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The Financial Times Top 400 Financial Advisors is an independent listing produced by the Financial Times (March, 2016). The FT 400 is based on data gathered from firms and verified by broker-dealer home offices, regulatory disclosures, and the FT's research. The listing reflects each advisor's performance in six primary areas, including assets under management, asset growth, compliance record, experience, credentials, and accessibility as identified by the FT. Neither the brokerages nor the advisors pay a fee to the Financial Times in exchange for inclusion in the FT 400.

The "Barron's Winner's Circle Top 1200" is a select group of individuals who are screened on a number of different criteria. Among the factors that advisors are assessed include their assets under management, revenues, the quality of service provided to clients, and their adherence to high standards of industry regulatory compliance. Portfolio performance is not a factor. Please see Barrons.com for more information.

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Chef's Kitchen | Unionville Schools  
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from the  
**EDITOR**

It's August and the living is easy. Soon it will be September. Too soon. So for now, we'll think about the good life—the focus for this issue.

We bring you good things in “Malvern: Memories and Memorabilia,” Carol Metzker’s musings about things in and around the Borough. She shares purple martins, history, a hidden gem, a mural tour and a quick stroll down King Street.

Farther east, Kirsten Werner previews good news about Natural Lands Trust’s plans for Stoneleigh, the former Haas family property in “Something New is About to Bloom on the Main Line.”

For some nostalgia, Jack Smith revisits the family car trip—the lure of the highway and classic car games—in Finish Lines’ “Are We There Yet?” And Laura Brennan gives us this month’s scoop in Brandywine Table’s “Frozen Desserts.”

The good life includes feeling good, so each year we take a closer look at Women’s Health. Local medical experts focus on prenatal testing, adolescents’ body image, opioid addiction in women, and the increasing importance of balance, physical balance. Men should read it, too.

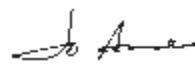
Pet wellness is Mary Dolan’s topic in “Vets: Your Pet’s Other Best Friend.” For more on pets, check out our annual Cutest Pet Content. You may have a winner!

For seniors, in “Round, Round, Get Around,” Edwin Malet explores options when driving isn’t an option. And our Guide to 55+ and Senior Communities and Services gives information.

Just in time for the Olympics, I share ten years of experience as a track-mom—watching runners race in a counter-clockwise direction as others jump and throw things in the center of the field. Let “A Field Guide to Track & Field” be your guide.

Finally, we hope you’ll get out and enjoy this month. Check out our Best Local Events for August and “Mark Your Calendar” for the months ahead.

I hope you enjoy this issue.


  
Jo Anne Durako  
Editor



*Coming In September!*

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Chester County Day Preview  
Dressage at Devon • Fall Equestrian Season  
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**August 2016**

Volume XXXIX, Number 12

### PUBLISHER

Edwin Malet

### EDITOR

Jo Anne Durako

### ART DIRECTOR / PRODUCTION

Alex Bianco

### ASSOCIATE EDITOR

Marci Tomassone

### ASSISTANT EDITOR

Mary Irene Dolan

### FOOD EDITOR

Laura Muzzi Brennan

### ACCOUNT EXECUTIVES

Sue Angelucci Sontagh

Chrisy Holsopple

Rayna Segal

### BUSINESS MANAGER

Debra M. French

### CONTRIBUTING WRITERS

Laurel Anderson

George Fitzpatrick

Matt Freeman

Emily Hart

Bryan Kolesar

Carol Metzker

Jack Smith

Andrea Kiliany Thatcher

Kayleigh Thompson

Cindy Walker

### CONTRIBUTING PHOTOGRAPHERS

Alix Coleman

Wil Moore

Andrew Seymour

Timlyn Vaughan

### INTERNS

Hannah Baker

Elkin Jaramillo

### CONTACT US AT:

ValleyDel Publications, Inc.  
893 S. Matlack Street, Ste. 150  
West Chester, PA 19382.  
610-918-9300. [Info@ValleyDel.com](mailto:Info@ValleyDel.com)  
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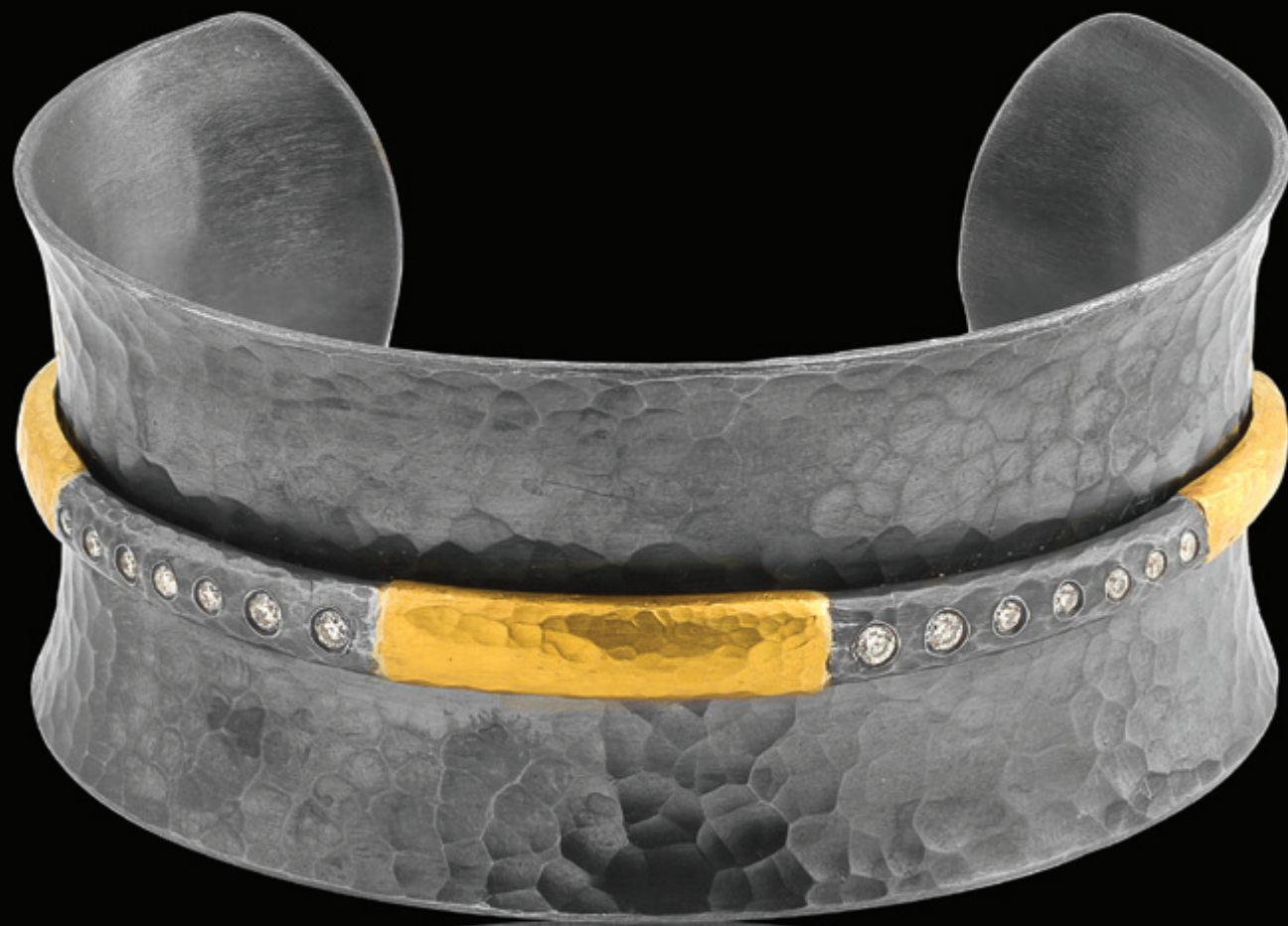
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Top photo: painting, *King Street—Malvern* by Randall Graham



# “I Wanted To Get New Windows But I Was Afraid, Because Most Replacement Windows I’ve Seen Are Just Plain Ugly!”

Most companies that came to my home showed me vinyl replacement windows. They had some nice features but they just didn’t look very good. Then I saw P.J. Fitzpatrick’s Infinity by Marvin® window. I couldn’t believe how much BETTER it looked.

It’s made from a material called Ultrex®, which is a patented Fiberglass material. Common replacement windows have bulky, thick frames, which means I would lose 2-3 inches of glass around each window. Because Ultrex® is 8x stronger than vinyl, they can streamline the frames, which means I lost almost no glass space.



View through Vinyl



View through Ultrex



With the Infinity® Window I got the flexibility to paint or stain the windows or have them pre-painted. Vinyl windows just didn’t give me that option.

I ended up replacing my windows with the Marvin Infinity® because it gave me all the benefits of a new window with the beauty of a traditional wood look. Now, my home looks great, my energy bills are lower and I can actually open and clean my windows without killing my back. *Thanks P.J.!*



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## [ Good to Know ] Just a few things we'd thought you'd like to know this month

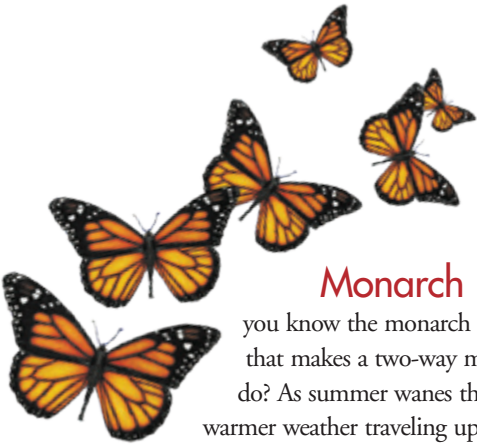
**Smart Meds.** Say goodbye to dreary conversations about medicine schedules, and banish anxiety that your loved ones are ignoring their daily doses. **PillDrill** uses radio frequency identification and your smartphone to log medications, alert distant family members when pills are taken, and even track and share drug reactions with family and doctors for adjusting dosages. Finally, monitor meds without nagging. And with this much convenience, it’s just what the doctor ordered! *EnGadget.com.*



**Hot Doggies.** Escape from the summer’s heat to **Beau’s Dream Dog Park**, nestled in Buchanan Park in Lancaster City. Unwind and unleash in comfortable Adirondack chairs while your furry friend spends an afternoon socializing with other dogs. The Beneful Dog Food-sponsored park is complete with tennis balls, obstacles, a doggie tunnel and large water fountains, making it the perfect place to escape for the day. Stretch your paws and join the fun every day from 6 a.m. until 9 p.m.!



**Series Commitment.** In a world where over 28 million people cheat on their binge-watching buddy and sneak the next episode of their favorite Netflix show, Cornetto is creating a new product, **Commitment Rings**. Like the Netflix socks we featured in February, these rings make the most of your binging experience. An app partnered with wearable tech will block watching certain shows, unless both rings are there. Stay tuned for a release date, and help end Netflix adultery. *FastCocreate.com.*



**Monarch Migration.** Did you know the monarch is the only butterfly that makes a two-way migration, just like birds do? As summer wanes the butterflies head for warmer weather traveling up to 50 to 100 miles per day! The annual **Butterfly Fest** at **Colonial Gardens** in Phoenixville celebrates this migration on August 23 with talks, food vendors and a mid-day butterfly release. Flutter over to *ColonialGardensPa.com* for details.

**Fair Game.** ‘Tis the season for fried food, ferris wheels, livestock shows and carnival games. While fads may come and go, the faithful county fair has been an American staple for over 200 years. Hundreds of country fair fans come together to celebrate agricultural advances, new farming practices and goldfish-winning victories at the ring toss. Each August, 47 out of 50 states host country fairs and Pennsylvania is no exception—head for the **Goshen Country Fair**, August 1–6. Find more at *Pa-Vendors.com*.





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## [ August Picks ]



### Riverfront Blues Fest In Wilmington

August 5-7

Mark your calendar for the festival that brings the best of the blues to Tubman-Garrett Riverfront Park. This annual three-day, outdoor music festival held on the historic Wilmington riverfront features memorable performances from notable blues artists like Koko Taylor, Pinetop Perkins and Elvin Bishop. *Tubman-Garrett*

*Riverfront Park, Rosa Parks Dr., Wilmington. Gates open Fri. at 4 p.m.; Sat., 11 a.m.; Sun., 11:30 a.m. \$30-\$90. 302-576-3095; [RiverfrontBluesFest.com](http://RiverfrontBluesFest.com).*

### Ring of Fire: The Music of Johnny Cash Through August 14

David Lutken, star of the hit show *Woody Sez*, returns to People's Light in a musical mosaic of the life and career of Johnny Cash—his nostalgic track of family, music, humor, tragedy, colorful characters, sins and redemption. Songs like “Folsom Prison Blues,” “Country Boy,” “I Walk the Line” and more tell his story and musings. *People's Light*, 39 *Conestoga Rd., Malvern. Check website for times. \$27-\$47. 610-644-3500; [PeoplesLight.org](http://PeoplesLight.org).*



### Tyler Arboretum's Bugs & Butterflies

August 21

Bring the family to visit Tyler's Butterfly House to check out the many native species of butterflies in various stages of their life cycle and watch the monarch tagging demonstrations. Stop by The Academy of Natural Sciences' Amazing Arthropods Touch Table to see or hold your favorite insect friends. Pieter's Apiary will have live bees in a demonstration hive. Food trucks, The

*Meat Wagon and Sum Pig, for lunch, and check out Little Baby's Ice Cream Cart. 515 Painter Rd., Media. 10 a.m. to 2 p.m. \$7-\$11. 610-566-9134; [TylerArboretum.org](http://TylerArboretum.org).*

### Long's Park Art Festival September 2-4

Rated one of America's Top 25 Art Shows, this festival transforms the beautiful park in Lancaster City into an outdoor gallery showcasing over 200 top artists from across the country. Enjoy live music, fine food, wine and craft beer ... something for everyone. Benefits the free Long's Park Summer Music Series. *Rt. 30 & Harrisburg Pk., Lancaster. Fri-Sat, 10 a.m. to 6 p.m.; Sun, 10 a.m. to 5 p.m. \$7-\$15. 717-735-8883; [LongsPark.org](http://LongsPark.org).*



### The 35th Annual Bayada Regatta

August 13

One of the world's oldest and largest adaptive rowing events for athletes with physical disabilities, sponsored by Bayada Home Health Care. Exciting races, medal ceremonies, music, entertainment plus kids' activities. *St. Joseph's University Boathouse, 2200 Kelly Dr., Philadelphia. 8 a.m. to 4 p.m. Free. 888-995-0788; [Bayada.com/Regatta](http://Bayada.com/Regatta).*





# best Local Events

## FAMILY FUN

### THROUGH AUGUST 24

#### Eagleview Movie Nights.

Bring your blankets, chairs and picnic dinner. *Aug. 10, The Dolphins Tale; Aug. 24, The Good Dinosaur.*

Movies continue through Sept. 8. *Wellington Square, Eagleview. 7 pm. Free; canned food donations for Chester Co. Food Bank encouraged. 610-458-1900; InEagleview.com.*

### THROUGH AUGUST 25, THURSDAYS

**Brandywine River Museum of Art—Museum Explorers Family Workshop.** Interactive tour and art activity inspired by the exhibition, “Get the Picture! Contemporary Children’s Book Illustration.” For children ages two to eight accompanied by an adult. *1 Hoffman’s Mill Rd., Chadds Ford. 10 and 11 am. \$5 per child/one adult, free. 610-388-2700; Brandywine.org.*

### THROUGH SEPTEMBER 5

**DE Museum of Natural History—Extreme Deep—Mission to the Abyss.** Discover the mysteries of the ocean’s greatest depths and the unusual creatures that thrive near them, deep-sea research submersibles and shipwrecks, including the Titanic. *4840 Kennett Pk. (Rt. 52), Wilmington. Mon–Sat, 9:30 to 4:30. \$7–\$9. 302-658-9111; DelMNH.org.*

### THROUGH SEPTEMBER

**Morris Arboretum’s Summer Garden Railway.** The track features loops and tunnels with 15 different rail lines and two cable cars, nine bridges and model trains. *100 E. Northwestern Ave., Phila. Mon–Fri, 10 to 4; Sat, Sun, 10 to 5; Wed until 8, June–Sept. \$8–\$16. 215-247-5777; MorrisArboretum.org.*

### AUGUST 1–6

**67th Annual Goshen Country Fair.** An old-fashioned fair with agricultural exhibits, rides and entertainment. Benefits the Volunteer Goshen Fire Company. *Fair Grounds, Park Ave., off West Chester Pk. Gates open 6 pm. 610-430-1554; GoshenCountryFair.org.*

### AUGUST 3

**4th Annual National Night Out Against Crime.** The Borough Police Dept. invites

families to enjoy live entertainment, refreshments, kid’s activities, police displays, fire and EMS vehicles and a meet-and-greet with local responders. *Municipal Bldg., 401 E. Gay St., West Chester. 6 to 9. West-Chester.com.*

### AUGUST 4, SEPTEMBER 1

**Swingin’ Summer Thursdays.** Great food, live music, clowns, artists, magicians, jugglers and more. *Aug. 4, Kevin McCove, second band TBA; Sept. 1, Groove Merchants and Lion’s Paw. Gay St. between High & Darlington or High & Matlack. 6:30 to 9:30. 610-436-9010; DowntownWestChester.com.*

### AUGUST 13

**Water Works at Hagley.** Cool off while learning about the industrial and recreational uses of water, then have fun with water balloons, bottle rockets and water limbo. *200 Hagley Creek Rd., Wilmington. 10 to 5. \$5–\$14. 302-658-2400; Hagley.org.*

### AUGUST 16

**Touch A Truck Day.** See different models of cars and trucks—dump trucks, cement mixers, fire trucks, new cars and everything in between. *Chester County Gov. Services Complex, 601 Westtown Rd., West Chester. Noon to 4 pm. Parking \$2. 610-436-9010; West-Chester.com.*

### AUGUST 19

**Westtown Twp. Movie Nights at Oakbourne Park.** Kick back and relax in the park to watch *The Princess Bride*. *1014 S. Concord Rd., Westtown. 8 pm. Free. West-townPA.org.*

### AUGUST 20

**Dog Days of Summer in Boyertown.** Calling all dog lovers for an afternoon of family furry fun with pet swimming pools, classes, demonstrations, entertainment, story time and vendors. *Inner Core Parking Lot, 10 am to 1 pm. Free. 610-369-3054; BoyertownPA.org.*

### AUGUST 27

**East Goshen Township Community Day Celebration.** End the summer with a bang at East Goshen Park. The fun includes moon bounces, live music, a petting zoo, food trucks and fireworks at dusk. *1661 Paoli Pk., West Chester. 5 pm to dusk. Free. 610-692-7171; EastGoshen.org.*

## ANTIQUES & VINTAGE.....

### AUGUST 23

**Historic New Castle Antiques Show.** Attracting more than a hundred dealers and thousands of visitors from the Mid-Atlantic region and featuring antiques furnishings, vintage glass and pottery, jewelry, silver and china. Battery Park, New Castle, DE. 10 am. Free. 215-862-5828; HistoricNewCastle.com.

