Feb. 20: John King's Dance Band
Feb. 26: Cornwallace Band
Feb. 27: Full Tilt

Mangia Qui/Suba

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

Feb. 5: Drake
Feb. 6: Mark Santana & Ben Gallaher
Feb. 12: Nathan Veshecco & Taryn Sprenkle
Feb. 13: Bucky's Brother
Feb. 16: CARNIVAL Celebration
Feb. 19-20: Millennium Music Conference
Feb. 26: Joanna Kirby and Edwin Tichenor
Feb. 27: Batida!

Market Square Concerts

717-221-9588; marketsquareconcerts.org

Feb. 10: Zuill Bailey (CD release party) at Midtown Scholar Bookstore, 1302 N. 3rd St.
Feb. 20: Brooklyn Rider w/Lisa Bielawa at Market Square Church, 20 S. 2nd St.

Midtown Arts Center/Stage on Herr

1110 N. 3rd St./269 Herr St., Harrisburg
717-441-7506; www.harrisburgarts.com

Feb. 4: Concertante
Feb. 5: Sarah Blacker w/Darcie Miner
Feb. 6: Miss Queen of Free Hearts
Feb. 11: Songwriter Night Duos
Feb. 12: Slackwater Review w/Girls, Guns and Glory
Feb. 13: Mark DeRose, Rhyne McCormick & Mike Males
Feb. 18-21: "Cabaret: The Musical"
Feb. 26: Puffer Fish w/Heavy Beat & Mileunder
Feb. 27: CASE 150 w/the return of Wayne Supergenius
Every Wednesday: Open Mic Night

Midtown Scholar/Famous Reading Café

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

Feb. 10: Zuill Bailey (with Market Square Concerts and HACC); CD release party
Feb. 14: Cheryl Wheeler (presented by WXPB)
Feb. 19-20: Millennium Music Conference
Feb. 21: Fredrik (presented by Moviate)

Morgan's Place

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

Feb. 5: Jewett Brothers
Feb. 6: New Experience
Feb. 12: Strange Eden
Feb. 13: Shea Quinn
Feb. 19: Black Mountain Jack
Feb. 20: Don Johnson Project
Feb. 26: Shea Quinn
Feb. 27: Not Guilty

Rose Lehrman Arts Center

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

Feb. 27: Streb—Extreme Action Company

Stock's on 2nd

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

Feb. 6: Don Johnson Project Band
Feb. 13: Cruise Control
Feb. 20: Funktion with Robin McClellan
Feb. 27: Shea Quinn and Steve Swisher

Whitaker Center

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

Feb. 5: Celtic Crossroads
Feb. 21: "An Afternoon with Garrison Keillor"

Other Highlights

Feb. 5: Bill Ayers. Former radical lectures on "Education in and for Democracy: The Case for Social Justice in the Classroom," and signs books. Midtown Scholar, 1302 N. 3rd St., Harrisburg. 7 p.m. midtownscholar.com

Feb. 6: Bal Masque. The Art Association of Harrisburg holds its annual costume party and fundraiser. Appalachian Brewing Company, 50 N. Cameron St., Harrisburg. 7 p.m. www.artassocofhbg.com

Feb. 6-14: Eastern Sports and Outdoors Show. North America's largest outdoor hunting and fishing event. PA Farm Show Complex, Harrisburg. easternsportshow.com

Feb. 9: Second Tuesdays at Seven. "A Conversation with T. Morris Chester." Harris/Cameron Mansion, 219 S. Front St., Harrisburg. 7 p.m. Free. www.dauphincountyhistory.org

Feb. 13: 20th Anniversary Gala. Central PA Symphony Orchestra holds anniversary gala/silent auction. Radisson Penn Harris Hotel, Camp Hill. 7:30 p.m. centralpasymphony.org

Feb. 18-21: Millennium Music Conference. Weekend of music showcases talent across genres. Performances held at 25 venues in and around Harrisburg. musicconference.net

Feb. 27: Mardi Gras Celebration. The Arthritis Foundation, Central PA Chapter, puts on a party New Orleans-style. The Quarter, 101 N. 2nd St., Harrisburg. Contact 717-763-0900.

