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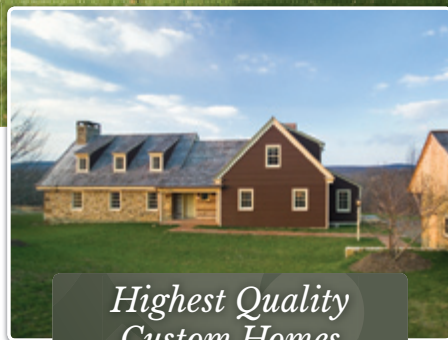
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Seattle

### Vancouver, Canada

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South Korea  
Taiwan  
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### New Price

### UWCHLAN TOWNSHIP

High over the Shamona Creek, this great home is surrounded by open space & parkland! Super 4BR, 3.1BA home with open floor plan & in-law suite! \$908,000



### New Price

### NEWLIN TOWNSHIP

This 5BR, 3.2BA home enjoys an incredible view! You'll love the spacious open floor plan, the wonderful Master Suite, and large flagstone patio. Unionville schools! \$887,900



### WARWICK TOWNSHIP

10.93 acre horse farm is set in an equestrian area with 6 stall barn, lighted ring, & good pastures. The 4BR, 2.1BA home has formal space & FR with stone fireplace! \$749,900



### New Listing

### UWCHLAN TOWNSHIP

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### UNIONVILLE VILLAGE

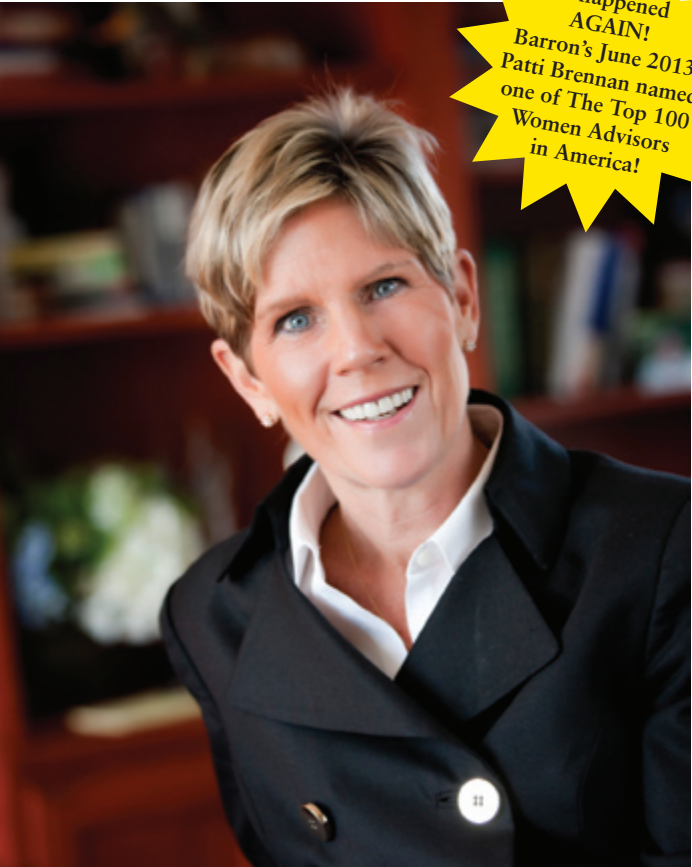
Full of options! Now 2 units & newer building behind. Could easily convert back to single dwelling & alter add'l building to rental residence. Lots of opportunity! \$325,000



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Fortune – One of America's Top 100 Independent Advisors (2008)
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The 50 Top Women in Wealth – Wealth Manager Magazine (May 2010)
Philadelphia Business Journal – #2 Top Wealth Advisor (2010)
Registered Rep – Top 50 Independent Broker/Dealer Women Advisors (2011)
Barron's – Top 1,000 Financial Advisors (2006-12) Only 40 Recognized in Pennsylvania (And the Only Woman in 2012!)

Raised in Radnor, PA, Patricia Brennan has been providing Wealth Management advice **right here in West Chester** for over 25 years. She is a Georgetown University graduate and earned her CFP® designation in 1990. She is a recognized leader in her industry and serves as the first Chairwoman on the National Advisory Board for Royal Alliance. **Patti has just been selected as one of 400 Top Advisors by The Financial Times, another leading global brand and highly respected worldwide.** On a local level, Patti, her husband, Ed, and their four children reside in **West Chester**, where she is also active in her community. Patti currently serves as a board member for the Chester County Economic Development Council, Cuddle My Kids, and for The Chester County Hospital and Health System.



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From *the*  
Editor



I've always liked that August has 31 days—expanding to the max that final, full month of summer and delaying the arrival of September, with all its back-to-business-and-schoolness. The perfect time to celebrate the good life, as we do in this issue.

From our cover you'll see that "A Happy, Healthy Pet Is Always Cause for Celebration" as Katherine Hubbard writes and Lauren Kaplan seconds with her adorable photos of pets. In fact, we had such fun reviewing pet photos that we asked our readers for more in our search for the cutest pet around. Watch our Facebook page so you can vote for your pick of this litter.


The celebration continues as the Borough of Malvern marks its 125th anniversary, and Jaimieliynn Cooper shares some history and highlights, like Malvern Strolls on Third Thursdays. And Kirsten Werner of Natural Lands Trust gives a reason to rejoice to those who can turn their lawn into meadows in her article, "Developing a Wilder Aesthetic."

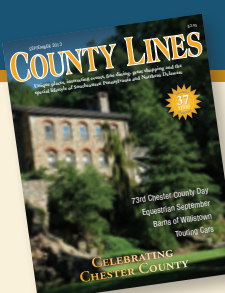
We expand our appreciation of the good life as Scott Arboretum's Julie Jenney gives a short course on "The Botany of Beer"—which happily is heavier on the beer. And Laura Brennan says "Good Things Come in Jars" with recipes for preserving August's bounty.

The final parts of our good life coverage are our Guides to Women's Health and to Senior Communities. For women's health, area experts share news on infertility, high-risk pregnancy, menopause, breast cancer and cosmetic treatments. And we learn in "Seniors, Back in School" that staying mentally active has never been easier. Our Guide to Senior Communities—describing the many amenities available—may just make you want to check them out.

Finally, in addition to our Best Local Events coverage, you'll see we now highlight what's best in Family Fun. You'll find plenty to do, and luckily August has 31 days!

Thank you for reading *County Lines*. We hope you enjoy this issue.

  
Jo Anne Durako  
Editor



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**August 2014**

Volume XXXVII, Number 12

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## Good to Know

Just a few things we thought  
you'd like to know this month

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### Family Matters.

August is National Family Fun Month. Come September, the kids will be back in school and homework and activities will dominate the schedule. Spend some time together now while you have the ... time. Have a camping adventure in the backyard. Take a road trip (Hint: our **July Guide** has great ideas). Even just a game of Uno tonight at home makes for a great time. Anything works! It's not really about what you and your family do, just that you do it together. For game ideas visit [Parents.com/fun](http://Parents.com/fun).



**Bored? Walk.** You don't have to go to Jersey to walk the boards this summer. **Spruce Street Harbor**, located in Penn's Landing in Philadelphia, has been transformed into a boardwalk and urban beach. Through August 31st visitors can hang out at this pop-up park in hammocks or under umbrellas, play arcade games, and stroll a boardwalk lined with shops, concessions and eateries. The Boardwalk will be open daily, 11 to 10, so you can squeeze in more beach time closer to home. [DelawareRiverWaterfront.com](http://DelawareRiverWaterfront.com).



### Stop Fighting Fido.

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PHOTO: RANDI MÜSTER



### Giddy Up!

From a local show to an event recognized worldwide, the **Devon Horse Show** has made incredible strides since its start in 1896. This May, the Show raced out of the gates with record support. The live stream reached over 99,000 viewers, a 230% increase from 2013! Despite consistent growth, the Show remains dedicated to maintaining the charm of its original traditions. Saddled with guilt for missing out? September brings **Dressage at Devon**, among other equestrian events covered in next month's issue.





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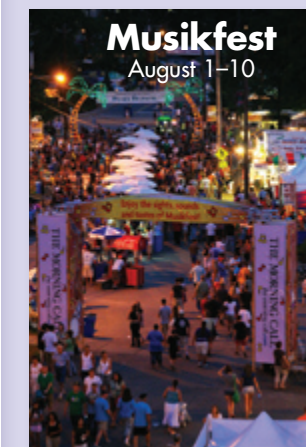
## of Special Note



### Ludwig's Corner Horse Show & Country Fair

August 30–September 1

This year, you'll see many new and improved events and *free admission* on Saturday, Family Fun Day. The Midway features new rides and games for children, exotic animals, a Pet Parade and Thorncroft Mainstreamers on Saturday, Classic Carriages (a tradition of the show) on Sunday and an Antique Car Show on Monday. The main event is always the Horse Show, beginning each day at 8 a.m. and continuing until dusk. 1326 Pottstown Pk., Glenmoore. For a complete schedule, visit [LudwigsHorseShow.com](http://LudwigsHorseShow.com).



### Musikfest August 1–10

Each year, the historic town of Bethlehem comes alive with the sound of music—all genres of music—all as the nation's largest free, non-gated music festival, with more than 450 performances on 14 stages, tickets are, however, required for national headliners such as: Steely Dan, Sheryl Crow, ZZ Top, Weezer, Jason Derulo, The Moody Blues, Alan Jackson, Keith Urban, Third Eye Blind .... Hard to believe they're all performing in one place! Visit [Musikfest.org](http://Musikfest.org) for a complete lineup and to purchase tickets. See you there!

### 36th Annual Long's Park Art & Craft Festival

August 29–31

Beautiful Long's Park turns into an outdoor art gallery, complete with 200 artists/artisans from 34 different states and Canada displaying and selling their work—from fabrics and fine art to pottery and mixed media. Sip wine from a local winery and craft beer from a local brewery, and enjoy great food, music, a raffle and other daily events. This nationally recognized fair benefits the free Long's Park Summer Music Series. Harrisburg Pk. & Rt. 30, Lancaster. 10 a.m. to 5 p.m. \$10. 717-735-8883; [LongsPark.org](http://LongsPark.org).



### Goschenhoppen Folk Festival

August 8–9

This festival was designed to be an educational family event, demonstrating various home skills and trades of the Pennsylvania Dutch from about 1750–1880. Dipping candles, creating a rag doll, petting a calf, sampling potato candy or rolling a barrel hoop are all sure to bring a smile to everyone. This year's theme is "Am butze, immer am butze" (Cleaning, always cleaning). Henry Antes Plantation, 318 Colonial Rd., Perkiomenville. Fri., noon to 8 p.m.; Sat., 10 a.m. to 6 p.m. \$3–\$12. 215-234-8953; [Goschenhoppen.org](http://Goschenhoppen.org).



### The 33rd Annual Bayada Regatta

August 16

One of the oldest and largest adaptive rowing events in the world, the Bayada Regatta is a competition for athletes with physical disabilities, sponsored by Bayada Home Health Care. Spectators will enjoy exciting races, medal ceremonies, music, entertainment plus face painting and crafts for kids throughout the day. Bring lawn chairs, sunscreen and the family—free soft pretzels and bottled water for everyone. St. Joseph's University Boathouse, 2200 Kelly Dr., Philadelphia. 8 a.m. to 4 p.m. 888-995-0788; [Bayada.com/Regatta](http://Bayada.com/Regatta).





# best Local Events

## FAMILY FUN

### AUGUST 2

#### 10th Annual Iron Hill Twilight Criterium.

A day of family fun as top professional cyclists compete and spectators enjoy the Kids' Zone, Community Festival and the Market Street Block Party. This year marks the return of pro women's racing, expected to attract the top female bike racers. [IronHillTwilightCriterium.com](http://IronHillTwilightCriterium.com).



