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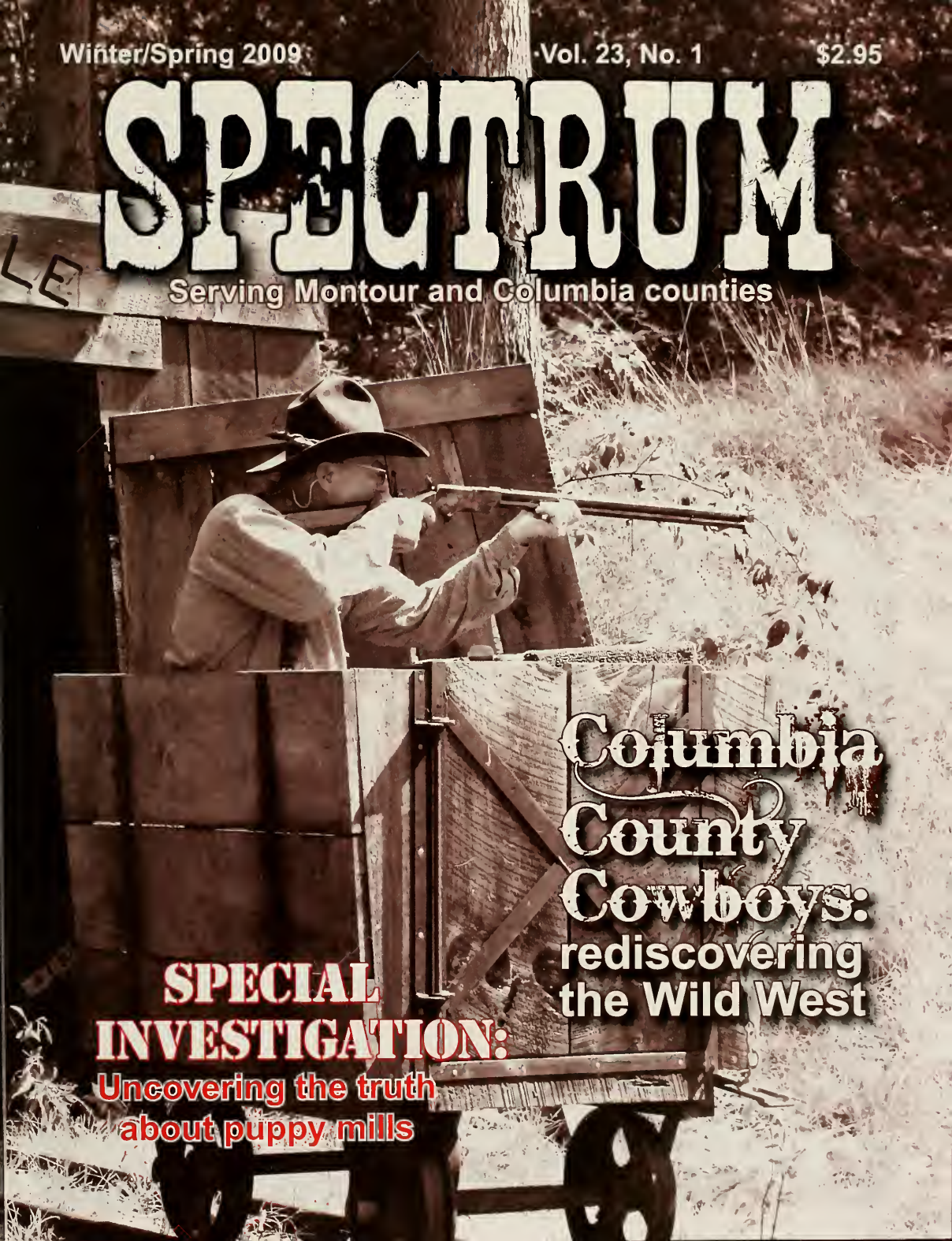
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About the cover:

Ed Bergen, president of the Mainville Marauders, takes a shot at a target from a rolling mine cart.
(Photo by Nina Gandolfo)



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With the nation in a critical state of economics and war, and with a president who promises change in the future, one thing remains stable in the lives of Columbia and Montour county residents- *Spectrum Magazine*. For the past 22 years, your award-winning community magazine has published stories about people, events, and issues of the area.

In each issue we like to have an investigative story focusing on a topic of significance in our region. This time we take an in-depth look into the world of puppy mills and their impact upon our readers. We also give readers consumer tips; this issue we look at health and car care. We also look at making money last by finding fashion and glamour in vintage clothing from years past.

We feature stories of camaraderie and friendship in the community

with a woman who finds happiness in teaching others, and a group that relives the Wild West legacy.

We concentrate on taking pleasure in the simple things in life, with a story about a resident who finds joy in decorating for the holidays, and we emphasize the importance of community pride with a story of a national wildlife preserve.

Each issue, we feature a multi-cultural story. This time, we report about two of our readers who devote their time to increasing youth literacy in Pakistan.

We proudly present our Winter/Spring 2009 edition of *Spectrum Magazine*. We hope it feels like a breath of fresh air; you can continue to rely on *Spectrum* to deliver to you the topics and issues of our community. Although we can't change the world, we *can* have an impact on our community and how we live in it.

—THE EDITORS

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Don't be Left in the Dark

Research sheds light on the risks of Vitamin D Deficiency

by Kimberlee Courtney

Stocking up on heavy coats, thick scarves, snow shovels, and rock salt may be some necessary precautions as the winter season begins, but another important item is needed. As the days become shorter and the nights longer, natural sunlight exposure is limited, increasing the risk of vitamin D deficiency.

Vitamin D is important for calcium and mineral metabolism in the body, says Thomas Oleginski, Geisinger Medical Center rheumatologist. In winter, the body begins to lack this vital nutrient since sunlight becomes less available. Boston Medical Center research reveals almost one-third of the students and physicians, in addition to a high percent of elderly people in a test group, were found to have low levels of vitamin D by the end of February.

Most over-the-counter multivitamins contain the FDA's recommended 400 international units (i.u.). Vitamin D3 is the form produced when the skin absorbs sunlight, the easiest for the body to metabolize.

A lack of adequate vitamin

D can lead to several ailments, including chronic joint pain, autoimmune diseases, heart disease, depression, and even common cancers of the colon, breast and prostate, "the major concern is bone health," says Oleginski. Low levels of vitamin D increase the parathyroid hormone, or PTH. This hormone increases the concentration of calcium in the bone. Over time, this results in a loss of both bone calcium and muscular strength.

Because of its importance in absorbing calcium, vitamin D has been found to help protect against bone diseases. "Studies have shown that 40–50 percent of osteoporosis patients are vitamin D deficient," says Oleginski. More than 200 of Oleginski's patients were vitamin D deficient in 2007.

The FDA recommends 400 i.u. for those 15–50 years old. Amounts increase to 400–800 i.u. for those over 50, and to a minimum of 600 i.u. for those ages 65 and over. The National Osteoporosis Foundation, however, has found such measures to be inadequate, and has recently

increased requirements to a minimum of 800–1000 i.u. a day for all individuals.

Although there is no routine test, vitamin D levels are checked in patients who have been using steroids, show a list of medical problems, or demonstrate weakness. When blood tests reveal severely low levels of vitamin D, physicians usually prescribe 50,000 i.u. of vitamin D once or twice a week. Behavior changes, such as more sun exposure, are also part of treatment to maintain consistency and avoid another deficiency.

People with dark complexions also struggle with deficiency because of melanin in their skin, Oleginski says. Melanin absorbs UV radiation, forcing the vitamin D precursor in the skin to compete for sunlight.

Daily sunscreen use is another cause for deficiency by interfering with the convergence of sunlight, says Oleginski. "The sun must have contact with unprotected skin for 10–15 minutes for metabolism of vitamin D to occur," he says. Further exposure becomes dangerous and sunscreen should

be applied. Recent emphasis on daily sunscreen has led to deficiencies in warmer areas, such as Florida, where low vitamin D levels are common.

Tanning beds should also be avoided and are not an alternative source of sunlight, advises Olinginski. Ultraviolet light used in these facilities has been linked to cancer and causes more damage to the skin than modest sun exposure, he says.

Diet and supplements can be

used as alternatives during the winter when sun exposure is reduced.

Fish products naturally contain high amounts of vitamin D, says nutrition specialist Marianna Lawrence, Hatboro. These foods provide 70–90 percent of the daily value.

“There is very little in the food supply, which is one of the biggest problems,” Olinginski says. Although many foods, such as milk, cereal, crackers and

pastries have been fortified with vitamin D, one serving typically provides only 10–15 percent of the daily recommendations.

Although too much vitamin D has been known to cause milk alkali syndrome, a disorder that interferes with normal function of the kidney and liver, Olinginski says such cases are “typically not going to occur.” He recommends taking daily supplements of up to 800 i.u. in order to ensure deficiency does not occur. *z*

Got Cranberry?

Berries' Benefits Will Boggle Your Mind

by Kimberlee Courtney

A common staple on the holiday menu, the cranberry offers our taste buds a tartly-sweet flavor, while adding a seasonal hue to the table. For many, this is the only time of year they get their fill of this gem-colored berry and all of its healthy antioxidants.

Harvested during September, October, and November, these small berries pack a powerful punch of benefits towards the body's well-being.

Cranberries have a known reputation in aiding urinary tract infections; however, new studies conducted by the National Institutes of Health have demonstrated this fruit's ability to combat other ailments as well. Consumption of cranberries on a regular basis was found to help prevent the onset of plaque and gum disease, as well as inhibit cancer and ulcers from developing in the stomach.

“Cranberries contain a high amount of chemical compounds, called flavonoids, which help reduce bacterial adhesive,” says clinical herbalist Amy Matyas, Bloomsburg. They decrease inflammation

in the body, reducing the risks of heart disease and bladder infections. Cranberries also help with inflammation due to an allergic response, Matyas points out.

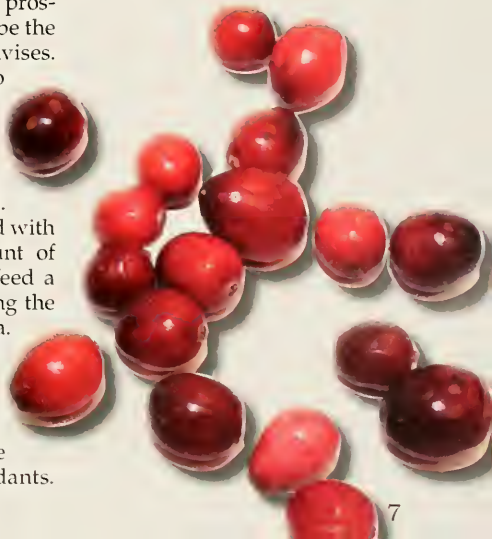
Bloomsburg Urologist, Anuj Chopra, is aware of the cranberry's ability to combat the onset of urinary tract infections. He says the fruit “is converted to a chemical similar to formaldehyde and kills the bacteria that way.” Cranberries are also beneficial for prostate infections. “But it should be the pure cranberry,” Chopra advises. When the fruit is extracted to produce juice or cranberry sauce, most of the beneficial elements and dietary fiber are taken out. “There is no benefit whatsoever,” he says.

Cranberry juice, often loaded with sugar, contains a low amount of cranberry and can actually feed a urinary tract infection, making the symptoms worse, says Chopra.

Rather than consuming commercial cranberry sauce this holiday season, a homemade version may provide more of the berry's healthful antioxidants.

Incorporating fresh cranberries into the menu is also beneficial and can easily be done. Simply add a handful to a dinner salad, mix them into stuffing, or use some to top off desserts.

Because they can be frozen for up to nine months, there is no reason to stop eating cranberries once the season is over. These treats can be enjoyed on their own, or added to recipes for a flavorful punch. *z*



Corn-Crazed Consumers

Breaking through the sugar-coated studies

by Annelise Chayka

High Fructose Corn Syrup (HFCS) burst onto supermarket shelves in the 1970s replacing familiar sucrose sweeteners formerly derived from sugar cane or sugar beets and imported from the Caribbean. Its versatility and low cost prompted its use in more than 2,000 products ranging from bread to soft drinks.

HFCS was demonized by nutritionists in 2004 for its speculated role in the obesity epidemic. Critics of the sweetener cite the parallel between increasing obesity rates and soaring consumption of HFCS.

Supporters of HFCS assert that the human body metabolizes HFCS and sucrose identically, therefore, if HFCS plays any role in the obesity epidemic, it's only because the sweetener has been added to numerous products for its benefits to the food industry.

HFCS not only serves as a sweetener, it helps baked products maintain freshness and texture, while "browning" the crust. In condiments, such as ketchup, it keeps ingredients evenly dispersed. Enhancing the flavors of both fruit and spices it pioneered its way into spaghetti sauces and yogurts as well. In the soft drink industry, HFCS became standard after both PepsiCo. and Coca-Cola adapted the sweetener in the 1980s.

"I avoid the use of HFCS by using fresh ingredients whenever possible," says Robert Hayes, chef at Berwick Golf Club, who points out "HFCS overpowers the taste of the food and therefore I seek alternatives."

HFCS is created by breaking down corn into basic molecules of fructose and glucose. Through a complex process, the molecules transform into either HFCS-55, used in soft drinks, or HFCS-42, used in solid foods including, breads and baked products.

HFCS -55 is conventional because of its increased fructose levels when compared to sucrose. While both sides agree, HFCS contains five percent more fructose than found in sucrose, they disagree on the effect it has on the body.

"A five percent increase may appear small, however when you consider the amount and the frequency in which we consume HFCS, a seemingly dismal increase, can become substantial," says Dr. Mark Melnychuk, professor of biology and nutrition at Bloomsburg University.

Several studies concluded that high fructose consumption leads to adverse health effects.

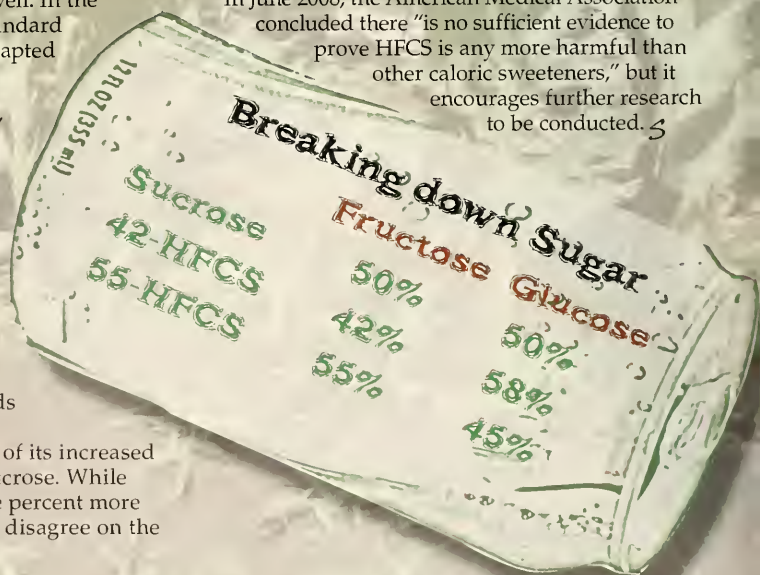
"A high fructose diet supports the synthesis of glycerol and fatty acid molecules which are stored as triglycerides in adipose cells [fat cells]," says Melnychuk.

High triglyceride molecules can be attributed to several diseases such as obesity and increases the risk for heart disease.

Obesity is a contributing factor in the development of Type 2 Diabetes, and non alcoholic fatty liver disease. While some studies directly link HFCS to these diseases, others believe there is a very weak correlation.

Few studies evaluate the effects of HFCS compared to sucrose. Long-term research is virtually non-existent.

In June 2008, the American Medical Association concluded there "is no sufficient evidence to prove HFCS is any more harmful than other caloric sweeteners," but it encourages further research to be conducted. *S*





Winter Car Care Tips

Steer clear of mechanical problems with some seasonal automotive maintenance

Story and photos
by Terrence Haynes

Living in the northeast means a couple things for car owners: bad roads and snow. The combination of the two can be dangerous for both the car and driver if the proper precautions aren't taken.

Engine coolant, also known as antifreeze, is essential. Antifreeze circulates through the engine and gets rid of excessive heat that could be dangerous for the motor. "Coolant in the car is like water in your swimming pool or hot tub," says Rod Eves, service manager of the Alexander Family car dealership, Bloomsburg. "If the Ph level is off, the coolant will become too acidic and will lose anti-corrosion properties," Eves adds. Antifreeze is important because it contains chemicals that have a lower freezing point than water.

Windshield washer fluid is also important during the winter because it helps with visibility and ice removal. It's important to make sure the windshield washer fluid is winter approved. Many drivers use windshield washer fluid in the summer that is specifically designed to remove bugs. These types of fluids will freeze on the windshield in the winter, making visibility difficult.

When searching for a windshield washer fluid for the winter, make sure it has a low freezing point.

Tires are important for the safety and comfort of the ride. Having the proper set of tires during the winter is a crucial precaution for safe traveling.

"A good winter tire is important primarily for control, traction, and braking," says David Kerr, service manager of Independence Ford, Bloomsburg. "Worn or uneven tires will lead to control problems," Kerr says. Equipping the vehicle with all-season or winter tires is a good safety precaution. These specific tires are designed to perform well in the slush, ice, and snow that drivers may encounter during a daily commute.

Summer tires pick up and pack snow within the treads which makes gripping the road very difficult.

Tire pressure is just as important as using the proper tire. "Rotation of tires and air pressure are crucial for tire wear and fuel mileage for automobiles," says Eves. The tire pressure could be the difference between a smooth or shaky ride, and also affects fuel efficiency. Most vehicles have an ideal tire pressure indicator located on the inside of the driver side door. Many newer vehicles have built-in tire pressure monitor systems

that will indicate when the tire pressure is too low. For those with older vehicles, tire pressure gauges are a necessary way to figure out tire pressure.

Due to the harsh winter conditions, Penn DOT puts down salt and other chemicals to get the snow and ice off the road. The salt and chemical compounds can do serious damage to the undercarriage and paint of a vehicle. It's important to consistently wash a car even if it may snow the next day.

Emergency situations can occur at any time when it comes to dealing with automobiles. Therefore, it's important to have certain items in your vehicle, such as bottled water, non-perishable food, and a blanket. It's also important to carry an ice scraper, flashlight, jumper cables, a shovel, and a tire repair kit.

Bloomsburg University mechanic Bill Fisher says "Preventative maintenance is important but it doesn't guarantee anything."

Knowing the surroundings and following speed limits in inclement weather are critical to avoiding accidents. Having the car prepared for the bad weather doesn't ensure safety, but it gives a driver the best possible chance of avoiding costly mechanical issues. **3**



Stacked cages are common in Pennsylvania puppy mills, resulting in unsanitary conditions.

BEHIND CLOSED CAGES

A look at the secrets of pet store puppies and how to avoid buying a puppy born in a mill

by Megan Angstadt

A white and brown ball of speed in the form of an energetic smooth fox terrier puppy races after a neon green tennis ball bouncing on softly packed snow at the Bloomsburg Town Park on a chilly winter afternoon. With a playful snort, the puppy grabs a mouthful of snow with the ball and bounds back to its owners of eight months, Lisa Brown and Quintin Todd, Bloomsburg. Jack is one year old and excited to be out in the fresh air, able to run and play with few cares after spending the beginning of his life caged in a pet store kennel.

A different dog, an unnamed female Shih Tzu used for breeding in a puppy mill, suffers from mammary tumors and ear mites when she is rescued from a puppy mill in Quarryville, a borough in Lancaster County. She is 13 years old and has endured her fate until now in a cage barely big enough to turn around in, standing and sleeping on feces and urine of the dogs in the cages above her. When rescuers find her she is soaked in urine, and her fur is so matted some of it has to be shaved off because the tangles, feces, and dirt can't be washed or brushed out. The Shih Tzu is placed in foster care, but even months later repeatedly walks in circles for no reason, and stares blankly at a wall for hours due to the psychological damage suffered from her long confinement. She is not the only one.

