

Winter/Spring 2010

Vol. 24 No.1

\$2.95

# SPECTRUM

Serving Columbia and Montour counties

Women Take to  
the Open Road:  
*'Braking'* the  
Biker Image

Sailor Fred's  
**SKIN SHOW**

*A Healthy Change:  
Nutrition Classes for  
Low Income Residents*

# *There's a New Dry Cleaner in Bloomsburg!*

## *Lapels® Dry Cleaning*

### **We ARE Environmentally Friendly!**

#### **BLOOMSBURG UNIVERSITY STUDENTS and FACULTY:**

Receive a 15% Discount on ALL  
*Dry Cleaning* ALL the time at  
Lapels®. Simply present your ID  
when dropping off your order.

- ✓ WASH/DRY/FOLD @ \$0.95/pound
- ✓ Professional Dry Cleaning
- ✓ Expert Shirt Service
- ✓ Households / Comforters
- ✓ Leather & Suede
- ✓ Alterations & Repairs



**Lapels™**  
The Future of Dry Cleaning

- ◇ VIP Service ◇ Automatic Rewards ◇
- ◇ Customer Loyalty Program ◇
- ◇ Email Tips & Specials ◇
- ◇ Refer-A-Friend Savings ◇

**Lapels® Dry Cleaning ✦ 570-387-1015**  
**833 Columbia Blvd. (Rte. 11) Bloomsburg**  
**next to Dunkin' Donuts**

## Behind the Lines

As a resident of Columbia County, I've felt the hit of the recession, and I know times have been tough for those in the surrounding areas as well. As we begin to recover and build up to what once was, we reflect on the past year and take stock of where we were, and where we're going. Our issue on the recession has received great feedback from readers, showing that *Spectrum* has consistently covered issues and topics that affect the communities of Columbia and Montour counties. The Winter/Spring 2010 issue is no exception.

In this issue, readers have the opportunity to take a peek into the life of a student whose world is changed by an illness. You will follow a controversy steeped in culture and opinions in our story on cochlear implants, and read about how credit card companies charge consumers hidden fees in the article "Plastic Perils." You can read about Edith Benjamin who worked for the Red Cross in Holland and Germany during World War II in "Witness to War," then read about Memie Christie, who is dedicated to helping the area's low-income residents develop healthier lifestyles.

In this issue we take a look at a few topics that may seem unusual to readers. In "A Fighting State of Mind," a local MMA fighter talks about his love of the sport and the difficulties he has faced in Pennsylvania. You can read about Fred Steinhart, a third generation tattoo artist, and Diane Rumbel, a woman who knows what she wants, and takes hold of the handlebars.

This issue also focuses upon local artists and how creativity has been a recurring theme throughout their lives. I encourage you to visit our website at <http://spectrum.bloomu.edu> to read our web features about additional artists.

The staff has worked diligently to infuse this issue of *Spectrum* with optimism and a fresh viewpoint. We are here to provide you with a fun, interesting, and informative reading experience, and hope you find something new and exciting about Columbia and Montour counties that you didn't know before.

—Megan Angstadt

## Staff Awards

Three *Spectrum* staff members placed in statewide competition sponsored by the Pennsylvania Press Club:

**Megan Angstadt** received First Place in news investigation for "Behind Closed Cages," which appeared in the Summer/Fall 2009 issue.

**Chris Fetterman** received Second Place in features for "End of an Era," which appeared in the Summer/Fall 2008 issue.

**Kelly MacMath** received Third Place in features for "Uncovering a Lost Heritage," which appeared in the Summer/Fall 2009 issue.

# SPECTRUM

Vol. 24, No. 1  
Winter/Spring 2010

**Editor-in-Chief**  
Walter M. Brasch

**Executive Editor**  
Megan Angstadt

**Managing Editor**  
Kimberlee Courtney

**Senior Editors**  
Martha Harris  
Andrea Pugliese

**Assistant Editors**  
Brandi Furman  
Caroline Kiernan

**Editorial Assistants**  
Adam Brown  
Megan Koontz  
Alyssa Wernham

**Art and Design Director**  
Nicole Clark Martinez

**Chief Photographer**  
Kristley Mascaro

**Advertising Director**  
Alyssa Pierce

**Account Executives**  
Brandi Furman  
Caroline Kiernan  
Matt Petrini  
Michelle Sarver

**Circulation Directors**  
Alyssa Pierce  
Samantha Weisbeck

**Account Specialists**  
Caroline Kiernan  
Matt Shuey

**Promotion Director**  
Andrea Pugliese

**Assistant Promotion Director**  
Samantha Weisbeck

**Promotion Specialists**  
Christina Beckham  
Andrea Keiler

**Webmasters**  
Joseph Horro  
Matt Petrini  
Matt Shuey

**Business Manager**  
Diana Saavedra

**Printing Consultants**  
Mike Bischof  
Ken Engel  
Dave Fry

# in this issue

---

## on the cover

---

**08** | **Sailor Fred's Skin Show:** *Megan Ingstadt*  
The story of a third-generation tattoo artist

**14** | **Cooking up Change:** *Kimberlee Courtney*  
Low-income residents learn to cook healthy meals on a budget

**28** | **'Braking' the Image:**  
*Caroline Kiernan*  
Motorcycles aren't just for men

## close up

---

**34** | **A college student shares his struggle with cancer:** *Matt Petrini*

*Spectrum* is published twice a year by the journalism program at Bloomsburg University.

Address:

Bloomsburg University  
MCHS 1229, 400 E. Second Street  
Bloomsburg, Pa. 17815  
Phone: (570) 389-4825

Email: [stspectrum@huskies.bloomu.edu](mailto:stspectrum@huskies.bloomu.edu)

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

No portion of *Spectrum* may be reprinted without its permission.

Printed by GRIT Commercial Printing  
(Montoursville, Pa.)

© 2010 *Spectrum*  
ISSN # 0892-9459

## features

---

**06** | **A Fighting State of Mind:** *Matt Shuey*  
Mixed Martial Arts makes its way into the area

**10** | **Silent Controversy:** *Andrea Pugliese*  
The conflict over cochlear implants

**13** | **Restoring Nature:** *Zack Sterkenberg*  
*J* Bloomsburg native creates "Abstract Naturalism"

**18** | **Witness to War:** *Megan Ingstadt*  
Edith Benjamin, a Red Cross worker during World War II, tells her story

**24** | **A Butterfly in Motion:** *Marquis Wince*  
The metamorphosis of Deborah Diana

**30** | **Artistic Transition:** *Conner Showalter*  
A potter brings Native American flair to the area

**32** | **Plastic Perils:** *Michelle Sarver*  
Credit card companies charge hidden fees

# web exclusives

Stop by our website to check out the stories below, as well as other exclusive web features, award-winning stories, and more!

<http://spectrum.bloomu.edu>

## Artist's Childhood Expectations Exceed Gender Role

*story by Kristley Mascaro*

Marilyn Paul, a former art teacher and fine art printer, finds inspiration from her early childhood home in Snyder County. Despite facing resistance from her father, she continues to make art her career.



photo by Kristley Mascaro

## The Punishable Photographer

*story by Alyssa Weruham*

In a small cemetery in Stucknage, France, thousands of miles from home, Dean Dorman discovered his inspiration for his controversial photography collection, "Broken Jesus."



photo by Kristley Mascaro

## Reflections from a Sun Catcher

*story by Tiffany Bellum*

Working as a medical technologist in Geisinger's chemistry lab, Luann Gilliland found an unlikely source of relaxation — glass beads.


## The Freedom of Handcuffs

*story by Megan Damron*

Despite a restrictive, militaristic lifestyle, Juliet Doncette Renner manages to find inspiration in her surroundings.

## *about the cover:*

Mannequins are displayed by Fred Steinhart in his Skin Show and Traveling Tattoo Museum during the Bloomsburg Fair. The mannequins display a traditional style of Japanese tattoos.  
*(Photo by Megan Angstadt)*



# A FIGHTING

## State of Mind

story by Matt Shuey

**W**alking around humbly with a smile on his face and standing at 5 feet 3 inches tall, Pat Paulo hardly appears to be the fighting type, and is thought of by his peers as the nice guy of the group. What his appearance hides, however, is that he's part of a growing mixed martial arts movement (MMA) in central Pennsylvania.

A native of Pottsville, Paulo, 24, is one of the many fighters in the area trying to make their way into the Mixed Martial Arts industry.

Founded in the early 1990s, modern MMA was initially thought to be a vicious sport. Many states, including Pennsylvania, banned the sport because of its reputation. It wasn't until February 2009 that the Pennsylvania State Athletic Commission lifted the ban and made the sport legal in the state.

"Before MMA was legal in Pennsylvania, I was driving four to six hours to fight," says Paulo. "[Now] not only do I have to drive smaller distances, but it's easier for my friends and family to support me," he says. For his fight in Hamburg, he had over 30 people, including teammates, family members and friends come watch him fight.

There are now over 160 programs in the state where fighters are being trained, including seven programs in Columbia, Northumberland, Montour, and Schuylkill counties.

The Anthracite Combat Club (ACC) in Schuylkill Haven is where Paulo is trained by head instructor Jeff Walcott. At ACC, the fighters train at room temperatures above 90 degrees, with the windows and doors closed in order to get fighters in shape. "We don't have punching bags or a boxing cage, but everything that is missing from a conventional MMA gym is made up by the technique and the intensity," says Paulo. "The fight is the reward for putting in all those hard weeks of training and dieting, and it's your chance to show your coaches, family, and teammates what you've dedicated the past few weeks of your life to," he says.

When he's not training, Paulo teaches classes at the Crosswinds Martial Arts dojo located on Sixth Street, Bloomsburg. The classes are part of the Bloomsburg Mixed Martial Arts program, organized by Joel Nott, in which students learn various aspects of MMA.

As the number of fighters and gyms in the area increases, it's easy to see that MMA is catching on more

with the fans and general public. "All you have to do is look around campus and you will see a variety of UFC, TapOut, and other MMA T-shirts, hats and other clothing," says Phil Burdette, a senior at Bloomsburg University.

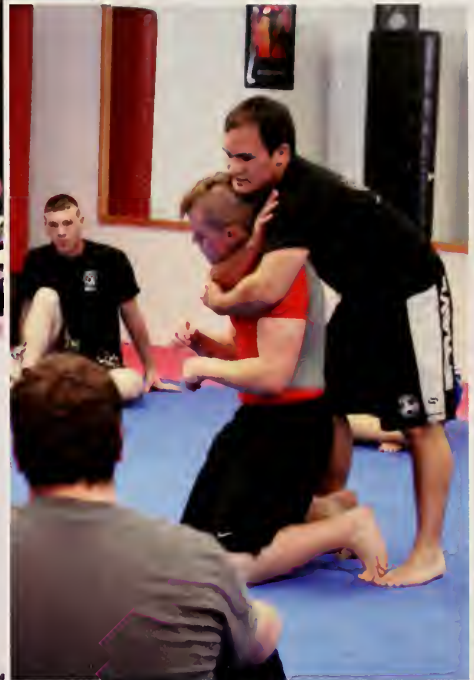
Burdette, who follows the sport and has been to local events, says he notices the increase in knowledge of the sport. "Even five years ago you would be hard pressed to find many knowledgeable fans," he says. "Talking about MMA seems as common as talking about baseball, football or basketball. Referencing an arm bar or a rear naked choke is as ordinary as talking about a first down or a curveball," he says.

Whether the point of view is from a fighter, fan, or trainer, all signs point to the continued growth of the sport in this area. "I think that in central Pennsylvania, and in any other area in Pennsylvania, it's going to shoot through the roof," says Nott. "It's only a matter of time until it snowballs into the next big thing," he believes.

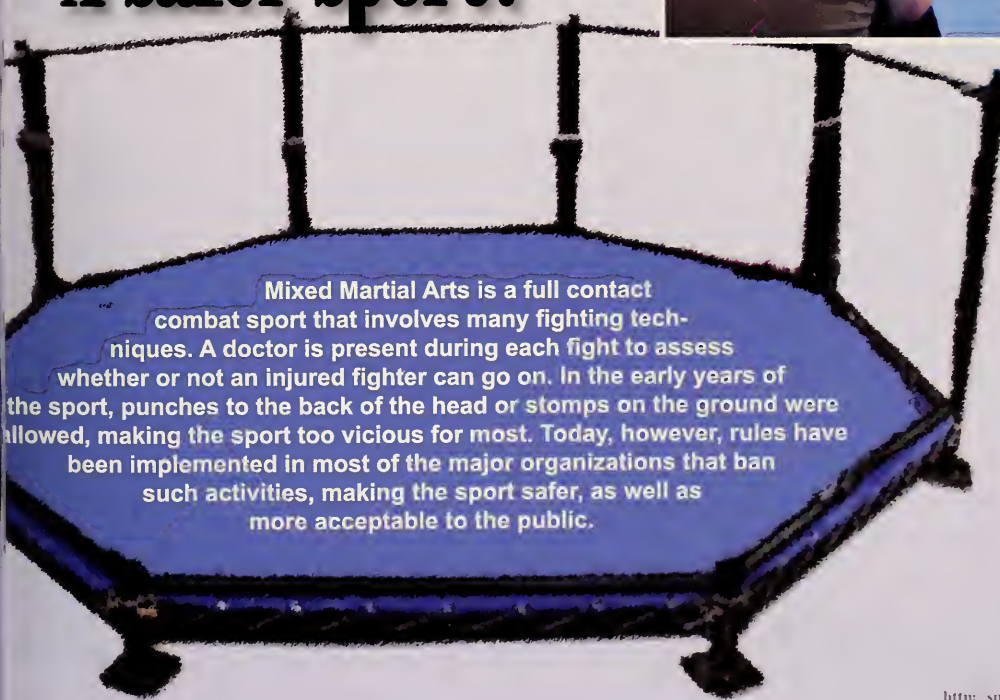


Above: Pat Paulo works top control over Matthew Nieves at Pain on Penn Street. He won the fight via unanimous decision.

Right: Paulo instructs his student Nate Kinard how to execute a rear naked choke in one of his classes at the Crosswinds Martial Arts dojo.



# A safer sport?



Mixed Martial Arts is a full contact combat sport that involves many fighting techniques. A doctor is present during each fight to assess whether or not an injured fighter can go on. In the early years of the sport, punches to the back of the head or stomps on the ground were allowed, making the sport too vicious for most. Today, however, rules have been implemented in most of the major organizations that ban such activities, making the sport safer, as well as more acceptable to the public.

# SAILOR FRED'S SKIN SHOW

STORY AND PHOTOS  
BY MEGAN ANGSTADT

## THIRD GENERATION TATTOO ARTIST TAKES HIS FAMILY TRADITION ON THE ROAD

For over one hundred years, the Steinhart family has been tattooing their way across America. From tattoo tents inside carnival sideshows to a mobile tattoo trailer and shops in New York, the family legacy has continued through three generations.

Fred Steinhart, or "Sailor Fred," the youngest of four boys, has been tattooing for 44 years, and was introduced to the business by his father, 'Sailor Barney' Sr. who taught himself to tattoo on a Merchant

Marine ship. The family business began out of a sea trunk, and came about because Steinhart's grandfather, Sam, who was also a tattoo artist in the Merchant Marines, encouraged Sailor Barney Sr. to learn how to tattoo. "They did it for money," says Steinhart, "we had what was called back end shows, illusion shows, girls' shows; the tattoo trailer just went in the side show." Steinhart was born and raised in Coney Island, helping with the family business. "Back then the carnival business was family-oriented," he says.

After being born into the third generation of a tattoo artist family, Steinhart felt it was only a matter of time before he would join the tradition. "What they call apprenticeship today, they called breaking into the business," he says, "I did it in the old man's shops and at carnivals; it just fell into place."

When Steinhart found out he had cancer 12 years ago, and would survive, he wanted to do something to preserve his family history. "I thought it would be cool to have a legacy," he says. He began pulling together all the tattoo memorabilia and tools he and his family had collected over the years.

From his grandfather Sam, to his father Sailor Barney Sr., and his three brothers, the long line of tattoo artists, and the history of the tattoo itself, is showcased in the only traveling tattoo exhibit in the country. "After I'm gone, there might not ever be another one like it," says Steinhart. The traveling tattoo museum has a variety of exhibits, including a jail-house contraband collection with tattoo machines made from electric razor motors, cassette recorder motors and guitar strings. There are several mannequins displaying different styles of tattoos, Maori skulls decorated with tattoos, and a Ken doll Steinhart's daughter tattooed when she was just 10 years old. "My two daughters don't



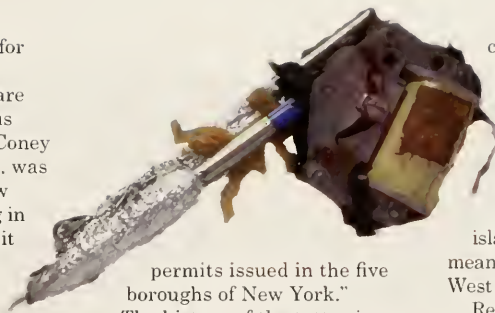
LEFT: Fred Steinhart stands in front of a wall of tattoo machines from around the world, which are displayed in his traveling Skin Show and Tattoo Museum. Steinhart has been tattooing for 44 years, and traveling with his exhibit for the past 12 years.





tattoo; you tend to want better for your kids," says Steinhart.


Also included in the exhibit are countless photographs of famous and influential tattoo artists. "Coney Island Freddie," says Steinhart, was extremely influential when New York City put a ban on tattooing in 1966, because he fought to have it lifted. The ban would hold until 1997. "When New York closed down for tattoo artists in '66, there were only about 20 to 25 tattoo artists in the country," says Steinhart. "When it opened up again, there were 1,400



permits issued in the five boroughs of New York."

The history of the tattoo is a long, and much debated one. No one really knows when tattooing was invented, but tattoos have been found on Egyptian mummies from over 2,000 years ago, and even on the legendary Iceman, dated at about 5,200 years old. The word "tattoo," however, does have an origin. According to Steinhart, "tattoo"

came from the Borneo word "tatu," which referred to the sound of the tattoo sticks hitting together. The *Smithsonian Magazine* elaborates on this and explains that, "following James Cook's British expedition to Tahiti in 1769, the islanders' term 'tatatau' or 'tattau,' meaning to hit or strike, gave the West our modern term 'tattoo.'"

Regardless of where the word or the art itself came from, it has gained popularity all over the world as a form of self-expression and personal adornment. "It's a real industry now," says Steinhart. For "Sailor Fred" Steinhart, from when he started out in a sideshow tent, to his tattoo shop in Corning, N.Y., the art has changed, but not the popularity. "The nostalgic, or older style tattoos aren't as popular now," he says, "but it's become a fine art, with better equipment, and better pigments...we've come a long way." 



Above Right: An original tattoo kit from Borneo, displayed in Fred Steinhart's traveling Skin Show and Tattoo Museum.

Above Left: Fred Steinhart (right) and his father Sailor Barney Sr., inside their tattoo shop.

Left: A photo display of famous tattoo artists from around the world.

Top Graphic: A tattoo gun in Fred Steinhart's jailhouse contraband collection.



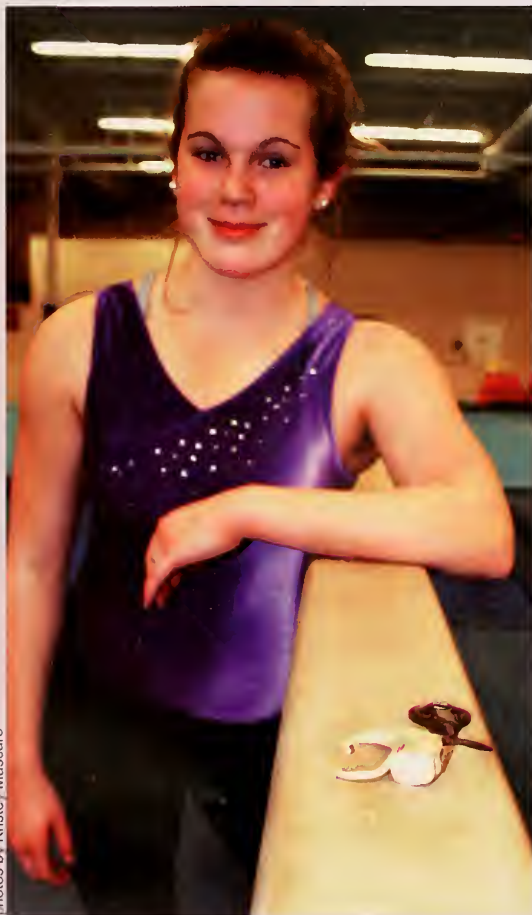
# SILENT



# Controversy

Two individuals find themselves stuck between  
the hearing and deaf communities

story by Andrea Pugliese



photos by Kristie Mascaro

**B**orn with profound hearing loss, Heidi Stoudt, Bloomsburg, made the decision to get cochlear implants when she was eight years old. This choice has given her the ability to hear and communicate through speech, as well as the opportunity to teach her talents as a gymnast to others. However, this choice had the potential for her to be labeled as an outsider within the deaf community.

"I wanted to be able to hear," says Stoudt, 14. Stoudt has a sensorineural hearing loss, which is caused by damages in her inner ear, known as the cochlea. Cochlear implants can be a treatment for this type of hearing loss; however, hearing aids can be effective if the individual does not have profound hearing loss. Stoudt eventually lost all of her hearing and could no longer rely on hearing aids. "One day it just bottomed out, there's no medical explanation," says Stoudt's mother, Patti Stoudt. This caused Stoudt to begin researching the option of cochlear implants. "I'm really glad I got them," says Stoudt. "If I didn't get them, I wouldn't have many friends or be able to use the phone."

A cochlear implant, often referred to as a bionic ear, is a surgically implanted electronic device that provides a sense of sound, according to Dr. Deborah Stryker, an Exceptionality Programs professor at Bloomsburg University. "It stimulates their auditory nerve inside the cochlea," she says.

Stoudt's mother had originally been against cochlear implants. "I was against the cochlear implant very much, because of the controversy, things I've heard, and my daughter was allergic to her hearing aids," says Patti Stoudt. "The opinions of our adult deaf friends were important to me. I did not see my

---

*Heidi Stoudt has been teaching gymnastics for the past six years, something that would have been difficult without the use of cochlear implants.*

daughter as broken. I see it [being deaf] as presenting huge challenges and hurdles," she says.

Cochlear implants have created a large controversy within the deaf community since deaf people who get cochlear implants no longer need to use sign language, which is a main component of the deaf culture.

To the deaf community, deafness is what gives them their cultural identity, and creating technologies that allow deaf individuals to hear is viewed to be disrespectful and dangerous. "The deaf culture doesn't view it [deafness] as a problem; it doesn't need to be fixed," says Dr. Jodie Ackerman, an Exceptionality Programs professor at Bloomsburg University. "We cherish our culture and want to make sure our culture survives," she says.

David Alianiello, an individual who is hard of hearing, agrees. "They are very proud people," he says. "being deaf is a defining part of who they are." To the hearing community, however, deafness is considered a disability, and if given the chance, should be fixed.

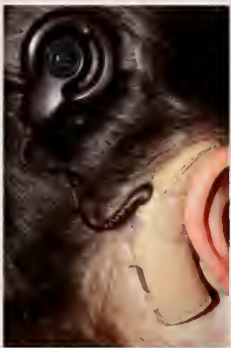
"Deaf people think that hearing people destroy their culture," says Nicole Laszczynski, who has dealt with rejection from the deaf community firsthand. Laszczynski grew up hearing, but due to continual ear infections, she developed a severe hearing loss and now uses hearing aids to assist with her hearing. Throughout elementary and middle school her grades suffered, but after she began to learn sign language at the age of 12, her grades started to go up. Since sign language proved to be a positive influence for Laszczynski, she was transferred into a program where she would attend a deaf and hard of hearing school. While there, however, she was made to feel like an outsider because of her choice to use hearing aids, and because she didn't know sign language very well. "But I learned their language to communicate with them, and then I was respected," she says. Laszczynski attended the deaf and hard of hearing school for about two years. "By the time I was a senior I was only in one self-contained classroom, while I was in the mainstream for everything else," she says.

Laszczynski's mother had wanted to get her daughter cochlear implants when she began losing her hearing, but was unable. "I had too much hearing," says Laszczynski. "in order to get one, they had to damage it [more]." Doctors told Laszczynski that she would never be able to hear very well and that communicating with others would be difficult. Laszczynski first used behind-the-ear hearing aids, which are used by people with a severe or profound hearing loss; however, her mother wanted her to have as much hearing as possible. Laszczynski later received in-the-ear hearing aids from Starkey, a hearing aid company that wanted to provide college students with their strongest hearing aid. This enabled Laszczynski to surpass doctors' opinions, "to be oral without using sign language, my speech wouldn't be as clear," she says.

Laszczynski still uses sign

language as a backup at times. "I meet more people who are amazed because of how well I speak," says Laszczynski. Because of her hearing aids, she had no problem as a fourth-grade student teacher at Danville Elementary School. Although an interpreter was present in the classroom, Laszczynski rarely used her, as she was able to directly communicate with the students.

As with Laszczynski, these technological advances have also enabled Stoudt to teach, as well as further pursue her interest in gymnastics. When Stoudt did not have implants she was taught gymnastics one-on-one; however, after the surgery, in only five months, she was able to train in a group setting. This enabled her to go to her first states competition where she won gold, advancing to Nationals. Now Stoudt is an optional level 7 in gymnastics, which allows her to pick her own music for her floor routine. "She went through hours of music," says Patti Stoudt. "she would never be able to do that without implants." Stoudt would also not have been able to teach gymnastics to the toddlers, preschoolers, and pre-teens as she does in her classes at the Bloomsburg SportsPlex.



Stoudt's ability to communicate with the hearing community, however, was not automatic. There were many factors



Top Right: A close-up of Heidi Stoudt's cochlear implant, detailing how it attaches.

Right: Heidi Stoudt assists Elijah Madara, during her Fit and Fun gymnastics class for children ages 3-6.

involved post-surgery, in order for her to get used to the implants. "When you first get hooked up, everything is overwhelming," says Stoudt, "you can't sort out the sounds." After her surgery, Stoudt had to go to rehabilitation therapy, audiologists, speech language pathologists, and a few other experts in order to learn how to use her implants properly. "Every week, for a few months we went to Philly to get her ears mapped," says Patti Stoudt. Mapping is when new cochlear implant users adjust their program for hearing sounds. The nerves are slowly "woken up," first starting with quieter sounds and then increasing the sound levels after the user's ears are trained.

The biggest challenge Stoudt has with her implants is keeping them attached to her head during gymnastics. "I use an ear anchor which has pipe cleaner-like arms that attach to my ear," says Stoudt. She also uses extra-strength magnets, and when in training or competition will tighten them to insure the implants are connected to her head. Hair clips and putting her hair up over the cochlear implants also helps keep them tucked in and secured to her ears. "At a competition her implant fell out close to the end of her routine, so she used her internal timing to finish," says Patti Stoudt, "most people would not be able to do such a thing." This is because most individuals who are hearing normally don't have to rely on internal timing.

Even though Stoudt's mother believed cochlear implants were not an option for her daughter at first, after the surgery she began to feel positive about the implants. "Heidi is 14 years old, but her ears are only 6 years old," says Patti Stoudt. "even though she has had them for years, there are still gifts to open; she is still learning." Throughout the Stoudts' whole process, keeping the deaf culture in mind, and maintaining their signing skills was important, as they knew some members of the deaf community would not approve of their decision.

The deaf community believes people who are born completely deaf should remain completely deaf. Hearing aids and cochlear implants are viewed as unnecessary since they enable deaf

individuals to hear, as well as learn to speak the English language, making the ultimate transition into the hearing community. But even though Stoudt can now be viewed as part of the hearing community, once she takes the cochlear implants off, she is still deaf.

"If they [the deaf community] embraced hearing devices, and would be more opened-minded, their culture would be bigger," says Alianiello. Both devices may be accepted by the deaf community over time, however right now, "there is a lack of understanding," says Patti Stoudt, "it's new, and it's scary."



Above: Nicole Laszczynski student teaches fourth graders at Danville Elementary.

Left; Heidi Stoudt trains and teaches classes throughout the week at the Bloomsburg Sports Plex.



The letters s, l, e, and d, as signed in American Sign Language

Dr. Deborah Stryker, David Alianiello and Nicole Laszczynski are all members of S.L.E.D., Students Linked to the Education of the Deaf, an organization for deaf and hearing individuals in Bloomsburg. This group is dedicated to bringing students together who are interested in working with and helping students who are deaf or hard of hearing. For more information e-mail [sled.bu@gmail.com](mailto:sled.bu@gmail.com)

photo courtesy Nicole Laszczynski

# Restoring Nature

story by Zack Sterkenberg | photos by Kristey Mascaro

It was when she was living as a single parent in Boston, working 80 hours a week, restoring buildings and juggling college classes, that Donna Shaffer, Bloomsburg, realized her identity as an artist. Through her distinct view of nature and her passion for restoring the run-down, she creates her rare form of art, which she calls, “abstract naturalism.”

Shaffer started her restoration career by accident when a man walked into her 137 year old home studio in Jerseytown, which she restored herself. The man owned a company that was restoring five-story condominium units in Boston and soon hired Shaffer. She took her crew, which consisted of all women, crafted the woodwork and stripped the place by hand. “The condominiums sold for millions. It was an incredible challenge and very fun to do,” says Shaffer.

Although restoring antiques and buildings is a favorite hobby of Shaffer’s, it is her style of art that has allowed her to show her work in exhibits all over the country. Last summer, she went on a cross-country trip to exhibit her art. “I just decided to hop in my van with this huge sculpture piece and some clothes,” says Shaffer.

Shaffer’s artistic philosophy is that nature is perfection, and an attempt to recreate something that could never be more perfect would be impossible. “Nature appears to be so random, but it’s really not. I try to represent it in my art, but there really is no possible way to duplicate it,” she says.

Shaffer aims to capture nature’s purity, beauty, and awe-inspiring qualities, and it is these aspects that make her works so unique and interesting. “Simple things like tree roots, the way water washes over rocks, or the color of the autumn leaves give me ideas for my work,” she says. To create her pieces of art, Shaffer uses various hand-crafted wooden blocks, driftwood, old roots, and glass, which adds a colorful, more dimensional feel to her pieces.

Although sculptures have been the focus of her

work for most of her career, painting was her gateway into art. “I’ve been painting for as long as I can even remember, even in grade school. I just really enjoyed it. I just got tired of painting though,” says Shaffer, “I tried all different kinds of brushes and just could not get what I wanted.”

Shaffer went to school for art in Boston, but when her financial situation forced her to drop her classes, she moved to South Lancaster, Mass., which is where her sculpting blossomed. “I didn’t have any money so I went to the beach and picked up all kinds of driftwood. Then I’d come back, and check out construction sites for pieces of plywood and other scraps to start my sculptures,” Schaffer explains.

Shaffer exhibits her work not only in the region surrounding Bloomsburg, but throughout the country as well.

Although she is focused on making a transition to steel sculptures, she would also like to continue refurbishing things. “If I lived to be 150 years old, I still couldn’t even finish everything that I want to do,” says Shaffer.

Right: Donna Shaffer pieces together one of her newest sculptures at her home studio in Bloomsburg.



# Cooking Up Change



story by Kimberlee Courtney.

**Nutrition classes help local  
low-income residents  
create healthy lifestyles  
while on a budget**

**I**n the cooking classes she holds throughout Columbia, Montour, and Northumberland counties, Memie Christie, Benton, helps low-income residents learn to prepare nutritious meals for their families, while utilizing the limited resources that are available to them. Through her lessons and encouragement, food stamp recipients are able to attain healthier lifestyles and end their cycle of dependence on the emergency food system, as well as enhance their personal development.

"I've always been interested in nutrition and helping people who are not as well off as I am," says Christie, a nutrition education advisor for Nutrition Links, a Pennsylvania State University Cooperative Extension program which oversees the Expanded Food and Nutrition Education Program (EFNEP). For 40 years, EFNEP has focused on improving the dietary habits and practices of low-income families, pregnant teens and youth.

"In 1969, people identified that there was a need for nutrition education programming to reach the low-income audience," says Elise Gurgevich, state coordinator for Penn State Nutrition Links. "They saw they [low-income individuals] had a lot more health related problems; that malnutrition seemed to be a problem of the low-income audience" she says. "that's how the EFNEP program started."

In 2008, about 41,000 Pennsylvanians participated in EFNEP, according to the Penn State Nutrition Links website [nutrlinks.cas.psu.edu]. "People are eating better as a result of our program," says Gurgevich. "They are using better food safety practices, and they are also managing their food dollars better

and not relying on the emergency food system as much," she says. EFNEP is funded through the United States Department of Agriculture Cooperative State Research Education and Extension Service (CSREES), and is delivered by trained paraprofessionals (peer educators) and volunteers.

The "Eat Smart, Move More" program is a series of nine classes held over a period of weeks that teaches low-income families how to make healthy food decisions at home. To qualify for the program, individuals have to meet income guidelines and have children in the home under the age of 18. "Those are the people in need, those are the people that need the education," says Christie. Individuals who do not qualify can still participate in the program since only 50 percent of the class needs to meet the guidelines. "We did see an increase in people seeking out our services who were not our traditional low-income audience," says Gurgevich. "The information that we have benefits many people, because even if they're not considered low-income, people still like eating on a budget," she says.

There are nine core topics Christie teaches throughout the "Eat Smart, Move More" program, with the first being a lesson on food safety that includes proper hand-washing techniques, safe food temperatures and cross-contamination. At the end of every class, the participants cook a meal and then sit down and eat together. "We always use food safety when we cook together," says Christie, adding that each lesson builds on the next class.

The food pyramid, healthy food habits, stretching your food dollars, meal planning, and physical activity are other topics Christie discusses throughout the program, and each lesson involves a hands-on activity. "It's good information and we don't want any [literacy] barriers to stop people from getting the information," says Christie.

One of the activities she performs is "Think Your Drink," where she measures out how many teaspoons of sugar are in soda and other beverages. "When they see that there's

18 teaspoons of sugar in that little bottle of cola they bought, it makes an impact," says Christie. She recalls one of her clients who ended up losing weight because she decided to stop drinking soda after learning how much sugar it contained. "I think she lost 40 or 50 pounds," says Christie. "I still see her to this day and she has kept all the weight off."