### AUGUST 16

**Malvern Bible Chapel Community Picnic.** As Malvern celebrates its 125 anniversary, friends and neighbors gather for a picnic with free food, crafts, music and games. 20 Woodland Ave., Malvern. 11 to 3. Free. 610-647-4775; [MalvernChapel.org](http://MalvernChapel.org).



### AUGUST 17

**Touch A Truck Day.** See different models of cars and trucks—dump trucks, cement mixers, fire trucks, new cars and everything in between. Great food, the TCL Clowns and lots of fun at Chester County Gov. Service Complex, 601 Westtown Rd. Noon to 4. \$2. 610-436-9010; [West-Chester.com](http://West-Chester.com).

**AUGUST 20, 27, SEPTEMBER 5, 12**  
**Movie Night at Eagleview Town Center.** Bring lawn chairs or blankets to these family-friendly movie screenings. *Aug. 20*, "Despicable Me, 2;" *Aug. 27*, "Singin' in

the Rain;" *Sept. 5*, "The Lego Movie;" *Sept. 12*, "Cloudy with a Chance of Meatballs 2." 540 Wellington Square, Exton. 7 pm. Free. Accepting non-perishable food donations for the Chester County Food Bank. 800-851-2779; [InEagleview.com](http://InEagleview.com).

### AUGUST 23

**East Goshen Amphitheater Park After Dark Movie.** Bring blankets and lawn chairs and enjoy the movie "Frozen" on the big screen under the stars. 1580 Paoli Pk., West Chester. Come to the park at 8, movie begins at 9. Free. 610-692-7171; [EastGoshen.org](http://EastGoshen.org).

### AUGUST 23

**Tyler Arboretum's Butterfly Festival.** Visit the Butterfly House to see live butterflies in all stages of their life cycle. 515 Painter Rd., Media. 10 to 2. \$7-\$11. 610-566-9134; [TylerArboretum.org](http://TylerArboretum.org).

### SEPTEMBER 5-7

**Hay Creek Fall Festival.** Early American crafts, a Civil War encampment, children's activities, food and music. Joanna Furnace, Rt. 10, N. of the PA Tpk., Geigertown. 8 to 5. \$2-\$10. 610-286-0388; [HayCreek.org](http://HayCreek.org).

### SEPTEMBER 6-7

**Chadds Ford Days.** The grounds of the Chadds Ford Historical Society come alive with entertainment, Colonial demonstrations, crafts, local restaurants and more. 1736 Creek Rd., Chadds Ford. 10 to 5. \$5. 610-388-7376; [ChaddsFordHistory.org](http://ChaddsFordHistory.org).



### SEPTEMBER 7

**Truck Zoo.** Children can climb into fire engines, police cars, trucks, school buses and more. Radnor Memorial Library, S. Wayne Ave. parking lot, Wayne. 1 to 4. Free. Rain date, Sept. 14. [RadnorRecreation.com](http://RadnorRecreation.com).

### SEPTEMBER 7

**Fall Super Sunday in Media.** State Street and Veteran's Square will be blocked off for this street fair. Benefits local charities. Rain date, Sept. 14. 9 to 5. 610-583-4432, ext. 102; [VisitMediaPA.com](http://VisitMediaPA.com).

## ART & CRAFT SHOWS

### THROUGH SEPTEMBER 1

**Morris Arboretum Debuts "Home Tweet Home" Designer Birdhouses.** See 30 birdhouses crafted by artists and bird lovers of all kinds on display. 100 E. Northwestern Ave., Phila. Mon-Fri, 10 to 4; Sat-Sun, 10 to 5. \$8-\$16. 215-247-5777 [MorrisArboretum.org](http://MorrisArboretum.org).

### AUGUST 2-3

**Painting in the Meadow Plein Air Event at Longwood Gardens.** Views of Longwood's new meadow area is captured by artists of the Delaware Valley Art League. Painting takes place Mon-Wed, sale and exhibit Sat-Sun. 1001 Longwood Rd., Kennett Square. Free with garden admission. 610-388-1000; [LongwoodGardens.org](http://LongwoodGardens.org).

### AUGUST 20-24

**Interweave Bead Fest.** Over 300 booths and tables of jewelry-making supplies, nationally known instructors, jewelry making workshops, activities and exhibits. Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Wed-Thurs, workshops; shopping on Fri-Sat, 10 to 6; Sun, 10 to 5. \$15. [BeadFest.com](http://BeadFest.com).

### SEPTEMBER 6-7

**Brandywine Festival of the Arts.** Many artists and craftspeople display and sell their work. Enjoy a food court and free entrance into the Brandywine Zoo with ticket purchase. Brandywine Park, 1001 N. Park Dr., Wilmington. Sat, 10 to 6:30; Sun, 10 to 4. \$5; under 10, free. 302-690-5555; [BrandywineArts.com](http://BrandywineArts.com).

## EQUESTRIAN

### FRIDAYS & SUNDAYS THROUGH 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. \$25; Sun, gates open at 1:30; match at 3, \$10. Cancelled for rain or extreme heat. 610-268-8692; [BrandywinePolo.com](http://BrandywinePolo.com).

### SEPTEMBER 5-7

**Glen Willow Combined Driving Event.** Nationally sanctioned combined driving event featuring the elegance of dressage, the excitement of marathon and the precision of the cones. *Sept. 5*, dressage; *Sept. 6*, marathon and competitor's party; *Sept. 7*, cones and championship awards. Food and a Trade Fair will be available in addition to the competition. Starts at 9 daily. 685 Woodview Rd., Avondale. 910-691-7735; [GlenWillowCDE.com](http://GlenWillowCDE.com).

## FILM

### FIRST FRIDAYS, THROUGH NOV. 7

**Uptown! Entertainment First Friday Film Series.** Planned to coincide with First Friday in West Chester, the series offers an alternative by showing thought-provoking films for the community. Check their website for future titles.

Knights of Columbus Hall, 110 W. Market St., West Chester. 8:30 pm. \$7.50. 484-639-9004; [UptownWestChester.org](http://UptownWestChester.org).

## FOOD & DRINK

### THROUGH SEPTEMBER 24

**Stroll, Shop, Dine — Dining Under the Stars in Media.** Wednesday is the night to dine out in Media. Restaurants offer outdoor dining along State Street, from Jackson to Orange Sts. There's entertainment and children's activities on each block. 5 to 11 pm. 610-566-5039; [VisitMediaPA.com](http://VisitMediaPA.com).

### AUGUST 16

**4th Annual Ferraris, Vines and Wines—Classic Car Show and Wine Festival.** You'll enjoy wine tastings, wine seminars, entertainment, vendors and great food at Penns Woods Winery, 124 Beaver Valley Rd., Chadds Ford. Bring a child's gift to donate to CarzNTToys and receive a free tasting ticket. Noon to 4. \$10. 610-459-0808; [PennsWoodsEvents.com](http://PennsWoodsEvents.com).

### SEPTEMBER 6

**Historic Odessa Brewfest.** Great food, live music and, of course, some of the best regional and national craft beers. 201 Main St., Odessa, DE. Doors open at noon for the VIP Tasting, \$65, the regular fest begins at 2, \$45. All taps close at 6. 302-378-4119; [OdessaBrewfest.com](http://OdessaBrewfest.com).



## GARDENS & PLANT SALES

### SEPTEMBER 6

**10th Annual Barclay Friends Festival of Gardens.** A walking tour featuring 12+ private gardens in the South Central section of West Chester borough. After the tour, stop by the plant sale at Barclay Friends, noon to 4. 700 N. Franklin St., West Chester. 10 to 3. \$20-\$25. 610-918-3433; [BFKendal.org](http://BFKendal.org).



## MUSEUMS

### THROUGH SEPTEMBER 21

**Delaware Art Museum Exhibits.** *Through Aug. 10*, "Transitions: The Brandywine Photo Collective." *Through Sept. 21*, "Retro•Active: Performance Art from 1964-1987." 2301 Kentmere Pkwy., Wilmington. Wed-Sat, 10 to 4; Sun, noon to 4. \$6-\$12. Free on Sun. 302-571-9590; [DelArt.org](http://DelArt.org).

### THROUGH NOVEMBER 16

**Brandywine River Museum Exhibits.** *Through Aug. 10*, "Lure of the Brandywine: A Story of Land Conservation and Artistic Inspiration."

*Aug. 23–Nov. 16*, "Exalted Nature: The Real and Fantastic World of Charles Burchfield." Rt. 1, Chadds Ford. \$6-\$12. Free Sunday mornings, 9:30 to noon. 610-388-2700; [BrandywineMuseum.org](http://BrandywineMuseum.org).

### THROUGH JANUARY 2015

**Winterthur Museum, Garden & Library Presents "Costumes of Downton Abbey."** Forty costumes and accessories, worn on the period drama TV series are on display. Highlights: Lady Sybil's harem pants and Lady Edith's wedding dress. Rt. 52, Wilmington. Tues-Sun, 10 to 5. \$5-\$18. 302-888-4600; [Winterthur.org](http://Winterthur.org).



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**Knauer Gallery, Swope Music Building**  
**817 S. High Street—Free parking behind the building**

**Opening Reception—Sunday, September 7, 1–3pm**

John Baker, Director of Art and Gallery Curator at WCU, will give a gallery talk during the reception which is free and open to the public.

**The show runs from August 27–October 3, 2014.**  
**Gallery Hours: Monday–Friday, 9am–4pm.**

In addition to the changing Special Exhibitions held twice a year, DVAL has four seasonal shows held year-round at **Penn Medicine in Radnor, Penn Medicine in Valley Forge**, and the **Bryn Mawr Medical Arts Pavilion in Bryn Mawr**.

For more information, please visit our web site at  
**www.DelawareValleyArtLeague.com**

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**MUSIC, ENTERTAINMENT.....**

THROUGH SEPTEMBER 13

**Longwood Gardens Fireworks & Fountains.**

**Aug. 16, Abacadabra: The Magic of ABBA.**

**Aug. 30, Rachmaninoff Power and Passion.**

**Sept. 13, Ladies & Gentlemen ... The Beatles.**

1001 Longwood Rd., Kennett Square. \$22–

\$38. 610-388-1000; LongwoodGardens.org.

THROUGH NOVEMBER

2nd TUESDAY OF THE MONTH

**West Chester Story Slam.** A monthly event where anyone can take the stage and tell a five-minute true story based on the theme of the night. No notes, no props and no music allowed. Side Bar & Restaurant, 10 E. Gay St., West Chester. 8 pm. \$8. 610-429-8297 or visit SideBarAndRestaurant.com.

AUGUST 1–3

**Riverfront Blues Festival in Wilmington.**

Outdoor music festival at Tubman-Garrett Riverfront Park, S. French and Walnut Sts., Wilmington. Fri: 5 to 10; Sat, noon to 10; Sun, 12:30 to 6. \$30–\$50. 302-576-3095; RiverfrontBluesFest.com.



AUGUST 1–17

**Delaware County Summer Festival.** *Aug. 1*, British Invasion Tribute; *Aug. 2*, The Rip Chords; *Aug. 3*, The Plants; *Aug. 6*, Blackbird Society Orchestra; *Aug. 7*, US Army Field Band & Soldiers' Chorus; *Aug. 8*, Field of Play; *Aug. 9*, Beautiful Day; *Aug. 10*, The Rockdale Boys; *Aug. 13*, Makin' Music; *Aug. 14*, Blackthorn; *Aug. 15*, Cool Confusion; *Aug. 16*, First Ladies of Rock & Soul; *Aug. 17*, Charlie Phillips plays Eric Clapton. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. 7:30. Free. 610-891-4455; Co.Delaware.PA.US/Summer.



**Local Farm Markets**

**Booths Corner Farmers Mkt.,** 1362 Naamans Creek Rd., Garnet Valley. Fri, 9 to 9; Sat, 9 to 8. 610-485-0775; Booths-Corner.com.

