



Photo courtesy of www.americanhi-fi.com

## Kellye's Sound WAYves

By Kellye Way  
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Band: American Hi-Fi  
Album: Hearts on Parade  
Release Date: 4/12/05  
Number of Tracks: 11  
Rating: \*\*

"Hearts on Parade" is a little different from some of the stuff we're used to from American Hi-Fi, bordering on an almost retro-60's feel. While it's focused more on harmonic vocals, rather than punk-rock, it seems like they went a little soft. "The Geeks Get the Girls" shows they are capable of creative songwriting ("in a perfect world all the geeks get the girls"). Cute, but it only reminds me of other silly songs like "Stacy's Mom" or Bowling for Soup's "Almost."

Some of the tracks are still fun and upbeat, but most are a lot mellower and less energized than their past albums. This album is also classically monotonous with all the tracks blending together for what seems like one eternally long song. Overall, the album was OK, but for as hyped as the release of this collection was, I expected much better.

For more information about the band and their latest release, check out John Fox's interview in this edition of The Capital Times.



Photo courtesy of www.mtv.com

Artist: Beck  
Album: Guero  
Release Date: 3/29/05  
Number of Tracks: 13  
Rating: \*\*\*

Beck is back, and for his eighth album he sounds more seasoned and comfortable in his style than ever before. After a three-year hiatus from the music scene, Beck has returned with his latest release Guero. He emphasizes that same unique voice, but this album is much more upbeat and less depressing than 2002's Sea Change. Just as the title of the album implies, many of the tracks feature Spanish-style music, guitars, and vocals, which only adds to the funk and individuality of the record. It is hard to imagine anyone else being able to pull something like that off right now.

It's not likely that Guero will see the success that Odelay enjoyed in the mid-90s, but musically speaking, it is a close relative to the best-selling album. The latest record is still chock full of fun and funk, juxtaposed with genres like indie rock, noise rock, cool folk music, and hot Brazilian beats. Beck also pays homage to some rock legends in Guero, sampling a line of Beastie Boys on one track, while sporting a bass line reminiscent of Jacko's "Billie Jean" on another.

Beck is one of those artists that make the music process seem so natural and flawless, and that ease and comfort comes out in his songs. It is refreshing to hear an artist that has not compromised his style.

# Entertainment

## Deck season opens at Flinchy's

By Elizabeth Wingate  
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After the exquisite torment of a frigid winter complete with the flu, drear, and the Eagles' Super Bowl loss, to sit back and relax on the deck with a cold beer under restorative rays of sunshine is a truly welcome, explicitly All-American activity that signals summer and has good mood written all over it. Expand aforementioned deck to seat 80 with a full bar, throw in a bartender-operated train whistle and a restaurateur whose philosophy is to have, "great food, great service, and a great time," and you're guaranteed an experience that can only be described as the Train Wreck Deck, brought to you by Flinchy's.

Matt Flinchbaugh opened Flinchy's in November of 2003 and his cozy local spot has attracted an enthusiastic following with its fusion of cuisine, a seamless mingling of West and East Shore patrons, and all the energy of downtown but with free parking. The crowd is one you might find at Noma or McGrath's, but the atmosphere on the deck is decidedly festive and kicks off at five o'clock with a happy hour featuring 75-cent bottles and 50-cent drafts.

Flinchbaugh is a veteran of such Harrisburg institutions as the Firehouse, Zephyr and Fisaga, and it shows. The interior

of Flinchy's is comfortably modern upscale-casual and it attracts a like-minded patronage. A frosted glass partition divides the dining room and bar, and on one side, the intimate bar glows softly, illuminated by rosy lamps, while on the other, flickering tea candles dot comfortable booths. Just steps away, the Train Wreck Deck expands the capacity of the restaurant, and allows patrons to experience both warm weather and the enlivening roar of the train as it chugs by (hence, the whistle at the bar).

Flinchy's offers "the best of ever-changing global cuisine and regional fare," and under the guidance of chef Cleavon Jones, Flinchy's kitchen turns out a fine array of traditional and innovative dishes. The emphasis, says Flinchbaugh, is on "simplicity, flavors and seasonal cooking."

For lunch, try a BBQ Chicken salad of charbroiled chicken spiced up with black olives, cucumbers, and tomatoes (\$8), or a Thai Beef or Tuna salad, your choice of grilled tenderloin or sushi-grade tuna over a bed

of mixed greens enlivened by roasted peppers, carrots, scallions and coconut (\$14). For dinner, the Chopped salad-Swiss cheese, turkey, ham, artichoke hearts, bell peppers, red onions, olives, garbanzo beans, carrots, tomatoes atop mixed lettuces-is an excellent precursor to one of Flinchy's aged prime Black

Angus steaks. exotic without scaring those who prefer to stay stateside.

"Veal Oscar is one of our new dishes, and it's amazing," says Flinchbaugh. The mellow dish, comprised of sautéed cutlets, mushroom and asparagus, is dressed in a white wine and lemon sauce, and crowned with juicy jumbo lump

choice of soup or salad, as well as Yukon Gold mashed potatoes or rice pilaf.

Flinchy's rounds out the menu with an array of pastas and sauces, including a fresh herbs pesto, vodka sauce, and Flinchy's own tomato sauce (\$12); chicken, shrimp or crab may be added to any pasta dish for a nominal charge. Jones's specials are a win-win choice-Flinchbaugh recounts a patron raving to him that his steak was "the best he'd ever had."

