



The Bel Air Bond Newsletter

A quarterly publication from the Town of Bel Air, Maryland

www.belairmd.org



Left: A group of local small businesses are devoted to your health, fitness and serenity.

Several are located at 122 S. Main St., a mecca of healing and rejuvenation.

Pages 8 - 9

Below: The films are top-notch and the popcorn is free. The **5th Annual Town of Bel Air Film Festival** opens on Friday October 18. **Page 5**



A free 30-minute car seat inspection can be a lifesaver. Stop by and let a certified technician bring peace of mind. **Page 8**



Elegance, art & nature awaits at Bel Air's edge

Even some locals think Liriodendron (above) is just a wedding and event venue.

Actually, a walk down West Gordon Street to the 19th century mansion and grounds leads to a shady and quiet retreat that is open to the public and maintained by the Harford County Department of Parks & Recreation.

The grounds include a nature trail maintained by Harford's Master Gardeners, walking paths, an art gallery and a small museum that commemorates the lives of original owners Dr. Howard Atwood Kelly and his wife Laetitia. Liriodendron is the botanical name for the tulip trees that surround the house.

Dr. Kelly, one of the "Big Four" founding fathers of Johns Hopkins Hospital, remains a legendary figure. He was a physician who spearheaded gynecology as a medical specialty, as well as a

medical inventor, amateur herpetologist, world traveler, social reformer and father of nine.

The 200 acres that surround the house were a magnet for Dr. Kelly and Laetitia's large family as well as for the following generations, reports Dave Davis, the Kellys' great-grandson and a current member of the Board of Directors for the non-profit Liriodendron Foundation.

His childhood memories on the grounds around Liriodendron include building dams in the Heavenly Waters stream, riding ponies around the current location of the MA & PA Trail, swimming in the now-filled-in pool (it is said to be the first in Harford County) and picking tomatoes and corn on the working farm.

Winters didn't deter them. "There was a pretty good hill for sledding that started

(Cont. p. 3)



Artist John Hardwicke in Liriodendron's Gallery



Liriodendron's nature walk is tucked at the edge of the woods.

Dear Neighbor:

Throughout the ups and downs of the nation's economy in the last decade, I've noticed a reassuring trend in downtown Bel Air.

Entrepreneurs continue to open small businesses here.

In the past five years, new retailers, artists, restaurant owners, professional consultants, information technologists, marketers, musicians and medical specialists ignored the economic naysayers. Their successful endeavors dot streets throughout town.

One noticeable trend has been the arrival of a variety of health and wellness practitioners. They offer a chance for those of us who want to embrace a healthier lifestyle to try on a few new habits.

You can read about these wellness businesses on pages 8 and 9. Some offer what might be viewed as traditional approaches while others explore fresh ways to find physical, mental and spiritual fitness.



One of Bel Air's natural assets is easy access to Liriodendron's grounds and to the MA & PA Trail.

The commissioners and staff at the Town of Bel Air believe that we also must do our part to plan for a healthy community.

We have updated playgrounds and sidewalks to encourage walking and bicycling around town. We support the connection of the two segments of the MA & PA Heritage Trail: it will bring renewed vitality to the north part of town.

The Arts & Entertainment District is yet another reason to park the car and discover our creativity at concerts, dances, special events, public art, the Harford Artists Gallery and in our retail stores. Follow an ever-growing collection of events and exhibitions at www.belairartsandentertainment.org.

When you see me around town, stop and tell me how you think that we can continue to grow a healthy community!

Eddie Hopkins, Mayor of Bel Air



ON THE COVER: (Left) If this is your mind's eye view of Liriodendron, you simply must visit for a closer look.

The grand entrance to the historic mansion, located just a few blocks from Main St., is on the opposite side and overlooks a wooded area with walking paths. You can reach the MA & PA Trail from a path on the outskirts of the property.

Bel Air Town Commissioners



Eddie Hopkins
Mayor



Susan Burdette



David E. Carey



Robert M. Preston



Dr. Robert J. Reier

(Cont. from p.1)

up by the house and went down to where the tennis courts are today. We would prop up the barbed wire fence, start at the top, cross the driveway, go under the fence and keep on going down to where Kelly Avenue is now,” he says.

At Liriodendron today

Dr. Kelly’s son Fritz (Dave Davis’s grandfather) lived at Liriodendron until his death in 1980. Shortly after, the Harford County Parks & Recreation Department and the Foundation took over and has since maintained it as a public place.

It remains a popular and elegant venue for weddings, celebrations and business meetings. A winter wedding special offers the mansion at a tempting price.

Dorothy Francis, Executive Director at the mansion, would love to see more people escape, much like the Kelly families did, to the tranquility and green space that still remains here. Bring a picnic, a camera and walking shoes, she says.

For serious walkers, there is a spur at the north end of the grounds that leads downhill to the MA & PA Heritage Trail. Though this path was paved only in the past decade or so, some say that conductors on the MA & PA Railroad made a special stop for Dr. Kelly somewhere in the area when he commuted from Bel Air to Hopkins Hospital.