This isn't the image people see in pet store windows when they shop for the cutest puppy in town. The horrors of these breeding facilities

aren't seen in the bright eyes and wagging tails of the puppies waiting to be adopted.

Pennsylvania produces an estimated two to four million puppies every year, according to the Humane Society of the United States (HSUS). "We've seen a lot of almost fraudulent practices on the part of breeders who sell to pet stores, some have signs up that say 'thank you for your concern but we are not from puppy mills,'" says Sarah Speed, Pennsylvania director of the HSUS. Pet stores don't advertise the origin of their puppies; many falsely reassure buyers that the puppies do not come from puppy mills. It isn't until weeks, sometimes months and years later, that health and psychological issues surface, and new owners are concerned when their pure breed investment starts racking up vet bills.

Brown and Todd were surprised when their smooth fox terrier began to have health problems a

few months after they bought him as a four-month-old puppy. "He jumped off the couch and yelped, so I thought he sprained a muscle, but it didn't go away," Brown says. X-rays revealed that Jack's femur head is square, instead of rounded to fit in the joint. They were told that this is genetic, and could cost as much as \$600 if there are no surgical complications.

"The pet store told me they get their puppies from private breeders all over Pennsylvania," Brown says, "Jack wasn't registered, but they told me some dogs can't be, and I didn't know any better." Pure bred puppies sold from reputable breeders can almost always be registered; when purchased, they come with paperwork to register the puppy with the American Kennel Club. However, many pet stores will sell their puppies with papers from prestigious sounding "kennel clubs," according to the HSUS, and buyers think this is proof their new investment is pure bred and in good health. While these papers record the names of the puppy's parents, they do not ensure that it is free from genetic defects or that they were raised humanely.

Jack currently suffers from a genetic underbite, and is unable to eat dry food. He is allergic to beef, and has been plagued with random diarrhea throughout his life. He is losing his fur, and his owners don't know why.

Sherry Carpenter, Bloomsburg, is director of Animal Vues, an educational program that promotes caring and compassion for animals. According to the "puppy lemon law" in Pennsylvania, known as the Dog Purchaser Protection Act, says Carpenter, you have to have your puppy examined by a vet and get a bill of health within 10 days after purchase. "Most people have fallen in love with the puppy when they buy it, and even if it has problems, they will spend thousands of dollars to make it healthy, or they will abandon it," she says. According to the Dog Purchaser Protection Act, if the puppy is ill or has died within these 10 days, and the veterinarian can confirm this, the buyer may return the puppy for a full refund, return it for a replacement puppy of equal value, or keep the puppy and receive reimbursement not to exceed the purchase price. "I didn't think I needed to have Jack X-rayed at four months old," Brown says, "but I guess the lemon law doesn't give you much time to see the genetic problems that can show up."

There are countless cases of dogs rescued from a puppy mill, or found wandering along a road, which suffer from different ailments. Breeder dogs in these facilities often suffer from prolapsed uteruses, from multiple, often difficult births without the assistance of a veterinarian; they have a variety of skin conditions, including fleas, lice, and mange, deformed extremities due to spending a lifetime on a wire cage floor, and ear and eye infections from

Dogs in an unlicensed puppy mill in Gordonville, Lancaster County live their lives in confined quarters.

the unclean conditions. They are almost always malnourished.

"Sometimes they are abandoned on the road, huddled on the ground because they've been in wire cages their whole lives," says Terri Gross, a rescuer and advisory board member for Mostly Mutts, a dog rescue organization in Sunbury. The dogs will hide in the back of the kennel, and often are so timid and afraid that they don't even know how to drink out of a water bowl. "They don't even know what a treat is," she says. "The things that you see on Animal Planet? It's happening around here, it's not just big city stuff, it happens in small towns too," Gross says.

Although puppy mills exist throughout the Commonwealth, 70 percent of them are located in Lancaster and Chester counties, according to Sarah Speed. "We generally see a trend of breeding dogs as a side business for farms," Speed says. "They have dogs in a few barns in addition to their main business," she says, "with rural areas having a higher concentration of kennels."

There were 1,667 new breeding facilities licensed in 2007, according to the Pennsylvania Department of Agriculture, and there are roughly 2,600 licensed facilities. This number does not include the many unlicensed kennels, especially those known as "backyard breeders" who breed dogs on a smaller scale for profit. About 84,000 dogs entered Pennsylvania shelters in 2007 as well. "If we are dumping

84,000 dogs, why are we allowing these puppies to be bred by the thousands?" asks Jenny Stephens, director of North Penn Puppy Mill Watch. This number does not include dogs taken in by private shelters, only those picked up by shelters subsidized or partially subsidized by the government. "It is the one industry where the economic principle of supply and demand simply does not apply," Stephens says.

The majority of kennel owners in Lancaster County are Amish and Mennonite, and most of the kennels are on farm property. A large part of the Amish culture is selling many different products, and generally, they look at animals as another resource to sell. The dogs are seen as livestock animals that bring in revenue; because of this they are treated poorly, says Christine Wilson, assistant district attorney of Lancaster County.

Some dogs used for breeding are not lucky enough to be dropped off on the side of a road when they are no longer producing. The unlucky ones are often sold to another mill; the others are shot when they have worn out their usefulness. "They breed sick dogs, mother with son, father with daughter, and then they sell to these pet stores, and people are paying big bucks and don't know what they're getting," Gross says, "I feel bad for the ones that are still being abused, or shot and killed."

Although the Bureau of Dog Law Enforcement says it's illegal



Photo by Mary Hunt Davis

to mistreat or abuse any animal, there is confusion when it comes to understanding what mistreatment and abuse means. In August 2008, brothers Elmer and Ammon Zimmerman, Kutztown, in Berks County, shot and killed 80 dogs after a routine inspection when dog wardens ordered the brothers to have 39 of the dogs checked for flea and fly bites. The wardens also issued citations for extreme heat, insufficient bedding, and wire floors on the cages that the dogs' feet could fall through. Until mid-October, anyone could kill a dog he or she owned, and it was legal according to the old dog law. The new dog law makes this act illegal, and states that only a veterinarian can euthanize a dog. Gov. Ed Rendell, well known for his compassion for animals, supported the legislation that led to several changes.

The new law was signed on the last day of the 2007-2008 legislation session. This Act will hopefully reduce inhumane treatment of dogs in breeding facilities that process 60 or more dogs a year. Jenny Stephens says that the Humane Society estimates the new law will affect only 25 percent of breeding facilities. "Very few kennels will have to implement changes, and it concerns me," Stephens says. First time violators of this new law would face a maximum fine of only \$500 and up to 90 days in jail.

Act 119 increases cage size, bans wire cage floors, requires outdoor exercise areas for the dogs, bi-annual veterinary exams, and bans cage stacking. The bill had been stalled in the House Appropriations Committee after Republicans added more than 100 amendments, all created to delay the vote. A few examples of these amendments, which would have kept several major provisions of the bill from being passed, were

maintaining the old cage size requirements, and keeping the law that allows kennel operators to legally kill their dogs.

Previous laws stated that dogs must have 30 minutes of exercise a day, but if operators of the kennels did not want to deal with that, they could double the size of the cage for the dog, and place another dog in the same cage. This in effect left the dogs with the same amount of space they would have had if they



Shrimp, a ten year old maltese mix, was rescued from a puppy mill in Paradise, Pa., by Main Line Rescue.

Photos by Mary Hunt Davis

had single cages. The new law has provisions for exercise outside of the cages, in an area twice the size of the new cage size requirements.

An amendment that was added to the law that is controversial, is the creation of a canine health board that will consist of seven veterinarians who will make recommendations regarding individual kennels. Since the board will be in charge of these issues, they will be removed from the actual legislation. "By giving the responsibility of temperature control, and humidity control to this board, the Senate is shirking their responsibility," Stephens says. The members of the board will be appointed by the president of the state Veterinarian Medical Association, an organization which fought against several provisions of the main bill.

"Within one year, Pennsylvania will be a leader in the treatment

of dogs in commercial breeding kennels, shedding our reputation as the puppy-mill capital of the country," Rendell said during a news conference. The previous dog law was written in 1982 and is no longer relevant for today's breeders and kennel owners. This law treated all breeding businesses the same, whether they owned 26 dogs or thousands, and made it legal for breeders to keep their breeding dogs in small, extremely cramped wire cages for their entire lives. Sarah Speed is disappointed that some changes were made to the original bill that passed the House, but understands that the compromises were necessary for the bill to pass the Agricultural Committee. "The bill in its final form kept every important provision we wanted for the dogs," Speed says. "Unfortunately the amendments, including a provision that would grant a waiver to certain kennels, may delay the enactment of the bill," she says.

The new law doesn't go into effect until October 2009, giving breeders a year to comply. One provision, however, goes into effect immediately: only a veterinarian may now euthanize a dog. "Overall, it's a huge first step," Speed says, "It will change the lives of tens of thousands of dogs."

In some cases, kennels might have the opportunity to obtain a waiver if they can show that they have made significant changes to their kennel within a certain period, or if they have had a clean record from state inspections for the past three years. If they obtain this waiver, they have three years before they have to implement any of the changes laid out in the new bills. "Four to five years is the life expectancy of some of these dogs," Stephens says. "They have been waiting a long time for relief, they

shouldn't have to wait any longer."

The Zimmerman brothers' case is not the only one of its kind, and inhumane treatment of animals occurs throughout the Commonwealth. In October, a puppy mill in Emmaus, Lehigh County was raided by agents of the Pennsylvania Society for the Prevention of Cruelty to Animals (PSPCA). After a two-month undercover investigation, SPCA agents executed search warrants at Almost Heaven Kennel that specializes in breeding poodles and Labrador retrievers. The search produced about 800 animals; 125 dogs were seized due to sickness. In addition to the animals rescued from the kennel, 65 were found dead in a freezer.

In another case of animal cruelty from July, Amish farmer John Blank, owner of Limestone Kennels, Chester County, was arrested when PSPCA agents found over 100 dogs on his farm, most of them in poor physical condition. Agents seized 21 of the dogs immediately and took them to the SPCA Philadelphia shelter. A few weeks prior to this raid, volunteers visited the farm after reading an advertisement in a Lancaster newspaper for free breeder dogs. These visits by volunteers produced nine dogs, all in poor condition. Two were missing their eyes, says Bill Smith, founder of Main Line Animal Rescue in Chester Springs. "They had big gaping holes with flies in them. One of the dogs had his eye hanging out. Two were missing ears," says Smith. In this case, the owner of the kennel pled guilty to eight animal cruelty charges, two counts of failing to maintain a sanitary and humane kennel, and one count of harassment. Blank was convicted and surrendered 66 dogs to the PSPCA, was fined \$576, and was required to submit to two years probation, during which time he can't own more than five dogs. He is permanently

barred from operating a kennel in Pennsylvania.

Although pet owners can't be accused of actively wanting to perpetuate puppy mills, without the knowledge of how to avoid buying a puppy born in a puppy mill, buyers continue to buy from pet stores that are less than credible. "Frankly, there



Photo by Mary Hunt Davis

Terra, a chocolate lab, was rescued from Blank's mill in Chester County before having an infected eye removed.

is so much transfer between stores, breeders and brokers, it's incredibly difficult to track where the dog came from," Sarah Speed says, "unless you see the parents of the puppy; you can't know you aren't buying from a puppy mill, and you have no guarantee they were raised humanely," she states.

Linda O'Kane, owner of Brookside Pups and Stuff, Bloomsburg, says she sells her dogs for an average cost ranging between \$400 and \$600, up to a maximum of about \$2,500. She owns two additional stores, located in Hazelton and Hanover, and sells about 1,200 dogs a year. O'Kane declined to give names of breeders that she buys her stock from, stating instead that 90

percent of the puppies come from Pennsylvania. O'Kane states that her puppies are not from puppy mills, but would not produce documents that prove otherwise. Of several pet stores in Columbia, and Montour Counties, Brookside is the only one that sells puppies that she has had complaints about, says Sherry Carpenter.

Local SPCAs and rescue organizations adopt dogs for as little as \$50, which often includes spaying or neutering, a dog license, booster shot, and microchip identification. Dogs are thoroughly examined by a veterinarian before they are put up for adoption, allowing the shelter to know of any pre-existing health concerns. At Mostly Mutts, a mixed breed puppy under the age of six months costs \$50 to adopt, while a breed specific puppy up to five years of age can cost as much as \$200 to adopt. These prices are still less than puppies sold at pet stores, and the question remains: why buy from a pet store when you can adopt from a shelter?

While many shelters would prefer to be no-kill, they have so many incoming dogs there simply isn't room to save all of them.

Brown and Todd say that they would still rather buy a dog than adopt from a shelter because they believe that shelters have the same issues of not knowing a dog's background or possible health problems. However, large shelters like the Pennsylvania SPCA in Philadelphia usually have adoption counselors who have worked with the individual dog, know its personality and particular quirks, and can help guide you to a dog that will fit your lifestyle, says Speed. The Danville SPCA is an exception. According to Roxanne Greiner, who oversees adoptions in Danville, all the employees are trained in the adoption process, and know how to help a prospective owner pick

the pet best suited to their home. "There are too many needs at the shelter for just one person to be assigned to one job as an adoption counselor," Greiner says.

Speed says that the primary reason why dogs are turned into shelters is not that they are fundamentally bad, but that buyers don't get the proper guidance when searching for a dog. They end up choosing a pet that doesn't fit their lifestyle, with the result being that they give up dogs to shelters and rescue organizations. About six to eight million dogs and cats are cared for in shelters every year, while about three to four million must be killed due to overpopulation and lack of adequate adoptive homes, according to the HSUS.

"When you adopt a dog you know you're saving its life," Speed says, "When you go to a pet store, the owners only have the dogs for a matter of weeks, and they don't know the puppies' temperaments." Often times at humane societies and rescue organizations, older dogs make up the majority of the kennel. These older dogs have already established personalities and temperaments that are going to stick around for the rest of their lives, unlike puppies, whose personalities can change depending on how they are raised.

One way to stop pet stores from selling puppies is simply to stop buying puppies from these stores. However, this isn't always as easy as it sounds, Sherry Carpenter says. "The food and drug companies make money from puppy mills. That's why it's so hard to stomp them out, because big business doesn't want them to go away," she says. By adopting a dog rather than buying from a pet store pet owners can help save lives, and prevent the future neglect and abuse of many others by refusing to buy dogs from pet stores. "What we have to stop is

buying any dog from a puppy mill," Carpenter says, "If we stop stores from selling puppies, it will help put irresponsible breeders right out of business."

Even though Jack is costing owners Lisa Brown and Quintin Todd more money than they expected, and more heartache each time the veterinarian announces a new ailment, they are steadfast in their love for their smallest roommate, "I wouldn't trade him for the world," Brown says, "he's my best friend." Jack is a puppy mill survivor. He's lucky. As he races after the tennis ball once again through drifts of snow, short legs flying over the ground, limping only slightly from his recent surgery, he breathes deep and wags his tail. ↵

For a list of animal shelters in Pennsylvania, visit
[\[http://www.animalshelter.org/shelters/Pennsylvania.asp\]](http://www.animalshelter.org/shelters/Pennsylvania.asp)

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Blooming for

Master gardeners share tips for year-long maintenance

Story and photos by Jenna Wisniewski

Driving back along the stone road, large spruce trees pave the way to serenity. Flowers, plants, and trees of all kinds overwhelm the land known as a National Wildlife Backyard Habitat. "We have been working on it for a few years," says Judy Narber.

The Narbers live on one of Pennsylvania's certified wildlife habitats. Their backyard is a place for animals to live freely, plants to grow immensely, and a garden to flourish every year. Along with preserving wildlife, the Narbers take pride in gardening and taking care of landscapes.

Judy and her husband Ken have been residents of Columbia County for 14 years. "Once we moved here we had to rip stuff up and put new things in," says Judy Narber. Their natural habitat begins at the driveway and extends beyond the yard into the woods.

Gardening and caring for their land is a large part of their everyday lives. Judy tends to spend more of her time taking care of their land at home, whereas Ken takes care of their local store.

Ken Narber, owner of Ken's Cattails, Bloomsburg, says that he believes gardening can give satisfaction. He has also learned some of what he knows about gardens "from watching his parents and grandparents."

The Narbers' wildlife habitat is based on the "triangle belief," says Judy Narber, the idea that there is enough food, water, shelter, and space for all things living and growing on the land. In order for them to obtain the certification, they had to take classes, their land had to be evaluated and they had to complete tests. Their knowledge of gardening and landscape care is extraordinary to this area.

During the winter months, Judy tries to keep the landscape cleared and trimmed so the plants will be ready to fully grow in the spring. "I usually just weed whenever I see something that doesn't belong. It drives me nuts if I don't," she says.

Ken believes some straightforward maintenance can really help a garden and landscape develop fully. "Annuals should be ripped out and thrown away before the winter months," he says. Petunias and Marigolds are both examples of annuals. Perennials, unlike annuals, will bloom again and need to be managed much like lawn care.

"Leaves and branches should be picked up around the plant, and they should be kept



Ken and Judy Narber take pride in maintaining their 6-1/2 acre National Wildlife Backyard Habitat.

trimmed for housekeeping," says Ken Narber. Day lilies, Hostas, and Black-eyed Susans are examples of perennial plants. He believes a location's heartiness zone can affect the plant in a negative or positive way.

The heartiness zone of where the plant is being grown will determine how well the plant will survive. Columbia county's zone is a 5 or 6. Zones 1 and 2 are very cold

the Seasons

temperatures and plants rarely survive here. A zone 10 is very warm and only certain plants will survive in these areas. The heartiness zone, when purchasing a plant, can be found on the plant's tag. These zones can affect all types of plants.

Along with flowers, plants, trees and a vegetable garden, the Narbers have locations for animals to live and range on their land. Several blue bird houses line their outer property, as well as a hummingbird row, bird



baths, and a wildlife feeder built by Ken. "The animals need to live in their natural habitat," says Judy Narber. The heartiness zone the Narbers live in is crucial for their plants to grow so the animals living on their land can live in the most natural environment possible.

Specific plants that deer, bear, turkey, squirrels, hummingbirds, and bluebirds live off of are important to contribute to the habitat the Narbers' strive to achieve. Even though maintaining lawns and gardens through the winter months is crucial, re-opening a garden and preparing a landscape for the spring is just as important.

Once the winter preparation for lawns, trees, and plants has been done, homeowners can start thinking about re-opening their

gardens and getting their landscape ready for spring.

"Between Mother's Day and Memorial Day is the time when most spring planting takes place," says Ken Narber. Most plants are bought in late April and early May so they can be enjoyed until fall sets in. Local nurseries and lawn care stores are flooded with individuals gearing up for planting season. Before a home owner can begin their spring gardens, maintenance to their lawns is a must.

"The same list that is used for winter maintenance should be used again for opening gardens back up in the spring," Ken Narber says.

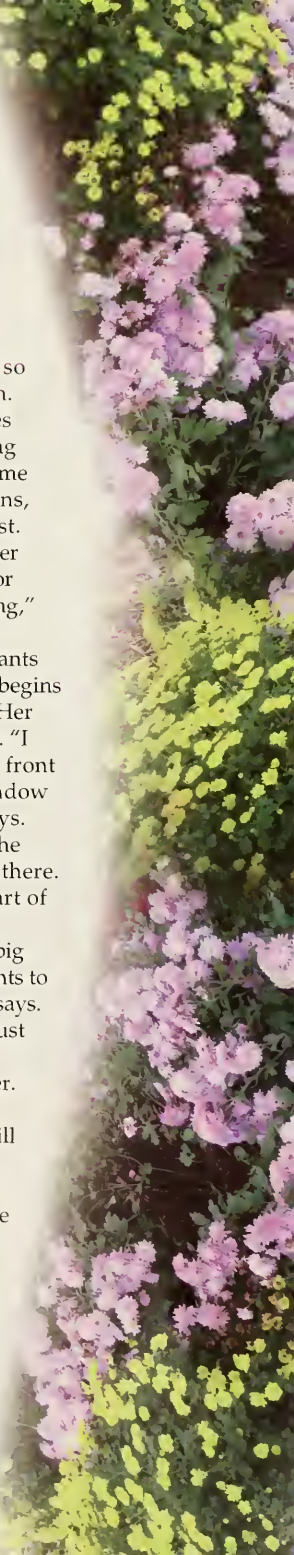
In the spring, Judy takes out old plants and weeds, trims shrubs, rakes, and begins the process of planting her annuals. Her favorite part of their land is the trees. "I love the weeping crab apple tree in front of our house. I can look out the window and see it from the kitchen," she says. Around 70 percent of the trees on the Narbers' land had previously been there. Flowering plants are also a large part of their landscape.