The activities also help clients get back in the kitchen and feel more confident about cooking. "I'm excited because I had given up on cooking," says Leanne Hart, Berwick, one of the participants. Hart was interested in the program because she wanted to develop better nutrition and avoid complications of diabetes. By preparing meals in class together, participants see how easy it is to cook a nutritious meal, and that it is something they can do every day for their families. "It's revived me and now I'm really excited to cook again," says Hart.

In addition to teaching individuals about proper nutrition and healthy

habits, the program also provides them with the necessary tools. The items participants receive include measuring cups and spoons, a grocery list and menu planner, an exercise band, and a food thermometer, which students learn to calibrate. Participants also receive an EFNEP cookbook that goes over all the information and recipes they learned in class. "All of our recipes include the nutrition facts, and 90 percent of them have only five or six ingredients," says Christie.

The program, however, does more than help people improve their health. "Our program makes a difference in their ability to work," says Gurgevich. "If they can feed their family and make sure their family is healthier, parents don't have to miss as much work to care for a sick child at home; they also have more energy at work," she says. Several research projects done on EFNEP also show that the program helps people save money. There was an 18 percent increase in class participants who intended to always compare prices before buying food, and a 30 percent increase in their intent to use a shopping list when grocery shopping, according to the 2008 EFNEP Fact Sheet.

Socialization is another benefit of the program since it gets people out in the community and promotes interaction. Christie recalls a single mother who had taken her class five



photo by Pam Williams

Above: (Left to right) Sisters Amber, Chrissy, and Darlene Frymoyer, and Carrie Whitesell take home ingredients from the day's recipe.

Right: Audie Meyers from Children and Youth Services, an agency Memie Christie often works with, samples a healthy wrap during an "Eat Smart, Move More" class.



photo by Pam Williams



times. "I think the socialization was part of what she liked, it gave her a place to go one night a week, she was kind of lonely," says Christie. After the woman's third return, Christie told her that she had to come back as a volunteer since individuals can only graduate from the program twice. "At the end of that class I gave her a certificate of volunteer work," says Christie. "she liked that and it made her feel good."

Although some clients, like the single mother, enjoy the social aspect of the program, Christie has seen social interaction as a problem

*Left: During "Think Your Drink," Memie Christie displays the 18 teaspoons of sugar in a 20 oz. cola.*

for many limited-resource individuals, and is often the reason why more people don't attend her classes. "It's kind of intimidating," she says, pointing out that some clients may have underlying issues and not feel comfortable in an unfamiliar setting or group atmosphere.

By presenting herself more often in the community, however, Christie has been able to establish relationships with the individuals and make them feel more comfortable about attending her classes. "I've found it's a little bit easier if I go to a food bank and show my face and talk to people, they're more apt to come to class," she says. Building relationships with the people in her classes is important. "I want them to make [healthy] lifestyle changes forever," she says, "I try to



# Plant a Row

**W**hile recruiting individuals for her classes at the local food banks, Memie Christie began to notice a problem. "The food they're getting at the food banks isn't always nutritious, a lot of it is boxed or packaged," says Christie. "We're teaching them to eat fruits and vegetables and giving them pasta and rice,"

she says. Christie wanted to find a way to provide them access to fresh produce, especially since they would be less likely to purchase it on their own because of its high price and short shelf life. "They get it home and it goes to waste, and then it's like throwing money away," she says.

Her solution was a pilot program she, along with three other women, launched last summer called *Plant a Row*. "We invited local farmers and gardeners to plant an extra row of food, or an extra row of produce, specifically to be donated to the food bank," she says. The first giveaway was in June and provided individuals with an array of produce. "Each family took two or three items from our table," says Christie, with some of the items including a basket of tomatoes or six potatoes. "It has been hugely successful in Benton," she says, "so I'm hoping to expand it a little more to the rest of Columbia County."



*Upper Left: Memie Christie and her daughter, Jillian, prepare a healthy recipe for individuals to sample.*

*Bottom Right: (Left to Right) Three women who worked with Memie Christie to launch "Plant a Row," are Peg Krum, Marie Castrogiovanni and Kathy Arcuri.*




motivate them." Christie does this through talking and sharing life experiences with her clients. "I put right up front that I can learn as much from you as you can from me," she says, "and that even if they don't have the education, they can make something of themselves."

Christie believes she's making a difference by helping people; however, she also finds that it can be stressful. "I only work 35 hours a week, which is considered full-time, but I spend a lot of time on outside work, hitting the pavement," she says, "it's a lot of planning." In order to set up classes, Christie must work with local agencies to promote her classes and set up a location. "It's the connection with the outside agencies that's so critical," she says. Some of the agencies Christie regularly works with include Head Start, Children and Youth Services, Your Loving Choices, the Women's Resource Center, and local food banks and churches.

"I'm busy," says Christie, "I'm having to spread out a little more and go to more agencies than I

have in the past." It is through the connection with the local agencies that Christie is able to promote her classes, although she sometimes feels it would be nice to have it be the other way around. "It's kind of a trial and error thing," she says, "you go to one place and it doesn't work out, and so you have to go somewhere else."

Even though there are some challenges, Christie believes the EFNEP program is a great resource that should not be overlooked. "I think a lot of low-income families have to be given the opportunity to better themselves," she says, "once they have that opportunity, and there's a couple of people there bucking for them, then they can make some real changes in their life." 

[For further information contact  
Memie Christie: 570-784-6660 x15 or  
mec19@psu.edu]



**F.A.A. Approved Repair**



**Station No.  
JM2R930K**

*We do Lycoming &  
Continental Overhauls*

Bloomsburg Municipal Airport  
301 Airport Road  
Bloomsburg, PA 17815-9512

**(570) 784-3070**

*Karl George, President*

**Fleming's**  
*Antiques & Lamps*



1609 Montour Blvd.  
Danville, PA 17821

570-275-2081




Flem06@ptd.net

**HARDING  
& HILL** LLP

ATTORNEYS AT LAW



16 West Main Street  
Bloomsburg, PA 17815-1703

570.389.0663 telephone  
570.389.8027 facsimile

www.hardingandhill.com

Herrn  
Frau  
Fräulein

# Witness to War

1939

WORLD WAR II AS EXPERIENCED  
BY A DUTCH MENNONITE  
WORKING FOR THE RED-CROSS

STORY BY  
Megan Angstadt

To Edith Benjamin, 87, the Holocaust wasn't something she read about in the papers or listened to on the radio — she lived through it. As a Dutch Mennonite residing in Holland before World War II, Benjamin had known war was brewing before it actually started. "We knew very well in 1938 that there was going to be war," says Benjamin.

*Kristallnacht*, known as "The Night of Broken Glass," began November 9, 1938, and continued into the following day. *Kristallnacht* was a precursor to the War in Germany, and Benjamin remembers it very vividly. "It was to put the fear of God into the merchants; it made an impact," she says.

Even though Benjamin wouldn't have experienced *Kristallnacht* directly while living in Holland, she would have been close enough to Western Germany to see the effects, explains Lisa M. Stallbaumer-Beishline, a history professor at Bloomsburg University. Nazi storm troopers, or Brown Shirts as they were called, along with members of the S.S.,

or *Schutzstaffel*, Gestapo, Hitler Youth, and other police units, participated in a coordinated attack on Jews throughout Germany and Austria. This "pogrom" was orchestrated with the goal of coercing German and Austrian Jews to leave the country, although more than half the German Jews had already left by the time of *Kristallnacht*, according to Stallbaumer-Beishline. "*Kristallnacht* created a sense of urgency in German and Austrian Jews to get out of Germany," she says.

Synagogues were burned throughout the region, with few, if any, remaining. "Jewish stores were vandalized, Jewish homes were invaded," says Stallbaumer-Beishline, "Jews living close to the Netherlands, trying to find a safe haven from the violence might have migrated into Holland." About 400 Jewish men were killed during *Kristallnacht*, and more than 20,000 Jewish men were arrested and sent to concentration camps.

Because Holland was the next stop for Hitler before he made his way across to England, the



*Top Left: View of a synagogue in Aachen, Germany, after its destruction on Kristallnacht.  
Top Right: As a young girl, Edith Benjamin's mother taught her to speak several languages.  
Right: Germans pass by the broken shop window of a Jewish-owned business that was destroyed during Kristallnacht.*



Photo courtesy Edith Benjamin



Photo courtesy The United States Holocaust Memorial Museum

Dutch Red Cross was looking for volunteers, according to Benjamin. Seeing the effects of this violent outburst against the Jews was one reason Benjamin decided to join. When she was only 16 years old, she signed up to begin training for the Red Cross. “Being young and ambitious, I became a Red Cross worker,” she says, “I was trained in helping people.”

When the war began September 1, 1939, Benjamin was attending school in Holland, where she was receiving an education alongside her peers, many of whom were Jewish. “I didn’t know Jackie Weinberg who sat across the aisle from me was Jewish, his family had been there for years,” says Benjamin. “On Friday he was in class,” she says, “on Monday he was gone.”

Although the fighting itself did not touch close to her home, Benjamin believed the fear of what was happening was almost as bad. “I never expected these things, but it was in the paper everywhere, and you could not miss it,” she says. The war touched everyone in some way, even as a semblance of normal life continued.

Benjamin recalls she once had to visit a dermatologist; when she returned for a check-up appointment about a month later, the doctor and his family were gone. “I said to his neighbor, ‘don’t tell me he was

also taken,' and she said he, his two sons, and his wife — the whole family had committed suicide, they were just sick of running," says Benjamin.

Benjamin remembers hearing a story about a town called Doesburg in Holland, a town much like Conyngham, with just one street. "A German soldier was found dead, so the soldiers lined up all the people

Benjamin. Prior to the war, the Netherlands had been neutral, making it a comfortable place for people of different cultures and religious beliefs to live. After the Netherlands was invaded, the Nazis were less restrictive at first because the Dutch people were considered fellow Aryans. "I am

about the uprisings later on, it was there, but we didn't know about it at the time," she says. The Dutch government had registries because of tax laws that clearly identified Jews in the community already. While these laws originally had nothing to do with classifying the Dutch people according to their religion, they were used by S.S. leaders to pick the Jews out of the rest of the population, and it wasn't long

before the resistance was silenced.

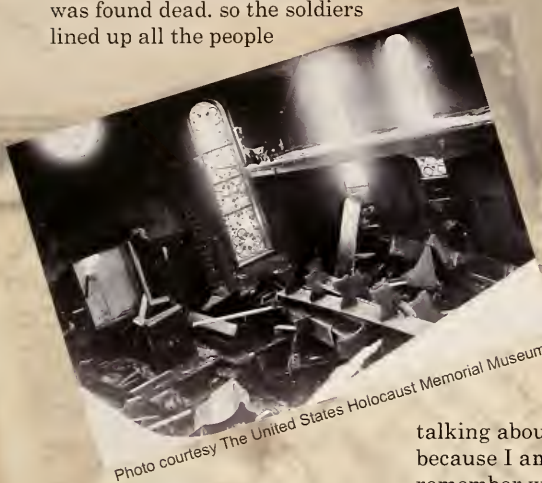


Photo courtesy The United States Holocaust Memorial Museum



Photo courtesy The Holocaust Memorial Museum, Clara Renee Karen Vromen

that were at home and they said, 'Do you know who killed the soldier?' " says Benjamin, "and nobody knew, and even if they did, no one would tell of course." During lunch, workers walked home to visit with their families. On their way, they were stopped by the German soldiers and lined up. "They [the soldiers] told them that if they didn't say who had murdered the soldier, they would get shot." says Benjamin, "of course nobody would tell. So they shot the men."

The fear of what would happen if a person said something against Hitler, against the war, held many from resisting. "We knew what was going on, and we were scared. You could not say anything, because if you did, you were going to go yourself," says

Benjamin. "I am so angry, and I remember what happened," says Benjamin.

Holland was invaded on May 10, 1940, and was defeated by the Germans quickly, becoming an occupied country until May 6, 1945, when the last German

*"The whole family had committed suicide, they were just sick of running."*

troops left. Only five percent of the native Jewish population in Holland survived the Holocaust, says Stallbaumer-Beishline.

Small countries were easier to control than larger ones — after Holland was invaded, it was short order before the Nazi party had complete control. A resistance did spark however, according to Benjamin, "We heard

"There was a Dr. Sternburg who taught government, and made it interesting," says Benjamin, "there was Sam and Miriam, they all spoke good Dutch, they had been here for years," she says, "you knew they were picked up because of their names. They [the Germans] knew they were Jewish by their names."

Benjamin says that although people in Holland knew that the Jews were being taken to camps, and trying to avoid it at all costs, she didn't hear about it until after the war. "Anne Frank was in hiding very close to my school, just over the bridge," says Benjamin, "I didn't hear anything about it, not even after she was caught — not until after the war." About 30,000 Jews were hiding in Holland during the war.

Benjamin worked with the French Red Cross in Germany after the War. Because she spoke several languages, including Dutch and French, she became an asset when dealing with displaced persons. “There were a lot of people in Germany after the war who had been forced workers during the war,” says Benjamin. “they had no place to go, they couldn’t go back to their home countries, and didn’t want to at that point.” Stallbaumer-Beishline explains that there was a mass population movement from January 1945 onwards as the war was winding down. “Forced laborers from within Europe were trying to get home to their countries, as well as Jewish concentration camp laborers and inmates that were all moving around in Central Europe,” she says, “this mass of people all became known as displaced persons.”

The French Red Cross took over an abandoned school building to house the displaced persons. It

was there that Benjamin remembers meeting a Lithuanian woman and her 14-year-old daughter who were staying at the camp. The woman’s husband had been an officer in the war. “When the Russians came in, they shot all the officers,” says Benjamin. When Benjamin asked how the woman and her daughter made it to the camp, the woman explained it was because the Germans were as scared of the Russians as they were, so they hid them and helped them along. “Some of them were probably trying to also get out of the Russian zone,” says Benjamin.

The French Red Cross is also where Benjamin met her future husband, Thomas Frederick Benjamin. “I was running around as usual, and he was just sitting there,” she says. When the Army staff sergeant asked how she was, she replied in English; “He was surprised, and became interested. This is how we started,” says Benjamin.

When Thomas came to

Benjamin in a hurry one day, explaining his unit was slated to invade Japan, and asked for her address so he could write to her, Benjamin wasn’t hopeful. “We never talked about love or anything serious. I knew he had to go back to war,” she says. For almost a year, Benjamin didn’t hear from Thomas, and began

thinking she would never receive word. “Then one day, he wrote a letter,” she says, “and we began corresponding.”

After a year of writing letters back and forth, Benjamin received an opportunity she couldn’t pass up. “He wrote to me saying he wanted to marry me, and had posted a \$500 bond — that I should get my passport,” says Benjamin, “I had to talk to my mother, and she told me to go. there was nothing in Holland now, especially after the war.”

Thomas had to post a bond to insure that Benjamin wouldn’t become a public charge. This money was a promise that she wouldn’t be a hindrance to the American government and economy, according to Stallbaumer-Beishline.

During her correspondence with Thomas while in Holland, Benjamin was only able to get to know him on the surface, and it wasn’t until she moved to America to marry and live with him that she really started to appreciate her new husband. “It was a far-away romance at first. The longer we were married, the more I realized what a good man he was,” says Benjamin.

After World War II, there were now four zones of occupation in Germany, with the British, French, American, and Russian governments each in charge of running its own zone. Initially in the American zone of occupation, there was no distinction made between Jews and other groups. This caused a lot of problems for Jews because they weren’t being provided for. potentially

photo courtesy Edith Benjamin



*Opposite Page: (Left)View of the destroyed interior of the synagogue in Hechingen, Germany, the day after Kristallnacht. (Right) Group portrait of Dutch Red Cross nurses in the Netherlands, 1939.*

*Left: Edith Benjamin met her future husband, Thomas, in Germany after the war. He was a staff sergeant with the 10th Armored Division.*

*Following Page: Edith Benjamin, who began working with the Red Cross more than 70 years ago, remains active in her local chapter.*

for months, if not years. "Their special circumstances were not being acknowledged," she says.

The mass movement of people in Europe trying to find homes because theirs had been burned down, and their property stolen, was a logistical nightmare. "The Red Cross tried to help by creating lists of Jewish survivors to help family members find one another, to determine their fate," says Stallbaumer-Beishline. This list is still in existence today, operating in the form of the Red Cross Holocaust and War Victims Tracing Center. The Tracing Center is a national clearinghouse for people who are interested in finding out the fate of their loved ones who may have been missing since the Holocaust and its aftermath. The Red Cross assists U.S. residents in finding family members by using a worldwide network of more than 180 Red Cross operations and Red Crescent societies, as well as the Magen David Adom in Israel. There is no charge for this service.

A career with the Red Cross that began in Holland during the war continued in the United States when Benjamin flew to New York City a few days before the New Year to marry Thomas and begin a life with him in 1947. Benjamin remains active in Red Cross events from her home in Conyngham. "I became a certified water safety and swimming instructor, working with the police in Hazelton, and worked at Keystone Job Corp as a physical education and health instructor," says Benjamin.

Benjamin met a man during her last week with Keystone, and the meeting has stayed with her to this day. The man introduced

himself with an American last name, and as soon as he spoke, Benjamin could hear the Yiddish in his voice, "I asked him if that had always been his last name," she says. When the man replied that it wasn't, she asked what his name had been before, and he replied with a popular and traditional Jewish name. "He said, 'they told me to change my name because people here don't take very kindly to Jews,'" Benjamin recalls. "Twenty-five years after we fought the war that was supposed to solve all problems, I hear this. I felt like crying," she says.

Although the war ended more than six decades ago, the memories and shame of what occurred remain with those that witnessed it firsthand. "It will take a long,

*"I'm still here. I'm still alive, I can talk about it."*

long, long, time to get over it," says Benjamin, "a lot of things were done that were terrible." The important thing is that people remember that it happened. "The good that you do in this world, sooner or later, will get recognized, and the bad things that you do will follow you to the grave," says Benjamin.

At a Holocaust Remembrance in Hazleton a few years ago, Benjamin asked the Rabbi if she could speak. "All these kids that are writing essays about it [the Holocaust]

don't know anything. They finished their speeches, and then I gave a talk," says Benjamin. After she spoke, people came up to her to thank her. "They said, 'We are so glad you are here and telling us this because we don't know, we simply don't know,'" she says, "I'm still here, I'm still alive, I can talk about it."

At the Holocaust Museum in Washington, D.C., Benjamin describes a listing of people who were prisoners in the concentration camps, and explains that this list, the pictures, and the memories are why she will never visit the museum. "I lived through it; I knew the people who disappeared," she says, "to me, these aren't just names. These are people I knew, people I loved."

CS



photo by Megan Angstadt



Your one-stop shopping experience  
on the campus of  
Bloomsburg University!

*Inside you will find....*

- Textbooks - New and Used
- General Books
- School, Office, and Art Supplies
- Insignia Clothing and Gifts
- Convenience Foods and Drinks
- Personal Hygiene Items
- Magazines
- Phone Cards
- Computer Software & Supplies

... and much more!!

## Hours of Operation

### Regular Semester Hours

Mon.-Thurs. 7:45 a.m. - 8:00 p.m.  
Friday 7:45 a.m. - 4:30 p.m.  
Saturday 11:00 a.m. - 5:00 p.m.  
Sunday 12:00 p.m. - 4:30 p.m.

### Summer Hours

Mon.-Fri. 8:00 a.m. - 4:30 p.m.  
Sat.-Sun. CLOSED

*Shop Online!!*

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

## Take Care of Yourself!

All women need regular exams & Pap tests.

**Even when money is tight!**

Exams Cancer Screening  
Birth Control Pregnancy Tests  
STD Testing & Treatment

ALL SERVICES PRIVATE AND  
CONFIDENTIAL

- sliding fee scale
- free service for low/middle income
- Access card: some Insurances welcome

Call for appointment:

**387-0236**

**Columbia Montour Family Health**

2201 5th St. Hollow Rd. 107 Market St.  
Bloomsburg Berwick

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



## Friendly Faces You Know & Trust!



*Enjoy these great benefits:*

- \$ No monthly fees
- \$ No minimum monthly balance requirements
- \$ Free Online Banking
- \$ Free Bill Payment on personal accounts
- \$ Free Telephone Banking 24 hours-a-day
- \$ Free FirstCheck ATM Debit card
- \$ Quality Customer Service

\*Stop in or call your nearest First Columbia branch today for details.



(570) 784 - 1660

Member FDIC

Benton • Berwick • Bloomsburg • Buckhorn • Catawissa • Elysburg  
Hazle Township • Lightstreet • Millville • Orangeville • Scott Township • Wal-Mart

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

## A Tobacco Shop is Back in Bloomsburg!

# BLOOM TOBACCO

106 East Main Street

784-5230

**Cigarettes Sold at State Minimum Prices**

*Premium cigars  
chew tobacco  
Phillies  
beverages*

*Dutch Master  
roll your own tobacco  
Swisher Sweet  
newspapers*

*lottery & more*

Open Monday - Saturday 7 a.m. - 10 p.m.

Sunday 9 a.m. - 7 p.m.

**Get your tobacco cheaper!**

**We accept all major credit cards**

# The transformation of a bodybuilding icon who became a local art teacher

story by Marquis Wince

One of the most visible changes in nature is the metamorphosis of a caterpillar into a unique butterfly. For Deborah Diana, change was something she experienced throughout her entire life.

She lived in Philadelphia, Rotterdam, and New York City, but now resides in Riverside, a small town in rural Pennsylvania. After studying art at the Pennsylvania Academy of the Fine Arts, she decided to withdraw and enter the profession of female bodybuilding. This career move led her to succeed in the sport, paving the way for future female competitors.

Ultimately, Diana would return to her love of art, creating kinetic artwork, mainly of butterflies, and complete her metamorphosis.

Diana was raised by her grandmother in Philadelphia, and although times were hard for her growing up with little money, she had plenty of inspiration and desire to make up for it. "My grandmother gave me paint and a bucket of water, I would sit and draw on a brick wall all day long," says Diana. "I wasn't that good at most other subjects in school, so I found freedom and refuge through art," she says.

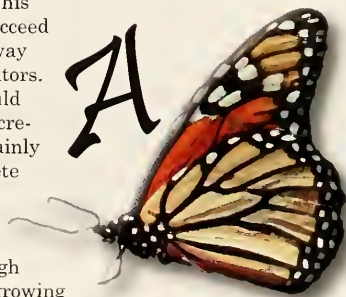
Diana continued her studies at the Pennsylvania Academy of the Fine Arts, where she worked independently on situational art in a small studio. She was critiqued daily by some of Pennsylvania's most well-known artists at the time, one of whom was Will Barnet, a figurative artist best known for his enigmatic portraits of family that were done in the 1970s.

Diana now resides in the old Riv-

erside firehouse, which she converted into her home and studio. However, she displays more than just her artwork. Diana has a large assortment of trophies spanning across a wall, depicting her days as a professional bodybuilder. "I was into rock climbing and I needed the strength to do that so I started lifting weights," says Diana. "There happened to be a bodybuilding competition someone dared me to enter; it snowballed from there," she says.

topographer who helped start women's bodybuilding. "I've often said that just the way she stood in the lineup, like a thoroughbred, set her apart," says Barrilleaux.

Diana's early success as a bodybuilder was because of her happy-go-lucky demeanor towards the sport and the way she presented herself on stage. She developed a stage persona and posing style that would become a benchmark for many competitors that followed. Diana utilized her body to



# utterfly

Before she entered her first bodybuilding contest, Diana had set landmarks in the physical world of technical rock climbing and caving. She mastered The Swago Pit, a vertical cave full of pits and waterfalls in West Virginia, as well as both the Cathedral and White Horse Ledges in New Hampshire; no woman had accomplished either at the time. Diana's body responded to the training so fast that her rock climbing instructor was shocked by how quickly she altered her physique. "She kept in shape and trained hard consistently as an athlete for performance in rock climbing, not just for posing on stage," says Doris Barrilleaux, a judge and pho-

create unexplored artistic poses that were unique, feminine, and muscular.

"The fact that she improvised her routine on stage, where everyone else had theirs memorized, shows her confidence," says Barrilleaux. "She was there to enjoy the competition and did," she says.

Diana competed in over 30 amateur and professional competitions all over the world throughout her career. She always stayed active in the sport, rather than getting ready to compete two times a year like most professionals. This was an advantage she had that most women didn't. "She competed in more bodybuilding contests than any other female in the history of the sport at the time," says Barrilleaux. Most notable were her pro events, the only two professional



female bodybuilding competitions, Ms. Olympia and Ms. USA.

Ms. Olympia, the most recognized of the two professional contests, was first introduced in 1980 and is held annually by the International Federation of BodyBuilders (IFBB) as part of Joe Weider's Mr. and Ms. Olympia Weekend. Diana won Ms. USA in 1981, defeating over a hundred women, and placed fifth at Ms. Olympia in 1982. "I think a lot of my success came from being in the infancy of the sport," says Diana. "We were all new and sort of catapulted female bodybuilding into what it is now," she says.

What started out as simple beauty pageants were now transitioning into the sport of female bodybuilding. "Women were coming out on stage in bikinis and high heels and it was more of a beauty contest, and then we transformed that by coming out more muscular," says Diana. "Losing the high heels was us trying to make

a statement, saying that we aren't just beautiful, we are also athletic," she says.

Diana trained with all-time greats in male bodybuilding including the original "Incredible Hulk," Lou Ferrigno. She also traveled around the world to Austria, Norway, and Japan, competing against and training with female bodybuilding's biggest names, including former Ms. Olympia champions, Carla Dunlap and Rachel McLish. Dunlap was Diana's closest friend even though they competed against each other in competitions, both amateur and professional. "Carla was the best friend you could have. A lot of the girls that were there were very serious, not that we weren't serious, but when it was time to compete, we enjoyed the moment and had fun on stage," says Diana.

Diana appeared in the bodybuilding documentary, *Women of Iron* in 1984, co-starring with Dunlap.

Critics say that the movie captures the reality of what goes on behind stage. "The movie showed the two of us in our different lifestyles and how we trained and worked towards a competition," says Diana.

Although the sport was evolving and rapidly gaining popularity, the direction it was heading was a dead end in Diana's mind. The steroid generation was growing and more women were entering whose bodies were unnatural, according to Diana. "Although I would have done well, I just had enough. It was getting very political, and more and more drugs were being introduced and I didn't want to go that route," she says. The Ms. Olympia competition of 1983, where she finished eighth overall, was Diana's last time on stage.

After Arnold Schwarzenegger retired from men's bodybuilding, the sport was on a decline. They were now using women as opening acts to introduce the men. "I tried to do it all on my own without a sponsor, and that was difficult. I don't know how much further I would have gotten because I didn't want to do the drugs that appeared to be required to stay in the top ten," says Diana. "I think the organizers were trying to use and manipulate us. They saw the potential of what women could bring to the sport, so they were trying to run with it," she says. It took 20 years, until 2000, for the Mr. Olympia competition to be held on a different day than Ms. Olympia.

After retiring from bodybuilding, Diana chose to go back and finish at the Academy where she was a figurative artist, working with the human figure. Because she had created different poses during her bodybuilding career that she had seen so many times before, but no one else had, this made her art even more unique.



# in Motion



Left: Deborah Diana paints one of her latest butterfly kinetic art pieces in her home studio.

After graduating from the Academy, she moved to Riverside and began teaching art. She first taught at the Greenwood Friends School in Millville for several years, but now gives private art lessons to children in the area. "Because I taught art at a private school, preschool through eighth grade, it was really hard to be the art teacher who drew nude figures," says Diana. "The butterfly was a subject matter that was more appropriate; it lends itself to being creative, both representational and stylized. As an artist, it's good to have continuity in how you work, so I used the butterfly to pull it all together," she says.

Diana referred to the butterfly as being both representational and stylized, meaning that it could be more realistic like an actual butterfly, and the stylized ones were creations with no influence of a real-life butterfly. "My pieces are kinetic because you move to see them," says Diana, "once I capture my viewers by stopping them to look at it. I'm now asking them to interact with the piece by moving back and forth." Nearly every picture she has hanging in her studio is of

butterflies in all different types of media, from paint and colored pencil to mixed media like sand and beads.

Of her art, the kinetic pieces are her favorites because they attract the most attention from the public and the best reaction from children. She loves to watch people try to figure out what's beyond the first glance and look deeper into the artwork. That same concept may be what makes her so interesting.

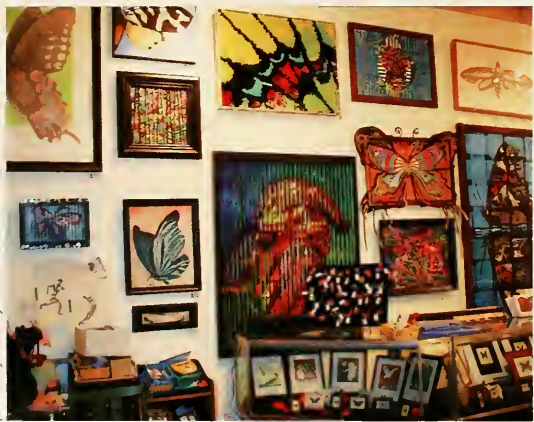
People who view her art may not realize at first glance that Diana has competed in over 30 female bodybuilding competitions worldwide, and in retrospect, her former bodybuilding competitors may not have known she studied art.

Diana believes that changing her figure during the bodybuilding process is artistic. "A lot of people lose sight of symmetry. They get obsessed with having the biggest biceps or the biggest thighs," says Diana, "you have to be the artist that has the aesthetic eye; that's why I was always evenly proportioned."

Diana's metamorphosis is similar to a butterfly. While training, bodybuilders act as if they are sculptors,

seeing what body part they want to enhance in the mirror. Then they work it until it comes together proportionally to the rest of the body, much like the spectacular sequence of a caterpillar's development into a butterfly. Diana now resides comfortably in rural Pennsylvania where her workshop is her home, showcasing her kinetic art to an audience, just as she did her own body while bodybuilding. However, she still stays in shape; "I have a squat rack in my basement," says Diana, "working out now is just as important as it was then."

Although she has gone through more changes than most, Diana's passion and love for what she does has never changed since the first day she picked up a paint brush.



Left: A showcase of Deborah Diana's artwork within her home-studio

Below: Deborah Diana flexes while lying on her side during the 1981 World Championship competition held in Atlantic City, NJ.



Photo courtesy Deborah Diana

## FANTASIES BY REBECCA

REBECCA  
ERMISCH  
DESIGNER

The  
Costume  
Shop

COSTUME DESIGN  
& RENTAL  
55 EAST MAIN ST  
BLOOMSBURG  
(570) 784-4436

WWW.BLOOMSBURGCOSTUMESHOP.COM

Large Selection of Fine Suits

## Al's Men's Shop



Downtown Bloomsburg  
784-5914

### HOURS:

Mon., Tues., Thurs., & Sat. 9:30 a.m. - 5 p.m.

Wed. 9:30 a.m. - Noon • Fri. 9:30 a.m. - 7 p.m.



## ENJOY THE FINER THINGS



### LODGING, FINE DINING, & RELAXATION!

The Inn at Turkey Hill is a special place where you can treat yourself to a wonderful dinner or an award winning wine selection. It's a place you can spend the evening and wake up completely relaxed. Come experience all that we have to offer.

#### Room and Dinner Package

One night's lodging in a courtyard room or a stable room.

Three course dinner for two.

Deluxe continental breakfast with a hot entrée.

\$225 - Courtyard Room • \$295 - Stable Room

Includes tax and gratuity • Excludes alcoholic beverages



THE INN AT  
TURKEY HILL

1-80, Exit 236 • Bloomsburg, PA 17815

(570) 387-1500

[www.innat turkeyhill.com](http://www.innat turkeyhill.com)

Check our website for updates on The Brewpub at Turkey Hill coming soon!

# Scoreboard

## SPORTS TAVERN

### Your Hometown Sports Bar

NFL Ticket: *any*  
game, *any* time

100 Different types of Beers

Steaks, Burgers, Wings

### HOURS:

Monday - Saturday  
11 a.m. - 1 a.m.

Sunday  
noon - 12 a.m.

10 Flat screen TVs ALL in HD!!



# 'Braking' the Image

*Local women find empowerment and freedom  
by participating in a male dominated pastime*

story by Caroline Kiernan | photos by Robin Hampton

**A** mother, a seventh-grade teacher, and a wife of 30 years, Diane Rumbel, Ringtown Valley, does not stand true to the classic American stereotype of a biker chick. Dressed in denim jeans and sporting a blue, button-down "Motor Maids" shirt, Rumbel says motorcycling has changed her life.

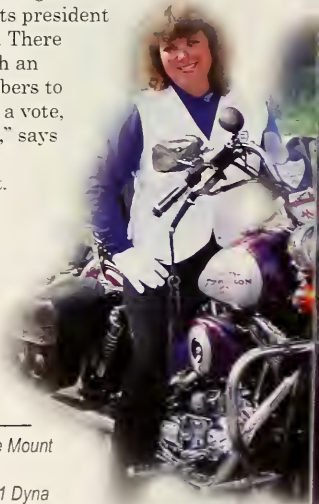
Riding since 2000, Rumbel has put 75,000 miles on the engine of her '01 Harley-Davidson Dyna Low Rider, and she is not stopping any time soon. She speaks with pride of earning a mileage award, having put 10,000 miles on her bike this year alone.

Motor Maids Inc., founded in 1940, is a female motorcycle group that has over 1,000 active members in North America, with 78 in the Pennsylvania, Western New York (PAWNY) district, of which Rumbel is the district director. "We're not the typical chain-gang ladies," says Rumbel. Motor Maids encourages women to ride while promoting a positive image, and without depending on men to be by their sides. "These ladies are inspiring to anybody. Not just to women, but to men too. They're awesome — they're pioneers," says David Rumbel, Diane's husband and an avid motorcyclist. "I've been saying for years how I wish there was a Motor Maids for men, but men couldn't pull something like that off," he says.

Being the first and longest established women's motorcycling organization, what sets Motor Maids

Inc. apart from other bike groups is that the women who join must ride and have their own motorcycles. Based on respect and tradition, it is a member run organization with no board of directors; its president is elected every three years. There is also a year-end letter with an anonymous survey for members to complete. "If issues come to a vote, it's because of the members," says Diane Rumbel.