Au Cabaret! Racy Show Set for Stage on Herr

The Broadway musical "Cabaret" will play four days in February at Stage on Herr, performed by the cast of the newly formed Harrisburg Midtown Arts Center Theatre Group.

Director Robin Snyder said the venue is excellent for this full-scale production, which stars Lindsey Bretz as the 1931 Berlin nightclub singer, Sally Bowles.

"I actually think for 'Cabaret' it's going to be wonderful," Snyder said. "Just the whole atmosphere for the club is neat."

Over the years, there have been many versions of the musical, but Stage on Herr's owner John Traynor said this version is more risqué.

Most of the 14-member cast also performed in Stage on Herr's production of "Rocky Horror Picture Show" last year.

Performances are 8 p.m. on Feb. 18; 9 p.m. on Feb. 19; 3 p.m. and 9 p.m. on Feb. 20; and 3 p.m. and 8 p.m. on Feb. 21. For more, information, visit harrisburgarts.com or call 717-412-4342.



Actors went through their paces recently during a rehearsal for "Cabaret," this month at Stage on Herr.

Back in Time: New Books, Compelling Stories

Building Harrisburg: The Architects and Builders, 1719-1941

By Ken Frew
The Historical Society of Dauphin County
and Historic Harrisburg Association
400 pp., \$75



Ken Frew, the librarian at The Historical Society of Dauphin County, toiled away on this heavy, coffee table-size book full of wonderful photographs and illustrations for

about as long as it took to build some of the great cathedrals of Europe —30 years.

It was worth the effort. "Building Harrisburg" gives us perhaps one of the best pictures of Harrisburg's rise from an 18th century trading post along the Susquehanna River to a small metropolis today with landscaping and architecture that grandly compare, though on a smaller scale, to such big cities as Philadelphia and New York.

Frew's vivid narrative is chock full of information about the architects and builders of the city. There was developer William K. Verbeke, whom Verbeke Street is named for, buying up land in Midtown—but what was then called the "West End"—in anticipation of becoming incorporated into Harrisburg.

Verbeke Street had been called "Broad Street," or "Broadway" by new arrivals, but, in 1860, the city council renamed it for Verbeke. As Frew noted, for "Stubborn Harrisburgers, it would take

another century for residents to begin using Verbeke Street for their return address on letters."

As he did in the early 20th century, architect Clayton J. Lappley is featured large in Frew's telling. One chapter just discusses the influence of his work and the Collegiate Gothic design he employed in such structures as the old Moose Lodge at 3rd and Boas streets (last used as a charter school, but now stands awaiting a new occupant) and the recently restored Riverview Manor at Front and Harris streets.

Every major architect for the city gets his due—from Joseph Huston, architect of the state Capitol whose career ended in scandal because of cost overruns for the massive building, to Charles Howard Lloyd, who designed Tech High on Walnut Street (which later became city hall and is now apartments) and the demolished Telegraph Building that once stood on Locust Street where a parking garage now stands.

Frew has given the city a great gift with this book because it's more than just a history. If past is prologue, it can serve—with its photos of grand buildings lost to the wrecking ball and drawings of structures never built—as inspiration for the future.

Order at www.dauphincountyhistory.org/giftshop or www.pabookstore.com/buhaarandbu11.html

I'll Be Home for the Christmas Rush: Letters from Europe, 1944-45

By Albert W. Hoffman
Edited by David R. Hoffman
Merriam Press
255 pp., \$19.95, Hardcover, \$36.95



No war in history has probably had more witnesses record their experiences than the Second World War. From prime ministers and generals to soldiers and

civilians to prisoners of war and death camp survivors, the list of books—as well as oral histories and film documentaries—is extensive. So much has now been written about a war in which an estimated 73 million people were killed that we may have the most detailed knowledge and understanding of any wartime period in history.

It was a long war, full of millions of stories and adventures that plumb the depths of humanity. No matter how much is recorded, we can always hear another story to understand better what war does to the individual and to society.

What Midtown resident David Hoffman, former director of the State Library, has given us with "I'll be home for the Christmas Rush," are the letters his late father, Albert, wrote to his family while serving overseas in Europe.