### SEPTEMBER 2

**Vintage Garage Sale.** Live music, food, wine tastings and vintage home goods, clothing, jewelry, art and more for sale. Parking Garage, 14 E. Chestnut St., West Chester. 610-436-9010; DowntownWestChester.com.



## ART & CRAFT SHOWS.....

### THROUGH OCTOBER

**Wrapped Up: Yarnbombing at Morris Arboretum.** Fiber artist Melissa Maddonni Haims weaves her magic at the Morris Arboretum on some of its iconic trees and sculptures. 100 E. Northwestern Ave., Phila. Daily 10 to 4, weekends until 5. \$9–\$17. 215-247-5777; MorrisArboretum.org.



## AUTO SHOW.....

### AUGUST 13–14

**The New Hope Automobile Show.** One of the oldest shows in the country and a showplace for enthusiasts, owners and spectators with great food and live music. Benefits Fox Chase Cancer Center. New Hope-Solebury High School, 180 W. Bridge St., New Hope.



Daily 9 to 4. \$3–\$5. 215-862-5655; New-HopeAutoShow.com.

## EQUESTRIAN.....

### FRIDAYS & SUNDAYS, JUNE–SEPTEMBER

**Brandywine Polo.** Spectators picnic and tailgate at the grounds. Toughkenamon Exit, Rt. 1 S. Fri, gates open at 5; polo, 5:30; music, 7:30. \$10–\$15. Sun, gates open at 1:30; polo at 3. \$10. Cancelled for rain or extreme heat. 610-268-8692; BrandywinePolo.com.



### SEPTEMBER 3–5

**Ludwig’s Corner Horse Show & Country Fair.** The Midway features rides and games for children (opens at 11). Featuring “Creepy Crawlers,” a pet parade and Thorncroft Mainstreamers, classic carriages and antique car show. The Horse Show: daily at 8 until dusk. 1326 Pottstown Pk., Glenmoore. For a schedule, visit LudwigsHorseShow.com.

## FESTIVALS.....

### AUGUST 6

**In the Good Old Summertime at Pennypacker Mills.** A Victorian summer celebration with a magician, Children’s Heritage Garden, photographs in Victorian clothing and lawn games. 5 Haldeman Rd., Schwenksville. 11 to 3. Free. 610-287-9349; MontcoPa.org/PennypackerMills.



### AUGUST 12–13

**Goschenhoppen Folk Festival.** A family event, demonstrating home skills and trades of the Pennsylvania Dutch from about 1750–1880. Henry Antes Plantation, 318 Colonial

Rd., Perkiomenville. Fri, noon to 8; Sat, 10 to 6. \$3–\$12. 215-234-8953; Goschenhoppen.org.

### AUGUST 20

**Pottstown Veterans’ Community Day.** Local craftspeople, food trucks and live music. Benefits local veterans’ organizations. Pottstown Memorial Park, 75 W. King St., Pottstown. 11 to 5:30. Free. 610-970-6608; Pottstown.org.

### AUGUST 27

**2016 Lancaster Craft Beerfest.** The best breweries locally and from across the country, food trucks and live music. Lancaster Square

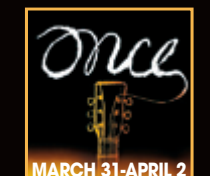


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and Binns Park, 100 block of N. Queen St., Lancaster. 4 to 7:30 pm. Gen. adm., \$40; VIP (early access at 3 to beer garden), \$55; designated driver, \$12. LancasterCraft BeerFest.com.

**AUGUST 27-28**

**The August Quarterly Festival Celebration 2016.** The nation's oldest African-American festival celebrating religious freedom, freedom of speech and the right to assemble. Tubman-Garrett Riverfront Park, Rosa Parks Dr. For details, 302-655-5231; AugustQuarterly.org.

**FOOD & BEVERAGE.....**

**THROUGH SEPT. 30, WEDNESDAYS**  
**Stroll, Shop, Dine—Dining Under the Stars in Media.** Restaurants offer outdoor dining along State St., from Jackson to Orange Sts. Entertainment, activities on each block. 5 to 11. 610-566-5039; VisitMediaPA.com.

**AUGUST 13**

**America On Tap Beer Festival.** Sample beers, eat delicious food and shop great vendors. Tubman-Garrett Riverfront Park, Rosa Parks Dr. 2:30 to 6. \$45. AmericaOnTap.com.

**GARDENS & PLANTS.....**

**FRI, SAT—THROUGH OCTOBER 31**  
**Individual House Tours at Chanticleer Garden.** Special, 45-minute tours introduce the garden and take visitors through the first floor of the Chanticleer house. In a small group, learn more about the Rosengarten family, Chanticleer's history and life on the Main Line. 786 Church Rd., Wayne. Fri, Sat, 11 am. \$15 includes general admission. 610-687-4163; ChanticleerGarden.org.

**THROUGH OCTOBER 31**

**Mt. Cuba Center's New Garden.** The new planting design uses native perennials to demonstrate the beauty and utility of native plants in a formal setting. 3120 Barley Mill Rd., Hockessin, DE. Wed-Sun, 10 to 4. \$5-\$10. 302-239-8883; MtCubaCenter.org.



**AUGUST 3-OCTOBER 29**

**Longwood Gardens—Nightscape.** Come experience color, light and sound as they emerge from the Gardens to create an evening you'll never forget—with a few new surprises this

year. 1001 Longwood Rd., Kennett Square. Optimal viewing begins at 9 pm in Aug., at 8 in Sept. and 7 in Oct. \$17-\$27. 610-388-1000; LongwoodGardens.org.



**MUSEUMS.....**

**THROUGH AUGUST**

**National Iron & Steel Heritage Museum—**“Coatesville Rolls into World War I” exhibit portrays the American home front and the use of iron and steel, the actions of Coatesville's steel companies and a look at its citizens. 50 S. First Ave., Coatesville. Mon-Sat, 10 to 4. 610-384-9282; SteelMuseum.org.

**THROUGH NOVEMBER 6**

**Brandywine River Museum of Art. Through Oct. 9,** “Get the Picture! Contemporary Children's Book Illustration.” **Through Nov. 6,** “New Terrains: American Landscape Paintings from the Bequest of Richard M. Scaife.” 1 Hoffman's Hill Rd., Chadds Ford. Daily, 9:30 to 4:30. \$6-\$15. First Sun of month, free. 610-388-2700; BrandywineMuseum.org.



**THROUGH NOVEMBER**

**The Christian C. Sanderson Museum.** “Simply Sanderson” is never-before-seen photos and artifacts from the collection. 1755 Creek Rd., Chadds Ford. Thurs-Sun, noon to 4. \$5-\$8; under 5, free. 610-388-6545; SandersonMuseum.org.

**THROUGH DECEMBER 31**

**The Delaware Art Museum Exhibits. Through Sept. 18,** Edward Koren: The Capricious Line; **Aug. 14-Dec. 31,** Howard Pyle Murals. 2301 Kentmere Pkwy. Wed, 10 to 4; Thurs, 10 to 8, free after 4 pm; Fri-Sun, 10 to 4, free on Sun. \$6-\$12. 302-571-9590; DelArt.org.

**AUGUST 2, SEPTEMBER 6**

**Marshall Steam Museum at Auburn Heights Preserve—Evenings at the Museum. Aug. 2,** open house for the new exhibition on the

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**COMMUNITY OPEN HOUSE DATES:**  
**WEDNESDAY, OCTOBER 12 & WEDNESDAY, NOVEMBER 16**



revival of the Stanley Steamer; **Sept. 6**, invitational preview of “Roadsters & Runabouts,” before the Sept. 25 fundraising event. 3000 Creek Rd., Yorklyn, DE. 7 pm. \$5. 302-239-2385; AuburnHeights.org.



**MUSIC, DANCE, ENTERTAINMENT.....**  
**THROUGH AUGUST 21**  
**West Goshen Summer Concerts.** **Aug. 7**, Dueling Pianos; **Aug. 21**, swing concert with City Rhythm. West Goshen Comm. Park, N. Five Points & Fern Hill Rds., West Chester. 6:30 pm. Free. 610-696-5266; WGoshen.org.

**THROUGH OCTOBER**  
**Longwood Gardens Summer Concert Series.** Get your tickets early as the summer lineup is heating up! **Thurs. through Oct.**, live music in the Beer Garden, 6 to 9 pm; **Aug. 23**, the extraordinary talent of 12-year-old jazz

prodigy Joey Alexander performing with Time for Three, 7:30 pm, \$35–\$49; **Sept. 11**, Taj Mahal Trio and Bettye LaVette, 7:30, \$35–\$59. 1001 Longwood Rd., Kennett Square. 610-388-1000; LongwoodGardens.org.

**AUGUST 2–30**  
**Eagleview Town Center Concerts on the Square.** **Aug. 2**, Family Night! Better N’ Recess, Nalani & Sarina; **Aug. 9**, John Byrne Band; **Aug. 16**, Xande Cruz/Greg Sover; **Aug. 23**, Cookie Rabinowitz/Donovan Woods/David Myles; **Aug. 30**, season finale with Ben Arnold and The 48-Hour Orchestra. Canned food items requested for Chester County Food Bank. Wellington Square, Eagleview in Exton. 7 pm. Free. Facebook.com/EagleviewTC.

**AUGUST 3**  
**Summer Concert at Anson B. Nixon Park.** The West Philadelphia Orchestra performs. Light supper available for purchase. Walnut Rd., Kennett Square. 7 to 9 pm. Free. 610-444-1416; AnsonBNixonPark.org.

**AUGUST 3–14**  
**Delaware County Summer Festival.** Grab your blankets and enjoy. **Aug. 3**, Bryn Mawr Mainliners; **Aug. 4**, The Rockafillies; **Aug. 5**, Mind’s Eye View; **Aug. 6**, Lonny Shields Band and Jesse Loewy Band; **Aug. 7**, The Plants!; **Aug. 10**, US Army Field Band & Soldiers Chorus; **Aug. 11**, Blackthorn; **Aug. 12**, Zydeco-A-Go-Go; **Aug. 13**, Pure Harmony; **Aug. 14**, Eric Clapton Tribute performed by The Cure. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. 7:30. Free. 610-891-4455; Co.Delaware.PA.US/Summer.



**AUGUST 5–14**  
**Musikfest.** The site of the nation’s largest free, non-gated music festival, Bethlehem comes alive with the sound of all genres of music.



Tickets are, however, required for national headliners such as: Run DMC, Boston, Dierks Bentley, Bush, Lady Antebellum, Don Henley, X Ambassadors ... in one place. Visit [Musikfest.org](http://Musikfest.org) for a lineup and to purchase tickets.

**AUGUST 6**  
**Bryn Mawr Twilight Concert Series.** Trespass—Genesis Tribute Band. Bryn Mawr Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. \$12–\$15. 610-864-4303; BrynMawrTwilightConcerts.com.

**AUGUST 7–21**  
**Miller Park Summer Concert Series.** **Aug. 7**, Rob Snyder; **Aug. 21**, Wallstreet. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6:30. Free. Rain dates the following Sunday. 610-363-9525; WestWhiteland.org.

**AUGUST 7–28**  
**Long’s Park Summer Music Series.** **Aug. 7**, March Fourth! Musicians, dancers and artisans take you on a foot-stomping, soul-stirring journey; **Aug. 14**, Daimh, authentic Gaelic music; **Aug. 21**, Mike Stern Quarter; **Aug. 28**, Darlingside performs traditional Americana/roots/folk music. Long’s Park Amphitheater, 1441 Harrisburg Pk., Lancaster. Sundays, 7:30 pm. Free. 717-735-8883; LongsPark.org.



**AUGUST 12**  
**Music on the Brandywine.** Brandywine River Museum of Art hosts an evening with The Swinging Foxes playing boogie-woogie, jazz and rhythm & blues. Cash bar and food available for purchase. 1 Hoffman’s Mill Rd., Chadds Ford. 7 pm. \$10–\$15. 610-388-2700; Brandywine.org.

**AUGUST 13**  
**88th Chester County Old Fiddlers’ Picnic.** Old-time country music with hundreds of musicians. Kids activities, mansion tours, food and craft vendors. Rain date Aug. 14. Hibernia County Park, Cedar Knoll Rd., West Caln Township. 10 to 4. \$5 parking fee. 610-383-3812; ChesCo.org/CCParks.

**AUGUST 13**  
**Kennett Symphony Orchestra—“Postcards from Abroad, A Musical Journey Through**

**Europe.”** Performance features a mix of light classics and pops. Longwood Gardens Open Air Theatre, 1001 Longwood Rd., Kennett Square. 7. \$10–\$45, includes concert, admis-



sion to gardens. Rain date Aug. 14. 610-444-6363; KennettSymphony.org.

**AUGUST 13–OCTOBER 1**  
**Paradocx Vineyard Summer Concert Series.** What better way to end the week than with live music and wine. **Aug. 13**, Sinatra; **Aug. 27**, The Rose Project; **Sept. 3**, The Blue Route Band; **Sept. 17**, Knowlton Point; **Oct. 1**, Sara Spicer. 1833 Flinit Hill Rd., Landenberg. 5 to 9 pm. \$10–\$12 includes a glass of wine. 610-255-5684; Paradocx.com.

**AUGUST 18**  
**Music at Marshall Square Park.** Come to the

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gazebo in Marshall Square Park for a picnic concert. Visit the website for performers. 248 E. Marshall St., West Chester. 6:30 pm. Free. 610-436-9010; MarshallSquarePark.org.

**AUGUST 21**  
**Community Arts Center Concert.** Tri-State Jazz Society performs at 414 Plush Mill Rd., Wallingford. 2 to 4:30. 610-566-1713; CommunityArtsCenter.org.

**AUGUST 21**  
**World Cafe Live at the Queen.** Johnny Winter All Star Band. 500 N. Market St., Wilmington. Check their website for shows, tickets and times. 302-994-1400; Queen.WorldCafeLive.com.

**AUGUST 25, SEPTEMBER 1**  
**Uptown! Entertainment Presents ... Aug. 25,** Broadway in the Borough, The Resident Theatre Co. featuring New York performers in a cabaret setting, 7 to 9, \$24. **First Thursdays, Sept. 1,** local bands perform, 8 to 11, \$10. Sprout Music Collective, 130 E. Prescott Alley, West Chester. UptownWestChester.org.

**AUGUST 30**  
**The Grand Wilmington.** “Weird Al” Yankovic—The Mandatory World Tour. 818 N. Market St., Wilmington. 8 pm. \$46–\$49. 800-37-GRAND; TheGrandWilmington.org.



**OUTDOOR ACTIVITIES.....**  
**AUGUST 3, 24**  
**Bike, Hike & Brews at Hagley.** Stroll, jog or cycle Hagley’s three-mile loop then enjoy music, local beers and a special menu. 450 Blacksmith Hill Rd., Wilmington. 5 to 8 pm. \$5–\$14. 302-658-2400; Hagley.org.



**AUGUST 13, SEPTEMBER 10**  
**Schuylkill River Pedal and Paddle.** Take a 4.5-mile bike ride from Pottstown’s Riverfront Park to Historic Morlatton Village in Douglassville. Lunch, bikes, kayaks and all kayaking gear are provided. 9 to 2. \$40. To register, 484-945-0200; SchuylkillRiver.org.

**AUGUST 20**  
**Iron Hill Twilight Criterium.** Excitement and



family-fun at the pro men’s and women’s championship finals. Other family-friendly events include the Twilight Trike Challenge and more (see below). GreaterWestChester.com.