Rumbel is a teacher at Mt. Carmel Area High School and says that motorcycling provided her the confidence necessary not only to teach, but also inspired her to go back to school. But Rumbel hasn't always been an independent biker. "I used to ride on



*Above: The Motor Maids Inc. in the Mount Carmel Homecoming parade.*

*Right: Diane Rumbel sits on her '01 Dyna Low Rider dressed in her Motor Maids Inc. uniform.*

the back with David; I enjoyed that and it was fine," says Rumbel, but it wasn't long before she was in control of her own motorcycle. Since then, she has visited 37 states and rode across the country twice, once by herself.

"At school, I'm very professional," says Rumbel, "I'll ride my bike to school, take my boots off in the parking lot, put on my heels, brush my hair and fix my suit." Rumbel says her students love the fact that she rides, "it really breaks down a wall with them." She remembers when she used to teach Sunday school, "I would come back from teaching, put the leather on and go riding," she says, having little difficulty integrating those contrasting worlds.

"I like the idea that I try to dispel the 'bad' image of bikers to some students by being an educated professional, yet a motorcycle enthusiast as well," she says. Standing true to the standards of Motor Maids Inc., Rumbel says that riding a motorcycle is a great lesson for her students to learn about misconceptions based on stereotypes and generalization. "I use my motorcycling to make that point. For example, motorcycling is not all about chains, tattoos, and breaking the law, even though that is the image the media often portrays or glorifies," she says.

Many people reserve a bad image for bikers, according to David Rumbel. "The bikers who fit that image are called the 'one-percent-ers,'" he says, "the other 99 percent have nothing to do with that lifestyle — bikers raise millions of dollars annually for charities."

Recently, women have become more interested and involved in the motorcycle community. "Manufacturers cater to women because we're the fastest growing participants," says Rumbel. Harley-Davidson developed lower, thinner bikes with lower centers of gravity, and five motorcycles ergonomically designed to fit a woman's body frame, according to Steffy Rarick, secretary at Vreeland's Harley-Davidson, Bloomsburg.

At Harley-Davidson, it's common to take a stock motorcycle and customize it to fit smaller body sizes, such as women. The seat, foot position, and handlebars are all taken into account during a three-step process, according to Harley-Davidson. The right seat must fit both the height and weight of the rider, as well as the particular riding style of the bike. For example, a stepped seat on a faster motorcycle

prevents the rider from sliding back during acceleration. The second step regards foot position, an important safety factor of riding. Lowering the suspension of the bike helps to make sure the rider is sure-footed, or has both feet securely on the ground when stopped. It also helps shorter riders fit on their bikes comfortably. The final step is choosing the right handlebars.

"In my opinion, many men customize for the look, unless they are a long-distance rider; however, women will look at control and comfort foremost, then the look," says Rumbel.

More important than look and style, comfort and control are two factors that weigh heavily on the riding experience, and they're directly connected with handlebar positioning. Handlebars should match arm length, attitude and riding style, according to "We Ride," a magazine produced by Harley-Davidson. "Although I must admit I like the look of a cool, sleek bike — I love my concord purple two-tone

color, the shiny chrome and the custom pin-stripping on my bike — but any bike I ride better be comfortable for my extended trips," says Rumbel.

Today, women generally don't want to be on the back of the bike, says Rosie Corradini, wife of Daymon Corradini who owns North East Iron Horse, a custom motorcycle shop in Bloomsburg. They're tired of being dependent and they want to be "in control and take responsibility," she says. Independence plays a large part in women branching out and getting off the back. "Women are tired of being behind their men and want to venture out," says Corradini, adding that it is becoming more prevalent for women to ride their own bikes.

"According to various articles I have read and seminars I have attended, women are a fast growing market because there are more and more women riders," says Rumbel, "manufacturers are taking notice and marketing toward women." Over the past 20 years, the percentage of women purchasing Harley-Davidson motorcycles has tripled, and currently stands at 12 percent, according to Harley-Davidson. Whether or not women continue to branch out and declare independence through motorcycling, Rumbel can conclude one thing: "It is so empowering to ride as a woman."



Above: (Left to right) Cathy Decker (Pittsburgh), Lois Hendershot (Collegeville), Justine Rumbel (Rochester, N.Y.), Maryellen Snyder (Lebanon), Diane Rumbel (Ringtown), Deb Tilhansky (Klingerstown).



# T A R T I S T I C

story by Connor Showalter | photos by Kristey Mascaro

Abigail Kurecian spends four hours a day creating clay pots and bowls in a small rural community, while a Native American style discovered on the other side of the country inspires her creative drive to construct art with vibrant colors and patterns. Kurecian is a potter and painter who lives in Orangeville. The artwork she encountered while living in Arizona for 12 years still shows up in the work she does today. “I haven’t necessarily taken the Native American art and tried to duplicate it, but it’s been an influence,” says Kurecian, “I pulled a lot from their pottery shapes and designs.” Kurecian first wanted to be an artist when she was 7 years old. She learned how to mold and shape clay on a potter’s wheel three years later. As a young artist she attended workshops at her future high school, the Norwich Free Academy in Connecticut, and later went to college at the Art Institute in Boston as a painting and illustration major. Afterward, she was ready for a change in her life.

“I was sick of the cold and ready for a fresh start, so I moved out to Arizona,” she says. There she found the Mesa Art Center and rediscovered her passion for ceramics. “It was like a gold mine as far as clay,” says Kurecian, “it was a great springboard for me — a lot of different influences.”

She took classes at the museum at least three times a week, while also participating in winter workshops with major artists. “The Arizona winters were nice because for the most part it was 80 degrees,” she says, “so all the Minnesota potters or the Pennsylvania potters wanted to go to Arizona to do a workshop.”

Kurecian is always thinking of new ways to make pottery. “My inspiration comes out of a whole lot of different places.

not necessarily art, but shapes in nature," she says. "I do a lot of thinking in my head just to walk myself through throwing the clay. A lot of times, that's how I will get a new shape," she says, noting she doesn't like doing the same thing all the time.

A table that she painted for her daughter's first birthday is prominently displayed in her living room. The table presents large butterflies stretching their wings while they emerge from a border of different colored suns. Kurecian says that the colors she saw in Arizona, specifically on Indian rugs, cross her mind while she creates her art.

Color has always been an important part of her creativity, but she experienced the colors to be more "earthy" and influential in Arizona. "We come back here and think, 'that's foliage, wow!' and you go out there and the colors are very different and subtle," says Kurecian. She also says the Sonora Desert changed the way she sees colors. "You've got this barren desert and this screaming-green cactus in it, the flowers shooting off," she says, "you have these little blasts of color in the middle of nothing."

Several pieces of her art come from ideas she gets from resourceful, yet random thoughts that fill her mind. "Some of it is necessity and need," she says, "others I'll see something and go, 'Oh what a great idea!'"

One idea came after she realized how simplistic and flimsy her plastic compost container looked, so she decided to make her own stoneware pot instead. "Stoneware

is a higher fire and it is a lot more sturdy and durable," says Kurecian.

Kurecian and her husband, David, returned to the east coast after visiting friends in the area. They sold their Arizona home and went back to Pennsylvania in search of a new house a month later.

"It was a tough transition from Arizona to Pennsylvania," says Kurecian, "I had to contend with the lack of humidity in Arizona, and in Pennsylvania it's the opposite." When constructing bowls, she likes to layer different kinds of glazes to see how they look together, but too much humidity can make the glaze layers "bubble up," according to Kurecian.

"In Arizona, I'd have to cover things up so they wouldn't dry too fast," says Kurecian. During the last five years Kurecian has lived in Pennsylvania, she has found that her pottery cannot dry as quickly because of the cooler air. When she wants to harden her art in the kiln, she needs to wait longer for it to dry completely before firing it; "otherwise it would explode," she says.

Kurecian donates several pieces of her artwork to local non-profit organizations in the area to use for fundraising or auctions. In addition, she is a key organizer for local artists in the Bloomsburg area, helping with Artfest and Artwalk, which showcase art by local artists to the community. "We have so many artists, it's one thing that attracts people to this area," says Kurecian, "I hope a little more so in the future."

Kurecian also submits some of her work to local art stores and community marketplaces. She also sells her artwork twice a month, between June and October, at the Forks Farm Market.

Kurecian isn't just focused on making a profit from her art. Recently she took a job as an interim art teacher at her daughter's school. "I love what I do, I couldn't imagine doing anything else with my life," she says.




Above: Abigail Kurecian with her pottery, which she created in her home studio. Opposite: The table Kurecian painted for her daughter was inspired by a canning label and the landscape of Arizona.



# PLASTIC PERILS

## Credit card companies force fees and penalties on customers

by Michelle Sarver



Swiping plastic is a standard method of making purchases in America, and cardholders continue to be encouraged to pay with credit cards despite high levels of debt. Credit card companies punish customers with fees for too little activity, lower credit allowances, lower credit scores, and closed accounts.

"They socked us a \$200 startup fee to begin with just to open the account," says Jennifer English, Danville, who opened a credit card account with First Premier National Bank. She later received a \$22 fee for using her checking account to pay off her credit card bill, and saw her interest rate jump from 15 percent to 25 percent after one missed payment.

Americans pay about \$15 billion a year in penalty fees because of unfair and deceptively complicated practices, according to the White House Office of the Press. Nearly four out of every five American families have at least one credit card and nearly 44 percent of families carry a balance.

Competition between credit card companies has grown, and banks compete for customers, which drives the interest rates down according to Victoria Geyfman, Ph.D., professor of finance at Bloomsburg University. "They can't make money through interest anymore so they make it

through these convenience fees," says Geyfman.

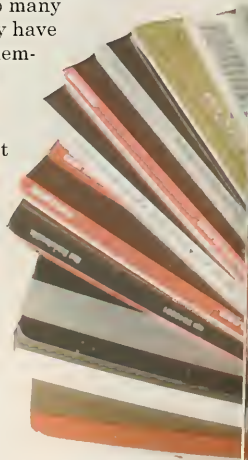
"ATM fees and overdraft fees are a significant portion of revenue," says Connie Yoder, manager of the First Columbia Bank and Trust East Street branch, Bloomsburg. "It is all part of how the economy got the way it is," she says, noting that it has been the trend for the last couple of years.

Fees, such as the inactivity fees, are a recent phenomenon, according to Yoder. "In the '70s there were usury laws; once they were removed, banks started to charge additional fees," says Geyfman. Banks began offering cards with a variety of different interest rates and fees, tying the pricing to the credit risk of the cardholder. This benefited low risk customers by pushing interest rates down. Riskier customers received the higher rates and served as the issuers' best sources of revenue.

Banks not only charge the consumer who uses the card, but also the merchants who accept the cards. "This can amount to significant sums; however, banks frequently get stuck with fraudulent charges and balances that people just don't pay," says Stephen Hebbard, Finance Instructor at Bloomsburg University. Credit card companies expected so many defaults in the year 2009 that they have been forgiving more debt. With unemployment increasing, fewer people can pay off their debt, and credit card companies are taking what they can get, although they are not flaunting this factor, according to the *New York Times*.

Americans' credit card debt reached \$972.73 billion at the end of 2008 and fees continue to increase, according to a 2009 Nelson Report. In the past year, Bank of America increased its overdraft fees and Wells Fargo charged more for cash withdrawals and ATM transactions.

J.P. Morgan Chase Bank





imposed a monthly fee to borrowers who have made little progress paying off large balances. It also reviews and cancels inactive accounts, claiming that inactive cards with large, open credit lines present a risk of fraudulent use and potential liabilities for the company.

Opening credit cards with the same bank that holds your checking account can eliminate fees like the ones English acquired from paying off her credit card. "I would never open another one unless it was through my bank," she says.

The good news is that reform is on its way. The Credit Card Accountability, Responsibility, and Disclosure (CARD) Act of 2009, set to take effect in February 2010, will ban deceptive and unfair practices by lenders.

The act restricts inactivity fees unless the card has been inactive for at least 12 months, and requires banks to send notices of charges. It also restricts banks from raising rates the first year an account is open, and bans interest charges on balances that have been paid-off from previous billing cycles (called double-cycle billing).

In addition, the act will require issuers to post their credit card contracts on the internet where regulators and consumers will be better able to monitor changes in credit card terms and determine their adequacy.

Card issuers that violate the new restrictions will face significantly higher penalties than under current law. Whether these new laws will heal the relationship between credit card holders and issuers is yet to be seen, but there is clearly room for improvement.

CS

**Providing financial well-being  
for our members through  
dedicated professional and  
personal service for over 50 years.**

## **Bloomsburg Branch 2251 Columbia Blvd.**

**570-784-5200  
Fax: 570-784-5233**

**PFCU**  
PHILADELPHIA  
FEDERAL CREDIT UNION  
pfcu.com | better.honest.

***Voted "Best Pipe Shop" in  
Northeast Pennsylvania***

***- The Weekender***

**Mon. - Thurs.  
noon - 7 p.m.**

**Fri. - Sat.  
noon - 9 p.m.**

**Sunday  
noon - 4 p.m.**

**UTOPIA**

**212 Iron St. 416-0616  
Bloomsburg, PA 17815**

*It all happened so fast.  
It was an unbelievable feeling.  
This was the easiest run I have ever scored...*

## A college student shares his struggle with cancer

by Matthew Petrini

I reached first on a bunt and stole second base, allowing a bases clearing double that sent me home and gave the Bloomsburg University Club Baseball team the lead. It was an unbelievable feeling. This was the easiest run I have ever scored. Unfortunately, it cost me the rest of my career. After I crossed the plate, I felt a sharp crack in my lower left leg, but I didn't think anything of it. I'm 23 years old, how serious could it be?

My coach took me out of the game and sent me to Mercy Hospital. Scranton, where an X-ray and MRI were scheduled. I was optimistic. Anything besides a broken bone just didn't seem possible.

My X-ray came back negative, but the MRI showed the scariest diagnosis I would ever receive: a tumor. I hit the floor asking, "Why?" I knew I had to be strong for my family and friends. I have that competitive edge in my mind and I refuse to lose. It was a shock, but I knew I couldn't wait on this, so I

sought out professionals who specialized with bone tumors.

My MRI showed the tumor was only in my leg, but nobody knew whether it was malignant or benign. Thinking positively, I went to class, sporting events, and tried to live my life without distractions. Dr. Richard Lackman, an orthopedic surgeon from Pennsylvania Hospital, scheduled me for a biopsy, and I was ordered to be on crutches for a week as I waited for the results.

On April 17, my father traveled an hour to Bloomsburg to give me the results. He knew this was something he needed to tell me in person: it was cancer. My body stood still, like I was just shot through the heart, and my eyes welled up with tears. It was the scariest news I've ever received.

After my diagnosis, I was put in touch with Dr. Lee Hartner, an oncologist at Pennsylvania Hospital who gave me the official diagnosis. "It's osteosarcoma, a rare type of bone cancer, which usually attacks patients 15 to 30 years old," he says. With surgery and chemotherapy, he expected me to be cancer-free and make a full recovery.

Osteosarcoma is a type of cancer that develops in bone; however, it can spread beyond the bone into nearby tissues, such as muscle and tendons. Cancer cells from osteosarcoma can also break away from the main tumor and spread through the bloodstream to other bones, or to the lungs

and other internal organs. "The cause of osteosarcoma is unknown, but it's highest among teenagers going through growth spurts. There also may be a link between rapid bone growth and the risk of tumors forming," says Dr. Hartner.

Finding symptoms for this type of cancer can vary from patient to patient, but common symptoms are consistent pain and swelling around the bone or area. Usually, many are not caught in time, but I was lucky.

Chemotherapy was my course of action. I finish my six cycles of treatment in January.

After two months of treatment, which allowed the chemo to shrink the cancerous tumor, Dr. Lackman conducted limb salvage surgery where he took out the cancerous bone and replaced it with a cadaver bone, inserting a metal plate in place to hold it all together. Because of the severity of the surgery, rehabilitation will take six months to a year.

Even though I've now had over 50 stitches and 35 staples in my leg, this surgery saved my life. Once they took the cancerous bone out of my leg, I was cancer-free; however, my athletic career is over. The cadaver bone is not strong enough for sports.

I still look up and ask, "Why me?" There's never a day that goes by where I don't think, "What if I waited? What if I didn't mention anything and tried to play through the pain?" Then I think, if I didn't say anything, I could have broken my leg and risked my life even more. Although my life will never be the same, it has most certainly changed for the better.

CS

Left: Matt Petrini receives chemo treatment administered by Aja Novello R.N., at the Joan Kamehl Cancer Center at Philadelphia Hospital.

[During final production of the magazine, Matt had a reaction to chemotherapy; with a 104° fever, he returned to the hospital for several days. He continues his recovery. —The Editors]



# JCPenney

## OUR SHOPS

Jewelry & Accessories

Cards, Books & Gifts

Services

Eats & Sweets

Sports

Specialty

Department Stores

Health & Beauty

Woman's Apparel

Music & Electronics

Shoes

\*Holiday hours may vary

### Jewelry & Accessories

Gordon Jewelers ..... 387-8750  
 Piercing Pagoda ..... 387-8432  
 Chakra ..... 1-877-548-4435

### Cards, Books & Gifts

Hallmark Store ..... 387-8511

### Services

Pearle Vision ..... 387-1340  
 Sears Auto ..... 387-2592  
 Sears Optical ..... 784-1105  
 Sears Portrait Studio ..... 387-1324  
 M&T Bank

### Eats & Sweets

Auntie Anne's ..... 784-3040  
 Gertrude Hawk ..... 784-4336  
 Haxhe's Pizza ..... 387-1358

### Sports

Schuylkill Valley Sports ..... 784-1482

### Specialty

Bath & Body Works ..... 387-0400  
 GameStop ..... 387-6976  
 Hallmark Store ..... 387-8511  
 Keyboard World ..... 380-8955  
 Chakra ..... 1-877-548-4435  
 Michelle Conner Photographer  
 ..... 784-7808  
 Evansgreen Limited ..... 387-8969

### Health & Beauty

Bath & Body Works ..... 387-0400  
 G.N.C. .... 784-3771  
 JCPenney Hair Salon ..... 389-1481  
 Master Cuts ..... 387-8833  
 Nail Glamour ..... 784-1856

### Woman's Apparel

Bon Ton ..... 784-7628  
 Christopher & Banks ..... 387-4950  
 JCPenney ..... 389-1481  
 Maurice's ..... 387-6842  
 Sears ..... 387-3512  
 Victoria's Secret ..... 387-6798

### Music & Electronics

GameStop ..... 387-6976  
 Keyboard World ..... 380-8955  
 Radio Shack ..... 387-1021  
 Sears ..... 387-2512

### Shoes

Bon Ton ..... 784-7628  
 Famous Footwear ..... 387-8500  
 JCPenney ..... 389-1481  
 Payless Shoes ..... 784-8566  
 Provost Shoes ..... 784-4645  
 Schuylkill Valley Sports ... 784-1482  
 Sears ..... 387-2512

# COLUMBIA MALL

Where great finds are easy to find!

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



I-80, Exit 232 Bloomsburg, PA Mall Services: (570) 387-4909 Mon - Sat 10:00am - 9:00pm; Sun 12 Noon - 5:00pm

# Carini

*Pizzeria & Restaurant* We **Deliver!**

Available in Bloomsburg &  
Buckhorn ~ 5 mile radius

## OUR TRADITION...

*Goes back generations. We are proud to serve you, our customers, some of the finest Italian food in America. We care about what goes into the food you are served. We pride ourselves with our homemade sauces. We embrace the fine art of pizza making and fine foods. We hope you enjoy our comfortable atmosphere and great food. Your comments, both good and bad, are greatly appreciated.*

- *Corporate Accounts*
- *Delivery To Businesses*
- *We Do Catering For All Occasions*

76 Lunger Drive • Buckhorn Plaza  
Bloomsburg, PA 17815

(Near Super Wal-Mart)

TEL: **570.389.0530** FAX: **570.389.0537**

Mon.-Thurs. 10:30am-10:00pm • Fri. & Sat. 10:30am-11:00pm  
Sunday 10:30am-9:00pm





\$2.95

Vol. 24 No. 2

Summer/Fall 2010

# SELECTIVUM

The magazine for Columbia and Montour counties

*Retro  
Fashion for a  
New Generation*

*Profiting from  
Animal Cruelty*

*Centralia  
Receives Its Death Certificate*



*Come in and Relax  
in our  
Intimate  
Atmosphere*

*Rose Marie's  
Authentic Gourmet Cuisine*

*Dinner Specials Daily*

*Fine Dining Daily from 11 a.m. to 11 p.m.*

*Full Service Bar*

*26 Rear East Main St.*

*Bloomsburg, Pa. 17815*

*(570) 784-7169*

# Protecting Land for Wildlife

## 6 Ways You Can Help Protect Wildlife

1. Protect your own land with the help of the Humane Society Wildlife Land Trust!
2. Don't allow hunting or trapping on your property.
3. Support your local nature centers and wildlife sanctuaries.
4. Support stronger laws against canned hunting and poaching.
5. Save the Earth. Don't buy furniture or lumber made from tropical hardwoods.
6. Do buy organically grown produce to reduce pesticide runoff.

At the Humane Society Wildlife Land Trust, we help wild animals by permanently protecting their natural habitats. To find out more, or if you have land you want to preserve as a true sanctuary for wildlife, call us or visit our website at [wildlifelandtrust.org](http://wildlifelandtrust.org). Contacting us will take but a minute. For wildlife, the results could last forever.



**HUMANE SOCIETY  
WILDLIFE LAND TRUST.**

[wildlifelandtrust.org](http://wildlifelandtrust.org) 1-800-729-SAVE



## Behind the Lines

This is the last issue of *Spectrum*. There are many reasons for this, but the one that matters the most is that after 24 years its time has come to go into the archives.

*Spectrum* was never a “college magazine,” but a magazine produced by college students for the permanent residents of Columbia and Montour counties. That distinction set it apart from most magazines produced in colleges. We operated, within an academic framework, as an independent business. Staff were never allowed to believe they were “students,” but were working for a professional publication and were expected to maintain the highest ethical and professional standards. Most staff and university officials understood that; only a few, including a couple of university administrators, never understood the necessity for academic integrity, rigor, and the need for a different set of conduct and standards than for the average classroom.

In an institution where it sometimes seemed that the unofficial motto was, “It can’t be done,” and where decisions were postponed, while layers of discussions and committees took what once was significant and reduced it to the meaningless, it was a form of “escapism” to work in an atmosphere where the only failure was to not make a decision, to not take a chance, to not come up with ideas. The staff were encouraged to fuse intelligence, knowledge, and creativity. The best ones brought enthusiasm and curiosity to their jobs. Very few couldn’t handle the non-traditional challenge.

We didn’t have “tests,” as do “regular” courses, but had extensive one-to-one and small group discussions, and lengthy oral and written staff evaluations, by both the editor-in-chief/professor and the staff directors and editors, similar to what students would find after they graduated. Articles were assigned, edited, and fact-checked by editors and the professor. It was not uncommon for there to be 10 drafts. The “grade” was publication standards.

Everyone on staff understood that a great editorial product, the base of journalism, was useless unless there were readers. We developed major promotion campaigns—and, conversely, the staff learned that promotion needed a quality product. The staff learned that quality editorial and promotion yields circulation, and that circulation yields advertising. For the first 20 years, advertising and circulation revenue paid the bills. During the past four years, however, the College of Liberal Arts provided a supplemental budget to allow us to go to a full color magazine.

The *Spectrum* staff knew I didn’t just ask for excellence, I demanded it. Most said that *Spectrum* was the “hardest” course, its editor-in-chief the most demanding—and sometimes the most frustrating—professor they ever had. But, most also said they wouldn’t trade it for anything less. Because of their own hard work, they became part of a staff that boasts job placement significantly higher than that of mass communications graduates throughout the country. Many say that employers told them they were hired over graduates of major universities, including the Big 10 and Ivy League, because of the quality and rigor of *Spectrum*.

The *Spectrum* experience, for most of the staff, is similar to being part of an extended family. Now successful in their own jobs, they frequently came back to help current students. For this issue, for the only time, articles were written not just by the student staff, but also by some former staff as well.

During the past 24 years I had the privilege of working with 375 *Spectrum* staff, a large number of whom have formed lifelong friendships; they kept me mentally alert and enthusiastic not just about teaching, but of the future of my profession as well.

Walt Brach

*Spectrum* is published twice a year by the journalism program at Bloomsburg University. Address: Bloomsburg University; MCHS 1229, 400 E. Second Street, Bloomsburg, Pa. 17815; Phone: (570) 389-4825 Website: <http://spectrum.bloomu.edu>; No portion of *Spectrum* may be reprinted without its permission.; Printed by GRIT Commercial Printing (Montoursville, Pa.)



# A Special Thanks

For the past 15 years, GRIT Commercial Printers in Montoursville, Pa., has been our printer. The company's prices and printing quality made it easy to work with them. GRIT's liaisons were Dick Shaffer and, upon his retirement, Mike Bischof. Every request and every problem we gave them—and in the publishing industry there are many—was met with a solution and an attitude of "it's no big deal," even if behind the scenes they spent more time than any of us knew in order to make it easier for us. That same attitude was seen in the staff we worked with: Dave Fry and Ken Engel in the Pre-Press department, Sheri Lozak in graphics, and Carol Berguson and Angela Blair in the business office. Almost every year, we toured their plant, and the same professionalism and "can do" energy was seen in every employee.

We also especially appreciated help we received from Dave Celli, manager of Bloomsburg University's Technology Support Services. He, too, always met our problems with a "can do" attitude, and helped assure us we would have state-of-the-art computer systems and software.

Rosemary R. Brasch provided significant support for the magazine and the staffs.

[For more special thank yous, please see <http://spectrum.bloomu.edu>]

## Awards

*Spectrum* is one of only four magazines to have been inducted into the college magazine Hall of Fame, headquartered at the University of Minnesota. During its 24 years, *Spectrum* and its staff have won more than 175 awards, including multiple First Place awards from the Society of Professional Journalists, the American Scholastic Press Association, the National Federation of Press Women, and the Pennsylvania Press Club. *Spectrum* was a consistent Gold Medal winner in competition sponsored by the Columbia Scholastic Press Association, and has earned numerous Pacemaker and All-American honors in competition sponsored by the Associated Collegiate Press. *Spectrum* is also the only college magazine honored with a certificate of merit by the American Bar Association. But every member of the staff knows we never set out to win awards; our mission was always to serve the permanent residents of Columbia and Montour counties. They, not contest judges, were always our focus.

**Walter M. Brasch**  
EDITOR-IN-CHIEF

**Megan Angstadt**  
EXECUTIVE EDITOR

**Kimberlee Courtney**  
DEPUTY EXECUTIVE EDITOR/MANAGING EDITOR

**Nicole Clark Martinez**  
ART AND CREATIVE DIRECTOR

### EDITORIAL

COPY EDITOR | **Martha Harris**

ASSISTANT EDITORS | **Tiffany Bellum, Brandi Furman, Andrea Keiter, Caroline Kiernan, Andrea Pugliese, Samantha Weisbeck**

EDITORIAL ASSISTANTS | **Adam Brown, Michael Johnson, Megan Koontz, Alyssa Wernham, Marquis Wince**

WEBMASTER | **Joseph J. Horro**

PHOTOGRAPHY | **Kristey Mascaro  
Alyssa Wernham**

### CIRCULATION

DIRECTOR | **Samantha Weisbeck**

STAFF SPECIALISTS | **Michael Johnson, Andrea Keiter**

### ADVERTISING

DIRECTOR | **Alyssa Pierce**

ACCOUNT EXECUTIVES | **Tiffany Bellum, Mark Gilger, Caroline Kiernan**

### PROMOTION

DIRECTOR | **Andrea Pugliese**

STAFF SPECIALISTS | **Brandi Furman, Samantha Weisbeck**

### BUSINESS OPERATIONS

MANAGER | **Diana Saavedra**

### PRODUCTION

CONSULTANTS | **Mike Bischof, Ken Engel, Dave Fry**

### CONTRIBUTING EDITORS

**Jonathan M. Gass, Danielle Lynch, John Michaels**

### CONSULTING EDITORS

**Charlie Butler, Jenée Chizick, Frank Cuniff, Steve Lubetkin, Brandi Mankiewicz, MaryJayne Reibsome, Deborah Saline**



# Spectrum

August 1986–August 2010



Angie Adams  
Jennifer Adams  
Alexander Agard  
Melissa Alba  
Nanci Albee  
Michael Albright  
Alfonse Amodei  
Casey Anderson  
Karen Andzejewicz  
Megan Angstadt  
Melinda Artman  
Amy Balfour  
Meranda Balliet  
Jake Baluta  
Robert Banchiere  
Lisa Barnes  
Sharon Bayless  
William Beall Jr  
Chris Beck  
Tiffany Bellum  
Stacey Beltz  
Matt Belvedere  
Sue Bender  
Tammy Benscoter  
Holly Bergin  
Jim Bettendorf  
Jean Bihl  
Kim Bittner  
Laki'ya Bolden  
Maddy Bonner  
Bridgette Bonner  
Jennifer Boscia  
Melissa Boyd  
Renee Boyer  
Brenda Bozochovic  
Karen Brandchick  
Courtney Brandt  
Rosemary Brasch  
Walter Brasch  
Jennifer Brelsford  
Jim Brogna

Adam Brown  
Robert H. Brown Sr.  
Kristin Callahan  
Jeanne Cancelliere  
Janet Carey  
Sirron Carrektor  
Colleen Casper  
Pat Castellanos  
Matthew Cateriniccia  
Dennelle Catlett  
Annelise Chayka  
Kimberly Clark  
Gary Clark  
Johnetta Clarke  
Andrea Cohick  
Darleen Coles  
Kerry Collins  
John Colt  
Ellen Condron  
Dominic Copeland  
Kimberlee Courtney  
Kyle Crawford  
Brett Crossley  
Frank Cunniff  
Alicia Curley  
Laura D'Aiuto  
Sue Dashiell  
Jodie Daubert  
Jo DeMarco  
Will Dennis  
Jeannine Dennison  
Aubrey Derk  
Stacy DiMedio  
Antonella Dinnocenzo  
Kyra Doddy  
Neil Dolan  
Jesse Donahue  
Megan Dooris  
Mike Dostal  
Stephanie Eberly  
Melissa Eby

Jill Eichelberger  
Erika Elder  
John Elliot  
Angie Elliot  
Ken Engel  
Andrea Engelman  
Marla Engelman  
Mark Ensminger  
Michelle Epstein  
Erin Erdley  
Elisabeth Erickson  
Renee Farrell  
Ruth Fedder  
Brenda Fehr  
Ken Fetterhoff  
Christopher Fetterman  
Rachel Fiedler  
David P.T. Flores  
Brian Foelsch  
Carissa Foley  
Russ Fowler  
Joe Franceschino  
Bethany Francis  
Veronika Frenkel  
Brandi Furman  
Fred Gaffney  
Karyn Gandenberger  
Nina Gandolfo  
Jonathan Gass  
Roseanne Geiger  
Bryan Ghingold  
Mark Gilger  
Caroline Glassic  
Angela Glunz  
Jeremy Grad  
Donna Grajewski  
Nicole Greco  
Erin Gregorowicz  
Sean Gregorowicz  
Matt Grisafi  
Chris Grove  
Marabeth Gummoe  
Margaret Gustus  
Lida Hagan  
Zach Hales  
Dawn Hall

Katy Handschuh  
Danielle Harris  
Martha Harris  
Vicki Harrison  
Terrence Haynes  
Marlyse Heaps  
Joan Helfer  
Karen Hendel  
Jodi Hennion  
Valerie Henry  
Patrick Higgins  
James Hivish  
Nicole Hlavacek  
Megan Hoff  
Joseph Horro  
Barbara Hubler  
Joseph Humes  
Eric Hunt  
Matt Hutchinson  
Cheryl Iffland  
Keith Jablonski  
Ed Jahn  
Katie Jenkins  
Megan Jennings  
Michael Johnson  
Jessica Jones  
Ellen Jones  
Sandi Kaden  
Lindsay Kaufman  
Joanie Kavanaugh  
Andrea Keiter  
Catherine Kelly  
Kerry Kerak  
Heather Kerns  
Kristina Kett  
Caroline Kiernan  
Karson Kieselinger  
Harry Kimmel III  
Juliet King  
Theodore Kistler  
Steven Kleinfelter  
Holly Knauff  
Edana Kohler  
Megan Koontz  
Joe Korba  
Judy Kosman  
Stephanie Kreamer

Chris Krepich  
Elizabeth Krewson  
Beth Krysztoforski  
Josh Kuhn  
Joe Laffer  
Heidi Lamm  
Erika Landis  
Pattie Lanning  
Lea Lappin  
Brittany Laumakis  
Lynn Levandowski  
Nicole Lewandowski  
Maria Libertella  
Patricia Loeb  
Maria Lovecchio  
David Lovell  
Danielle Lynch  
Jeff MacClay  
Kelly MacCord  
Kelly MacMath  
Matt Malinowski  
Brandi Mankiewicz  
Joe Mariscano  
Rebecca Marks  
David Marra  
Bernie Marth  
Erin Martin  
Nicole Clark Martinez  
Richard Martuscelli  
Kristine Mascaro  
Jimmy May  
Kaitlyn Mayberry  
Jessica McDonald  
Kelly McDonald  
Dan McGonigal  
Amelia McKean  
Linda McLeod  
Jane Mehlbaum  
Lori Mekulski  
Elizabeth Menta  
D.J. Metcalf  
John Michaels  
Andrew Michie  
Lauren Miller  
Justin Miller  
Jamie Minichella  
Beth Minkoff





Steve Mock  
Linda Moisey  
Kelly Monitz  
James Monos  
Melanie Montalbano  
Jenna Moon  
John Moore  
April Moore  
Paity Moyer  
Mike Mullen  
Todd Mullen  
Joy Mushacke  
Dana Nagy  
Jennifer Neumar  
Ashley Ney  
Nikki Nolte  
Kurt Nystrom  
Lenore Olsen  
Jacqueline O'Neill  
Samantha Osborne  
Ann Pavkovic  
Justin Pelletier  
Patricia Peron  
Chip Peters  
Matt Petrini  
Sue Petro  
Alyssa Pierce  
Rich Pinterich  
Matthew Pomara  
Christine Poudrette  
David Powers  
Jeremy Powlus  
Brenda Price  
Jim Psik  
Andrea Pugliese  
Michael Quay  
Vickey Rainis  
Kim Reese  
MaryJayne Reibsome  
Jason Rice  
Brian Rippey  
Gail Rippey  
Beth Roberts  
Jim Roberts  
Courtney Robinson  
Jim Rohrbach  
Kellie Root

Jennifer Rossiter  
Emily M. Runge  
Kyle Rupprecht  
Diana Saavadra  
Beth Salaman  
Shari Sanger  
Michelle Sarver  
Craig Sassaman  
Denise Savidge  
Janeen Schrann  
Glenn Schwab  
William Scicchitano  
David Scott  
Jason Scott  
Ashley Seigfried  
Jim Seip  
Brooke Seitz  
Jim Seybert  
Christy Shaw  
Karen Sheehan  
Ann Pavkovic  
Bethany Sheeler  
Mark Shelly  
Bill Shoemaker  
Christel Sholly  
Matt Shuey  
Beth Shultz  
Jean Sicinkski  
Kami Silk  
Stephanie Simmons  
Sharie Slusser  
Kathy Smith  
Elizabeth Smith  
Miki Smith  
Jack Smith  
Jessica Snyder  
Michelle Sorber  
Tom Spock  
Nikeda Stanback  
Gabrielle Stander  
Shane Steck  
Jennifer Stefanick  
Mark Steinruck  
Matt Steinruck  
Ben Stemrich  
Jon Sten  
Jennifer Stevens  
Lisa Stockmal

Dianne Stonier  
Justin Strawser  
Sarah Stridsberg  
Felipe Suarez  
Lisa Subers  
Susan Sugra  
Mike Sullivan  
Steve Sullivan  
Angela Swainbank  
Mallory Szymanski  
Tareva Tabron  
Christian Tabron  
Eric Talarico  
Stacy Tassone  
Kama Timbrell  
Hilary Trainer  
Sue Traver  
Alisa Trepiccione  
Dan Trexler  
Jon Trosky  
Jay Unangst  
Chuck Unger  
Elizabeth Varnai  
Christine Varner  
Tom Venesky  
Pam Verry  
Gina Vicario  
Nancy Vought  
Theresa Wagner  
Robin Weidner  
Samantha Weisback  
Dave Weiss  
Jamie Werner  
Alyssa Wernham  
Kristy Westbrook  
Aaron White  
Melissa Whitenight  
Darlene Wicker  
Louis Williams  
Heather Williams  
Wanda Willis  
Staci Wilson  
John Wilson  
Marquis Wince  
Jenna Wisniewski  
Diane Wojnar  
Cindy Woodward

Ryan Wynings  
Michelle Yannes  
Ryan Yanoshak  
Tara Yost  
Andrew Young  
Renate Ypma  
Katherine Yurchak  
Michelle Zarko  
Mary Ellen Zeisloft  
Shirley Zentz



## in memorium . . .



*Shane Steck*  
1961–1988



*Heidi Lamm Buck*  
1963–2003



in  
this  
issue...



