



Frankford Avenue Arts Corridor

e-Newsletter

brought to you by
New Kensington
COMMUNITY DEVELOPMENT CORPORATION

★ LATEST NEWS

Business Directory ADS

2007 Business Directory ads are still available!

Don't forget to get your ad spot in our neighborhood business guide! You get an ad designed for FREE!

1/8 page ad- \$70

1/4 page ad- \$130

1/2 page ad- \$240

Full Page- \$460

Inside cover- \$1000

Email or call Kathryn Doherty at
kdoherty@nkcfdc.org

215 427 0350 x 120

Future Events

Fall Festival 2006

Saturday, October 28– New Kensington's Fall Festival located at the Garden Center, 1825 Frankford Ave. 11 A.M. to 5:00 P.M. Musicians, magicians, pumpkin carving, and fun for all ages! *More details to come.....*

Bring on the **Lights!**

NKCDC and The Spirit will be hosting decorating contests, one for businesses and one for residences. The expected result is an area that looks beautiful and festive. The contest will be announced in The Spirit the day after Thanksgiving and run until December 14. It will be a judged by five individuals with the winners being announced at an award ceremony. *More details to come...*

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POST



For two weekends in October, artists from around the city invited the public into their studios, allowing art lovers to see works in progress and purchase art directly.

The **Philadelphia Open Studio Tours (POST)** is a free and annual event that involves over 230 artists. Last weekend, October 14th and 15th, this event made its way to the Kensington and Fishtown area where over 30 artists participated, including artists from the Crane Arts Building, Coral Street Arts House, and *Frankford Avenue Arts Corridor*. Artists welcomed the public with open doors

Kinetic Sculpture Race

Seriously spread the word. NKCDC seeks bike nerds, art freaks, sculpture nuts, and community event organizing folks! NKCDC wants to organize a Kinetic Sculpture race in Kensington for the Trenton Avenue Arts Fest in May 2007! Please spread the word to interested parties. This will be a official NKCDC event and we need creative people to make this happen! For more info about this important event, please email Kathryn at kdoherthy@nkcdc.org. If you don't know what a kinetic sculpture race is, visit <http://www.kineticbaltimore.com/>

Social Venture Institute

This year's Social Venture Institute is scheduled for November 3-4, 2005. Mark your calendars for this exciting event - **registration is now open!**

Philadelphia Social Venture Institute (SVI) was created by Social Venture Network in 1996. Since then, SVI has offered the leaders of socially responsible businesses and innovative nonprofits a forum in which to air their business problems and receive expert advice and mentoring by leading members of Social Venture Network.

The combination of high-quality mentors, a confidential and supportive environment, and a practical problem-solving format ensures that participants leave with a rich portfolio of skills, a plan to grow their socially responsible businesses, and a network of contact to support their journey.

Frankford Avenue Arts Corridor Plan available online

The Frankford Avenue Arts Corridor Plan, completed last fall with the help of Market Knowledge, Group G, NKCDC, and a series of community meetings, is available online at www.nkcdc.org, under Economic Development, then in Frankford Ave Arts Corridor area. Posted bi-monthly, the goal of this newsletter is to keep people informed about arts-related development on Frankford Avenue and in the Fishtown and Kensington neighborhoods. If you know someone who would like to subscribe to this newsletter please have them send an e-mail to

between the hours of 12pm to 6pm.

POST is a program of **The Center for Emerging Visual Artists**, a nonprofit dedicated to making arts careers viable. In collaboration with POST, NKCDC provided a shuttle for those needing transportation to and from each studio in the Fishtown/Kensington area. The shuttle loop began in front of Johnny Brenda's (Frankford and Girard) and made its way around the neighborhood, stopping at each studio along the way.

The Coral Street Arts House, located at 2446 Coral Street (Coral and Hagert), took special advantage of this event by hosting a collective exhibit of 15 area artists. The event, called "Attraction," showcased talented artists exhibiting, selling, and performing their work at the Arts House. In total, almost 40 people, who most likely would not have come to the 19125-zipcode area, were "attracted." To all those that joined us for this eventful weekend and rode the loop, we say thank you. For those that missed it, we will see you next year!