**AUGUST 20**  
**More Events at Iron Hill Twilight Criterium.** Benchmark Federal Credit Union’s Community Festival, High St. between Gay and Market Sts., offers lots of interesting booths, foods and treats. The Market Street Block Party, Market St. between Church and Darlington Sts. has face painting, sidewalk decorating, live music and food. The Kids Zone, at Wells Fargo Bank Parking Lot on E. Gay St., has a mechanical bull, giant slide, live music and a raffle. Visit GreaterWestChester.com.

**THEATERS.....**  
**THROUGH AUGUST 21**  
**Media Theatre—The Jungle Book.** Heartwarming musical adventure based on Rudyard Kipling’s story. Media Theatre Co., 104 E. State St., Media. Sat, 11 am; Sun, noon. \$12–\$15. 610-891-0100; MediaTheatre.org.



**AUGUST 18–22**  
**Bravo Theatre Co.—Company.** Music and lyrics by Stephen Sondheim; book by George Furth. Main Stage Theatre, E.O. Bull Center, West Chester Univ. Check website for tickets available later this summer. Thurs–Sat, 8 pm; Sun–Mon, 2 pm. Bra voTheatreCompany.org.

**TOWNS, TALKS & TOURS.....**  
**AUGUST 4–25**  
**Town Tours & Village Walks.** “Celebrating 300 Years of Iron and Steel Heritage.” **Aug. 4,** Joanna Furnace: An Archaeological Triumph; **Aug. 11,** Carver Court: A Living Legacy, Coatesville; **Aug. 18,** East Pikeland Hist. District; **Aug. 25,** Pine Forge Academy & Hopewell Nat’l Hist. Site. Tours begin at 5:30 last tour at 7. Free. 610-344-6923; ChesCo.org/Planning/TownTours.



**AUGUST 5, 13, 18**  
**First Fridays, Second Saturdays, Third Thursdays.** Stroll through area towns to find exhibits,

galleries, restaurant specials, entertainment and extended hours. **Aug. 5, First Fridays:** *Kennett Square*, 610-444-8188; HistoricKennettSquare.com. *Lancaster City*, 717-509-ARTS; LancasterArts.com. *Oxford*, 610-998-9494; DowntownOxfordPA.org. *Wayne*, 610-687-7698; FirstFridayWayne.com. *West Chester*, 610-738-3350; DowntownWestChester.com; *Wilmington*, 302-576-2489; WilmingtonDE.gov. **Aug. 13, Second Saturday:** *Media*, 484-445-4161; MediaArtsCouncil.com. **Aug. 18, Malvern Stroll**, MalvernBusiness.com; **Third Thursday on State Street, Kennett Square**, HistoricKennettSquare.com.

**AT THE WINERY.....**  
**THROUGH JUNE**  
**Brandywine Artisan Wine Trail.** This month’s theme is The Art of Painting. Visit BrandywineArtisanWineTrail.com. ♦

Stay in the know with everything going on in *County Lines* country. Sign up for our monthly Events Newsletter at [Newsletter@ValleyDel.com](mailto:Newsletter@ValleyDel.com)

Send a description of your activity to [Info@ValleyDel.com](mailto:Info@ValleyDel.com) by the first of the month preceding publication.

**For more events visit:**

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Please see website for schedule, admission & directions.


**[www.ludwigshorseshow.com](http://www.ludwigshorseshow.com)**



# mark your calendar!

Marci Tomassone

We've gathered just a few of the many fall events happening in *County Lines* country. Be sure to check our website, sign up for our events newsletter or pick up a copy for hundreds more.



## SEPTEMBER

**3–5, 72nd Ludwig’s Corner Horse Show & Country Fair.** Equestrians compete alongside country fair fun. Rt. 100, Ludwig’s Corner, Glenmoore. *610-458-3344; LudwigsHorseShow.com.*



**9–11, 20th Radnor Hunt Concours d’Elegance.** Nationally recognized motor car event. Radnor Hunt, 826 Providence Rd., Malvern. *610-644-4439; RadnorConcours.org.*



**10–11, 30th Kennett Square Mushroom Festival.** Street fair in downtown Kennett with mushroom-related events. Fungi-fun for the family. *610-925-3373; MushroomFestival.org.*

**11, Shugart’s Sunday at Historic Sugartown.** Live music, BBQ, hayrides, family activities. Historic Sugartown, 690 Sugartown Rd., Malvern. *610-640-2667; HistoricSugartown.org.*

**15–18, Devon Fall Classic.** Exciting fall jumper show and family fun on the Midway. Devon Horse Show Grounds, Lancaster Ave., Devon. *610-688-2554; DevonHorseShow.net/Fall-Classic.*

**15–18, Plantation Field Horse Trials & Fair.** Top international riders compete in dressage, crosscountry and show jumping. 387 Green Valley Rd., Unionville. *484-883-2917; PlantationFieldHorseTrials.com.*



**17, Canine Partners for Life Open House & Cow Bingo.** Family fun includes service dog demos, kennel tours, games and cow bingo. 334 Faggs Manor Rd., Cochranville. *610-869-4902; K94Life.org.*



**18, Chester County Restaurant Festival.** Over 70 restaurants serve up their best. Gay & Market Sts., West Chester. Rain date, Sept. 27. *610-436-9010; DowntownWestChester.com.*

**25, Malvern’s 2016 Harvest Oktoberfest.** Crafters and artists, music, kids’ activities, food, a beer garden and the popular Bark in the Park, promoting pet adoption. King St., Malvern. *Malvern-Festivals.com.*

**27–Oct. 2, Dressage at Devon.** Top horses and riders from around the world compete. Festival Shops, too. Devon Horse Show Grounds, Lancaster Ave., Devon. *610-517-0849; DressageAtDevon.org.*

## OCTOBER

**1, 76th Chester County Day Tour.** Fine homes and historic landmarks in West Chester, Marshallton and Kennett Square are on display. Benefits Chester County Hospital. *610-431-5301; ChesterCountyHospital.org.*



**1, Paoli Blues Fest & Street Fair.** Musicians perform on the Main Stage at Paoli Village Shops. Fun for the whole family with vendors, a beer garden and a Kidz Zone. Lancaster Ave., Paoli. *PaoliBluesFest.com.*



**1, Kennett Square Brewfest.** Enjoy 90 regional micro-brewers offering samples. Food from local restaurants. 600 S. Broad St. *610-444-8188; KennettBrewFest.com.*

**1–2, Main Line Antiques Show.** The only antiques show on the Main Line. Benefits Surrey Services for Seniors. 610 King of Prussia Rd., Radnor. *484-580-9609; MainLineAntiquesShow.com.*

**9, Dilworthtown Inn Wine Festival—Crush Cancer.** Great wines, silent

auction, car show, shopping. Benefits Chester Cty. Hospital. 1390 Old Wilmington Pk., West Chester. *610-431-5329; ChesterCountyHospital.org.*

**20–22, The Great Pumpkin Event.** 60 carvers participate in this traditional pumpkin carve and show. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. *610-388-7376; ChaddsFordHistory.org.*



**28–30, The Playhouse on Rodney Square—Rent.** Jonathan Larson’s rock musical. DuPont Bldg., 1007 N. Market St., Wilmington. *302-888-0200; ThePlayhouseDE.org.*

## NOVEMBER

**6, 82nd Running of PA Hunt Cup.** Timber racing, tailgating, carriages. Rt. 926 & Newark Rd., Unionville. *484-888-6619; PAHuntCup.org.*

**9–Jan. 8, Media Theatre’s A Christmas Story: The Musical.** Based on the holiday classic. 104 E. State St., Media. *610-891-0100; MediaTheatre.org.*

**16–Jan. 15, People’s Light’s Sleeping Beauty: A Musical Panto.** This seasonal Panto is always a family treat. 39 Conestoga Rd., Malvern. *610-647-1900; PeoplesLight.org.*

**19–20, Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best In Show. Greater Phila. Expo Center, 100 Station Ave., Oaks. *484-362-2682; NDS.NationalDogShow.com.* ♦







Kirsten L. Werner, Natural Lands Trust

## STONELEIGH, THE HAAS FAMILY PROPERTY, BECOMES A PARK.

**P**ERHAPS YOU'VE CAUGHT A GLIMPSE OF STONELEIGH through the iron fence and flowering azaleas along North Spring Mill Road in Villanova. Or maybe you noticed the now-iconic family of rabbits carved into the tree trunk along County Line Road. If you were lucky enough, you may even have attended a “Stroll-about,” the one day each year John and Chara Haas opened their grand estate to visitors curious to see the gardens.

Earlier this year, the Haas family donated Stoneleigh—the mansion and grounds—to Natural Lands Trust, a regional conservation organization that plans to open the estate to the public, free of charge.

“It would be our parents’ wish that the property’s overall beauty, native habitats and historic gardens be preserved,” said David Haas, son of John and Chara. “We believe that Natural Lands Trust shares our family’s vision and will work to honor the legacy of our parents by making the property a unique natural resource for the community and region.”

### A FAMILY HOME

Stoneleigh’s history dates back to 1877 when Edmund Smith, a rising executive with the Pennsylvania Railroad Company, purchased 65 acres of land in Villanova to build his home there. To shape the grounds, Smith hired landscape gardener Charles H. Miller, who had trained at Kew Gardens in England and later served as chief gardener for Fairmount Park.

In 1900 Samuel Bodine, head of United Gas Improvement Company, bought the property. In addition to building the Tudor Revival-style mansion that exists today, Bodine hired New York landscape architecture firm Pentecost and Vitale to radically redesign the gardens.

Evidently Bodine was not pleased with the results. In 1908, he retained the Olmsted Brothers of Massachusetts—sons of Frederick Law

Olmsted, and the most prestigious landscape architecture firm in the country—to “guide him in the gradual transformation of the place.” Over the next 50 years, the Olmsted Brothers firm returned periodically to Stoneleigh to plan vistas and pathways, establish gardens and terraces, reroute points of entry, select plant species, and transplant trees.

Following Samuel Bodine’s death in 1932, Stoneleigh was subdivided and sold. Otto Haas, entrepreneur and co-founder of Rohm and Haas Company, purchased the southwestern portion of the estate, launching a more than 80-year tenure of careful stewardship by the Haas family.

### THE GARDENS

The expansive gardens at Stoneleigh reflect the estate’s long history, with an interesting mix of styles. Evidence of the Beaux Arts influence from the Victorian era includes the sunken Circle Garden and a long pergola, a characteristic feature of Italian gardens of the period, both designed by Pentecost and Vitale.

The Olmsted Brothers’ work softened the axial geometry and formality of the grounds, giving the estate a more spacious, park-like appearance. The oval Rose Garden and the Rockery—both of which remain—served as transitional “rooms” linking the mansion with the expansive Great Lawn.

For the Haas family, Stoneleigh was more than a grand estate with historic gardens ... it was also a home. The Great Lawn, designed to offer sweeping views both of and to the house, was a level spot for a swing set. The herringbone brick paths that connected rose-filled beds were an ideal place for playing hide-and-seek. And the Circle Garden, a centerpiece of the landscape design, offered a charming setting for croquet matches with friends.



### THE NEXT CHAPTER

In 2002 John and Chara wrote: “The preservation and development of the gardens, grounds, and house have been an ongoing project of love for us. We feel privileged to have been entrusted with the conservation of this historic and beautiful property. As its stewards, we have made its safekeeping one of our priorities.”

Natural Lands Trust will continue this tradition of stewardship of the property. Over the next 18 months, as the property is readied for public visitation, the Trust’s staff of landscape architects and land stewards will work to maintain the spirit and framework of the existing landscape design while adding native plants and replacing some specimens that have grown out of scale.

“Stoneleigh: A Natural Garden” will be a public garden that showcases and educates visitors about the benefits of gardens that emphasize native species and their ecological benefits. The property will be open for public enjoyment during daylight hours, seven days a week. A variety of programs will be offered with a primary focus on natural gardening and landscaping techniques. Natural Lands Trust anticipates hosting family and child-oriented programs as well as volunteer opportunities.

Restoration of the mansion is being overseen by John Milner Architects, a leader in historic restoration, and the out-buildings will be handled by Gardner Fox, an award-winning design and construction firm.

The mansion will serve as a unique venue for lectures and other public events but most of it will serve as offices and archives for the Organ Historical Society (OHS), an inter-

national nonprofit organization dedicated to celebrating, studying and preserving pipe organ history. The Haas family has long had an affinity for music of many types.

“Tens of thousands of people have appreciated this property by just going by it—being aware of it,” said Jack Terrill, Chairman of the Natural Lands Trust Board of Trustees. “Now, like the flower that has opened up, instead of us looking at it from the outside many more people will be able to see it from the inside. And I think that is really a great blessing.” ♦

*Natural Lands Trust is dedicated to protecting the forests, fields, streams, and wetlands essential to the sustainability of life in eastern PA and southern NJ. Since its founding in 1953, it has preserved more than 100,000 acres, including 42 nature preserves totaling more than 22,000 acres. Today millions enjoy the healthy habitats, clean air and water, recreational opportunities, and scenic beauty provided by the lands the organization has preserved. Visit NatLands.org.*



Stoneleigh Hares view from County Line Rd.  
PHOTOS HERE AND LEFT, COURTESY ELKIN JARAMILLO



John and Chara Haas  
PHOTO COURTESY DAVID HAAS



Historic Stoneleigh  
PHOTO COURTESY SAMUEL BODINE FAMILY



Stoneleigh Aerial View. John Milner Architects restores the mansion, while Gardner Fox does the outbuildings.  
PHOTO COURTESY MIKE COLL, NATURAL LANDS TRUST





# VETS!

## Your Pet's Other Best Friend

Finding the Right Vet for a Happier and Healthier Pet!

Mary Irene Dolan



If you're an animal owner, you know your pet is more than an animal friend—they're family. We love them and want them to live long, happy lives. And although we wish we could be their whole universe, our pets need another special human in their lives. Every pet needs professional help from a trusted veterinarian.

So how do you do right by your pet and find the right vet? Read on ...

### YOUR CHECKLIST: WHAT TO LOOK FOR

First, think about *when* to look. Don't wait until your pet is sick to start looking! Searching for a veterinarian when your pet is in good health helps build that key connection between vet and pet early on, and it saves you the added stress of finding a qualified candidate when you're hurried and worried.

When you're ready to start searching, here are some key things you should look for.

**LOCATION.** Where is the vet's office? It should be close to home—preferably within five miles—in case of emergency. And you should visit and ask for a tour.

When you visit, what are your impressions? Does everything look clean and organized? Is the equipment up-to-date? What are the hours? Do they have 24/7 care for overnight stays? What's the feeling in the waiting room? If the answers don't impress, keep looking.

**PEOPLE SKILLS.** Trust and communication are essential with your vet—this should be a long-term relationship. You should feel comfortable asking questions and interacting with all staff members, including vet techs and receptionists. Your vet should be knowledgeable but also empathetic, especially when tough decisions need to be made. Getting bad vibes? Move on!

**ANIMAL SKILLS.** In addition to people skills, vets also need stellar animal skills, particularly with your pet's breed or temperament. Does the vet seem at ease with your energetic German Shepherd? Your grumpy old cat? How about a guarded rescue puppy? Without that comfort chemistry, trips to the vet will be more difficult than necessary, both for you and your furry friend. Next!

**ACCREDITATION.** If a veterinary hospital is AAHA accredited—by the American Animal Hospital Association—that tells you they're on the cutting edge of new treatments and have met about 900 standards of care. Also look for board certification from the American Board of Veterinary Practitioners (ABVP) for your pet's specific species. This means your vet has completed additional studies and examinations and is committed to lifelong learning in their specialty field.

**COST.** Lower on the list but still important, consider cost of services. Are the fees within your budget? Does the vet take your insurance? Are prescriptions affordable and available? If the answers to these and the other questions are "yes," you're good to go!

### EXOTIC ANIMALS

If you're considering adding an unusual pet to your animal family—

think rabbits, ferrets, chinchillas, birds, lizards, turtles and the like—your search for the perfect vet has a few more factors to consider. Different animals have different needs and health

problems, so it's important that your vet is well versed on your pet's specific issues.

In addition to the must-haves above, ask some more targeted questions. How much hands-on experience does the vet have with your pet's species? How many ferrets, for example, do they see each year?

Do they have species-specific equipment? More experience makes it more likely the vet will recognize diseases or abnormalities *and* be able to treat them.

Need help looking? Your cat's or dog's vet may be able to help.

Many animal hospitals, like the Animal Hospital of Chester County in West Chester, also treat some exotic pets—including many small mammals, birds and reptiles—plus they have on-site services for specialty care.

Likewise, you can bring your small mammal to the Devon Veterinary Hospital and receive the same routine care you would with you canine or feline friends.

### BIG ANIMALS

Speaking of exotic pets ... If your pet is a large animal—we're talking horse, cow, sheep, goat—finding



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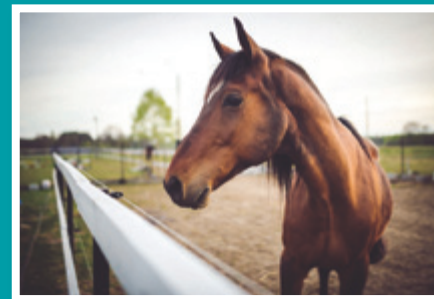
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No Personal Pets, Please



professional veterinary care for them is a bit more complicated, especially since you can't just put them in your car and take them to your local animal hospital. You're going to want a vet that specializes in large animals.