The public is welcome on the grounds from dawn to dusk. The Gallery at Liriodendron features local artists, sculptures, photographers and others. Exhibits change regularly; there is always an opening reception with live piano music that is free to the public. The gallery is open on Sundays from 1:00 - 4:00 p.m.



Make a name for yourself! Sign up for Liriodendron’s first annual Scrabble Tournament on January 25, 2014.

TGIS* *Thank goodness it’s Sunday in Downtown Bel Air

Brunch, anyone?

Bagel Works

15 E. Churchville Rd.
7:00 a.m. – 2:00 p.m.

Little NY Deli

111 S Main St
8:00 a.m. – 3:00 p.m.

Main Street Tower

29 S. Main St.
9:00 a.m. – 2:00 p.m.

Open Door Café

528 Baltimore Pike
8:00 a.m. – 3:00 p.m.

Sunny Day Café

101 S. Main St.
7:30 a.m. – 3:00 p.m.

Dabble in art

Harford Artists Gallery

Rockfield Manor Caretaker’s Cottage
501 Churchville Rd.
12:00 p.m. – 4:00 p.m.

Liriodendron Gallery

502 W. Gordon St.
Gallery: 1:00 – 4:00 p.m.

Commence holiday shopping

Ale Craft Brewing Supply Company

6 Office Street
11:00 a.m. – 4:00 p.m.

Barely Used Consignments

12 N. Main St.
12:00 p.m. – 4:00 p.m.

Charm City Run

126 S. Main St.
11:00 a.m. – 4:00 p.m.

StaleFish Board Company

100 N. Main St.
11:00 a.m. – 5:00 p.m.

The Mill

424 N. Main St.
10:00 a.m. – 4:00 p.m.

Natural Gatherings

106 N. Main St.
12:00 p.m. – 4:00 p.m.

Take a deep breath

Peace Yoga schedules several

classes on Sundays. You can sign up for classes online at peaceyogabelair.com. Yoga newbies might consider the \$49 introductory package that provides unlimited access to classes for 30 days. Peace Yoga, 122 S. Main St., www.peaceyogabelair.com

Take a stroll, run or bicycle trip on the **MA & PA Heritage Trail** and odds are that you will see someone you know. Fortunately, there is enough space on the 3.3 mile stretch from Bel Air to Fallston for everyone. The Bel Air access to the trail is at Ellendale and Williams Street (near the **Spish & Splash Car Wash**, also open on Sundays). www.mapatrail.org

Larry Franz Woodland Walk

(Liriodendron Mansion) The Harford County Master Gardeners keep these peaceful paths as a work in progress.

Rockfield Manor

Take a stroll around the gardens. They are maintained by local high school groups.

Armory Park

A surprising respite right next to the Bel Air Armory. Bring a snack and linger.

Treat yourself

Bel Air Bakery

140 N. Bond St.
7:30 a.m. – 4:30 p.m.

The Vape Lounge

138 N. Bond St.
8:00 a.m. – 4:00 p.m.

Town Nails

10 N. Main St.
11:00 a.m. – 4:00 p.m.



TOWN OF BEL AIR FILM FESTIVAL

The 5th Annual Town of Bel Air Film Festival is just the ticket for a weekend of entertainment that you won't find in local theaters. The event begins on Friday evening at the Bel Air Armory when **Jack Gerbes, Director of the Maryland Film Office**, and **Susan Burdette, Town of Bel Air Commissioner**, open the festival at 7:30 p.m.

Friday, October 18th at 8:00 p.m.: *Secretariat's Jockey Ron Turcotte.*

This is a rare behind-the-scenes view of Hall of Fame jockey Ron Turcotte. Ron, riding legendary horse Secretariat, won the prestigious American Triple Crown in 1973. We witness Turcotte's rise to fame, the 1978 fall that left him with paraplegia and his emotional journey back to the people and places that marked his life. The film delves into the thrilling and dangerous world of horse racing, featuring never-before-seen footage of Secretariat.

Saturday, October 19th at 4:00 p.m.: *Magic Camp.* (Official selection at the 2013 Toronto Film Festival)

To escape the pressures of growing up, magic-obsessed kids congregate at the one place they can be themselves; Tannen's Magic Camp. It is oldest and most prestigious training ground for young magicians. They want to prove their worth on the same stage where superstars like Blaine and Copperfield once performed. To get there, they need to learn more than sleight of hand and tricks of the trade. They have to find the magic inside.

Saturday, October 19th at 7:30 p.m.: *In God We Trust.* (Official selection at the 2013 Tribeca Film Festival)

Eleanor Squillari went to work every day believing she was working for a great company, a great man. For 25 years she sat fifteen feet from Bernard L. Madoff as his personal secretary. She never imagined that he was perpetrating the largest financial crime in history. On December 11, 2008, her life as she knew it

was destroyed . . . until she decided to do something about it. She became obsessed with unearthing the truth. We experience Eleanor's journey as she examines how she unwittingly participated one of the world's most massive Ponzi schemes.

Sunday, October 20th at 1:00 p.m.: *Medora.* (World Premiere at the 2013 SXSW Film Festival)

Medora is an in-depth, deeply personal look at small-town life, a thrilling, underdog basketball story, and an inspiring tale of a community refusing to give up hope despite the brutal odds stacked against them. On a grander scale, it's a film about America, and the thousands of small towns across the country facing the same fight. As one resident explained, "Once we lose these small towns, we can't get them back."