"Colors of flowering plants are the big attraction in the spring. Everyone wants to have a colorful garden," Ken Narber says.

Properly watering a garden is a must to ensure the plants endurance and flowering ability through the summer.

Deep red Salvias and rich purple Helia Trope are streaked along the hill at the Narbers, as a Hummingbird row. "I usually start to plant during Memorial Day weekend and continue for as long as I can," says Judy Narber.

All elements of lawn care and gardening tips are used at the Narber household to ensure their land is efficient enough for their preserve and so they have a chance of having the best lawn and garden on the block. ☺





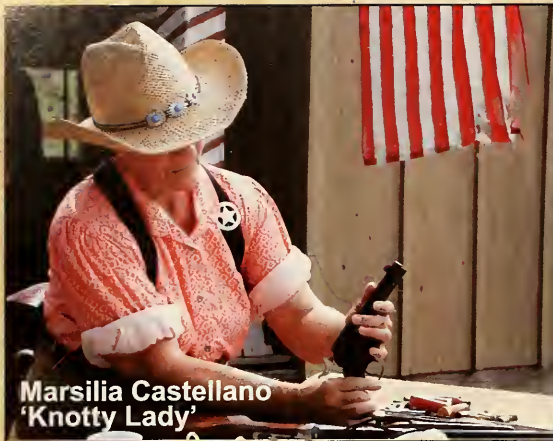
THE COWBOY CREED

by Kelly MacMath



Gun slingin' cowboy Dusty Ed rolls through the rickety doors of the abandoned Mainville lead mine on a rusted track in a wooden mine cart. He's fighting against the clock. He shouts, "Damn horse thieves!" and aims his original 1873 Winchester rifle at his targets and unloads, desperately trying to stop Wild Bill from making off with his property again. Shots can be heard all the way to the barbershop, bathhouse, and the saloon. Behind him, a dozen cowboys clad in boots, spurs, holsters and silver sheriff stars stand and watch his fate.

The tiny town isn't the set of an upcoming Hollywood film, or the remnants



**Marsilia Castellano
'Knotty Lady'**



'Peyote Pete' and 'Dodge Bill' Lathrop

of a 19th century pioneer town long forgotten. It's the territory of the Mainville Marauders; a local Cowboy Action Shooting club; Ed Bergen, better known to his posse as Dusty Ed, was shooting according to one of the many Wild West scenarios the Marauders use.

"I've always been a shooter, and I've always liked the old guns and I've always had horses, so I've been a cowboy since I was a little grasshopper," says Bergen, president of the Marauders, which formed in 2003 at the Mainville Sportsmen's Club.

Cowboy Single Action Shooting (CSAS) was created in 1981 and has about 75,000 members, according to the Single Action Shooting Society (SASS), and is rapidly growing in popularity, with chapters in all 50 states and 18 European countries.

Cowboy Action Shooting combines the sport of shooting with history of the Old West

lifestyle. Participants compete according to cowboy-like shooting situations, and are required to dress in fashions from the 1800s, in celebration and preservation of the cowboy spirit.

"I think it's a lot of fun if you think back to your childhood of how you played cowboys or Indians or watched them on TV," says Kathy Kishbaugh, the Marauders' vice-president and match director. "It's just a lot of fun to go back and just feel like a kid, like you're playing all day," she says.

Members also create a unique cowboy or cowgirl alias, appropriate to a profession or character from the late 19th century.

Kishbaugh, known as Blu Heart by her fellow cowboys and cowgirls, says she wanted her name to be Blazin' Heart, "just meaning hot blue, blazing bullets, you know, but when I went to register for SASS someone already had that name," she explains.

After a bit of tweaking,

Kishbaugh came up with her alias of Blu Heart by matching her favorite color with her hobby of collecting jewelry and decorations with hearts. Kishbaugh says her husband, Roger, likes to kid about how he came up with his shooting alias, Poor Roger. "Ask him and he says 'Just hang around and you'll see why they call me Poor Roger, it's because of her,'" jokes Kishbaugh.

Bill Lathrop, the Marauders' secretary and treasurer says he picked his name, Dodge Bill, on a whim. "All I've driven are Dodges, and it was one of those quick things like 'you've gotta think of something, we've got to have an alias for you,'" he says, "so I thought 'I drive Dodges and my name is Bill.'"

The Mainville Marauders meet each month at the Mainville Sportsmen's Club or one of the six other Cowboy Action Shooting clubs within a two-hour radius. The matches can last from morning into late afternoon

PP. 18-19 Photo: *Front Row:* Marsilia "Knotty Lady" Castellano; Frank "Tad Lyons;" "Blackhawk Kid"; "Zach of Diamonds" Vikara; "Dusty Ed" Bergen; "Sod Buster Ed" Derrick; "Krusty Ken" Witmoyer; "Dodge Bill" Lathrop.

Back Row: Michael "Pill Røller" Castellano; "Ricochet Rod" Bardo; "Jack Silver" Shelly; "Dad-Blasted Dan" Thole; Fred "Mifflin Kid" Sides; Dale "Gio Bravo" Glodano; "Texas Frank" Burk.

Photo by Nina Gandolfo

"It's nice to be with a group of people where no one really cares if you're a brain surgeon or a farmer. You're all here to have a good time and to do it safely."

—Dick Sunday

hours, depending on the number of shooters. The Marauders sometimes have up to 60 shooters at a time, says Kishbaugh. Each group, or "posse," as the SASS refers to them, takes about 45-60 minutes at each realistic Western set or "stage."

The Marauders use six different stages, most of which Bergen built, including a lead mine, a barbershop and bath house, a saloon, and an outhouse. Each stage has steel targets set out in various patterns and distances.

Judging is based on speed, accuracy, and hitting targets in proper sequence. Missing a target adds five seconds to a shooter's final time, and hitting out of sequence, known as a "procedural," adds 10 seconds to a shooter's final time. Shooters are only allowed one procedural per stage.

"What you want to do when you start shooting is to be accurate, because with accuracy comes speed," says Lathrop, who's been shooting over 40 years and owns an extensive collection of firearms. "But every miss when you're in competition adds five seconds to your time, so it's better to take just a hair longer than miss the target," he says.

Participants use three different old-fashioned guns with lead bullets for each scenario—a rifle, two hand guns, and a shotgun, which

"You can be the little poor kid who works in the stable or a fancy sheriff or mayor of the town."

—Kathy Kishbaugh

they load and unload on a bench in front of a designated loading officer for safety precautions.

"Safety is our main priority," says Bergen, who uses an original 1873 Winchester rifle, 1887 lever action shot gun, and two .45 caliber revolvers:

Single Action Shooters never shoot at human targets and safety infractions result in penalties such as time added to overall scores or even disqualification.

Although Cowboy Action Shooting is a sport, there are no huge cash prizes or rewards for winning, even at state and national level competitions. Pennsylvania's state match takes place at North Mountain Sportsmen's Association in Franklin every year, and attracts shooters from Delaware, New Hampshire, New Jersey, and New York.

"It's fun to watch up there because there are national champions that come out," Lathrop says. Due to health problems with his feet, Lathrop can't compete in the North Mountain State Competition,

which involves a lot of motion while shooting, but he still shoots there once a month.

At the state competition two years ago, Kishbaugh placed third in the Ladies Traditional 49ers category. Winning "blew my mind because I don't shoot that well, I don't practice, I don't care, it's just fun for me," she says.

Bergen says "It's very family oriented; they have little kids, mothers, fathers, grandfathers, they all shoot, it's not a big competition thing, you can make it that way if you want to, but most people have fun with it."

The Mainville Marauders are a diverse crowd of locals, including retired school teachers, a pharmacist, a dentist, auto mechanics, farmers, a helicopter pilot, and a Neurosurgeon. "Every trade you can think of, we're out here," says Bergen.

Dick Sunday, known as Doc Domingo, is a dentist and firearms instructor from Espy and has been shooting for over 30 years. "It's nice to be with a group of people where no one really cares if you're



'Mangy Joe' and 'Pick Pocket Page'



Michael Castellano
'Pill Roller'

a brain surgeon or a farmer. You're all here to have a good time and to do it safely," he says.

Sunday may only live like a cowboy on the weekends, but he actually has connections to legendary gun slinger and gambler John "Doc" Holiday. Sunday and Holiday are graduates of the dental school at the University of Pennsylvania. Like Holiday, Sunday is an expert with a rifle, shotgun, and handguns. However, unlike Holiday—who rode with the Earp Brothers, was at the gunfight at the OK Corral, and is known to have killed several men in his lifetime—Sunday hasn't killed anyone.

"I joined the Marauders," says Sunday, "to relive a little bit of the Doc Holiday spirit, maybe because we share the same profession and *alma mater*, and because I wanted to be a part of the Wild Wild West."

According to Bergen, people join

for a number of reasons, some for the love of shooting and antique guns, some enjoy the costume aspect, and others have an interest in the historical part of Cowboy Action shooting. "Several of us like the history of it," says Bergen, "I'm always reading about it and there's a few of us here that swap magazines and we're always talking about it."

Jack Shelly, known as Jack Silver, says that the Cowboy Action Shooter has a philosophy that's not a question of just shooting targets and dressing the part, but a question of what the cowboy actually represented in the course of American history.

"Cowboys are part of the West; they're

what made the west and the U.S. grow," says Shelly.

"People from other countries, when they think of America, think of cowboys. Not because they were reckless, not because they carried guns, or because they were bad, but because of the spirit that the cowboy represented," he says, "if you don't put the philosophy in it then it's just a sport."



Dick Sunday
'Doc Domingo'



'Peyote Pete'



The cowboys
the barbershop



The Mainville lead mine is one of six stages the Marauders use

But for Kishbaugh, Cowboy Action Shooting is just a way to forget reality for a day. "You can be the little poor kid who works in the stable or a fancy sheriff or mayor of the town," she says, "you

kind of take away what you are in real life to become a cowboy."

Whatever the reason the Mainville Marauders enjoy what they do, they're keeping the Wild West legacy alive, shooting one target at a time. *S*

[For more information about the Mainville Marauder's, go to www.msrange.org.]



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"Dusty Ed" Berg-

Kathy "Blu Heart" Kishbaugh



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Building With Great Taste



A local woman's hobby sweetens up the holidays

Story by Holly Bergin

Photos by Nina Gandolfo

The kitchen fills with the aroma of gingerbread in the oven as Linda Lou Hill rummages through her cupboard looking for one final touch. She pushes aside the cookies, chips, and brownie batter to reveal an almost secret stash of dollar store candy. She lays out her choices next to the metal cookie sheet filled with gingerbread cutouts in every shape and size. She hovers her hand less than an inch above them, making sure no heat escapes. She sorts through the wide candy selection and spots the perfect choice, reaches into the bag and pulls out her personal favorite, spearmint rings. When she finishes, one of them will be a decorative Christmas wreath hanging on the front door.

"You can be as creative as your imagination will allow," Hill says. The Bloomsburg resident has cultivated hundreds of unique culinary creations from this classic holiday treat. Her gingerbread works showcase

her originality and creativity. Some of her most memorable projects include a rocking horse, a turkey, an outdoor gazebo, and an oriental pagoda.

For the past 27 years, Hill has

taught classes in baking. They range from a children's class on building beginner graham cracker houses to a class for adults on building multiple-story gingerbread mansions. Hill is a full-time administrative assistant in the University Relations office at Bloomsburg University, focusing on managing events and volunteers. When she is not working, her spare time is consumed by the classes she teaches and her confectionary hobby.

As a young housewife whose husband worked nights, Hill utilized her creativity during her time spent around the home. When she was a child, her father had worked as a draftsman, drawing kitchen and home layouts with particular details.

"The creative aspect was always there for me," she says. When teaching, she looks only for satisfaction from her students and consumers. Accolades are not why she gets involved. "I always ask myself if it will put a smile on someone's face; if so, that's the only reward I need," she says.



Linda Hill helps Gianna Miller, 5, build her graham cracker house.

Hill made her first gingerbread house in 1986 for her daughter's first grade teacher. The house was a two-story Victorian home complete with furnished rooms and a decorated front yard. It was 20 inches high and took five days, four hours per day, to complete. "I had no idea it was such a long process; I wasn't prepared for it," she says.

The teacher, Susan Bickert, displayed the house in her classroom at C.C. Hartman Elementary School for months. Bickert loved it so much that she refused to let her students eat it until weeks later. "Gingerbread is made to be eaten. You display it for a while, but after that, it's time to dig in," Hill says. That first Victorian mansion remains the largest gingerbread house she has ever made.

After successfully completing her first gingerbread house, Hill began teaching at the local 4H club, where her daughter was a member. She now teaches year-round classes in cake decorating and other confections as well as the seasonal ones. An annual class she teaches during the holiday season focuses on creating gingerbread houses using graham crackers and decorating them with candy.

Many who attend Hill's graham

cracker class come every year with their families. The class is for children, Hill's favorite age group. "My classes with the kids are by far my favorites. They're sponges; tell them anything or any idea and they get so creative," Hill says.

Teaching classes and just baking for fun, Hill still manages to find ways to gain inspiration. If she's in need of a bright idea, she looks to her two-inch thick folder filled with pages from magazines, pictures, brochures, and plenty of how-to's. "Whenever I see something in a magazine, I'll cut it out and put it in my file. I've even asked doctors' offices to take the magazine or use their scissors to cut it out," she says. The folder contains hundreds of pages and photos of past work that spark ideas ranging from shape and size of a house to the detailed ornaments on the tree in the front yard.

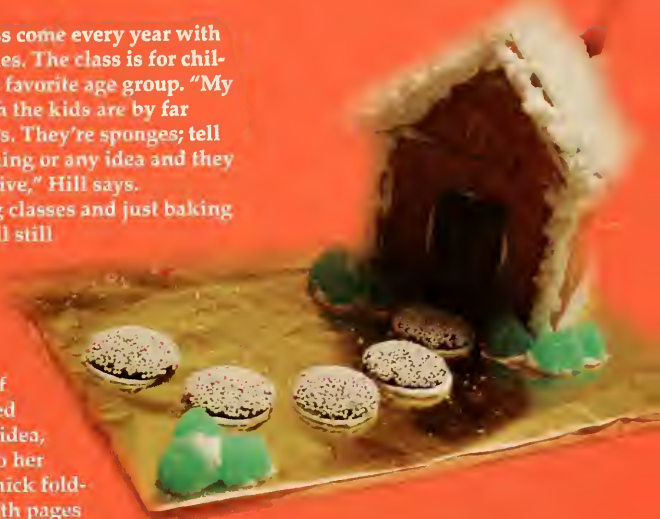
Hill often spends time researching her best ideas. The Chinese pagoda she built in 2005 for Bloomsburg's Treefest was no exception. She made trips to the library to learn about Chinese architecture and culture. She studied Chinese lettering to put over the doorway, and learned the importance of red and gold in the Chinese culture. She made them the dominant colors throughout her de-

sign. The pagoda's door was made to look like silk, an important fabric in Chinese culture.

Hill has entered contests in the past including Bloomsburg's annual Treefest, several years in a row. She has taken five first place and two second place wins. Her unique Chinese pagoda took home the second place prize in 2005, the last year she entered the contest. This year, she and her husband plan to vacation, free of competition, at the annual National Gingerbread House Contest in Asheville, N.C.

Today Hill builds gingerbread houses as a personal hobby. She is often asked why she doesn't open her own bakery. "Once something is stressful, it is no longer fun. I don't want to wake up at 5 a.m. to bake for strangers every day," she says. Her same opinion goes for entering contests. In order to keep it fun, she tries to avoid the stress that comes from constantly trying to outsmart her competition with her own creativity.

Though she has been baking for years, Hill has not yet tapped out her creative process in finding ideas. Her classes provide her stu-



Hill's gingerbread pagoda won second place at Bloomsburg's Treefest in 2005.

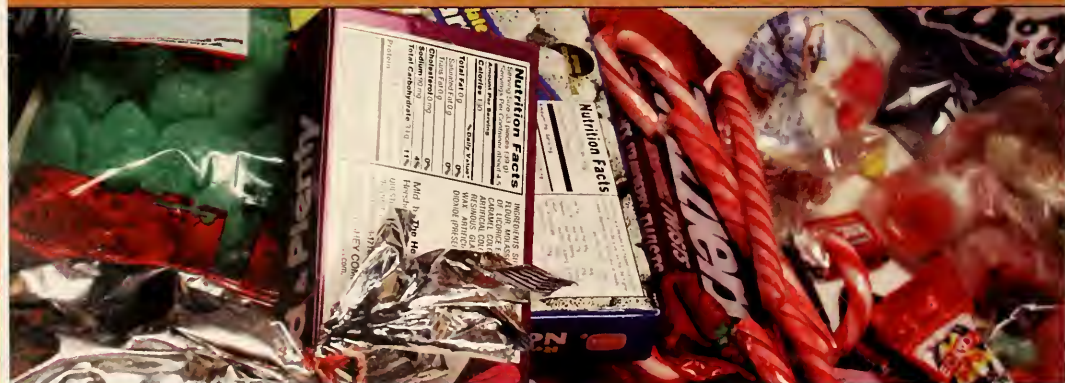
dents with the skills and inspiration to be as creative as she has been over the years. She continues to be a mentor to her students and provide them with helpful advice. "Just jump in and get started, but don't rush it; remember to keep it fun," she says. 3

Royal icing is used to hold together pieces of graham crackers and pretzel rods can be used to fix broken pieces.



Hill's Helpful Gingerbread Tips

1. Grab your favorite gingerbread recipe to follow. There are several different kinds of gingerbread to choose from; be adventurous!
2. Make sure the pans are lined with aluminum foil and some form of non-stick spray or spread to ensure the pieces will come off easily once they cool.
3. Cut out templates for the separate pieces in cardboard. Trace them in the dough before putting them in the oven. This makes the pieces fit together at the proper angles when they are glued together.
4. Gingerbread must be hard enough to provide stability, so it must be kept away from moisture or the house will crumble. Stale gingerbread makes for a great house!
5. Make extra pieces in case one breaks. If you have leftovers, it's just more to eat.
6. Use whatever you can find in your kitchen to decorate. Be as creative as you want and only be limited by your imagination.





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Steven Paul blows up over 300 inflatable decorations for his annual "Christmas in CottonPlant" display.

From small hobby to infatuation with inflation, the growing trend of airblown inflatables has blown up the nation

by Alyssa Pierce

In the past four years Ralph Magill has blown up his property over a dozen times, but he hasn't been arrested yet. This Bloomsburg resident decorates his front yard with airblown inflatables, which have become some of the most popular outdoor decorations.

Inflatables range from three to 15 feet tall and are available in a variety of characters, holidays, seasons, special occasions, and personal interests. "The inflatables' nylon type fabric makes it possible for homeowners to fold them into small boxes for easy storage," says Steven Paul, president of Gemmy Industries Official Airblown

Inflatables Club.

Magill has collected over 50 inflatables. "It may seem like a lot," Magill says, "but there are other club members who have hundreds and require months of preparation for displays before the holidays."

"All you have to do is zip the zipper, plug it in, stake it off, and celebrate whatever season you choose."

—Steven Paul

Magill decorates for Halloween, Thanksgiving, Christmas, and Easter. "I purchase my inflatables locally whenever possible," Magill says. However, to obtain a wide variety, he has to buy from multiple vendors throughout the country. "It is sometimes difficult

to find local people to share the enjoyment of collecting or displaying inflatables," Magill says.