Here in Chester County, equine and livestock animal owners are in luck. Internationally recognized Penn Vet New Bolton Center, one of the biggest large animal hospitals in the nation, is located on 700 welcoming acres nearby in Kennett Square. A whopping 80 percent of their patients are of the equine variety, but they also treat cattle, camelids, pigs, goats, sheep and other large animals.

You've probably read news stories about New Bolton's famous clients. We're still mourning Lily, the abused horse Jon Stewart's family took to their sanctuary, and Barbaro, the Kentucky Derby winner who shattered his leg in the Preakness. But you may not know the sheer number of animals

cared for every year at New Bolton. With 4,000 yearly patients treated on site at the hospital and nearly 37,000 treated on local farms (within 30 miles) by their Field Service, that's a lot of healthier, happier animals!

Our area is also home to Brandywine Equine, an on-farm vet service that covers a wide range of care for your equestrian "pets," plus services for sheep and goats. Brandywine Equine brings that care to you, at your home, farm or barn—from preventive care and routine checkups to advanced dentistry, sports medicine, breeding, post-partum care and more. They work with specialists at the New Bolton Center who can step in when a higher level of care is needed.

## SPECIAL NEEDS

Sometimes that higher level of care is just what the vet prescribed. If your pet is sick, gets injured, needs surgery or has other emergencies, your primary care vet may refer you to a professional with more expertise.



Luckily, if your vet is a good one, they should work with a network of specialists to whom they regularly refer in-need pets. "We serve as an extension of care with the primary veterinarian," says Amy Shields of HOPE Veterinary Specialists in Malvern.

And that extension at HOPE has many different branches—from internal medicine, oncology and surgery to acupuncture, dermatology and then some—all under one roof! "Our specialists collaborate with one another across departments," says Shields. "That way we can create a comprehensive care plan tailored to your pet's needs."

Other specialist centers and emergency-hospitals—Brandywine Valley Veterinary



Brandywine Equine



## MOBILE VETS

Even after reading how important your vet is, you may still be having painful flashbacks about the last time you tried unsuccessfully to round up your otherwise loveable dog or cat for an appointment. Wish you could eliminate that stress?

Enter in-home veterinary services!

Many vets are going mobile, bringing their care and expertise to your pet, in your home and in the comfort of familiar surroundings.

And you may be surprised by all the services they provide—annual exams, vaccinations, bloodwork, nail trimming, behavior and aging counseling, sick and hospice care, even euthanasia, if needed. Plus many have excellent referral services for when house calls aren't enough.

Sounding good?

Our area has many options. Dr. Sandra Fargher of The Visiting Vet offers her convenient services across southern Chester County and northern Delaware. Likewise, Dr. Kimberly Knipe's Mobile Veterinary Service starts in West Chester and covers all the way to Downingtown, Pottstown, the Main Line, Media and Kennett Square.

Now you and your pet can happily forget about the leash, muzzle or traveling crate, at least for the time being.

Hospital in Coatesville, VRC Specialty Hospital in Malvern, VCA Wellington Animal Hospital in Newtown Square, and Metropolitan Veterinary Associates in Valley Forge—offer similar ranges of care.

With so many options, it's important that the relationship feels right to you. Hopefully you won't need to visit the vet too often, but when you do, you need to feel that your pet is in good hands.

After all, that's what our vets are there for! ♦





# Cutest Pet CONTEST!

WHO'S THE CUTEST PET in *County Lines* Country? We asked and our readers sent us more than we could handle! During August, we'll showcase each semifinalist's adorable photo on Facebook. To vote, just *like* us, then *like* your favorite! The pet with the most *likes*\* wins a \$100 gift certificate for **Concord Pet Foods & Supplies**. We'll announce our winner on Facebook in late August.

\* Check the rules on our website!



Prince Harry



Zorro



Lucas



Lady Godiva



Rosco, Zink & Muzzy



Lenny & Bosley



Tipsy



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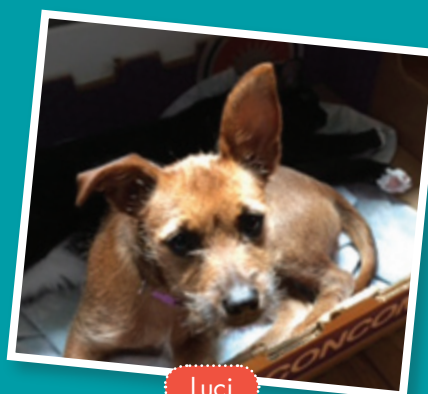
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Olive & Gracie



Oliver

Want a cuddly kitty or perky puppy of your very own? At the Brandywine Valley SPCA, pets want loving, lifelong homes just as much as you want to give them one. Your new best friend may be waiting for you! Visit [BVSPCA.org](http://BVSPCA.org) and **ADOPT** today.





# A CLOSER LOOK AT WOMEN'S HEALTH

## Health Professionals Weigh In on Hot Topics

**H**EALTH ISSUES ARE PART OF OUR MONTHLY BEING WELL COLUMNS. But in August we take a closer look at issues of particular concern to women.

This year we learn what local experts have to say on four timely topics. We start with options for prenatal screenings and testing, with a special look at the devastating impact of the Zika virus. Body image and the roles of mass media, peers and family is next up, with advice about how to spot symptoms. The special challenges of women battling opioid additions are reviewed along with steps to minimize risks. Lastly, we focus on balance, the physical kind of balance that generally deteriorates with age. Take the tests at the end of the article to see if you need to improve your balance.

As always, here's to your health.

# Options for Prenatal Screening and Diagnostic Testing

Dr. Julie S. Moldenhauer and Erica Schindewolf, *Children's Hospital of Philadelphia*

**W**ith so many options for prenatal screening and diagnostic testing, choosing your right fit can seem overwhelming. As healthcare providers for women in pregnancy, we hope to help you better understand what options are available, and do so in a more manageable way.

The first step is to know yourself. What type of information do you want to know about your pregnancy? How much and when do you want it? How comfortable are you with the chance of a false positive or false negative? What might you do with the information you get?

Thinking about these questions will help you and your partner decide which options are best for you.

## WHAT ARE SCREENING TESTS?

Screening tests come in many forms, including ultrasounds, blood work and even reviewing your personal and family medical history.

The earliest screening test—Pan-Ethnic Carrier Screening—can be performed even before conceiving. This testing is designed to tell potential parents if they're carriers of autosomal recessive conditions prevalent in the general population. A carrier is an individual who's not affected but has the potential to pass on a disease if they have children with someone who's a carrier of the same condition. Knowing this information can help determine if your children are at risk for specific conditions that can be tested for during or after pregnancy, such as cystic fibrosis or sickle cell disease.

Some prenatal testing can be performed as early as 10–14 weeks in the pregnancy, such as First Trimester Screening and Non-Invasive Prenatal Screening (NIPS). And it's possible to perform pre-implantation genetic diagnosis for those using IVF (in vitro fertilization) to become pregnant.

- **First Trimester Screening** combines an ultrasound to measure the nuchal translucency (space behind the back of a baby's neck) and blood work to give a risk calculation for conditions like Down syndrome (Trisomy 21) and Trisomy 18 (Edwards syndrome). It has an 80–90% detection rate.

- **NIPS** is a blood test that looks at the baby's DNA that's circulating through the mother's blood and typically tests for Down syndrome, Trisomy 18 and Trisomy 13 (Patau syndrome). It can also tell the baby's sex. NIPS has a 99% detection rate for Down syndrome, but lower for Trisomy 18 and 13. Unlike first trimester screening, NIPS is recommended only for women who are over




*Julie S. Moldenhauer, MD, is the medical director of the Garbose Family Special*

*Delivery Unit and a Maternal Fetal Medicine/Reproductive Genetics Specialist at the Center for Fetal Diagnosis and Treatment at The Children's Hospital of Philadelphia.*

*Erica Schindewolf is a licensed certified genetic counselor specializing in reproductive genetics at the Center for Fetal Diagnosis and Treatment at the Children's Hospital of Philadelphia.*





# Body Image and the Legislation of Fashion

Dr. Michael Pertschuk, *Brandywine Hospital*

**B**ody image—how we see our physical selves and how we judge what we see—is not always an accurate picture of reality. Our perceptions are colored by what others tell us, by experience, by comparisons with those around us and the images society promotes as ideals.

Body image develops over time and adapts to change, but slowly. People who've lost or gained a lot of weight are notorious for misperceiving their bodies, because change in perceptions lags behind actual physical change. We all experience a similar feeling with aging, as we tend to see ourselves as younger than we actually are. A classic example is being shocked at how old *everyone else* looks at a class reunion.

In the U.S. today, as many as 7 million women and 1 million men battle eating disorders including anorexia nervosa, bulimia nervosa and binge eating, according to the National Eating Disorders Association—that's over 2 in 100 people. With these potentially life-threatening conditions, patients experience a wildly inaccurate self-perception.

How is it possible for someone who otherwise seems in touch with reality to so badly misperceive her (or his) body? How can a 17-year-old

girl of average height see her 65-pound body as “obese”? These remain challenging questions with only partial answers.

## ROLE OF MASS MEDIA

There's more to eating disorders than body image problems. Matters as diverse as trauma and family patterns of eating meals also contribute. And although eating disorders existed centuries before the influence of mass media, there's a strong sense that contemporary media—along with peer pressure and family attitudes toward weight—play a significant role in developing body image.

A striking piece of evidence of mass media's impact is the increase in eating disorders following a shift in images of beauty from full-figured females to stick figures in the 1960s, as personified by the model Twiggy. At 112 pounds and about 5 feet 8 inches, Twiggy was described as “boyish” and presented a new look from other models.

Unfortunately this unnatural and unhealthy look has become even more extreme. In fact, by current modeling standards, Twiggy would be considered a bit on the heavy side. According to Models.com, a desirable weight for a 5-foot-8-inch fashion model today would be about 90 pounds!

In the 1970s, there was a sudden and marked increase in identified cases of eating disorders. Before then anorexia nervosa was an obscure disorder the average physician never encountered. But by the 1980s, there were enough recognized cases of the disease for treatment centers to open up around the country.

And a whole new eating disorder diagnosis was officially recognized in psychiatry—bulimia nervosa—defined by weight preoccupation and a pattern of binge eating and compensating behavior,



# RESCUING DOROTHY: Helping Women Out of the Poppy Patch of Opiate Abuse

Dr. Richard Donze, *Chester County Hospital*

**H**ere's a familiar *The Wizard of Oz* scene: Dorothy and her companions have overcome the forest hazards along the yellow-brick road, and just as the Emerald City finally comes into view, they step into a field of seemingly innocent flowers. Next we see the dark castle and hear the Wicked Witch intone, “And now, my beauties, something with poison in it ... Poppies will put them to sleep.”

Now cut to today and see those poppies still getting in the way of Dorothy's real-life counterparts, many also trying to get back to whatever “home” may mean. There's no witch to blame, just the naturally occurring morphine and codeine we get from poppy seed opium, plus other related chemicals such as heroin, oxycodone, hydrocodone and hydromorphone.

Males are not immune—the Cowardly Lion (and Toto, too) dozed off in that poppy field—but here we'll focus on women since their opiate problems are a little different, more than a little bad, and definitely getting worse.

## A BLESSING AND A CURSE

These chemicals are part blessing because of their extraordinary pain-relieving ability, something humans have known for at least 5000 years. More recently, 19th-century physicians used the opium tincture laudanum (from Latin, meaning “to praise,” as its users almost certainly did) for battlefield wounds (e.g., during the Civil War) and also for civilians' headaches, coughs, rheumatism and “female troubles” (Mary Todd Lincoln was reportedly addicted). That early computer-era game “The Oregon Trail” provided frontier folk an opportunity to stock up on laudanum at the general store for the inevitable painful injuries on that arduous journey.

The curse part of opiates derives from the significant buzz that accompanies the pain relief, which often creates the need for increasingly higher doses to recapture that initial high, and possible addiction. As depressants, opiates can cause a general bodily slowing that affects the overall ability to function safely, with an ultimate risk of overdose and death.

Users' families suffer too, sometimes even through the blood as when babies born to mothers on opiates develop Neonatal Abstinence Syndrome (NAS) and actually go into withdrawal after delivery.

## GENDER-RELATED DIFFERENCES

As the undesirable effects became more widely known in the early 20th century, the government made morphine-derived heroin illegal and other opium derivatives prescription-only. Despite that, misuse and abuse have continued, and the Centers for Disease Control and Prevention have highlighted some gender-related differences.



*Michael Pertschuk, M.D., is a member of the Medical Staff and Medical Director of the Eating Disorders Unit at Brandywine Hospital. He has 20+ years of experience managing inpatient, residential and partial hospital eating disorders treatment programs. He's authored numerous research articles and appeared on the Dr. Oz Show, Oprah and GMA.*



*Dr. Richard Donze is the Senior Vice President for Medical Affairs and Director of Occupational Medicine Services at Chester County Hospital. He is a published medical essayist and poet, and speaks regionally and national on topics in Preventive and Occupational Medicine.*

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# Taking Steps Toward Better Balance

Amy Spiegel, Physical Therapist, Bryn Mawr Hospital

As we age, it's not uncommon to experience some loss of agility or to find we're not as graceful as we once were. Balance issues are an increasingly common problem for seniors. In fact, the Centers for Disease Control and Prevention report that every 13 seconds an older adult is treated in the emergency room for a fall. Quite simply, falling is one of the most serious medical problems facing older people.

Many individuals are quick to blame these balance issues on deteriorating joint health or changes in posture, and it's true that after we hit 30, the muscles we use to stand weaken, the length of our stride shortens, and the pace of our steps slows. Yet, these problems aren't the only factors at play.

## WHAT CAUSES POOR BALANCE?

Reduced hearing and vision loss can also affect your risk of losing your balance and falling. Many body systems—muscles, bones, joints, vision, the balance organ in the inner ear, nerves, heart and blood vessels—must work normally for good balance. Medical issues, such as arthritis, both high and low blood pressure,



Amy Spiegel, PT, MSPT, DPT, is a physical therapist with clinical strengths in joint mobilization, postural training, ergonomic training and vestibular training, at Bryn Mawr Hospital, part of Main Line Health. Now with 17 years of outpatient physical therapy experience, she completed her Masters of physical therapy at University of Delaware and her Doctorate at Widener University.

numbness in feet and legs (neuropathy), diseases of the nervous system (multiple sclerosis, Parkinson's and Alzheimer disease) and certain medications can also affect balance.

Balance issues affect most seniors, and these issues range in severity. Some people say balance problems don't affect their life as much as they affect others, yet balance disorders are the number one health complaint of patients over 70, with one in three adults over 65 taking a serious fall each year.

Sadly, too many of those who fall will fracture a hip—a serious, life-threatening injury that generally requires surgery or hip replacement and months of physical therapy. The statistics for women are sobering: About 20% who fracture a hip become permanently disabled and another 20% die within a year. Health problems linked to hip fractures result in more deaths for women than breast cancer.

## WHAT CAN YOU DO?

One of the best things you can do to avoid injury is to take charge of the physical and environmental factors that can cause problems with your balance.

## ENVIRONMENTAL CHANGES FOR BETTER BALANCE

Anyone can slip and fall on a stray rug, trip over a small step, or take a dive on a slippery surface. But these types of environmental hazards are more likely to cause long-lasting injuries when they happen to seniors.

Because so many falls occur in the home, it's important to take

continued on page 68

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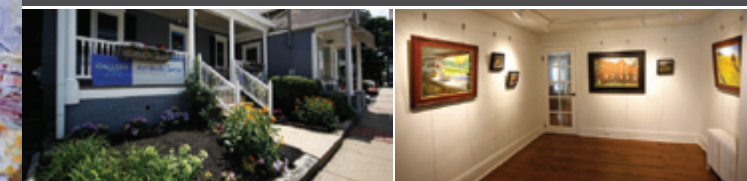
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Historic Sugartown



# MALVERN:

## Memories and Memorabilia

Story by Carol Metzker  
Photos by Elkin Jaramillo

MALVERN'S KING STREET MAY BE, WELL, KING,  
BUT THERE'S MUCH MORE TO DISCOVER.

Relax in a rocking chair on the back porch at Sugartown Strawberries market. Take in the scenery and just breathe while listening to Bob Lange.

The farmer has great stories about the generations of his family, of purple martins and of a white oak tree that have all made the land their home. With passions for farming, birding and teaching the community about his work, he shares the simple pleasures of the farm with visitors to the outskirts of Malvern.

Lange's great-grandparents bought Willistown Farm in 1896, and his grandmother—Jane Gordon Fletcher—was born there in 1901. A lover of horses, the environment and birds, she gave part of the property to the National Lands Trust and gave a National Audubon Society membership—a gift that had significant impact—to her grandson, who also ended up with the farm.

Today Lange serves as host to 25 families of purple martins and their nests. He counts eggs peeking from under green leaf blankets and works with ornithologists to fit babies with geo-locators. Each year he tracks their migration to Brazil and back—noting return routes that include Texas, Cuba and the Yucatan peninsula.

Stop by the farm's market on Sugartown Road to find fresh strawberries and asparagus in spring. Buy corn, peppers, honey and candy in summer. Pick a pumpkin from the patch, get lost in a corn maze or unpack an autumn picnic under the farm's great white oak tree in fall. Tune up your guitar, invite friends and schedule an evening bonfire at the farm in almost any season.