In the summer of 2004, Flinchbaugh kicked off all-you-can-eat hard shell crab Thursday's, and the event was such a success that he's reinstating the steamed delicacy at Flinchy's from Memorial Day to Labor Day. Reservations are required, and be sure to book early- like al fresco dining on the deck, seating is limited and fills up quickly.

Flinchy's motto is, "Where East & West Meet to Eat." Stroll up to the deck, grab a beer, and enjoy the ride.

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Sun- 12pm-2am  
CC: All major



Image courtesy of www.flinchys.com

Angus steaks.

Flinchy's fantastic chili, concocted by none other than Dawson "Chief Chili" Flinchbaugh (Matt's father and PA Chili Cook-Off judge) is another great menu choice, as an appetizer or a meal. Jamaican Jerk Steak Stickers, tender steak grilled with pineapple, and toasted coconut and served with dipping sauce (\$8) or a Mediterranean Quesadilla bursting with pepper slaw, bacon, a bell pepper medley and a trio of cheeses and accompaniments (\$7) will provide a taste of the

crab and hollandaise (\$24), and is a favorite with customers, as is the Steak Diane, twelve ounces of New York Strip complete with smoked bacon, smothered onions and peppers topped with sun-dried tomatoes (\$20). Fresh Chicken Parmesan (\$15), Black and Blue Chicken, a Cajun-style chicken breast topped with jalapeno bacon slices (\$16), and sesame encrusted Ahi tuna steak (\$18) are just a few of the pleasing entrees Flinchy's offers, with an emphasis on freshness and quality ingredients. All entrees are accompanied by a

## XGI washes out Lion Ambassadors

By Herb Smith  
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Showing their team spirit, three campus organizations and one independent team took to the pavement to test their speed on Thursday. They weren't running or driving cars, but driving bathtubs. With two or three pushers and one driver per team, the tubs raced around the track in the parking lot behind the Olmsted

building in a figure eight pattern.

In the first timed trial, the XGI's dominated the independent team, setting themselves up as the favorite to take the checkered flag in the final race.

In the second timed trial, a determined squad of Lion Ambassadors edged the team from The Capital Times. Capital Times team member, Brandon Sarzinski, wasn't happy with losing to the Lion Ambassadors. "We could have taken them,"

Sarzinski said.

In the final race, the XGI's again showed their skills and spirit by cruising to an easy victory in a faster time than their first run. The winning team members were pushers Andrew Dale, Environmental Engineering, Matthew Mahoney, Electrical Engineering, Don Bloss, Psychology and driver Kelly Eltreim, Structural Design.

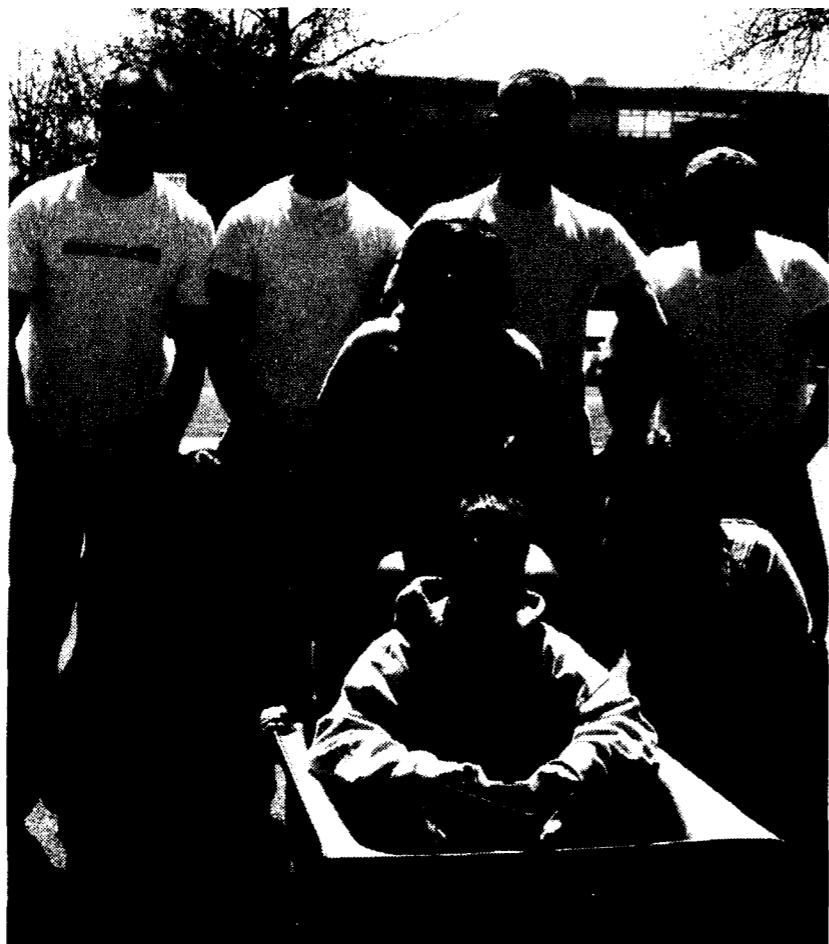
"Some come to play; we come to win," said Mahoney. "This is the time for competitive team spirit."

All racers were given a small gift for their participation. XGI racers are now the two time champs of the Penn State Harrisburg Bathtub Races.

The bathtub races were held in celebration of Earth Day.



Racers prepare their bathtubs at the starting line for the race. The bathtub race is an annual tradition at PSH.



Photos by Kathryn Herr/Capital Times

Team XGI won the bathtub race for the second year in a row. Their winning time was just over 22 seconds.



Team Lion Ambassador pulls ahead of Team Capital Times during the second heat of the race. The Lion Ambassadors took second place.