The airblown club [www.airblownclub.com] allows members to communicate with each other quickly and easily. "Being a member opens a vast amount of knowledge from members who have been collecting since Gemmy started manufacturing in 2001," Paul says. The club offers tips on where to find inflatables and introduces new inflatables before stores get them in for each season.

Paul, of Cotton Plant, Miss., now owns over 300 inflatables. He originally purchased a few airblown inflatables during a post-holiday sale for the entertainment of his two young sons but is now president of the official collectors club.

Paul decorates for Christmas and

the Fourth of July. "I have 16 acres of land and small decorations seem to get lost in the darkness of my property," he says.

Wendy Mint, owner of the Rising Dough Bakery, Bloomsburg, has been decorating with inflatables for over four years. "I started using them because they were something new," she says. Mint has one inflatable each for Easter, Valentine's Day, Halloween, Thanksgiving, and Christmas and winter, which she places out front of her bakery.

"People are always looking for something different," says Dennis Eyerly, manager at the Bloomsburg Cole's Hardware store, "so I try my best to always order new and different inflatables." Cole's Hardware store sells inflatable decorations for Halloween, Thanksgiving, and Christmas.

Eyerly has thought about selling inflatables for other holidays but says he hasn't found a source with a reasonable asking price. "I have customers asking for Valentine's Day and Easter inflatables," he says, in hopes of finding a source soon.



Photo by Alyssa Pierce

An inflatable archway at the house of Ralph and Pat Magill leads the way to a Halloween cemetery.

Eyerly says Cole's Hardware sells about 75 to 100 inflatables a year, with Christmas and Halloween being the most popular. Although some inflatables can range up to hundreds of dollars, Cole's sells most of its inflatables for about \$40-60.

"The most I have spent on an inflatable is about \$75," says Mint, who decorates the outside of her bakery rather than the front yard of her house.

Mint is thankful that inflatables blow themselves up

since she doesn't leave them outside from one day to the next. "It would be nice if I could leave them outside all the time and just unplug them at night," she says, "but one time while I was in the back of the bakery working late and hadn't brought my inflatable inside someone walked by and slashed it."

Magill's favorite holidays for inflatables are Halloween and Christmas. This past Halloween he added a walk-in inflatable haunted house to his display. The

Wendy Mint, owner of Rising Dough Bakery, sets up an inflatable snowman to help celebrate the season.



Photos by Alyssa Pierce



inflatable is 10 feet wide, 17 feet long and 12 feet high. Magill, who purchased his haunted house inflatable on eBay, paid about \$500 after an understanding that it was no longer going to be manufactured.

The enormous walk-in inflatable is black and purple and decorated with hanging spiders and flying bats. The inflatable self inflates in seconds by three



“A lot of people notice, some people actually come up and take their picture with the inflatable.”

—Wendy Mint

powerful electrical blowers and is equipped with a motion sensor, which activates blinking lights, glowing eyes, creepy sounds, and spooky laughter.

Magill’s display, which had 14 inflatables, received positive responses with visitors stopping by and checking it out. “I am really looking forward to future years,” he says, “I will continue to build bigger and better displays.”

Mint, who decorates with a single inflatable, also receives positive responses. “A lot of people notice,” she says, “some people, both adults and children, actually come up and take their picture with the inflatable.”

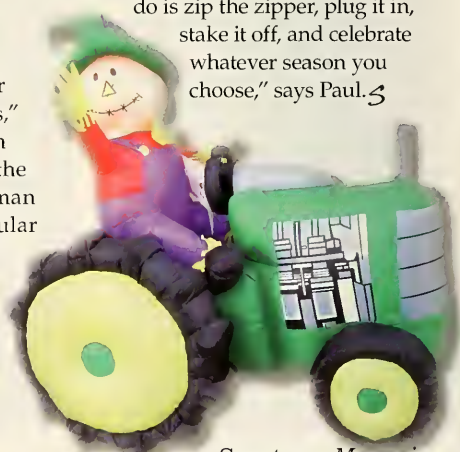
Christmas isn’t just a favorite for inflatable collectors. “It is the most popular season for inflatable decorations,” Paul says, “with Sam the Snowman and the Abominable Snowman being the most popular characters.” Since

these two snowmen are no longer being manufactured they range from \$300 to \$400 on eBay. They originally sold for about \$40.

Paul’s collection, which includes expensive prototypes, is worth about \$21,000. As a member of Gemmy Industries Official Airblown Club Paul has the opportunity to purchase prototypes that are not made available to the public. “I have the only NASCAR No. 3 Dale Earnhardt inflatable known

about,” Paul says. The NASCAR inflatable has Santa Claus driving it. Paul’s annual Christmas display often attracts several thousand people. He puts all of his inflatables in the display along with lights, wooden cutouts, and musical sequenced light shows. “Decorating for the holidays is a personal preference,” Paul says, “but inflatables are huge, easy to set up, and durable. My family and I love collecting them.”

Whether blowing up 16 acres of land or just a front yard, power-operated air compressors supply inflatables with plenty of hot air to stay blown up. “All you have to do is zip the zipper, plug it in, stake it off, and celebrate whatever season you choose,” says Paul. ☺



HOPE FOR PAKISTAN

by Kristy Westbrook

In a land rich with culture, but filled with conflict, and poverty, Drs. Saleem and Aslam Khan have found a way to help underprivileged Pakistani children succeed.

Children in the poorer societies of Pakistan are often discouraged from going to school, because they are seen as a source of income for their family, says Dr. Saleem Khan, professor of economics at Bloomsburg University. To help literacy rates, the Khan brothers created the Mubarak Learning Foundation.

"They think the life they are living is preordained and they can't get out," says Khan. The Khans believe if children are given a basic education they may increase their productivity; eventually, the country's economy will prosper.

In one of the poorest countries in the world with a population of over 160 million, Khan says literacy is only about 50 percent, with the rates dropping as low as five percent in some societies.

"My interest in literacy rates came after traveling and seeing other countries prosper and wanting to help Pakistan," he explains.

Khan believes low literacy rates are the cause of militancy problems around the world.

The Foundation consists of four programs—the Pakistan Literacy Project, the Rahmat Citizen Library, the Pakistan Institute of Literacy Research, and two centers for women to learn stitching and embroidery.

According to the Khans, the program provides literacy cen-

ters and learning resources for financially disadvantaged girls and boys in rural and urban areas. The Rahmat Citizen Library holds books of general interest, Urdu and English literature, and college-level textbooks. The Pakistan Institute of Literacy Research develops literacy materials, has a literacy news letter, a Pakistan Journal of literacy, and researches literacy projects. Khan says each stitching center for women has 10 sewing machines and one embroidery machine. The students are taught skills that are useful to get a job.

In March 2006 the Khans opened the first 10 literacy centers, each teaching 35 students at a time. Most students are 7–15 years old, cannot afford to attend regular school, and work to help their family survive. At the beginning of each session students are given a "literacy basket." The basket includes an Urdu language text, an English language text, a mathematics book, a chalkboard and a pack of pencils. After completing the program, students have reached the competency equivalent to an American fourth or fifth grade level.

Aslam Khan uses his Ph.D. in chemistry in the lab they have built to test the water in the area to make sure it is healthy to drink. "We want to give them knowledge in the environment, awareness, so from childhood they learn the value of keeping good environments," Khan says.



A Pakistani student identifies Urdu alphabet in a class at the Mubarak Learning Foundation.

Mubbashir Ahmed, a BU graduate student and director of the MLF says the rural areas of Pakistan are nothing like the United States. "The homes of students have neither electricity nor clean water, and students come to class after working in the fields," he says.

The community center provides the building and electricity; everything else is provided by the foundation. The teachers were originally volunteers but are now paid, and program supplies come from personal funds of the Khans. Unlike many non-profit organizations in the United States, programs in Pakistan do not get government funding because the country doesn't have the means to help, says Saleem Khan.

Four terms and nearly 600 students have completed the program. The program has been so effective that three centers closed because the children in those areas have already completed it, says Khan. The foundation hopes to become what Saleem Khan calls "a good, solid program" in five years, so they are able to expand the program further. With the installation of literacy programs, he believes knowledge can bring power to an impoverished country. "I think given the opportunities, financial and educational, they can really strive. They have the potential," says Khan. ☞

Recycled Glamour

How one woman finds cash in the attic

by Jamie Werner

For most people, an attic is a place to discard items no longer a part of their life. Treasures, like leather bound yearbooks signed by best friends, brass instruments that used to reflect rays off their polished exteriors on the football field, sewing machines that turned rags into masterpieces, and even work out equipment you thought was a good investment at the time becomes covered with inch-thick dust and eaten away by years of abandonment.

Laura Brehmer, however, finds possibilities in this cemetery of nostalgia.

Walking into *The Cat's Pajamas*, a vintage store on Iron Street in Broomsburg is like jumping back in time. Walls adorned with leopard print accents lead shoppers to



The Cat's Pajamas offers a variety of vintage items including paintings, bags, and lamps.

racks of items full of color, personality, and charm. Although the store may be small, its spirit is loud, offering customers a unique shopping experience hard to find anywhere else in the area.

Brehmer started out in the vintage clothing business over 20 years ago in the sleepy town of Blackfoot, Idaho. Today, her business has grown with the addition of three stores and a website. Brehmer admits she just sort of "fell into it," talking about how she ended up in the world of vintage fashion.

In 1980, while cleaning out a friend's house, she stumbled upon piles of forgotten trash bags. Inside the bags, Brehmer found her calling. She took the vintage garments in exchange for payment.

"Every piece is a piece of history," says Brehmer. "We like to consider the clothes as vintage glamour."

Today, she keeps busy running her successful business with the help of her daughter-in-law, Stephanie Hauze. Together, they find potential and money in places people would least expect. In basements, closets and attics, Brehmer and Hauze turn forgotten styles of the past into designer pieces of today.

Brehmer's business is also one that is environmentally friendly. Rather than throwing these treasures away, she wants everyone to understand that "they have an option to sell it."

"Fashion often recycles itself year after year," explains



Laura Brehmer displays a '70s suede coat, one of many items at her Broomsburg store.

Hauze, pointing out that fashion of past decades, "used more organic fabrics like cotton that lasted."

Not only does Brehmer sell locally with stores in Broomsburg, Danville and Williamsport, she is also sought out by costume designers working in the film industry. Her clothes have been featured in movies including *Pearl Harbor*, *Titanic*, *Across the Universe*, and *Hollywoodland*. "Drew Barrymore wore the same hat in her movie, *Riding in Cars with Boys*, that I used to wear to the market," Brehmer says with a grin. And even if it is the smallest detail, like the pair of shoelaces that were bought for the movie *Pearl Harbor*, each time she sees one of her items on an actor it is still just as thrilling as the first.

Brehmer doesn't limit herself to specific brands or styles in her

Photos by Nina Gandolfo



stores. She is not afraid of eccentric prints and bold colors, but rather is fascinated by them. "I try to stick to fabulous. My eyes are drawn to prints. I want it to be calm but I can't," she says. Mostly shoppers can find items from the 1940s to the 1970s mixed in with paintings, lamps, handbags, jewelry, and other timely pieces. Dior, Pucci, and Marimekko, all designer brands, have been known to find their way through the door once in a while.

The biggest issue faced when deciding to invest in a vintage piece is that despite how beautiful and unique some garments may be, many people are reluctant because they are fearful of how to care for it. Some common fabrics found in vintage clothing are cotton, lace, silk, fur, leather, rayon, wool, and velvet. After years of improper storage, many can't hold up against the elements.

However, caring for vintage clothing is actually easier than one may think. Brehmer says anyone can put a vintage piece made of cotton in the washing machine just as you would a sweater you bought at the mall last week. Some are washed best by hand, while others are safe if cleaned by a dry cleaner who knows about vintage fabrics.

Brehmer never went to school for fashion but read as much as she could about it. "Most of it is learning as you go. It helps if you have an eye for it," she says. *S*



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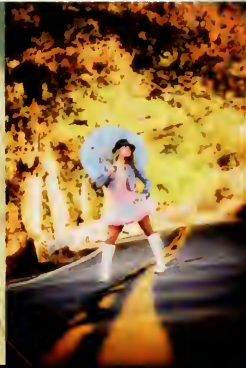
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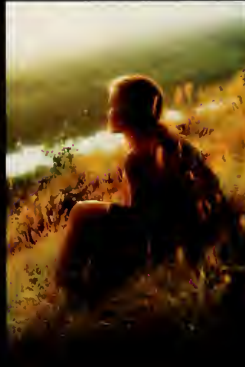


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about the cover: Sparks fly as Mike Greenwalt welds a project at Jeff's Recycling Center, Paxinos. The Recession has affected the demand for recycled materials, leaving the junk yard with 300,000 pounds of aluminum, 150,000 pounds of newspapers, and 100,000 pounds of cardboard that nobody wants. *Photo by Gary F. Clark*

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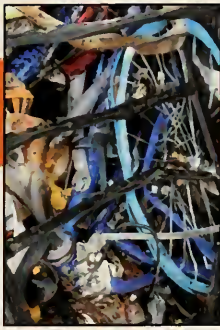
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Behind the Lines

There's no denying it, our area is feeling the hit of the recession—hard. As of April, the unemployment rate was at 8.5 percent in Columbia County, and 6.5 percent in Montour County. Last December, Fleetwood Motor Homes in Paxinos closed, leaving 325 people jobless. In March, Sunbury Textile Mills laid off 42 employees, and Evangelical Hospital in Lewisburg cut 28 full-time workers. Bloom Mills in Bloomsburg shut down in June after 120 years in business, putting 134 people out of work. Several other local companies have had layoffs, and others have cut full-time workers' hours. The U.S. unemployment rate was 8.5 percent in March, according to the Bureau of Labor Statistics. Have we seen the worst yet? We all hope so.

The summer/fall 2009 issue of *Spectrum Magazine* is "The Recession Issue." Our intention wasn't to create a magazine underlining the strain of the economy on our area, but rather to bring to our readers the issues and events of their community. After going into the surrounding communities and talking to the people, the staff found that the effects of the recession are issues and events in Columbia and Montour counties.

We lead off the magazine with "Recession Rescues," a story of pet owners in financial struggle, with no choice but to abandon their animals. Shortly after that we feature a story about the usage of counterfeit money on the rise because of the economic crisis. Next, pay-out prices at a recycling yard in Paxinos drop significantly, leaving people who once depended on the extra income

troubled. Finally, we profile a hard working immigrant family from El Salvador who found that getting into the U.S. was only half the battle.

In consumer tips, *Spectrum* shows readers how to fill their grocery cart without emptying their pockets, and clarifies misconceptions about the mineral makeup trend. We also give readers an idea for a family weekend trip that fits into the budget.

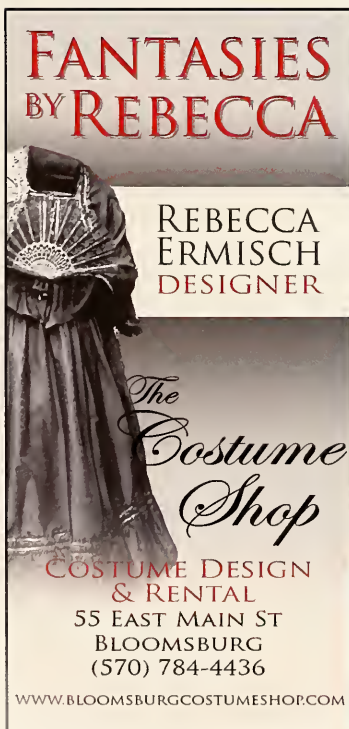
In our human interest stories, *Spectrum* examines the path of training a puppy to become a guide dog for the blind. We look at a local photographer whose childhood hobby turned into something she never dreamed was possible, and a man's love for car restoration that was tragically cut short.

For a touch of culture, we look at the unique dialects of the coal mining region, and we introduce sushi to our readers, the Japanese food that's making its way to Columbia and Montour counties. Finally, we feature a story about American volunteers at a Guatemalan trade school for underprivileged children, and retrace the ugly legacy of the Carlisle Indian School in Pennsylvania.

As always, *Spectrum* is proud to be your award-winning community magazine for over 22 years, and we hope that these stories reach out to our readers, giving them pride in their community, no matter what economic state it's in.

[Look for additional stories on *Spectrum Magazine's* new website at <http://Spectrum.bloomu.edu>.]

—Kelly MacMath



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Recession Rescues

Local Animal Shelters are Feeling the Hit of the Economic Recession

by Holly Bergin

A pet owner frantically made calls to animal shelters in a panic over what to do with his 11-year-old Rottweiler-Lab. The owner had lost his job, forcing him to move out of his house and into a small apartment. He no longer had the space or the money to keep his loving companion because of a country in economic downturn.

"It's happening a lot; I'm getting calls from people and have no room to take their animals," says Cheryl Hill, owner of Mostly Mutts in Sunbury. Animal rescues in the area are being hit with phone calls from frantic pet owners who can't keep their companion animals because of job losses, pay cuts, or downsizing their homes.

The top reasons for pet surrenders in the United States include moving, landlord issues, and cost of pet maintenance, according to the National Council of Pet Population Study and Policy. Kathy Barrett, humane and dog law officer for Berwick borough, as well as Salem, North Center, and Briar Creek townships, says that two in particular are causing the rising numbers. "I think it's a combination of people not being able to afford to care for and feed the animals and the Pennsylvania Society for the Prevention of Cruelty to Animals charging people to relinquish the animal," she says. "People can't afford to take care of their pets, so they can't afford to pay someone to take them," she says. In March, the PSPCA announced that it will no longer accept unwanted pets from their owners. It went from being a shelter accepting frequent pet

surrenders for a fee of \$25 for cats, \$50 for dogs, and \$75 for litters, to a "no-kill" adoption center shelters, where they will not kill an animal unless it is an extreme case dealing with aggression or fatal illness.

The average cost of owning a dog is about \$1,400 annually, and \$1,000 for a cat, according to a survey conducted by the American Pet Products Association. Unlike larger organizations, smaller, local shelters have limited space and must be more selective of the animals they take in and put up for adoption.

"We don't have to take in every dog that someone doesn't want," says Shannon Talanca of Pennsylvania Stray Save, Berwick. However, Stray Save is working toward obtaining sufficient money to build its own shelter. In the meantime, Talanca and other volunteers foster the animals in their homes and work with other shelters in the area until they are adopted, limiting the number of animals they can take in.

Stray Save works closely with Barrett. "Occasionally I get calls for a horse or a goat," says Barrett, although her most frequent calls are about stray dogs and cats. She says she rescues anywhere from five to 15 animals per week. She and Talanca agree that the number of stray animals being reported or found has been increasing.

The Humane Society of the United States estimates that six to eight million cats and dogs enter animal shelters each year; about half are euthanized.

Local shelters, such as Mostly Mutts and Stray Save, and now the PSPCA, call themselves "no-kill".



Photo courtesy of Shannon Talanca

The number of strays on the streets is rising in the area, according to Kathy Barrett, humane dog law officer.

Because of the policy, the shelters have limited space.

Hill says she tries her best to help keep the animals in their homes and off the streets. "If someone doesn't take their pet, people just let them go free," she says. To help pet owners, Hill provides them with products that have been donated to Mostly Mutts, including dog food, crates, blankets and even routine vaccinations. If she cannot take the pet into her shelter at the time, she often refers the owner to other organizations that may have room.

Shelters are doing what they can in a weak economy, but are also feeling the pressure to rescue and take care of these animals without sufficient room or money to do so. Animals are cared for and given shelter based on monetary donations and volunteer work. This limits the space and usable pet products, causing shelters to be selective about the animals they take in. "No matter how you cut it, it's the economy," says Hill. ☪

Restoring the Memory

A Benton man's lifelong dreams of restoring his car are cut short

by Terrence Haynes

With ambition in his heart and restoration on his mind, Turin Gerhardt of Benton, turned the key to his 1984 Volkswagen Scirocco for the first time. After listening to the purr of the motor, meticulously checking for rust, rock chips, and mechanical issues he knew this was the car for him. Gerhardt was a fan of Volkswagen since he was 10 years old and a proud owner of his Scirocco since 2005. "I always loved Volkswagen; my brother had a 1985 GTI 16 valve in 1996, so from then on I learned what I could from him and his friends," he said.