14 'I just  
like to  
ride'

A Bloomsburg native  
pedals through life.

## 12 Ironman

Swimming, Biking, and Running: A student tackles the ultimate endurance race.

## 18 An Extension of Her Motherhood

Sherry Carpenter gives motherly advice to dog owners.

## 22 The Bunchers

An in-depth investigation into animal cruelty in Class B kennels.

## 26 Alzheimer's, Arthritis, Diabetes, and Dogs

Man's best friend receives care for previously untreatable illnesses.

## 28 Centralia and Me

A veteran reporter recalls the story he has been covering for 34 years.

## 34 A Lost Boy of Sudan

A young boy escapes genocide and adjusts to a new life in Pennsylvania.

## 40 Twirling the Night Away

Lessons in ballroom dancing bring couples together on and off the dance floor.

46 Sink or Swim

Retro fashion returns for children's swimwear.

**On the Cover:** McKayla Hart models "Pink Taffy" on Rehoboth Beach, Delaware. (photo by Stacy Kelly)

## also in this issue:

Mall-ercise.....10	The Jibber about Jazz.....38
Salternative Swim.....10	Poems and Percussion.....67
Training Champions.....11	Remembering Mitzi.....74

### 50 Celebration

“Who dat?” The Saints victory changes a city transformed by Katrina.

### 64 A New ‘Mood’le for Learning

Students are now experiencing classes online with the help of social networking sites.

### 68 Higher Learning

Students get ahead with the use of the “study drug” Adderall.

### 72 Meet Kelly Jameson

From Hall of Fame athlete to erotic fiction author.

### 60 From ABC’s to Magazines

A local learning center transforms reading disabilities into reading possibilities.

## web exclusives:

BU graduate and novelist **Kelly Jameson** interviews best-selling mystery writer Ken Bruen.

There may no longer be a Moose in Bloomsburg, but **Jenna Wisniewski** tracks what has replaced it.

The recession has led to an increase in sexual activity, according to this interesting report by **Megan Angstadt**.

Do ghosts and a “sixth sense” exist? **Andrea Keiter** explores paranormal sightings.

The difference between rural Bloomsburg and suburban Vermont is explored by recent BU graduate **Annelise Chayka**.

**Mark Gilger** looks at what makes the family-friendly Knoebels Amusement Park so successful.

# 54

## A Local Flavor



# Mall-ercise

**L**ris Bird, 82, of Catawissa, has been walking in the Columbia Mall for exercise and social activity for more than 20 years. "I walk Monday, Wednesday, and Friday around 8 a.m.," she says. Bird used to walk outside, but switched to walking indoors when her friend joined her exercise routine and "didn't like having her hair blown by the wind," says Bird.

After undergoing knee surgery to recover from a fall, Bird was left with what her grandson now calls a "bionic knee." Bird says walking in the mall is great for her legs. Twenty years ago, Bird battled high cholesterol, a problem that many senior citizens face; her cholesterol is now lower, and she believes it's because of a healthier diet and exercise.

Bird also suffers from spinal stenosis, a narrowing in the back or spine, causing pressure on the spinal cord. She sometimes needs an epidural, an injection of anesthesia into her spinal cord, to relieve the pain. But she says that won't stop her from walking. "Although [the stenosis] slows me down sometimes, I just sit down

and take breaks instead of giving up," she says.

Two other walkers, Larry and Jane Lowe of Bloomsburg, say walking in the mall is good when the weather is bad, but both prefer walking outdoors when it's nice. They walk four laps (about two miles), inside the mall, but they say, "we just yak and go. It's not a very fast pace; we just like to walk."

Jane Lowe, 62, suffers from rheumatoid arthritis and high blood pressure. Her husband, Larry, 63, has two bad knees from years of playing sports. "Arthritis ate them away," he says. "We knew of other people who walked in the mall and my brother started doing it, so we decided to as well," says Larry Lowe.

Walking provides social interaction among walkers. "I've met so many nice people while walking," says Bird, "I have been walking here for 20 years and it's a great place."

Whether it's for leisure or therapy, mall walking is an alternative form of exercise that attracts a diverse crowd. "it's a great thing to do during the week to stay healthy and get out," says Bird.

—CAROLINE KIERNAN

# Salt alternative Swim



**O**ver the past few years, more and more people have been filling their swimming pools with saltwater, and not because they're trying to bring the beach to their backyard. Saltwater generators are seen as a healthy alternative to the conventional use of chlorine tablets for pool sanitization.

Chlorine has long been known to cause the itchy eyes, dry skin, and damaged hair—as well as giving a strong chemical smell that affects swimmers. However, new research now indicates that chlorinated swimming pools may be linked to the development of asthma and allergies. A study presented to the American College of Sports Medicine showed a 60 percent occurrence rate for Exercise Induced Bronchoconstriction after people spent several minutes in a pool that had chlorine levels typical of those found in private and public pools.

Chlorine is what makes pools safe to swim in because it kills bacteria and other micro-organisms that breed in stagnant water. Because chlorine is used in other household products, such as bleach, it seems like it would be harmful; however, those products only contain only 2–5 percent of the chemical. Pool

chemicals, on the other hand, contain anywhere from 12 to 95 percent of the toxic gas, according to the U.S. Environmental Protection Agency.

Although chlorine is needed in order to keep pools free of bacteria and algae, saltwater pools are able to use a smaller amount than traditional pools. Electrolysis is used to release chlorine gas from the salt in the pool. After the chlorine is used to sanitize, it converts back to sodium chloride (salt), which means most of the pool water contains saline, not chlorine.

This also means that the pool will not have a harsh, chemical smell, irritate eyes, or dry out people's skin. Further, a saltwater pool can make the skin feel softer because it is gentler on the body than chlorine. Also, the amount of salt in the water is only 10 percent of that in sea water, so there is no salty taste or gritty feeling.

The environmental and economic aspects of saltwater pools also add to their appeal. Although the initial cost may be more than traditional pools, saltwater pools do not require the purchasing, storing, or handling of chemicals, which means a significant amount of savings in the longer run.

—KIMBERLEE COURTNEY

# Training Champions

BY JOHN MICHAELS

**P**atrick Holman has a simple plan for his new workout facility in Scott Township: train champions.

His Competitive Edge Sports Training Academy, which opened this spring, is the first of its kind in the Columbia and Montour area and is similar to the Sports Zone near Lewisburg, which has two full-size indoor soccer fields. Sports Zone hosts youth and adult soccer and field hockey (male, female and co-ed) competitions, as well as lacrosse and baseball team practice.

Holman says he hopes the scheduling at the new site will be as full as the one near Lewisburg.

In addition to training champions, Holman, a personal trainer by trade and soccer coach at Central Columbia High School, is trying to provide area athletes with a place to practice year round in hopes of gaining a competitive edge on their rivals.

The newly renovated building, located off Tenny Street, includes an indoor soccer field that is also used for field hockey. It is surrounded by boards, similar to a hockey rink setup, with hopes of preventing the ball from going out of bounds and wasting time while trying to retrieve the ball.

That's one difference from the Sports Zone, which doesn't have walls surrounding the fields, causing

players to chase balls that sometimes roll under bleachers. "Professional indoor soccer teams have played on hockey rinks," says Holman, "the ball never goes out of bounds." He says it's a different kind of game because the boards can be used for passing, and allows the players to develop another skill.

"To be good at anything, you have to commit yourself to the sport," says Holman. "Some of the kids aren't getting the right direction. We want to provide that process that helps kids achieve their goal," he says.

Holman was a champion wrestler and soccer player when young, but lost his direction. "I was an athlete and growing up didn't have my focus," he says. "I'm a 100 percent sports guy and I'd love to see kids with passion in sports and life. That's what I want to do."

He also wants to give members of Bloomsburg University's national championship field hockey team or some of the students in BU's exercise science program a chance to teach youngsters the finer points of the game or hone their skills. "I'd like to get some of the BU hockey players to work with the young players and referee," Holman says. "Eventually, I'd like to have some of those girls train here."

If they do, he could say he fulfilled his dream of training champions. ♦





# Ironman

BY MEGAN ANGSTADT

**M**ore than 140 miles of grueling terrain and intense weather greet those motivated or foolish enough to attempt the ultimate sport challenge that is the Ironman. With 2.4 miles of swimming, 112 miles of biking, and a full marathon at 26.2 miles all in one race, the Ironman burst onto the extreme sport scene in 1982, four years after its inception in 1978, when Julie Moss collapsed just 20 yards from the finish line of Ironman Hawaii. Losing her lead, Moss refused to give up, and because her legs could not carry her the rest of the way, she crawled the remainder of the race. She crossed the finish line in second place, but first place in the hearts of spectators. "The race's popularity grew following the infamous 'crawl,'" says Jessica Weidensall, Ironman public relations manager.

For Steve Withers, 22, Bloomsburg, it is this extreme show of endurance and courage that motivates him. "I saw it on television about eight years ago, and it just appealed to me. I thought, 'Oh my gosh, how can they put their bodies through that?'" says Withers.

The Ironman competition had been born out of an idea to meld Hawaii's three most demanding endurance races into one event. The Waikiki Roughwater Swim, the Around-Oahu Bike Race, and the Honolulu Marathon, all of which are still held separately from what is now known as the Ford Ironman World Championship (Ironman Hawaii). The first year, the Ironman saw just 15 competitors. Last year,





photos by Alyssa Wernham

## Former BU swimmer Steve Withers tests his endurance with a 140-mile triathlon.

nearly 1,800 athletes competed. Today, an athlete must qualify for Ironman Hawaii, and more than 170,000 enter qualifying events annually, with 24 full Ironman competitions held worldwide, and seven in the United States. While Withers isn't intent on qualifying, he isn't writing it off as an impossibility. "I'm just doing it to do it," he says, "some mornings I wake up and my body is still sore from yesterday, and it's the last thing I want to do, but I've recognized that I can push myself harder than I ever thought in training."

Withers works out about 20 hours a week. He spends about two hours a day biking, runs every other day, and three days a week he completes a lifting routine that focuses on muscle endurance. "I also have a rest day at least once a week to give my body a chance to recover," he says. Because he has competed as a swimmer, he isn't as concerned about that part of the race. "I haven't had the chance to get back into the pool, but I won't have to focus on that as much," says Withers. He swam throughout high school and spent four years on the Bloomsburg University men's swimming team, usually competing in the 200-meter and 500-meter freestyle, both considered endurance races. Withers says the motivation to train when he is by himself, compared to when he had a team of 20 other people to race against, is difficult.

Withers is registered for a half Ironman competition

in July in Rhode Island, and a full Ironman in Arizona in November. "I'm happy that my body is getting used to the training," he says, "my fitness level has increased, and my endurance level is getting up there." Endurance in the 140 mile Ironman is key. Withers says the hardest part has been training his body to run, an activity he hasn't done much of in the past. "With swimming I had a solid base, and I've always enjoyed biking," says Withers, "so I thought if I could work on my running a bit, it was something worthwhile to pursue."

For Withers, balancing graduate classes in curriculum and instruction at Bloomsburg University, a part-time job as a graduate assistant, homework, and a relationship with fellow swimmer Michelle Wesh, the motivation to train doesn't always come easily. But for now, he's taking it one day at a time and working hard, trying to fit in workouts and homework during the day while his friends and Wesh are in classes, and spending time with them in the evenings. "For the last few weeks, it hasn't really worked out that way," says Withers, "my girlfriend hasn't been too happy with it. It's not only tough on me, but on the people around me who are sacrificing their time, putting up with me being sore and complaining," he says, "but as long as I feel happy with how I worked out, and my body is still hurting a little bit, I know I've done a good job." ♦

# 'I just like to ride'

BY KIMBERLEE COURTNEY

**A**s a little boy, Dave Norton, 41, enjoyed riding his green American Flyer bicycle through the muddy trail behind the Bloomsburg Municipal Airport, where he daydreamed about one day pedaling farther than the next town and embarking on a journey. More than 30 years later, he's traveled to dozens of states, logged thousands of miles, and crossed hundreds of finish lines—all on his bike—and he hasn't stopped pedaling.

"I ride every single day, more times than once," says Norton, who now resides in Chicago. Unless the weather is bad or he doesn't feel like sweating, Norton rides his bike—the only "vehicle" he owns—to his job at Trader Joe's. "I like to cruise the alleys to work," he says, "I can take more corners because I'm following the alley, it's a little

bumpier, and there's interesting scenery." He says even if he's going to the corner shop to get a cup of coffee a short distance away, he'll hop on his bike. "I'm not a walker," he says, "I like the idea of walking, but it just doesn't happen fast enough."

When he's not riding his bike back and forth to work or across town, Norton is out on the road, training and building his endurance for racing. "I love mountain biking and cyclocross," he says, "that's all I do." For the past 15 years, Norton's been competing in endurance, cross-country, and cyclocross bike races across the country, which is not something he had dreamed about while riding his bike as a child.

"I never had an interest in racing bikes when I was younger," says Norton, who first learned to ride a bike in the alley behind his house on Anthony Avenue in Bloomsburg. "I had people try and teach me,

but I remember learning to ride off down that alley on my own," he says. Norton enjoyed riding his bike, noting he "pretty much rode everywhere, it was a way to get around, it was kind of natural."

Although he traded the bicycle for a muscle car in high school, after he graduated from Bloomsburg High School in 1986, Norton soon found himself back on two wheels while in the Army. "I was stationed in Germany and I didn't have a car there, so I used the bike quite a bit," he says, "I rode a lot for transportation, going all the way across town, and a little bit for fun in the woods, but not too much." His job as a diesel mechanic, working on everything from Jeeps to 10-ton tankers, however, didn't stop him from enjoying his time overseas. "I hitchhiked all over Germany and skied my butt off," he says, "I had a lot of fun."



photo by Amy Dykz

After spending four years in the Army, Norton returned home in 1990 and used the G.I. Bill to attend Bloomsburg University, where he received a B.S. in education. Once home, his interest in mountain biking grew, as he saw that the sport was becoming popular in the area. "There was a ski and bike shop on East Street and a couple of folks from there were really into mountain biking, so I got really into it," he says. "I loved it, mountain biking through the woods. I really started riding a lot then."

Between 1994 and 1995, while studying at Bloomsburg University, Norton began training for his first triathlon in Lehighton. "I always enjoyed running, and I was doing some running races here and there, but there was never any talk about mountain bike racing," he says. What motivated Norton to take his love of the bike a step further was the 1996 Summer Olympics. "I remember seeing 'Tinker' Juarez in the Olympic mountain bike race on TV," he says, "that really inspired me—watching that grueling endurance." Later that year, Norton completed his first mountain bike race after moving to Las Vegas, and he hasn't stopped racing since.

"Every year is my last year of racing because I want to settle down," laughs Norton, "I try to get away from racing, but a lot of times it will just find me." Throughout the year he participates in several races, ranging from long endurance races and cross-country races through the woods, to the physically challenging spectator sport of cyclocross.

For the past few years, Norton competed in the Chicago Cyclocross Cup Series, a series of 10 races held every weekend from October to December. Cyclocross is a bicycle race/steeple chase, says Norton. "There are spots on the course where there are 18-inch-high wooden barricades," he says, "so you have to hop off your bike, jump over, then hop back on and go." In addition to barricades, sandpits are also common and present a challenge for racers—even the best guys find themselves

in the sand. Despite possible falls, the complexities of the course are what attract riders to the sport. "The season starts in the fall and the nastier the weather the better," says Norton, who notes, "mud is treasured."

Because the course is smaller than other mountain bike races, which usually take place in the woods, cyclocross has become a popular event for spectators. "It's this crazy, amazing good time," says Norton, "There are almost 500 racers in each race, plus they bring family and friends, and cowbells, dogs, whistles, and costumes," he adds. The presence of spectators not only creates a "party atmosphere," but makes the race more exciting for the racers because they can feel the intensity and energy of the crowd and respond, says Norton. He recalls one race where he popped a wheelie every time he passed a particular section of the course. "Popping a wheelie is just something you don't do because it takes energy, but the crowd loved it," he says. In 2008, Norton won the Montrose Harbor State Cyclocross Championship race, earning the title of Illinois State Champion. "I was the only state champion for cyclocross, but when you break it down, it was just that one race," he says, "I placed second for the Chicago Series."

In addition to his success in cyclocross that year, Norton also participated in the 24 Hours of 9 Mile race in Wisconsin and earned ninth place in the men's solo competition. That accomplishment was significant to Norton because of his performance in that race the previous year. "I didn't train from January

to August. I barely slept the whole night before, it was hot, and I sort of messed around with the nutrition I was training with," he says, "I got overheated and 'bonked.'" Bonk is a condition of severe energy loss commonly experienced among long-distance runners and cyclists. "You get to the point that you've depleted your glycogen stores so much, or your hydration, that you're just completely listless and can't go on, you just can't," says Norton. "I felt like I was flopping around on the ground; the race was over for me after three or four hours," he says. The only other time he experienced this state of exhaustion had been during a recreational ride he took with a friend shortly after getting out of the Army.

"In 2008, I really wanted to redeem myself," says Norton, who completed 17 laps—241.4 miles—in 24 hours, two minutes, and 54 seconds, breaking the top 10 for the men's solo championship. His performance, however, was only one of the rewarding moments he remembers from that race. "I was able to race Pro class, and 'Tinker' Juarez happened to be doing the race," he says, "I thought that was really neat."

That race was not only a gratifying experience for Norton, it was physically demanding. "I rode through some pain in certain spots, mostly my feet and shoulders," he says, "the balls of the front of my feet were killing me." Making minor adjustments, focusing on his breathing, and thinking positive helped him get through the race. "I was just patting myself on the back

*Opposite: Dave Norton races toward the championship title at the 2009 Illinois State Championship cyclocross race at Montrose Harbor, Chicago.*

*Right: Norton winds through the course of the 2008 Chicago Cyclocross Cup race in Northbrook, Ill.*



photo by Nikki Cyl

photo provided by Dave Norton



"He's the man," says Norton of his favorite bicycle, CCIL. "No one messes with him, probably because he looks so bad ass," he says.

photo by Nikki Cyp



Above: Norton carries his bike over a sand pit at one of the races in the 2008 Chicago Cyclocross Cup series, which he placed second.

thinking, 'I can do this,' he says. It is this mindset that also gets him through the anaerobic pain he experiences at the beginning of each race. "The beginning of the race is the toughest because of the oxygen deprivation; you're trying to keep your head clear. It's a physical stress," says Norton, "but I always think 'I can get through it' and then I go through it."

To prepare his body for racing, Norton says the general guideline is to start with a base in the winter, which involves building up endurance and strength by spinning. "You spin longer, slower distances," he says, "you're building endurance and strength to start working out more intensely."

Norton trains six to seven days a week, which involves one long ride, typically four to six hours at a steady pace; two to three days of hard, intense effort; and two rest days, which still include 20 minutes of spinning. "A rest day for someone who's racing is more than what some people do all summer," says Norton, adding "You have to stretch yourself harder than when you're in a race during training, harder than you will be going in the race." Although he trains hard, and often performs well during races, Norton says he's not much of a competitor. "If I win, then I created losers, and if I lose,

then I'm a loser," he says, "I just focus on myself and let the chips fall where they might—I just like to ride."

While he's been racing for years, it is the bicycle that has appealed to him since childhood. "It's just a love," says Norton, noting his adoration for the bicycle. He even refers to his rusty 1964 Schwinn Typhoon Cruiser, which he rides every day to work, as "CCIL," standing for Chicago Cruiser Illinois. He recalls the time he thought the bike had been stolen. "I locked him at the train station, and when I came back, I walked home and saw he wasn't there," says Norton. He later realized he had ridden the bike to the train station, "I just forgot to pick him up," he laughs.

Norton believes the bicycle is an amazing tool that is often overlooked or marginalized as a toy. "It's a simple, quiet machine that can really take you places," he says, and he has the experience to prove it. He rode his bike to New York while living in Bloomsburg; he rode from Chicago to New York with a friend in 2004 for the Republican National Convention; when he decided to move to Portland, he drove his car to North Carolina and rode his bike the rest of the way.

After living in Portland for eight months, his friends in upstate New York asked him to come and work for them. "I knew I wanted to give it a try up there," he says, "I said 'I'll

come work for you guys, but I'm not going to just come right there, I want to ride my bike.'" On Jan. 1, 2005, Norton began his trip across the country on his Bianchi Volpe, equipped with a tent, sleeping bag, bed roll, clothes (he had two day outfits and one set of night clothes), four days worth of food, a map, a bottle of Bear pepper spray, some tools, and tubes for flat tires.

"I started out with a cold and felt terrible," he says, "it was New Year's morning and it was rainy." The first day, he rode about 50 miles to Salem, Ore., where he had bought the bicycle for his trip a month before. He had purchased it from a shop owned by a father and son, who invited him to stay at their house the first night of his trip. "I stayed with them and had this huge feast of sandwiches," says Norton, "I slept in this bunk with a huge comforter and woke up feeling great, had pancakes and cruised on down the road from there."

However, he couldn't go straight across the country because it was the middle of winter and he didn't want to go over the mountains. "I had to do the better thing, which was go all the way down the coast to San Diego, and then over and all the way up to New York," he says. He rode 8 to 12 hours during the day, stopping only to buy water and food for the road. As night approached, he stopped, set up his tent at a camp ground, and ate. "At night, if I would eat, I would usually get a pizza in town," he says, adding that he always rode well the next morning, possibly because of the high fat content.

Adapting to the nomadic lifestyle at the beginning of his journey was the hardest part. "At first, I wasn't sure if I could do it, but after a few

weeks, all I could do was keep going," he says. Sometimes he stayed at the houses of people he knew along the way, but as he started to go inland, where he didn't know anyone and there were fewer campgrounds, every five to eight days he stayed at a hotel.

Three months after selling his car and leaving Portland, Ore., he arrived in New York, but he only stayed about six months. "I was allergic to the fresh air," says Norton, "that was the running joke up there with my friends." After noticing his allergies cleared up each time he went to Illinois to visit friends, he decided to move back to Chicago, where he's been living for the past four years.

Despite moving, and riding from place to place, Norton says his nomadic lifestyle has allowed him to form many relationships. "I've probably met a thousand more people than I would have if I hadn't moved around," he says, adding, "I've been exposed to different perspectives on the way life can be lived." He says he relates to the book *Knulp* by Herman Hesse, about a man who thought he didn't have a purpose in life because he never settled in one place. He later realizes that his purpose was to breeze in and out of people's lives, placing smiles and cheer upon them, sparking their own feelings of adventure and freedom. "Being tied down, one can't do as much as when one is free," he says.

No matter where he is, Norton says he tries to return home to Bloomsburg about twice a year to

visit his parents. Dave and Sandy Norton, as well as his older sister Sue Norton; his younger sister, Bonnie Bucher, lives in North Carolina. "I like to spend massive time with my folks and the woods," he says. The last time he came home, he brought his cyclocross bike and "rode all over," he says. "I was just amazed, there were these roads and mountains and houses back in the woods that I had no idea were there because I didn't explore as much as a kid," he says. "I just saw places that had so many nooks and crannies if you really looked; the back roads were like capillaries out there," he adds, "It was pretty incredible, and to do it on a bike alone was a neat experience."

Aside from exploring the area, Norton would like to participate in some of the local races, including the 75 miles of Mon-Tour race in Montour County and the Tour de Tykes mountain bike race held behind the Geisinger Medical Center in Danville. "If I could ever time it and get back, it would be neat to do that," he says.

In the meantime, Norton is focusing on Climate Cycle, a non-profit organization dedicated to educating youth about clean energy. "It's a fundraising benefit ride to raise money to place solar panels

on Chicago public schools," says Norton, "for generations, children will learn and be exposed to solar energy." While he'd never turn down an opportunity to ride his bike, his interest in Climate Cycle has more to do with his environmental outlook and desire to become more involved in the community. "I would like to connect more of a purpose than just



Norton took his first solo journey in 2000 riding from New York to Bloomsburg.

photo provided by Sandy Norton

going fast on a bike," he says, "I have more than one dimension."

In addition to his community involvement, Norton would also like to go back to school for physical therapy. "I had thought about doing it 10 years ago, and now I'm really looking into it; I can't load trucks forever," he says, referring to his current job as a crew member at Trader Joe's. While one could assume his interest in physical therapy stems from his athletic background, it is more his personal disposition of wanting to help people that has led him to this path. "I'd like to help working folks get back to work, or older folks feel good and keep them moving," he says, "if I can motivate some folks, I think that would be good." He says he would like to have more of a human impact, which is something racing doesn't offer, and is interested in working with people who are unable to get to the hospital. "A lot of people [in the industry] don't want to do that, but that appeals to me," says Norton, pointing out that it could be the only thing those who are homebound look forward to. "I would just have a trailer and cruise on my bike there," he says, "they'd be like 'Hey, Dave's coming'—I'd love to be that guy."

Regardless of his future career, one thing is certain: he'll still be riding his bike. "I plan on being 100 and still cruising around some mountain or back road on my bike, slower of course, but still with that magic smile that bikes give me," says Norton. ♦



Norton tackled snow at the 2005 Palos Melt-down mountain bike race in Illinois.

photo by Nikki Cyp

Sherry Carpenter uses her knowledge of psychology and medicine to help others better understand their pets. But most of all, she uses her experiences as a mother to give pet owners knowledge.

# AN EXTENSION MOTHER

BY WALTER M. BRASCH

**A**sk Sherry Carpenter of Bloomsburg anything about pets—any species, any breed—and she'll cheerfully give you the answer or find it for you. Just don't expect it to be a short conversation. She'll answer your question, then others you may not have asked, then others you didn't even know you needed to ask, leaping transitions of thought as quickly as she's available to help.

"As long as I'm talking, I'm always learning about others," she says. But her rambling conversations are really a cover to keep others from probing too much into her life—"We're very private people," she says about her family. But, have a problem, especially about pets, and she'll talk all night if she has to, and she's not shy about talking about her English Springer Spaniels, three of whom were American Kennel Club champions.

Although she has raised AKC champions, her first English Springer Spaniel was from an SPCA shelter in New Jersey. "We had just lost Butch [a beagle]," she says, "and although we were still mourning him, we knew that you can't have a home without a dog." She doesn't remember why she chose Joy, but it was the first of many English Springer Spaniels who would be her companions.

Carpenter, an award-winning freelance

journalist, is executive director of Animal-Vues, a national organization that promotes "compassion for animals, and to help strengthen the bond between animal professionals and the public." She takes no salary from Animal-Vues, and accepts only a fraction of the expenses to which she's entitled. "The work is more important," she says. In 1984, she and Dr. George Leighow, a Danville veterinarian, founded Animal-Vues. The organization is an outgrowth of "Animal Crackers," a popular weekly radio show they hosted for more than a decade on WCNR-AM (Bloomsburg). Animal-Vues, says Carpenter, "has given my life focus, purpose, vitality, and joy." Animal-Vues has developed dog bite prevention programs, and is now working with local agencies to help autistic children to be able to be safe with dogs.

Among Animal-Vues' other missions is one to assist in training individuals and local governments about emergency disaster evacuation. Until four years ago, most disaster organizations refused to take pets, forcing their human companions either to abandon them or not seek shelter. Hurricane Katrina changed a lot of attitudes. Television cameras showed the tragedy of abandoned animals, but it also showed another reality. "Far too many people refused to be evacuated in New Orleans unless their pets

A photograph of an elderly woman with short, wavy, light-colored hair and glasses, wearing a pink turtleneck sweater. She is looking down at a small, white ceramic figurine of a dog with black spots and long black ears. To her left, a larger dog with brown and white fur is looking towards the figurine. The background is slightly blurred, showing a purple object and a framed picture on the wall.

# OF HER HOOD

Hepburn and  
Sherry Carpenter

*photo by*  
Gary F. Clark

could go with them," says Carpenter. Animal-Vues, which had pushed for pet evacuation for years, finally was able to help local and state governments figure out ways to provide shelter not just for people but their pets as well.

In addition to one-to-one counseling, Carpenter also taught non-credit classes about dogs and dog training at Bloomsburg University. Her six-session classes, with veterinarians as guest speakers, one of whom later became the president of the American Veterinary Medical Association (AVMA), covered first aid, animal rights, and grief counseling. "It put me in touch with pet owners, and gave me more purpose in what I do," she says.

This caring 77-year-old was always surrounded by animals, almost in opposition to her parents who, she says, "were not animal friendly." As a child, Carpenter brought frogs' eggs home and watched tadpoles hatch and go through metamorphosis to become adult frogs. She also had dogs and cats, turtles, rabbits, and birds—"any animal that can love you back," says Christian, her younger daughter and co-owner of Murphy Communications, an advertising/public relations firm in State College, Pa. But she especially loves horses. As a teenager, she and Red, a horse "with a lot of personality and playfulness," would go into the woods. "I'd ride him sometimes, but we often just walked together," she says. They'd stop, chat, rest, and think. Like many animals, Red died violently. A man who was boarding Red became annoyed at some of the horse's antics "and just shot him," says Carpenter. "You never get over that." She never owned another horse.

In one of the few contradictions in her life, although Carpenter is uncompromising in opposing cruelty to animals, she also believes that hunting is necessary, but "I couldn't be a hunter myself." Her father, a businessman, was a hunter and trapper. As her father became older,

says Carpenter, "he became more compassionate," although he still enjoyed duck hunting. She doesn't talk much about her mother, except to say she was a Realtor and art gallery owner who liked to shoot birds.

Carpenter entered St. Lawrence University on a New York State Regent's Scholarship, planning to become a physician. In her senior year, she married, and decided to go to graduate school in education, not



medicine, "so I could devote more time to raising a family." She earned an M.A. in one year at Alfred University, and then went to the University of Buffalo for doctoral work in psychology with additional courses at the medical school. She thought she could handle the demands of motherhood, psychology, and medicine. Six months into her first year of doctoral study, Carpenter dropped out.

"They were operating on brain centers in cats to test responses," says Carpenter, who says she will never forget having to decapitate the animals in order to take histological samples while the animals were still alive, then hearing their death gurgles. "I didn't like it," she says, not defiantly, but with reluctant

acceptance. She pauses, thinks a bit, as if searching for the right words, and then quietly adds that the other reason she couldn't continue was "because I decided I'd rather be a mother full-time," something she could do to help develop life, not take it.

"She always wanted to be at home when we came home," recalls her older daughter, Sherilee, now an editor at Penn State. At home, Carpenter made sure her daughters developed a love of reading and writing. "She loved books about horses and dogs, but we read everything we could," says Sherilee, recalling that the family "seldom watched TV." Their mother "was pretty strict about that."

She was also strict about establishing rules and "making us be good to people," says Christian. "She taught us the spiritual side of life and what school can't teach you."

Carpenter says she was neither helped nor hindered by the feminist movement for equality, even when confronted by the flaming rhetoric that questioned why women would want to give up careers for motherhood. "Equality really means that each woman should be allowed to be whatever she can be," says Carpenter, proudly stating she is "so much because I am a mother."

Both daughters, when younger, constantly said they wanted to be mothers—"just like Mom." They married, but neither gave birth. "For many years, their nurturing instincts," says their mother, "have been sharpened by cats and dogs."