**Bryn Mawr Farmers Mkt.,** Lancaster Ave. at Bryn Mawr train station. Sat, 9 to 1. Bryn-MawrFarmersMarket.com.

**Coatesville Farmers Mkt.,** Rts. 30 & 82. Sat, 9 to 1. 201-888-8260; Facebook.com/CoatesvilleFarmersMarket.

**Collegeville Farmers Mkt.,** 217 E. Main St. Sat, 9 to 1. 610-454-1050; CollegevilleFarmersMarket.org.

**Downingtown Farmers Mkt.,** Kerr Park, 1 Park La. Sat, 9 to 1. 610-836-1391; GrowingRootsPartners.com.

**Eagleview Farmers Mkt.,** Town Ctr., Wellington Sq. Thurs, 3 to 7. 610-836-1391; GrowingRootsPartners.com.

**East Goshen Farmers Mkt.,** E. Goshen Park, 1580 Paoli Pk. Thurs, 3 to 7. EastGoshenFarmersMarket.blogspot.com.

**Kennett Square Farmers Mkt.,** downtown. Fri, 2 to 6. 610-444-8188; HistoricKennettSquare.com.

**Lancaster County Farmers Mkt.,** 389 W. Lancaster Ave., Wayne. Wed, Fri, 8 to 6, Sat, 8 to 4. 610-688-9856; LancasterCountyFarmersMarket.com.

**Malvern Farmers Mkt.,** Burke Park, Roberts Rd. & S. Warren Ave. Sat, 9 to 1. 610-836-1391; GrowingRootsPartners.com.

**Media Farmers Mkt.,** State St. b/w Monroe & Gayley. Thurs, 3 to 7. 610-566-5039; MediaFarmersMarket.com.

**Newtown Square Farmers Mkt.,** Mostardi Nursery, 4033 West Chester Pk. Wed, 2 to 6. 610-353-1555; PRC.org.

**Oxford Village Mkt.,** 3rd & Locust Sts. Tues, 2 to 6. 610-998-9494; DowntownOxfordPA.org.

**Phoenixville Farmers Mkt.,** 200 Mill St., under Gay St. Bridge. Sat, 9 to 1. PhoenixvilleFarmersMarket.org.

**Swarthmore Farmers Mkt.,** 341 Dartmouth Ave., at Swarthmore Co-Op. Sat, 10 to 2. FarmToCity.org.

**Upper Merion Farmers Mkt.,** 175 W. Valley Forge Rd. Sat, 9 to 1. 610-265-1071; UpperMerionFarmersMarket.org.

**West Chester—Artisan Exchange Indoor Artisan Foods & Farmers Mkt.,** 208 Carter Dr. Sat, 10 to 2. ArtisanExchangeWCPA.com.

**West Chester Growers Mkt.,** Chestnut & Church Sts. Sat, 9 to 1. 610-436-9010; WestChesterGrowersMarket.com.



**AUGUST**

Friday

Saturday

Sunday

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AUGUST 2, 9

**Bryn Mawr Twilight Concert Series.** *Aug. 2*, David Wilcox; and Ella's Retreat Benefit Concert, 6 pm, \$20; *Aug. 9*, Richard Shindell. Bryn Mawr Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. \$12 donation. 610-864-4303; BrynMawrTwilight-Concerts.com.

AUGUST 3, 16

**Miller Park Summer Concert Series.** *Aug. 3*, The Bulldogs; *Aug. 16*, Chico's Vibe. Concerts through August 25. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6:30.

Free. Rain dates the following Sunday. 610-363-9525; WestWhiteland.org.

AUGUST 3-24

**Long's Park Summer Music Series.** *Aug. 3*, Girs; *Aug. 10*, Luisito Rosario; *Aug. 17*, Rebirth Brass Band; *Aug. 25*, Jonathon Boogie Long. Long's Park Amphitheater, 1441 Harrisburg Pike at Rt. 30, Lancaster. Sundays, 7:30. Free. 717-735-8883; LongsPark.org.

AUGUST 5-26

**Eagleview Town Center "Concerts on the Square."** *Aug. 5*, Lera Lynn and The Wallace

Brothers; *Aug. 12*, Parsonfield with Honey Child; *Aug. 19*, The Rivers with Jordie Lane; *Aug. 26*, AJ Ghent, final concert followed by fireworks (rain date, Aug. 28). 540 Wellington Square, Exton. 7 pm. Free. In case of rain, 800-851-2779. InEagleview.com.



AUGUST 6, 13

**Summer Concert Series at Anson B. Nixon Park.** Enjoy a free concert in the park, light supper available for purchase. *Aug. 6*, Red Alert, dance party music; *Aug. 13*, Real Diamond Tribute Band. Walnut Rd., Kennett Square. 7 to 9. Free. AnsonBNixonPark.org.

AUGUST 6-27, WEDNESDAYS

**Valley Forge National Park Summer Carillon Concerts.** Bring seating, snacks or dinner and enjoy these free concerts at Washington Memorial Chapel, Valley Forge National Historical Park, Rt. 23, Valley Forge. Held rain or shine. 7:30 pm. WMChapel.org.

AUGUST 7, SEPT. 4

**Swingin' Summer Thursdays in West Chester.** Great food, live music, clowns, artists, magicians, jugglers and more. *Aug. 7*, Kwesi-K and Danie Ocean; *Sept. 4*, New Sweden and The Quixote Project. Along Gay St. 6:30 to 9:30. 610-436-9010; Downtown-WestChester.com.

AUGUST 7-SEPTEMBER 7

**Longwood Gardens Summer Concert Series.** *Aug. 7*, Pat Metheny Unity Group, Bruce Hornsby with Sonny Emory Campfire Tour, 7:30; *Aug. 9*, Kennett Symphony (see details under Kennett "Symphony Under the Stars" in this category); *Aug. 14*, Savion Glover; *Aug. 19*, Roseanne Cash; *Sept. 5-7*, Australia's Strange Fruit, acrobatic troupe. 1001 Longwood Rd., Kennett Square. Most free with garden admission. 610-388-1000; LongwoodGardens.org.



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Oct 17 8pm Church of St. Martin-in-the-Fields, Chestnut Hill  
Oct 19 4pm Thomas Great Hall, Bryn Mawr College

### Vienna Magic ~ Mozart & Beethoven

**Ama Deus Ensemble • Soloists, Chorus & Orchestra**

Valentin Radu, piano  
Nov 21 8pm Kimmel Center

### Handel Messiah

**Ama Deus Ensemble • Soloists, Chorus & Orchestra**

Dec 5 7pm St. Paul's Episcopal Church, Chestnut Hill  
Dec 6 7pm Nassau Christian Center, Princeton, NJ  
Dec 7 4pm Daylesford Abbey, Paoli  
Dec 19 7pm Cathedral Basilica of Saints Peter & Paul, Philadelphia  
Dec 21 4pm St. Katharine of Siena Church, Wayne

### Renaissance Noël

**Vox Renaissance Consort • Voices & Period Instruments**

Dec 12 8pm St. Paul's Episcopal Church, Chestnut Hill  
Dec 14 4pm Thomas Great Hall, Bryn Mawr College

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## Concert Season 28 2014-2015

### Awesome Americans ~

**Gershwin • Copland • Williams**

**Ama Deus Ensemble • Symphony Orchestra**

Peter Donohoe, piano  
Jan 16 8pm Kimmel Center

### Renaissance Candlemas

**Vox Renaissance Consort • Voices & Period Instruments**

Feb 8 6:30pm Daylesford Abbey, Paoli

### Bach & Handel Gala

**Maestro & Guests**

Mar 8 5pm Gladwyne Presbyterian Church, Gladwyne

### Bach B-Minor Mass

**Ama Deus Ensemble • Soloists, Chorus & Orchestra**

Mar 29 4pm St. Katharine of Siena Church, Wayne  
Apr 3 8pm Kimmel Center

### Brilliant Baroque

**Camerata Ama Deus • Baroque Chamber Orchestra**

Apr 24 8pm Church of St. Martin-in-the-Fields, Chestnut Hill  
Apr 26 6pm Daylesford Abbey, Paoli

### The 3 B's ~ Bach, Beethoven & Brahms


**Ama Deus Ensemble • Symphony Orchestra**

Peter Donohoe, piano  
May 15 8pm Kimmel Center



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**AUGUST 9**  
**86th Chester County Old Fiddlers' Picnic.** Old-time country music with hundreds of musicians. Kids activities, mansion tours, food and craft vendors. Rain date Aug. 10, 11 to 5. Hibernia County Park, Cedar Knoll Rd., West Caln Township. 10 to 4. \$5 parking fee. 610-383-3812; ChesCo.org/CCParks.

**AUGUST 9**  
**Kennett "Symphony Under the Stars."** Classics from master composers performed at Longwood Gardens Open Air Theatre, 1001 Longwood Rd., Kennett Square. 7. \$5-\$40, includes concert, admission to gardens. Rain date Aug. 10. 610-444-6363; KennettSymphony.org.



**AUGUST 10, 24**  
**West Goshen Summer Concerts.** Aug. 10, the Big Big Jazz Band; Aug. 24, Blackthorn. West Goshen Comm. Park, N. Five Points & Fern Hill Rds. Rainsite: WC East High School. Dry goods donations for WC Food Cupboard appreciated. 6:30. 610-692-2550; WGoshen.org.

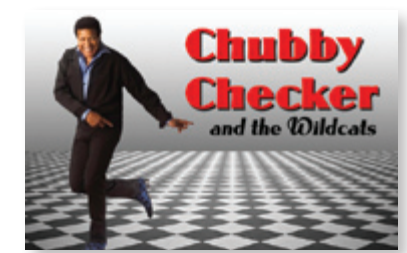
**AUGUST 13**  
**Media Theatre Presents Roger Ricker & Friends in Concert—"UPI!"** As a fundraiser for the Theatre, company manager Roger Ricker has his annual concert, featuring upbeat numbers with positive messages, youth performers, special guests and plenty of fun. 104 E. State St., Media. 7:30. \$20. 610-891-0100; MediaTheatre.org.



**AUGUST 13, 20**  
**Radnor Township Summer Concert Series.** Aug. 13, The Flamin' Caucasians, Bo Connor Park, 590 S. Devon Ave., Wayne; Aug. 20, Chico's Vibe, Clem Macrone Park, 810 Conestoga Rd., Wayne. Free. Radnor.com.

**AUGUST 21**  
**Music at Marshall Square Park, West Chester.** Come to the gazebo in Marshall Square Park to see Free Rein. Check for rain date. 248 E. Marshall St. 6:30 pm. Free. 610-436-9010; West-Chester.com.

**AUGUST 29**  
**Chubby Checker & The Wildcats at The DuPont Theatre.** American pop culture icon and the King of "The Twist" performs at The DuPont Theatre, 1007 N. Market St., Wilmington. 8 pm. \$39-\$69. 302-656-4401; DuPontTheatre.com.




**AUGUST 29**  
**East Goshen Recreation's End of Summer Celebration & Concert.** The Blue Sky Band performs at East Goshen Park, 1580 Paoli

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**HARVEST**  
September 28, 2014

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**VICTORIAN CHRISTMAS**  
December 5 & 6, 2014

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Pk., West Chester. 6:30 to 8:30. Free.. 610-692-7171; EastGoshen.org.

### OUTDOOR ACTIVITIES.....

#### AUGUST 16

**Mudderella.** This is a 5–7 mi. mud obstacle course designed for women (men may join with an invitation from a female participant). Benefits Futures Without Violence, a national nonprofit working to prevent and end domestic violence. Plantation Fields, 387 Green Valley Rd., Kennett Square. Time TBD. \$100–\$120. Mudderella.com.