The Scirocco isn't a VW that is seen on the street everyday. "I would like to see more people come up to Scirocco owners and say, 'Hey, nice Scirocco,' instead of, 'Hey, isn't that the car from *Back to the Future*?' " Gerhardt said.

The original Scirocco began production in 1974 and remained a strong presence in the Volkswagen line-up until production ended in 1992. The unique two-door style of the Scirocco makes it a classic car. The 1984 Scirocco owned by Gerhardt is powered by a 2.0 Liter, four-cylinder engine from a 1995 Jetta. "Thankfully I had a decent size garage and a cherry picker engine hoist," said Gerhardt. "I don't think I could have done the swap without one." For added power, Gerhardt turbocharged the motor.

After graduating from Benton High School, Gerhardt bought the turbo parts from his brother and the turbo plumbing parts from eBay. Adding a turbocharger to a naturally aspirated motor was not an easy task, but the added horsepower

and torque made the work well worth it. "Turin was super talented with his hands," says Jason Gerhardt, Turin's older brother. "Anything he picked up he learned very fast. He taught himself the guitar, piano and had very strong mechanical skills," he says.

At times, owning a 25-year-old car could be a problem. "Having a 1984 Scirocco in a muscle car town, not many people know what the car is," said Gerhardt. European cars are uncommon in small towns, so when something broke on the Scirocco he had to learn to fix it. The biggest problem he had was not having a welder.

For over three years, Gerhardt had been building the Scirocco, and had no plans of selling it. Gerhardt spent countless hours building the vehicle and was unsure if anyone could appreciate it as much as he did. Many would view spending money and time on a

vintage Volkswagen as a waste. To Gerhardt, it was just a way of life. "He wanted to fix and rescue every broken Volkswagen that he saw," says his brother.

On the snowy night of Feb 2, Turin Gerhardt drove his Scirocco for the last time. Even the world's greatest drivers can't control the conditions of the road. He lost control of the Scirocco as it slid into another vehicle on Route 239. Gerhardt was killed driving the vehicle he loved so much. "Turin was the kind of guy to talk to when you are upset, because he could make you laugh no matter the situation," says Jason. "He was a very unselfish man that would do anything for his friends or family," says Jason. Gerhardt believed that with the right tools, time, and hard work, restoring a classic Volkswagen could be done.

"He was a blessing that I got to enjoy for 20 years," says Jason. "Granted, that isn't a long time, but the 20 years I have known and loved him were so incredible. I wouldn't change it for the world."



For Turin Gerhardt (top), restoring his 1984 white Scirocco (right) was his life dream.

Under Wraps

The Japanese cuisine is gaining popularity in our area



The art of sushi is wrapped in a complex roll of preparation, history, and variations in taste and ingredients. This specialized cuisine is slowly catching on in this area.

"Sushi is a little more pricy. It's not as popular [here], but I think it's going to be," says John Huang, chef at Ruyee in Danville.

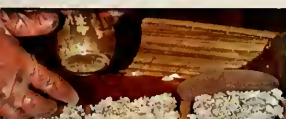
This Japanese cuisine can be traced to its roots in the 4th century B.C. in Southeast Asia. The word "sushi" refers to foods that contain rice seasoned with vinegar. In China, people preserved fish and other meats by packing them with rice, allowing them to stay fresh for months, cleaning out the rice when they were ready to use the meat. In the 8th century, sushi was adopted by the Japanese, and it is this form of the food that is best known today. There are no heavy sauces, oils, or fat.

"Fish has to be high grade to eat it raw," says Wenqing Wu, sushi chef at the Tokyo Diner, Selinsgrove. The Japanese adaptation of sushi uses vinegared rice, which helps keep the fish fresh.

Although often associated with raw fish, Wu cautions that this is

not always the case. Some sushi, including California rolls, contain only rice and vegetables; several contain cucumber, avocado, and asparagus.

Sushi can be prepared and served in a variety of ways. The fish can be placed on hand-formed pads of rice, a combination called Nigiri, or on top of squares of pressed rice, known as Oshi. Chirashi sushi, a larger dish normally served in a bowl, is composed of the chef's choice of toppings, scattered casually in layers on top of rice.



Story by
Megan Angstadt,
Michelle Sarver,
Jamie Werner

Photos by
David P.T. Flores

John Huang prepares sushi for customers at the Ruyee restaurant.





Counterfeiting is on the rise in the recession with more than \$64 million in fake cash circulating in 2008

by Megan Angstadt

Counterfeiting is no longer the art it was when letterpress printing presses were used, and creating a fake \$20 bill took artistic skill, time, and bulky equipment. Today's counterfeiters use technologies that are widely available. Copiers, inkjet printers, scanners and other modern technologies allow someone with basic computer skills to counterfeit currency in a few minutes.

Ed Donovan, spokesman for the U.S. Secret Service, says the percentage of counterfeit money made by inkjet printers has gone up in recent years. "Almost 60 percent of counterfeit money is manufactured using inkjet technology," he says.

However, while these computer technologies make it easier to create the fake currency, they also make it easier to detect it. The Secret Service made 2,231 domestic arrests for counterfeiting in 2008, up 28 percent from 2007, says Donovan.

Mass layoffs—defined as instances that total 50 or more people from a single employer losing their job at the same time—reached record highs last year, according to the Bureau of Labor Statistics. The number of people included in these mass layoffs totaled more than two million across America, the highest levels since 2001 says the Bureau. More than 12 million are now unemployed.

In this depressed economy, counterfeiting seems to be thriving. However, the Secret Service has not conducted any statistical studies to prove or disprove that counterfeiting is on the rise due to the recession, according to Donovan. "Nationally, we haven't tied anything in the economy to a rise in counterfeit," he says.

While in the past, counterfeiting has been the realm of drug dealers and other major criminals, authorities are seeing others joining the ranks, from college students trying to pass off a counterfeit \$20 bill for a pizza to middle-aged working men handing over forged money at gas pumps. "It's very easy for someone with the inclination to print out some counterfeit money, a few 20s, and go out for the night, go to a party," says Donovan. "Essentially however, we see a wide range of criminals, from a lone individual to large groups producing mass amounts of counterfeit," he says.

Counterfeiters passed \$64.4 million in fake cash into the economy in fiscal year 2008, a five percent increase over 2007, according to Donovan. However, banks in the area aren't seeing many fake bills. At M&T Bank, Bloomsburg, there have only been three cases of counterfeit bills found in the past 18 months, according to Melissa Fisher, branch manager. "In the most recent case, the bill was worn, it looked like it had been in circulation awhile," says Fisher.

Each of the counterfeit bills at M&T was a \$50 bill. In this area, it might be easier to pass off bills of a smaller denomination than larger denomination bills because of the attention they might draw. "Every once in a while a larger bill will pop up, but we mostly see \$10 bills and \$20 bills. The people that are trying to pass them realize there's less scrutiny with smaller bills," says Dave Ritter, regional security manager for Pennsylvania's M&T Banks.

The \$100 bill is the most counterfeited, followed by the \$20 bill, says Donovan. "If you print a \$100 bill and buy a \$5 item, you just made \$95. If you make a \$20 bill and buy a \$5 item, you didn't make as much return," he says.

In Columbia and Montour counties, one of the largest tourist attractions is the annual Bloomsburg Fair,

drawing about 412,000 people in 2008. "During holidays and the fair is when counterfeit bills pop up. What better place to circulate counterfeit money and have no one expect it than on the fairgrounds?" says Luanne Bittenbender, training manager and security officer at First Columbia Bank and Trust, Bloomsburg.

During the holiday season, especially around Christmas, the cases of counterfeit money being seen are higher than during normal months, says Donovan.

Bloomsburg's Wal-Mart isn't seeing an increase in counterfeit bills. "We probably get maybe three to five counterfeit bills a year," says Andrea Parcell, of Wal-Mart's accounting office. Haili Shetler, a cashier at Wal-Mart, agrees with Parcell, stating that in her year and a half as a cashier, she has dealt more with money swindles and theft than counterfeit bills. "We thought we had a counterfeit the other day, but it was just an old worn bill," says Shetler. "We held it up to the light to check for the thread running through it, but we don't check them usually, we just put it in the drawer and accounting gets it," she says.

Wal-Mart once used counterfeit currency checking pens at every register.

These pens are often used to

determine if there are residual chemicals in the paper left over from the printing process, such as iodine salts and starch. The pens' ink will show up clear or amber colored on a genuine bill, with the ink turning black if the bill is counterfeit, according to Fisher. However, they are not foolproof, and occasionally show false positives, or false negatives, according to Ritter.

A question that concerns consumers is how to detect counterfeit bills if they should receive one. "Make sure when you receive money from someone that you look at it carefully. If anything looks out of the ordinary, such as the size of the bill, or the texture, it's a red flag," says Bittenbender. "If someone feels they are given a bill that is counterfeit, it is totally within their right

to ask the retailer to exchange it," says Kent Wissinger, spokesman for M&T Bank.

There are several ways to tell if a bill is counterfeit. One way is to look for the watermark or hologram, the color-shifting ink of the number in the lower right-hand corner on \$10, \$20, and \$50 bills. If this color shift does not occur, you can tell it's not genuine. "The hologram, embedded in the bill, appears as the face on the portrait of the bill. If you have a bill with Ben Franklin

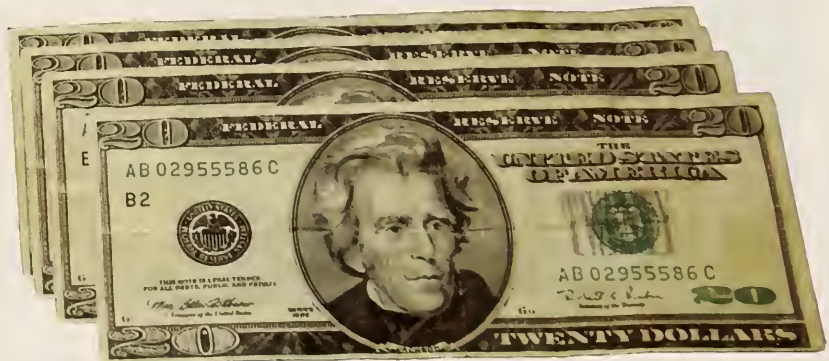
in the portrait, and Bugs Bunny in the hologram, it's a dead giveaway that it's a counterfeit," says Bittenbender.

Other ways to tell a phony bill from a genuine one is to take a close look at the portrait on the bill. The portrait on a real bill should look lifelike, while a counterfeit bill will look modeled and fake because the security features can't be embedded within the bill.

Authentic serial numbers on genuine bills are of a



A member of the Secret Service packs up confiscated counterfeit bills.



distinctive style, and are evenly spaced. The serial numbers are printed with the same color ink as the Treasury seal. On a counterfeit bill, the serial numbers may be a different shade or even a different color than the seal, and may not be uniform in alignment or spacing.

According to Bittenbender, the serial number is marked twice on a bill—once in the lower left-hand corner, and then again in the upper right-hand corner. “The serial numbers should be identical; if there are any discrepancies, it’s a dead giveaway,” she says.

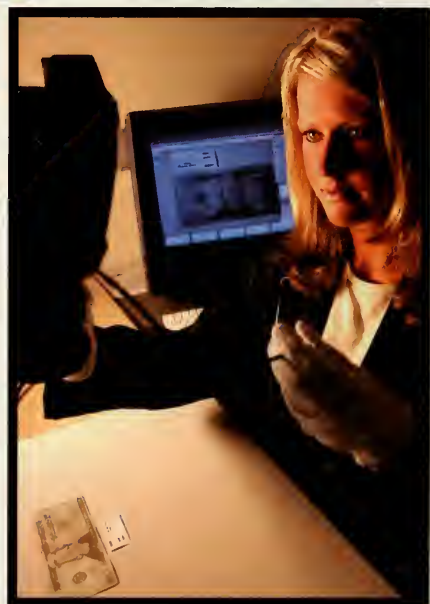
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[For more information on how to detect a counterfeit bill, visit the Secret Service website at http://www.ustreas.gov/usss/know_your_money.shtml]



Luanne Bittenbender at the Bloomsburg First Columbia Bank main branch holds up two \$20 bills, one genuine and one counterfeit.

Photo by David P.T. Flores



Members of the Secret Service examine confiscated counterfeit bills using various technologies.

Photos courtesy of U.S. Secret Service

What to do when you suspect a counterfeit bill:

- Do not return it to the passer.
- Delay the passer if possible.
- Observe the passer's description, as well as that of any companions, and the license plate numbers of any vehicles.
- Contact your local police department or U.S. Secret Service field office. These numbers can be found on the inside front page of your local telephone directory.
- Write your initials and the date in the white border of the suspect note.
- Limit the handling of the note. Carefully place it in a protective covering, such as an envelope.
- Surrender the note or coin only to a properly identified police officer or a U.S. Secret Service agent.

Courtesy of United States Secret Service



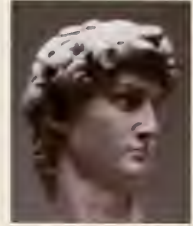
Can you guess which of these
\$20 bills are counterfeit?

(Answer on:

<http://spectrum.bloomu.edu>)

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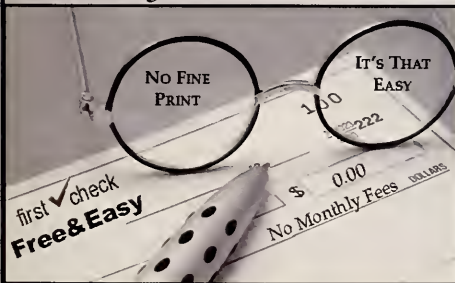
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More than Mini

by Kimberlee Courtney

A look at the latest makeup trend uncovers a foundation of surprising ingredients that could have an ugly effect on your health

Shoppers are starting to see labels telling them a product is “all natural.” That it’s “100 percent organic.” That it contains “no preservatives or coloring agents.”

These statements aren’t being read from a box of cereal purchased at a local whole foods market; they’re on the packaging of new beauty products filling cosmetic aisles. The beauty industry has jumped onto the organic bandwagon, bringing consumers products they can feel good about—at least that’s what consumers believe. Could these products truly be what they claim they are, or is it all just the \$50 billion beauty industry’s latest marketing ploy?

Maybelline, Covergirl, Almay, and Revlon are among the major cosmetic brands adding mineral makeup to their collections. “A lot of people like that it feels lighter on your skin,” says Dr. Theresa Conolouge, dermatologist at Geisinger Medical Center, Danville. That’s because mineral makeup is a powder-like substance consisting mostly of finely ground mica, titanium dioxide, zinc oxide, and iron oxide. The mica gives a shimmer effect to the product, which makes the light reflect differently and makes the skin look smoother, Conolouge says.

But its lightweight texture and smooth appearance are not the only reasons why consumers have been making the switch; use of natural ingredients rather than the toxic chemicals found in traditional formulas is what makes these products more appealing.

The ugly side of beauty

Chemicals are used in cosmetics to help with texture, color, consistency, fragrance, and shelf life. For some consumers, however,

these ingredients cause allergic reactions. “Most of the things we see are contact dermatitis,” says Conolouge, with fragrances being the number one cause. “Another allergen is some of the preservatives in the cosmetics, specifically the parabens,” she says.

Parabens are among chemical ingredients used in beauty products that have been linked to health issues. Parabens have been found in cancer tumors and are associated with hormone disruption, according to the Environmental Working Group (EWG), a research organization of scientists that compares chemicals in beauty products to 50 toxicity databases.

Nitrosamines, lead, phthalates, and toluene are other toxic chemicals used in beauty products and have been associated with cancer, birth defects, and hormone disruption. “Toluene is usually found in nail polish and has been shown to be detrimental to males *in utero*,” says Conolouge. “We actually see a lot of eyelid dermatitis from nail polish use,” she says.

“Formaldehyde is in a lot of cosmetics,” says Brandy Mankiewicz, Shenandoah, an EWG contributor, “and a lot of people are allergic to it.” Mankiewicz discovered her allergy to this chemical, often used as a preservative in makeup, when her lips began to swell after she applied a Max Factor Lipfinity lipstick. “They looked like wax lips,” she says. After that experience, Mankiewicz has been following the EWG’s research and buys products shown to be safe. Although mineral



Women who use nail polish containing toluene can develop eyelid dermatitis after touching their eyes.

Minerals

makeup is considered to be a natural product and free of these toxic chemicals, "there is no legal definition for natural, pure, or organic personal care products like there is for food," says Stacy Malkan, spokesperson for the Campaign for Safe Cosmetics, a coalition of non-profit organizations promoting the use of safe ingredients in cosmetics. Because there is no definition, companies can label their products as "natural," regardless of the ingredients.

Exposing the blemishes

In 2008, the EWG studied the presence of toxic chemicals in the bodies of 20 adolescent girls. Chemicals of the paraben and phthalate families were found in each body and were ingredients in the personal care products the girls used.

Although bodies with more exposure to the chemicals contained higher levels, the EWG was unable to establish a direct correlation between the ingredients of the products used by the girls and the levels of chemicals in their bodies.

"We use so many products in a day," says Malkan, adding that people can have 10 to 20 exposures to parabens from all the different products they use in one day.

People believe that if a product is placed on the market, then it is safe to use, says Malkan. However, the Food and Drug Association (FDA) does not regulate personal care products.

Major loopholes in the Food, Drug and Cosmetics Act (FDCA) allow cosmetic companies to put harmful chemicals into their products and place them into the market without any prior testing of ingredients or FDA approval, according Malkan. One of the few times the

FDA has authority is when a product claims to have "medical benefits," she says.

Companies are also not required to list every ingredient on their label, says Malkan. "Fragrance," for example, is often an ingredient listed in beauty products; however, it contains several chemical ingredients not listed on the label, says Malkan.

Making-over the industry

To help stop the use of toxins in beauty products, the Campaign for Safe Cosmetics has created a contract, or as the campaign calls it, a "compact," which companies can sign, pledging to use safe alternatives and to remove harmful chemicals from their products within three years.

"Many companies have signed the contract, but none of them include the more mainstream brands," says Malkan. The campaign has contacted those companies, but Malkan says, "they give one of three excuses: they don't sign third party pledges; they don't work with consumer groups; they comply with FDA regulations."

The companies that sign the contract are monitored by the campaign through in-person meetings and conference calls held twice a year, as well as through periodic follow-ups to ensure contract fulfillment. "It's a big challenge because there are over 1,000 companies," Malkan says.

A list of companies that have signed the contract is available for consumers to download on the campaign's website [www.safecosmetics.org], as well as a search engine allowing them to quickly learn whether or not the brands they use are on the list.

In addition to the contract, the Campaign for Safe Cosmetics offers an online petition for consumers to sign, urging Congress and representatives to provide laws that will protect them from the use of harmful chemicals



Ingredients in lipstick may cause allergic reactions in some individuals.



in their personal care products.

“There are tons of toxins in the environment we can’t do anything about, but we can do something about the ones we put on and in our bodies,”

says Malkan.

The Campaign for Safe Cosmetics is working

with the Natural Products Association, a non-profit organization representing the natural products industry, to create standards for natural and organic beauty products which disallow the use of toxic chemicals linked to harmful health effects. “Natural products should be natural and organic products should be organic, that’s what consumers expect,” says Malkan. “We hope to see comprehensive reform of cosmetics legislation pass within the next year to two years,” she says.

Until these standards are set, one way consumers can tell if products are safe is look for short ingredient lists and words they understand. “The more basic the better,” says Malkan. ☪

Tips for Healthy Skin:

by Theresa Conologue, D.O.