In 1969, Carpenter's husband, William, by then a corporate executive, had a stroke at the age of 39, leaving his left side paralyzed. "He had given up hope for recovery," says Carpenter, noting "I don't remember how many times I saw him fall." But he had the support of his wife and a special assistant. "Willie just looked at him and wondered what he was doing," says Carpenter. "Willie was an English Springer Spaniel, Ch. Holly Hills Winged Elm—"We called him Willie Lump Lump," says Carpenter. Willie was one of the first therapy



dogs, an affectionate 50 pound bundle of encouragement. Willie helped William regain his will to do the necessary exercises to regain mobility; there was never any question as to which breed Sherry Carpenter would prefer over the next four decades. Because of Willie, Carpenter's husband improved and "never had to go on permanent disability."

The Carpenters had received Willie from the wife of a Penn State professor. "She told us that when Willie received his championship, we could have him." It's not uncommon for show dog owners to give away males, says Carpenter, noting, "the female is more important in breeding."

Willie, "who gave us a great deal of joy," died in 1978. "He just laid down under an apple tree and died," says Carpenter. Willie, the fourth English Springer Spaniel the Carpenters owned was 10 years old. "He was such an influence on my life that I decided to pursue writing in order to give back to him all he had given to me." Carpenter thinks for a moment, makes a couple of random thoughts, and then quietly adds, "I hope there will be service dogs like Willie for all our returning veterans suffering from physical or emotional disabilities."

Carpenter's husband, having regained most of his muscle use except for his left arm, eventually returned to a career in corporate personnel, including work at Johnson & Johnson in Somerville and Princeton, N.J., the Geisinger Medical Center in Danville, Pa.; and as personnel director of Centre County, Pa., home of Penn State, where both daughters graduated with journalism degrees. "I still go to the home football games," says Carpenter, almost as agile in climbing the steps to Beaver Stadium in 2009 as she did in the early 1970s when her daughters were journalism students at Penn State. Sherry and William Carpenter separated in the early 1990s; William died in 1998. By then, Sherry Carpenter had established herself as a journalist. Writing "was my own therapy," she says.

She had written her first magazine article while a high school student,



using the income to "buy presents for my family and friends." During her four-decade career, she was a newspaper reporter and columnist in both New Jersey and Pennsylvania, a radio news director, a public relations account executive, and a substitute teacher, all part-time jobs, always a full-time mother. For almost 20 years, she wrote a monthly column for *Dog World* magazine. It was the first column to focus upon the Canine Good Citizen program, which is open to all breeds, whether pure-bred or mixed. Dogs must pass the program to become therapy or rescue dogs. Carpenter proudly recalls, "In some way, I hope my column had been the reason why that program expanded." Equally proud, she has kept many of the letters she received from readers "who said they learned something from my column."

Carpenter also wrote a weekly column for the Pennsylvania's *Danville News* and *The Daily Item of Sunbury* and several articles for the *AKC Gazette*. She is the winner of five Maxwell medals from the Dog Writers Association of America (DWAA). In addition to her column, she was honored by the DWAA for a video about the Canine Good Citizen program and a widely-used handbook for police officers to learn how to deal with dangerous dogs. She and Leighow also won a special DWAA award for their Animal Crackers radio show. Among other awards she received for her writing are two from the New Jersey Press

Association and the Thomas Paine Award for Citizen Journalism. The Pennsylvania Veterinary Medical Association honored her in 2005 for her columns, one of the few times the PVMA gave any award to someone not a veterinarian.

Her insight into both psychology and medicine gives her a special perspective few writers have. She occasionally reviews scientific articles for the *Journal of the American Veterinary Medical Association*, and often contributes book reviews. "As a non-veterinarian, especially, it's a real mark of distinction," she says, her pride is evident that she has been making a difference for pets, their companions, and those who work with them.

Like many who work for others, Sherry Carpenter doesn't have a large income, now living off of Social Security, a few investments, and small monthly checks from her writing. "Sometimes it doesn't matter how much you make as long as you enjoy what you're doing," she says. She pauses again, another of her rare pauses. She doesn't say much more about what she intentionally hides about her life, but she reveals all anyone needs to know. "Everything I do is an extension of my motherhood," she says. "That's just who I am." ♦

[For further information about *Animal-Vues*, contact the association at 570-784-0374. Carpenter blogs at <http://www.stdtc.org/stdtc/sherryscorner/index.php>]

Everywhere you look, dogs of all sizes and ages are jumping, barking, and howling as they move about their kennels located on the property of Martin Creek Kennels, Arkansas. Everywhere you look, dogs are pacing the hard, cold concrete, stepping in their own feces and urine, snapping to ward off an attack from one of the three or more dogs housed with them, and pleading with their eyes for release from their torture—if they aren't already dead.

A male black cocker spaniel is dragged out of one of the kennels by a rope tied around his neck on his way to be "dipped" into a tub of the synthetic chemical Permethrin. Used as an insecticide and insect repellent, Permethrin is usually mixed in small amounts with larger amounts of water, and used to spray down kennels when the dogs are elsewhere. However, at Martin Creek Kennels, bottles of it are emptied into a tub of water without measurement. According to "Pete," an undercover investigator who spent close to six agonizing months working at Martin Creek Kennels,

the other workers at the kennel claimed the mixture was harmless.

Before the cocker spaniel can be physically restrained and thrown upside-down into the neurotoxin for his "dipping," a cruel hand shoves his head to the ground, and he retaliates with what little strength he has left by lashing out in a quick nip. This defensive act has now pegged him as a biter, and his final destination is no longer the Permethrin, but the .22-calibre rifle that is held to his forehead and fired. After a second shot to ensure that he's dead, his body is thrown under a wooden board to rest alongside bodies of other dead dogs. Eventually, once a significant pile has built up, or the smell is overwhelming, someone will drag the bodies out of the kennel area, and throw them into a trench for the maggots and flies. After the black cocker spaniel was shot in the head the shooter exclaimed, "Oh well, what the f---, no use in it breathing air that a good dog can breathe."

This image is from a Hell that was previously owned by Class B dealer C.C. Baird, but it could very well be an image from any number of Class B dealer kennels, and one

that repeats itself over and over again behind the backs of officials entrusted with inspections. For Pete, the undercover investigator and animal activist, working at Martin Creek Kennels was one of the hardest things he's ever had to do. "Dogs were what I loved more than anything, that made it doubly difficult," he says, "but I had this moral indignation that made me want to stand and help them."

Pete's job at the kennel was to hose out the dog runs daily, regardless of the weather. "In cold weather, the dogs would stand in the water, freezing, and walking on ice, scared of anyone walking into their pens," he says. One dog, however, didn't shy away and, instead, attacked. "He was a little guy, I don't even know if he was 20 pounds, a tan and white beagle," says Pete, "and he would attack my rubber boots, and jump at the wire and bark when I walked past." When dogs were moved out of the runs to be dipped, or sold, most dogs would have ropes tied around their necks, or around their shoulders, and would walk reluctantly from the pens. But not the beagle. "I secretly named

# The Bunn



*Class B dealers prosper through*

him Rebel," says Pete, "he would stick all four paws on the ground and make them really drag him." When Rebel developed tape worms, he was moved indoors, where the worms were collected and sold for research. When most family pets develop a parasite, immediate treatment is given; however, at Martin Creek Kennels, the focus was profit, and tape worms brought in revenue. "He became very thin," says Pete, "first his body broke, and then his spirit broke, and Rebel was done." That was the last time Pete ever named a dog at the kennel.

When it came to the dipping, Pete witnessed grown men take their frustrations out on animals weighing less than 20 pounds. One of the workers at the kennels, Billy, became upset at C.C. Baird when he wasn't allowed a day off to visit his daughter, according to Pete. "Billy started shooting dogs," says Pete, "he did three in one week." Billy was also in charge of dipping the smaller dogs. "He would swing them up in the air, and slam them into the tank. The dog would hit the sides of the tank, and he'd drag them out by their necks," says Pete, "the whole

thing was insane."

Class B dealers like C.C. Baird are licensed by the United States Agriculture Department (USDA) to buy, house, and sell animals, according to Sarah Speed, Pennsylvania director of the Humane Society of the United States (HSUS). "They are licensed to provide random source dogs and cats for scientific research," she says. Random source animals are those that were not bred intentionally to be research subjects. Class A dealers are also licensed by the USDA; however, they are required to raise the animals themselves, insuring that the genetic history of the dog or cat is known. Class B dealers obtain their animals for \$10–\$25 on average, primarily from people called "Bunchers," according to Bryan Monelle, senior investigator with the non-profit organization Last Chance for Animals (LCA), the organization that enlisted Pete for the undercover investigation. The Class B dealers then turn around and sell the same dog to research facilities and universities for anywhere from \$200–\$250 on average, says Monelle.

In Pennsylvania and other states,

Bunchers are unregulated middlemen who supply dogs to dealers. They procure these dogs in a number of unsavory ways, such as answering "free to good home" ads in the newspapers, finding lost or stray dogs, and even taking unsupervised dogs from backyards, according to Speed.

**B**unchers were prevalent in the Bloomsburg area in the 1970s and 1980s, according to Sherry Carpenter Bloomsburg, executive director of Animal-Vues, an animal education organization, and there were about 200 Class B dealers in the country at the time. "They would go out and steal dogs in a particular area that was known to have a population of dogs that were running loose or left in the backyard," she says. It wasn't uncommon in those times for a lost pet to be said to be "up on the hill," says Carpenter, referring to the research labs at Geisinger Medical Center. "It wasn't considered bad to do at the time," she says. Today, Carpenter believes Bunchers still exist in the area, even though Geisinger no longer uses dogs for research, and according to Patti Urosevich, national media director at Geisinger, the medical center hasn't used dogs or cats in research for more than 10 years. "If I were looking to steal a dog, I'd do it at a local dog show," says Carpenter, adding that it would be easy to look around for a

# chers

BY MEGAN ANGSTADT



lack of enforcement.

Photos provided by Last Chance for Animals

specific breed and then slip a leash on the dog and walk away. "Unless you specifically knew the person that went with that dog, someone could just walk away with it," she says.

**N**ot only do Class B dealers get their dogs from Bunchers, they can also get them from pound seizures. This is the practice of obtaining animals from shelters and pounds, and is legal in many states, according to LCA. Pound seizure is generally not a scientifically sound idea, as dogs found at shelters have unknown medical backgrounds, making results from any study inconclusive, and is discouraged by the World Health Organization. Not only is this practice legal in most states, it is required in three. According to LCA, Minnesota, Utah, and Oklahoma legally require that publically funded shelters and pounds provide dogs and cats to institutions for experimental or educational purposes. "People turn their dog in to a shelter, they don't realize their dog could go for reaserch," says Monelle. Of the 47 states where this practice is not required, it is banned

in only 13, including Pennsylvania.

Class B dealers are also required by the USDA to show proof of prior ownership of the animals they obtain. The Bunchers they deal with are not, which makes it incredibly difficult to track the sequence of ownership. "There are 10 licensed Class B dealers in the United States," says Speed. Currently, these licensed Class B dealers supply about 3,000 dogs and cats to U.S. research institutions, about three percent of the 90,000 yearly total. Five of the 10 licensed dealers are under investigation by the USDA because of paperwork discrepancies, according to Speed. These investigations take incredible amounts of time, money, and manpower, the last of which the USDA has admitted to being short

do. "It's expensive to buy a dog for research," says Carpenter, "but for a Buncher to steal one, and a research institution to buy one from a Class B dealer is not."

According to Carpenter, organizations such as the American Kennel Club (AKC) and the American Veterinary Medical Association (AVMA) don't want people to know about Class B dealers and their operations. "The vets in our state felt that these Class B kennels that they inspected were not up to par, and that a lot of stolen dogs end up in Class B Kennels, but the AVMA and the AKC doesn't want you to know that," she says. Several states joined with Pennsylvania, and went before the House of Delegates of the American Veterinarian Medical

Association with proposed changes to the kennel laws. The changes were thrown out.

**W**hile dog-napping thrived in the 1970s and 1980s and was widely known, today it is considered to be an urban myth by many, and downplayed as a rare occurrence by others. In 2009, there were only 163 stolen dogs tracked by the AKC,

according to Lisa Peterson, an AKC spokeswoman, and only 71 in 2008. While the AKC suggests pet owners take precautions to protect their pets from becoming stolen property, it doesn't list Bunchers or Class B dealers as the cause, or even a contributing factor. Peterson believes that Bunchers exist solely in cyber space, on blogs and opinion articles, and are an urban myth. The court cases, photos, and video footage beg to disagree.

The FBI's National Crime Information Center (NCIC) also tracks the frequency of dog thefts, and currently has only 100 cases in the database for the United States. The NCIC estimates that this is only a small portion of the actual number. "The majority of dogs that are stolen probably do not have a means of positive identification and, therefore,



on. According to Pete, however, being short on staff is not the biggest problem. "I observed USDA inspectors walk through the kennel, and just walk through. There was an enormous amount of dying dogs while I was there, and they didn't step into a single pen," he says.

Whereas this lack of action on the part of the USDA can, and should be avoided, when it comes to buying and selling, as long as Bunchers claim they personally bred the animals they supply to the Class B dealers, there is virtually nothing the USDA can

*Malnutrition, neglect, untreated injuries and diseases are just some of the horrors dogs face in kennels. The USDA has been unable to provide adequate oversight for kennels of Class B dealers.*

cannot be entered into NCIC," says Steve Fischer, FBI spokesman.

While Bryan Monelle admits that he doubts anyone can give a precise number of missing or stolen dogs, he cites a report done in the early 1980s by Action 81 Inc. that states about five million family pets are reported missing annually. "Approximately 1.5 to 2 million of these are taken forcibly or by deception," says Monelle. There has been no comprehensive study done since the Action 81 report,

according to Monelle, and even though the number of B dealers has been reduced, the highest paying clients of random source animals are still research facilities. It seems quite a stretch to go from five million missing pets to just 163 missing dogs in a couple of decades, but until a comprehensive study is done, the numbers remain estimations.

The act of dog-napping is becoming such an issue that legislators across the U.S. are reacting, and attempting to pass legislation to make stealing pets a felony. Texas and New York were the first states to address the issue in 2009, says Peterson. Pennsylvania's Dog Law has forbidden dog auctions since 1996, and in essence stops Bunchers from selling dogs in the state as they have in the past. It seems a few years late in the coming, as the Pet Safety and Protection Act was first introduced in 1996, and had it been passed, would have outlawed the sale of dogs and cats for research from Class B dealers. Every year this Act has been proposed, it has failed to pass. Last fall, Rep. Mike Doyle (D-Pa.) and Sen. Daniel Akaka (D-Hawaii) reintroduced identical versions of the Pet Safety and Protection Act. The report is expected this spring, with high hopes of completely halting future funding

for research that uses random source animals from Class B dealers.

If the laws are passed to make dog-napping a felony, violators could spend up to four years in jail, depending on the circumstances of the trial, according to the AKC. Speed adds that this legislation is more than likely tied in to the issues of Class B dealers. Even though there are not as many dogs tied to dog-nappings by Bunchers as there were in the '60s and '70s, and '80s



*Rebel died from gross neglect and the refusal of a kennel owner to provide veterinary care.*

there are occasionally dogs that show up at Class B facilities or research facilities that are stolen pets. One way to tell the dog is stolen is if it has an identification tattoo. "If the researchers see a tattoo, they have to release the dog, because of a law that makes stealing any dog with a tattoo illegal," says Carpenter.

Another means of identification is a microchip; however, even this method is not foolproof. "There is no universal scanner for microchips," says Carpenter, adding that since microchips are becoming more and more popular, they are a moneymaker. "You can have a microchip in your dog, and still not be able to recover it if the scanner doesn't read it," she says, "It's a big source of income, but the companies need to get together and agree on one system." Carpenter suggests getting a tattoo for your pet as well as a microchip. In Pennsylvania, if you tattoo your dog, you never have to buy another yearly license. Pennsylvania is the only state that allows that.

Cable network HBO produced the documentary *Dealing Dogs*, with the assistance of the LCA. The documentary helped to encourage the resulting raid by the USDA, according to Pete. "When the U.S. Attorney got involved, and the additional fact that HBO was making a documentary, I believe these things led the USDA in acting the way they did," says Pete. The undercover operation began in

2002; however, it wasn't until January 2005 that the USDA acted and charged Baird with over 500 violations of the Animal Welfare Act. He was ordered to pay \$262,700 in fines. "This case sets a precedent," says Pete, "when these things occur, this is what should happen, fines

should be given, and these places should be shut down."

The USDA raid of Martin Creek Kennel resulted in the recovery of hundreds of dogs, dozens of which had been reported stolen, and whose owners were looking for them. In the graphic documentary, dogs were seen in unsanitary, crowded conditions, with little food or water, and no veterinarian care. It is unfortunate that it takes events like this to force people to act; however, with legislation on the horizon to ban random source animals completely, there is hope that Class B dealers, and the Bunchers they associate with, will be put out of business. Class B dealers, shut out of shelters in most states, are forced to rely on private owners and breeders and, therefore, are no longer providing research facilities with the diverse genetics that they once were—essentially making them obsolete. Legislation and law making is a long process, but the dogs can't wait that long. ♦

# Alzheimer's, Arthritis, Diabetes, and DOGS

*The fight against disease no longer pertains only to people. Animals are now being treated with the same medicines.*

BY SAMANTHA WEISBECK

**A**t eight weeks he was a ball of energy in black and white, his four legs carrying him faster than he could keep up. A confident mix of pit bull/Lab, Trigger began experiencing sleepless nights, insatiable thirst, and frequent urination. Through the nights, he paced back and forth, occasionally sitting by the staircase crying. Trigger was hospitalized for four days after his sugar levels peaked over 500. Although he was only four months old, Trigger was diagnosed with diabetes. "It came as a surprise when the results came back as diabetes," says Trigger's companion Samantha Barnes, Bloomsburg, "especially because of his age; diabetes is extremely rare in puppies," she says.

Physicians have treated patients for cancer, diabetes, arthritis, Alzheimer's, epilepsy, and heart disease. Now, veterinarians are doing the same with animals.

"I don't think it's an increase in disease; facilities just have better diagnostics," says Dr. Julia Book, of the Bloomsburg Veterinarian Hospital. "Dogs are able to live longer because owners are able to provide better care for the sick," she says. Noticing when your pet is exhibiting unusual behavior will be the first sign of an unhealthy pet. "Often, owners sense behavioral changes," says Dr. Book. Increasing or decreasing energy levels, appetite changes, becoming less vocal, and change in activity are some symptoms to watch for.

"The standard of care has increased," says Dr. Book. "In-house labs have high quality services, including X-ray and ultra-sound machines, complete blood count technology (CBC), and chemistry blood profile equipment," she says. Increase and improvement of geriatrics allow animals to have a longer, more successful life.

Many factors, such as gender, breed and age, are

being calculated into the reasoning behind contracting human diseases. Male dogs are more prone to urinary disease, and boxers tend to have problems with tumors and mouth hyperplasia, which is the overgrowth of tissue in the gums. "Labradors and German Shepherds are susceptible to arthritis because of the relationship between their hip joint and the ball of the hip joint," says Dr. Book. "Because of the movement in the socket, arthritis is often found," she says.

Dogs need caretakers when they are disease stricken; they need someone to rely on for their medication, insulin, and to even provide them with a healthy diet.



*Right: Between tests Trigger rests in the hospital kennel and is monitored by vet technicians.*

Bigger breed dogs are more susceptible to arthritis because of the degree of strain placed on their rear legs and hips. Anti-inflammatory medications and dietary supplements are used to help treat arthritis, she says. If you have a pet getting older and notice that they are having a harder time getting around the house or you sense they are uncomfortable walking or running, scheduling an appointment with the veterinarian is imperative.

In addition, older dogs are more susceptible to cancer, diabetes, and arthritis. Although diabetes affects less than one percent of domesticated animals, the number is slowly increasing. Some warning symptoms of diabetes in a dog are excessive thirst, excessive urination, and drowsiness. For a pet with diabetes, treatment can either be prescription drugs or insulin injected daily by the owner. Like many diseases in animals, other health risks arise in a sick dog, and with diabetes it is common for cataracts to form.

There are everyday contributions as well. "Too many table scraps, or an excessive amount of bones can cause an animal to become ill," says Dr. Book. Toys getting caught in the intestines could cause problems as well. "Creating a safe environment for your pet and being aware of the surroundings is beneficial to them," says Dr. Book.

When focusing on keeping your dog at its healthiest state, veterinarians recommend check-ups with yearly exams. "The best prevention of disease in your pet includes updated boosters for puppies, keeping heart worm prevention current, spaying and neutering, yearly exams, healthy diet in moderation, maintaining a healthy weight, plenty of exercise and dental care," says Dr. Book. Tick and flea prevention is also important, because they can cause health issues as well.

Cancer in all forms can be diagnosed in dogs. "As long as cancer is caught early enough, it is seen as one of the most curable diseases in pets," says Dr. Book. Just as in humans, there are different types of cancers. "In some cases surgery can be performed on a tumor when it is available to be removed from the body," says Dr. Book, "Chemotherapy, where the animal is given anti-cancer drugs, can be used along with radiation where the tumor is targeted to shrink its size or growth frequency."

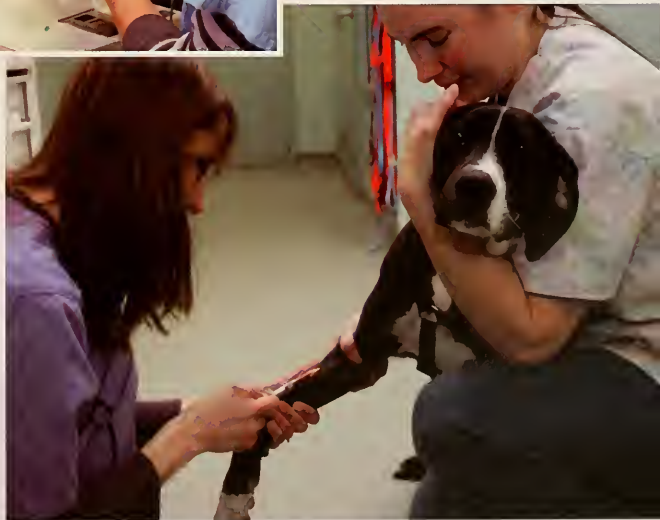
Cognitive Dysfunction Syndrome (CDS), a condition similar to Alzheimer's, is also found in animals. "CDS is when the brain and nervous system begin to deteriorate," says Dr. Book, noting that this is usually caused when physical changes in the brain chemistry occurs. If your dog is staring off into space, or acting distant toward the family, schedule a vet

appointment. There is no cure for CDS, but prescription drugs allow owners to provide care.

"In my experience, mixed breeds have fewer problems, and are generally healthier because of the mixture of genetics," says Dr. Book. In puppies of mixed breeds, behavioral problems and external parasites are common. Adults up to six years may encounter conjunctivitis, dental disease, dermatitis, or idiopathic epilepsy. Senior mixed breed dogs are susceptible to arthritis, cancer, kidney and/or liver disease or heart disease. A conscientious breeder is fully educated on the breeds of dogs and the health issues associated with them. However, some breeders view the animal as a product, having little regard for their well-being.

Taking care of a sick animal can become a financial burden for some owners. The number of pets being given to the Society for the Prevention of Cruelty to Animals (SPCA) or left as strays will increase if owners decide they

cannot provide care. "Depending on the disease, the owner needs to think not only about medication, but the supplies needed," she says. With diabetes, the owner needs insulin, syringes, the diabetic foods and treats, and the monthly glucose curve hospitalization. It's a big responsibility being the caretaker for a sick dog, but the owner is who the animal trusts to give them their opportunity to live the healthiest life possible. ♦



*Above Left: From the time Trigger is dropped off at 8 a.m. until he is picked up at 5 p.m., his blood is tested every two hours for glucose levels.*

*Above Right: Vet technician Tammy McDonald, Bloomsburg, holds Trigger while Kerry Morgan, Elysburg, takes a blood sample.*



photos by Gary F. Clark



David DeKok

# Centralia and Me

For more than three decades, David DeKok reported about Centralia. With the last families scheduled to be evicted, he looks back at the causes and effects of the mine fire that destroyed a town.



There is little left of Centralia in 2010 except ghosts. For that, we may blame the mine fire that has burned beneath its streets since 1962 and the failed efforts to put out a fire that was resistant to all human efforts.

I stand near the top of town and look down upon a valley where fewer than 10 widely scattered buildings remain. Once, there were as many as 500 houses, populated by almost 3,000 people. Their once-familiar streets and sidewalks go nowhere, but I mentally fill in the empty spaces with people and buildings. In my mind, St. Ignatius Catholic Church is still there, pious and magnificent. The parish school, where nuns educated generations of Centralia children, is where it always was across the street. I continue down Locust Avenue to

John Coddington's gas station, where he still waits for customers in his little store with the old-fashioned Coke machine and greets me with a joke.

In my Centralia, Locust Avenue is still filled with houses, almost without a vacant lot from end to end. In truth, it is all vacant lots except for the Municipal Building, a gift from the Carter Administration in 1977 and the setting for many angry meetings. I half expect to see Gov. Dick Thornburgh, U.S. Sens. Arlen Specter and John Heinz, or Congressmen Daniel Flood, John Murtha, Jim Nelligan, or Frank Harrison come strolling out, trailed by bureaucrats in suits. They have all been here, but only Specter and Harrison, prodded by State Rep. Robert Belfanti, who asked for this burden, delivered final salvation.



When I give a tour of Centralia, I show enlarged photographs of what the vanished community used to look like and new visitors are amazed. I know the vacant lots as people. The Andrade family here, the Buckleys there, Todd Domboski and his mother Florence down the side street. I see Carrie Wolfgang, Rita Kleman, the O'Hearns, Tony Gaughan, Helen Womer, Agnes Owens, Joan Girolami, Tom Larkin, Cathy Jurgill, Dave Lamb, Christine Oakum, Teresa Gasperetti, Dorothy Kogut, Bob Lazarski, and Ed Polites. They were my own Spoon River Anthology, living on in my mind even as nature reclaims the space they occupied in this tragic community.

I have reported on the Centralia mine fire for 34 years, writing more than 500 articles for the Shamokin *News-Item* from 1976–86 and two books—*Unseen Danger: A Tragedy of People, Government, and the Centralia Mine Fire* (1986) and *Fire Underground: The Ongoing Tragedy of the Centralia Mine Fire* (2009). When I first went to Centralia as a young reporter on the evening of Nov. 6, 1976. I was so unfamiliar with the town that I needed directions to get to the firehall where the borough council meetings were held. I had no idea that a few blocks from the hall, an underground fire was lapping at the failing underground fly ash barrier installed in the late 1960s to protect Centralia. It was like a dike in the Netherlands, except for fire instead of seawater. No one talked or wrote about the fire. By the end of the evening, thanks to Tony Gaughan, I had heard and was astonished. I returned to the newspaper and began writing.

I came to Shamokin for my first newspaper job in 1975 after growing up in Holland, Mich., a very different sort of place. We had no coal, few Catholics, and our forebears came from the Netherlands, a country not represented in the dozen or so ethnic groups that comprised Shamokin. Yet I knew about underground coal fires because of a family vacation in 1965 in the Dakotas. That was where I, a 12-year-old boy with a camera and much curiosity, saw, smelled, and felt the heat of burning lignite veins in what is now Theodore Roosevelt National Park. Centralia's fire was different in one major respect: there were people, not prairie dogs, living nearby. North Dakota's fire was started by lightning, Centralia's by spontaneous combustion—or so I thought.

Not until years later did I discover how it really started. The spontaneous combustion theory, that garbage in the town dump had caught fire on its own, seemed somehow appropriate. I found it comforting to think of Centralia as an unwitting victim of nature, of something that had just happened. Not until I began writing my first book, *Unseen Danger*, in 1980 and went back and looked at the old documents in the archives, and then interviewed people who were there, did the truth emerge. In fact, Centralia Borough Council had directed a group of volunteer firemen to set the town dump on fire in 1962. Why? Because Memorial Day weekend was coming up, and the dump was in an old strip mining pit next to the Odd Fellows Cemetery. They lit the dump on fire to burn up the paper and wood, washed it down, stirred it up,

then went away, thinking it was extinguished. But their fire was smoldering in the lower depths of the garbage and found its way through a hole in the pit into the labyrinth of abandoned coal mines beneath Centralia. I often imagined the scene of someone striking a match and unknowingly dooming the town.

When my first book was published, Centralia parents told their perplexed children, "Oh, we always knew that." I suspect the truth went into hiding after 1962 because borough council feared being cut off from government assistance

in fighting the fire, despite it being a terrible accident. I was there on the evening in 1978 when Charles Kuebler, the imperious, MIT-educated director of the U.S. Bureau of Mines office in Wilkes-Barre, pointed his finger during an angry meeting with Centralia residents and rasped, "You started this fire." He spoke in a permanent, scary whisper that was a result of throat surgery, and seemed like an angry, aged deity ready to hurl lightning bolts. Kuebler that year ordered the filling of a pit east of Centralia excavated by his old rival, Gordon Smith, in 1963. Smith had believed the pit would pull the fire and its deadly gases away from Centralia. Kuebler insisted it only fed air to the fire. Smith was right.

After Kuebler closed the pit, the mine fire and its deadly gases pushed across the slumping fly ash barrier and into Centralia. These gases, which soon found their way into homes, included carbon monoxide, carbon dioxide—deadly if it crowds out oxygen—and what I called "oxygen-deficient atmosphere" in my stories. Gas alarms were placed in some houses beginning in 1979, but there were not enough to go around and so families had to share them in an oddly Solomonic roulette. One month you got the monitor and alarm and were protected, the next month your neighbor did. Some families gave their alarms to other families with worse gas problems. Eventually, there were enough. They made noise as loud as the fire drill klaxons in school, yet all the families could do was open the windows to air out the house, even in the middle of winter. Ed Narcavage, the state gas inspector, would come over to investigate. Children, especially those with underlying respiratory conditions

Opposite: The old highway 61 that ran through Centralia was once heavily traveled and is now a canvas for graffiti artists.

Right: A creek running through Centralia shows the iron and mineral concentration in the water.

like asthma, suffered terribly from the gases.

Subsidence, the sudden collapse of the ground because of the mine fire, caused the most elemental terror in Centralia. Todd Domboski, then 12, now 40 and with a child of his own, was the most famous victim.

The ground swallowed him whole on Feb. 14, 1981. He saved himself by clinging to a tree root, visible in some of the photographs, until his cousin, Eric Wolfgang, rescued him. A Japanese television show not long ago even recreated this seminal event, albeit with Japanese actors. Less remembered is the

Burge subsidence of Oct. 16, 1981, when Terry and Millie Burge were about to drive a last load of belongings from their trailer home near the Coddingtons to their relocation home in Fountain Springs. One wheel of the car sank into the ground, and steam gushed up around it. Wayne Readley, one of the state gas inspectors, pulled out the car with his truck, and just in time. The ground soon collapsed into a steaming pit. Is it any wonder that the writer of the horror movie *Silent Hill* was inspired by Centralia?

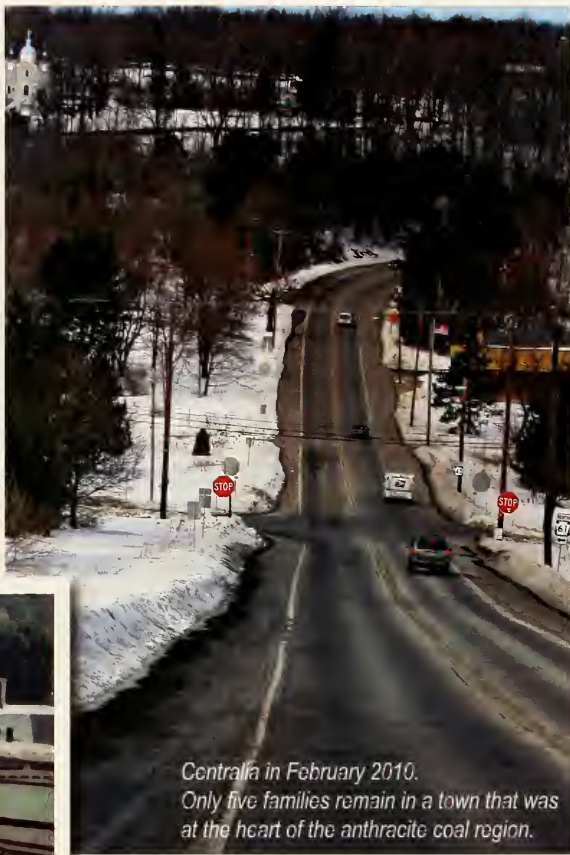
There is far more to this story, but suffice it to say that eventually the plight of Centralia attracted worldwide publicity and that forced the federal government to offer a solution. Relocation, priced at \$42 million, was chosen over the much more costly alternative of digging the fire out of the ground to extinguish it, priced at \$660 million. Most Centralia residents wanted to go or were willing to do so. The idea of relocation had been approved in three votes or surveys in Centralia by consistent 2–1 margins. A diehard minority led by the Rev. Anthony McGinley, a retired Catholic priest, and Helen Womer, who lived in the heart of the impact zone, tried to stop the relocation,

## The ground swallowed him whole on Feb. 14, 1981. He saved himself by clinging to a tree root.



photo by Megan Angstadt

“By the end of the 1980s most of the people of Centralia were gone.”



Centralia in February 2010. Only five families remain in a town that was at the heart of the anthracite coal region.



Centralia in October 1983. At its peak, the town had about 2,700 residents in 1890 and more than 20 businesses.

Top right: David DeKok (left) is interviewed in Centralia by a reporting team from the Canadian Broadcasting Company. Most major news media have used DeKok as a resource for stories about the Centralia mine fire.

Below right: The new energy is now provided by turbines that overlook the ghost town of Centralia. In 1917, Pennsylvania produced more than 100 million tons of anthracite coal before a long decline.



spinning tales to explain away the dangers. To them, it was all a conspiracy by government to grab Centralia's coal. They did not prevail. And so in 1984, under the direction of Jack Carling of the Pennsylvania Department of Community Affairs and Bill Klink of Columbia County Redevelopment Authority, the exodus began. By the end of the 1980s, most of the people of Centralia were gone, scattered to the winds but with the majority settling in the Mount Carmel/Kulpmont area of Northumberland County. Bulldozers moved in when they left, and the town gradually disappeared.