#### THROUGH SEPTEMBER 13

**Schuylkill River Pedal and Paddle.** Take a 4.5 mile bike ride from Pottstown's Riverfront Park to Historic Morlatton Village in Douglassville on: *Aug. 23* and *Sept. 13*.

Lunch, bikes, kayaks and all kayaking gear are provided. 9 to 2. \$25. To register visit SchuylkillRiver.org.



**WEDNESDAYS, THROUGH AUGUST 27**  
**Bike and Hike at Hagley Museum.** Bike along the Brandywine River, hike around the museum, or enjoy an outdoor evening



excursion. Bring a picnic or dine at the Belin House Organic Café. Rt. 141, Wilmington. \$2. 5 to 8. 302-658-2400; Hagley.org.

### THEATER.....

#### THROUGH AUGUST 17

**Disney's Cinderella Kids.** Media Theatre for the Performing Arts, 104 E. State St., Media. Sat 11 am; Sun, noon. \$12-\$15. 610-891-0100; MediaTheatre.org.

#### THROUGH AUGUST 10

**Bach at Leipzig.** Innovative comedy by playwright and screenwriter Itamar Moses. 39 Conestoga Rd., Malvern. Tues-Thurs, 7:30; Fri-Sat, 8; Sun, 7; Sat, Sun, 2 pm. \$26-\$46. 610-644-3500; PeoplesLight.org.



#### AUGUST 1–2

**Brandywiners, Ltd.—Annie.** Longwood Gardens Open Air Theatre, Rt. 1, Kennett Square. \$15-\$30 includes garden adm. and fountain display after the show. 8:30 pm. 302-478-3355; Brandywiners.org.

### TOWNS, BOROUGHES & SPECIAL EVENTS.....

#### AUGUST 1, SEPTEMBER 5

**First Fridays.** Stroll through area towns to find exhibits, galleries, restaurant specials, entertainment and extended hours. *Berwyn*, 610-203-4543; *BerwynDevonBusiness.com*. *Kennett Square*, 610-444-8188; *Historic-KennettSquare.com*. *Lancaster City*, 717-509-ARTS; *LancasterArts.com*. *A Main Line ARTitude*, 610-642-4040; *First-FridayMainLine.com*. *Oxford*, 610-998-



9494; *DowntownOxfordPA.org*. *Phoenixville*, 610-933-3070; *PhxFirstFriday.com*. *Wayne*, 610-687-7698; *FirstFridayWayne.com*. *West Chester*, 610-738-3350; *DowntownWestChester.com*; *Wilmington*, 302-576-2100; *ArtLoopWilmingtonDE.com*.

#### AUGUST 7–21

**Town Tours & Village Walks.** Mark your calendars for the 20th summer of sharing Chester County's heritage. Free summer strolls take you through the county's historic neighborhoods, hamlets, villages and sites. *Aug. 7*, Malvern Borough, 125 Years of History by Trolley; *Aug. 14*, Oxford Historic District Tour & Taste; *Aug. 21*, Romansville: John Romans and His Village. Tours begin at 5:30; last tour leaves at 7 pm. Free. Reservations required for some tours. 610-344-6923; *ChesCo.org/CCParks*.



#### AUGUST 8, SEPT. 5, OCT. 3

**West Chester Vintage Garage Sale.** Music, food, wine tastings, home goods and art for sale. Chestnut St. Parking Garage, 14 E. Chestnut St. 610-436-9010; *AVintageGarageSale.com*.

#### AUGUST 16, SEPTEMBER 13

**Media's Second Saturdays.** Media's version of First Fridays. 610-566-5210; *MediaArtsCouncil.org*.

#### AUGUST 21

**Third Thursday on State Street in Kennett Square—Shop, Dine, Dance.** This is a new event in Kennett—State Street will be closed from Broad to Center Sts. so visitors can enjoy outdoor dining, extended shopping hours, music and children's activities and more. *HistoricKennettSquare.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:

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

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12–8 PM | 10–6 PM

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# Mark Your Calendar

Fall in *County Lines* country is packed with fun, food and entertainment. From horse shows to festivals, house and garden tours, great music, a triathlon—the list goes on. To help plan your forays, we're happy to highlight just a few things to get you started. Stay in touch with our monthly events calendar for hundreds more ...

## SEPTEMBER

**Aug. 30–Sept. 1, 71st Annual Ludwig's Corner Horse Show and Country Fair.** Equestrians compete in a variety of events. Carriage exhibition, antique cars and country fair. Rt. 100, N of Rt. 401, Ludwig's Corner. 610-458-3344; [LudwigsHorseShow.com](http://LudwigsHorseShow.com).

**5–7, Glen Willow Combined Driving Event.** Combined driving, dressage, equestrian event and trade fair. 685 Woodview Rd., Avondale. 910-691-7735; [GlenWillowCDE.com](http://GlenWillowCDE.com).

**6, 10th Annual Barclay Friends Festival of Gardens.** A walking tour featuring 12+ private gardens in the South Central section of West Chester borough. 700 N. Franklin St., West Chester. 610-918-3433; [BFKendal.org](http://BFKendal.org).

**6–7, 29th Kennett Square Mushroom Festival.** Street fair with mushroom-related events. Fungi-fun for the whole family. 610-925-3373; [MushroomFestival.org](http://MushroomFestival.org).

**6–7, Chadds Ford Days 2014.** An 18th-century celebration, tours of the John Chads House, vendors, food and an art show. Rt. 100, Chadds Ford. 610-388-7376; [ChaddsFordHistory.org](http://ChaddsFordHistory.org).

**11–14, 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](http://DevonHorseShow.net/Fall-Classic).

**12–14, 18th Annual Radnor Hunt Concours d'Elegance.** Nationally recognized motor car event. Radnor Hunt, 826 Providence Rd., Malvern. 610-644-4439; [RadnorConcours.org](http://RadnorConcours.org).

**13, Hootenanny Hoedown.** Join the Land Conservancy for Southern Chester County at this benefit for land preservation. "The Ruins" on The Pennsylvania Hunt Cup Course, Unionville. 610-347-0347; [TLCForSCC.org/Events](http://TLCForSCC.org/Events).

**14, The Hagley Car Show.** More than 500 antique cars, trucks and motorcycles are displayed. Main entrance off Rt. 141, Wilmington. 10 to 4. 302-658-2400; [Hagley.org](http://Hagley.org).

**21, 35th Annual Chester County Restaurant Festival.** Over 70 restaurants serve up their best. Gay & Market Sts., West Chester. Rain date, Sept. 25. 610-436-9010; [DowntownWestChester.com](http://DowntownWestChester.com).

**21, Radnor Fall Festival.** A day of food, music and fun for the whole family. N. Wayne Ave., Wayne. 610-688-9188; [RadnorFallFestival.com](http://RadnorFallFestival.com).

**19–21, Plantation Field Horse Trials.** Top international riders compete in a mix of dressage, cross country, and show jumping. 387 Green Valley Rd., Unionville. 484-883-2917; [PlantationFieldHorseTrials.com](http://PlantationFieldHorseTrials.com).

**23–28, Dressage at Devon.** Top horses and riders from around the world compete. Festival Shops, Devon Horse Show Grounds, Rt. 30, Devon. 610-517-0849; [DressageAtDevon.org](http://DressageAtDevon.org).

**27–28, Oct. 4–5, Brandywine Valley Wine Trail's Annual Harvest Festival.** Local vineyards and wineries invite you to enjoy picnicking, live music, hayrides, tastings, tours. [BVWineTrail.com](http://BVWineTrail.com).

## OCTOBER

**2, 4, King of Prussia Beerfest Royale.** Oct. 2, "Donnerstag: Happy Hour," restaurants create dishes to pair with craft brews, music and cigar bar. **Oct. 4,** Beerfest offers 50+ craft and international brewers, local restaurant and German beer vendors. [KOPBeerfest.com](http://KOPBeerfest.com).

**11, 17th Annual Kennett Square Brewfest.** Over 60 micro-brewers from across the region offer samples. Food from local restaurants adds to the fun. 600 S. Broad St. 610-444-8188; [KennettBrewFest.com](http://KennettBrewFest.com).

**4, 74th Annual Chester County Day Tour.** Fine homes and historic landmarks in the northeastern quadrant of Chester County are on this year's tour. Benefits Chester County Hospital. 610-431-5301; [CCHosp.com](http://CCHosp.com).

**4, 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. Rt. 30, Paoli. [PaoliBluesFest.com](http://PaoliBluesFest.com).

**5, 41st Annual Marshalton Triathlon.** Athletes, novice to ironman, and their families bike, canoe and pace-walk through the countryside. Benefits the all-volunteer West Bradford Fire Co. and preservation of Marshalton. [MarshaltonTriathlon.net](http://MarshaltonTriathlon.net).

**12, Dilworthtown Inn Wine Festival—Crush Cancer.** Enjoy more than 100 wines, entertainment, a silent auction, performance car show and artisan shopping gallery. Benefits The Cancer Program of Chester County Hospital and Neighborhood Hospice. Dilworthtown Inn, 1390 Old Wilmington Pk., West Chester. 610-431-5329; [ChesterCountyHospital.org](http://ChesterCountyHospital.org).

**12, 12th Annual West Chester Rotary Chili Cookoff.** Teams compete for awards like the "Best Darn Chili in Chester County." Sample as many as you like and cast your vote. 610-353-4610; [WestChesterChiliCookoff.com](http://WestChesterChiliCookoff.com).

**23–25, The Great Pumpkin Event.** Over 60 carvers participate in this traditional community pumpkin carve and show. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. 610-388-7376; [ChaddsFordHistory.org](http://ChaddsFordHistory.org).

**25–26, Reading-Berks Guild of Craftsmen Holiday Show.** Fine traditional and contemporary crafts by juried artisans. Kutztown University, O'Pake Fieldhouse, 312 Trexler Ave., Kutztown. 610-678-6650; [RBCrafts.org](http://RBCrafts.org).

## NOVEMBER

**2, 80th Running of the PA Hunt Cup.** Enjoy a day in the country featuring great timber racing, tailgating, carriage parade. Benefits the Chester County Food Bank. Rt. 926 & Newark Rd. Unionville. 484-888-6619; [PAHuntCup.org](http://PAHuntCup.org).

**6, 6th Annual Notable Kitchen Tour & Chef Showcase.** Annual fundraising event benefitting the Philadelphia Orchestra. [NotableKitchens.com](http://NotableKitchens.com).

**7–9, 51st Annual Delaware Antiques Show.** Premier event featuring more than 60 fine antiques dealers. Benefitting Winterthur's programs. Chase Center, Wilmington. 800-448-3883; [Winterthur.org](http://Winterthur.org).

**19–Jan. 11, People's Light & Theatre's Arthur and the Tale of the Red Dragon: A Musical Panto.** The creative team at People's Light puts their signature touch on the adventures of young Arthur as he discovers what it means to become a king. A real family treat. 39 Conestoga Rd., Malvern. 610-647-1900; [PeoplesLight.org](http://PeoplesLight.org).

**15, Jazz By Night Celebration in Media.** The music reverberates up and down State Street—traditional, classic and genuine Jazz from Bebop to Avant-Garde to NuJazz. 610-566-5039; [StateStreetBlues.com](http://StateStreetBlues.com).

**15–16, Kennel Club of Philadelphia National Dog Show.** Top breed dogs take to the ring and contend for Best In Show. Greater Phila. Expo Center, 100 Station Ave., Oaks. 610-397-0100; [NDS.NationalDogShow.com](http://NDS.NationalDogShow.com).