Sugartown Strawberries is just one of the gems on roads less traveled around Malvern.



Paoli Battlefield hosts its annual Heritage Day on September 24 this year. (above and right)



### CURIOSITIES AND ODD FELLOWS

Right down the road from the farm, experience the 19th century. Park your buggy at Historic Sugartown and spend an afternoon. If walls and objects could talk, they'd whisper juicy details of villagers' lives during Sugartown's heyday in the 1880s and 1890s.

First site in the village: Sugartown's General Store, the site of curious business deals, odd bodies and relationships.

It saw the store proprietor and widow Hannah Worrall marry her widowed brother-in-law—raising a few eyebrows—after she made him sign a pre-nuptial agreement. The store's third floor served as meeting space for covert altruism by the Odd Fellows and Knights of the Mystic Chain.

Next stop: the William Garrett House and the Book Bindery, with collections of book binding tools, embossing wheels and marbled paper.

For more memories, take a Lantern Tour in October. Listen to the creaks and moans of the old buildings. If you dare, peek into the horse-drawn hearse where a casket still holds secrets.

You may also enjoy a different type of tour at the Paoli Battlefield, which is actually in Mal-

vern. This October a team from Tri-County Paranormal will lead a paranormal investigation of the Battlefield. Or visit in late September for the annual Paoli Battlefield Heritage Day.

Want more history? Starting in September General Warren restaurant hosts "The Revolutionary Lecture Series" benefitting the Battlefield and featuring an 18th-century buffet. Check websites for details about the Heritage Day and lectures.

### LEGACY IN ART

Perhaps one of the most captivating and memorable places in Chester County is one that is renowned to journalists around the world, and revered by sculptors and artists, yet often missed by locals. Tucked into the woods of Malvern near the octagonal Diamond Rock Schoolhouse, the Wharton Esherick Museum is an inconspicuous testament to creative genius that's happy to be discovered by those who seek it. Wharton Esherick left a legacy in philosophy and design as well as in wood, for which he is most remembered.

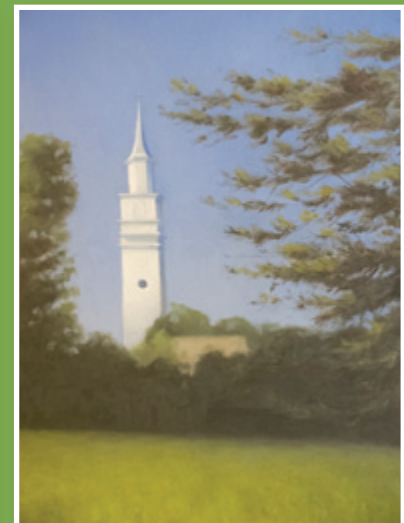
Originally a painter, Esherick took it as a sign from the universe to change paths when he realized customers bought his paintings for their



Sugartown Strawberries' Bob Lange with purple martin nests



Malvern's public library displays art from last year's 125th anniversary. Here, two painting by Randall Graham. (and right)







Malvern's hidden gem, Wharton Esherick Museum.



Ostriches are just some of the animals at Canter Hill Farm



Get an early peek at Gallery 222's exhibit space.

PHOTO HERE AND RIGHT: HANNAH BAKER



Check out award-winning Louella



Fashions for all ages at Nota Bene



Posh Collections doubled its space.



Pick a bright print at Gingy's.



Toninos for pasta and pizza.



Aras for rug cleaning and repair.

## STROLL KING STREET ON 3RD THURSDAYS

You've likely been to First Fridays and maybe even Second Saturdays, but in downtown Malvern the special night comes on Third Thursdays. That's when you "Sip, Shop and Stroll."

Started in the summer of 2014, the Malvern Stroll has been a date on the monthly calendar—and that's every month, all year long.

Residents and visitors walk—or stroll—the mile round trip along King Street to enjoy extended store hours, sales and promotions at the boutiques, galleries, shops and restaurants. There may be music, product demos, popup stores or other surprises. You have to see for yourself.

Here are a few favorites.

Drop in and discover that ever-trendy Posh Collections—your source for skinny jeans and the menswear vibe—has doubled its space. Stop by September 15 for the Grand Opening.

The news at Gingy's is that they've expanded to Newport, R.I., in addition to their Stone Harbor store and their booth at the Devon Horse Show. Check out their bright classic prints, including their own line by Jean G.

The east end of King Street is where you'll find Louella, recently recognized as a top spot for resortwear, sportswear and women's clothing. Pick a Lily Pulitzer print or come for a trunk show.

West King Street is home to Nota Bene, where you'll find clothing, gifts and accessories for the fashionable of all ages. Comfortable chic with selections that are original and noteworthy.

For a little gallery hopping, visit JAM Gallery, with contemporary art and a summer exhibit running to September 3.

And Gallery 222 should be open in September. Andrea Strang plans five studio spaces along with the new gallery. As a post on her Facebook page urged: Buy art from a living artist. The dead ones don't need the money.

Although you'll find wine and snacks in the shops, there are lots of options for something more substantial. Famed Restaurant Alba, Christophers, Flying Pig and Anthony's Pizza are all along King Street.

Head a bit outside town for more options: the elegant General Warren, tasty Tonino's Pizza and Pasta, and always-satisfying Jimmy's BBQ.



exquisite frames. Esherick burned many of his paintings and picked up his wood-carving tools. The former city boy took inspiration for his home, furniture and art from local farmland, woodlands and wildlife.

Meander down a wooden walkway to the museum—once Esherick's studio and home—that looks as though it magically grew from the ground. Step across the threshold into a world of its own. In every corner, up, down and around, transformed piece of wood beckon to be experienced: a rocking chair arm to be caressed, a graceful music stand to hold the pages of a violin solo, a small spiral library "ladder" begging to be climbed, and a hanging monkey to spark a smile.

The pieces reflect dimensions of Esherick's life—twists and turns, fun and function, observation and awe. Even the remains of a termite mound that once inhabited his studio and forced him to replace the dirt floor with concrete—an object now preserved on the studio windowsill—reminded the sculptor, and today's guests, that Mother Nature is the ultimate artist.

### CAN'T MISS KING STREET

Back in "downtown" Malvern, ask Andrea Strang about the importance of sharing the works of talented, local artists. Look for the opening of her Gallery 222 on King Street this fall. Art lovers can enjoy exhibits, listen to speakers and rub shoulders with artists who have studios in the space. Enjoy refreshments in the country kitchen with a jewelry maker, stained glass artist or photographer, or watch an oil painter bring a canvas to life in Gallery 222's courtyard garden.

### WHAT'S COOKIN'

Select vegetables from Sugartown Strawberries, then pick up local meats from Canter Hill Farm. Curious about where their food comes from, visitors who call and then come to this farm often draw a crowd ... of ostriches. Giant birds congregate at the fence to check out cameras, speak a few low, rumbling words, and return to their routines of ruffling feathers, laying gigantic eggs and wandering a grassy hill.

Next May, prepare Canter Hill's chicken, pork, lamb, turkey or duck—also available at Malvern Farmers' Market—for a sophisticated tailgate party at Radnor Hunt Races. Between bites, stand at the rail and feel the earth shake as horses' hooves hit the ground during steeplechase laps.

Equestrian events of all varieties—polo, pony club, winter trials and fox hunting at the oldest hunt in the U.S.—happen at Radnor Hunt. Surrounded by six thousand acres of preserved open space, the main club house also hosts events for members and the public, including weddings and corporate events. Car fans will gather there September 11 for the 20th Concours d'Elegance.

Too tired to stand at the stove but want a wholesome, delicious weekend meal? Try poached eggs and root vegetables with a side of jam and bread for Sunday brunch at the Malvern Buttery. Now a year old, the eatery is also a popular spot to bond with friends over a great cup of coffee and delectable pastries.

Who knows? Maybe yesteryear's memorabilia will become your own new memories after your visit to Malvern. ♦





### MALVERN'S MURALS

Interested in another walk around Malvern? Try the ten-block, self-guided Mural Art Tour, sponsored by the Malvern Community Arts Project, with over a half dozen stops. Here are a few to spark your interest.

The newest mural, along Warren Avenue, is based on a historic photo of a horse and buggy traveling through the Warren Avenue tunnel, **1** painted by artist Carrie Kingsbury, of Promise Island Murals.

Kingsbury also painted the first mural, the large, colorful mural of Victorian-era Malvern on the Malvern Pizza and Beer wall. **2** If you know your Malvern history, you'll recognize some things.

While you're on King Street, head for Gallagher's Auto Service by the train station. You'll see the huge patriotic mural representing Paoli Battlefield Historic Park and the Malvern Memorial Parade. **4** painted by Dennis Goldsborough.

Next, visit the Malvern Public Library and head for the kids' room to see the 360-degree enchanted forest murals, **3** by Borough artist Teri Flint.

There's plenty more public art in Malvern. Just check out the Arts Projects Facebook page.



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# Round, Round, Get Around

Edwin Malet

There are plenty of ways to get around—with a little help.

PHOTO COURTESY DUNWOODY VILLAGE

**T**HINKING ABOUT DEAR OLD DAD COOPED UP IN his room, staring at the TV, waiting for lunch or 3 o'clock bingo? The good news is, he's safely ensconced. The bad news is, he's effectively grounded. His driver's license, sadly, has been revoked—voluntarily or involuntarily. He and the roads are safer, at least. But his home isn't so much a happy place as a place where he's stuck.

Frankly, it doesn't have to be that way, at least in *County Lines* Country. Days of driving may be behind. But Dad's wanderlust can still be satisfied.

## TRANSPORTATION OPTIONS

For instance, there's Surrey Services. They've been providing transportation services for 35 years. Christi Seidel, the Marketing Director, describes three alternatives.

A "shared ride" is offered to members for free, five days per week. Mostly, it transports people to the Surrey Center in Devon—where there's a fitness center, classes, activities and games—or to shopping areas or to attend religious services.

Surrey also offers a private car—"like a chauffeur service"—for a fee. And then there's the "volunteer driver" service, again free, that calls on members of Surrey's community to pick up and deliver their charges. Options to satisfy most folks.

Bayada Home Health Care and Angel Companions also provide some transportation services as an adjunct to their at-home health care services.

## SERVICES AT PRIVATE COMMUNITIES

Another option, the senior communities often provide their own services. For example, White Horse Village in Newtown Square operates a fleet of vehicles, ranging from a 31-passenger bus to a pair of Mercury Marquis, says Rick Tavani, Director of Property & Facilities.

During the week, a shuttle bus circulates the property, taking residents to and from dinner at the Clubhouse. At other times, there's transportation to events planned off-property—mystery lunches, theaters, food shopping, malls.

At The Devon Senior Living, the commitment to transportation is driven (so to speak) by its "Lifestyle 360" approach, emphasizes "resident comfort" and providing an opportunity to "engage with the greatest generation," according to Executive Director Kenneth Williams.

Residents use the services to go to doctor's appointments, individual trips and group trips, visiting mainly "sell-it-all" stores such as Target or Walmart. But unusual requests are met as well, if possible. For instance, the object of one trip was to settle a decade-old casserole dish dispute!

Exton Senior Living also uses its mini-van for shopping, social outings and medical appointments. Residents attend the Yellow Springs Art Show and Immaculata University's Carol Night each year, and regularly take scenic drives in summer and Christmas lights tours in winter.

There's a 12-person van at Barclay Friends, where they plan trips about twice a month. Recently, residents have been taking

scenic horticultural tours of the countryside. And they've gone to Linvilla Orchard, Winterthur, Valley Forge and the Black Creek Greenhouse in East Earl.

The staff decides the destination, based on resident suggestions. Elsabet Haile, the Recreation Director, says that "pulling off a trip" can be very challenging. Everyone must be cleared medically—by nursing staff, therapy staff and others—to make sure residents are "medically stable and ready to enjoy" the experience. Luckily, probably because of their planning, they've never had any on-the-road emergencies.

## GETTING AROUND IN THE COUNTRY

For our rural communities, transportation is especially important. Pleasant View Retirement's shuttle bus offers transportation to scheduled activities in Lancaster County. Also, there's a private service at an hourly rate.

But, according to Amanda Hall, Sales & Marketing Director, residents can take advantage of more ambitious travel plans. Its bus will often head to Lancaster County's many museums, concerts, theaters and other destinations. Sometimes, the bus heads on a day trip, visiting Gettysburg, Baltimore's Inner Harbor or the capitol at Harrisburg.

Sherri Stolfus, at the Harrison House of Christiana, works with their two wheelchair vans, offering residents visits to their families, homes and doctors. As a group, though, she and the resident council get more creative: a Lancaster Barnstormer's baseball game, for instance, or one of Lancaster's many restaurants or shops.

Even the smaller communities with limited resources will find ways to help their residents travel. The Zerbe Sisters Retirement Community, in Narvon, has only 49 homes yet their trips are planned at a monthly Coffee Klatch. Their bus heads to the Shady Maple every Tuesday, and, at other times to restaurants, shows, malls,

tours and mystery trips.

A "neighbor-to-neighbor" program through Zerbe gets residents to doctor's

appointments, sometimes with a volunteer driver. And, for a charge, the community's bus makes the trip itself.



Shuttle bus at White Horse Village



Pleasant View Retirement Community bus ride



Shopping trip at Dunwoody Village

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Exton Senior Living visiting American Helicopter Museum



The Devon Senior Living cab

#### OR WALKING

Finally, there's walking to get around. On your feet! Great exercise and no more traffic jams or road rage. Chester County is a great place to walk. After years behind the wheel, maybe the greatest freedom grows out of the escape from the car. ♦

#### IF YOU'RE STILL DRIVING

Did you know fatal crashes increase substantially for drivers over 70? Yet Pennsylvania and Delaware impose no age restriction on drivers.

Even so, there are plenty of reasons why a mature driver might stop driving. According to SeniorLiving.org, a 60-year-old needs 10 times as much light as a 19-year-old, 8 times longer to recover from glare, and 2 times as long to distinguish a flashing brake light. Hearing, reflexes, coordination and general strength also decline with age—all with an impact on driving. Your 80th birthday may be a good time to put away the car keys.

If you're 60 to 80, consider a driving skill evaluation, with an in-car evaluation of driving skills, conducted by AAA. Also helpful, both AAA and AARP offer on-line courses to improve driving skills. These courses may also lower your insurance premiums.

Depending on the outcome of the evaluation, a clinical driving assessment may also be necessary for some drivers. This assessment is conducted by an occupational therapist or a certified driver rehabilitation specialist, costs \$200-400, and typically identifies the medical reasons underlying your diminished skill. It can be arranged through the American Occupational Therapy Association.

#### If You Continue to Drive

- Get your medical check-ups regularly—eyes, ears, other ailments.
- Keep your car in good working order.
- Drive defensively. You were always supposed to; now it's more important.
- Avoid driving in difficult conditions, e.g., storms, darkness, heavy traffic.
- Listen to the other's concerns.



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## Our Ports of Call for 2016

Call for event times and details.

August 1-7 Jamaica

August 8-14 Brazil

August 15-21 Spain

August 22-28 France

August 29-September 4 Italy

September 5-11 Ireland

September 12-18 Germany

September 19-25 Switzerland

# Guide to 55+ and Senior Communities

Our region has many communities for those over 55, active seniors and those requiring some assistance. Here is a guide to a few high-quality options.

### COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

Our area has a variety of communities built and managed for active seniors. They're essentially planned neighborhoods—town-houses, condos, apartments—catering to older adults who still feel young. Some are called “55+” communities, others “active adult,” “retirement” or “independent living” communities. Generally, many feel like resorts. Here are a few.

#### Pennsylvania DOWNINGTOWN

Ashbridge Manor

610-269-8800; [AshbridgeManor.com](http://AshbridgeManor.com)

The Woods at Rock Raymond

484-784-2100; [WoodsAtRockRaymond.com](http://WoodsAtRockRaymond.com)

#### EXTON

Meridian at Eagleview

484-873-8110; [MeridianEagleview.com](http://MeridianEagleview.com)

Opening August 2016, Meridian at Eagleview is an exciting, brand-new luxury 55+ apartments in Exton. Imagine living in a modern, spacious home with resort-style amenities and the convenience of the vibrant Eagleview Town Center outside your door. Time to connect. Time for adventure.

#### GORDONVILLE

Watson Run

717-575-4059; [BerksHomes.com](http://BerksHomes.com)

A welcoming 55+ active adult community in the pastoral countryside of Gordonville, Lancaster Co., this is a perfect place to relax in the heart of Amish Country. Retire lawn-care and snow removal, enjoy the community center, pool and workout room. Activities abound within a short walk from downtown Intercourse. You'll always find new things to enjoy at Watson Run.

#### KENNETT SQUARE

Cartmel & Coniston (Kendal)

800-216-1920; [KCC.Kendal.org](http://KCC.Kendal.org)

#### KIMBERTON

Atria Woodbridge Place

484-302-0005; [AtriaSeniorLiving.com](http://AtriaSeniorLiving.com)

#### MEDIA

Springton Lake Village

610-356-7297; [SpringtonLakeVillage.com](http://SpringtonLakeVillage.com)

#### PHOENIXVILLE

Coldstream Crossing

610-321-1977; [ColdstreamCrossing.com](http://ColdstreamCrossing.com)

#### WEST CHESTER

Hershey's Mill

610-436-8900; [HersheysMill55Plus.com](http://HersheysMill55Plus.com)

Westtown Reserve

215-910-3064; [WesttownReserve.com](http://WesttownReserve.com)

#### Delaware

#### WILMINGTON

Methodist Country House

302-654-5101; [PUMH.org](http://PUMH.org)

### COMMUNITIES FOR THE INDEPENDENT, WITH CONTINUING CARE

Many seniors are currently independent, but want or need, for themselves or their spouse, to live with support—moving from independent living, then assisted living, followed by skilled nursing and several kinds of specialized facilities. When the sequence is combined on a single campus, it's called a continuing care community. Those listed have strong “independent living” programs.