Tickets: \$5 per person and include one complimentary soda and popcorn. A \$10 All Access Pass is also available. Children under 10: free. Comfortable table seating is available. Bring your own snacks and blankets too! **The Bel Air Armory is located at 37 N. Main St.**

Sponsors: The Bel Air Cultural Arts Commission, Bel Air Economic & Community Development Commission and the Maryland Film Office. Co-sponsors include Center for the Arts, Bel Air Downtown Alliance and Harford County Cultural Arts Board. Honorary sponsors include the Maryland Film Festival.

Advance tickets are on sale Monday through Friday, 8:30 a.m. – 4:30 p.m., at the Town of Bel Air Department of Economic Development located in the Bel Air Armory, 37 N. Main Street. For more information, visit www.TownOfBelAirFilmFestival.com or contact Jeanne at 410-838-0584 or JWhiskeyman@belairmd.org. Contact the Festival Director, Rebecca Jessop, at RJessop@HarfordCFA.org. Check us out on Facebook, Twitter, and YouTube.

Second Annual
**Authors & Artists
 Holiday Gift Sale**
 at the Bel Air Armory
 December 7th - 10a.m. - 3 p.m.
 37 N. Main St.




* Meet local authors and artists
 * Find unique gifts
 * Support the local arts community

Great GIFT IDEAS!

More than 30 LOCAL Authors & Artists!!!



Information 410.638.5323

Not even the Town of Bel Air's Cultural Arts Commission and a few other art lovers knew how many creative minds live among us until they set out to organize an impromptu holiday art sale last year.

So many vendors and customers turned out that, by day's end, the Authors & Artists Holiday Gift Sale was declared an annual event. This year (l) the event includes live piano and cellist music, carolers, storytellers and local food vendors. Admission is free. The list of vendors now includes:

Authors

Karin Harrison: *Hermann's Ruhe, The Wrath of the North Star*

Katherine Lashley: *My Younger Older Sister*

Amanda Kleback: *Butter Chuck and Hoo Hoo the Bear series*

Harford Writer's Group: *Voices from the Susquehanna, Volumes I & II*

Vonnie Winslow Crist: *The Enchanted Slean, The Greener Forest*

Becky Titelman: *Wonky Witch series*

Mira Harlon: *Psycho-Mommy: A Novel*

Patrick Spicer: *Spooze's Shack: A Story of Harford County*

Pat Valdata: *Inherent Vice, The Other Sister, Crosswind, Looking for Bivalve*

Auralea Krieger: *Ophelia: Under the Day Moon*

Al Karasa: *The Last Golden Smile, Sidney's Pub, Sherridan's Rain, Firehead's Malice, Drive Smart!*

Stephanie Guzman: *The Adventures of Oliver the Clownfish* and other titles in the Clownfish series

Artists

Friends in Art (Alexandra Kopp, Robin Capecci, Barbara Love and Sandra Norris): Original art, prints, note cards, artisan Jewelry

Judy Cardwell: Artisan gourds, wire sculpture trees, beaded earrings, knitted scarves

Jo Houtz: Paintings, prints, tiles

Carole Novak: Jewelry, sterling silver pendants, chains, bead jewelry

Amelia Gossman: prints, jewelry, cards, small sires/self published books, portraits, paintings

Sarah Bacon, The Custom Jewelry Find: jewelry, beads, glass, metal, leather

Virginia Cobler: pottery, ceramic painting, multi media, notecards, fabric crafts, aprons, tree skirts,

John Sauer: paintings

Entertainment

Troy Lawson: pianist

Becky Titelman: children's story time

Bel Air Community Chorus

Visit Harford Artists Association's business & medical office exhibits



Town of Bel Air Finance Department: 39 Hickory Ave.

Bel Air Health and Rehabilitation Center: 401 E. Macphail Rd.

Harford Foot & Ankle: 824 S. Main St., Bel Air

Katzen Eye Group: 3401 Box Hill Corporate Center Dr., Suite 202, Abingdon

Dr. Peggy Leary: 4A North Ave., Suite 200, Bel Air

SAIC: 3465 Box Hill Corporate Center Dr., Abingdon

*Upper Chesapeake Orthopedic Specialty Group
 520 Upper Chesapeake Dr., Suite 417*



Martha Vinyard's granddaughter Aspen was the model for this watercolor creation on display at last year's Authors & Artists Sale.

OCTOBER

Thursday 17

GIRLS NIGHT OUT/PAINT THE TOWN PINK

Downtown Bel Air. 5 p.m. – 8 p.m.
Grab the gals and head to Downtown Bel Air. Our shops open late with good deals. Restaurants and pubs have great Happy Hour specials as well. Sponsor: Bel Air Downtown Alliance.
www.downtownbelair.com. 443-823-1797

Friday 18 thru Sunday 20

BEL AIR FILM FESTIVAL

Bel Air Armory, 37 N. Main St.
Friday 8 p.m., *Secretariat's Jockey Ron Turcotte*; Saturday 4 p.m., *Magic Camp*; 7:30 p.m., *In God We Trust*; Sunday 1 p.m., *Medora*; Tickets: \$5, includes one soda and popcorn. \$10 All Access Pass available. Children under 10, free. Call 410-838-0584 or rjessop@harfordcfa.org

Sunday 20

DOWNTOWN BEL AIR FALL FEST

The Mill of Bel Air, 424 N. Main Street.
12 p.m. – 4 p.m.