**15–16, Main Line Antiques Show.** The only antiques show on the Main Line is at Cabrini College this year, featuring 30 top dealers. Benefits Surrey Services for Seniors. 610 King of Prussia Rd., Radnor. 484-580-9609; [MainLineAntiquesShow.com](http://MainLineAntiquesShow.com). ♦



Radnor Fall Festival



Plantation Field Horse Trials



Devon Fall Classic



Chester County Day



Radnor Concours D'Elegance



# From Mowing to Meadows... *Developing a Wilder Aesthetic*

Kirsten L. Werner, Natural Lands Trust

Converting part of your yard to meadow can save you time and money — think about less frequent mowing. And meadows help filter our groundwater, control flooding, add visual appeal and provide critical habitat for songbirds and pollinators. So sit back and watch the grass grow!



## Grass is Far from “Green”

Americans spend about \$30 billion every year to maintain more than 32 million acres of lawn—that’s about the size of Pennsylvania. We pour 270 billion gallons of water per week on our lawns and apply 10 times more fertilizer, herbicides and pesticides than farmers do to their crops.

A typical 3.5-horsepower gas lawn mower emits about the same amount of volatile organic compounds in an hour as a car driven 340 miles. On top of that, the EPA estimates that we spill 17 million gallons of fuel each year filling our mowers—more than the Exxon Valdez oil spill!

## Making Meadows

The easiest way to convert a portion of lawn to meadow is simply to mow only once or twice a year. Often the best areas to convert are those that are difficult to mow, such as wet or steep areas. Other ideal locations include transition areas between turf and woodlands, stream corridors and areas that aren’t often used by your family.

At first, your new meadow will be a new home to the species that originally made up the lawn: usually non-native, cool-season grass species such as Kentucky bluegrass, fescues and ryes. With time, the vegetation diversifies. Native warm-season grasses—little and big bluestem and purpletop—will begin to appear.

Wildflowers will follow, depending on what species are seeded by local plants and by seeds in wildlife droppings. Species such as goldenrod, asters, black-eyed Susan, daisy, yarrow, Queen Anne’s lace and purple coneflower are common in meadows.

## Better Habitat for Wildlife

Over the last century, changes in agricultural technology and loss of land to development have caused a decline in the quantity and quality of grasslands habitats for wildlife. In particular, these changes have threatened the survival of birds—such as Eastern Meadowlark, Bobolink, Grasshopper Sparrow—that depend on large meadows (25+ acres).

While small meadows won’t provide breeding habitat for these threatened species, they do provide important resting and feeding areas along migratory pathways. And you’ll get to enjoy the sight of avian species such as Red-wing Blackbird, American Goldfinch, and various swallows and sparrows that are far less likely to frequent your manicured lawn.

## Beneficial Pollinators

Another benefit of allowing turf to evolve to meadow is the increased presence of pollinators. Many beneficial pollinators—bees, beetles, butterflies—are currently at risk from loss of habitat and pesticide use. This is especially troubling because pollinators are essential to the production of 75 percent of the staple crops that feed humans and for 90 percent of all flowering plants in the world.

Beneficial pollinators have very basic habitat requirements: flowers to forage, host plants for egg laying, and an environment free of pesticides. Grasslands and wildflower meadows offer these essentials in spades.

## Visual Appeal

Meadows offer a sensory experience every season of the year. A meadow of tall, waving grass is a beautiful sight on a breezy

Grasshopper Sparrow



American Goldfinch



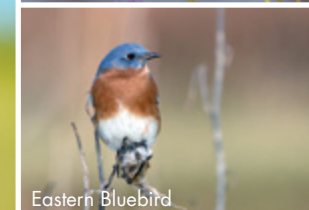
Eastern Meadowlark



Monarch Butterfly



Eastern Bluebird



Eastern Black Swallowtail



June day. In mid-summer, it’s literally abuzz with activity. There’s much to observe: a bird looking for a meal, bees flying from flower to flower, the iridescence of a butterfly, or the steady chatter of crickets. Many meadow wildflowers persist into fall and attract songbirds that feast on seed heads. Even in winter, the dried stalks of meadow grasses and flowers are striking.

To make clear that a meadow is intentional and managed, and not a landscaping oversight, maintain a mowed turf swath as a sharp edge around the borders. If your meadow is large enough, consider incorporating a trail network so you (and your senses) can get closer to the action!

## Meadow Maintenance

Mow your meadow at least once a year to keep it from reverting to a forest. But remember: timing is everything. Mowing between April 1 and early July is detrimental to wildlife because it removes nesting cover, destroys nests and eggs, and kills young birds and animals. Similarly, mowing between mid-July and late-October doesn’t allow vegetation enough time to renew itself before winter, so it won’t offer food and cover for wildlife until the following spring.

Mowing between March 1 and April 1 is ideal. Set your mower deck to a height of six to eight inches and mow away!

Keep an eye out for invasive plants that can quickly take over your new meadow. Eliminate invasives by spot mowing, selective spraying with an herbicide, or manual or mechanical pulling. Use only aquatic approved herbicides within 50 feet of streams.

Given the myriad of benefits of replacing turf with meadow, it’s certainly worth considering. You can start small, but beware ... making meadows can be addictive! After a few seasons of observing the flourishing grasses and wildflowers, you’ll never look at turf the same again. ♦

*Natural Lands Trust is dedicated to protecting forests, fields, streams and wetlands essential to the sustainability of life in eastern PA and southern NJ. Since 1953, it has preserved more than 100,000 acres, including 42 nature preserves. Millions of residents enjoy the healthy habitats, clean air and water, recreational opportunities, and scenic beauty provided by these preserved land. Visit [NatLands.org](http://NatLands.org).*





# MAIN LINE



*A community with heart, Malvern is more than just another Main Line town.*

Maple trees lining King Street sway in the wind outside seven-year-old Anna Venditti's window. It's August 14, 1945, and one of the most humid months Chester County has seen. Even at dusk Anna feels cooler stretched out at her grandmother's feet than playing in the hot sun.

She doesn't know it, but she's about to witness history. In a few moments, President Truman will announce the end of World War II. Before the broadcast is over, the single Malvern Police car and the Malvern Fire Company's fire trucks will all sound their sirens in celebration. "The war is over!" people will shout, running down King Street, American flags in hand.

Anna joins her grandmother on the porch, watching the spontaneous parade. Plans are made to decorate the house with crepe paper and "Welcome Home!" signs. Standing there, in the heart of her small town, she forgets the heat completely.

The Borough of Malvern turned 56 just one day before that memorable August day in 1945. This year Malvern turns 125, and while many things have changed, the sense of community remains the same.

# Heartland

Jaimielynn Cooper  
Photos by David Campli



# Knots & Weaves

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## JOURNEY TO THE PAST

Situated between Sugartown Road and Lancaster Avenue—the first long-distance paved road in America—Malvern is surrounded by a rich mix of past and present.

Named after Malvern Hills in England, Pennsylvania's Malvern was sought after as high ground during the Revolutionary War. The nearby **Paoli Battlefield Site and Parade Grounds** are the country's most pristinely preserved Revolutionary War battlefield encompassing 44 acres, complete with a monument to the 272 American soldiers who died during the Paoli Massacre.

To the west, the **Historic Sugartown** district is a lovingly preserved 18th- and 19th-century village. The war behind them, Sugartown's early residents created a stop for weary travelers hauling goods to Philadelphia and other parts of the young county.

Today the King Street Business District is a living testament to Malvern's past—from the distinctive Victorian buildings to period lampposts and original brick pavers. You won't just see the past as you walk down King Street, you'll feel it too.

## THE BEST OF BOTH WORLDS

While the trendy boutiques and quaint shops are city-sophisticated, they give customers something extra—small town charm and service you don't find in the big city.

Strolling along King Street, you'll be drawn to new additions like **12 West Boutiques**, selling up-scale homegoods and fashions, in the **Historic Malvern Inn**. **Gingy's**, which previously called that space home, is now just down the block. Stop in and check out Gingy's new space—and newest styles.

Farther down King Street, **Knots and Weaves** offers more than decorative rugs and home décor. Malvern natives Jim and Kerry Greim are keeping the tradition of weaving alive in East Tredyffrin Township, and sharing a promising glimpse of the future—a sentiment shared by other store-

owners. "We've always been committed to this town, and we're committed to doing our part to making it grow," Jim says.

With the addition of the mixed-use space, **East Side Flats**, there are more options for existing businesses to expand and new businesses to join the thriving town. **UpHome** relocated there this past winter, bringing along their charming

home decor, and joining new transplant from Paoli, **Terra Culture**, which offers handmade jewelry and home accents. Coming soon, Wayne-favorite **Louella** adds the latest in women's fashion.

On King Street's west end, **England's** has been providing Main Line men with "made to measure" fashion for 50 years this October. While you're there, be sure to pop into **Nota Bene Boutique** next

# Gingy's

If you are looking for style you can't find everywhere, Gingy's has everything you need—from a complete outfit, that missing signature piece or the perfect gift—plus home decor and so much more.

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**Bethlehem, PA 18018**  
(610) 866-1773

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door for the latest women's clothing and accessories.

Other Malvern mainstays are celebrating anniversaries, too. **Campli Photography** has been capturing memorable moments one click at a time for 25 years. **Wolfe's Baldwin Brass** has provided customers with the finest decorative hardware for 30 years. And in 2012, **Malvern Federal Savings Bank** and the **National Bank of Malvern** both marked their own 125th anniversaries, a major milestone in a world of bank mergers.

Outside the borough but also celebrating an anniversary, **People's Light & Theatre** marks 40 seasons of memorable performances with premiers, iconic classics and its beloved holiday Panto!

#### WHERE EVERYBODY KNOWS YOUR NAME

An offshoot of a long-time Wayne favorite, **Christopher's Neighborhood Place** serves up a family-friendly menu

and ambiance where you can get to know your neighbor as you check out East Side Flats.

You've likely heard of them as an early-adopter of farm-to-table, and if you haven't been to **Restaurant Alba** yet, you're missing out. With a farm-fresh menu and vino options from small-production wineries, plus a new outdoor patio, it's a perfect al fresco spot on summer nights.

If you'd rather sit on your own porch and catch a summertime sunset, order in! **Toninos Pizza & Pasta Company** has everything you could want and more—including a tasty catering menu, perfect for your next event.

There are great options outside the borough, too. For a side of history with dinner, head to the **General Warren Inne**. Since 1745, the historic B&B has been center stage for American history and is still a top destination for fine dining and elegant accommodations.

Stop into **Wegmans** for countless made-to-order dinner options or to pick up your favorite fixings to make in your own kitchen. Be on the lookout for **Kimberton Whole Foods**—a multigenerational family business—opening its fifth location soon on East King Street.

Whether you come for the 125th anniversary, a stroll along King Street's charming shops, or a bite to eat, be sure you stop in and say hi and see why Malvern is the heart of the Main Line. ♦

*Historic photos were provided by the Tredyffrin Easttown Historical Society. To learn more about the history of the area visit TEHistory.org.*





## Coming Soon!

We're excited to announce the opening of our second location in Malvern's new East Side Flats

335 E. King Street  
Malvern, PA

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## A Shop for any occasion

Whether it's a custom cupboard for your new home, or an antique from France, unique is what you'll find here. Stop by to see our selection of furniture, linens, folk art and gifts.

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## Celebrate Malvern!

The 125th anniversary celebration started early and continues, so join the fun. While you're in town, check out the new murals painted by the Malvern Community Arts Project.

### August 7 Town Tours & Village Walks

Take a trolley into the past and learn what Malvern was like 125 years ago. Reservations required, so make them soon!

### August 13

The official anniversary date. Stop in the History Center in Borough Hall to learn more about the people and places that made Malvern what it is today.

### September 20

During the Paoli Battlefield Philadelphia Campaign of 1777 volunteers will present a "soldier's timeline," portraying soldiers and civilians from five American Wars.

### September 28

The annual Fall Festival featuring over 150 artists, food vendors, along with Bark in the Park (Burke Park, that is)! Furry fun for all!