#### Pennsylvania

#### DEVON

The Devon Senior Living

610-263-2300; [TheDevonSeniorLiving.com](http://TheDevonSeniorLiving.com)

The Devon Senior Living is located in a beautiful, peaceful, rustic country setting, only minutes from area hospitals, restaurants and shopping centers. They offer award-winning living assistance, Alzheimer's/Memory Support and short-term stays and features distinct services and amenities offered in a comfortable, home-like setting, 445 N. Valley Forge Rd.





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Barclay Friends



Angel Companions



Wellington at Hershey's Mill



Surrey Services for Seniors

#### DOWNINGTOWN

##### St. Martha Villa for Independent & Retirement Living

610-873-5300; [Chg.org/St-Martha-Villa/](http://Chg.org/St-Martha-Villa/)  
Since 2003, St. Martha Villa has proudly served in the Chester County community by providing exceptional service to Independent & Personal Care residents. Activities serve a wide range of interests, which include pet therapy, gardening, musical events, daily mass and. St. Martha Villa shares its campus with St. Martha Center for Rehabilitation and Healthcare.

#### EXTON

##### Exton Senior Living

610-594-0200; [ExtonSeniorLiving.com](http://ExtonSeniorLiving.com)  
Convenient to great shopping and restaurants, Exton Senior Living is an active personal care and memory care community. Diverse activities and outings fill every day with opportunities to live well. A caring staff and 24-hour nursing provide residents personalized assistance and peace of mind. They offer a variety of floor plans perfect for seniors looking for a supportive environment.

#### GWYNEDD

##### Foulkeways at Gwynedd

215-643-2200; [Foulkeways.org](http://Foulkeways.org)

#### HAVERFORD

##### The Quadrangle

610-642-3000; [SunriseSeniorLiving.com](http://SunriseSeniorLiving.com)

#### HONEY BROOK

##### Heatherwood Retirement Comm.

610-273-9301; [HeatherwoodRetire.com](http://HeatherwoodRetire.com)

##### Tel Hai Retirement Community

610-273-9333; [TelHai.org](http://TelHai.org)

#### KENNETT SQUARE

##### Friends Home in Kennett

610-444-2577

[FriendsHomeInKennett.org](http://FriendsHomeInKennett.org)

Options for seniors include Supportive Independent Living, Personal Care Services, and Skilled Nursing for more intense care. All meals, housekeeping and laundry are included. Immediate availability. Friends Home in Kennett—where friends become family.

##### Kendal-Crosslands

610-388-1441; [KCC.Kendal.org](http://KCC.Kendal.org)

# THE COMMONS

For 68 years, Quarryville Presbyterian Retirement Community has been offering superior retirement living.

The unmistakable Quarryville Difference is our desire to deliver a Christ-centered retirement experience. From apartment-style living to spacious new cottage homes, our campus is brimming with possibility.



Another example of Quarryville meeting and exceeding the needs of our residents is the newly-constructed Commons gathering place. Featuring an indoor pool, a walking track, a fitness center, a bistro, and a terrace with an outdoor fireplace and pizza oven, the Commons is a place where our residents can come together to meet, eat, exercise and relax.

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Riddle Village



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#### LANCASTER

##### Quarryville Presbyterian Retirement Community

888-786-7331; [Quarryville.com](http://Quarryville.com)

Quarryville is an independent, continuing care retirement community serving, equipping and enriching residents for 68 years in Lancaster County, offering residential living, personal care, memory support and skilled nursing. They provide the necessities and niceties of senior living through spacious apartments, award-winning cottages, vibrant activities and their new Commons building, featuring a pool and fitness center.

##### Willow Valley Communities

866-454-2922

[WillowValleyCommunities.org](http://WillowValleyCommunities.org)

For more than 30 years, Willow Valley has been dedicated to helping people pursue exceptional lives. Their mission is simple: to inspire each person to embrace the possibilities of a Life Lived Forward. Located on 210 meticulously maintained acres, they offer the security of Lifecare, the guarantee of long-term care, should it be needed, at no additional cost. Willow Valley is a place to engage, to learn, to enjoy.

#### MANHEIM

##### Pleasant View Retirement Community

717-665-2445; [PleasantViewRC.org](http://PleasantViewRC.org)

Nestled in the rolling hills of northern Lancaster County, Pleasant View blends a relaxing and carefree lifestyle with opportunities to explore passions and interests. With a variety of living accommodations to choose from, plus a multitude of on-campus conveniences, maintaining your active lifestyle is easier than ever. Plan your visit to see why over 400 residents call Pleasant View home.

#### MEDIA

##### Riddle Village

610-891-3700; [RiddleVillage.org](http://RiddleVillage.org)

Riddle Village is a Lifecare community that offers amenities that include a fitness center, putting green, indoor parking, personal trainer, flexible dining program and much more. Riddle Village has 10 apartment styles ranging from studios to three-bedroom apartments.

#### NARVON

##### Zerbe Retirement Community

717-445-8741

[ZerbeRetirementCommunity.com](http://ZerbeRetirementCommunity.com)

Over 58 years, family-owned Zerbe Sisters Nursing Home evolved into Zerbe Retirement Community. It offers a complete continuum of care: independent living homes, a personal care facility and skilled nursing center. Zerbe's small size fosters a family atmosphere and its beautiful country setting is just minutes from everything. Plus Zerbe residents own their own homes.

#### NEWTOWN SQUARE

##### Dunwoody Village

610-359-4400; [Dunwoody.org](http://Dunwoody.org)

Since 1974, Dunwoody Village has set the standard in comfortable retirement living. With a convenient location in Newtown Square, residents enjoy a variety of amenities, including fine dining, fitness services and superb cultural offerings, as well as the peace of mind that Five-Star Healthcare offers.

##### White Horse Village

610-558-5000

[WhiteHorseVillage.org](http://WhiteHorseVillage.org)

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610-933-7675;

[SpringMillSeniorLiving.com](http://SpringMillSeniorLiving.com)

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##### Stonegates Retirement Community

302-658-6200; [Stonegates.com](http://Stonegates.com)

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##### Foulk Manor South

302-655-6249; [FoulkManorSouth.com](http://FoulkManorSouth.com)

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610-644-8780; [AngelCompanions.net](http://AngelCompanions.net)

Angel Companions provides non-medical home care services on an hourly or live-in basis to individuals in need of assistance with the activities of daily living. Their clients include seniors, people facing health challenges, those suffering from dementia and patients needing comfort while under hospice care. The agency provides the home support needed to maintain a safe and independent lifestyle despite an illness or disability.

### Bayada Home Health Care

King of Prussia, 610-992-9200

Main Line, 610-658-7150

Media, 610-891-9400

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[Bayada.com](http://Bayada.com)

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You can access this Guide to Senior Communities and Services on the *County Lines* website, [CountyLinesMagazine.com](http://CountyLinesMagazine.com).



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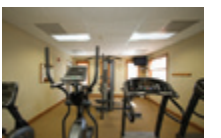


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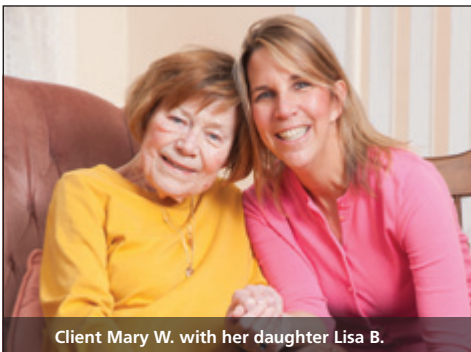


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35, or who are carrying a baby with a known ultrasound abnormality, have had a positive first trimester screening test, or had a prior pregnancy with a chromosomal abnormality.

If you don’t want to have first trimester screening or don’t know you’re pregnant until after 14 weeks, you can opt for **Second Trimester Screening**. This test is done at 15–22 weeks and is a blood test that looks for blood markers that can provide risks for Down syndrome, Trisomy 18 and Open Neural Tube defects like spina bifida. It has an 80% detection rate for Down syndrome.

Another option is to combine aspects of first and second trimester screening—called **Sequential or Integrated Screening**. This involves blood tests in the first and second trimester to give a higher detection rate (around 90–95%).

Screening tests report results as “low” or “high” risk and are not definitive, but can be very reassuring to families with no other risk factors. If you receive a “high risk” result, your doctor may talk with you about considering diagnostic testing to confirm or negate your results.

It’s important to know that these tests don’t screen for every condition, so additional testing may be recommended depending on your specific situation and history. For example, mothers with certain medical conditions—high blood pressure, diabetes, lupus, family histories—or prior history of miscarriage, premature birth or a child with birth defects may be counseled about additional testing or screenings.

#### WHAT ARE DIAGNOSTIC TESTS?

If you’re the type of person who needs definitive information or is considered high risk because of a fetal or maternal issue, diagnostic testing may be an appropriate option. There are two main types of prenatal diagnostic testing—chorionic villus sampling (CVS) and amniocentesis.

• CVS is typically done between 10–13 weeks. This procedure involves placing a small needle through the abdomen or a catheter transvaginally through the cervix to collect a sample of the placenta. This test is 98% accurate in looking at the baby’s DNA for chromosomal changes—like Down syn-

drome—and specific genetic conditions that may run in a family or are suspected by ultrasound findings. CVS testing has a 1 in 400 risk for complications—such as infection or miscarriage—and is the earliest diagnostic testing that can be done in a pregnancy.

• **Amniocentesis** can be performed after 15 weeks. This procedure involves placing a thin needle through the abdomen and collecting a tablespoon of amniotic fluid from around the baby. It’s over 99% accurate in detecting genetic conditions and can also tell about infections, open neural tube defects and some metabolic functions of the baby. Amniocentesis has a 1 in 500 risk for complication.

These risk numbers for complications vary by medical practice, with more experienced practices and facilities often reporting much lower risks.

#### WHAT ABOUT ULTRASOUND?

Ultrasound can be both a screening and diagnostic test. In the first trimester, ultrasound is used to confirm the due date and number of babies. The nuchal translucency measurement is also used to determine pregnancies at high risk for chromosome differences or structural malformations.

In the second trimester, when the baby is more developed, ultrasound can detect major structural birth defects like congenital heart disease, spina bifida or problems with the stomach or bowel. Babies are also evaluated for smaller differences on ultrasound, called markers, that can be seen in some genetic conditions like Down syndrome.

If a difference is seen on ultrasound, you may be referred for genetic counseling or to see a high-risk obstetric practice to discuss further testing options.

#### WHAT’S RIGHT FOR YOU?

See what we mean? With this smorgasbord of prenatal screening and testing options you may feel that it’s impossible to pick the right one. We suggest working with your doctor and a genetic counselor to explore what’s best for you.

Genetic counselors are healthcare professionals who explain screening and

testing options, help families make decisions around testing, and interpret results. You can find one close to you by searching online for the National Society of Genetic Counselors, NSGC.org. ♦

#### SCREENING FOR ZIKA VIRUS?

If there’s a risk for the Zika virus, both prenatal screening and diagnostic tests are available. Women at risk for Zika virus are those who’ve traveled to or live in areas with outbreaks. Screening tests include looking for antibodies in the mother’s blood indicating a recent or past infection or evaluating urine and blood to see if any Zika virus is identified.

If a screening test is positive, diagnostic testing like amniocentesis can see if the baby is infected. Often, babies who have a congenital infection, like Zika, may have differences—like smaller head size, differences in brain development, calcifications in the brain or abdomen—that can be seen on ultrasounds.

#### BODY IMAGE continued from page 38

most often purging. It’s hard to imagine that the surge of eating disorder cases and the change in beauty standards were entirely coincidental.

#### THE LOSE-LOSE OF THE “IDEAL” IMAGE

Girls (and boys) in our society are bombarded with images of “ideal” bodies—on TV, online, on our phones, in magazines and elsewhere. There’s a real concern that pre-teens and teenagers exposed to these images will buy into these “ideals.” Unfortunately, if they do, it’s a lose-lose situation.

If they achieve an anorectic weight, they also get all the health and emotional consequences of malnutrition that go with it. If they “fail” to achieve their ideal body, their self-esteem suffers, and they consider themselves “unattractive” or “fat” because they don’t look like fashion models.

Although there’s been ongoing concern about the unhealthy thinness of models, the fashion industry has been strikingly unsuc-



cessful in changing its practices. However, outside the U.S., in France in 2015 and Israel in 2013, laws were passed attempting to eliminate images of unhealthy thinness from the media.

Israel set a minimum Body Mass Index (BMI), for models, and if a model drops below that mark, she can't work. For example, with a BMI of 18.5, a 5-foot-8-inch model has to weigh at least 122 pounds. The law also requires a model to obtain a certificate of health before a photo shoot and that photographic images that are altered (for example, using Photoshop) must be labeled as manipulated.

We must all remember there's nothing preordained about having super-thin models represent ideals of feminine beauty, but there is a serious chance that a shift away could save much grief and some lives.

#### WHAT PARENTS CAN DO

Parents have a significant impact on their teens' eating habits and body image. Most teens learn more from good examples

than parental lectures, so follow healthy eating habits, share family meals, promote physical activity, use positive language—not fat/thin but healthy/unhealthy—and praise achievement not just looks. Counter negative messages that bombard teens from the media and monitor their online and social media use. And talk with your teens both as a family and as a team with your family doctor.

#### TREATMENT OPTIONS

There's a wide range of treatment options available—from weekly counseling to acute hospital care—to help teens and adults get back on track with their lives. What's needed depends on the extent and severity of symptoms, related health issues and availability of family support, among other issues. Initial assessment by an eating disorder specialist can help provide direction on choices and options.

The good news is that following through with treatment leads to improvement in most cases. ♦

#### KNOW THE SYMPTOMS

Typical symptoms and behaviors that may indicate body image issues include:

- Dieting or overeating to excess
- Eating only certain types and amounts of food
- Avoiding social situations that include food
- "Playing" with food, but not eating it
- Visiting the bathroom immediately after eating
- Wearing loose clothing to hide weight loss
- Exercising compulsively
- Obsessing over weight and weighing oneself compulsively
- Thinking and talking obsessively about body image and weight
- Withdrawing from family and friends
- Being hypersensitive to comments about food, exercise, weight or body appearance
- Feeling depressed or having great anxiety or low self-esteem

Since 1999, overdose-related deaths are up 265% in men but up over 400% in women. And for every female death, 30 other abusing/misusing women wind up in emergency rooms. Healthcare providers are prescribing these drugs more frequently overall, but especially to women for chronic pain, and at higher doses and for longer intervals than men. Women are also more easily addicted and more likely to "doctor shop" for willing prescribers.

#### DEPRESSION OR PHYSICAL PAIN

Women more frequently have underlying anxiety and depression, as reported in 2011 in the *American Journal of Drug and Alcohol Abuse*. When these issues pre-date opiate misuse/abuse, opiate use may represent "self-medicating"—using a pain prescription to subconsciously treat psychiatric symptoms.

As an occupational physician, I occasionally observe severe work-related "my-back-hurts" complaints in patients whose exams and MRIs are normal. But, is the patient

#### MINIMIZING OPIOID PROBLEMS

Fortunately, there are numerous potential solutions:

- Health care providers can explore other treatment options, discuss all risks and benefits (especially during pregnancy or when chronic pain may mean longer-term treatment), and be vigilant about unmasking underlying anxiety and depression.
- When prescribing narcotics seems appropriate, providers can avoid mixing them with tranquilizers or other potentially sedating/addictive drugs, prescribe only what's needed, have written contracts specifying when refills will be issued, and do drug screenings to be sure the medication is being used, not sold.
- Prescribers can check Pennsylvania's elec-

tronic prescription drug monitoring database that tracks all controlled substance prescriptions in the state in case patients have obtained the same or similar drugs elsewhere, and refer early and often to substance abuse treatment programs. In some practices, treatment only be mandated before a positive-tester can return to work.

- Patients must take responsibility, use their meds safely, embrace alternative pain management, and agree to substance abuse treatment when indicated.
- Finally, government and commercial health insurers should adequately cover behavioral health issues, especially substance abuse and any underlying psychiatric issues.

really saying "my life hurts"? Maybe, and there's less stigma associated with work-related back pain than admitting to underlying depression.

In doing workplace drug screening programs, doctors have to call people with opiate-positive results to see if they have valid prescriptions. Most do, and once doc-

umented, doctors can report these tests as negative, while still exploring possible medication effects on public safety workers such as school bus drivers.

If there's no valid prescription, doctors may hear questionable stories—"I had a prescription but lost the bottle, and my doctor retired so I can't get a note." Or they



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see genuine shock in poppy-seed-eaters—not just a *Seinfeld* plot since eating poppy seeds can indeed produce measurable morphine and codeine levels. Or perhaps hear babies crying in the background and imagine achingly sad scenes—what happens to that baby if the mother loses her job? Did she act irresponsibly, or is she ill?