Saturday 26

ARCHER HISTORICAL LECTURE AND TEA

Historical Society of Harford County, 143 N. Main Street. 2 p.m. – 4 p.m.
The lecture is free; tea is \$8 per person. Reservations required. 410-838-7691

Saturday 26

MOLLEE KRUGER, Celebrated Author of *The Cobbler's Last*

The Historical Society of Harford County, 143 N. Main Street. 2 p.m.
Mrs. Kruger's novel is based on her childhood in Bel Air in the 1930s and '40s. Call 410-838-7691 for reservations

Saturday 26

TRICK-OR-TREATING IN DOWNTOWN BEL AIR

11 a.m. – 2 p.m. 443-823-1797

Saturday 26 thru Dec. 22

HOLIDAYS ON MAIN

Beginning with "Trick or Treating on Main" and ending with "Last Chance Weekend."
www.downtownbelair.com. 443-823-1797

Sunday 27

THE WHITEHOUSE MARKET

140-A N. Bond Street (behind the Whitehouse Trading Co.) Vintage furniture, clothing and art.
10 a.m. – 4 p.m. 443-823-1797

NOVEMBER



Friday 1 thru Saturday 2

FINE ARTS FESTIVAL

Harford Day School, 715 Moores Mill Road.
Preview Party on Friday, 6:30 p.m. – 9:30 p.m.; Saturday, 9 a.m. – 5 p.m.
A juried art show and sale featuring artists from nine states. Free admission.
410-838-4848

Friday 1 thru Sunday 3

POTTERY IN THE BARN

Rockfield Manor, 501 E. Churchville Road. 11 a.m. – 5 p.m.
Pottery sale by local artists. Great buys! Rain or shine. Sponsor: Rockfield Foundation, Inc. Free admission.
www.rockfieldmanor.com or call 410-638-4565

Friday 1 thru Sunday, Dec. 1

CHRISTMAS IN THE WOODS

Rockfield Manor, 501 E. Churchville Road. 10 a.m. – 5 p.m. daily
Crafts, jewelry, collectibles, Ravens wear, specialty foods and gifts. Sponsor: Rockfield Foundation, Inc.
www.rockfieldmanor.com or 410-638-4565

Saturday 2

DOWNTOWN BEL AIR MUSIC FEST

Rockfield Manor, 501 Churchville Road.
12 p.m. – 6 p.m. 410-823-1797

Thursday 7 thru Sunday 10

FRIENDS OF THE LIBRARY FALL BOOK SALE

Bel Air Public Library, 100 E. Pennsylvania Ave.
Thursday is Members Night, 5 p.m. – 7:30 p.m. Friday and Saturday 10 a.m. – 5 p.m.
Sunday is \$5/Bag Day, 1 p.m. – 4 p.m.
Books, CDs, DVDs, etc.; Sponsor: Friends of the Bel Air Library.
410-638-3151

Friday 8

MOVIE SCREENING OF *DAKOTA 38*

The Historical Society of Harford County, 143 N. Main Street. 7 p.m.
The story of the Minnesota Sioux uprising of 1862. The film examines the incidents that led to the uprising and its tragic aftermath. The evening will also feature the story of Joseph Renshaw Brown of the Jarrettsville area of Harford County who was an Indian trader, agent, inventor and newspaperman whose home was burned during the uprising. Tickets are \$8. Soft drinks and popcorn included in admission. Reservations encouraged.
410-838-7691

Saturday 9

THE GREATER BEL AIR COMMUNITY FOUNDATION'S 8TH ANNUAL FAMILY COMEDY MAGIC SHOW

Bel Air Armory, 37 N. Main Street. 2 p.m.
Doors open at 1:30 p.m.
Magic and illusions by Rick Walker. Come for an inexpensive afternoon of amazing magic and fun for the entire family. The Foundation raises funds for improvements to standing structures and playground renovations. For tickets and information on how to support the Foundation, visit gbacf.org or call 410-879-9292 or 410-836-6366.

