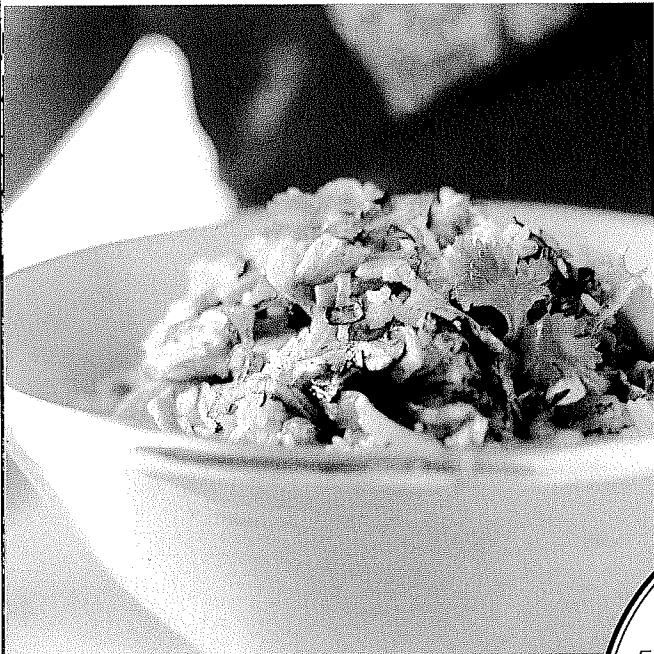


# This & That



pilaf), curries, hummus and more – all prepared by native cooks who are resettled refugees and new immigrants to Lancaster. Some items are available for purchase at Expressly Local Food (213 W. King St., Lancaster). For more information, visit [upoharethniccuisines.com](http://upoharethniccuisines.com).

## SIMPLICITY GALLERY ENTERS THIRD YEAR

Kimyatta “Kim” Williams had a lifelong dream to create and foster culture in her native

Lancaster – a dream she fulfilled in March 2010 with the opening of Simplicity Gallery. Located on Gallery Row, Simplicity Gallery features an open studio where visitors can observe and interact with exhibiting artists as they work. “Simplicity Art Gallery is a fusion of my culture, passion for color and endless childhood fantasy for diverse art,” Kim states.

The only African American-owned gallery in Lancaster, Simplicity Gallery also is a hub for community-outreach events including cancer awareness and homelessness initiatives. Kim also hosts just-plain-fun events, such as the upcoming Singles & Mingles night on Saturday, February 11, as well as the gallery’s Poetry Night on the third Wednesday of every month. “In addition,” she says, “I will personally raise your love of art by providing custom-design pieces for your home or social events including Logos and silent auctions.”

Simplicity Gallery is open Tuesday through Saturday. For more information, call 717-390-9011 or visit [simplicitygallery.com](http://simplicitygallery.com).

### DID YOU KNOW?

Phyllis Pellman Good’s *Fix-it and Forget-it* series of cookbooks has sold nearly 10 million copies worldwide – outselling celebrity chefs like Ina Garten and Giada De Laurentiis!

## UPOHAR ETHNIC CUISINES HEATS UP WINTER FARE

Chase the chill with the warm tastes of Upohar Ethnic Cuisines! Upohar (meaning “gift” in Bengali) offers catering and personal-chef services featuring Nepali and Iraqi dishes such as dal (lentil stew), sanbusas (savory pastries), biryani (rice

## PBS TO AIR UNIQUE DOCUMENTARY ON AMISH

AMERICAN EXPERIENCE, public television’s long-running real-life history series, will premiere *The Amish* on February 28 at 9 p.m. This new documentary offers an extraordinarily intimate look into the traditions, beliefs and everyday life of the Plain people. *The Amish* was filmed partly in Lancaster

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## Visit Smucker's Open House

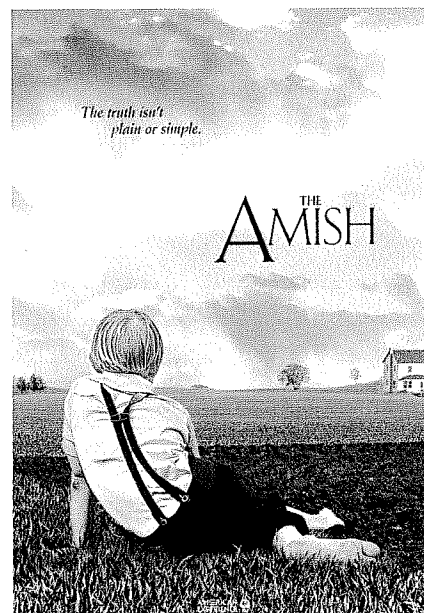
at both Showroom Locations  
543 Strasburg Pike 747 E. Main Street  
Lancaster, PA Ephrata, PA  
717-687-4350 717-738-3792  
1-800-365-9350 717-627-2125

Mar 2 9am to 8pm  
Mar 3 9am to 2pm

Light Refreshments ■ Door Prizes  
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