Some gender variation may be different ways women’s brains perceive stress and seek relief, or menstrual cycle-related hormone level fluctuations. The bottom line is that women who find themselves in pop-up poppy patches may be more likely to get slowed down, implying the need to target detection and treatment efforts based on possible causes.

Fortunately Dorothy overcame the poppy-nap with outside help—Good Witch Glinda sent awakening snowflakes; “in your face” ice water to re-focus Dorothy on the Emerald City and getting home. More challenges lay ahead, but after shaking off her opiate slumbers Dorothy hears “Optimistic Voices” (the song and choir name) telling

her, “You’re out of the woods ... out of the dark ... out of the night.” Here’s hoping that she and anyone under the poppy poison spell can finally “step into the sun, step into the light.” ♦

**BALANCE** continued from page 40

steps to prepare your living area to prevent hazards. You can help prevent injuries by addressing potential fall risks in your home.

- Install bright indoor and outdoor lights in high-traffic areas and sensor lights in driveways and walkways.
- Carry a flashlight when you walk after dark.
- Make sure indoor pathways are clear by removing clutter and moving furniture towards the walls and out of walkways.
- Remove throw rugs and secure carpet runners with non-skid tape.
- Install banisters and handrails on stairs and grab bars and non-skid mats in tubs and showers.
- Wear sturdy shoes with adequate support.

**PHYSICAL CHANGES FOR BETTER BALANCE**

In addition to making changes to your home, you should also take steps that will benefit your physical health and, in turn, your balance. Exercise is one of the best things you can do for your body and overall health, and that includes your balance. Individuals who exercise daily experience benefits including improved leg strength, endurance and flexibility plus reduced muscle atrophy.

But before you begin a new workout routine, check with your health care provider. If it’s your first time exercising in a few years, or you need an adapted exercise program, your health care provider may recommend a physical therapist to help.

Almost any activity that involves standing and moving helps you maintain good balance. One of the best and easiest ways to improve balance is by walking. Research has found that certain exercise programs can also improve your balance, including tai chi, dance, yoga, gait training (programs

to improve how you walk) and strength and resistance exercises.

Here are a few exercises to help improve your balance:

**Leg Raises:** Stand straight, with legs together. Hold onto a counter or wall. Keep your knee straight and kick your leg slowly to the front. Bring it back to the center. Repeat, but kick it to the side, then bring it back to the center. Repeat, but kick behind you. Repeat all three directions 20 times on each leg. Repeat daily.

**Single Limb Stance:** Stand near a counter or wall. Let your hands hang next to you, but keep them close to the counter or wall. Lift your left leg, and balance on your right leg for 10 seconds. Switch, and balance on the other leg. Repeat 5 times on each leg. Repeat daily.

**Eyes Closed Stances:** Stand near a counter or wall. Start with feet together. Stand with eyes open for 10–30 seconds, then eyes closed for 10–30 seconds. Repeat with feet semi-tandem (one slightly ahead of the other); eyes open, then closed. Then repeat with feet heel to toe; eyes open,

**BALANCE TESTS**

**FROM THE EDITOR:** Think you’ve got great balance? We were so intrigued by this topic that we searched for some quick tests to see how good your balance is. Can you pass these four tests?

- 1. Feet Together:** Set a timer with seconds or get someone to time you. Stand with feet together, arms crossed in front of you, eyes closed. Can you stand for 60 seconds without moving your feet? It’s OK to sway, but no moving your feet.
- 2. Heel to Toe:** Set a timer or find a helper. Stand with one foot in front of the other, eyes closed. Can you stand for 38 seconds? What if you put the other foot in front?
- 3. One Foot:** Stand on one foot, other leg bent and not touching the supporting leg

(no yoga tree pose). Can you stand for 29 seconds? Those 60 and under can; it’s 22 seconds for those older. Now assume the same position and close your eyes. You may want to stand near some support. Averages are 21 seconds for those 60 and under and 10 seconds for 61 and up.

**4. Ball of the Foot:** Hands on hips, stand on one foot, other foot on inside of knee of supporting leg (now it’s time for that tree pose). Raise your heel and stand on the ball of your foot. Can you stand for 25 seconds? Then you’ve got great balance or take lots of yoga classes!

Want another challenge? Try the sitting-rising test on YouTube. Google it.

Calculate your balance-age at: <http://saveourbones.com/how-your-balance-take-this-30-second-test-to-find-out/>

then closed. Repeat each position 3 times. Repeat daily.

**TAKE MORE STEPS**

If you’re concerned about poor balance and your risk of falling, there are many options available to help you take control. I encourage patients to take advantage of

balance assessments offered by physical therapists and the resources available in their communities. Senior centers, libraries, hospitals, health centers and insurance companies usually offer fitness memberships and classes at reduced rates for seniors.

It’s never too late to take a first step to improve your balance and your health! ♦



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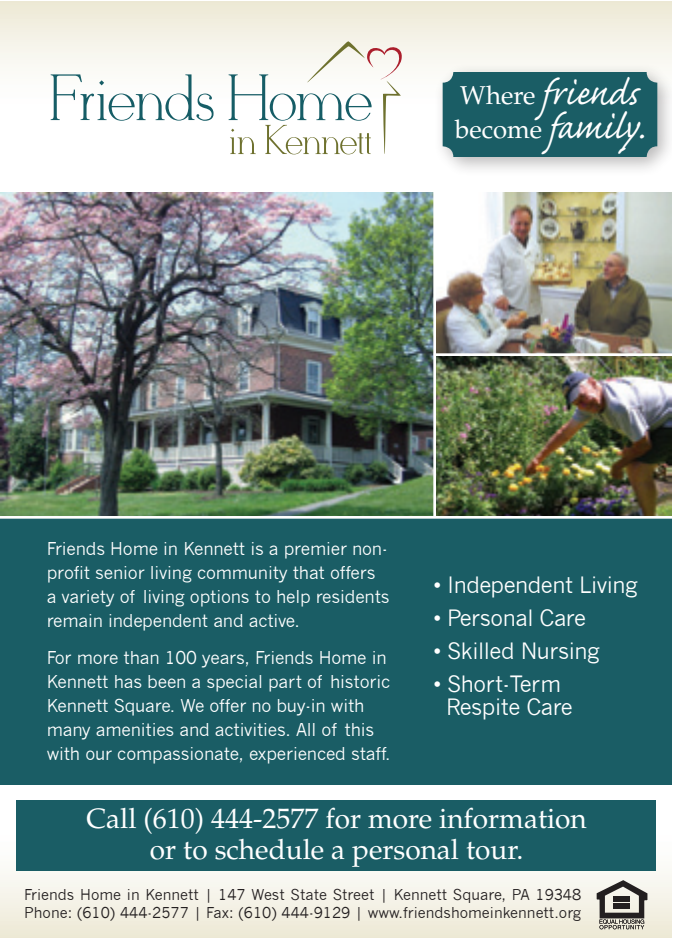
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# A FIELD GUIDE TO TRACK & FIELD

Jo Anne Durako

## JUST IN TIME FOR WATCHING THE 2016 SUMMER OLYMPICS

**M**OST SPORTS FANS DON'T WATCH TRACK AND field. Even as the mother of a former college track athlete, I understand. Watching athletes run for different distances in a counter-clockwise direction while others throw things or jump in the center of the field may not appeal to everyone. There are not the daredevils downhill skiing, the big stars of basketball or the chiseled chests of swimmers.

Yet, every four years, for the Summer Olympics (August 5–21 this year), you should watch some track & field events. After all Athletics (as they call track & field) was contested in the first ancient Olympic Games, and champions have been recorded from as far back as 776 BC. There were even races with men running in armor!

### THE TRACK GUIDE

Enjoying and understanding track is generally a matter of appreciating the special challenges of each distance. And unique twists. So, sample a few during the Olympic coverage—there are 47 men's and women's events. I bet you'd prefer to watch fewer.

**100 meter dash** – Find out who's the fastest man alive. Usain Bolt made this a must-see event and he says this is his last year. Does he still have it at age 30 as he unbends his 6'5", 200+ lb. frame from the crouched starting position? And it takes less than 10 seconds. Skip the 200 meters, where the runners start on the far side of the

track to be able to finish at the standard finish line. It takes more than twice as long as the 100 m. Though Bolt usually runs this, too.

**400 meters** – Once around the track. Exciting, flat-out sprinting. But not as exciting as the 4x400m relay, the highlight and grand finale of every track meet. There's a reason. Watch the relay, too.

**800 meters** – AKA the half mile. Twice around the track, where the sprints (short, speed races) meet distance running (endurance). This middle-distance race is a grueling event that lasts almost 2 uninterrupted minutes of intense (painful) running. 1:40.91 is the current record.

**The mile/1500 meters** – Because most of the world is still metric, you'll see the 1500 meters, not the 1609.3 meters race. Still a classic distance—think of Roger Bannister breaking the 4-minute barrier in 1954. It's a race of strategy and guts. Today's faster men run less than a mile, so plan under 4 minutes (current record, 3:43.13).

**Pick a distance race** – 3k, 5k, 10k. But just watch the last 2 or 3 laps. Otherwise it's almost a half-hour to watch the full 10k. The early laps are positioning and strategy. A good time to get a snack to keep up your energy.

**Marathon** – This race is always exciting to watch, even though runners don't die at the end, as was rumored in the first marathon. And think about the route in Rio. With plenty of world-

class runners to cheer for, coverage is generally edited down from the 2+ hours. Will the winner be someone from Kenya or Ethiopia? Uganda had the surprise winner in the 2012 London Olympics.

**Hurdles** – Choose the 110m, not 400m. Marvel at how the runners' heads stay level, how they do a mid-air split several times, and yet complete the distance almost as fast as runners without obstacles in their paths. Don't try these moves at home.

**Steeplechase** – The longest of the middle distance runs—at 3k—with hurdles and a big unavoidable puddle making runners soldier on with wet shoes and risk slipping, especially as they tire near the end of the race. Who thought of this slog? A better event for horses.

**Race Walk** – Worth watching (the 20k, not 50k) for the novelty of the gait. It's a serious sport in other countries (Russia, China, even France and Italy), but unlikely to catch on in the U.S. Be prepared for comments if you try this in your neighborhood.

### THE FIELD GUIDE

For field events, there are even smaller audiences. And less understanding. Basically, it's jumping or throwing things. The game for spectators is guessing the sport based on the athlete's body type, much like noticing how the more muscular runners go shorter distances in track events.

**Shot Put, Hammer Throw, Discus** – Very big men spinning, grunting and throwing a heavy ball (the shot) or a lighter metal ball attached to a wire (the hammer, as made famous in the Apple Macintosh

1984 commercial). Less big men spin and throw a wood and metal Frisbee (discus), after they assume the iconic pose.

**Javelin Throw** – Muscular but less bulky men with one arm bigger than the other throwing a metal-tipped spear. Watch out! Judges have been hit!

**Long Jump** – Running and jumping into a sand pit. Covering a great distance—over 29 feet. Kids do this in playgrounds. Jesse Owens did it in Berlin for the gold.

**Triple Jump** – Running, with 3 big final steps, then jumping into a sand pit. Also great distances—60 feet. 60 feet!

**High Jump** – Imagine running up to a barrier and jumping higher than your head. And going over it backwards. American Dick Fosbury revolutionized the technique with the Fosbury flop, winning the gold in 1968. Most high jumpers are 50% legs. Set in 1993, the record is 8 feet, higher than a moose or a baby elephant.

**Pole Vault** – A truly crazy idea and every mother's nightmare. You need a sprinter's speed, a thrower's upper-body strength and a gymnast's balance to catapult yourself about 20 feet high on a stick. And no fear.

**Decathlon** – The winner of the 10 events is "the world's greatest athlete." Bruce Jenner's event in 1976. Women do the heptathlon, 5 events. What could Caitlyn do?

See, track and field can be more interesting than you thought. And by the way, women do most of these events, too.

Amaze your friends with your new-found knowledge as you watch the 2016 Olympics. Best enjoyed while eating and drinking things that athletes don't. ♦



Usain Bolt, the fastest man alive



Discus Throw



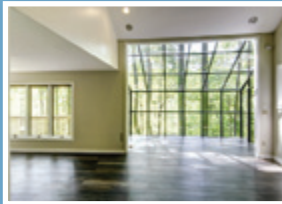
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## Food News A few of our favorite things to share this month about local food and drink



### Boost Your Booze.

Looking for a fresh way to rev up your summer cocktail? How do cucumber-infused gin, coconut-infused tequila, jalapeno-infused vodka and pineapple-mint-infused rum sound? Stimulate your spirits by simply soaking your favorite flavor-makers in a base alcohol of your choosing until your taste buds are titillated. Then, mix into a

flavor-packed cocktail, or simply sip over ice! For more ideas check out [NwEdible.com](http://NwEdible.com).

**Good Things Come in Threes.** What do a rustic osteria, farm-focused beer garden, and modern Mexican restaurant have in common? They're coming to **Eagleview Town Center** in Exton! **Bella Vista**, a labor of love Italian restaurant, will specialize in handmade pastas, artisan pizzas and paninis. **Suburban's** beer garden will be the place to enjoy farm-to-table cuisine while sipping great beer. And **Al Pastor** will introduce bold Central Mexican flavors, fresh ceviches, handmade tortillas and spit-roasted meats along with a selection of mescals and tequilas. Find out when at [InEagleview.com](http://InEagleview.com).



### Bizarre Burgers.

Grilling season is at its height, so it's time to step up your burger game. Say goodbye to bland buns and boring beef with **The Daily Meal's 50 Best Burgers List**. From guacamole buns to bison burgers, and all the

kimchi and cheese sauce in-between, give your burger a makeover from bun to bun. These easy, efficient, eccentric recipes will transform your grilling days. And nights. Check out [TheDailyMeal.com](http://TheDailyMeal.com) for recipes.



**Sustainable Supper.** Lionfish roared into the **Wegmans** seafood department! The spiky, red, poisonous, non-native fish has been dumped into the Gulf of Mexico and the ecosystem just can't handle it. So Wegmans teamed up with **Wild Fish Direct** to bring lionfish to market in the Northeast and help conquer the invasive population. This mild, delicate, white fish is making a splash with its snapper-like taste. Swim over to your local Wegmans and join the fight, then check out [InfoBonaire.com](http://InfoBonaire.com) for recipes.

**Prosperous Produce.** Home gardeners are too familiar with the looming, ever-blooming problems from an overpopulation of giant zucchini. Come August, gardeners reap what they sow—and far more than they need. The very thought of another zucchini dish may turn you green. Instead, in the dead of the night on August 8, slip a killer squash on an unsuspecting neighbor's porch and join the nation in **Sneak Some Zucchini Onto Your Neighbor's Porch Day**. Check out [Gone-Ta-Pott.com](http://Gone-Ta-Pott.com) for details to dump your surplus summer squash.



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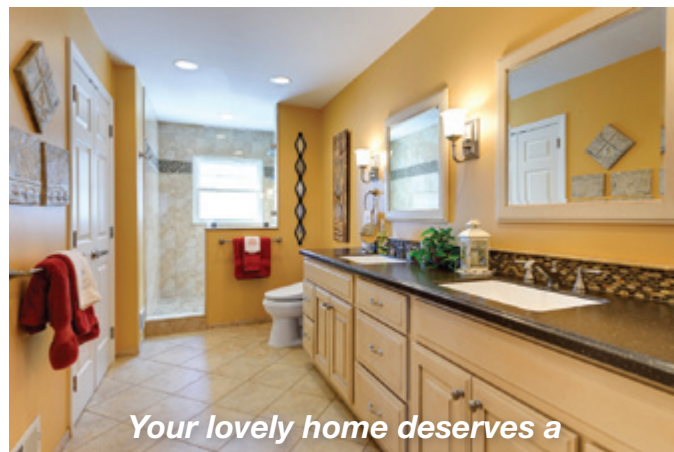


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## [ Brandywine Table ]



## Frozen Desserts

MAY BE THE BEST DESSERTS

Laura Muzzi Brennan

**N**OT BEING ABLE TO STAND THE HEAT IS NO reason to forsake the kitchen—especially when it comes to dessert. Whether you have five minutes or an entire afternoon, you can concoct a frozen treat that will satisfy your sweet tooth, keep you cool and take you back to summers when happiness could be found at the top of a sugar cone.

Or on a popsicle stick. Just ask Issa Ostrander, co-owner of **Mompops** in Kennett Square. “Everyone has a nostalgic attachment to a popsicle,” says Ostrander. “Everyone smiles when they eat one!”

That thought was on his mind in summer 2010 when temperatures rose, causing business to dip at the bake-at-home pizza franchise he'd run with his father for eight years. In a classic lemons to lemonade plotline, Ostrander turned his attention from ovens to freezers and teamed up with his mom, Sandra, a retired music teacher, to start Mompops. Just six years later, Mompops is expanding throughout the East Coast.

These artisanal pops come in six flavors including orange coconut, mango and banana raspberry cream. Chocolate sea salt is the overall best seller. While kids go crazy for strawberry lemonade, their moms love the refreshing fruit and herb combination found in the pineapple-basil pop.

Moms and dads also love that the pops contain four or fewer ingredients—mainly fruit, water and agave nectar. “We keep our flavors simple and derive sweetness from the natural ingredients we use,” explains Ostrander. “We feel there are too many sugar-sweetened treats out there for kids. Enjoying a pop shouldn't be one.” All pops are gluten free, dairy free, nut free and vegan friendly.