Sunday 10

THE ART OF HEARTH COOKING

Hays House Museum, 324 Kenmore Avenue. 1 p.m. – 4 p.m.
The museum will present a demonstration highlighting the art of hearth cooking.
\$5 Adults; \$3 Students and Seniors;
410-838-7691

Saturday 16 thru Dec. 15

CHRISTMAS TRAIN GARDEN DISPLAY

Historical Society of Harford County, 143 N. Main St.
Fridays and Saturdays from 10 a.m. – 9 p.m.; Sundays from 12 p.m. – 5 p.m.
Designed and operated by the Harford Modular Railroad Club. The entire building will be decked out for the holidays. Gift shop open with unique holiday gift ideas. Adults \$4/children \$2.
410-838-7691

Thursday 21

GIRLS NIGHT OUT

Downtown Bel Air. 5 p.m. – 8 p.m.
Grab the gals and head to Downtown Bel Air. Our shops open late with good deals. Restaurants and pubs have great Happy Hour specials as well. Sponsor: Bel Air Downtown Alliance.
www.downtownbelair.com. 443-823-1797

**Saturday 22
HOLIDAY OPEN HOUSE WEEKEND**

Downtown Bel Air
Shops open late. 443-823-1797

**Saturday 23
MARYLAND CONSERVATORY
ANNUAL GALA**

Bel Air Armory, 37 N. Main Street. 6 p.m.
Faculty, guests, students, and alums host
a dinner, dance, and performances with
top-shelf everything. \$100/person.
Sponsor: Maryland Conservatory of
Music. 443-243-7265

**Friday 29
"WINE DOWN" PREVIEW PARTY**

2013 CCA Festival of Trees
Bel Air Armory, 5:00 – 8:00 p.m.
Tickets: \$20 advance; \$25 at door.
www.chesapeakecanceralliance.org

**Saturday 30 – Sunday December 1
FESTIVAL OF TREES**

Bel Air Armory 10:00 a.m. – 6:00 p.m.
(Sat.) and 10:00 - 4:00 p.m. (Sun.)
Decorated trees, wreathes; gingerbread
houses in silent auction. Children's
activities and entertainment.
www.chesapeakecanceralliance.org

**Saturday 30
SMALL BUSINESS SATURDAY**

Celebrate and support the small
businesses in your local community.
Hours vary by store.
www.downtownbelair.com

DECEMBER

**Sunday 1
ANNUAL BEL AIR CHRISTMAS
CELEBRATION**

Courtland Street Concert at 2:45 p.m..
Parade at 3:30 p.m., Main Street and
Churchville Rd., ending at Lee Way and
Hickory Ave. Floats, marching bands,
Santa and much more! Following the
parade, celebrate with seasonal music,
bonfire, caroling, hot chocolate, cookies
and Santa Claus in Shamrock Park, along
with tree lighting. Music by the Bel Air
Community Band at 4 p.m. Sponsor:
Town of Bel Air. 410-838-0584

**Sunday 1
HOLIDAY OPEN HOUSE**

Hays House Museum, 324 Kenmore
Avenue. 1 p.m. – 4 p.m.
House decorated with fresh greenery.
Music by the Catherine Street Consort.
Sponsor: Historical Society of Harford
County. Free admission. 410-838-7691

**Sunday 1
BEL AIR COMMUNITY CHORUS
HOLIDAY CONCERT**

Bel Air High School, 100 Heighe St.
7 p.m. Free. 443-752-6555

**Sunday 1
WREATH MAKING WORKSHOP**

Liriodendron, 502 W. Gordon St., 1:30
p.m. Purchase greens and get tips on
making holiday decorations.
www.liriodendron.com

**Sundays 1, 8 & 15
FREE HOLIDAY CONCERTS**

Liriodendron, 502 W. Gordon St., 4:00
p.m. www.liriodendron.com

**Saturday 7
ADVENT FAMILY NIGHT**

Saint Margaret Parish Hall, 5:00 p.m. 141
N. Hickory Ave. Free to the public.
Includes a spaghetti dinner, family
activities and a visit from Santa, who will
read to the children.

**Saturday 7
AUTHORS & ARTISTS SALE**

Bel Air Armory, 37 N. Main Street. 12
p.m. – 5 p.m.
This exciting event provides a unique
opportunity to meet local authors and
artists from many different genres, and to
find perfect, one-of-a-kind gifts for
everyone on your list.
Admission is free. 410-638-5323

**Saturday 7
HOLIDAY GIFT WRAPPING**

Bel Air Armory, 37 N. Main Street,
10 a.m. – 3 p.m. 443-823-1797

**Sunday 8
BEL AIR COMMUNITY BAND**

Bel Air High School Auditorium, 100
Heighe Street. 3 p.m.
Harford County's own Bel Air Community
Band, under the direction of Scott
Sharnetzka, will perform a variety of
contemporary and traditional band and
wind ensemble music for the season.
General seating is free (no ticket
required).
Sponsor: Town of Bel Air. 410-638-4550

**Wednesday 11
CHRISTMAS CONCERT**

Christ Our King Presbyterian Church, 10
Lexington Road off Rt. 924 in Bel Air.
7:30 p.m.
The Historical Society and Hays House
Museum sponsor a Christmas concert
starring Charlie Zahm performing
traditional songs from the Celtic lands
mixed with songs of the holidays. Tad
Marks, a Baltimore fiddler who has toured

extensively across the U.S. and Europe,
will accompany Mr. Zahm. Tickets: \$12.
Call for reservations. 410-838-7691

**Friday 13
HOLIDAY MOVIE NIGHT**

Bel Air Armory, 37 N. Main Street, 5:30
p.m. – 9:30 p.m.
Rise of the Guardians
443-823-1797

**Saturday 14
ANNUAL CHRISTMAS GREENS SALE
& OPEN HOUSE**

Historical Society of Harford County, 143
N. Main Street. 9 a.m. – 3 p.m.
Featuring specially created holiday
arrangements, wreaths and swags.
410-838-7691