This book is historically important because it depicts in small, brief details life in an era and a war long past. Albert, a 42-year-old army captain and member of a generation that did many great things, is a keen observer, offering fascinating snapshots of life on the front. Here's his letter about his arrival in England:

"We passed through some places which have been heavily bombed. That and other things makes one realize the fortitude of the people. Nearly every one works. ... Even we are rationed at our P.X.s. We get seven packs of cigarettes, one bar of soap, one razor blade and two bars of candy per week. The big city papers have only four pages and very little advertising and about half of that is for American products."

Albert, who died in 1975, was a postal employee in Brownwood, Texas, but also an officer in the Texas National Guard. As Hoffman writes about his father, "He had a sense that he would be home for the 1945 Christmas rush at the Post Office—always the busiest time of the year ... He was right. He returned from Europe in September 1945."

Sold locally at *The Bare Wall* and *Midtown Scholar* or order from the publisher or *Amazon.com*.

Performance Benefits Holy Spirit Hospital

The Holy Spirit Hospital Auxiliary and Theatre Harrisburg are hosting a special benefit presentation of "Curtains," a murder-mystery musical comedy.

The show takes place at 8 p.m., Saturday, Feb. 27 at the Sunoco Performance Theater at the Whitaker Center. All proceeds will benefit Holy Spirit Hospital of Camp Hill.

Tickets are \$25, available by calling the Holy Spirit Hospital Auxiliary office at 717-763-2796.

The Auxiliary will be collecting items for Holy Spirit's Medical Outreach Service located in Allison Hill. Last year, the service provided nearly 15,000 free client visits to un-served and underserved people living in Harrisburg.

Realtors Host Comedy Night Benefit

The Greater Harrisburg Association of REALTORS® Foundation will host a Comedy Night on Friday, Feb. 19, at Duke's Bar & Grille in Wormleysburg.

Show times are 7 p.m. and 9:30 p.m. The event is open to the public and will feature comedians from Wise Crackers Comedians.

Tickets are \$20. Proceeds will benefit housing-related charities.

Comedy Night is presented with the following sponsors: CAMPBELL Commercial Real Estate, Central Penn Multi-List, Complete Closing Services, Fulton Bank/Fulton Mortgage Company, RE/MAX Delta Group and Wells Fargo Home Mortgage.

Tickets are available by calling 717-364-3200.

HU Gives a Lesson in Fundraising

Science, tech focus critical to raising money in tough times.

Peter Durantine

With 18 months left in its campaign to raise \$40 million from community and corporate sponsors, Harrisburg University of Science and Technology has nearly reached its goal, and, if support shown thus far is any indication, is likely to surpass it.

"We're hopeful we will exceed our goal by June 30, 2011," said Mel Schiavelli, the university's president and CEO.

Sixty months into the campaign, the university has raised \$35 million, mostly collected in central Pennsylvania, but some from Philadelphia and the state's southwest, and a significant amount from the corporate community.

What makes the effort more impressive is that the school, not yet even a decade old, has virtually no alumni base from which to draw contributions, said Kevin McNamara, the university's vice president for institutional advancement.

"Even people without a direct stake are supporting the school because they know it's an economic development engine," said McNamara. "Without an alumni base, it's very ambitious."

Corporate contributions are telling because it reflects that sector's view that HU is important to creating the needed 21st century workforce, Schiavelli said. The university's curriculum requires students to intern for at least three semesters at a type of business where they would apply their skills once they graduate.

"That's valuable for the employer because they get to see how they work and evaluate their skills," Schiavelli said. "Typically, it takes 18 months for a company to get a new hire up to speed."

Moreover, with students interning at local companies that, in turn, hire them after graduation, the talented workforce stays and grows in the region, "which is what our mission is all about," he said.



Big check, big bucks: Left to right, R. Timothy Weston, HU chairman of the Board of Trustees, and HU President and CEO Mel Schiavelli, recently accepted a federal grant from Rep. Tim Holden.