The diehards ruled the remains of Centralia for the next 25 years, even as their numbers steadily declined

through death or relocation. They even survived an attempt by Gov. Robert P. Casey to evict them through eminent domain in 1992. They were in an Alice in Wonderland world, where the borough council applied for grants to improve streets where no one lived anymore. Why? Because not to apply would be an acknowledgement that Centralia was no more. The press loved the more colorful characters among them, especially the aged mayor, Lamar Mervine, who died this year at age 93. In 2007, John Lokitis, Jr., youngest of the diehards, became the subject of an acclaimed documentary by Chris Perkel and Georgie Roland, *The Town That Was*, for his earnest and lonely attempts to keep Centralia alive. It

came almost as a shock in 2009 when the Rendell Administration, reversing the policy of two previous governors, told the diehards it was time to go.

I return to Centralia now and then to photograph the changes in the landscape, such as the wind turbines on the Aristes Mountain, and reflect on what happened here. Too many of the people I knew are in St. Ignatius Cemetery, their last address after leaving the now-empty valley that once was a community they loved. The fire appears to have invaded a corner of the cemetery, and melts snow both inside and outside the fence. No one knows if it can go any farther. There is not as much steam issuing from the ground as there used to be, in part because someone is dumping fill on the steam vents, but the fire continues to move west, leaving the cemetery behind as it pushes toward Mount Carmel, three miles away. One day the government will have to deal with it again, but I doubt I will be there to see it. ♦



# A LOST BOY

Daniel Abul Pach recalls the fear, surprise and hardships of adjusting to a new life.

BY CHRISTOPHER FETTERMAN

**D**aniel Abul Pach doesn't remember taking vacations as a child. He doesn't remember spending time with his family around the holidays. There are no T-shirts or toys or cards to commemorate a special occasion or happy memory. He remembers war. He remembers human skulls and bones. He remembers blood. He remembers walking across countries, from one refugee camp to another, wondering when he could return home and live a normal life—a good, happy life—the kind everyone deserves.

"Life was not easy," says Pach. "In wartime, you see people being shot, people bleeding, skulls and bones everywhere, bodies of people who already died, people eaten by lions—all those crazy things. You come to the point it becomes nothing to you, you just have to take what you see and deal with it."

Daniel's life is that of the many Lost Boys of Sudan. Estimated at over 25,000, the Lost Boys of Sudan are children who were displaced or orphaned during the Second Sudanese Civil War. The Sudanese army descended on their villages, burned them to the ground and killed most inhabitants. Since 1987, over two million people have died and four million have been displaced. Based largely on religious conflict, the war pitted Muslim forces in northern Sudan against Christian forces in the south. The Lost Boys have seen unimaginable horrors, including rapes and murders directly in front of them. In 1987, Pach was forced to leave his home and begin a journey that would take him

across countless miles and numerous countries.

"I was only six years old when I left home," says Pach. "It was hard because I saw very bad things, and as a child, you want to see good things. It affects you, even if you're very strong, it affects you."

Pach grew up in the town of Bor, near the Nile River in southern Sudan.

"Bor was a very nice place," says Pach. "Very normal, very good. We did not have any problems, I could live with my family in peace."

Pach's hometown of Bor eventually came under siege, suffering the same fate as so many other villages in Sudan, and forced Pach to leave his home and his family.

"There was an attack on the village, and everyone was scattered," says Pach, "I had to run, leave my family, just to try and find safety."

After leaving Bor, Pach ended up in his first refugee camp in Panyido, Ethiopia. In Panyido, he believed he would eventually return with his family to Sudan.

"Being in a refugee camp is not easy," says Pach. "The languages, the cultures, it is all different, you don't know anybody and you just have to do the best you can. Not all countries are nice to you, but when you find one that acknowledges you, and welcomes you, it becomes home," he says.

Following his stay in Panyido, Pach moved from refugee camp to refugee camp throughout Ethiopia and Sudan. Often, lack of food and water, especially clean water, forced Pach and so many other of the Lost Boys to relocate. At each camp, Pach would register his name as



# OF SUDAN

proof he had been there. After years of struggles moving from camp to camp, he found out this registry would be paying off. The Catholic Charity, a group that works to relocate refugees in troubled countries, was going to help Pach find a new home.

"The United Nations people came one day and told us we were going to the best place in the world," says Pach. "They had seen the registries, they knew where we had been, they knew our plight, and they wanted to help us."

The Lost Boys of Sudan were relocated in spots across the globe, including Canada, the United States, Australia, and countries in Europe. Pach was given the choice of where he wanted to relocate, and chose Pittsburgh.

"There were so many names and states. I saw Pennsylvania, and then I see 'P I T T,'" says Pach. "I just liked the name, Pittsburgh. The 'P I T T,' was nice, so many letters."

Once he found out that he would be arriving in America, Pach was confronted with a new series of problems. Although he had a basic understanding of the English language, which he learned from reading books on grammar, life was still not easy in a new country.

After living a life of turmoil where he was lucky to have the most basic of necessities, such as food and shelter, Pach found it hard

to adapt to living in an apartment in a major metropolitan area. The most fundamental functions of life in America were new to Pach, such as flipping a light switch, using a bathroom with running water, or counting money.

"Money was hard to get used to, because I had never had it," says Pach. "I tried to use a bus, and I gave them \$5, and the bus driver said, 'What are you doing, why did you put \$5 in there?' She had to teach me how to count money so I used the right amount."

The hardest thing for Pach to get used to was the new climate he encountered. The temperature in Pittsburgh through the winter months averages in the mid 20-degree range. This was much different than the warm climate he was used to in Africa. He was amazed at snow, which he saw for the first time in Pittsburgh.

"Snow was the hardest thing to get used to," says Pach. "It is amazing, I did not know how water could freeze in the sky and fall down, I wondered how did this happen, what made this happen."

Pach also had difficulties relating to people in his new home town. Being used to a slow paced community where everyone relied on one another for survival, the fast paced life of Pittsburgh became difficult for him to handle. The pace





of life in America was something Pach had not anticipated.

"It was amazing," says Pach. "Everywhere I look, there are people, and they all seem so busy, in such a hurry. Where are they going? What are they doing?"

The people of Pittsburgh were not as welcoming to Pach as he had hoped. In one incident, Pach and a group of African friends were stopped by the police after a local gas station owner felt threatened by the group of black men walking around the neighborhood. He had to adapt a positive way of handling problems with other people.

"When something bad happens people want to become bad; that's not OK," he says. "When somebody is nice to you, be nice, show them nice, there's no need to be bad, there's no need for it. If somebody do wrong to you, just talk to them, just listen and talk, talk 10 times, if he doesn't listen, find another way. That's the thing," he says.

After the initial hardships of adapting to a vastly new lifestyle, Pach is becoming more and more apt to life in America. It is still not easy, though, as Pach juggles two jobs and is currently enrolled in the Community College of Allegheny County, where he is studying criminal justice and pharmaceuticals. Pach finds most of his troubles

photos  
Craig Ste







come from scheduling. "Working two jobs and going to school is not an easy thing," says Pach, pointing out, "schedules can be stressful, but you have to do it. It is the only way I know."

Pach hopes to become either a pharmacist or police officer, which is fueled by his passion for community and helping others. "Maybe I will be a police officer to protect people, you have to protect people," he says. "Being a police officer will bring me to the community, I love community. Being a pharmacy technician, I care about people, that will help me help them and



understand them," he says.

For someone who has been through so many trials and hardships, Pach retains his remarkable outlook on life. His attitude toward everything and everyone he encounters continues to be positive.

"One thing is you have to know life is life," says Pach. "You have to know anything difficult you cannot change it. If I come to a place and find it is bad, I will make it better. If it is a workplace or a school, I have to make it better. I can do it. That's what I have; I have time to try and make it perfect and try to do better," he says. ♦

jel



# THE JIBBER ABOUT JAZZ



## A small music festival in 2005 crescendos into crowds of Jibberjazz music lovers.

**I**n a small campground less than two miles from Knoebels Amusement Resort, Elysburg, Jibberjazz Productions held its first music festival. There were six bands and 200 people. Five years later, the festival hosted 22 bands and 2,000 people on a 60-acre property just outside of Schuylkill Haven.

Jon Sten began the festival for his friends who were band members. He grew tired of seeing them play in places and not receive any recognition for their talent. "It wasn't something I laid in bed dreaming about, it just kind of happened," he says.

The first festival, in May 2005, began "when I met a sound engineer with a stage," says Sten. He says that the knowledge he gained as a *Spectrum* magazine editor, was useful as he developed promotion through guerilla marketing. "The journalism major and *Spectrum* taught me how to be organized and stay on top of things," says Sten. He began printing flyers, setting ticket prices, and organizing the event. "We learned as we went," he says. "I wanted to test the water to see if there was a market for it."

Sten, who graduated from Bloomsburg University in 2008, says he majored in journalism because he loved to write. "I felt that writing was the only thing I was good at," he says. "Also, many other aspects of journalism, and specifically



working in the *Spectrum* lab, have really helped me out along the way." Sten now promotes Jibberjazz Productions all day, every day.

There are now three events a year hosted by Jibberjazz Productions. *Some Kind of Jam 5* was held April 23–April 25 with 22 bands, six solo acoustic artists and three stages, both indoor and outdoor for the performers. The property where the festival was held included places to camp, permanent restrooms and showers, electricity access for RVs, several vendors, and an assortment of music ranging from bluegrass to reggae.

[For more information, visit [www.jibberjazz.com](http://www.jibberjazz.com)]

—TIFFANY BELLUM



photos provided by Jon Sten



Swirling the

# Away

BY KIMBERLEE COURTNEY

# Night

It's 7 p.m. on Monday, and the walls of the old red-brick church on Walnut Street in Danville echo with sounds of laughter and the tapping of heels as they strike the wooden floor. Jim and Renee Bouselli, West Milton, stare into each other's eyes and smile as they sway to Anne Murray's "Could I Have This Dance?" On the opposite side of the room, Tom and Ann Snee, Northumberland, giggle like teenagers as they take another shot at an inside underarm turn.

"We have a lot of fun," says Ann Snee, 45, "it's like date night."

"I always wanted to know what I was doing on the dance floor," says Jim Bouselli, 47.

"I wish we had learned it for our wedding," adds his wife Renee Bouselli, 45.

They are part of the Level 1 Waltz course that Nancie Wagner teaches at her studio, Studio Brick. "I just love ballroom dancing," she says. "and when I say ballroom dancing, I mean all of it: Latin, Swing—the whole gamut." Wagner is trained in the American style of ballroom dance practiced in the U.S. and Canada, which consists of the American Smooth and American Rhythm dances: Waltz, Tango, Foxtrot, Viennese Waltz, Cha-Cha, Rhumba, East Coast Swing, Bolero, and Mambo. Although she's been dancing since the age of 4, Wagner says it wasn't until about 25 years ago that she learned to ballroom dance and began teaching at her studio. She says Elizabeth Dowd of Bloomsburg Theatre Ensemble had called her and asked if she could teach ballroom. "I said, 'No, but I will know how by next year,' and then I went to Arthur Murray studios and got trained," says Wagner. Dowd had been teaching a noncredit basic ballroom course through Bloomsburg University's continuing education program. She had been asked to hold the class because

photos by Gary F. Clark

# “We have a lot of fun

people had seen her and her husband,

Rand Whipple, dance the Waltz at a fundraiser for the university's music department and they wanted to learn. Dowd had never taken dance lessons; however, her father had taught her to ballroom dance when she was a little girl. "My dad was a really good dancer, and when my brother was going to prom, my parents took my brother and me to this place where they had this big beautiful dance floor and my mother spent the evening with my brother, and my father spent the evening with me," says Dowd. The dances she taught in class were the

to a specific dance. "All of the courses are four weeks long and I begin a new level each month," says Wagner. She starts at a beginner level where she guides clients through basic steps of the dance. "The first level is more stationary," she says. "I'll teach them the turning of the basic step, inside and outside underarm turns, some basic fun steps, and style moves." In Level 2, she has her dancers start to travel, which involves the man facing the counterclockwise line of dance and leading the woman; however, Wagner points out that sometimes it



Waltz, Foxtrot, the Lindy, and the Jitterbug. "I could only teach that much," she says. The people in her class, however, wanted to learn more. "That was something I didn't have enough knowledge to do," says Dowd. She wanted to provide an option for those wanting to continue and knew that Wagner, who had choreographed a few plays for the theatre ensemble, would be a good source. "When Studio Brick opened, the people who I worked with who wanted to continue had a place they could continue now because there was someone really qualified," says Dowd.

Since she first opened her studio, Wagner has been teaching a variety of ballroom dances to local residents, both young and old. Every Monday and Friday evening, she instructs two group ballroom courses, each dedicated

ends up being the other way around. "The men lead and the women back lead," she says laughing, "they're not supposed to."

Every four weeks, if she has enough students, she'll advance the course to a new level, teaching more complicated steps and taking her clients as far as they want to go. "Some come in taking Ballroom and then follow up the next month with Swing, and others stay with one dance and keep progressing to the next level," she says.

Tom and Ann Snee decided to continue with the Waltz after completing the Beginner Ballroom course. They had wanted to take dance lessons for years, but could never find time to fit them in between all of their children's activities. "Our life was hectic with three

# It's like date night.''

'Don't forget dance class tonight.'

kids," says Tom Snee, "we were always doing their stuff—ballet, soccer, plays, and more soccer." Now that their children are older, the couple can take all the lessons they want and are considering the Tango or Foxtrot next. "Two weeks ago I would have said 'No, I'm done,'" he says, "but once I learned the Waltz, I felt I could tackle anything."

Hesitation is a common trait Wagner notices in the men who attend her classes. "The look in their faces shows that they're extremely uncomfortable and out

come from Wagner's husband, Ollie Wagner IV, who attends the classes and provides tips for the couples. "I know the guy's standpoint and I give them cheat steps," he says. Ollie learned to dance 15 years ago at his wife's studio. "He was in the legislature and worked all the time," says Wagner. It wasn't until their three children had graduated from college and were on their own that her husband finally found himself learning to dance. "After the kids are out of college, you realize you got to learn it," says Ollie Wagner, noting, "As you



of their element, their comfort zone," she says. That's exactly how Austin Clark felt when he and his wife, Kelsy, learned the Waltz for their wedding last May. "I thought it was hard, I was used to doing sports," says Clark. The first night of the course tends to be difficult for some because it focuses on form, but Nancie says that by the end of the night, most of them can't wait until the next course. "He really got into it," says Kelsy Clark. "He was actually the one who was always on me saying,

get older, you just want to do things together and dance is something you do together." Once he got the moves down, he became a substitute in his wife's courses, dancing with people who either didn't have a partner or whose partner could not attend one of the evenings. "The only reason I'm comfortable now is because I've substituted enough," he says.

"I try very hard to make people feel comfortable and stay positive," says Wagner about her dance classes. Although the onset of television shows, such as "Dancing with the Stars," has renewed the public's interest in ballroom dancing, Wagner hopes people watching those shows are not discouraged from learning. "Ballroom dance is not as difficult as it is made to look on TV," she says, pointing out, "television demonstrates show

Couples, Left to Right: Tom and Ann Snee, Northumberland; Kelsy and Austin Clark, Sunbury; Trish Quinter and George Ruth, Danville; Chris and Ashley Veale, Danville; Joann and Paul Page, Bloomsburg; and Jim and Renee Bouselli, West Milton.

dancing; what I teach is real-life dancing, the type of stuff students can use in our area." The glamour, elegance, and stunning performances are what keep more than 20 million viewers glued to their television screens each season of "DWTS," but they also intimidate people from learning.

The choreography of the dances, with their high-energy moves and formal stances, along with videos of the grueling hours spent practicing, can send the wrong image about ballroom dancing.

Renee Bouselli says she was intimidated by the show, but once she arrived for class, her nerves were put at ease. "We were all the same," she says, "we were all on the same level." The group atmosphere of the dance courses encourages people because they see they're not alone and that mistakes are normal. "We were all just having fun," says Bouselli. She also noticed that when she and her husband went to the next level, some of the couples from the previous course were there as well. "A lot of the same people were back," she says, "it's nice to see friendly faces."

The Bousellis started with the Beginner Ballroom course, which was Jim's Christmas present to Renee. The couple had been wanting to take lessons since before they were married; "Twenty-three years later, here we are," says Jim Bouselli. Although they found the lessons difficult at first, the more they practiced, the more they wanted to learn.

"It's a lot of exercise," says Renee Bouselli, "you don't realize it." Ballroom dancing has been shown to reduce stress, increase energy, improve strength, and increase muscle tone and coordination, according to research by the Mayo Clinic. "We're doing two classes a night,

one right after the other, so we're dancing for two hours," says Joann Page, 50, Bloomsburg, "we have to take a break." A study conducted at California State University at Long Beach found that some forms of ballroom dancing can burn

between 250 and 300 calories an hour, and up to 400 calories for fast-pace dances.

Because ballroom dancing

requires people to remember steps and routines, it has been shown to improve memory skills, as well as reduce the risk of dementia, according to a study in the *New England Journal of Medicine*.

Ballroom dancing doesn't just help improve a person's health, it also enhances their social and personal lives. "We try to go dance more now," says Joann Page, "we go to events consistently." Joann Page and her husband, Paul, 51, attend various events and fundraisers held throughout the community.

Ballroom dancing also has a way of rekindling romance in relationships. The close contact and reliance on each other to complete a move emits feelings of intimacy and joy in a relationship. "It kind of makes you feel uninhibited," says Ann Snee. Her husband, Tom, mentions the spontaneity that dancing has added to their relationship, "She's always saying when we're

“As you get older, you just want to do things together, and dance is something you do together.”



Before the couples dance together, Nancie Wagner teaches the women's and men's dance steps separately.





Nancie Wagner and her husband, Ollie, guide Austin and Kelsy Clark (left) through a new step in her level 2 Swing class.

making dinner, ‘Come on, let’s just do the dance right here on the kitchen floor,’” he says, “the dog gets in the way, it’s kind of funny, but we have a blast.”

Even though it’s been more than 20 years since she taught her ballroom courses at Bloomsburg University, Dowd says she adores the Waltz and believes it’s the single-most romantic dance ever created. “You and your partner are fixed objects and everything around you is swirling,” she says, “that’s why I think doing the Waltz makes you feel the way you feel when you’re falling in love and everything makes you feel giddy.” Dowd says she and her husband have always dreamed of one day going to Vienna and dancing the Waltz at the New Year Concert of the Vienna Philharmonic.

The benefits of ballroom dancing don’t only apply to couples; it’s an opportunity for anyone to go out and meet people. “They have fun and make friends,” says Wagner, pointing out that one of the couples in her ballroom course fell in love and got married. “They actually had the wedding at my studio because it’s where they met,” she says.

Although Austin and Kelsy Clark, Sunbury, didn’t have their wedding at Wagner’s studio, they did go there to take dance lessons for their wedding in May 2009. “We wanted to do something special,” says Kelsy Clark. A couple of months before the wedding, she and her future husband learned a Waltz routine for their first dance as husband and wife. “We had a lot of compliments on our dance at the wedding,” says Kelsy Clark. After their wedding, the Clarks saw that Wagner was starting a Swing course,

which was what they had originally wanted to learn for their wedding, and signed up for lessons. “We’re big 50s fans,” says Kelsy Clark, “everybody jokes about us and says we want to be old, drive a Cadillac, eat ice cream, and play Bingo.” Clark and her husband have since taken two levels in Swing, and find dancing not only to be fun but a way to bring back the customs from older generations. “It’s kind of bringing back some of the stuff our parents did,” says Kelsy Clark. She says she thinks “a lot of older people are actually surprised when they see us at other weddings, because they’re actually shocked to see a younger couple doing the Waltz.”

Paul and Joann Page have also noticed the departure from ballroom dancing. “You go to these events and you see all the older folks out there dancing and it’s like we never had those formal lessons,” says Paul Page. The Pages, who have taken the Beginner Ballroom course, two levels of Swing, and the first level of Waltz, had always been hesitant to dance at the various events they attended. “I always wanted the dance floor to fill up before I’d go out,” says Joann Page. Now whenever Page and her husband go out, they find themselves dancing alongside the couples they used to watch from their table. “Now that we know what we’re doing, we have that confidence,” says Joann Page, “we won’t be reluctant to go out and do it.”

Whether it becomes the latest fad, or fades into the background, ballroom dancing will always be around because of its timeless allure and, as Wagner points out, “Anyone can do Ballroom.” ♦



# Sink or

After getting her feet wet, self-taught swimwear designer Cara Lewis is making a big splash in the fashion industry.

BY STACY KELLY

I fondly remember my first mom-date with Cara Lewis—good food, good drinks, good conversation. Afterward, as we sat together in a dimly-lit car in a dark, empty parking lot she said, “I have something to show you.”

She reached into the backseat and presented a sketch pad. As I flipped through the pages, she apologized profusely for her lack of artistic ability. “I can’t draw. I know these are awful, but I have this idea,” she said.

Ruffles, flowers, polka dots, bows and stripes: Lewis had sketched her vision for Chichanella Bella, a vintage-inspired swimwear line for babies and children. Paired with matching hats and whimsical names as Pink Taffy, Cotton Candy, Lifeguard LuLu and Seaside Sweetheart—she hoped to recapture the days of innocence and femininity in her swimsuit designs.

“Chichanella Bella was the nickname my grandma Mary gave me as a child,” she explained. “It means beautiful little one.” A widow who worked as a seamstress, Lewis’ grandmother dedicated her life to her three daughters. “She was a simple woman who never learned to drive, never flew or ventured far from home, yet was happy and content,” recalls Lewis, “her life and ways always remind me to slow down, and find happiness inside my own four walls. This company will be a tribute to her life.”

I applauded her creativity and enthusiasm, and wondered aloud, “So how do you make a bathing suit?” Lewis laughed, “I have no idea, but I’m going to figure it out!” I believe that was my cue to don my lifejacket; however, I had a feeling she was going to make something happen, and I was along for the ride.



photo by Justin Borucki

In March 2008, Lewis, a stay-at-home mom of two toddlers in Townsend, Del., dove into her project, spending countless hours researching for inspiration and technical information. Although she had landed an eager investor, Lewis decided to retain as much control as possible over her vision. "People began trying to change what I was doing, but I wasn't willing to compromise my ideas," she explains. "Once my family saw how committed I was, they offered generous financial support, for which I've been ever grateful," she says.

Lewis' first breakthrough came when she located a U.S.-based clothing manufacturer in Baltimore, Md., an hour from her home. Phil Spector, owner of Fashions Unlimited, was intrigued by her concept and agreed to a meeting. During one of her early visits, I watched in awe as Lewis enthusiastically presented her novice sketches.

Seated among rows of sewing machines and seamstresses operating at a fever pitch, she didn't flinch as she fanned out color swatches and asked, "Snaps here. flowers there. ruffles like this, stitching like that—can you do it?" And just like that, Lewis had her producer.

Spector has worked with Liz Claiborne, Danskin, Coach, and J. Crew. "I just explained that I'm new to this business and constantly asked questions. Fortunately, people have been understanding and willing to help," says Lewis. "I get discouraged and scared sometimes, but it's never been an option to say 'can't,'" she says.

---

*Above: Cara Lewis saw her suits being worn on the beach for the first time at a photo shoot in Seaside Heights, N.J. (Left to right: McKenzie Hart, 3; Hali Hart, 5; McKayla Hart, 3; Erin Duffy, 6; Samantha Lewis, 5; and Megan Kelly, 4).*



photo courtesy Cara Lewis



photo courtesy Cara Lewis



photo by Stacy Kelly

Above: Sadie Lewis, 2, receives help from her mother, Cara and Paul Torres of Fashions Unlimited. Sadie is modeling the "Sailor Sadie" swimsuit, which is the first time Cara saw one of her designs being worn.

Center: Far Left, Cara's grandmother, Mary Mastreoni, and two friends sit on the beach in Atlantic City during the 1940s.

Top Right: Cara's grandmother, Mary Mastreoni, was the inspiration behind her business.

Early on, I happily assumed the role of cheerleader, fielding her "I don't know how to do this!" phone calls. But once Lewis was ready to launch a corporate identity, she knew it was time to tap into my communications background. Many days, with children playing at our feet and dinner burning, we brainstormed ideas for everything from publications and logos to the website and packaging. I helped her learn design lingo, and she helped me remember I could be creative. Together we recruited talented friends and family to breathe life into Chichanella Bella. As the months unfolded, our conversations went something like this:

*Lewis:* I have no idea how to create a logo or website.

*Kelly:* Let's call my cousin, she's a designer.

*Lewis:* I want a video, and it has to look like an old 8mm film reel, is that possible?

*Kelly:* Yes, call my brother. He's a videographer, he'll help you.

*Lewis:* I have no idea how to contact the media. What do I say?

*Kelly:* No problem. We'll speak to my former boss, she's talented.

*Lewis:* I don't love the pictures from the photographer I hired  
*Kelly:* Let's go to the beach, I'll shoot some for you.

I was inspired by her determination and drive. She knew what she wanted things to look like, and pushed tirelessly until she saw it. Ultimately, Lewis exclaimed, "I need a booth for the largest children's wear tradeshow in the U.S., in less than a month. How do I do that?!" I have to admit, I finally wondered, "How is she going to do that?!" Of course, she figured it out. Working long distance with a friend in Florida, as well as her brother in Delaware, the trio constructed a replica of a boardwalk storefront. A few days later, they were driving to New York City, where they figured out how to put it all together.

It did come together that day in October, at the 2009 ENK



photo by Justin Borucki



photo by Stacy Kelly

Children's Club tradeshow. Bathing suits and hats on display, a nostalgic video running in the background, and a whirlwind of boutique owners throwing suits down to take pictures, ask questions and place orders. Lewis' collection has since been featured in prestigious buyer's publications, including *Hudson's*, *Earnshaws*, and *It's a Kids World*, with inquiries coming in daily. "I'm overwhelmed with emotion when I realize how people came together to help me make my dream a reality," says Lewis. "Using your resources, believing in what you're doing and being talented enough to pull through makes it happen—you just have to close your eyes and jump," she says.

I recently asked Lewis what she thinks her grandmom Mary would say if she could see what she's created. Lewis laughs, as she imagines it would be, "That girl, I can't believe the stuff she does!" ♦

[For more information, visit [www.chichanellabella.com](http://www.chichanellabella.com)]

Above Left: Twins McKenzie and McKayla Hart model "Cotton Candy Stripes" on the Seaside Heights, N.J., boardwalk.

Above Right: McKayla Hart models "Sandy Bottom" on Rehoboth Beach, Del.

A Columbia County native, now teaching in New Orleans, experiences the aftermath of Hurricane Katrina, the Super Bowl victory, and the resilience of the New Orleans spirit.

BY ELIZABETH WALTERS

I had never seen anything like Bourbon Street that night. It was wall-to-wall celebration, with people dancing, cheering, hugging, and some of them crying. A crowd of tens of thousands undulated in the biggest second-line parade the city had ever seen. Above them floated black-and-gold umbrellas, several figures of pigs with wings, and at least one sign proclaiming Hell to be frozen.

I couldn't believe it—and I couldn't believe I cared. The Saints had just won the Super Bowl.

To say I'm not a major sports fan is to make a considerable understatement. Although I grew up in Mifflinville, in the heart of Pennsylvania gridiron country, I seemed to have inherited only a slight appreciation for athletics. One night in the fall of 1983, when I was 4 years old and the Berwick Bulldogs were on their way to their first national title, my father took me to a game. Quickly bored by the action on the field, I began shaking a set of imaginary pompoms, jumping around on the bleachers and cheering. "Let's! Go! Home! Let's! Go! Home!" A few years later, my brother, Nick, joined the Miff-Ridge Bandits midjet

*Bloomsburg University graduate and NFL All-Pro guard Jahri Evans (No. 73), rides in the Saints Victory parade.*



# Cele



**bration**

# As the final seconds of Super Bowl XLIV ticked down and The screams were not just sounds of celebration, just as no cele



football team. I learned the scoring system and could usually tell which team was offense and which was defense, and that's as far as my interest stretched for the next several years.

Actually, that's as far as my interest stretched throughout my life. Through my childhood and my years as a clarinetist in the Central Columbia High School band, I appreciated football as a cultural phenomenon, something that brought time with friends, Friday night dances, and the approach of the Bloomsburg Fair, with its delicious week-long school vacation. On a freezing November night in the fall of 1996, my senior year, when Central's season ended with a bitter defeat at Mount Carmel's Silver Bowl, I cried, mostly because all the other seniors were crying too. I attended Smith College, which had no football team. I worked at two newspapers, one in South Carolina, the other in New Hampshire, that covered sports heavily without picking up much more than a cultural affinity for the Boston Red Sox.

**T**hen came New Orleans. Tired of journalism, I moved here in the spring of 2007 to become a teacher. Hurricane Katrina had hit less than two years earlier. Whole neighborhoods lay abandoned; crime and corruption were rampant, and many citizens were losing faith in a rapid recovery. I had only brief flashbacks to the floods that tried to destroy northeastern Pennsylvania, but there was no comparison. I hadn't been alive when the 1972 flood caused by Hurricane Agnes tried to destroy Wilkes-Barre and other communities along the Susquehanna

River; and I knew of Katrina only because of the heavy media coverage. That would change my first week in New Orleans.

My students were angry and depressed, and they had problems concentrating. But I soon learned that New Orleans is a city that celebrates. There were music festivals. There were fairs devoted to oranges, po-boy sandwiches, and an odd little vegetable called the mirliton. There were the parades of Carnival season, which began on Twelfth Night and continued until Mardi Gras.

**A**nd there were the Saints. Lawns throughout town sported black-and-gold flags and "Who Dat!" signs. The fleur-de-lis—a symbol of the Saints, but more broadly, of the city as a whole—graced cars, T-shirts, and biceps. In my first-day-of-school survey, I found that the highest aspiration of every one of my sixth-grade boys was to play for his hometown football team. While the word "Superdome" still awakened in most Americans the dark memories of thousands of people stranded there during and after Katrina, the team's return in September 2006 had rehabilitated the arena in the eyes of New Orleanians. Since the storm, the Saints had sold out of season tickets every year. That they had barely had a decent season since their founding in 1967 didn't matter; the city believed that, soon enough, they would.

The dream season arrived last fall. The Saints won. And won. And won some more. "Did you see the game?" my students asked me anxiously on Monday mornings. Usually I had not. But soon our school was relaxing the uniform code enough to declare black-



stepped outside, we could hear the entire city screaming. **ation here is just a party anymore; they were screams of release.** ”

and-gold days before big games, and I was writing “Geaux Saints!” as the kids’ homework on Friday afternoons. A few days after the Saints beat the Vikings to win the NFC championship, I bought the only sports-related shirt I have ever purchased: a T-shirt showing Max and two of the monsters from the children’s book *Where the Wild Things Are*, all decked out in Saints colors and fleurs-de-lis.

In the two weeks before the game, the city lived in a perpetual state of excitement. The *Times-Picayune’s* website compiled a list of songs about the Saints that included more than 80 recordings. In tribute to Buddy Diliberto, a deceased local sportscaster who had declared that if the Saints ever made it to the Super Bowl he would put on a dress and dance in the streets, thousands of men did just that, parading in their skirts from the Superdome to the French Quarter on a sunny Sunday morning. On the Friday afternoon before the game, the principal of my school stopped classes 20 minutes early so that students could enjoy a second-line parade through our hallways, led by the school jazz band playing a bright Dixieland rendition of “When the Saints Go Marching In,” and followed by cheerleaders and other enthusiastic students exchanging ‘Who-Dats’ with every passer-by. The only other time we interrupted class for that long was when it snowed, so that the kids could go outside and experience this unusual weather phenomenon.

In the Mystic Krewe of Barkus, the city’s only all-dog Carnival parade, which I watched march in the French Quarter a few hours before kickoff, almost all the canine krewe members were wearing black and gold, as were most of their human “guests.”

I watched the Super Bowl in a little bar in the French Quarter where a friend of mine was working. Although it wasn’t a sports bar, the staff had set up a



*After working as a reporter on two newspapers, Elizabeth Walters moved to New Orleans to teach in a school with students who are still recovering from the effects of Hurricane Katrina.*

projector on the bar and a six-foot screen along one wall, and the place was full of Saints fans. The patrons cheered when anything remotely positive happened and stayed optimistic at halftime when the score was still in the Colts’ favor. The onside kick to start the second half had everyone screaming, and once Tracy Porter caught an interception with three minutes left, giving the Saints a two-touchdown lead, things really got crazy. People laughed. People cried. I broke countless laws of English grammar and pronunciation to join in the chant, “Who dat! Who dat! Who dat say dey gonna beat dem Saints?”

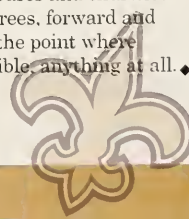
“They can’t talk about New Orleans anymore!” yelled one guy at the bar. “They can’t call us Katrina Town, because we are the champions of the world!”

As the final seconds ticked down and we stepped outside, we could hear the entire city screaming. The screams were not just sounds of celebration, just as no celebration here is just a party anymore; they were screams of release. They were the sounds of more than four years of a struggle to remember and to forget and to create something new when nothing has been left. They were the sounds of joy issuing forth from broken houses and broken families

and broken hearts, all shouting, with one mind, the simple affirmation of the word “Yes!” We were no longer just citizens of one of America’s worst national disasters. We were, indeed, the champions of the world.

The party didn’t end that night. Two days after the game, there was the Saints victory parade—or as it was quickly dubbed here, Lombardi Gras—during which an estimated 800,000 people, including myself, clogged the downtown streets to cheer the team as they paraded on a procession of floats borrowed from the area’s biggest Carnival krewe. On the Sunday before Mardi Gras, quarterback Drew Brees reigned as Bacchus in the Krewe of Bacchus parade, and he brought the entire offensive line along for the ride. The next evening, head coach Sean Payton rode as one of the celebrity monarchs of the Orpheus parade. At both parades—at every parade this Mardi Gras—Saints jerseys outnumbered regular outerwear.