**Thursday 19
GIRLS NIGHT OUT**

Downtown Bel Air. 5 p.m. – 8 p.m.
Grab the gals and head to Downtown Bel
Air. Our shops open late with good deals.
Restaurants and pubs have great Happy
Hour specials as well. Sponsor: Bel Air
Downtown Alliance.
www.downtownbelair.com. 443-823-1797

**Sunday 22
7th ANNUAL MERRY TUBA
CHRISTMAS**

Bel Air Armory, 37 N. Main Street
Registration 2 p.m. – 4 p.m.; Rehearsal
2:30 p.m. – 4 p.m.; Performance 4:30
p.m. – 5:30 p.m. Bring your tubas,
euphoniums and baritone horns.
Registration: \$5; Music Cost \$15 (unless
you have music from a previous Tuba
Christmas event). Free admission to
audience. Bring a music stand, dress
festively and decorate your instrument.
410-391-7832





1

All is well: Bel Air boasts a cadre of small business-based wellness practitioners. In his or her own way, each has carved a niche. They have also defied the odds and neighboring health conglomerates with successful practices, individualized services and distinctive personalities.



2

1. When everyday muffins resemble the size of footballs, it's no surprise that people struggle with health, poor nutrition and obesity. What shocks them, says **nutritionist Corinna Tripodi**, are the adverse affects of allegedly healthy foods such as wheat, eggs, dairy and nuts. What's more, "Food has also changed," she says, referring to preservatives and over-engineering. Corinna and her **RN assistant, Moselle Freund**, conduct a Meridian Stress Analysis (MSA) at intake. They measure 56 acupuncture points on the hands and feet. This non-invasive assessment measures energetic wellness and balance. It's a starting point for eating plans that heal. **Corinna Tripodi, Nutritionist, 122 S. Main St., 443-760-7423**

2. It's pretty much official now that strength and weight training are an essential pieces of the long and happy life. So where do you start? If walking into a full-size gym feels like walking the gauntlet, **Tamara Joy's Body Shop** may be the remedy. She operates a small, personalized gym on Main St. With **Tamara Joy** as a coach, you'll plank, lift, row, spin and jump squat into a strong place that you never knew you had. Come alone or come as a group like the Harford County Government employees pictured. (They come at lunch hour.) **Tamara Joy's Body Shop, 122 S. Main St., 443-554-0123**



3

3. When **Michelle Cohen's** son was born with spinal muscular atrophy 22 years ago, doctors predicted that he had little chance of surviving beyond his first birthday. Determined to support his health and comfort, she explored alternate and integrative modalities, including cranial sacral therapy and aromatherapy. Her son beat the odds and is now completing a college degree with the help of assistive technologies. **The Massage Garden** combines principles of massage and personalized aromatherapy for people of all ages. "I custom blend pure oils by hand for each individual," she says. Michelle believes that she is only the second person in the state who is a certified pediatric massage therapist. **Michelle Cohen, 122 S. Main St., michelle@massagegarden.net.**



4

4. **Stacy Brock**, came to understand what a massage can do for a pregnant woman when she herself experienced severe sciatica during her own pregnancy. She advises pregnant and postpartum women to seek out specialized help for low back pain, feet discomfort, nausea and headaches. At **Healing Spirit Massage Therapy**, Stacey also provides a soothing touch to anyone of any age who has deep down pain with hot stone, Swedish Deep tissue and Raindrop Therapy massages. **Healing Spirit Massage Therapy, 122 S. Main St., 410-688-3063, mommymassage@yahoo.com**

5. Over the years, **Kathy Scilipoti** at **Cloud Nine Massage Therapy** has soothed a passel of muscle groups. Lately, though, word has it that she has a magical touch with what is known as myofacial releases. This approach relieves pain in connective tissues that often comes after extended bending and stretching. “We all have body stockings that look like Spiderman suits,” says Kathy. “Muscles and nerves run in and out of this suit. Anyone can have a twisted body stocking. It gets overused and stretched.” Such is her reputation that she simply operates with referrals from satisfied customers: “It’s been gratifying to have people come back and say that they have been relieved of pain after a long time,” she says. **Cloud Nine Massage Therapy, 122 S. Main St., www.kathyscloudninemassage.net**



5

6. In the year since **Pathways to Whole Living** opened its doors on Hickory Avenue, the staff has grown to 10 practitioners. They include a chiropractor, psychotherapist, massage therapists, an acupuncturist, a herbalist, holistic esthetician and yoga instructors. This is a group that is ready to explore new avenues to health: they host a free, monthly and open-to-all drum circle on the fourth Friday of every month. According to owner **Tracey Keyser**, drum circles create a sense of community, release tension and convey healing rhythms. **Pathways to Whole Living, 725 N. Hickory Ave. www.pathways-belair.com**