The university appears so far to be successful in that endeavor. The first 33 graduates "are all employed here in central Pennsylvania, all in the fields they studied," Schiavelli said.

Success, though, can be measured in other ways for the 9-year-old university that, just a year ago, moved into a new, \$73-million, 14-story tower at the corner of Market and 4th streets downtown, which has played a significant role in recruiting new students.

The number of students applying for enrollment is 11 times higher this year than last year, and Schiavelli said they

have twice as many new students enrolled this spring as they did last year. Overall enrollment for the 2009-10 academic years is 400 students.

In January, U.S. Rep. Tim Holden (D-Pa.) delivered a \$400,000 federal grant to the university, for curriculum development and laboratory upgrades, including the purchase of equipment and technology, another signal of its success.

The university was established in 2001 to address the region's need for careers in science, technology, engineering and math—known as the STEM fields.

The Obama administration supports schools like HU that focus on STEM education, noting their critical importance in creating a skilled workforce and in creating new jobs that will replace the jobs that have been lost forever because of economic and technological changes.

"Eighty-six percent of the new jobs are going to require a degree in science and technology," Schiavelli said.

Winners Announced of MLK Essay Contest

Winners recently were named for the 26th Annual PinnacleHealth Rev. Dr. Martin Luther King Jr. Essay Competition. First place went to:

- 7th Grade:
Tyliyah Daniels, Rowland School
- 8th Grade:
Theresa Ippjian, St. Margaret Mary School;
Indira Ridgeway, Marshall School (tie)
- 9th Grade:
Avery Baltimore, SciTech High School
- 10th Grade:
Eric Cross, Bishop McDevitt
- 11th Grade:
Enya Baez-Ferreras, SciTech High School
- 12th Grade:
Lauren Sigler, Bishop McDevitt

In addition to plaques, first-, second- and third-place winners received Metro Bank Visa gift cards.

Harrisburg Shakespeare Festival

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Written by Adam Long, Daniel Singer, and Jess Winfield

February 26 - March 13, 2010

717.238.4111 • www.gamutplays.org

A Rose Is a Rose

But, on Valentine's Day, it's a must.

Jeffrey B. Roth

*"For this was on Seynt Valentynes day,
Whan every foul cometh there to
chese his make [mate]..."*

– Geoffrey Chaucer, The Parliament of Fowles, circa 1380

Flowers are among some of the most beautiful creations of nature, heralds of spring and rebirth. But, around the 12th century, one particular bloom, the rose, became symbolic of romantic, passionate love, later appearing in medieval poetry such as the *Le Roman de la Rose* (The Romance of the Rose).

"They used allegorical images—the rose as the heart of love," said Yvonne Milspaw, a folklorist and English professor at Harrisburg Area Community College. "The rose symbolized the queen of flowers."

The legacy endures to today, as, on Valentine's Day, more men will buy flowers, particularly roses, than at any other time of the year.

That can be seen at Pealer's Flowers in Strawberry Square, a crossroad of state offices. Valentine's Day keeps manager Sheree Wheeler moving a lot of roses.



Sheree Wheeler, manager of Pealer's Flowers shop in Strawberry Square, prepares an arrangement of roses. Local florists are busily preparing for Valentine's Day, with a dozen red roses the go-to gift for most men.

the company bought flowers at such locales as Lancaster County, once one of the country's biggest producers of carnations. Today, most flowers come from producers in South America, said Royer, a graduate of Delaware Valley College of Science and Agriculture.

"The varieties of flowers available today commercially are significantly broader than they were 60 years ago," he said. "Then you used carnations and daisies. In the spring, you could use snapdragons; irises you could only get in the spring and now you can get them all year round. There's always new breeding going on to get better-looking and more long-lasting flowers."

One breed, the black rose, is not black, but a dark shade of red, Royer said. There are a variety of roses, ranging from white to the darker shades of color.

"They haven't been able to cultivate a true blue rose yet," he said. "The guy who does that will be a billionaire over night."

Pealer's Flowers, www.pealers.com

Royer's Flowers & Gifts,
www.royers.com

"It does get pretty busy in here," she said.

Other local florists agreed.