Every **Third Thursday**, join the Malvern Stroll for special hours and sales at your favorite shops and stops—just like First Fridays!







# A Healthy, Happy Pet is Always Cause For

Katherine Hubbard  
Photos: Pet Imagery by Lauren Kaplan

Every year my parents, Francie and Pete Hubbard of Berwyn, break out the party hats and invite the grandkids over to celebrate their dog Bentley's birthday. Though he's given plenty of attention year round, he loves being showered with new chew toys and a special treat—with a candle on top of course!

The party is a lot of fun, but it's also a yearly reminder to visit the vet and keep Bentley's health tip-top.

## Annual Chat

Dr. Amy Kidd, Veterinarian at Pocopson Veterinary Station, wants pet owners to know that while yearly vaccines are vital, there's another, even more crucial reason to take your dog or cat for its birthday visit: conversation.

"My conversation with the pet-parent is important to the maintenance of an animal's health," she says.

For instance, my parents, like many dog owners, travel with their pets, which exposes Bentley to parasites and viruses not native to our area. "I need to know where they've been and what they might have been exposed to," says Dr. Kidd. She emphasizes that discussion helps your veterinarian look for problems, which, if caught early, can be prevented or cured before something becomes chronic.

While dog owners are generally good about setting up vet visits, cat owners are a different story. "People think cats are tougher than dogs," says Dr. Kidd, "and as a result some cat owners don't bring them in yearly."

Corralling a cat into a carrier may be part of problem. I own a large ginger cat who's terrified of the carrier. It can take two adults to wrangle him into it. Dr. Kidd suggests leaving the carrier







out for several days with a small treat inside so the cat gets used to seeing it around and no longer finds it threatening.

#### Pets Are What They Eat

Weight gain is another reason for annual vet visits. Dr. Kidd says spayed and neutered pets are going to gain weight more easily as they age. The annual birthday exam charts your pet's weight so this problem can be caught before your pet needs an animal version of *The Biggest Loser*.



But your pet's diet can cause other problems as well. For instance, when Bentley was a puppy, my parents noticed he was chewing on his paws. Their veterinarian suggested he might have a sensitivity to the food he was being fed.

"The number-one ailment people tell me about is an itchy skin and coat," says John Braxton, owner of Braxton's Animal Works in Wayne. Braxton says his store specializes in working with owners to determine ingredients that dogs in particular might need to avoid. "Once the right



food is determined, owners are amazed at the change in the dog's well-being," says Braxton. "Coats become shinier and softer, the scratching stops."

Cats benefit from good quality food as well. "A canned brand is better for cats because they get most of their water through food," says Braxton. A better water source for your cat can also help prevent problems. It's no surprise cats are finicky, even about water. "They prefer it aerated," says Braxton. "We sell fountains that recirculate water. Cats love it."

#### House Rules Make House Pets Happy

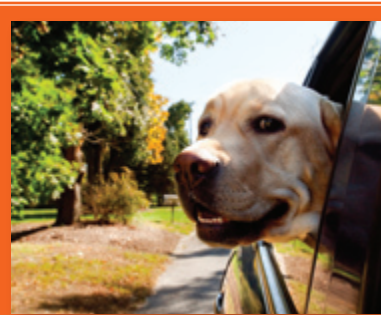
Sometimes a pet's bad or sad behavior isn't caused by a physical problem; sometimes stress or anxiety is the culprit.

Roscoe is a mixed-breed dog adopted by the Burke family. When they first brought Roscoe home, he was terrified of loud noises, riding in cars, and men wearing hats (go figure?). They mentioned their concerns to the vet, who gave them stress reduction techniques and the names of several respected dog trainers.

"Training contributes to the dog's and the owner's happiness," says Laura Harrington, owner of Canine Communications in Newtown Square. "I train owners to set up rules and keep to them. When a dog knows what to expect, it feels more confident and is less likely to react in a negative or anxious way."

The Burkes trained with positive reinforcement and now Roscoe is much happier and better adjusted, though still not a fan of hipsters in fedoras.

Susan Greenholt, owner of Greenwood Dog Training School, says this is exactly the right approach. "Positive reinforcement is not about being permissive. It's about setting the stage so the dog makes good choices, then you reward those good choices." ♦



#### Why Walk? Let's Ride.

Give a dog a bone, he'll be happy. Take him for a car ride and witness pure euphoria.

What is it about car rides that dogs adore? Yes, your choice of music is great. But dogs don't have much interest in *Jack Jams*. Sorry.

For a dog, a car ride is about more than stoplights, traffic or even greatest hits from the '80s. A car ride is an adventure. It's a buffet for canine senses. Different sounds, new sights and most important of all—smells! A dog's sense of smell is up to 100,000 times more acute than a human's. So when you crack that window it's like opening a portal to Nose Nirvana for your pup.

Don't worry. Your dog may have transcended to a higher plane of sensory experience, but he hasn't forgotten about you.

In fact, another major factor in a dog's enjoyment of car rides is you! Traveling together in close quarters makes a dog feel comfortable. Rover is in the presence of his "pack." Dogs see, hear and smell new things and are surrounded by their beloved family. It's an adventure through the unknown with the family/pack.

As you and Rover ride along, moving in unison to each bend and curve, something else is awakened. Hunting instinct. Kevin Behan of Natural Dog Training says that the synchronized movements can mimic the feeling of a pack on a hunt. So, although your goal may be fast food, the stakes may seem much higher to your backseat companion.

Next time you go for a ride, remember your furry friend. Call Rover over, off the couch and out of the house. Even a ride around the block is enough to get a tail waggin'.

Good communication between owner and veterinarian and owner and pet will enable pet-parents to celebrate many future birthdays together. Says Greenholt, "It's the best thing owners can do to insure a happy, healthy life for their pet." ♦

## Cutest PET

We looked for the cutest pet in *County Lines* Country but our readers left us in quite a spot—there are just too many! So in August, we'll showcase each of the finalists' adorable mugs on our Facebook, Twitter and Instagram. Just follow us and like your favorite! The pet with the most likes wins barking rights. We'll announce the winner August 28.



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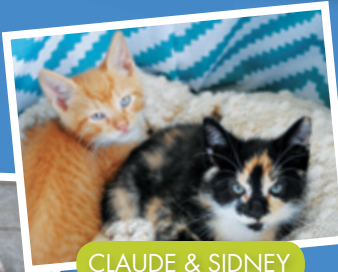
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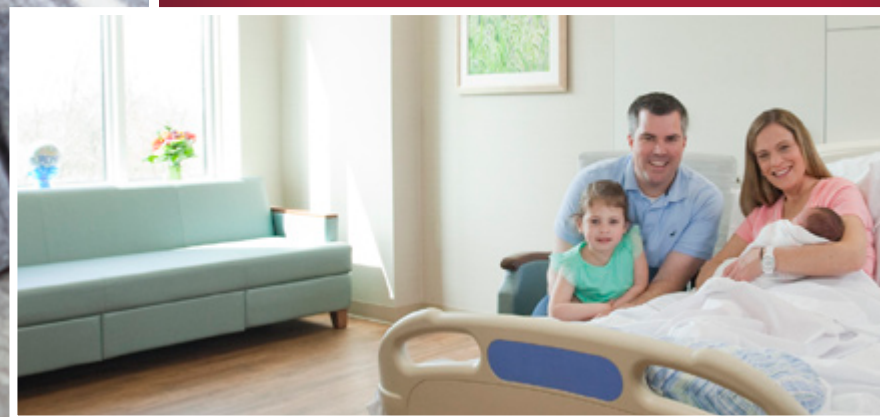




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GUIDE TO

# Women's HEALTH

ADVANCES IN WOMEN'S HEALTH FILL THE NEWS. WE CHECK IN ON FIVE AREAS—INFERTILITY, PREGNANCY, MENOPAUSE, BREAST CANCER AND COSMETIC PROCEDURES.




Too often, women focus on health concerns of every other family member—children, spouse, aging parents, and even the family pet—leaving their own health to get lost in the hub-bub of daily life.

We have to admit that we didn't make women's health a priority in a broader way until this issue. And we're glad we did. It gave us the chance to learn more about a few health topics of special interest to women. This feature continues and expands the conversation begun in our Being Well columns over two years ago, covering topics such as ovarian cancer and vitamin D deficiencies.

In this feature, we highlight infertility, pregnancy, menopause, breast cancer and cosmetic treatments. We've asked local experts to share what's new and important in each field—cutting edge infertility treatments, new tests and treatments for high-risk pregnancies, the latest advice on managing menopause, research on lowering breast cancer risk, and innovations in non-surgical cosmetic procedures.

From wellness to disease prevention and high-tech advances to holistic alternatives, there's sure to be something to help you become as healthy as you can be. To your health!





New technologies to help couples achieve pregnancy continue to evolve. We look at three.

# What's New in Infertility Treatment?

Sharon Anderson, Ph.D., Main Line Fertility Center

You may be surprised to learn that infertility affects one out of eight couples in the United States. This means one in eight couples has been unable to achieve pregnancy after one year of trying or after six months if the woman is over 35.

Perhaps less surprising is that a woman's fertility peaks in her 20s and decreases as she ages. Since many women delay starting a family until their mid-30s—deciding to pursue a career, continue education, find the right partner—it's not only more difficult to achieve pregnancy then, but the chance of miscarriage also increases. This higher miscarriage rate is because older women have fewer eggs and a greater percentage of those eggs become chromosomally abnormal as a woman ages.

The good news is that new technologies to help couples achieve pregnancy continue to evolve.

Here's a brief overview of three new assisted reproductive technologies—egg freezing to preserve fertility potential, pre-implantation genetic screening (PGS) of embryos, and time-lapse videography of embryo development after in vitro fertilization (IVF).

## Egg Freezing

Premenopausal women can now freeze their eggs and virtually stop the biological clock at any age. And women diagnosed with cancer can preserve their fertility by freezing their eggs before radiation and chemotherapy.

Freezing eggs has been perfected over the past five years through a new lab technique called vitrification. This technique has become increasingly widespread, with many celebrities—like Sophia Vergara of the television show *Modern Family*—publicly extolling its virtues.

**The Process:** The process begins with a woman taking fertility medications to stimulate her ovaries to produce multiple follicles, each containing an egg. When her eggs are ready for harvesting, the woman's physician performs an egg retrieval, done while the woman is under anesthesia. Next, the eggs are frozen in an embryology laboratory and stored in a liquid nitrogen tank. Theoretically, eggs can remain preserved by this method for many years.

When she's ready to have a baby, the woman has her eggs thawed and prepared for in vitro fertilization (IVF). The woman's

eggs are fertilized with her partner's or donor sperm, and the resulting embryos are cultured in an incubator. After three to five days, the embryos are transferred into the woman's uterus to achieve pregnancy.

**When is the right time to freeze eggs?** Some reproductive specialists recommend freezing eggs by the time a woman turns 35 or even earlier. To help decide when it's best to freeze eggs, a woman may want advice from a fertility specialist, and she may consider having a blood test for the hormone anti-müllerian hormone (AMH). AMH decreases as a woman ages and its concentration is an estimate of ovarian reserve. In other words, the test measures the capacity of a woman's ovaries to provide eggs capable of fertilization and resulting in a healthy pregnancy.

**Is it too late?** Fortunately, today's technology allows fertility specialists to offer a variety of methods to overcome many causes of infertility. Unfortunately, one thing physicians can't do is make older eggs younger and healthier.

Many infertile women who have poor quality eggs still have the option of using donated

Continued on page 74



Sharon Anderson, Ph.D., is Lab/Scientific Director for Main Line Fertility Center in Bryn Mawr. She earned a Ph.D. in Reproductive Physiology from Penn State University and is a board-certified high complexity laboratory director (HCLD) in embryology and andrology. To learn more, visit [MainLineFertility.com](http://MainLineFertility.com).



Prenatal tests and treatments benefit mother and child.