If you have questions about this event, contact Kathryn at 215-427-0350 x 120 or kdoherthy@nkcdc.org.

frankford.ave-on@list.nkcdc.org. To unsubscribe from this list at any time you may send an e-mail to frankford.ave-off@list.nkcdc.org

★ FEATURED BUSINESS

The Shiatsu Studio



Have you ever had an ache? You know a deep ache that never really goes away? The kind that disappears on very good days, then feels like a stab wound on very bad days or when it rains. Yeah, that pain. You should get that checked out. And, after you have seen a medical doctor for your annoying pain, stop by The Shiatsu Studio and have it relieved at a deeper level.

Debi Phillpotts, owner of the *Shiatsu Studio* above the Rocket Cat Café, uses Shiatsu to relieve tension that medicine merely covers up. Shiatsu, an acupressure technique similar to acupuncture but without the needles, is a Japanese based therapy that works to align the body, mind, and spirit. Debi is able to help her clients achieve this harmony by balancing their meridians, energy pathways within the body, which in turn relieves tension, releases trapped toxins, and increases blood flow, the immune system, and energy.

A few individuals may consider her a healing artist but she says that she simply enables her clients to engage in self-healing. “We must stay harmonized,” explains Debi. “Shiatsu establishes communication between the mind and body, which leads to heightened self-awareness,” she adds. That heightened self-awareness is essentially the energy needed to self-heal, but then “energy” can be a touch subject. “It is really hard to explain because we are talking about energy... but we have to acknowledge the tension build up and medicine only masks it.” Debi is referring to the build up of tension we experience because of our stressful daily schedules. Nevertheless, she believes that Shiatsu is something to be used in conjunction with Western medicine; furthermore, it should be incorporated into our daily lifestyles as a form of easy self-maintenance.

Initially, it was a personal experience with bodily injury that interested Debi in this type of physical therapy. However, it was the birth of her daughter that fully persuaded her to become a Shiatsu therapist. She wanted to work at a job that promoted healthy living because that is the lifestyle she desires for her child. She admits that, although Shiatsu is a good way to fulfill her goal, it is a tough business to get started. It was a slow road for her because she started from stretch, traveling from client to client with her massage table throughout the city and into some

suburbs. Fortunately, in May of 2004, she brought her table to the Positive Space lot located on the *Frankford Avenue Arts Corridor* for the annual Arts and Crap Sale. She ended up giving Tom, co-owner of the Rocket Cat Café, a massage. He loved it and asked her if she needed space. Of course, she said yes and now you can get a great back rub and cup of coffee in the same location. Let's see Starbucks top that!

Debi Phillpotts is a certified therapist. She uses no oils and her clients remain fully clothed during therapy sessions. Stop by and get reconnected with yourself for a sustained healthy lifestyle. ***The Shiatsu Studio is located on the 2nd floor of 2001 Frankford Avenue, for appointments please call 215-668-4076.***

★ NEW KENSINGTON PROPERTY UPDATE

For Sale

2218 Frankford ave

New mixed-use space with a lot.

Great restaurant location.

Will build to suit. 1,000 s.f. plus basement

contact Patty Stein 215 205 2075

2476 Frankford ave

Ground for available for commercial tenant. contact Greg Sclight 267 258 5847

2523 FRANKFORD AVE.

Residential/Mixed Use

1170 sq. ft

\$150-180,000

Bill Schweitzer

Owner phone#: (215) 426-7475

1832 Frankford ave

3 story mixed use building

Contact Daniel Maneely

Realtor phone#: (215) 284-2891

Remax

2219 Frankford Ave

vacant lot 20x 115, zoned C2!

\$79,000

contact Coldwell Banker -215) 925-6600

To view full property update click here-
<http://www.nkcdc.org/text/NewKensingtonPropertyUpdate.pdf>

((Available Properties in the Empowerment Zone, click [here](#))



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JOHNNY BRENDA'S - serving fresh, local beer and great food everyday from 11am @ 1201 Frankford Ave.

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EXAMPLE of Business Listing:

The Dungeon Room - The fairest books in all the land. From Sci Fi to Adventure & Fantasy, to autographs from some of the world's finest dragonsslayers, we have it all.

21 West Picadilly St. 215-123-4585