"Most of what we sell on Valentine's Day is red roses, by about four to one," said Gregory J. Royer, president and CEO of Royer's Flowers & Gifts with 19 retail stores in central Pennsylvania.

More than 200 species of roses and thousands of hybrids exist today. A member of the botanical family Rosaceae, the rose has been around for millions of years. In Greek

mythology, the rose was born the same time as Aphrodite, goddess of love and beauty (the Roman love goddess was Venus).

"By the 19th century, Victorian-era etiquette lists included information about the language of flowers," Milspaw said. "Red roses symbolize passionate love; yellow roses are associated with jealousy and white roses with innocence. The tradition of giving long-stemmed roses is something totally new."

Originally a pagan festival in honor of the god Lupercus, mid-February was co-opted by the Christian church to honor St. Valentine, patron saint of love and marriage. The tradition of sending a poetic message to a lover is credited to the medieval author of "The Canterbury Tales," Geoffrey Chaucer, in his work entitled "The Parliament of Fowles."

In our modern era, Valentine's Day has grown to giving flowers to mothers, daughters, relatives and friends.

"It isn't just a holiday for your lover anymore," said Royer, whose family has been in the floral business for about 60 years. "It is the biggest single sales day in a florist's year."

Royer's business began when Hannah, his grandmother, grew violets on the windowsill of her home and sold them at the market. As the business prospered,

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Flower Tips

About half of the orders for flowers occur two days before Valentine's Day. Since many women prefer to have flowers delivered to them at work, and since Valentine's Day falls on a Sunday this year, keep in mind Friday will be a busy delivery day for florists.

To keep flowers fresh the longest, do not put them near heat sources—i.e. TVs, computers, other electronic devices or direct sunlight. While adding aspirin to the water in the vase can add to the life of cut flowers, preservatives florist supply as part of the product are effective.

For more information about flowers, visit aboutflowers.com.

A Matter of Microspace

Cold this winter? The solution may not be so obvious.

David Eakin

It's amazing how many misconceptions there are about saving energy and feeling comfortable.

I know one woman with a cathedral-ceiling great room who is convinced that her comfort issues are due to leaky windows. I know several people who run humidifiers during the winter because it makes them feel warmer.

We recently had a customer who complained that their home was not comfortable despite keeping the thermostat at 80, keeping many large plants in the home and running their humidifier. We are frequently asked if the supplemental electric heaters advertised in magazines and television really save energy as claimed.

To understand the concept of comfort, you need to understand how the human body works—how internal core body temperatures are regulated. Our entire skin area assists in regulating our core body temperature through evaporative cooling. If our core body temperature starts to increase, more warm blood flows to our extremities and perspiration to the skin increases, which then evaporates and cools the blood flowing just beneath the skin. If our core body temperature starts to decrease, the opposite occurs.

But what if the ambient air conditions impede this evaporation process, like in humid conditions? We then feel warm because our skin cannot evaporate the perspiration as well. Arid conditions present the opposite reaction. Our perspiration evaporates very quickly, cooling the blood rapidly.

Another factor regulating our perception of comfort is radiant energy. It is the feeling we get when sitting in the sun by an open window or by a roaring fire outside—warm on the exposed side and cool on the opposite side. But you also need to consider that we are

all walking 98.6-degree furnaces and that heat moves from warm to cool. So, we are all subject to other surfaces adding to or subtracting from our own heat source.

The area against our skin can be considered our own microclimate. The way most of us contend with changes in our microclimate is to change our clothing to better isolate and insulate it from the area around our bodies: more (and thicker) layers in cooler/less humid/windier environments; less (and thinner) layers in warmer/humid/still-air environments. We also try to regulate our environments outside our microclimates by increasing/decreasing the temperatures and de/humidifying the air in the rooms we occupy. Recent increases in energy costs make this latter strategy quite expensive.

So is the answer just to turn down our thermostats and put on a sweater like the Carter administration advised? Maybe, but usually there are other alternatives.

In the first example of the woman who was convinced that her windows were leaky, the reality was that her windows were not very leaky. The house was fairly new and reasonably well-built for both air infiltration and insulation. However, the design of the room was working against her winter comfort.