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7. As a long-time chiropractor, **Dr. Rob Reier** eases away a fair share of aches, pains and spasms among his patients. Despite treatment, though, some don’t show dramatic improvement. “A lot of people come in with musculoskeletal pain, but often the crux of the problem is weight, deconditioning issues, and a lifestyle that lacks in diet and exercise.” Dr. Reier now offers specialized clinical consults and follow-ups to individuals who are ready for a positive change in their health. It’s not complicated, says Dr. Reier, who will provide personalized coaching about eating, walking, basic exercise and food shopping. Locals will recognize Dr. Reier “walking the walk” daily around town with his dog, Jack (I). **Dr. Robert J. Reier, 205 E. Broadway, www.chirocareofbelair.com**



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5. Before undergoing facial treatments that include invasive techniques or harsh chemicals, **Susan Chamberlain** at **R4 Wellness** would like you to reconsider. “We have a back-to-the-basics natural approach to take care of your skin for the long haul,” she says. R4 offers naturally-derived products for use at home, interspersed with professional office treatments. Are you dogged by insomnia, joint pain, menopausal symptoms and stress? R4 provides acupuncture and a full line of massage therapies. The medical community increasingly accepts acupuncture as a legitimate healing technique, says Susan. In fact, R4 can accept CareFirst and Aetna health insurance for acupuncture. She has advice for those in constant daily motion: “If we take care of ourselves, we can take better care of others.” **R4 Wellness, 424 Barnes St., www.r4wellness.com**



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“I encourage people to adopt a whole foods diet. I tell people that if you can’t pick it, pluck it, catch it, kill it or dig it up, you shouldn’t eat it.”

— Dr. Rob Reier, Bel Air Chiropractor (and Bel Air Town Commissioner)

Travis Foreman now Officer First Class



Town Commissioner Rob Reier, Officer Travis Foreman and Police Chief Leo Matrangola

Travis Foreman came to the Bel Air Police Department after serving several years with the Baltimore City Police Department. He graduated from the City Police Academy on February 19, 2010. Travis joined the Bel Air Police Department on August 31, 2011 and is currently assigned to the midnight shift. He will be transferring to the Department's Criminal Investigations Unit later this month.

Travis is a 2001 graduate of Harford Technical High School, where he studied horticulture. Prior to becoming a police officer, he owned and operated a landscaping and design business.

His horticultural skills would later become a major contribution to the memorial garden outside of the Bel Air Police Department. The garden surrounds the monument designed by the late Deputy Chief Armand Dupre, prior to his passing, to honor all those who served beside him. Travis takes part in maintaining its beauty.

Since joining the Bel Air Police Department, Travis has been assigned to patrol and has investigated 77 automobile accidents. He arrested 27 adults, six juveniles, and six drunk drivers. Travis has completed specialized training in the Police Cyclist Course, Radar Operation, Interview & Interrogation, and Street Narcotics for Patrol Officers.

Online police cars promote traffic safety



Officer Brad Helm demonstrates the E-Ticket system.

Town of Bel Air police report that auto accidents have decreased by at least 100 compared to previous years. They say consistent traffic enforcement and online capabilities in patrol vehicles go a long way to help this cause.

"We have focused on traffic enforcement in accident-prone areas," says Officer Bradley Helm who patrols on the Department's motorcycle as well as in a patrol car. Visible police presence reminds drivers to heed speed limits.

When issuing a ticket is necessary, E-Ticket, an in-car (and on-motorcycle) technology, allows officers to issue tickets faster, investigate accidents and return to patrol more quickly. Officers scan the driver's license into a database and immediately obtain identifying information about the car and driver. Tickets and repair orders print instantly.

E-Ticket increases efficiencies throughout the system, adds Officer Helm. "When we issue a citation or repair order, it goes to the state court system through the computer and eliminates paper that is needed in the police department."

Over 90 Maryland law enforcement agencies use the E-Ticket system. The online system supports officer safety as well, since it helps traffic officers spend less time on the side of a road.

FREE safety seat inspections



Make an appointment at 410-638-4510.

Nationally certified child passenger safety technicians will check child safety seats for recalls, ensure the seat is correct for your child, and that both harness and vehicle installations are intact. Inspections take 30 minutes. Install the seat and bring car and vehicle owners manual.

Back row: (l to r) Ernest Lehr (KISS instructor), Bel Air Police Department Chief Leo Matrangola, Lt. Matthew Kail (Maryland State Police), Sheriff Jesse Bane, Captain Wayne Young (Havre de Grace Police), Mary Eilerman (Security Chief Harford Community College), Joe

Ryan (Harford County Office Drug Control Policy). Front row: (l to r) Tracy Whitman (Lead Instructor KISS), Susan Lobas (KISS volunteer), Claire Myer (Assistant Coordinator KISS) and Tracy Whitman (KISS Program Coordinator).

Wednesday November 6, 2013
Jones Junction KIA, 2001 Bel Air Rd. Fallston, 3 – 6 p.m.

Wednesday December 4, 2013
Ambulance Corps of Havre de Grace, 1601 Level Rd., Havre de Grace, 3 – 6 p.m.

Everyone is family at St. Margaret and New Hope Baptist

Seeing the communities' need for a **Community Thanksgiving Day Dinner** brought members of Saint Margaret Parish and New Hope Baptist Church together. "We noticed individuals, couples, families and seniors were alone on this wonderful day meant to be thankful to God for the blessings in our lives. Recently it was also brought to our attention that the Mess Hall at Aberdeen Proving Ground was closed on Thanksgiving Day meaning many military personnel and their families were alone," says Marie Dekowski of Saint Margaret Parish.