# Advances in Managing High-Risk Pregnancy

Drs. Elizabeth Louka & Srijaya Soujanya Nalla, Crozer-Keystone Health Network

If you're pregnant or considering a pregnancy, you've likely wondered what you can do to help ensure you have a healthy baby. Obstetricians and perinatologists—specialists in high-risk pregnancy—can assess your risks and provide you with the latest developments in maternal-fetal medicine.

Your team will help you have the best outcome for your pregnancy—a healthy, full-term baby.

## New Testing Options

Prenatal genetic testing is an important option to consider for women at increased risk because of age or prior history. The goal of this testing is to identify babies who are affected by chromosomal abnormalities—an extra chromosome, a condition called Trisomy. These abnormalities are present in a fetus from conception and can cause a variety of problems, including mental and physical disabilities—the most common and well-known is Trisomy 21, which causes Down syndrome.

Years ago, this testing could only be done by an invasive method known as amniocentesis (done at 16-21 weeks) or chorionic villus

sampling (CVS, done at 10-14 weeks). These tests are still available and are very accurate methods of assessing the baby's chromosomes. But they carry a small risk of miscarriage, which some parents are unwilling to take.

Other tests, using blood testing—known as maternal serum screening—combined with ultrasound measurement of the thickness of a fold on the fetus neck—known as the nuchal fold—were also used to identify babies at greater risk for Trisomy.

Today parents have the option of a more sensitive, non-invasive prenatal diagnosis done after ten weeks. Women identified at risk for having a child with Trisomy—either due to age or elevated risk on maternal serum screening—are offered this new blood test. This test uses technology that can evaluate fetal DNA, found in small amounts in the mother's blood.

The new test can diagnose babies with Down syndrome (Trisomy 21), Edward syndrome (Trisomy 18) and Patau syndrome (Trisomy 13) as well as sex-linked syndromes or abnormalities of the X and Y chromosomes. This test is both safer than the invasive amniocentesis or CVS and more sensitive

than maternal serum screening and nuchal fold ultrasounds.

## Preventing Premature Delivery

Another important contributing factor to having a healthy baby is achieving a full-term pregnancy. A normal pregnancy lasts about 40 weeks, and a baby born before 37 weeks is considered preterm and may be at risk. Approximately half a million babies are born prematurely in the United States every year.

Being born prematurely can cause a variety of medical problems in a newborn because the baby's lungs, brain and gut are not fully developed until the final weeks of a pregnancy. As obstetricians, our goal is to help our patients avoid preterm birth by identifying who is at risk and doing what we can to lower that risk.

Risk factors for preterm labor include a history of having previously delivered a premature baby, having a multiple pregnancy (twins, triplets, etc.) and having had surgery on your cervix or cervical problems in the past.

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Elizabeth Louka, M.D., and Srijaya Soujanya Nalla, M.D., are OB/GYNs with Delaware Valley Women's Care, part of the Crozer-Keystone Health Network. They see patients in Drexel Hill and Newtown Square. For more information, 610-394-4710; [CrozerKeystone.org](http://CrozerKeystone.org).





Today doctors have many non-invasive techniques to help you look younger and healthier.

## HOLD THE KNIFE: Non-Surgical Cosmetic Procedures Are on the Rise

Dr. Victoria Cirillo-Hyland, Bryn Mawr Skin & Cancer Institute and Cirillo Cosmetic Dermatology Spa

According to statistics from The American Society for Aesthetic Plastic Surgery, more than 11.4 million surgical and non-surgical cosmetic procedures were performed in 2013. Of those, 83.5 percent (9.5 million) were non-surgical procedures, and Americans spent \$5 billion on them. Non-surgical procedures have increased by an astonishing 521 percent since 1997 and by 13 percent since 2012.

This dramatic increase is due primarily to recent developments in non-invasive cosmetic surgery making it possible to turn back time without the knife! This trend will likely continue as men and women look for excellent results with minimal downtime and risk.

Today doctors have a wide arsenal of tools available to help rejuvenate everything from our faces to parts further south. Treatments range from temporary—three to six months—to permanent.

Here's a quick primer on the most popular non-surgical cosmetic procedures available.

### Chemical Peels and Microdermabrasion

These techniques involve skin resurfacing procedures that gently exfoliate the top layer of dead skin cells while promoting collagen

growth below. Fine lines and wrinkles, acne and mild acne scars, blotchy complexions, sunspots and rough texture are improved with regular treatments. Youthful, healthy and radiant skin emerges.

Typical in-office treatment time: 1 hour; generally lasting for 1 to 3 months.

### Injectables

You've likely heard of Botox®/Dysport®/Xeomin®—cosmetic injections that block the nerve signals that cause muscles to contract. This treatment results in softened lines and wrinkles that are caused by muscle contractions.

The most popular areas treated with this technique are the forehead frown and horizontal creases, crows-feet wrinkles around the eyes, upper lip lines, and tight neck bands. A non-surgical brow lift is also possible using these injections. You'll see a relaxed and refreshed appearance, free of many lines, wrinkles and creases.

Typical in-office treatment time: 1/2 hour; generally lasting for 3 to 6 months.

### Fillers

Minimally invasive injections of fillers—Juvéderm®, Voluma™, Restylane®, Perlane®,

Belotero®, Radiesse®, Sculptra®—are used to soften wrinkles and fill in hollow contours on the face. The most common areas treated are the smile lines (nasolabial folds), marionette lines around the mouth, lips, under-eye hollows and volume loss of the cheeks and temples. Volume loss of the hands can also be treated with filler.

Fillers are among the most popular aesthetic procedures because they provide immediate results with minimal downtime and risk and result in a smoother more youthful appearance. Specific fillers are chosen based on the patient's individual needs, so it's best to consult an expert.

Typical in-office treatment time: ½ to 1 hour; generally lasting from 9 months to 2 years.

### Intense Pulsed Light (IPL) — Photorejuvenation

IPL uses multiple wavelengths of light to remove age and sun spots, decrease facial redness, soften fine lines and rough texture, and shrink pore size. This is the most popular entry-level aesthetic procedure for fair skinned individuals who spent their youth in the sun.

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*Dr. Cirillo-Hyland is the managing partner of Bryn Mawr Skin & Cancer Institute and the founder and medical director of Cirillo Cosmetic Dermatology Spa. Her practice focuses on the early detection and treatment of skin cancer, with a special interest in cosmetic dermatology. Dr. Cirillo-Hyland is a Harvard- and Penn-trained "Top Doc."*

Fortunately women have many options to help them minimize the symptoms that come with this new phase of life.

## Mastering Menopause

Dr. Dianne Hotmer, Chester County OB/GYN

Transitioning to the years after reproduction—sometime between the ages of 40 and 55—can be smooth sailing for some, along with the added benefit of the end of concerns about becoming pregnant. But for most women it can be a time of recognizable transformations that often feel uncontrollable.

But there's good news! Research is currently finding relief from many symptoms of menopause. An added bonus is that understanding the physical and emotional changes from menopause can offer women an important opportunity to stay focused on being healthy.

As you may know, *menopause* is clinically defined as a lack of menstrual periods for a full year, which in the U.S. happens to women age 51, on average. Although, generally, no tests are performed, simple blood tests can confirm the diagnosis if needed. Other terms to know: *perimenopause* describes the time directly before menopause, while *postmenopause* is the time after menopause is over.

For some women, this life transition can be tumultuous. Generally, symptoms are most dramatic in the year just before menopause, during perimenopause. Women should feel free to seek treatment for symptoms that interfere with their daily life.

### Major Symptoms

Interestingly, if your mother suffered with menopause symptoms, then you're likely to as well. If you haven't already been through this phase, you may want to ask about her experience to help you predict if your symptoms are likely to continue for months or years.

About 80 percent of women experience the most striking symptoms of night sweats (waking up drenched in sweat) and hot flashes (a sudden burn you feel along with redness in the face, lasting from 30 seconds up to 10 minutes). Hot flashes most often happen during the day and can be quite disturbing and embarrassing. They can stop a woman in her tracks—literally interrupting her train of thought or her current activity.

Night sweats can disrupt sleep and affect a woman's wellbeing, overall mood and energy. Interrupted sleep makes anyone more vulnerable to fatigue, depressed mood, and emotional vulnerability. Of the 80 percent of women experiencing hot flashes and night sweats, 20 percent experience them quite severely.

To complicate matters, other symptoms such as mood swings, unexplained crying, emotional disturbances and depression can also occur during menopause and be incapacitating. And still other symptoms that occur

around this time of life—forgetfulness, osteoporosis, incontinency—may be related to age rather than menopause.

### Causes and Treatments

What causes these symptoms? Fluctuations in estrogen—sudden rises and falls—play a central role. So how do we manage and hopefully master this?

One approach is through hormone therapy—using estrogen and progesterone. The decision to use hormones hinges on whether hot flashes and night sweats are disruptive enough to interfere with a woman's ability to engage in her usual activities. Hormone therapy levels out the hormonal fluctuations and thus tempers menopausal symptoms, reducing hot flashes and night sweats and decreasing the potential for sleep disruption. The risks and benefits of hormone therapy are important to discuss with your physician or healthcare provider and should be reviewed each year.

Other medications—those prescribed for depression and anxiety—have also been successful for alleviating hot flashes and night sweats. One antidepressant, paroxetine, has recently been reformulated at a lower dose specifically to help combat hot flashes and night sweats. Low-dose oral contraceptives have

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*Dr. Hotmer is a Fellow of the American College of Obstetrics and Gynecology. She is a graduate of the Medical College of Pennsylvania, did her residency at the Hospital of the University of Pennsylvania, and is now partner at Chester County OB/GYN. She's on staff at Chester County Hospital, a part of the Penn Health System. Contact her at ChesterCountyOBGYN.com*



All women are at risk for breast cancer, and as you get older, your risk increases. Researchers estimate that 1 in 8 women will be diagnosed with invasive breast cancer at some time in their lives. This means that the average woman has about a 12-13 percent risk of developing breast cancer. That might sound scary, but if you look it at another way, there's an 87-88 percent chance that you won't develop breast cancer.

## Understanding Breast Cancer Risk and How to Lower It

Dr. Marisa Weiss, BreastCancer.org

Every woman wants to know what she can do to lower her risk of breast cancer.

Today, there are many risk factors that have contributed to more women being diagnosed with breast cancer. Most breast cancers *aren't* inherited—only about 5 to 10 percent are. This means there are many things you can do to lower your risk of being diagnosed.

If you have no history of the disease, there are steps you can take to keep your risk as low as it can be. If you've been diagnosed, there are things you can do beyond any treatments you're receiving to reduce the risk of the cancer coming back or developing a new cancer. And if you are living with advanced-stage breast cancer, you want to do everything you can to slow the cancer's growth.

Researchers are working to learn how factors in the environments outside and inside your body may work separately and together to affect your health and your risk of developing breast cancer. The environment inside your body includes genetics (the genes you got from your parents), hormone levels and illnesses.

The environment outside your body includes air, water, food and everything else you come into contact with each day. Parts of this external environment enter your internal environment every day—the food you eat, the water you drink, the air you breathe and the vitamins or medicines you take are just a few.

Some of these factors—your sex, your age and your genetics, for example—can't be changed. But many other factors—smoking cigarettes, exercising and your food choices—can be changed or modified. By making the healthiest choices possible, you can make sure your breast cancer risk is as low as possible.

These recommendations are based on current knowledge and research. Some may seem hard—losing weight, reducing alcohol consumption or quitting smoking—but making these changes can help lower your risk of breast cancer.

Remember, no one is perfect. Set your goals and try to do the best you can every day.

Some steps yield instant payoff—like stopping hormone replacement therapy or catching up on lost sleep. Other steps require a lot of work over time before paying off—like maintaining a healthy weight.