The room had a very large, two-story cathedral ceiling with a south-facing wall consisting of a central brick fireplace and flanked on either side with floor-to-ceiling windows—most of which did not open. Two sets of French doors (with fixed windows above them) on the side walls permitted access to the outside deck and a sunroom. None of the windows had insulated drapes or any other insulating covers. The large expanse of glass (a poor insulator in the best of windows) permitted extensive cooling of the room air adjacent to the glass surface, and cool air “sheeting” coming down the window surfaces

was pronounced. The glass area also permitted an extensive amount of radiant energy loss to the outside by both the heated air inside the house as well as any person seated near the window areas. These effects, combined with the room's grand size, contributed to the creation of a large amount of air circulation within the room itself. Air circulation, along with radiant energy loss, made the room feel uncomfortable when the outside temperatures dropped and the sun went down. Installation of well-sealed insulating blinds on all the windows would help this condition greatly.

In the second example, the home was originally constructed in the 1960s and had a two-story atrium added on some time in the '70s. The home had the typical (low) levels of insulation and (high) levels of air infiltration common to homes built in these eras. The lack of comfort was coming

from too much air movement in the house. In winter, the room air was heated (which then absorbs ambient humidity), rose to the upper floors of the home due to the open atrium, and escaped through the attic into the outside due to excessive leakage. Raising the air temperature increased the air flow and humidity absorption, decreasing the comfort levels. Extensive air sealing and tight-fitting insulated window covers were recommended.

What about the well-advertised electric heaters? If your home has

air infiltration and/or insulation issues, you will not remedy them by changing the source of heating your home's air. Does this mean that all supplemental heaters are counter-productive? No. In many cases, supplemental radiant heaters—which warm individuals rather than the air in general—are very good sources of temporary heat if you are only occupying an area for a short time (like an office, workshop, craft room, etc.) However if your home energy performance issues are not properly remedied, you will still have comfort issues.

Or you could put on another sweater.

David Eakin is an energy analyst with Energy Auditors, an independently owned firm that performs comprehensive audits on residential energy use. Contact 717-943-2582 or visit www.energyauditors.biz.



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Shake It Up

Re-energize your routine with a little something different.

Laura Spurgeon

Now is a good time to evaluate your body composition—your ratio of fat to lean body mass—and adjust your exercise regimen.

Granted, for most of us, our post-holiday body composition is roughly 50 percent fat, 30 percent sugar, 10 percent alcohol and 10 percent “lean body mass,” if that term refers to bones and organs.

So man up and take on the New Year with new resolve, along with 10,000 other new folks at your neighborhood gym.

Here are a few tips for re-energizing your exercise routine.

1. Try a winter sport. Skiing, snowboarding and ice skating are notoriously great for the lower body, and you get to wear cool outfits and sunglasses, too! Local ski areas offer beginner classes in skiing and snowboarding, and I encourage newbies to take advantage of the lessons. Central Pennsylvania’s ski resorts offer packages in skiing and snowboarding, as well as great price packages for new skiers and snowboarders. Expect some soreness when learning these sports, as your stabilization muscles will get a tough workout. And, of course, you’ll fall down. But that’s part of the fun!

2. Try yoga. Winter is a great time to come indoors and try this age-old

workout for spirit, mind and body. Yoga is an ancient Indian body of knowledge that dates back more than 5,000 years. It is not just about people holding impossible poses; it is about the union of a person’s own consciousness and the universal consciousness. It would be possible to fill an entire library with just books on yoga, but, in essence, there are six types, with Hatha being the most popular in the West. This is the yoga we think of when we think of poses, breathing and meditation.

3. INTERVAL TRAINING! It’s not as complicated as you might think. Interval training is simply alternating bursts of intense activity with intervals of lighter activity.

Take walking. If you’re in good shape, you might incorporate short bursts of jogging into your regular brisk walks. If you’re less fit, you might alternate leisurely walking with periods of faster walking. Studies have shown that interval training burns more calories and improves aerobic capacity more efficiently than traditional cardiovascular training. The constant rise and fall in heart rate also helps improve something called stroke volume, a measure of cardiac efficiency and output.