This year marks the second annual event and using the talents of many individuals, organizers will be offering carry out meals as well as a making sure anyone who needs it leaves with some extra food. Transportation is available. To get on the pick-up schedule, please call two days prior to the event. There will also be entertainment.

"It's not just for people who are in need. This is a *Community* Thanksgiving Day Dinner and a time for fellowship," says Marie.

Want to contribute?

Saint Margaret and New Hope Baptist have plenty of volunteers for the day.

Due to the overwhelming response of volunteers, including families that wanted to help with the event, we've established a way for all to become involved and encourage your participation in our first annual **Full Belly 5K Run/1 Mile Fun Run** on Saturday, November 23. You can register online at www.eliteracemanagement.com or by calling Will Murdoch at (443) 243-4205.

For additional information on the Community Thanksgiving Day Dinner, please contact Marie Dekowski at (410) 879-2670 or mdekowski@stmargaret.org.

Community Thanksgiving Day Dinner

Hosts: St. Margaret Parish and New Hope Baptist Church

Where: St. Margaret parish hall, 141 N. Hickory Ave., Bel Air

When: Thanksgiving Day, November 28, 2013 from Noon – 3:00 p.m.

Who is invited: Everyone



Committees & Commissions	Contact Us www.belairmd.org	Town Government
<p>Board of Town Commissioners 1st & 3rd Mondays, 7:30 p.m., Town Hall</p> <p>Planning Commission 1st Thursday, 7:00 p.m., Town Hall</p> <p>Board of Appeals 4th Tuesday, 7:30 p.m., Town Hall</p> <p>Economic & Community Development Commission 2nd Thursday, 4:30 p.m., Armory</p> <p>Historic Preservation Commission 4th Thursday, 6:00 p.m., Town Hall</p> <p>Appearance & Beautification Commission 2nd Monday, 7:30 p.m., Armory</p> <p>Cultural Arts Commission 3rd Wednesday, 5:00 p.m., Armory</p> <p>Tree Committee 2nd Wednesday, 4:30 p.m., Planning Department</p>	<p>The offices of the Town Administrator, Human Resources, Police and Finance Departments are located in the Town Hall, 39 N. Hickory Ave. The Department of Public Works and the Planning Department are located at 705 Churchville Rd. The Department of Economic Development and Visitors Center are in the Bel Air Armory at 37 N. Main St.. The Police Department is open 24/7. Other office hours are 8:00 a.m. - 4:30 p.m. weekdays.</p> <p>There are many free publications at Town Hall and online. Topics include business assistance, historic preservation, parking guides, a walking tour and event calendar.</p> <p>In addition to the Board of Town Commissioners meetings at 7:30 p.m. on first and third Mondays, the public may attend Commissioners' work sessions, held at 5:15 p.m. on the preceding Tuesdays. Direct questions/concerns to the Commissioners c/o Town Hall in writing or by phone: 410.638.4550 or 410.879.2711.</p> <p>For sewer system, refuse collection, recycling, street light outages, call 410.638.4545. For sewer emergencies, call 410.638.4545 during business hours or 410.638.4500 at other times.</p>	<p>Town Administrator Christopher G. Schlehr 410.638.4550 or 410.879.2711</p> <p>Human Resources & Technical Support Michael L. Krantz, Director 410.638.4550 or 410.879.2711</p> <p>Finance Department Lisa M. Moody, Director 410.638.4555 or 410.879.2712</p> <p>Economic Development Department Trish Heidenreich, Director 410.838.0584</p> <p>Police Department Leo F. Matrangola, Chief 410.638.4517 or 410.638.4500</p> <p>Planning Department Kevin Small, Director 410.638.4540 or 410.879.9500</p> <p>Public Works Department Randolph C. Robertson, Director 410.638.4536 or 410.879.9507</p> <p>Bel Air Bond Editor Kathi Santora, The Writing Studio ksantora@gmail.com 443.695.3345</p>

Come to *Living Well* . . . Take charge of your health



A six-week self-management program Oct. 16th thru Nov. 20th to help improve YOUR health!

Contact: Town of Bel Air Planning
Phone: 410-638-4540
E-Mail: planning@belairmd.org

Sponsored by the Town of Bel Air

Those with chronic conditions such as Alzheimer's disease, diabetes, arthritis, osteoporosis, asthma, hypertension, fibromyalgia and COPD (among others) will benefit from an upcoming educational series. Caregivers are welcome as well.

Living Well will provide self-management support, nutrition instruction, exercise lessons, education on the use of medications, help with pain management and techniques on communicating with your doctor.

Stanford University initiated this project to help seniors and those with chronic conditions to manage their circumstances effectively. Six sessions will be held on Wednesday mornings at 9:00 a.m. to 11:30 a.m. starting October 16th in room 202 of Bel Air United Methodist Church at 21 Linwood Avenue in Bel Air. A text book and relaxation CD are included. Cost is only \$10 for all six classes to cover coffee and snack.