Apply a sunscreen with an SPF of 30 or higher daily. Some cosmetics have an SPF rating by adding physical blockers such as titanium dioxide or zinc oxide. However, the product can not protect the skin the same as a lotion or cream with the same SPF given the amounts used. I usually recommend my patients apply a lotion with SPF 30 prior to applying makeup to assure adequate coverage and protection



- Use a Retinoid cream at night. A derivative of vitamin A, retinoids have been shown to decrease oil production, help prevent lines and wrinkles, and increase the skin’s radiance. It can also fade existing skin damage from the sun. Retinoids are available by prescription only. Retinol, a lower-strength retinoid, is available over-the-counter and may be easier for the skin to tolerate, but is not as effective.

- Using a face wash that contains glycolic acid can help to exfoliate dead skin cells, leaving the skin with a smoother texture.

- Be sure to throw away products that have expired; they contain increased levels of bacteria.

• Some of the more common contact allergens have been found to be: fragrances, parafenylenediamine (PPD), thiurams, potassium dichromate, Balsam of Peru, quaternium-15, and colophony.

Environmental

Working Group

The EWG, co-founder of the Campaign for Safe Cosmetics, is working to post a graphic representation on its Skin Deep database [www.cosmeticsdatabase.com] later this year, says Malkan. The graphics will show consumers the chemicals being used in products, and how the companies are making an effort to comply with the contract.





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CLIPPING THE

Consumers are filling their carts without emptying their wallets

by Andrea Pugliese

With groceries to buy, meals to make, and people to feed, money can become a concern. With food costs rising, purchasing low-priced food is not easy. However, with on sale, discounted, and buy-one get-one free items, this chore becomes less difficult.

Coupons can be found in circulars within the newspaper, in the mail, and on the Internet. "The company's site has seen a 153 percent increase in the use of coupons for day-to-day necessities since last year," says MaryAnn Rivers, CEO of Entertainment Publications. Giant food stores and Weis Markets advertise all sale items and coupons in circulars. "I go through and formulate grocery lists on food items on sale that week," says Melissa Brandt, Danville.

Wegmans supermarkets offer a low price program instead of using coupons. "Wegmans sets low prices all the time so customers don't have to wait for sales or need to stock up," says Jeanne Colleluori.

Wegmans communications and media specialist.

Most chain grocery stores also offer club cards allowing customers to receive extra savings. According to Giant's website, the cards will automatically be linked with your household address for savings purposes. The more points earned on the same account, the more savings will be received.

Specials for the week at grocery stores are listed before the week begins. If meat and seafood prices are rising, steer clear of the costs. Incorporate cheaper proteins such as beans, eggs, and cheese into the meals. When meats are on sale, stock up and keep them in the freezer for another time. "I buy a large amount of meat when it's on sale and cut and freeze them in meal sizes," says Brandt. "I feel I save hundreds of dollars throughout the year," she says.

This past November, Wegmans reduced the prices of hundreds of high use items to benefit shoppers. "As far as inexpensive ingredients, I cook largely with beans, pasta, rice, and seasonal produce," says Kristen Swenson, main proprietor of the blog Cheap Healthy Good. "Those foods tend to make tasty, healthy meals without putting a hurt on my wallet," says Swenson. Using inexpensive ingredients keeps the costs low, and buying generic or store brands also allows shoppers to save money.

Meals can be made in advance and saved in the freezer for when making a meal is inconvenient. Pre-made meals help people stay away from fast food restaurants. "I take about 30-60 minutes per week to plan a grocery list and

menu," says Swenson. "The benefits are threefold: it keeps us healthier, saves cash, and prevents me from scrambling for last-minute dinners," she says. Brandt believes leftovers from pre-made meals can be used when making a new dish. For her family, large Sunday meals also become part of their Monday dinner. "It helps my family when we come home late, as we have three children in sports and activities," says Brandt.

While walking around the grocery store, items not on the list can sometimes end up in the cart. "My list keeps my budget in check and reminds me what I already have in the kitchen," says Swenson. People should eat before going grocery shopping because it cuts cravings and keeps extras out of the cart. Plastic cups, paper dishes, napkins, and paper towels are one-time use products which could be replaced with reusable items. Using hand towels, fabric napkins, glass dishes and cups, and Tupperware are alternatives. Timing can also affect how consumers shop. "The least crowded time to shop is after nine every night, especially on Wednesdays," Janice Lieberman, a contributing editor of *Reader's Digest Magazine*, said on NBC's *Today Show*. "Four percent of people shop on Wednesdays, so you're not in big crowds and probably won't impulse buy," she says.

Many shoppers are victims to impulse buys, as products are placed carefully throughout the store. According to Lieberman, 32 percent of women and 17 percent of men spent more on impulse buys at regular checkouts than self checkouts.

"Some grocery stores can have



E COSTS

manufactures pay for eye level, but at Wegmans we do not," says Colleluori. Look above and below eye level on shelves to ensure cheapest prices on items. Self checkouts also help control purchases as people get another chance to look over their groceries and reinforce the prices.

Walking the perimeter of the supermarket can also help shoppers stay away from unnecessary buys. "Shop the perimeter, food tends to be unprocessed, cheaper, and healthier," says Swensson. Buying food in bulk cuts costs on certain high-usage items. Places such as Costco Warehouse, BJ's Wholesale Club, and Sam's Club offer a large selection of items sold in bulk. People should check the expiration dates when buying food to assure the purchase is worth the money. Some items are not always cheaper in bulk, so consumers should look at the price per unit.

One other way to decrease costs is shopping at the dollar store. Many don't think of shopping for groceries there, but some items are worth the visit.

"Couponing has risen in dollar stores and convenience marts by 14 percent since last year," says Charles Brown, co-chair of the Promotion Marketing Association's Coupon Council. When shopping at the dollar store, people should make sure that the normal price of the item at a grocery store is more than a dollar, and make sure to check expiration dates.

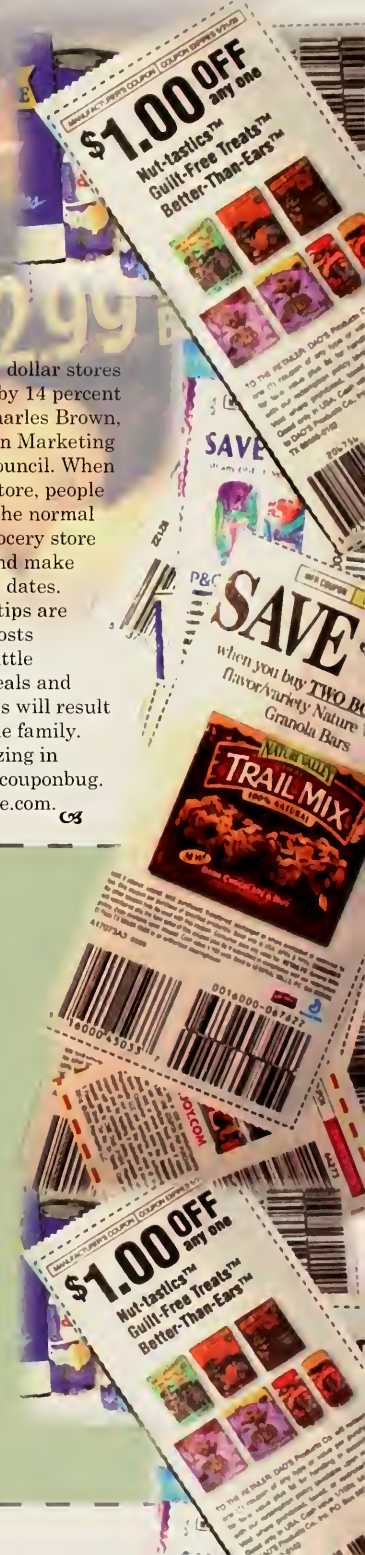
These money-saving tips are only a few ways to cut costs on groceries. Taking a little more time looking for deals and coupons offered by stores will result in instant savings for the family.

For websites specializing in coupon offers check out couponbug.com and thegrocerygame.com.

A few more tips

- Vacuum sealed packing for meat gives it a longer shelf life. Think about buying a vacuum sealer.
- Watch the "best by" dates on all products.
- Compare brand prices against each other, and give the lower priced item a try.
- Always be prepared. Go shopping with a list to prevent impulse purchases. Wegmans.com has a shopping list builder that allows you to make a list and estimate how much your shopping trip will cost before you head to the store.
- When using coupons, only purchase products that you would usually buy, and be sure the coupon is actually giving you a better price. Sometimes a different brand is less expensive than a name brand with a coupon.

—Jeanne Colleluori, Wegmans communications and media specialist



Change in Fo

Recession and Recycling



“Is that it?”

It’s the three words many astonished customers utter when they find out they aren’t getting the same amount for the metals they bring into recycling centers as they did prior to December of 2008. That was before the effects of the current recession brought down the prices of both base and scrap metal.

“Two months ago, this would have bought me groceries. Now it only gets me enough money to get here and back,” says John Wallish of Coal Twp.

Until last fall, a junk vehicle could be bought for \$200, and then brought to scrap where the seller could make as much as \$400 for it. Starting about October, the prices for scrap metal began to decline. In December prices plummeted as much as 80 percent. Now, the sellers are lucky if they can get \$100 for the same junk car.

Jeff’s Autobody and Recycling Center, Paxinos, was started by Jeff Kurtz in 1978, with the recycling center added in 1989. The business has grown to its present

eight acre lot and is the largest recycling center within 50 miles. Until November 2008, Jeff’s was a hub of activity. Diesel trucks with large claws picked up hunks of russet-colored metals. Workmen with acetylene tanks moved about the heaps while others went in and out of the various buildings to run the machinery that processed the scrap.

There were lines of vehicles that descended toward the hut-like building with a drive-on scale connected to it that weighed each vehicle and scrap metal they hauled. Copper, tin, aluminum, steel, cast iron, plastic and paper were piled in small mounds or stacked in bales. The price of metals was rising and the extra money that could be made by hauling scrap metal to a recycling center came in handy. But with the recession came a decline in the demand for the scrap, and in turn, a major drop in value.

“The downturn in the economy is hurting the scrap business,” says Steve Kurtz, recycling center coordinator. “The last five years have been the best five

Fortunes



Story by Joseph W. Humes
Photos by Gary F. Clark

consumer of U.S. recyclable products. Their growth in building and industry has slowed considerably and there is no need for these materials anymore. However, the Bloomsburg Recycling Center still has buyers for the aluminum cans, paper and plastics that are brought in.

"As long as we can turn over the material, we still have the outlets," says Charles Fritz, environmental services administrator of the Bloomsburg Recycling Center. Although he acknowledges that market prices in 2009 are lower compared to last year, the center continues to have a steady clientele. However, unlike Jeff's, the Center is not a scrap yard and does not pay its customers for their recyclables.

When the prices for scrap metal were still high, the scrap that was easy to be found on top of junkyards or dumping sites was quickly removed. "Scrapers," the repeat customers who make a living hauling in scrap, had to resort to digging for junk that had been long buried in abandoned dumps. Now that the prices for such recyclables have taken a major plunge, the constant, daily flow of these "scrapers" into recycling centers has slowed. With the rise in lay-offs due to the recession, the money obtained by selling unwanted metals, paper or plastics in an effort to supplement unemployment compensation is paltry at best.

"In the last four months we've had jobs shut down such as Fleetwood and Crest Homes," says Kurtz. "We're getting tons of applications, guys trying to get jobs. We have four guys laid off right now. I don't know if we're going to bring them back."

years that any scrap yard has ever had. Now is the worst the scrap market has been in the last 15 years."

Despite the recent trend to "Go Green" and recycle, the grounds of Jeff's contain 300,000 pounds of aluminum, 150,000 pounds of newspapers and magazines, 100,000 pounds of cardboard and 20,000 pounds of plastic, all of which nobody wants. Part of the reason can be traced to China, which was the chief

Dale Hart closes the door on a smelting furnace used to melt aluminum at Jeff's.





Until last fall, a junk vehicle could be bought for \$200, and then brought to scrap where the seller could make as much as \$400.






Top: Demand for recycled aluminum has dropped considerably since the building industry slowed.
Bottom: Shaun Wondoloski rakes melted aluminum into a barrel for shipment at Jeff's.

“Two months ago, this would have bought me groceries. Now it only gets me enough money to get here and back.” — John Wallish

Effects of the present recession have resulted in a stock panic and weak currency rates throughout the world, according to worldscrap.com. This, in turn, has led to a tightening of restrictions on exports of scrap metal to foreign countries like China, the biggest buyer of U.S. scrap metal.

Prices on base metals have dropped so fast that the production costs of these metals are above the market prices, causing mining companies to lose money and halt production, further adding to unemployment. A series of stimulus packages signed by various governments around the world may help to turn the industry around; however, results may not be seen until this summer. Until then, prices will continue to fall.

Recycling doesn't create a boom market for scrapping. If that were so, the money earned for turning in aluminum cans would be on a constant increase. What makes the market is the demand for those goods in heavy industry, such as construction and manufacturing, after such refuse is crushed, melted down, and molded into new products. The supply is there, but not the demand.

“It's to the point a couple of friends of mine that own scrap yards are thinking about shutting down,” says Kurtz. 



UNCOVERING A LOST HERITAGE



Photo by Frances Benjamin Johnston

by Kelly MacMath

A train chugged slowly through upstate New York in the fall of 1913. On it, a young Iroquois girl stared out the window as she headed hundreds of miles away from her home on the reservation. She didn't know where she was going, what her new life would be, or when she would see her parents again—that was all up to the U.S. government. All she knew was that she was on her way to receive what the white man told her family was a “proper education.”

Although she may have felt alone, she wasn't. She was among thousands of American Indian children between 1879 and 1930 who were sent to Indian boarding schools and ultimately left scarred and confused by the United States plan to “Kill the Indian, save the man.”

The Native American girl on the train that day was Julia Gray—the grandmother of Beverley Conrad of Selinsgrove and Patricia Lenzi of Davis, Calif. “You're kind of stuck between two worlds,” says Conrad, “you've been raised one way with one family, and then sent away and half-way raised another way, and then you're

supposed to go home and try to fit in, but you've been taught not to.” Julia was taken along with her three sisters from the Akwesasne Indian reservation for St. Regis Mohawks when she was 14 years old. They were transported from upstate New York to the Carlisle Indian Industrial School in Carlisle, the prototype for the dozens of Indian boarding schools that sprang up in the United States at that time.

“They were told it would be a good thing to go to the school because, for one thing, the Indian way of life had been totally disrupted,” says Conrad, “you couldn't just go out and shoot a buffalo to live anymore. The government told them if they went to this school, they'd be educated and trained in jobs and would be more successful,” she says.

As a result of the Indian Removal Act of 1880, most national tribes were pushed west onto undesirable plots of land. Those who didn't die *en route* to the reservation were left to live in extreme poverty with little help from the government. In mainstream culture, industrialization and new technology was thriving, and Americans had a large focus on change and the future, says Dr. Dee Anne Wymer, professor of anthropology at Bloomsburg University.

Two sisters retrace their family's history to the Carlisle Indian School after years of being unaware of their Native American heritage

"It was a time of excitement about the future, a sort of rash arrogance that we were progressing and changing from a rural society to a society of cities, industry and labor," says Wymer, "so the whole climate of the time was looking forward and rejecting all the old values as holding things back."

The general public believed the only way for the American Indians to survive, and the only way to stop their traditions from slowing down America's progress, says Wymer, was to destroy their heritage and assimilate them into the general population, which was the value system at the Carlisle Indian Industrial School.

"They wanted to try and rescue them from the reservations and get them into the white world," says Barbara Landis, Carlisle Indian School biographer for the Cumberland County Historical Society.

The school taught academics, along with trades believed to be "appropriate" for a Native American at the time, training them to be domestics and laborers. For girls, this included general house work, sewing, laundry, and cooking; the boys were taught blacksmithing, carpentry, masonry, farming, and woodworking. "I think most good meaning people thought they were doing the right thing," Wymer says, "It was a very naïve, ethnocentric view at the time."

Julia Gray's father, John Gray, had signed paperwork to send Julia and her sisters to the Carlisle school. Although he may have been literate in English, Wymer says that most parents were not. "Most Native Americans at that time would not be able to speak or understand English," she says, "I'm sure they had no real understanding of the consequences of what was going on."

Recruiting for the school happened in a variety of ways, depending on how assimilated the tribe or Indian nation already was,

says Landis. Some parents willingly sent their children, some were tricked into it, and other students actually paid their own tuition. In some cases, the government took children without permission if they deemed the parents unfit. "Parents would actually hide the kids off the reservation and move them into other houses," Conrad says.

Upon arrival at Carlisle, the children were given an English name, their traditional clothes were replaced with a standard school uniform, and their hair was cut. For some tribes, like the Lakota, cutting students' hair was traumatizing because it went against strict beliefs in their culture. "The minute that you take youngsters and tear them away from their families and their larger culture it's inevitably going to change them," says Wymer.

Students' religions, languages, and traditions were forbidden in the ethnocentric attempt to erase their former identities. Brig. Gen. Richard Henry Pratt, Carlisle School founder, modeled school life after military life; the children practiced drills, marched to and from classes and into the dining hall each night, and were ranked with their peers.

Of all the ways the government stripped the children of their culture, Wymer believes that the disruption of language was the most devastating. "Often, a number would leave the Carlisle school having lost the use of their native language, so even if they ever did make it home they couldn't even talk to their family," says Wymer. "The kids would go back home, especially to the Western reservations and they'd have no clue how to live in the west," she says.

It was three years after their arrival at Carlisle when John Gray arranged for his daughters to come home for the summer. According to a letter dated May 1916, Gray wrote that although his daughters seemed to like the school, they were anxious to come home to



Upon arrival at Carlisle in October 1882, Navajo Indian Tom Torlino's hair was cut and his traditional clothes were replaced with a uniform. He left the school in August 1886, looking dramatically different.

visit. He explained that he and the girls understood that they needed to go back to Carlisle in the fall, but he could only afford the fare for the one-way tickets at the time, and would send the rest as soon as possible.

The superintendent of the school responded in June, giving permission for the girls to come home and adding that he hoped John Gray would be “well pleased with the appearance” of his daughters.

The Gray sisters went back to the Akwesasne reservation that summer, but Gray never sent the other half of the train fare, and the girls never returned to Carlisle—despite repeated letters from the school at the end of the summer.

“I think he tricked them so that his family could be together,” says Lenzi about the last letters between the school and Julia’s father. “He wanted his kids back, so he devised a plan and it worked. I think it was an overall plan by many Indian people. For some, it worked. For others, it didn’t. His children were lucky,” she says.

Conrad and Lenzi say they wish they knew more about their grandmother and her family’s experiences, but as adolescents, their mother kept their family’s American Indian heritage a secret. “We grew

up until I was 30-something years old, never knowing we were Indian,” Conrad says about she and her sister, “my mother just said that as

“I remember looking in the mirror and almost immediately seeing my ethnicity for the first time.”

— Pat Lenzi

far as she knew, her whole family was dead and she didn’t know where she came from.”

Lenzi says she knew since she was a child that she didn’t resemble the Irish, German, and English family members on her father’s side. “I wanted to know who we were since I was a young child. I wanted to meet people who looked like we did,” she says. As an adult, she decided it was time to find out her family’s history.

She started by calling every Catholic cemetery in the city where her mother’s brothers had died, trying to find their headstone information. When she found one, she wrote to the state of New York to ask for her uncle’s death certificate. When

it arrived in the mail, she discovered for the first time what her mother had been keeping from her for years; her mother was from the Mohawk tribe, and Lenzi and Conrad had a whole family they knew nothing about.

“I remember looking in the mirror almost immediately and seeing my ethnicity for the first time,” says Lenzi.

After contacting family members from the reservation and compiling information about her family at the national archives for the Carlisle school, the sisters realized the truth about the ignorance and intolerance toward American Indians.

“By the time you got out of any one of the Indian schools, you would claim to be anything but Indian,” says Conrad, “you were told that they were bad people, dirty people, and that they lied, cheated and stole.”