Ash Wednesday is the only time of year that the parties stop in New Orleans; Mardi Gras ends promptly at midnight the day before. I spent the day at a museum with a college friend visiting from out of town, not wanting the celebrations to be over. Eventually, it was time to go home, and we got on the St. Charles Avenue streetcar. Halfway uptown, it was time for my friend to get off. I gave her a hug, and as the streetcar pulled away I watched her through the rear window, a receding figure in a bright red coat, until the track turned and she disappeared from view. The workday traffic surged around us as the car rocked from side to side. We raced farther down the line, through dappled sunshine and oak tree shadows, past houses and churches and bead-laced trees, forward and forward toward the point where anything is possible, anything at all. ♦



# A Local Flavor

*Pennsylvania uncorks its potential  
for a sweeter tasting wine.*

BY KIMBERLEE COURTNEY | PHOTOS BY MEGAN ANGSTADT

**A** decade ago, when Karl and Carolyn Zimmerman decided to transform 65 acres of their 200-acre farm into a vineyard, their relatives and neighbors thought they were crazy. Today, their vineyard is one of more than 120 wineries throughout Pennsylvania—a state better known for its chocolate and coal mines than its production of fine wine.

This year, the wineries in Pennsylvania will produce over one million gallons, making it the seventh largest wine producer in the nation, according to Jennifer Eckinger, executive director for the Pennsylvania Wine Association. “We’re seeing wineries open up all over Pennsylvania,” she says, noting that there were only 64 wineries in 2000.

The Zimmerman family, which owns Shade Mountain Vineyards and Winery in Middleburg, has experienced this growth firsthand. In its first full year, the winery produced 3,000 gallons; This year, it will produce 28,000 gallons, says Carolyn Zimmerman. That number was far from their imaginations 16 years ago when Karl Zimmerman first had the idea to plant grapes on their home farm, located three miles east of Middleburg. "My dad had his own test plot," says their daughter Jennifer Zimmerman, "he found out that grapes grow well here in our climate and soils, and found southeast exposure on the hillsides we have here." That three acre test plot led to the 65-acre vineyard the Zimmermans own today, where they grow more than 30 different varieties of wine grapes.

"Viticulturally, Pennsylvania has a lot of

potential because of its location," says Mark Chien, statewide viticulture educator for the Penn State Cooperative Extension. "A wide range of grape varieties grow well here," he says, noting, "We have highly distinctive and variable types of soil in Pennsylvania." The shale foot slopes and limestone valleys across the state provide adequate rock content to the soils, promoting drainage, one of the two main soil characteristics for grapes, according to Chien. The other element is a low to moderate nutrient content, which according to Chien, is marked in areas that produce apples and peaches because they prefer that same soils as grapes. "There have been instances where wineries are opening up in what used to be apple orchards," says Eckinger.



graphics by Marc Angstadt



“they’ve replanted vines and now they’re a vineyard and winery.”

In addition to soil, the state’s broad climate range also plays an important role in wine grape agriculture. In the southeastern portion of the state, it’s a warmer zone, so some of the wineries in that area tend to specialize in vinifera grapes, says Eckinger. Vinifera are the noble European grapes commonly associated with wine, such as Merlot, Pinot Grigio, and Cabernet Sauvignon. According to Chien, in order to grow the European vinifera grapes, the temperature shouldn’t dip much below zero because the buds will freeze and kill the vine.

“We have to plant grapes here that are winter hardy and can handle the colder temperatures,” says Carolyn Zimmerman. “the European varieties have to be grafted to American rootstock so that they’re more impervious to the climate and diseases.” The primary reason for grafting vinifera is because of phylloxera, an insect native to the eastern U.S. that feeds on the roots

and leaves of grapevines and causes fungal infections. The European varieties are highly susceptible to phylloxera; if it gets on their roots it will kill the crop. Since most native grapes are resistant to phylloxera, their rootstock is used to immunize vinifera grapes to the insect so that they can produce a crop.

The vinifera grapes grown in the vineyards at Shade Mountain Winery include Merlot, Chardonnay, Pinot Noir, Riesling, Cabernet Sauvignon, Viognier, Pinot Grigio, Cabernet Franc, and Syrah (Shiraz). However, there are a few varieties, such as a Zinfandel, that the Zimmermans can’t grow because “we don’t have a long enough growing season,” says Carolyn Zimmerman.

The shorter growing season experienced on the east coast, as well as the wet and humid climate, all present a challenge for local wine grape growers. “It’s unfortunate that we have a wet and humid climate, which is conducive to diseases,” says Chien, “that’s just something we have to deal with.” While drainage

characteristics in the soil help relieve the presence of water, periods of heavy rainfall and flooding are common in the area, which promote the onset of mildew and disease. “We have to spray for fungus and mold during a wet season,” says Zimmerman. “dampness will encourage all the molds.”

Rain isn’t only a problem during the growing season; “Hurricanes around the harvest season can be a nuisance,” says Chien, “water is the enemy of good wine.” The unpredictable presence of rain during the harvest season creates a dilemma for grape growers. “In dry areas, like California and Australia, they irrigate everything, so they have a choice of when they put the water on,” says Chien, “we don’t—Mother Nature decides that for us—which makes it a lot more challenging.” Growers must decide whether to risk the chance of rain and wait a few days to harvest a crop so that it can fully ripen, or to play it safe and harvest the crop early, knowing the fruit will not be its sweetest.



Despite the obstacles caused by climate, a broad assortment of wine grapes can be grown in Pennsylvania. "Diversity is a strength that wineries have in Pennsylvania," says Eckinger. According to Chien, the state actually has a greater diversity of wine grapes than California. "We grow varieties like Concord and Niagara, which they don't," he says. In addition to grapes native to the eastern U.S., the state also grows European hybrids that are unknown on the west coast. "Our Chambourcin, which produces a very nice, robust, full-bodied red wine, grows very well here, and that's one that people who are used to drinking California wine have never heard of," says Jennifer Zimmerman. "It could rival a red Zinfandel on the west coast."

Chambourcin is a French hybrid grape that flourishes in Pennsylvania's terrain; the climate and soil conditions which impart characteristics into the fruit. "The intriguing part of wine for most consumers is that the wine from Europe, even from the same varieties, will taste different from the wine in Pennsylvania and the wine in California or Australia," says Chien. The difference between California and Pennsylvania is that California is an arid, or dry, region that experiences lots of sunshine, whereas Pennsylvania has a wetter environment with diffused light because of cloud cover and humidity. "It just makes a different style wine," says Chien. Wine produced in Pennsylvania tends to be lighter in style and not as concentrated and heavy as wine from California. It is also very complementary of foods and has a sweeter taste, says Chien.

"People were a little shocked 10 years ago when we opened a winery in Central Pennsylvania," says Carolyn Zimmerman, adding that even their family members

didn't think they would do well. "I knew the wine tasted good and we really believed in it," she says. When their winery opened in 1999, it was one of only 60 wineries in the state. The first year it was open, Carolyn was the only one who worked at the winery, while her husband Karl and a few hired friends managed the crops and wine. "Now we've got about four or five people behind the counter," says Carolyn Zimmerman, who handles the retail aspect of the family business. Her two sons, Bill and Ben Zimmerman, manage the vineyards and wine making along with her husband Karl, while her two daughters, Jennifer and Amy, operate the satellite stores in Bloomsburg and Northumberland.

In 2001, Pennsylvania wine finally gained recognition for its quality taste when French Creek Ridge, a small winery in Chester County, was awarded a gold medal from the prestigious French wine competition, *Vinalies Internationales*, for its 1997 Blanc de Blancs sparkling wine. Since then, Pennsylvania wine has continued to receive awards on both local and international levels, proving the state's ability to produce quality wine. Last year, Shade Mountain winery won six awards from the Pennsylvania Farm Show competition, with the most notable being "Best Vinifera" for its 2006 Lemberger wine.

The Zimmermans' success, along with the success of the state's entire wine industry, is related not only to the wine itself, but also to the increased interest and awareness of the local industry.

There is a winery within a 45-minute drive from anywhere in the state, and with the opening of more wineries over the year, that amount of time has probably decreased. "The overall awareness that people have now, that wine is here and that wine is in Pennsylvania and can be grown, has really helped us," says Jennifer Zimmerman.

That same awareness has also helped wineries become part of the two biggest industries in Pennsylvania: agriculture and tourism. "We welcome over a million visitors to our wineries and tasting rooms throughout the year," says Eckinger. "we truly are an attraction on our own." The state currently has 11 wine trails, each consisting of six



Left: Harsh winters and a shorter growing season present a challenge for grape cultivation in Pennsylvania.

Right: Jennifer Zimmerman selects a bottle of Pinot Gris for Phil Keating, a regular customer at the Shade Mountain Store on Main Street in Bloomsburg.

or more wineries, which people can travel in order to get a taste of the region, says Eckinger.

March has been designated wine trail month, and every weekend the wineries along the trails feature food and wine pairings, along with entertainment. "It's kind of a fun thing for people to do," says Jennifer Zimmerman, noting that if they visit each winery within the month, their tickets get entered into a raffle for prizes. Shade Mountain Vineyards and Winery is part of the Susquehanna Heartland wine trail, which includes the five other wineries throughout the region: Benigna's Creek (Klingerstown), Brookmere Winery and Vineyard Inn (Belleville), Hunter's Valley Winery (Liverpool), Mount Nittany Vineyard and Winery (Centre Hall), Seven Mountains Wine Cellars (Spring Mills), and Spyglass Ridge Winery (Sunbury).

Shade Mountain Winery also hosts several of its own events throughout the year, including a clambake in May and a harvest festival the second weekend in October, which includes horse-drawn carriage rides through the vineyards, wine tasting, live entertainment, and several food vendors. The main attraction of the harvest festival, however, is the grape stomping. "We have a vat that we created, and we dump a bunch of grapes into the vat, and people kind of do the 'I Love Lucy' grape stomping," says Jennifer Zimmerman, "people really enjoy it."

Pennsylvania's wine industry earned about \$180 million from tourism expenditures in 2007, according to Eckinger. The industry's growing demand and increasing production have boosted the state's economic value from \$661 million in 2005, to \$2.35 billion in 2007, according to the PWA's 2009 Economic Impact Report. "Another economic driver for our wineries is that we help to create more than 10,500 full-time equivalent jobs," says Eckinger.

In spite of its gains, Pennsylvania's wine industry is not developing as fast as the nearby industries in New York, Maryland, and New Jersey. "We lag behind in funding in comparison to other states," says Eckinger. In order to help

Pennsylvania's wine industry flourish, the Pennsylvania Wine Industry and the Pennsylvania Association of Winegrowers proposed *Vintage 2010*, a five-year plan to double the industry's impact. "We looked at the potential growth of our industry, where we would like to grow and what we would like to have put in place as the industry grows," says Eckinger.

The two main areas of expansion are research and education. The goal of the wine industry is to improve research in the grape growing and wine making techniques relevant to the diverse regions of the state, and expand educational services throughout the state. "Farming high quality wine grapes is all about knowledge, and the more you have, the better you can do it,"

says Chien. In addition to Chien's educational programs in crop management and pest control, the Penn State Cooperative Extension is adding an extension enologist who will help wine makers enhance the quality of their wine. Furthermore, Harrisburg Area Community College recently instituted a viticulture and enology certificate and associate's degree program. "That's an excellent opportunity to service the industry," says Chien, "Hopefully we'll get higher quality grapes and that will lead to production of better wine."

With more knowledge and information available to local wine makers, it is certain that Pennsylvania's wine industry will continue to grow, increasing the state's economic strength along with it—Cheers to that. ♦



## The Finer Details



## of Wine Making

### *Pennsylvanian Oak*

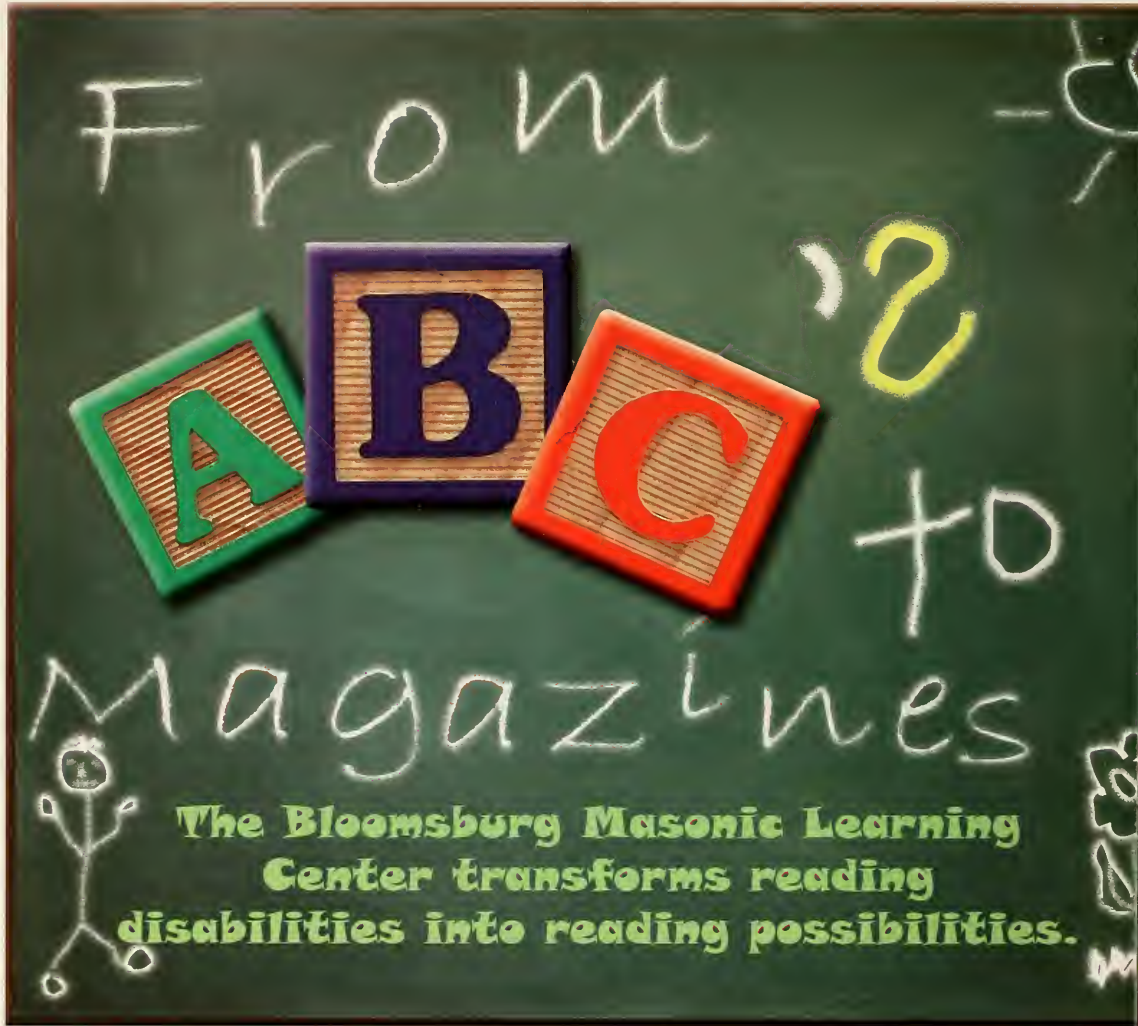
**T**he wine-making process begins after harvest season, which takes place between late August and early November. Once the grapes are brought in, they're pressed and put in holding tanks. Red grapes are put in holding tanks with their seeds and skins, which gives the wine its deep red color, as well as its health benefits. "They've had about two weeks of primary fermentation with their seeds and skins—where the nutrients are," says Carolyn, "that's why red wine is good for you."

White grapes are crushed and pressed right away and do not go through fermentation with their skins; however, in the case of blush wine, the skins are left in contact with the juice just long enough to reach the desired color. The wine is then stored in either oak barrels or stainless steel tanks until it is fermented and ready for bottling. "We bottle as needed," says Jennifer Zimmerman, "during the summer months our mint wine is very popular, so we'll have to do many bottlings of that."

The bottling process is done by hand, and takes about five hours to yield 50 to 60 cases. It takes at least four people to do it, says Zimmerman. The process begins by placing the wine in a holding tank, where it goes through filtration to ensure any residual pulp is removed. "There are hoses that will then put it through a more detailed, higher-end filter," says Zimmerman, noting that it takes a few filtrations to get the wine as clear as possible. "From there, it is placed in a container which has these little udders, as we call them, which you fit the bottle into and then it releases the wine into the bottle," she says. Once the bottle has been filled and removed from the machine, another person corks the bottle and puts a capsule on it. "We have a capsular, which is like a heat gun that shrinks the capsule onto the bottle," explains Zimmerman. Most of the bottles are sent through a machine to get labeled; however, their specialty labels are applied by hand, which takes three people to do, according to Zimmerman.



*Left to Right: Bottle filling machine; Labeling machine; and the Capsular machine*



**The Bloomsburg Masonic Learning Center transforms reading disabilities into reading possibilities.**

BY TIFFANY BELLUM

Josh Johnson sat on the couch in the Masonic Learning Center at Caldwell Consistory, holding a magazine and reading the words silently to himself. He understood what he was reading and needed as much help as any average fourth-grader might need. When his teacher walked over to take him back for his lesson, he looked at her and said, "Oh, I guess I'm not supposed to be reading." Three years ago, Josh wouldn't have even thought to pick up his own magazine and enjoy reading it. Three years ago reading was a challenge. Three years ago, Josh was diagnosed with dyslexia.

The Learning Center in Bloomsburg has 18 school-age students who are struggling with dyslexia. Josh Johnson has attended the Learning Center for three years. When his mother, Debbie Johnson, first brought

him to the Learning Center he didn't understand the concept of reading. "He didn't seem to understand what the alphabet was used for, so I started doing some research," says Johnson, "When he started second grade, I contacted Cathy."

Cathy Clements, director of the Learning Center, says parents have found the center through word-of-mouth. "When parents come in, I get a lot of tears. They are begging for me to help," says Clements.

Michele Hoch, a teacher at the Learning Center, has been working with Josh since his first day. "When Josh came in he didn't know letters, he didn't know sounds, and his reading level was very low," she says. After receiving help at the center, Josh began to learn how the concepts worked and he started to read. "He was becoming more excited about being here," says Hoch.



"From not recognizing letters or sounds, he now brings me books to read," she says.

Debbie Johnson watched her son's reading develop through the Orton-Gillingham program and the teachers at the Learning Center. "They definitely want your child to learn. It's not a show. They have helped him beyond anything I could have imagined," says Johnson.

Josh isn't alone in coping with his learning disability. According to The International Dyslexia Association, 15 to 20 percent of the population have a language-based learning disability. In 1925, psychologist Samuel Orton noticed a reading disability in one of his teenage clients. Orton began working with this client and in the same year published his first article on dyslexia.

He described dyslexia as a specific reading disability in which patients have "word blindness," or "strephosymbolia," meaning they would see twisted symbols instead of letters and words. "The children would say that the words were all twisted and their writing was twisted," says Clements. Dr. Sherilyn Bennett, assistant professor in the department

the university. If the Orton-Gillingham program is suggested for a child by the school or a specialist, the Masonic Lodge offers the program with trained volunteers. "There is usually a year-long waiting list," says Bennett, "I teach some of the methods to my graduate students for use in our assessment/intervention course, as well as practicum, if needed."

During the lessons at the Learning Center, the children are encouraged to tap their fingertips against their thumb and count the syllables while they trace the letters with their fingers on the paper to help them recognize the word. "The Orton-Gillingham program had everything in place as far as materials. They did what is called multi-sensory training, which is teaching to all the modalities of learning, including visual, auditory and tactile," says Clements.

The Masonic Lodge found the Orton-Gillingham theory and began setting up Learning Centers to help children with dyslexia. Since then, the Masons have opened 55 Learning Centers throughout 15 states in order to help the children struggling with dyslexia. The Bloomsburg Lodge opened its center in 1999.

When Josh started at the Learning Center, his mother believed the program wasn't working. "At first, I was a little leery of it because he wasn't progressing at school, but after he had been here a few months I could see a change," says Johnson. After a few months, Johnson began seeing a change in Josh's reading abilities, and now recommends the Orton-Gillingham program to children who are struggling with their reading concepts.

Sometimes the concepts the children learn from the program take a few months or even a few years to make sense in the children's mind. This can create frustration for both the children and their parents. "Sometimes it doesn't become automatic to the children until they finish their third year," says Clements. "They go to bed one night and they wake up the next morning and say, 'Oh my gosh, I'm getting it.'" Dr. John Kurelja, curriculum coordinator at Central Columbia Area School District, finds the Orton-Gillingham program valuable even if the learning process takes longer than expected. "I know that when kids are struggling with reading, and my son was in this category at one point, it impacts everything else on their whole view of education," he says.

After realizing his own child was growing up with a disability, Kurelja began encouraging strong parenting and any programs that will help the child succeed. If children don't view themselves as strong students, affecting their feelings about self-efficacy, they won't try. "The kids who are in class and don't try are the ones that get in trouble. The ones that get in trouble and don't do well in school are the ones who tend to drop out as they get older," says Kurelja.

Shelly Wise faced the same battle as the Kureljas with her daughter, Bryanna. "Bryanna had issues ever since she was in kindergarten, but the Learning Center would not officially test her for a learning disability until she was 8," says Wise. It wasn't until Bryanna was in second grade that she was finally tested and diagnosed with dyslexia. Bryanna also has ADHD and anxiety issues,

2  
4  
3



of Exceptionality  
Programs/Reading at

Bloomsburg University, is the only graduate reading professor at the university who is knowledgeable about the Orton-Gillingham program, which combines hearing, feeling, seeing and the awareness of motion to make reading easier to grasp.

The program is not taught to students who are training to be elementary education teachers at



making it harder for her to focus on what she has to read. “We realized there was more to it than just ADHD. We also realized she has anxiety issues,” she says.

Wise learned about the Learning Center from Bryanna’s physician and called to schedule an appointment. “There were times when I went home and just cried my eyes out because I thought my daughter was never going to get the education that she needed. I didn’t know what she needed until I found this program,” says Wise.

Once Bryanna started attending the Learning Center, Wise saw results. “She was not able to take the Pennsylvania System of School Assessments. Most of the time, my daughter was below average; she could not even complete the testing,” she says. After her tutoring, however,

Bryanna completed the testing and got average scores on both math and reading. “I was blown away,” says Wise.

Bryanna is now in her second year at the Learning Center, and Wise has never found a program that worked like Orton–Gillingham. “For five years I was trying everything I could and this was the first thing that made a difference in my daughter’s life,” says Wise.

Wise is also satisfied with the time the teachers put into the program. “It impresses me how people want to take the time, especially Cathy (Clements), to help children that are in need with barely getting a penny for what they are doing.”

Clements spends more than 60 hours a week in the Learning Center, with 16 of them spent teaching children to understand the English language by examining every letter and sound. “We touch on the spelling rules and the handwriting,” she says. “We



teach them how to take the word apart and put it back together. We teach them fluency, comprehension. There’s just so much to work on.”

Lisa Keller, Title 1 reading teacher at Bloomsburg Area Middle School, finds most concepts she uses in her classroom relate to the Orton–Gillingham program. “The crux of Orton–Gillingham is that it is a multi-sensory approach,” says Keller. “Not only are you hearing but you’re seeing and you’re touching and you’re feeling. I do different types of things like that in my room because I know that the kids have different types of modalities that they learn in,” she says.

Keller uses a variety of different methods to help her students. “My curriculum is generated from the needs of my students,” she says. “Hopefully, I can get their weaknesses turned around into partial strengths or even full-fledged strengths, and then I will be meeting my standards.”

Keller saw the Orton–Gillingham approach work with one of her students, “I have one student who is in my class now who went through the Orton–Gillingham program and it was great. It helped him a lot. He even felt it helped him,” she says.

Keller believes that the multi-sensory approach used through the Orton–Gillingham theory is important for children who are struggling with reading. “Programs like Orton–Gillingham give the kids the tools they need,” she says. “When it comes to kids with dyslexia, research has shown that the more modalities that you can employ, the better off they are and the more lasting the learning,” says Keller.

The teachers and directors at the Learning Center have to attend 45 hours of classroom instruction and 100 hours of practice with the children under supervision just to qualify for the program. Most teachers who

“I went home and just cried my eyes out because I thought my daughter was never going to get the education that she needed.”

volunteer at the Learning Centers are retired teachers or have teaching degrees. The only requirement is that the volunteer has at least a bachelor's degree. More than 5,000 children have been treated for dyslexia in the 15 centers, and more than 750 volunteers have received a certification to teach and help these children. "It [Ortman-Gillingham] opens the doors to kids who never dreamed reading was possible," says Hoch.

Kurelja believes that the stronger the parents emphasize school, the better the child will be. "The parents who place a high emphasis on kids being successful in school tend to have the kids who have the highest achievements," he says. Kurelja also notices that the parents will contact the school and make sure their children receive the help that is needed. "They will also make sure they are following through on what the school is saying and will go back to the school if things aren't going well to get more help or to get their kid tested. That just tends to be how it works out," he says.

Wise watches her daughter's progression through the program at the Learning Center. "We actually sit down and read a book and it's not as frustrating as

before," she says, "I have learned to understand my daughter and it's not just what people are telling me."

Wise also attended classes and did research so that she could understand Bryanna better. "It's so easy to think that it's a behavior issue and sometimes, for parents, it's hard to sit down and take all that time," she says. "In reality, if we don't, it just makes them feel as more of a failure as a child. It might take them longer to read a book to you, but if you take that time it means the world to them and it makes them want to try more."

Wise says it's evident that each child has special talents. "These kids, some of them are geniuses in what they know how to do," she says. "You teach them something hands-on, you show them how to do it and they don't forget." Her daughter has loved art since she was able to hold a pencil or crayon. Art also allows Bryanna to connect with and enjoy the world. She points out Bryanna's artistic talent, mentioning, "she looks at a picture and 15 minutes later she has that picture drawn freehand," says Wise, noting that dyslexia may be a reading disability, but it doesn't define the children who are diagnosed with it. "There are other talents and this is what needs to be known," she says. ♦



photo by Alyssa Wernham



photo by Kristley Mascaro

Above: Bryanna Wise uses skills she learned from the Orton-Gillingham program to help her reading and writing.

Upper Right: Michelle Hoch and Josh Johnson tap out the syllables to help him spell difficult words.

Right: Breaking down syllables helps Josh Johnson with pronunciation.

Opposite page: (Top Left) Tutor Michelle Hoch and her student, Josh Johnson, practice tracing vowel sounds in sand, an activity which helps students learn and remember the sounds they make.

(Top Right) Using an index card helps Johnson to focus on a specific line and enhance his reading skills.



photo by Alyssa Wernham

# A New Moodle for Learning



STORY AND PHOTOS BY JOY SMITH

**I**n Danville, kids are logging on to link up when it comes to literature.

Call it a modern-day twist on book clubs; socially networked classrooms create a forum for everyone to have a voice in the discussion—without actually saying a word.

The glow of computer screens before them, students enter into discussion about novels they are reading for a Language Arts class. There is little vocal chatter, just the vigorous clipping of fingers on keys. The conversations are lively—sharing impressions of favorite characters from different books. Ideas are supported with

evidence from the texts, and a thoughtful digital discussion ensues. The teacher monitors from her work station, injecting reminders to students about correct grammar, missing punctuation marks, and also applauds them—all via posts—that their comments are well-supported and offer great insight into their reading.

The platform allowing for this laptop-to-laptop look at literature is Moodle. According to the company website, “Moodle is a course management system designed to help educators who want to create quality online courses. The software is used all over the world by universities, schools, companies and independent teachers.” Moodle is open and free to use.

With the help of Classrooms for the Future coach Charles Smargiassi, Moodle has been infused into the course structure at all levels in the Danville Area School District for the past four years.

Now serving as Danville Middle School principal, Smargiassi says Moodle has had a tremendous impact on learning and teaching styles. “One of the most important things it has done is extend the school day beyond seven-and-a-half hours,” says Smargiassi, because “it allows kids to learn whenever they want to.” User reports indicate students log in at all hours, posting comments at 4 a.m. and on Sunday afternoons, well beyond the scope of the normal school day.

For students inundated with



*Students are now experiencing classes online with the help of the program Moodle.*

social networking sites like Facebook, Twitter, and MySpace, communicating with fellow students and friends by short, cryptic messages and creatively arranged punctuation marks revealing mood is nothing new. This also holds true for text messaging. They have the opportunity to share their reflections and comments about their academics. "It's a very natural form of communication for them," says Smargiassi.

Education becomes more like life outside of school, explains 13-year-old Justin Phillips, a seventh-grader from Danville. "On Moodle you can communicate on the other people's posts that they make and you can do the same thing on MySpace and Facebook. You just put it on there

instead of talking," he says, noting that he enjoys reading what other people are saying.

"I think Moodle is an easier way for people to connect," adds 13-year-old Kendra Foust, Milton.

Faced with the task of reading a novel in literature circles—a format that allows for small groups of students to choose the same title of interest for discussion—Moodle allows the teachers and students to share commentary with more than just the students in one group

or class. "We can talk to somebody about the same topic even though we don't see them in the same class period," says 12-year-old Abby Drumheller, Danville. "Instead of just sitting down at a table and discussing things about our book, we can actually use technology and I think it's cool how technology is actually open for us to use for school work," she says.

Students begin by "registering" for a course created by their teacher. Moodle allows teachers to create general discussion boards, create questions, post expectations for responses, and attach websites and documents. Students can submit projects, access their assignment grades and can re-submit work that did not meet requirements, all with the click of a button.

Depending on the lesson objective, students can be grouped together by class or topic to achieve a teacher's desired result. "I love to see how other students respond to what they hear and learn," says Abbey Culver, 13, Danville, a seventh-grader. "It's a chance to see how other kids your same age think," she says.

The open discussion forum also bridges the gaps of differing class periods, thus broadening the conversation. "I can see what other people think about it who are not in the class," says Barron Williams, 12.

Danville, also a seventh-grader, who explains he would rather type than write his responses by hand. "It's easier and I could probably get it done faster," he says. Posting a general class discussion question allows students to respond on their own, while also permitting students to respond to each other's posts. "I think there are some kids who are quiet and don't say much," says Culver. "Moodle gives them the chance to say what they think without being in front of a live audience."

While the language arts classroom and book discussions easily lend themselves to conversations on Moodle, the program has been used in Family and Consumer Science as well as social studies classes.

Nancy Whelan doesn't use a

textbook to teach her middle school sections of Family and Consumer Science. Instead, she uses Moodle to post directions for assignments, electronic submission of projects and even uses SurveyMonkey to elicit feedback from her students.

At the high school level, students use Moodle to collect homework assignments, view project expectations, as well as document attachments and links to websites. "I really like having students participate in discussion forums in Moodle," says Annick Helbig, English teacher at Danville High School. "I have used forums to discuss speeches in *Hamlet*, to have conversations about Emily Dickinson's poetry, and to consider racial issues before reading the novel *Whale Talk*," she says. Helbig believes the significance of virtual discussions is that each student must participate and points out that the mode of expression is more casual. "The pressures of classroom discussion are lessened somewhat by their ease with social networking sites like Facebook and MySpace," she says.

If they're not Moodleing, students are linking up in other ways, thanks to their easy access to technology. On a recent trip to a basketball tournament, seventh grader Kylie Edwards explains how she texted a friend riding in another vehicle, discussing questions about the book they are reading in class. "I'd text her and she'd text back and we'd talk about it," says Edwards, "it makes it easier to communicate with other students and peers. It's a lot easier than talking on the phone. It gives you time to read parts of the book."

Taking the discussion "on the road" works for the school librarian too. Students share their views about books via Podcasts that other students can listen to. With the help of Glogster, Stephanie Brame, the Danville Middle School librarian, was able to create a more inviting

## “The pressure of classroom discussion are lessened somewhat by their ease with social networking sites.”

library website for her students. "Book selection in the library becomes more interactive," explains Brame, "instead of relying only on professional resources, I'm able to hear right from the kids in a virtual environment."

Moodle also extends the research lesson, Brame says, pointing out that students are able to reflect on the research they're doing, "giving them an opportunity to really think about their learning." As a teacher, she says she's able to review those reflections and see how her lesson is meeting their needs.

Within this socially networked environment, there is sometimes a clash between student texting abbreviations and teacher expectations for writing. "When they were doing their research reflections there was a learning

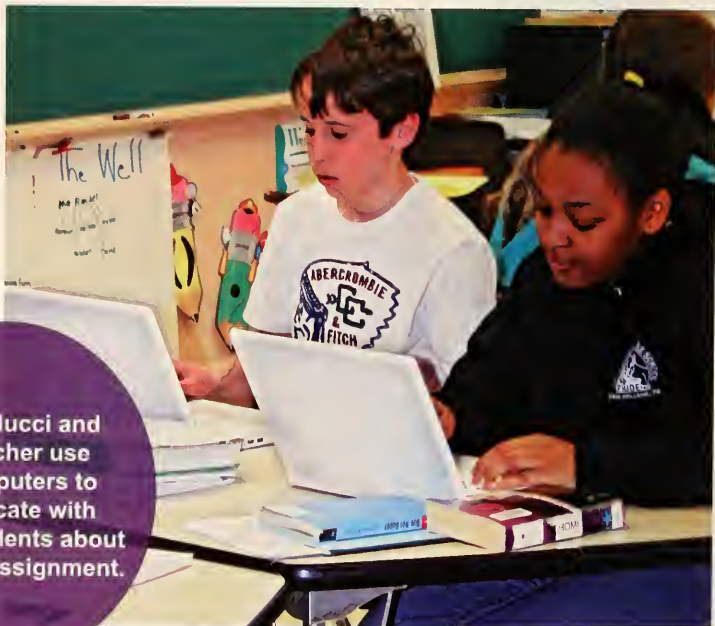
curve," says Brame. "While this in an online environment, those [grammar] rules still apply," she says.

Students struggle with defining the line between getting their thoughts out with their usual speed and getting things written correctly by teacher

standards. "They don't even realize they're abbreviating their words," says Brame.

"I do monitor carefully what students post in my forums. They must use standard English when they write," adds Helbig. "I also go over forum etiquette before we begin using forums. I have asked students to rewrite posts that were offensive or 'named names,' she says. She encountered this situation most recently in posts about racism.