Interval training also helps fight the boredom that can set in over the cold months, when exercise

is largely confined to indoors. Lastly, there is no need for special equipment—at most a treadmill, jump rope or stationary bicycle are sufficient to provide a varied workout.

4. Try plyometrics or other “athletic” training. What are plyometrics? A personal trainer’s secret weapon, one I deploy on my more advanced clients. Plyometrics, or “jump training” began in the former communist bloc nations of Eastern Europe to increase the speed and power of elite track and field athletes. It wasn’t until the late 1970s, when former Dallas Cowboys Coach Tom Landry integrated the training into his team’s workouts, that plyometrics gained popularity outside Europe.

In essence, plyometrics are used to enhance power, explosiveness and speed, and that’s why athletes practice them. But any reasonably fit person can add some plyometric movements to a workout. As a matter of fact, the most common human movement, running, is completely a plyometric event. Others include throwing, swinging a golf club or baseball bat, jumping and skipping. That’s why kids are in such amazing shape!

Purists will argue there is a fundamental difference between true plyometric exercises and

simple “power” exercises, and they are correct; true plyos require the muscle to be sufficiently “loaded” before the “explosion.” However, for simplicity’s sake, we’ll use the terms interchangeably.

Beginners can incorporate box jumping, jump squats or plyo lunges into their workouts. More advanced moves involve higher jumps, multiple “explosions” and added resistance. Other athletic workouts use agility ladders, kettlebells and medicine balls. It is critical that beginners consult a fitness professional, literature or video guides before trying these exercises, and the key to success is proper progression. Because athletic training is tough on the joints, proper conditioning is imperative.

The New Year means a fresh start, and there’s no better way to do that than by broadening your health horizons. And that doesn’t mean trying out the new lunch buffet.



Laura Spurgeon is certified as a personal trainer through the American College of Sports Medicine. She is a staff trainer and group fitness director at Gold’s Gym, Camp

Hill. She can be reached at lsurgeon@aol.com.

Street Snap



The Walnut Street Bridge, from the east shore

Sprint/Nextel to Open in Campus Square

Franchise owner Anthony Cristillo is anticipating a mid-February opening of his Sprint/Nextel store in Midtown’s Campus Square Building at 3rd and Reily streets.

The 800-square-foot storefront space will offer a complete line of Sprint and Nextel mobile phone products and services for residential and business customers, including a bill-paying center.

It also will be the only green Sprint store in the state and the second green one in the nation. Campus Square, owned by

GreenWorks Development, is a green building.

“GreenWorks has been just fantastic to work with,” Cristillo said.

Cristillo, who also has a store in Pine Grove, said the Midtown location puts him in a good position for the greater Harrisburg market.

“We’re hoping, by moving there, that it puts us right in the middle of our customers—our east shore customers and west shore customers,” he said. “We’re a one stop shop for all your Sprint and Nextel needs.”

February Healthy Events

Keep the Beat

FREE Heart & Event

**Monday, February 15
10 a.m.-2 p.m.**

Giant Super Food Store
Community Center
Linglestown Road, Harrisburg

Free screenings, heart healthy activities,
door prizes and more. Learn how you
and your family can stay heart healthy
at this fun family event!



Love Your Heart

FREE low sodium cooking classes.
Please call to register.

Monday, February 8, 6-8 p.m.

Giant Super Food Store, Community
Center, Linglestown Road, Harrisburg
A registered dietitian will show you
how to create a low-sodium menu.

Tuesday, February 16, 6-8 p.m.

Giant Super Food Store, Camp Hill,
Cooking School

Learn from a registered dietitian about
low-sodium cooking. Class includes
food preparation and sampling.

Heart Disease Screening Is Coronary Calcium Scoring Right For You?

FREE seminar. Please call to register.

Thursday, February 25, 7-8 p.m.

PinnacleHealth Dillsburg, One Trinity
Drive East, Suite 201, Dillsburg

Learn about a new heart disease
screening that uses special X-ray
technology (computed tomography or
CT scan) to check for the build-up of
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disease and determine the severity of
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For more information see page 16 & visit:

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