One more bonus: The one-ounce minipops, sold at local Whole Foods and farmers markets, come in under 20 calories, 4 carbs and 3 grams of sugar.

Whether home cooks make popsicles or try their hand at bombes, granitas or sorbets, they can learn a lot from Ostrander's choice of ingredients. Using fruit at the peak of ripeness allows him to capitalize on the fruit's natural sweetness, and buying in season means lower cost. “Ask farmers at farmers markets for the seconds,” he says. “You don't need pretty fruit to make delicious popsicles.”

Ostrander's creativity and sense of whimsy are also worth emulating. He constantly experiments with new flavors and designs pops for specific events. His White Horse (chocolate pop rolled in coconut flakes) and Devon Pop (coconut pop layered with blueberries) garnered praise at the Devon Horse Show. He's also making pops within pops. Think one ounce strawberry nestled inside three ounces of chocolate and you get the sweet idea.

This summer, as you wonder what to make for dessert, read the following recipes, march back into the kitchen and above all, stay cool.





## Frozen Desserts

While we'd never turn down a bowl of rich vanilla ice cream or even a lip-staining cherry popsicle, we love the variety of frozen desserts available on restaurant menus and in grocery stores. Here's the 411:

**Bombe:** Also known as bombe glacee, a French dessert made up of different types of ice cream that are layered into a bowl and frozen one layer at a time. When ready to serve, the bombe is inverted, unmolded and sliced in wedges to show its stripes.

**Gelato:** Similar to ice cream, this Italian treat has a lower fat content and less air churned into it, making it denser and richer than even premium ice creams.

**Granita:** Invented in Sicily, granitas are the rough and tumble cousins of smooth sorbets

and water ices. Made with sugar, water and flavorings, they're identified by their large ice crystals and crunchy texture. They're often used as palate cleansers in between courses.

**Mochi ice cream:** Invented by Japanese-American businesswoman Frances Hashimoto, these ice cream balls wrapped in mochi (pounded sticky rice) are what fusion dessert is all about.

**Sherbert:** Like a cross between ice cream and sorbet, sherbert contains dairy and typically comes in fruit flavors. It is low in fat but higher in sugar than ice cream.

**Sorbet:** Called sorbetto in Italian, this refreshing French non-dairy dessert contains fruit purees, sugar, water and sometimes a splash of wine or liqueur. It's churned just like ice

cream. *Hint: When making sorbet at home, replace part of the sugar with light corn syrup for a smoother, creamier texture.*

**Paleta:** A Mexican fruit popsicle, that contains milk or cream (paletas de leche) or just be pureed fruit and sugar (paletas de agua).

**Parfait:** While the definition has evolved, parfait traditionally referred to a dessert composed of alternating layers of ice cream, fresh fruit, syrup or sauce that's topped with whipped cream and served in a tall, stemmed glass.

**Tartufo:** Meaning "truffle" in Italian, this bombe-shaped dessert is a vanilla or chocolate gelato ball with a cherry at the center. On the outside: a chocolate shell, often rolled in nuts or topped with chocolate shavings.

### Mango Pops

*Simplicity itself! Recipe courtesy of Mompops.*

- 3 C. fresh mango pieces
- 1 C. water
- 4 Tb. organic agave nectar

Place all ingredients into a blender and blend until consistency is a smooth purée. (It's okay to have some small fruit pieces.)

Pull out your ice-pop molds and pour purée into each mold. Place in the freezer for a minimum of 4 hours, preferably overnight.

When ready to eat, place molds under warm water for 5 seconds to allow pops to detach.

Makes 8, 3-oz. pops.

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### Watermelon Chocolate Chip Pops

*Since Mompops makes only allergen-friendly popsicles, they use Enjoy Life chocolate chips, which are free of the top eight allergens. Feel free to use any brand you like. Recipe courtesy of Mompops.*

- 4 C. watermelon chunks
- 3 Tb. organic agave nectar
- Pinch of salt
- Generous handful of chocolate chips

Place watermelon, agave and salt (to bring out watermelon's flavor) into your blender and blend until consistency is a smooth purée. (It's okay to have some small fruit pieces.)

Take half of the chocolate chips and put some in each popsicle mold. You can add a good helping—who doesn't like chocolate chips? Fill molds with purée. You'll see the chocolate chips start to rise up to the top. Fear not! Simply add the rest of the chips to the top, so when posicles freeze you can have chips throughout your pop.

Place molds in the freezer for a minimum of 4 hours, preferably overnight.

When ready to eat, place molds under warm water for 5 seconds to allow pops to detach from the mold.

Makes 8, 3-oz. pops.

### Watermelon Sorbet with Lime

*The best way to achieve a creamy, less icy sorbet is to hit the right balance of sugar and juice. Start out with watermelon at the peak of ripeness, but know that sugar levels vary among individual melons and you might have to adjust the sugar-water ratio. This recipe contains a trick from the Kitchn website—where I adapted this recipe—to help you find the right balance every time.*



- ¾ C. sugar
- ¾ C. water
- 1 bunch mint, optional
- 6 C. watermelon cubes, black seeds removed
- ¼ C. plus 1–2 Tb. light corn syrup
- 4–6 Tb. freshly squeezed lime juice

Freeze the base of the ice cream maker for 16–24 hours or until you can't hear the liquid inside when you shake it.

Make a simple syrup by combining the sugar and water in a small saucepan and simmering until the sugar dissolves, about 5 minutes. Remove from heat. If using mint,

place the entire bunch in the simple syrup and gently mash it with the back of a spoon to release the mint flavor. Let the syrup cool. Discard mint.

In a blender, combine half of the simple syrup, watermelon and corn syrup. Blend until no chunks remain; the mixture will be a thick juice. Strain the juice through a fine mesh sieve to get rid of any solids, such as white seeds. Don't push the solids through the sieve; just stir with a spoon and let the juice flow through.

Here's a cool trick I learned from *The Kitchn* to determine whether you have the right balance of juice and sugar:

Wash and dry a large egg. Gently lower the egg into the sorbet. If a nickel-sized piece of shell shows above the liquid, you have the right balance. If you see less shell (dime-sized), stir in more simple syrup and/or corn syrup and test again, adding syrup as necessary. If you see more shell (quarter-sized), add more water and test again.

Stir in lime juice to taste. Keep in mind that when you freeze the sorbet, it will lose a little of its sweetness. It's best to err on the side of having a slightly-sweeter-than-you'd-like mixture at this stage.

Chill the sorbet in the refrigerator for at least 1 hour or overnight.

Pour the sorbet into the frozen base of your ice cream maker and follow manufacturers instructions for churning until your sorbet looks like a thick smoothie. Transfer to containers and freeze for at least four hours, until sorbet has hardened.

To serve, let the sorbet sit at room temperature for a few minutes. Serving suggestion: accompany with thin lemon or lime cookies.

Makes 8–10 servings.

### Ice Cream Sandwich Casserole

*My sister makes this sweet casserole when she needs a quick dessert for a crowd. Loved by adults and kids alike! Try replacing the toffee bits with sliced strawberries for a healthier twist.*

- 24 ice cream sandwiches
- 16-oz. container lowfat Cool Whip or other whipped topping
- 8-oz. bag Heath English toffee bits

Place 12 ice cream sandwiches on the bottom of a large (9"x13") casserole dish. Cut to fit if necessary.

Spread with a ½" layer of Cool Whip. Top with ½ bag of toffee bits. Repeat with remaining ingredients. Cover and freeze for 1–2 hours.

Makes 12–16 servings.

### Peach-Ginger Mini Ice Cream Sandwiches



- 1¾ lbs. peaches
- 2–4 Tb. crystallized ginger pieces
- ¾ C. whole milk
- ⅔ C. sugar
- Pinch of salt
- 1½ C. heavy cream
- 1½ tsp. pure vanilla extract
- 48 thin lemon or ginger cookies or a mix of both\*

*\*I use Trader Joe's cookie thins.*

Freeze the base of the ice cream maker for 16–24 hours or until you can't hear the liquid inside when you shake it.

Peel peaches, remove pits and chop into small pieces. (You should have a generous 1½ C.)

In a food processor, pulse half the peaches and all the ginger pieces together until the mixture has the texture of a smoothie. Set aside.

Whisk milk, sugar and salt together in a large bowl until the sugar is dissolved. Stir in heavy cream, vanilla, peaches and peach smoothie. Cover and refrigerate 2 hours or overnight.

Pour the mixture into the frozen base of your ice cream maker and follow manufacturer's instructions. Place 2 Tb. ice cream between each pair of cookies. Freeze, covered on cookie sheets or in muffin tins.

Makes 24 sandwiches.

### Chocolate Cherry Brownie Bombe

*You can make this with any flavors of ice cream or sorbet you choose. The prettiest bombes have contrasting colors. Soften each pint of ice cream just before you use it by leaving it at room temperature for 10 to 15 minutes.*



- 2 pts. Ben and Jerry's Cherry Garcia
- 1 pt. premium chocolate ice cream
- 6 oz. Trader Joe's petite sea salt brownies
- 2 nesting bowls (approximately 6" and 8")

In the larger bowl, spread 1 pt. Cherry Garcia across bottom and all the way up sides of bowl. Place a piece of plastic wrap directly on top of the ice cream and sit the smaller bowl inside of it. Freeze until this layer hardens, 1–2 hours.

Remove bowl and plastic wrap. Spread 1 pt. chocolate ice cream on top of first layer and press brownies into it. Repeat with plastic wrap and smaller bowl. Freeze until hardened, 1–2 hours.

Remove bowl and plastic wrap. Spread second pint of Cherry Garcia inside. (You'll probably have some left over. Eat it immediately!) Wrap in plastic wrap. Freeze until hardened, a few hours or better yet, overnight.

To unmold, sit bowl in a shallow pan of warm water for a few minutes. If necessary, run a knife around the edges to loosen. Invert onto a plate and cut into wedges.

Serves 8–10.

### Orange-Basil Granita

*This recipe is a hybrid of recipes by Wolfgang Puck and Martha Stewart. If you use the Grand Marnier, definitely increase the basil to ½ C. so the herb's flavor comes through.*

- 4 navel oranges
- 1½–2 C. orange juice
- ¼ C. sugar

### Strawberry Lemonade Pops

*Summer on a stick! Recipe courtesy of Mompops.*


- 3 C. sliced fresh strawberries
- 1 C. water
- 3 Tb. organic agave nectar
- 3 Tb. fresh lemon juice

Place all ingredients into a blender and blend until consistency is a smooth purée. (It's okay to have some small fruit pieces.)

Pull out your ice-pop molds and pour purée into each mold. Place in the freezer for a minimum of 4 hours, preferably overnight.







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½ C. water  
 ¼ C.-½ C. packed fresh basil leaves  
 plus more for garnish  
 2 Tb. Grand Marnier, optional

Wash and cut oranges in half. Using a grapefruit knife, remove the flesh and push through a strainer. (You should end up with about 1-1½ C. orange juice.) Set aside. Discard pulp.

Stand orange halves on a cookie sheet. If necessary, cut a thin slice from the bottom of halves so they can stand easily. Cover with foil and freeze.

In a small saucepan, make the basil simple syrup: simmer sugar and water just until sugar dissolves, 3-5 minutes. Remove from heat, add basil leaves and steep for ½ hour. Discard basil.

Combine juice you set aside with enough orange juice to make 3 C. Stir in simple syrup and Grand Marnier if using. Place in an 8"x8" dish and freeze until ice crystals start to form. (This could take 1-3 hours depending on your freezer temperature and whether you use the Grand Marnier since alcohol affects the freezing point.)

Remove from freezer and scrape with a fork to break up ice. Return to freezer and freeze for 3-4 hours, scraping with a fork every hour.

Scoop granita into orange halves and garnish with basil.

Makes 8 servings. ♦



*Laura traces her love of all things culinary to the first time she leafed through her mother's Betty Crocker's Cooky Book—which still occupies a place of honor among her 600+ cookbooks. A passionate supporter of local food, she co-founded a farmers market, judges area food contests, and anticipates restaurant open-*

*ings with the excitement most people reserve for winning a Mega Millions jackpot.*



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## ALPHABETS, SPIES AND GHOSTS



PA Turnpike (1942)

crude, this 18th-century turnpike provided vastly improved transport for settlers and their goods over the muddy territories.

The Commonwealth once again stole a lead on the rest of the country when, in October 1940, it opened America's first superhighway—the 160-mile-long Pennsylvania Turnpike stretching between Carlisle and Irwin and costing one cent per mile in tolls. This was no mere road: it was an Eighth Wonder of the World.

"There are stories of people driving from very far away to experience what no one had ever experienced before in America—the thrill of driving uninterrupted, without having to stop or pull over on four lanes of smooth concrete," said Curt Miner, senior history curator at The State Museum of Pennsylvania in Harrisburg.

"To really appreciate the Pennsylvania Turnpike you have to know what other roadways were like at the time. They were not easy to travel, and they took a long time. Harrisburg to Pittsburgh took seven hours. On the turnpike, the travel time was cut in half. Some people compared the Pennsylvania Turnpike to riding on a magic carpet," said Miner.

But as parents were learning, the new mobility was a mixed blessing. To be sure, the new roads were faster, safer and more comfortable. But the spirit of the times could be summed up in four words: "Are we there yet?"

For kids in the back seat, the corollary of the superhighways' greater safety and speeds

along the bland concrete corridors was boredom followed by squabbling, poking and finally full pitched battle leading to the inevitable threat from Dad, "If you kids can't settle down, I'm going to turn this car around and go home!"

In desperation some parents might suggest the whole family join in singing "99 Bottles of Beer on the Wall," which has the virtue of diverting the kids' attention but at the cost of inflicting a hundred stanzas of mindless repetition on their elders, making most wish they'd never taught their kids to count.

So while the American lore of the road is fraught with such disparate heroes as Kit Carson, Mark Twain, John Steinbeck and Jack Kerouac, before packing for our next trip to the Poconos, or the shore, or Maine, we might also breathe a word of thanks for those who toiled in anonymity while conceiving such rewarding pastimes as "I Spy with My Little Eye," or "Ghost," or the "Alphabet Game."

The rules of each game are simple, require no batteries or special equipment, and are fun for all ages. The first begins by designating one player as the Spy, who then silently selects an object that's visible to all the players. The Spy then says "I spy with my little eye something beginning with ...", if it's a goat, the Spy says "g". The rules further dictate that the chosen object must remain in sight through the game or until all the players have fallen asleep, whichever happens first.

The Alphabet Game requires each player to find the letters of the alphabet, in order, on road signs or nearby buildings. The word used must begin with the letter without exception; for instance, a "Dairy Queen" sign can be used for either "D" or "Q"; however, a highway "DQ" sign may only be used for "D". An alternate version allows using any letter on the sign, but this variation on the game is eschewed by purists.

Ghost can be played with eyes shut; all it requires is a good vocabulary and strong spelling ability. The idea is to add letters to those already mentioned without making a complete word but with a specific word in mind. If the player whose turn it is suspects the player before him is bluffing, he may challenge.

Play begins with player #1 selecting a letter, for instance, "m". Player #2 might then say, "i", perhaps prompting player #3 to say "n". If player #4 can't think of a letter to add without completing a word, he might challenge. If #3 cannot respond with a complete word he loses, and gets a "G". If, however, #3 can respond with a complete word—"mine", or "mint"—then player #4 loses and gets a "G" — or H or O or S or T, depending how far along the game has gone.

As a test of intellect and strategy, Ghost can be as challenging as the players and the rules don't require a car. You can also play it while riding ski lifts or flying coast to coast.

Today, of course, in an age when electronic entertainment devices can transform the humble back seat into a movie house or war room, these pastimes may strike some as old hat. But as a character-building experience, video games just aren't the same. ♦

*Jack Smith has been a car buff since childhood, when his father designed auto bodies for Philadelphia's E. G. Budd Company. His work has appeared in The New York Times, Philadelphia Inquirer, GQ and the Robb Report.*



AT THE MIDPOINT OF THE 20TH CENTURY, THE United States was experiencing the greatest economic boom any country had ever seen. We were in the wake of World War II and heavy industry had successfully re-tooled from producing bombers and tanks to meet the pent up demand for all kinds of household goods—from TVs to toasters.

New industries like commercial aviation and electronics supercharged our economy while the post-war Baby Boom created a generation of new consumers to be housed, fed and clothed. Housing starts could barely accommodate the new affluence, as the demand for single-family dwellings and the widespread ownership of cars fueled a migration from cities into the countryside.

Across our country families hit the road, winding their way through farmlands and quaint villages, past motels, diners, wed-

ding chapels, hub cap emporiums, and fruit and vegetable stands. A staple of every family trip was a stop at a custard and burger stand, or sometimes a visit to a pre-Revolutionary pioneer's roadside homestead. For children of the 1950s, the country roads were a historical tableau come to life.

The American road took on another dimension in 1956. With the Federal-Aid Highway Act signed into law (perhaps you knew this \$25 billion initiative as the National Interstate and Defense Highways Act), new interstate highways began to spread coast to coast.

The idea of the government encouraging travel across the country was nothing new. As long ago as the Whiskey Rebellion in 1791, the Pennsylvania legislature approved a roads bill for construction of a 62-mile log-surfaced turnpike. However

Jack Smith



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