The Carlisle Indian Industrial School did produce some happy, healthy students who have fond memories. Many former students graduated and became teachers at Carlisle. The school is known for having taught Jim Thorpe, a Sac and Fox tribe member, who won the pentathlon and decathlon in the 1912 Olympics and is called the greatest athlete of the twentieth century.



Each school day consisted of academics and vocational training.

But for many Carlisle students, including Conrad's grandmother, who was assured she'd be more successful with suitable training, life after boarding school proved more difficult than it was before. "There were a handful that were able to make their way into dominant culture, but that wasn't many," says Landis.

Often upon graduation from the boarding schools, American Indians felt out of place on their reservations, but they were also unaccepted in the white world because of racism. "The whole program was designed backwards," says Landis. She believes that rather than forcibly assimilate people into the general culture, the government should have found a way to reduce the racism. Reservations had record high suicide rates and serious problems with alcohol and depression, which wasn't even a recognized condition at the time, according to Wymer.

"They tore generations apart, and instead of taking that money and effort and funneling it back into the reservations in ways the natives could use to their advantage, that money and attention was funneled

away into these schools," says Wymer. Although there are aid programs and colleges set up for Native Americans, Wymer says, after neglectful treatment and racism of the past, "They've never quite caught up."

In 1918, after "educating" 10,604 students from 140 tribes, the Carlisle school closed when the Army needed Carlisle's barracks to treat wounded World War I soldiers. The decision came after a senate investigation of the school in 1913. "It was a way for the U.S. Government not to have to own up to the failure of the school," says Landis.

After marrying a white man and giving birth to Conrad and Lenzi's mother, Julia Gray became torn between the two worlds she knew, never fully adjusting to her new life. "It wasn't my

grandmother's fault, she wasn't a bad person, she was just a troubled person from an upbringing that was crazy," explains Conrad.

"It wasn't the exception for a kid to end up troubled, it was more the norm," she says. The government came onto the reservation once again, this time for Conrad and Lenzi's mother; it sent her and her siblings to Catholic boarding schools, much like the Carlisle school. Julia sunk into

In this letter dated 1916, John Gray requested that his daughters be sent home from the Carlisle School. Though he assured the school they would be back in the fall, he never sent them.



After Julia Gray (right) left Carlisle in 1916, she married Arthur Everhardt and started a family.

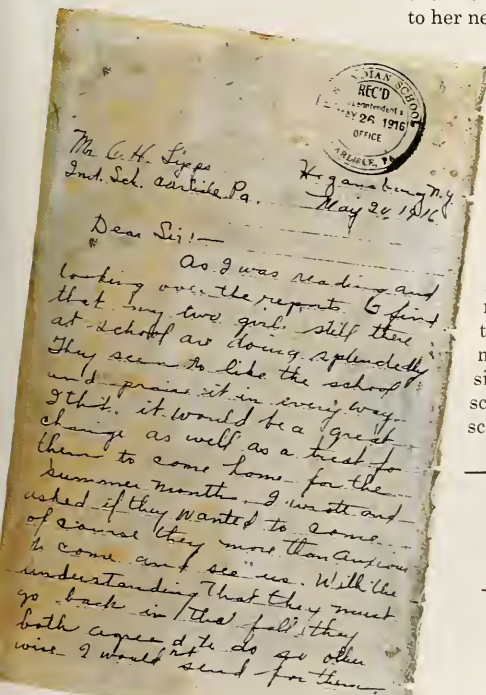
Photo courtesy of Beverley Conrad

alcoholism, suffered from domestic abuse from the man she was dating, and was murdered at age 34.

According to Wymer, a general shift in attitude about American Indians began to take place in the hippie era when people were searching for alternative identities and lifestyles. "What I think is sad though is that a lot of the young people have lost a lot of their culture," Wymer says, but adds overall "There's definitely an increased pride there that hadn't been there in previous eras."

Ignorance among the general public today about the ugly aspects of our nation's history may stem from the education in public school systems, and the way they tend to label colonists or Indians a certain way. "School systems don't do a very good job with any kind of complicated history; they kind of just boil it down to nothing," says Wymer.

The extent of education a person receives about controversial topics



depends on where they live and who is controlling the curriculum, says Dr. Robert Gates, professor of education and chair of the department of education studies and secondary education at Bloomsburg University. "I think, traditionally, what was taught was that the government was always right," says Gates, "in recent years we take a more critical look at the government, especially after Vietnam." According to Gates there has been more of a push for diversity in school systems in the last 10 to 15 years, and for teachers who teach multiculturalism. "I think we're making progress, but we have a long way to go," he says.

But whether a person was taught about the good noble Indian and the evil colonist, or the gracious colonist and savage Indian, Wymer says that both sides are "cardboard stereotypes."

"There's no absolute right or wrong, no one wears a black or

white hat in this, it's a very complicated, gray area," she says.

Conrad has tried to make up for lost time by researching her family history, building relationships with her long lost relatives, and learning Mohawk sweet grass basket weaving and artwork. She even discovered a common interest with past relatives.

Conrad, a professional fiddler, learned that she comes from a long line of fiddlers in her family, which included John and Julia Gray. While visiting family on the reservation, she's played for the elderly at the senior citizen's center.

"I wish I'd known my relatives better because I love arts and crafts," she says, "it's one thing to learn from a book, but it's another to learn right from a person, something handed down."

Lenzi says that at times she has felt cheated out of her heritage, but is glad that once her family learned of its culture, they no longer turned their backs on it. She calls the Carlisle Indian Industrial School a "brutally harsh systematic plan" to extinguish the national



tribes, and says she'd

love to see the government issue a formal apology for it. However, she realizes that her family's story isn't unusual; it's actually a part of the history of Native Americans.

"I most definitely wish I had known our family and our culture growing up," she says. "Then again, given how things turned out, each of us would not be the people we are, and may not even exist at all, if the history of our family had not played out as it did," she concludes.



Above: Legendary Football Coach Glenn "Pop" Warner and his "big four" on the CIS football team. (left to right): Gus Welch, Alex Arcasa, Stencil Powell, Jim Thorpe. The 1912 team was the highest scoring team in the country.

Right: A hand-colored postcard from 1908 shows Carlisle's bandstand and teachers' quarters.

Upper Right: Beverley Conrad (left) and Pat Lenzi (right) at a 2006 fiddling performance in California.



Football photo and Postcard courtesy of Cumberland County Historical Society, Carlisle, Pa.

Dr. Anuj K Chopra



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Taking the Lead



Charlie Kauffman demonstrates the "down and rest" command to his golden retriever.

Local volunteers raise puppies for The Seeing Eye in hopes that their dogs will become guides for the blind

Photo by David P.T. Flores

by Alyssa Pierce

They chew walls, screen doors, leather couches, and shoes; they may even make a pair of 24-karat gold earrings disappear, but that doesn't intimidate Marisa Peterson who says, "It has been an experience that has changed my life in so many ways."

Peterson, a junior at Bloomsburg University, has been raising dogs for The Seeing Eye (TSE) since high school. "I started because my parents wanted me to do something constructive with my summer," she says. "I convinced my parents that this would be worthwhile."

TSE, the oldest guide dog school in the world,

partners with 4-H youth group programs throughout Pennsylvania, New Jersey, Delaware, Maryland, and New York. TSE breeds German shepherds, Labrador retrievers, golden retrievers, and Labrador/golden crosses to help guide blind Americans.

In Pennsylvania there are clubs in 21 counties, with Luzerne being the closest. The clubs are open and to anyone interested in raising a puppy for The Seeing Eye. Since the clubs are not available in every county people are invited to join the club nearest to them.

The puppies are seven to eight weeks old when they are placed with foster families.

Area coordinators bring the puppy to its new foster home, and are also a lifeline, should there be a puppy emergency, Peterson says. When the puppy is dropped off at its foster home, it comes with two training videos, a picture book, and a binder with the guidelines, restrictions, and hints.

Raising the puppies is her project but it is impossible to do it without help from the rest of the family, Peterson says.

"My dad is the resident ball-thrower, treat-sneaker, puppy spoiler extraordinaire," she says, "and my mom helps with meals and also park time when it is necessary."

"Park time" is used when a person wants the puppy to relieve itself on command.

Peterson says no matter what type of yard, fenced in or not, the puppy has to be taken out on a leash for park time. TSE dogs go wherever their owner goes, inside and outside, so the puppies must learn to go only when commanded.

"Many of the club members said we looked like sleep-deprived new parents," says Sharon Kingsbury, a member of the Luzerne County 4-H PawsAbilities club.

Kingsbury and husband, Al, are raising their first puppy, a female Labrador retriever. Sharon Kingsbury works full time but her husband is retired. "I do the training and Al does the playing," Kingsbury jokes. "I don't think we would be able to do this if we both worked full time," she says.

Foster families are responsible for teaching the puppy not to bark or jump, and provide basic obedience commands—sit, down, rest, come, and sometimes stand. They are also responsible for exposing them to as many different social environments as possible.

TSE puppies are not pets; raising them is different from raising a family dog. They are not allowed to have treats as rewards for obedience, nor are they supposed to have treats regularly—although few families abide by that rule.

The puppy must sleep on the floor next to the bed of the trainer and the puppy must always walk on the trainer's left side, Peterson says.

Other responsibilities include routine vet visits, 4-H puppy club meetings, grooming, and keeping records of the puppy's daily routine, problems, accomplishments, and socialization experiences.

Club meetings help strengthen the puppy's socialization skills, provide help and support for the foster families, and also allow families to plan and organize group activities.

Peterson has taken her puppy to the mall, a Yankees baseball game, and an airport. Kingsbury has taken her puppy to the store but sticks mainly to socializing the puppy with people during regular family visits.

"My parents, who live across the street from us, have



Photo by David P. I. Flores

In addition to play time and exercise, TSE volunteers are expected to teach their puppies basic obedience.

become very attached to her. My mother is handicapped, my father is the main caregiver, and my puppy provides a great deal of joy and I know this little pup eases their stress by making them smile and laugh," Kingsbury says.

Gail and Charlie Kauffman, also members of the Luzerne County club, are also raising their first puppy. The Kauffmans have a blind neighbor who has a guide dog from TSE. After noticing how much the dog increased the quality of life for their neighbor, Gail Kauffman says, "We felt it would be a very rewarding experience to know we raised a puppy that would someday do the same for another blind person."

Mary Neely, another member of the Club, has been raising puppies for 10 years. She works as a secretary and takes her puppy with her.

"I've been very lucky," says Neely. She is raising her sixth puppy and says she hasn't had any real big problems. The only problem she has had was at the mall when her puppy kept jumping on people.

Another puppy problem is chewing: Peterson says her puppies have chewed more things than she allows herself to remember. One of her dogs was notorious for chewing the walls.

Peterson often uses a deterrent spray called Bitter Apple. "When you catch them chewing you spray it



Luzerne county's 4-H Pawsabilities club participates in The Seeing Eye's annual St. Patrick's Day parade in Morristown, N.J.

on the object and also inside their mouth," Peterson says. "Sometimes it works, sometimes it doesn't."

Sharon Kingsbury's puppy runs off with socks or other clothing and also takes the toilet paper off the holder. "My puppy has great fun prancing around the house with these prizes," she says.

Kingsbury, with no prior puppy experience, is trying to determine the most effective way to correct her puppy's behavior.

"Like humans, all dogs are different and their learning styles are different as well," Peterson says, "Behavior and learning depends on how much time is spent with the puppy."

Peterson says it is obvious at the puppy club meetings which families work with their puppies consistently, and which families only work when they are there. "The more time you spend with the puppy the faster they will learn the commands," she says.

Kingsbury's puppy had a lot of wild energy but "it seems that when she turned six-months old, something just clicked and she 'got it,' she almost immediately understood commands and what is expected of her," she says.

When TSE puppies are 15 to 18 months old, they are taken back to TSE. "It's sad when the puppies go back, but it is also really exciting because they are going to do what they were born to do," Peterson says.

People have told Peterson that they could never do what she does because they could never give the puppies back but she says that it is not that bad. "Puppy raisers know when they get the puppies that they can't keep them and it is in the back of their mind the entire time. Plus the puppies are going off to do something really spectacular and that's always a good feeling," she says.

"It is impossible not to become attached; the puppy becomes part of your family," Sharon Kingsbury says. "You just can't resist that puppy love," Neely says. She "melts like butter in my arms."

Neely says she is proud when the dogs leave. To help deal with giving the puppy back, Neely and her family raise another puppy. She knows that there is more for her puppy to do in life; "something far

more wonderful than I can ever imagine," she says.

Peterson says that if the dog is denied by the TSE there is always a chance it will come back home. The dogs are first offered to the foster family, and then put up for adoption. Other dogs are offered as service dogs; police dogs, drug sniffing dogs, or physical therapy dogs.

Of the three puppies Peterson has raised, only one has become a guide dog and was placed with a young woman in Texas.

Peterson has adopted one of her dogs that was unsuccessful and says it is a huge disappointment when the puppy doesn't become a guide dog.

Neely has adopted all three dogs that were unsuccessful and each of them became a certified therapy dog for Therapy Dogs International. "It was an easy transition for them to do therapy with all the ground work we laid as Seeing Eye puppies," she says.

If the puppy graduates, the

"You have to think of it as a parent thinks of their child leaving home to go out in the world. You teach and encourage them, love them, and send them on their way...."

—Sharon Kingsbury

foster family gets to see him or her one more time at its 'town walk,' but only from a distance.

"The family goes to TSE in Morristown, N.J., and watches as the instructor walks the dog along a typical training route. The family stays back about 10 feet with another instructor who explains what they are doing," Peterson says.

Besides the dog's town walk, the only other time families are invited to TSE is the annual open house family day. "It is the one time a year when puppy raisers get to actually go to TSE, meet the staff, see the facility, and learn about what goes on after the dogs leave their foster house," Peterson says.


Instructors do short training demonstrations, so puppy raisers can learn about what they teach the dogs in formal training, building on the foundation laid when they were puppies. "At my first family day I heard an instructor talk about how incredible it is to teach students how to work with the dogs and to see that bond develop," Peterson says.

Peterson has worked at The Seeing Eye hospitality department for the past two summers serving meals and cleaning the main house. "It's not glamorous, but it is actually a lot of fun. I have met some really incredible people working there—students and staff. The amazing thing is just how much the staff loves their jobs," Peterson says. "It is frustrating sometimes, and stressful

and quite frankly they pay sucks but a lot of the instructors feel that it is totally worth it," she says.

A group of up to 24 people arrive in Morristown, N.J. 12 times a year from all over the United States and Canada to begin their instruction with Seeing Eye dogs. TSE students receive their dogs two days after arrival. Students and an instructor, who has no more than four or five students in a class, work with the dogs for three to four weeks.

During the stay at TSE, while training with their new dog, "daily instructional routines may include traveling throughout the heavily trafficked streets of downtown Morristown, the quiet residential areas, country roads, shopping malls, train stations, bus routes, hotels, and even the nearby streets of New York City," says TSE. While staying at TSE, it is made sure that the dog guide and student have mastered the techniques necessary for the daily life of the blind person.

"You have to think of it as a parent thinks of their child leaving home to go out in the world. You teach and encourage them, love them, and send them on their way to live the life they are meant to lead—you stand back, wipe the tears away, and be proud of their accomplishments," says Kingsbury. "It sounds sappy, but it helps to feel that way," she says. 

A Seeing Eye puppy sleeps after a long day of work.



Photo by Al and Sharon Kingsbury

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Capturing the Essence

A local photographer brings forgotten features into focus

by Kimberlee Courtney

G

rowing up, as Cheryl Fallon would take pictures of her little sister and sunsets with her father's camera, she thought her love of photography and nature were just hobbies. Little did she know, 20 years later it would become her life.

"I have always had an interest in nature, science and life," says Fallon, whose work is displayed in several private collections around eastern Pennsylvania. She credits her love of nature and old things to when her father's career in the Air Force brought her family to England when she was two. "My parents took me to all these castles and Stonehenge, where I played hide-and-seek with my aunt," she says.

Fallon first started taking photographs at the age of 10 with her father's camera. "I would take my sister out and make her pose," she says. But taking pictures was not what Fallon had anticipated she would be doing as a career.

"Growing up, I always thought I would be a medical doctor, a surgeon actually," she says.

After graduating from high school in Delaware in 1993, Fallon moved to her parents' hometown, Paxinos, and attended Bloomsburg University, where she received a B.S. in biology. Her plans for medical school changed, however, after she graduated from BU in 1997 and met a local artist named Jody, who would become her husband and father of their two sons, Jack and Cole.

A painter and fan of comic books, Jody often took Cheryl to East Stroudsburg where his favorite fantasy illustrator, Frank Frazetta, had a gallery. "We would go there at least twice a month," she says, "I would sit and talk with Frank's wife, Ellie, while Jody would look at the paintings."

Fallon continued taking pictures of sunsets and trees for her own enjoyment, never expecting to become an artist like the people she continued to meet over the years. It wasn't until some of her friends, including Frank and Ellie Frazetta, began complimenting her

work that she thought she was good at it.

In 2005, while preparing for his annual exhibit at the Packwood House Museum, Jody approached Fallon about her photographs. "He told me 'go ahead and put some of your photographs in, these are really good,'" she recalls.

At the exhibit, Fallon sold "Another view," a photo of green weeds that she had altered to make them purple. Since then, she has continued to show her work in her husband's exhibit every year and has gone on to display her work throughout the surrounding area, winning a few awards for her work in the process.

Local landscapes provide the framework of Fallon's portfolio, but lately she has begun to expand her work, shooting portraits for clientele. Inspired by the photo shoots she set up with her first son, Jack, Fallon's focus for her portraits is on maternity and newborn, and she hopes to open her own studio in the future.

In the mean time, she continues taking pictures of nature and developing her "eye" as an artist. Recently, she has started using Photoshop to enhance her work. "It's the darkroom of the 21st Century," she says. "I may diffuse an image some, darken it or lighten it, add different tones; it's kind of like making a photograph look like a painting," she says.

Fallon's inspiration comes from looking at many works of art, "and not just photography, I'm always inspired by paintings. It's an amazing thing to take a blank piece of paper and create something that's amazingly beautiful," she says, "I kind of just skip ahead a step."

Although Fallon did not go on to attend medical school, her tendency towards science can still be seen through her work with the camera. "I have long been an observer, noticing little things and appreciating them. Science is based upon observation, followed by experimentation to discover how and why things work," says Fallon, "I feel my inclination towards science improves my work."

But her pictures go beyond the images that are

captured. A recurring theme in her work is that "of nature reclaiming its space," she says. "I see around us quite often a degradation of the wilderness," says Fallon, be it the weeds that people rip out from their gardens or the forests that are cut down to make room for new construction. "Then we abandon these new buildings, and in a very short span of time, 'nature' takes it back," says Fallon.

From her pictures of trees and cloud formations to those of abandoned cars and deteriorating buildings, Fallon wants to share with others her version of reality.

"When I see old buildings, I don't say, 'Oh, that's an eyesore and needs to be torn down,' I think, 'Oh my God, I can't believe they're tearing that down.' I think about who lived there and what happened in order for them to abandon it," she says.

"You see old cars and you think about someone who saved up all this money and worked so hard to buy this car. They were so proud of it when it was shiny and new and now it's just a piece of junk. It's kind of a throw away society," she adds, "in that when things are no longer useful we just discard them."

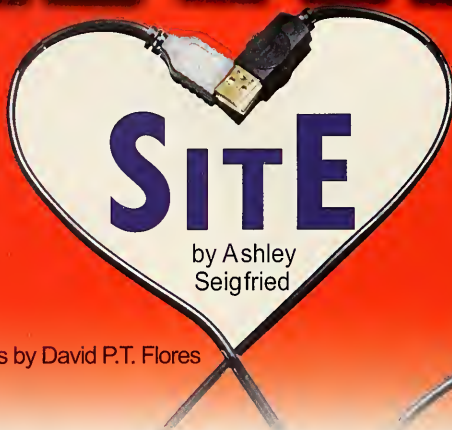
People often look at her photos and ask, "Where's that at?" and Fallon says it ends up being the tree they drive by every day or just a block away. "I hope they will take a moment to stop and look around and see all the beauty and mystery," she says. "A lot of people ask me, 'Why do you take pictures of that?' and Fallon says, "that's why."