Ultimately, social networking opportunities have changed the face of teaching and learning. Tapping into the communication modes of students surrounded by technology foreign to classrooms years ago has opened up a new forum for discussion. All they need to do is link up and log on. ♦



Joe Gentilucci and Skylar Archer use their computers to communicate with other students about a recent assignment.

# Poems and Percussion

BY ANDREA KEITER

Growing up in Miami, Dr. Michael Stephans taught himself how to play a jazz drum set at the age of 13, never knowing it would lead him to the opportunity to work and perform with musical legends the Rolling Stones, David Bowie, Natalie Cole, Shirley Maclaine, and Cher.

In 1976, Stephans moved to Los Angeles, and in 1979, he was playing on stage with the Rolling Stones. "I was playing with a Brazilian band at the time and was one of the few Americans in L.A. who could play Brazilian music," says Stephans. "they were looking for some percussionists to play a jam warm-up every night, so I got to play with the Rolling Stones, and they were the nicest guys."

Stephans' roots in jazz music helped further his musical career. He has played with Dave Liebman, who played the saxophone on Stephans' first solo CD, *OM/shalOM*. After meeting a music editor for CBS, Stephans became involved in doing music for television commercials, TV shows and soundtracks.

Stephans received his master's degree in education from the University of Miami, and continued his education, receiving his Ph.D. in education from the University of Maryland a few years later. Stephans also has a master's degree in English, which he received from California State University, Northridge.

Los Angeles was also where Stephans found his love of teaching. He was a professor at UCLA, and also taught at Woodbury University and Pasadena City College for 16 years.

When describing a professor in the mathematics, computer science and statistics department of a university, traveling musician and published poet are not résumé listings that normally come to mind. Stephans, currently

assistant professor of technical writing at Bloomsburg University, is still a humble jack-of-all-trades. "I only consider myself to be an expert in one of the areas," he says.

Which area, however,

is hard to distinguish after reviewing his many works.

In 1997, *The Color of Stones*, Stephans' collection of poems and short fiction, was released. For his books of poetry, Stephans has been honored with a Conejo poetry award and a Red Dancefloor Press award, which was given during an L.A.-based poetry festival. He has also been nominated for a Pushcart Prize for his prose poem, "Circle Game."

Stephans grew tired of the L.A. scene in 2006. "I was burned out from all of the studio work," he says. In July 2006, Stephans moved to Stroudsburg, where he currently resides. "I wanted to change my life completely," he says. "being so close to New York City, I can go in for the day to feel the energy and come home to my two-acre house in the woods."

After living in the area for awhile, Stephans is finally getting the recognition he deserves. "People in New York City are starting to know who I am," says Stephans. "The same held true in L.A. I never thought of myself as a famous musician," he says.

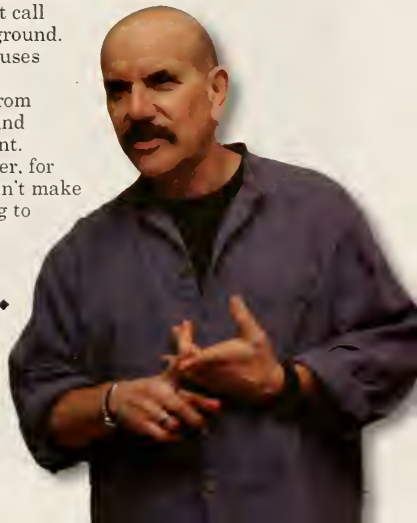
The question that remains is why someone would give up the touring lifestyle, playing at White House events and movie stars' homes, to become a college professor in Pennsylvania. "I did everything you could do musically in L.A.," says Stephans. "So I left all of the limos there, and the traffic, and the smog and the earthquakes. When I got off touring, I realized that my daughters needed a dad," he says.

Currently, Stephans is a member of four different bands. Two of them, Spatial Edition and Trio Frio, are his own bands. "We play stream of consciousness, anything from jazz to rock to blues," he says.

Despite his musical success, he returns daily to his love of teaching. "Teaching is like performing, in that you are trying to reach people in both," he says.

Stephans wishes he could incorporate music into his lesson plans; however, his teaching gig doesn't call for a musical background. Even so, Stephans uses current technology that is important from both an academic and a musical standpoint. "During bad weather, for example, when I can't make it from Stroudsburg to Bloomsburg, I will record podcasts of my lectures for students," he says. ♦

[For more information, visit his website [www.michaelstephans.com](http://www.michaelstephans.com)]



# Higher

Adderall is the “study drug” that students believe they need to extend their energy. But, it comes with a *high* price.



Photo by Kristey Mascaro



# Learning

BY MARQUIS WINCE



She was constantly doing something, whether it was twirling the end of her hair or tapping her yellow magic marker in her Ecology textbook. The gum in her mouth had to have disintegrated; she chewed it so fast that by the time she finished her first five pages of notes she needed another one.

"We all took Ritalin before we got here because everyone is saving their Adderall for next week," says Liz, a sophomore at Bloomsburg University. She doesn't want her full name listed because possession or use of Adderall without a prescription is a felony. "Our roommate has a prescription but she won't sell any until finals week because she knows she can charge double," she says.

While most students are "cramming" before a test, those who don't have the energy or attention span to do that use Adderall or "Addy" as students normally call it. The days when students studied notes and read moderately throughout the week are long gone. Not even a Grande Espresso can satisfy the easily distractible minds of today's multi-tasking MTV generation. For many, their days consist of exercise, party planning, work, "pre-gaming," class, binge drinking, and homework; finding time to study with such a rigorous schedule can be difficult.

What students call a "study drug," like Ritalin and Adderall, scientists refer to as a cognitive enhancer. This is a drug typically used to treat Attention Deficit Hyperactivity Disorder (ADHD), but for students seeking an edge, it helps focus their energy and ability to concentrate at a much higher level than normal. According to the Partnership for Drug Free America, one out of every five persons ages 12 to 17 has experimented with Adderall and other prescription drugs; 30 percent admitted they had a close friend with a prescription.

"I first took it my freshman year in college when I had a 10 page paper due the next day; I took it without knowing the dosage and I was up for 15 hours straight," says Liz, the BU sophomore who is a non-prescribed user. "I was only focused on my work," she says. "I finished the whole paper in about two or three hours. After that, I cleaned and organized everything in my entire room."

Most college freshmen hear about the drug before they know where the library is, and many are even aware of it in high school. Scientists have labeled Adderall the most popular drug on campuses today. Adderall is a chemical combination of amphetamine and dextroamphetamine; all amphetamines have essentially the same properties including methamphetamine, and even the most experienced users may not feel the difference.

Adderall was introduced in 1996 as a multi-dose, instant-release tablet derived from a similar formula used for Obetrol, a diet pill. This explains why students who take the drug often experience a decrease in appetite while their

## 'Can't pass without it!'

heart rate increases, causing them to live off of just fluids for several hours. Adderall is a psychostimulant that increases alertness and cognitive performance while decreasing user fatigue, qualities that would be most desired by ADHD patients as well as college students.

"There are certain symptoms that meet the criteria in the psychiatric manual that we follow to determine if a patient has ADHD," says Dr. Robert Meloy, an internal medicine physician in Bloomsburg. "Diagnosis is usually made in younger pediatric children; however, there has been a trend in my practice where I do see older adolescent and college students asking for the Adderall," Meloy says.

When left untreated, ADHD can be detrimental to one's social life, class performance, and ability to complete tasks in the work place. However, just about anyone who claims to have trouble concentrating or often falls asleep throughout the day can be prescribed Adderall. It is being prescribed at such a high rate that Adderall is becoming as common as most over the counter drugs. Nearly 11 million prescriptions for amphetamine products were dispensed in 2009; 5.3 million of those were for Adderall, according to IMS Health, a health care information and consulting company.

"My doctor ran a couple of tests on me and came to the conclusion that I had Attention Deficit Disorder (ADD) and prescribed me with Adderall," says Paige, a sophomore at Bloomsburg University. Paige was prescribed Adderall as a senior in high school; she doesn't think she actually has ADD but still takes Adderall because it helps her focus. She believes anyone could find out the symptoms of ADD then tell a doctor they have them in order to get a prescription. Dr. Meloy is conservative with the disposition of

Adderall and takes an alternative approach; he suggests his patients go for a psychologist or psychiatrist visit to evaluate them further before he makes a final determination.

"We have no way of knowing whether they are actually treating a disease or not," says Mark Powers, a pharmacist at CVS in Bloomsburg. "The doctors are in a tough spot too. How are they supposed to know if a patient is making up symptoms or taking it a step further by going through the actions typical to someone with ADHD?" he asks.

Among persons aged 18–22, full time college students were twice as

**"I usually buy them for \$3 a pill and sell them for \$7 each."**

likely to use Adderall non-medically in the past year as those who had not been in college at all or were only part-time students, according to Dawn Dearden, a spokesperson for the Drug Enforcement Administration. On college campuses, about a third of the Adderall comes from students who are prescribed it for their ADHD. Today, anyone can obtain Adderall with ease; it's as simple as tapping the student who sits in front of you and asking for it. "It's usually really easy to get, but during finals week you have to get it before it's all gone," says a sophomore chemistry major at Bloomsburg University. "My roommate has a prescription, so whenever she has extras she gives them to me," she says.

Adderall dealers are often students who usually buy a large number of pills from a prescribed user and

sell them back to people for double the price, sometimes even more. They can't make profit off of the pills until they are in their highest demand, so most dealers don't go into business until Finals Week. Without medical insurance a prescription of Adderall eXtended Release (XR) 25mg. capsules can cost up to \$180 for 30 capsules, but most physicians prescribe the generic Adderall Instant Release (IR) 10mg. tablets that cost about \$80 for 60 tablets. Because all college students are required to have health insurance, those with prescriptions are paying far less, therefore no matter what

the cost is they make a profit. "I usually buy them for \$3 a pill and sell them for \$7 each," says Shay, a former student at Bloomsburg University. "When the quantity is lower the demand is higher, so since everyone can't be prescribed to Adderall they will pay anything to get them," she explains.

The chemistry major says people usually get two pills for \$6, depending on the size and whether or not the pill is generic or Adderall XR. Although she takes Adderall specifically for studying and nothing else, she says she has come across students who would take it before drinking alcohol just because they liked the way it felt. She even recalls seeing a student pour out the inside of a capsule, crush it, and then snort the contents through his nose for quicker, more effective results; this particular method can make the drug more dangerous than cocaine. "I usually take one if I have a midterm, final, or a huge test coming up," she says. "I really don't like the feeling because it gives me anxiety, but I love how much I can get accomplished when I'm on it."

The most notable side effects of taking Adderall short term are the loss of appetite, increased heart rate,

## 'Can't pass without it!'

and restlessness. Other possible side effects include diarrhea, dizziness, vomiting, and dry mouth. Because Adderall is relatively new, the long term side effects are not fully known; however, reports have shown that over time chronic users may develop insomnia-like symptoms, as well as a significant loss in weight. People who take amphetamines have also been known to experience psychotic episodes, causing them to see hallucinations.

"Adderall is a stimulant; it can also make your blood pressure and heart rates go up, especially when combined with things such as soda and caffeinated beverages," says Dr. Meloy. "It can have the complete opposite and unintended effect when mixed with these, college age students often interact with drugs and alcohol so those factored in as well could be catastrophic."

If the drug is abused it can potentially be fatal. Studies have yet to prove the actual number of Adderall related deaths because most victims were using incorrectly or had history of abusing other drugs while on the medication. Deaths by Adderall have fallen out of the parameters of study; a majority of deaths were also linked with patients who had prior heart problems. According to the Drug Enforcement Administration, nearly 90 percent of full-time college students who used Adderall for nonmedical use in the past year also were binge alcohol drinkers, and more than half were heavy alcohol users.

Adderall is a Schedule II controlled substance. These are drugs that have potential of being highly abused and addictive. Other drugs found under the Schedule II category include cocaine and oxycontin. Adderall is

like any powerfully addictive drug because it increases the brain's chemical dopamine, according to Dr. Meloy. The rush of being able to breeze through notes and pull all-nighters contribute to its growing popularity. The more a person takes Adderall the more dependent they become; this results in them to taking higher doses at a higher rate. A person's psychological dependence on it can be so great that if they are craving Adderall but denied of it, they will panic.

"I can't imagine my life without taking it, there's no possible way I could make it through a college lifestyle," says Paige, the BU sophomore. "Whenever I'm coming down off it I get really angry, I have bad mood swings and headaches if I don't have it for a day."

It's not uncommon that patients need to take alternative drugs like Ambien or Lunesta to help them sleep after being on the medication for too long. Like athletes who use steroids for an advantage, there are similar risks that come with Adderall. Both can cause erectile disorder and sexual dysfunctions if taken in high doses over an extended time.

The debate continues on whether Adderall is a viable cognitive performance enhancement or outright cheating. Scientists and educators

stand on both sides of the fence; some believe that these drugs help to eliminate distractions resulting in more productive studying, while others realize that students are heading in the wrong direction and should seek a less dangerous route for aid in their education. "Even though stimulants and other cognitive enhancers are intended for legitimate clinical use, history predicts that greater availability will lead to an increase in diversion, misuse, and abuse," says Dr. Nora Volkow, director of the National Institute on Drug Abuse (NIDA).

Schools don't have a banned substance policy like most professional sports, so it's not a shock that students are finding ways to create shortcuts in the classroom. This self-proclaimed scholastic steroid of academia isn't against the rules like plagiarism or copying answers, further proving why its abundance on campus is kept so quiet by the students who don't want it taken away. Although Adderall abuse by college students is a serious cause for concern, the "study drug era" remains an accepted fad by today's youth. ♦



# Kelly Jameson



*She was an honors graduate who was later inducted into Bloomsburg University's Athletic Hall of Fame. She is now a senior editor for a major pharmaceutical company, a wife and mother—and the author of popular erotic suspense fiction.*

I dream about becoming a well-known author. About getting awards and that six-figure book advance and writing full-time, sitting in my studio at my computer, fuzzy slippers on my feet, lost in steamy, edgy fictional worlds of my own making, a hot cup of coffee on my desk, the snow falling in clumps on the bare trees outside, nudging away mundane worries and stresses. You have to be a little bit delusional, driven, obstinate, bullheaded, and a bit of a dreamer to succeed as a writer, to think you're going to win the publishing lottery.

Publishers notoriously reject almost everything they see. From hundreds, possibly thousands, of queries every month, each publisher invites only a handful of hopefuls to send in material. So rule number one: Don't think about the odds.

I had been carrying this dream to be a writer, a novelist, this love of story and language and textured words, around inside me since I was 5 years old. I was always writing. But I didn't get serious about finishing a novel until I was in my early 30s, had a baby, wasn't getting much sleep, and was working full time as an editor/copywriter for Merck, reading about things like osteoporosis and high cholesterol on a daily basis. I wrote my fiction during lunch breaks; I wrote things down at red lights while I sat in traffic; I wrote late at night or early

in the morning, or when my baby son was napping. I set small goals. First, 100 pages. Then 200. Then finish the novel. Don't think about the odds. Eat chocolate-covered espresso beans. Drink a lot of coffee. Entertain yourself while writing. Drink more coffee. Tell yourself that writing full time might just possibly be unromantic. That it might be unromantic not being able to pay the bills. Having the heat turned off. Not having health benefits. And, maybe, if I had all that time on my hands, I wouldn't budget my writing time as carefully as I do now. Maybe I'd sit around and watch too much "Mad Men" and "American Idol," and eat too many salt-and-vinegar potato chips.

Many famous writers worked other full-time jobs while they wrote, but they always found time for what they loved to do. Charles Bukowski worked for the Post Office. Stephen King taught in high school and wrote in the closet of his trailer. He also briefly worked at an industrial laundry. Dashiell Hammet was a private detective. John Steinbeck was an apprentice painter, surveyor, and fruit-picker; for a time, he was the watchman of a house in the High Sierras, where he wrote his first book, *Cup of Gold* (1929), which failed to earn the \$250 the publisher had given him in an advance. John Grisham was a lawyer. Patricia Cornwell worked for the Office of the

Chief Medical Examiner of Virginia, first as a technical writer and then as a computer analyst. She also volunteered with the Richmond Police Department. She wrote several novels that were rejected before the publication, in 1991, of her first major success, *Postmortem*.

Scott Adams (*Dilbert*) was an engineer for Bell Telephone. Alice Sebold worked a lot of different jobs in New York before she broke into the best-seller list with *The Lovely Bones*. Ken Bruen, who has won almost every major mystery award, worked as an English teacher in Africa, Japan, South East Asia and South America. "I spent years in the wilderness known as a cult writer, which means no sales," Bruen says. "Then *The Guards* broke through and it's been amazing ever since. With three movies complete and the fourth ready to go, he says he's "just so damn grateful." He adds, "And I'm proof of the adage—never give up, just keep writing despite everything."

In high school and between college semesters (I double majored in journalism and anthropology, worked for *Spectrum* and played four years of lacrosse) I worked my share of odd jobs too. I temped as a secretary, worked in a local soap factory, folded and re-folded way too many jeans at The Gap, and worked in a local food service disposables manufacturer of high quality, cost-competitive cutlery,



“Brilliant. A chilling erotic suspense that will send shivers down your spine. Sensuous, gripping tale of murder through the ages.  
— *Kat Martin, best-selling New York Times author*”

straws, stirrers and dining kits.

Finally, after years of rejections, I published my first novel, *Dead On*, when I was a bit more seasoned in life, in 2005. I set it in a real place—Doylestown, Pa. I knew the area. I went to high school in Doylestown. It's about a medical examiner being chased through time by the same killer. She has to use all of her forensic skills, as well as past life regression/hypnosis, to stop the killer. I got an unexpected film option out of a story that developed organically as I wrote it and also took me on a wild ride. The film option still opens doors for me when I query agents and publishers.

I continued the local theme with the recent release of my second novel *Shards of Summer*, set in Ocean City, N.J., a place where I spent many family vacations in the summer. My novella, *What Remained of Katrina*, tackles some heavy issues, but also contains dark, irreverent humor. It's about a woman who survives spousal abuse and an attempt on her life during Hurricane Katrina, who thinks she's Van Gogh reincarnated, and who is always trying to reconnect with her art. This time by painting beautiful murals over condemned houses that were spray painted by the government with red Xs to indicate how many dead were inside after the

storm. All they find of my character after the storm is her left hand. So she comes back to “haunt” her ex-husband but finds something else instead: hope.

I don't write prissy, contemporary suspense. I don't write about cats that solve murder mysteries while speaking fluent French. I don't censor my characters. I'm drawn to dark topics and flawed human characters. With my first two novels, there had to be swearing, sex, and more freedom, especially for my female characters because we all make assumptions about gender and sexuality and love.

I didn't set out to shake notions of suspense but I am drawn to writers who break rules and are different. Writers who blur the lines of different genres. My writing seems to come out of me in the same way. Each book you write is a kind of lottery. You don't know where it will lead you. That's part of the fun and the mystery. Any well-written book can be turned into a runaway commercial success on the

“*The Great Gatsby* for the beach generation.  
— *Ken Bruen, best-selling mystery writer*”

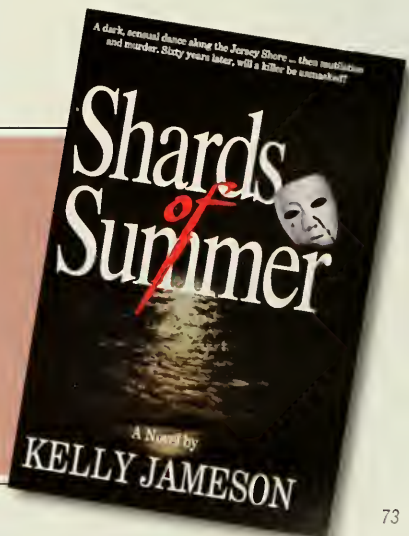
level of *The Lovely Bones*. It might happen to anyone. But nobody can explain it.

All I know is I can't stop writing. I have so many ideas. I'm an editor by day; I read about shingles, chickenpox, pneumococcal disease, and complicated infections. Sometimes I even proofread package inserts (prescribing information that comes with prescription medicine)

So I'm desperate to write fiction. It's how I try to make sense of the world.

In the dark places I go when I write, maybe it's a little about not letting the world violate me. Maybe it's a little bit about laughing at myself. Laughing at life. Laughing at the world. The world is a serious place.

To balance the serious side of myself, I also write literary erotic fiction and short stories about zombies. With the short form, I can practice dialogue and point-of-view and try different styles. I can also relieve the stress that causes me to eat too many sweets and drink buckets of coffee. I hope eventually to publish a collection of my stories, and am currently working on a quirky, irreverent zombie novel set in New Jersey. I might even give one of the zombies a nasty case of shingles. ♦



# Remembering Mitzi

BY RAMONA SHADLE

I did the hardest thing I've ever done in my life—to someone I loved dearly and who loved me unconditionally. I helped my precious Mitzi cross the Rainbow Bridge.

In December 2003, I adopted her from the SPCA. Mitzi had just been surrendered 20 minutes earlier. All they knew of her was that she was somewhere between six and ten years old, was not housebroken, and had a bad odor. The SPCA was about to close, so there wasn't time to do the paperwork. The first thing Monday morning, I was at the SPCA. It was instant love. She was not even seven pounds, skinny, and malnourished. But to me, she was beautiful as soon as I saw her.

Although she was listed as full bichon, she had a poodle face. After checking books, I realized there were bichons that looked just like she did.

When she was spayed the week after I adopted her, I learned from the veterinarian that her uterus was totally rotted. She may have been bred and bred until her body could no longer do it anymore, and the owners just threw her away because her usefulness to them was over.

I also learned from that first vet appointment that Mitzi's odor was because of ten abscessed teeth, possibly because of poor nutrition, certainly because she hadn't been cared for. Breeders often care more about the money and delivering puppies than about doing what is right. To many, the costs of proper nutrition, veterinarian care, special treats and toys, don't outweigh the profits from breeding puppies.

Six months later, Mitzi had five more teeth removed, and we had to have her treated for breast cancer, which she probably had when she was tossed out by her owners.

After six years, she still wasn't completely housebroken, but she had made progress. The doggie door helped, but now she had gone blind and got lost trying to find her way out. Once out, she couldn't get back in.

When I was keyed in to her behavior, or she got restless, it was a signal but often I just didn't realize what she was trying to tell me until she'd had an accident.

She had Cushings Disease, a malfunction of either the pituitary or/and adrenal glands, which compromised her immune system. She lost almost all of her hair,

was covered with spots and small tumors, and developed diabetes. Those two black button eyes that looked at me so adoringly were now sightless. Nevertheless, they still conveyed that love. Her tail, once curly and jauntily curled proudly over her back, was now hairless, almost opossum-like and firmly tucked between her legs.

Prednisone and myriad other drugs gave her strength, prolonging her life. Still, she soldiered on, and still loved going for walks.

I called her "My Tumor" because she loved being carried, held, and just being "with me." Such undeserved loyalty!

A few days before she died, she began having horrible dramatic seizures, nothing to compare to the ones she suffered a few months earlier. These were different. After they subsided, she cried for an hour. Was it pain, I wondered. She didn't want to be held; she just walked and walked.

Six years, one month and, literally, thousands of dollars later, I tearfully and painfully gave her the best, most loving gift I could give her: a release from her earthly life. The Bible tells us that because God loves us, "no good thing will He withhold," and so I believe my Mitzi will be waiting for me, young, peppy, healthy and beautiful again. Hopefully, she will have been relieved of all memory of the first few years of her life, but with remembrance of the happiness and love in her declining years. ♦



Voted "Best Pipe Shop" in  
Northeast Pennsylvania

- The Weekender

Mon. - Thurs.  
noon - 7 p.m.

Fri. - Sat.  
noon - 9 p.m.

Sunday  
noon - 4 p.m.

# VTOPIA

212 Iron St. (570) 416-0616

Bloomsburg, PA 17815



Mon. - Tues. 8:30-5  
Wed. - CLOSED  
Thurs. & Fri. 8:30-5

## Fisher's Barber Shop

(570) 784-9631

308 W. Main St.  
Bloomsburg, Pa. 17815  
(Chick Fisher, Proprietor)

A Tobacco Shop is Back in Bloomsburg!

# BLOOM TOBACCO

106 East Main Street

(570) 784-5230

Cigarettes Sold at State Minimum Prices

Premium cigars  
chew tobacco  
Phillies  
beverages

Dutch Master  
roll your own tobacco  
Swisher Sweet  
newspapers

lottery & more

Open Monday - Saturday 7 a.m. - 10 p.m.

Get your tobacco cheaper!

We accept all major credit cards



Your one-stop shopping experience  
on the campus of  
Bloomsburg University!

Inside you will find...

Textbooks - New and Used  
General Books  
School, Office, and Art Supplies  
Insignia Clothing and Gifts  
Convenience Foods and Drinks  
Personal Hygiene Items  
Magazines  
Phone Cards  
Computer Software & Supplies  
... and much more!!

### Hours of Operation

Regular Semester Hours

Mon.-Thurs. 7:45 a.m. - 8:00 p.m.  
Friday 7:45 a.m. - 4:30 p.m.  
Saturday 11:00 a.m. - 5:00 p.m.  
Sunday 12:00 p.m. - 4:30 p.m.

Summer Hours

Mon.-Fri. 8:00 a.m. - 4:30 p.m.  
Sat.-Sun. CLOSED

Shop Online!!

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



F.A.A. Approved Repair



Station No.  
JM2R930K

*We do Lycoming &  
Continental Overhauls*

Bloomsburg Municipal Airport  
301 Airport Road  
Bloomsburg, PA 17815-9512

**(570) 784-3070**

*Karl George, President*

Accessorize Your Life at the...  
**Little Shop Around the Corner**  
*A Consignment Boutique for  
You and Your Home*

Offering Designer Clothing, Jewelry,  
Home Furnishings, Décor & More

1028 Millville Road,  
Bloomsburg, Pa. 17815  
(570) 784-9534

**BUSINESS HOURS:**

Mon, Tues & Thur . . . . Chance or  
Appointment  
Wed . . . . . CLOSED  
Fri & Sat . . . . . 10:00 a.m. – 5:00 p.m.  
Sunday . . . . . Noon – 5:00 p.m.

and finish your shopping next door at  
**HOFFMAN'S ANTIQUES**

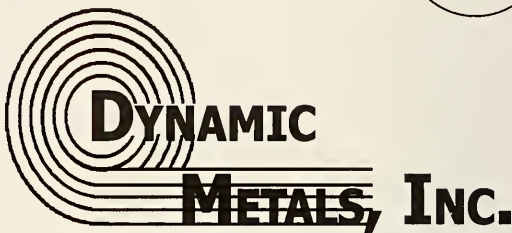
Where you will find an Awesome  
variety of "Treasures From The Past"



Present this ad for 10% off your Purchase.  
(Not including clearance merchandise)

# Specializing in:

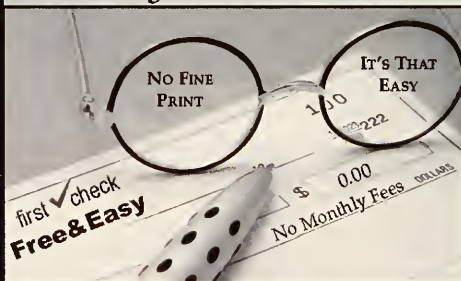
Coil Steel, Sheet Steel  
& Steel Tubing



PHONE: (908) 769-5111  
FAX: (908) 769-5057

1713 S. 2ND ST.  
PISCATAWAY, NJ 08854

## Friendly Faces You Know & Trust!



*Enjoy these great benefits:*

- \$ No monthly fees
- \$ No minimum monthly balance requirements
- \$ Free Online Banking
- \$ Free Bill Payment on personal accounts
- \$ Free Telephone Banking
- 24 hours-a-day
- \$ Free FirstCheck ATM Debit card
- \$ Quality Customer Service

\*Stop in or call your nearest First Columbia branch today for details.



(570) 784 - 1660

Member FDIC

Benton • Berwick • Bloomsburg • Buckhorn • Catawissa • Elysburg  
Hazle Township • Lightstreet • Millville • Orangeville • Scott Township • Wal-Mart

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





# Commercial Stainless

955 Patterson Drive  
Bloomsburg PA 17815  
(570) 387-8980

Manufacturer of food service equipment  
Authorized Corian And Zodiac fabricator  
Custom stainless and millwork fabrication  
NSF and UL listed

Now doing Granite, Quartz countertops for  
your home kitchen. Call us for a quote today.

## FANTASIES BY REBECCA



REBECCA  
ERMISCH  
DESIGNER

*The  
Costume  
Shop*

COSTUME DESIGN  
& RENTAL

55 EAST MAIN ST  
BLOOMSBURG  
(570) 784-4436

WWW.BLOOMSBURGCOSTUMESHOP.COM

## WILD FOR SALMON

SUSTAINABLE WILD ALASKAN SEAFOOD

Your source for  
Wild Alaskan Sockeye Salmon

DIRECT FROM THE FISHERMAN

Live Wild. Eat Wild.

75700  
Steve and Jenn Kurian  
(570) 387-0550

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

## Crossley's Automotive Machine Shop Service

*"For Quality  
Automotive  
Engine  
Machining."*

1455 State Route 487  
Orangeville, PA 17815  
(Lightstreet)  
(570) 784-1661

**Open 24  
hours**

**(570) 387-6183**

**725 Columbia Blvd.  
Bloomsburg**

**Pharmacy Hours**

Mon.- Fri. 9 a.m. - 9 p.m.

Saturday 9 a.m. - 6 p.m.

Sunday - CLOSED

**(570) 387-6264**



**Berrigans**  
**Subs**

Hot & Cold Subs • Salads • Sides  
Homemade Soups • Party Subs  
Open 7 Days A Week

142 E. Main St., Bloomsburg • (570) 784 - 4182

*Try us once... you'll keep coming back!*

*Get Your Fix at*

**GEORGE**  
*Automotive Services*



Where We Strive  
For Excellence  
In Customer Service & Repair

Brakes & Exhaust • Lifetime Brake Service On Pads Or Shoes  
PA State Inspection • Major And Minor Vehicle Repair  
Computer Diagnostics • Tune-Ups - Basic & Advanced  
Electrical Repair

**(570) 387-8788**

16 Wedgetown Road, Bloomsburg, PA

Located Just Off Route 42 Across From Back Entrance to Wal-Mart



## *Bloomsburg Behavioral Health Unit*

An inpatient psychiatric unit.

The behavioral health unit helps improve individual strengths and coping skills through comprehensive treatment in a caring environment.

- One-on-one patient counseling
- Quick, efficient admission process 24/7
- Liberal on-site smoking policy
- Relapse Prevention Team meetings
- High staff-to-client ratio
- Substance abuse education

**BLOOMSBURG HOSPITAL**  
*Bloomsburg Health System*

*For peace of mind.*

549 Fair Street • Bloomsburg • 570-387-2242 • [www.bloomhealth.net](http://www.bloomhealth.net)

# JCPenney



## OUR SHOPS

### Jewelry & Accessories

Gordon Jewelers ..... 387-8750  
 Piercing Pagoda ..... 387-8432  
 Chakra ..... 1-877-548-4435

### Cards, Books & Gifts

Hallmark Store ..... 387-8511

### Services

Pearle Vision ..... 387-1340  
 Sears Auto ..... 387-2592  
 Sears Optical ..... 784-1105  
 Sears Portrait Studio ..... 387-1324  
 M&T Bank

### Eats & Sweets

Gertrude Hawk ..... 784-4336  
 Haxhe's Pizza ..... 387-1358  
 Ric Dar Concessions

### Sports

Schuykill Valley Sports ..... 784-1482

### Specialty

Bath & Body Works ..... 387-0400  
 GameStop ..... 387-6976  
 Hallmark Store ..... 387-8511  
 Keyboard World ..... 380-8955  
 Chakra ..... 1-877-548-4435  
 Michelle Conner Photographer  
 ..... 784-7808  
 Evansgreen Limited ..... 387-8969  
 T&T Bargains

### Health & Beauty

Bath & Body Works ..... 387-0400  
 G.N.C. .... 784-3771  
 JCPenney Hair Salon ..... 389-1481  
 Master Cuts ..... 387-8833  
 Nail Glamour ..... 784-1856

### Woman's Apparel

Bon Ton ..... 784-7628  
 Christopher & Banks ..... 387-4950  
 JCPenney ..... 389-1481  
 Maurice's ..... 387-6842  
 Sears ..... 387-3512  
 Victoria's Secret ..... 387-6798

### Music & Electronics

GameStop ..... 387-6976  
 Keyboard World ..... 380-8955  
 Radio Shack ..... 387-1021  
 Sears ..... 387-2512

### Shoes

Bon Ton ..... 784-7628  
 Famous Footwear ..... 387-8500  
 JCPenney ..... 389-1481  
 Payless Shoes ..... 784-8566  
 Provost Shoes ..... 784-4645  
 Schuykill Valley Sports ... 784-1482  
 Sears ..... 387-2512

Jewelry & Accessories

Cards, Books & Gifts

Services

Eats & Sweets

Sports

Specialty

Department Stores

Health & Beauty

Woman's Apparel

Music & Electronics

Shoes

\*Holiday hours may vary




# COLUMBIA MALL

Where great finds are *easy* to find!

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

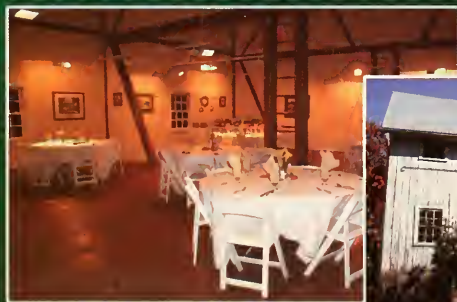


# We Cater to Your Every Need



*Our professional staff will assist you to prepare your next event, no matter what the occasion. Services include specialty and wedding cakes, party rentals, flowers, decorations, deli trays, boxed lunches, soup and salad buffets, bartending and beyond.*

*Come visit us at  
The Barn at Boone's Dam*



Weddings  
Graduations  
Barbeques  
Business Luncheons  
Dinner Parties  
Birthdays  
Holiday Parties  
Cocktail Parties  
Showers  
Memorials  
and much more!

*The Susquehanna Chef*  
*(570) 784 - 8802*