CS

From top left to bottom: "Old Railroad Bridge," Paxinos; "Autumn," Fallon's son Jack; "Sweet Dream," Orangeville; "Beyond This Place," Shamokin; Fallon with "Tree at the Y," at her solo exhibit at the Packwood Museum; "At the End of the Vine," Shade Mountain Winery in Middleburg.

To view more of Fallon's work visit: www.cherylfallon.com

L O V E @ F I R S T



Photos by David P.T. Flores



Ralph Rhodes, 36, and Tina Lightner, 29, of Elysburg, both believed that the possibility of finding a mate was limited to school, church, and work. "Going all the way back to high school, dating opportunities were scarce; I went to a private high school with eight kids," says Ralph. After attending college in Florida, Ralph returned to Elysburg's barren social scene. Tina moved around a lot. She lived in Montana, Colorado, and then resided in Altoona with her grandparents. Like Ralph she found no potential partners at church or school.

"My parents were the ones who suggested online dating. I didn't have a job and they offered to help pay for a membership to eHarmony," says Tina. Ralph first got the idea to try out online dating from a radio program he heard. "I didn't have a computer and by the time I had one and decided to sign up I forgot which site was mentioned. I joined eHarmony, Match, and Matchmaker," says Ralph. When the two joined in 2002 they were matched up instantly.

With the emergence of social networks, online dating services

have been able to help the divorced, widowed, and single adults find a partner. Now, with a few simple clicks, singles can discover a potential mate. *Online Dating Magazine* estimates that more than 20 million people visit at least one online dating service per month. Users have access to 1,400 online dating sites in North America, according to Hitwise, among these the most common online dating services are eHarmony, Match, Date, Chemistry, and Lavalife.

Online dating has become an option for those who are working full time, have children, or do not have time to date. "It's convenient for someone to be able to meet thousands of potential soul mates without having to leave the comfort of their home," says Shira Kallus, director of public relations for Date.com. The websites are designed to accommodate each individual's needs and preferences, whether it is religion, sexuality, or race. An extensive detailed questionnaire is filled out by users to match them up with a potential soul mate. "These people flourish online as they're able to really get to know someone via the Internet. Then once a rapport has been

created, they can meet in person," says Kallus.

Statistics on Date.com show that about 50,000 new members sign up per week and over eight million people have joined since its launch in 1997. Membership fees for date.com are \$24.95 for one month, \$74.95 for six months, and \$99.95 for one year. "This is a wonderful resource for individuals who just don't feel comfortable approaching someone at a bar or club," says Kallus. Date.com offers resources for members to use such as expert advice, free newsletters, an interactive webzine, personality profiles, and community support.

Launched in Pasadena, Calif., in 2000, eHarmony now claims to be the Internet's No. 1 trusted relationship services provider. Statistics provided by eHarmony show that an average of 236 members get married each day as a result of meeting on the site. Since 2000, eHarmony says it has had more than 20 million registered users across all 50 states and in 191 countries. There is no cost to sign up and fill out the questionnaire for eHarmony; members pay a fee when they wish to communicate with one or more of their matches. Currently

the membership fees are \$59.95 per month and \$239.40 for a year.

"eHarmony did a lot of the homework for you, the questions were very involved," says Ralph. eHarmony matches users based on 29 dimensions of compatibility which can be split into three categories: core traits, vital attributes, and relationship skills. "eHarmony was more about your personality, more about who you are than what your likes are," Tina says. Finding someone of the same faith was at the top of Ralph and Tina's list, and someone who would support their hobbies and interests was also taken into consideration. "For us, our faith was the biggest factor, we are both very committed to what we believe in," says Tina. Ralph is heavily involved with martial arts and says he wanted somebody to not necessarily take classes with him but to at least show support.

Ralph and Tina began e-mailing back and forth in September 2002 and met for the first time in December. "I lived in Altoona at the time with my grandparents, so we were traveling 2-1/2 hours just to see one another," says Tina. Ralph had never been to Altoona before and didn't know what to do for their first date, so Tina suggested they go to the Altoona Railroaders Memorial Museum. "There was a small theater showing a brief film, we only saw about 30 seconds because we were too busy talking to even watch the movie," says Ralph. Ralph was also impressed with the fact that before he left, Tina said to make sure he e-mailed her when he got home so she knew he was safe. "This was the first time that someone I had met through online dating actually cared," says Ralph. Ralph proposed to Tina in October 2003 and they were married in May 2004.

While online dating can be a great way to meet people, it's important for subscribers to practice safety tips as well. There

“ This was the first time that someone I had met through online dating actually cared.”


—RALPH RHODES, who met his wife, Tina, on eHarmony.com

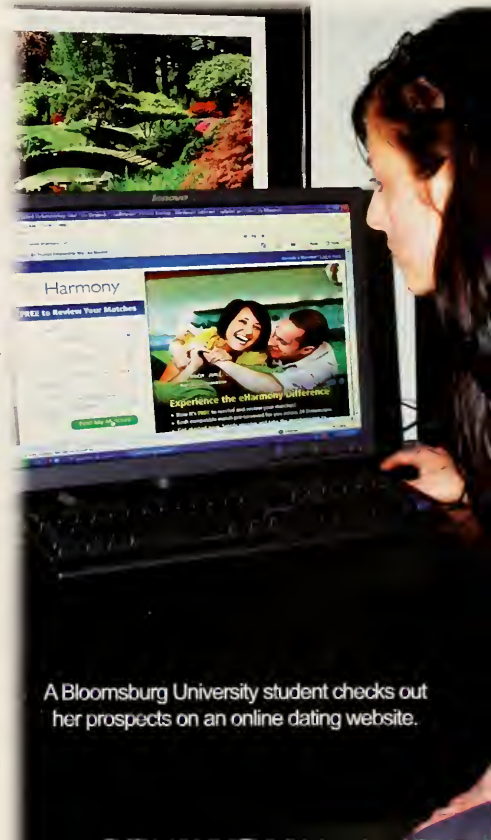
are numerous instances where fake profiles have been created or where people provide false information.

"You have to be careful and really read through someone's profile and see what they have to say," Tina says. Often, it can be difficult to tell whether a profile is legitimate. More than 90 percent of online daters have lied in their profiles, according to *Scientific American*. Safer Online Dating Alliance (SODA) is an organization committed to enhancing the safety of online dating and making people aware of the dangers that can come along with online dating. Some of the safety tips offered by SODA are to use an online dating company that puts its member's safety above the "privacy" of other members, use an online dating company that conducts criminal background checks, and to spend time getting to know someone online before talking to them on the phone or meeting them in person. Members should take precaution in giving out contact information including their full name, phone number, and home address.

The online dating industry has continued to thrive, although the nation is in recession. Craigslist personal postings and eHarmony registrations each saw 20 percent increases this past year, and this past November was the strongest month for Match.com, according to the *Los Angeles Times*. "It's much more economical to have a paid membership for a month and have a wealth of prospects at your fingertips, than to drop money at a bar one night

and not even come home with a phone number," says Kallus.

With recent membership increases, it can be expected that online dating websites will continue to provide their services for singles worldwide. "Before social networking sites, there weren't as many choices, now there's a better chance of finding true love," Tina says. Online dating has begun to replace traditional ways of dating. "Online dating will continue to flourish well into the future, as new applications and technological advancements become available and make the medium attractive to singles," says Kallus. 



A Bloomsburg University student checks out her prospects on an online dating website.

A Long way to Liberty

An immigrant family escapes a war to find that the United States offer struggles of its own

by Michelle Sarver

After enduring the death of two children, long-term separation from her family, and a dangerous and agonizing journey, Margarita brought her remaining family to the U.S. from war-ravished El Salvador in the 1980s. Although she found a safe haven for her family in

Columbia County, her struggles are far from over. "It reminded her of El Salvador," says Antonio, the third of Margarita's six sons. He suggests that Columbia County's beauty and peacefulness led his mother to settle the family there. "She saw the which resembled her old home. corn fields," he says.

Margarita is a single mother of six boys. Three of her sons are U.S. citizens by birth. The other three, born in El Salvador, are not. Two rely on temporary work permits and one does not have a status.

Although Margarita managed to bring all of her sons to the U.S., she lost two girls before she could bring them to safety, one before birth and one shortly after, because of the country's conditions.

Bombs from the civil war in El Salvador could be heard from the city

of Usulután. Civilians suffered through the war for more than a decade, and Margarita feared that her family would be killed. "The military was coming around a lot and drafting everyone or killing them," says Margarita. Few dared leave their houses.

Margarita escaped and went to the U.S. to prepare to settle the family. She left her two boys, Tulio and Ivan, with her mother because they were too young to travel. A "coyote," or a guide for her journey, helped her cross the border into the U.S. The boys' father, Juan, had used the same method to come to the U.S. months

before Margarita and was waiting for her with a job in Long Island. Relatives living in the city provided housing for the arriving family.

Margarita joined Juan at USA Industries, a leading manufacturer of auto parts. The two undertook heavy labor jobs including lifting car parts

and making axles to pay for the rest of the family to come to the U.S.

Soon she was called back to El Salvador. "They were having problems with Tulio and Ivan," Antonio



Margarita and four of her sons celebrate Christmas in El Salvador.

"I wouldn't change anything, it's worth being here."
—Margarita

**Editor's note: The names of the sources in this story have been changed.*

says. Margarita went back, and sacrificed her status in the U.S. and the guaranteed citizenship for her unborn son. Margarita remained in El Salvador long enough to give birth to Gabriel, her fifth son. When she was ready to return to the U.S., her oldest son, Tulio, was ready to travel with her. Margarita hired a coyote once again for \$16,000.

Margarita and Tulio were caught by U.S. authorities at the U.S.-Mexico border. Tulio, a minor, was allowed to pass, but Margarita was held at the border. "They stick you in a cell and they ask for papers," says Antonio. Since Margarita and those she traveled with did not have any, they said they were from Guatemala, knowing that they would try to cross the border once again and Guatemala was much closer to the border than El Salvador. She was deported by train to Guatemala to start over.

Margarita was persistent. She walked, bused, or hid inside the back of trucks, packed with others. She walked across deserts, rivers, and other extreme conditions with only one gallon of water a day. She remembers that some of those who crossed with her died of heat exhaustion. When she was lucky enough to catch a bus, they were packed with standing room only.

She's seen people hiding in the back of trucks die of suffocation. "The trip was so hard. And [so was] not seeing my sons and family for long periods of time," Margarita says. When she finally made it back to the U.S., the coyotes paid for a train to take Margarita home to Long Island.

The second son, Ivan, later attempted his trip at age 13. After an hour's walk he traveled from Guatemala to Mexico on a crowded ferry. The boat began sinking as a storm swept through. Since two

boats were traveling together, Ivan and most of the others had to board the other boat. Ivan was surrounded by gasoline aboard the ship for about 24 hours. The smell of it made him nauseous and has left him with disgust for the scent. He still recalls the horrific state of the boat. In order to remain hidden, the travelers could not go on the deck. The unsanitary conditions on the boat left Ivan sick.

The boat arrived in Mexico instead of the U.S., forcing him to travel through parts of Mexico and swim across the Rio Grande to the U.S. The river serves as a natural boundary between Texas and portions of Mexico. The river forced Ivan to fight strong currents. "The river was too hard to cross. I needed help from someone older," says Ivan. He also had to avoid being caught

by the "migra," the "immigration police." Gabriel, the last of

ask him," says Antonio. "so we told him answers." The assumption is that he messed up one of his answers, and was detained. Antonio and Margarita caught a Greyhound bus to Texas to save the remaining family member from being deported to El Salvador without a caretaker.

Gabriel was being held in a juvenile holding center. The requirements of his release included a signature from both parents. Margarita and Juan had separated, so this became a nearly impossible obstacle since Juan refused to cooperate. "We went all the way there and basically just took him," Antonio explains. This drastic solution left the family with a burden.

"[Gabriel] doesn't have a social security, he has no insurance. He can still go to high school because they don't ask for social security," Antonio says. Until this problem is fixed, Gabriel will not be able to attend college.

Margarita is considered a legal resident, although, not a citizen. The aid has helped her take care of six boys, although at times it can be hard to live under the government's system. She receives some welfare,

food stamps, and insurance, and only claims those children that are citizens. The temporary status working permit costs her \$700 a year.

Margarita worked third-shift jobs at several different factories. Although she considers the work hard, she believes it was worth it as long as her family was around. Margarita paid the same taxes as the citizens of the area, including local, state, and federal taxes, and social security, contrary to many misconceptions.

The worsening economy, however, has put stress on the family. She is currently unemployed. "Back in the day she was fine. It didn't happen until a year ago that they started laying people off." Antonio says.



After taking a boat from Guatemala to Mexico, Margarita's son, Ivan, swam across the Rio Grande into Texas.

the boys in El Salvador, had been left in his grandmother's care until she died when he was eight. By the time he was ready to cross the border, it had become more difficult. Once again, the family found a coyote to prepare fake papers and put Gabriel aboard a plane for Texas.

"He had all these questions that we told him that they [the immigration police] were going to

The family has always lived economically. "We don't have that much. We have a couple of TVs, a refrigerator," Antonio says. The family enjoys TV but doesn't own much else for entertainment. "We don't waste a lot, I guess. The bills don't get that high," he says.

"We use welfare for what it is for," explains Antonio. "Some people use it for cigarettes and other unnecessary things. It has become so negative," he says.

It was difficult for the family to establish a home in rural Columbia County. It was comforting to them to find others in the area with similar stories or Hispanic backgrounds. Maria, Antonio's girlfriend, is one of those people. Maria agrees it is exciting to find other Hispanics in this area. She recognizes there are few Salvadorans in the area. "He's a collector's item," she says as she grins at him and calls him a "rarity" in the community.

The area, however, has not always treated the family well, and Margarita considers relocating. "There's a couple racist people," Antonio explains, "she has been thinking of moving to Virginia."

She is thankful for the help she received from her family and other Spanish families, especially in Long Island. "The Spanish neighbors were helpful. Anyone else just minds their own business," Margarita says.

"Wherever I go, I'm with family or other Spanish people," she says.

"They're all hearing the bad stories in Hazleton because of the apparent shootings," says Antonio. "I don't blame the people here being afraid. I would be too," he agrees.


The government has also made living in the local community harder for the family. Antonio described the environment in New York as more welcoming, just because there are many Hispanics there. "Sometimes they [the authorities] try to make it hard. Like they won't give me my license or something," says Margarita.

The unstable lifestyle has impacted her children. Recently, Antonio was asked to compile his baby photographs for a college class. He had to retrieve them from his family in Long Island who took care of him during his early years while his mother was in El Salvador. He has yet to find enough photographs of his childhood to fill a single book.

Despite the difficulties, Antonio appreciates the opportunities he has been given. "Because of what she went through and the days

she sacrificed at work. I can go to college and have a better future," Antonio says.

Margarita always worked long hours days in hard, physically demanding jobs to support her children. Out of love for her children, she spent years traveling between countries to bring them together in a safer place. "She is a very strong woman," Antonio says.

The boys may not hear much from Margarita about El Salvador, but she cannot easily forget it. "She'll see it in the news," Antonio says, "people having a hard time coming to America. She'll remember." Despite the struggle it took to escape the civil war, and the sacrifices she must make here, she is glad she came. "I wouldn't change anything," says Margarita, "it's worth being here." 



"Because of what she went through and the days she sacrificed at work, I can go to college and have a better future."

—Antonio

Antonio (left) and Patricio (right) spent their childhood in Long Island waiting for the rest of their family to arrive.

to *School* success

Guatemalan trade school that offers hope to students from impoverished communities



Spectrum Magazine senior editor Martha Harris (row two, second from right) was one of 22 college students who spent a week working with impoverished Guatemalans.

their families.”

CCS volunteers say they were surprised at the similarities and differences.

“Working with the kids at Don Bosco made me realize that they are like us,” says Zhen-ying Jeany Zhang, a volunteer from Michigan.

“Even though they live in poor circumstances, they have hopes and dreams just like we do,” she says.

Although they live from day to day, the students think about their futures.

“I do computers, and when school finishes, I want to be a pediatrician,” says Mino Alvarez, a Don Bosco student. “I want to go to university and fix

computers on the side,” he says.

In addition to talking with the students, volunteers also painted the sidewalk and the clinic where



Guatemalan students build their own workshop equipment and are then taught to make furniture, toys, and keychains.

students stay when they are ill.

“I spent most of my time painting the clinic, and if making their area look nicer will help them, then I was glad to do it,” says Kelly Harington, a volunteer.

According to the volunteers, even though they don’t have much material wealth, they have other characteristics that allow them to survive.

“I had seen poverty in other areas of the world.

but this poverty was different.”

says Cox. “I saw young girls dressed in neat pleated skirts and white knee socks, laughing as they walked into the shanty town where they live, where there was scant electricity, no running water, nor sanitation. They may be economically very poor, but I sensed pride and a sense of self that was spiritually intact,” he says.

“The part of being at the school that will forever remain with me is how determined those teenagers were,” says Danika Young, a volunteer from Nebraska. “It would be easy to look down and belittle the Guatemalans we met on our trip, but people in third-world countries seem to always be so joyful with so little. I think the American mentality that the more we own, the better, is completely backwards because it’s relationships, memories that will last forever. Yes we

are surrounded by a plethora of material things, but I think we overlook all the amazing blessings that encompass us every day.” she says.

The Path of Least Expenses

by Jenna Wisniewski

Food, clothes, and shelter aren't the only necessities. Getaways and relaxation days are important when life becomes too frantic to handle. Just because money is tight doesn't mean vacations can't also be a necessity. From a day trip to a weekend trip, Ricketts Glen could be the site that revamps a family's vacation desires.

Ricketts Glen, a 13,000 acre national landmark, is 30 miles north of Bloomsburg and sprawls across Columbia, Sullivan, and Luzerne counties. Founded by Col. Robert B. Ricketts, the park was once on the path of becoming a national park. However, after the end of World War II the plan was denied and the park was re-opened as a state park with recreational facilities in 1944. The park includes 21 free-flowing waterfalls with the highest, Ganoga Falls, falling 94 feet.

The state park, which attracts about a half million visitors annually, according to Terence Daltroff, Ricketts park manager,

Photos by David P.T. Flores

has numerous attractions at no costs. "The Glenn's natural area is the most popular part of the park, as well as camping and the beach," says Daltroff. The park, connected to Lake Jean, has a 600 acre beach open for swimming, boating, and fishing. Lake Jean has charcoal grills for picnicking, as well as a concession area.


When the trails open, the weekends bring many campers and hikers; camping is a large attraction for Ricketts during the summer. The busiest months are June through August when most families take their vacations, says Daltroff.

Ten cabins with electric and showers, and 120 camp sites with hot showers and flushable toilets are available. Camping prices are under \$20 per night, although some amenities have additional charges.

Along with hiking trails and swimming, Ricketts Glen offers a nine mile loop for horseback riding. Horse owners can view old railroad grades, 500-year-old trees, and Mountain Springs Lake on the trail.

Hiking at Ricketts includes 26 miles of various trails ranging from high levels of difficult to fairly easy. Located on the trails, hikers can take notice of 23 varieties of birds including the raven and the bald eagle, as well as diverse wildlife.

"People often think of black bears when they think of Ricketts," says Daltroff. The park has been included in one of the 200 official locations in the Audubon Susquehanna River Birding and Wildlife Trail's guide to bird watching and wildlife across Pennsylvania.

Environmental education programs, ghost walks, guided hikes to the falls, and star gazing programs are also available. 

[More information is available at www.rickettsghen.info/ and www.dcnr.state.pa.us/stateParks/parks/rickettsghen.aspx]

Rickett's Glen Hotel is built along side the scenic Lake Jean.



Adam's waterfall drops 36 feet and can be found off of Evergreen Trail.

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