Our aim is to give you steps that are very practical and reasonable. Set your goals and strive to do the best you can on an everyday basis!

### Get Regular Exercise

Exercise is important throughout your life. Try to get at least three to four hours of exercise a week, and five to seven is even better. Here are some tips to get motivated and stick to an exercise routine even for a lifelong couch potato who doesn't know the difference between a barbell and the Liberty Bell.

- Start slowly.
- Try walking for 15 minutes every day and then gradually up the amount of time you walk.
- If you walk with a friend, you can socialize and exercise. The best!

If you want to step it up a notch but aren't sure how, you may want to visit a gym or make an appointment with a personal trainer to learn about different types of exercise. Does your town have a recreation league? That's a great way to learn how to play soccer, softball or basketball or learn to swing dance or salsa.

Continued on page 73

Marisa Weiss, M.D., director of breast radiation oncology and director of breast health outreach, Lankenau Hospital, Jefferson Health System, is president and founder of BreastCancer.org, the world's most used online resource for medical and personal expert information on breast health and breast cancer. She is the author of four critically acclaimed books on the topic. For more, go to BreastCancer.org.



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“As a professional painter and writer I still work full-time and have frequent shows across the country. This is the perfect place for me. It’s a lively community where everyone wants to learn and grow.”

Carolyn Blish, Living at Willow Valley Since 2004



Kendal-Crosslands

## Seniors, Back in School

Edwin Malet

Staying mentally active has never been easier.

I recall cruising Miami Beach in the ‘60s. On the porches of the yet-to-be-trendy Art Deco hotels along Collins Avenue, the retirees would rock slowly, watching the traffic, dozing, whiling away the afternoon. Their minds, I guessed, at rest. Hours would melt. Until their 5 p.m. dinners were called.

Today, some are still drawn to a retirement of leisure. Perhaps a bit of golf, if they’re active. But few carry books or are bound by class schedules. Among the reasons to enter a senior community, one rarely given is to get an education. Or so I thought.

### Big Decisions

Yet, many are taking a different approach to their golden years. They are getting an education. To talk with Nate Turner, a resident at White Horse Village in Newtown Square, one might think education is virtually the only reason to retire. He lists the many university speakers who’ve come to White Horse. The speakers often fill the 200-seat auditorium there!

Then Nate moves on to the “Great Decisions” programs, discussing such topics as Middle East policy and China. He also notes that White Horse plans to formalize its courses on “mindfulness,” taught by a professor from Thomas Jefferson University in Philadelphia. He estimates there are more than 40 courses offered, drawing speakers from the University of Pennsylvania, Penn State, Bryn Mawr and Swarthmore Colleges, and others. The goal, he says, is for the residents to stay “mentally alive.”

Similarly, there’s a Great Decisions Group at Tel Hai in Elverson. But education doesn’t end there. Tel Hai’s “Life Enrichment Com-

mittee,” made up of nine residents, creates a calendar of topics: World War II, basic economics, the history of medicine and others. Tel Hai staff also offer informational sessions on diet, exercise, fitness and many aspects of wellness and healthy lifestyles. Local speakers bureaus are also tapped to provide programs on local and national historical topics.

Made up of six residents, Tel Hai’s “Concert Committee” similarly provides on-site musical performances. Typical offerings have included classical, bluegrass, choral groups, classic Broadway, jazz bands and local favorites such as the Lukens Band. Professional musicians often reach out themselves based on word-of-mouth or news coverage of the programs. Here, too, attendance is strong and fills the auditorium.

### Engagement

There’s an especially well-educated group of residents at Kendall-Crosslands in Kennett Square. Sean Kelly, the Director of New Business Development, calls them “intellectually curious,” “engaged” and “self-organized.” In the new generation now entering the senior communities, he sees such Baby Boomers as demanding a “better way.”

Ernie Kimmel is one of these Kendall-Crosslands residents. He heads up “Monday Topics,” which meets biweekly from fall through spring to listen to lecturers and discuss current issues: Latin America, Africa, the Mideast, local history and more. He’s been “surprised at how good the questions are,” and guesses that their discussions are “not unlike a graduate seminar.”



Life Lived Forward

**Willow Valley is more than a senior living community.** It’s a way of life. Of course, it’s about beautiful homes, exceptional cuisine, take-your-breath-away landscaping, and meticulously-maintained campuses. But even more, it’s a mind-body-spirit approach to wellness, the warmth and welcome of neighbors, making the most of your days, and sharing your experiences with those you love. And it’s also the exceptional value of Lifecare, a wise investment that entitles you to long-term care, should you need it.

**Visit us.** Explore some of our 80+ different floorplans, from cozy studios to 3,300 sq ft townhomes. Get to know interesting people who have come from more than 37 states to make Willow Valley home. Meet our team members who, for nearly 30 years, have created one of the region’s most innovative and financially strong senior living communities. Willow Valley is a place for you to engage, to learn, to enjoy.





Whitehorse Village

Pat Hunt, who preceded Kimmell as chair of their committee, agrees. She says Kendall-Crosslands is “not a place to sit in a rocking chair.” She lists the other self-organized classes: music, art, pottery, drama, film and memoir writing, among others.

Maria Smith at Riddle Village in Media supervises a broad range of educational offerings and activities. Drawing resources from Neumann and Widener Universities, where several of its residents taught, it has recently offered lectures on the First Ladies, the Battle of Gettysburg, Books that Made History and other topics. This is in addition to the art, book and computer clubs, and outings to the Philadelphia Orchestra, the Neumann Symphony and the Lansdowne Symphony during the season.

#### Diversity

Willow Valley Communities is so proud of its offerings that it publishes a catalog—“Renaissance”—and divides its offerings into three groups: Spirit, Body and Mind. The “Spirit” section of the catalog refers to webcast concerts and art exhibits. “Body” includes an unusually comprehensive aquatics program, as well as other fitness offerings. Within the “Mind” offerings, the emphasis seems to be on active undertakings: art classes, computers, camera, bridge tournaments and so forth. On closer inspection, though, they too have a Great Decisions group.

Willow Valley’s walking tours seem especially intriguing: historic plants, wetland wildflowers, autumn. But even more tempting is the Socrates Café, designed to encourage “spirited discussion about issues and topics that challenge our beliefs on contemporary society and who we are as human beings.” An ambitious goal, to say the least.

The focus is primarily on health, wellness and nutrition at Barclay Friends in West Chester. Called “Nutrition Vitality,” it’s an opportunity to learn about healthy recipes and their preparation. Recent programs have featured Raw Cacao Bliss Balls, Making Granola and Hibiscus Tea Sampling. The gardening program is also taken very seriously here, as is their creative arts program, and often involves an educational component.

There’s also a Garden Club at Foulk Manor South in Wilmington. It’s offered a class on flower arrangement. Arts and crafts also attract the residents’ interests.

This article would be incomplete without mentioning the Osher Lifelong Learning Institute. There’s one location at the Widener campus at Exton; others at Temple and the University of Delaware. OLLI, as it’s called, is a series of campus-based programs—about 118 campuses nationwide participate—supported by the Bernard Osher Foundation. In general, the students are over 50. Their coursework is ungraded and courses cover everything from architecture to languages to law. The students attend for the “joy of learning.”

Clearly, there’s a movement afoot. Classes, discussion groups, art ... Retirement, far from a process of shutting down, is opening up opportunities. Perhaps it’s a second chance, to pursue interests put on hold while the demands of family and career were given priority.

Life built around the Blue Plate Special is disappearing. This new stage in life used to explore new subjects, new issues, new decisions is winning out.

You could say our seniors seem to be getting younger. ♦

#### Retire into Education

Education shouldn’t stop at graduation—plenty of colleges in our area offer courses for folks of all ages. And some programs cater specifically to seniors. So gather up your pencils and notebooks—or laptops and iPads. Those golden years of college are back and better than ever!

Being a retired—yes, you must not be working—resident of Pennsylvania has its benefit. If you’re at least 60, **West Chester University** will let you enroll in free classes—that’s right, *free!* From biology to theater to philosophy and beyond, WCU offers degree and non-degree programs to satisfy any interest.

Or check out the **College of LifeLong Learning at Immaculata University**, where tuition for any class is just \$50. Bring back those great days of sit-ins—well, sit-ins of a different kind—by sitting in on any class before enrolling. Seniors have a permanent invitation to peruse the shelves of Immaculata’s Gabriele Library or lounge at the coffee shop after a long day of hitting the books.

You can join a class at **Delaware County Community College** and \$315 will be waived from your course fees, provided you’re 55 or older. Put on your dancing shoes for Smooth Ballroom Dance or try your hand at Computerized Accounting—DelCo offers courses for just about every interest imaginable! Soon-to-be students can meet during ElderWeek in March to explore courses.

Continuing education couldn’t be easier or more affordable for seniors. Try it out and put new pep in your step—it’s as simple as contacting your university of choice!

610-436-1000; WCUPA.edu. 610-647-4400; Immaculata.edu. 610-359-5000; DCCC.edu.



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# GUIDE TO SENIOR COMMUNITIES

*Our region has many communities for active seniors and those requiring some assistance. Here is a guide to a few in the area.*

## 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—townhouses, 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)

##### Downing Forge

866-736-1222; [Ryvenco.com](http://Ryvenco.com)

##### The Woods at Rock Raymond

484-784-2100

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

#### GLEN MILLS

##### Fox Hill Farm

610-558-4441; [FoxHillFarm.org](http://FoxHillFarm.org)

#### 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)

#### LITITZ

##### Warwick Woodlands

##### a Moravian Manor Community

717-625-6000; [WarwickWoodlands.org](http://WarwickWoodlands.org)

Looking at 55+ communities but want to position yourself for future care needs with minimal disruption to your life? Consider Warwick Woodlands, a "traditional neighborhood design" up-and-coming community within easy walking distance of downtown Lititz. Phase I will include apartments, carriage homes, and townhomes featuring 17 different floor plans. Attend a Dine & Discover event to review the many living options available to Baby Boomers today.

#### 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)

Hershey's Mill, one of the premier 55+ active adult communities in Pennsylvania, is nestled in historic Chester County's lush and picturesque countryside. Situated on 800 acres of natural beauty with award-winning landscaping and a championship 18-hole golf course on-site, "The Mill" is an exciting active adult community that anyone would be pleased to call home. Isn't it time to learn

more about Hershey's Mill? Visit them at 1500 Greenhill Rd., West Chester, or call for a brochure.

##### The Wentworth

610-696-7090

[TheWentworth-WestChesterPA.com](http://TheWentworth-WestChesterPA.com)

##### Westtown Reserve

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

### Delaware

#### HOCKESSIN

##### Cokesbury Village

302-235-6000; [PUMH.org](http://PUMH.org)

#### WILMINGTON

##### Ingleside Retirement Apartments

302-575-0250; [InglesideHomes.org](http://InglesideHomes.org)

##### 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.



Riddle Village



Warwick Woodlands



Hershey's Mill





Harrison Senior Living



Bayada Home Health Care



Jenner's Pond

## Pennsylvania CHRISTIANA

### Harrison House A Harrison Senior Living Community 610-593-6901

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

Harrison House of Christiana, a part of Harrison Senior Living, offers short-term rehabilitation, skilled nursing, hospice care and 24/7 supervised memory care in a caring community situated in a picturesque, pastoral setting. Private and semi-private rooms, elegant dining services using local produce, plus an overall friendly, secure and professionally supportive environment bring peace of mind to you and your loved one.

## 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. The Devon Senior Living offers 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. Visit them at 445 N. Valley Forge Rd.

## DOWNINGTOWN

### Simpson Meadows 610-269-8400

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

## Villa St. Martha

610-873-5300; [VSM-Phl.org](http://VSM-Phl.org)

Nestled in lush greenery, yet close to area churches, shopping, recreation, restaurants, health care providers, public transportation and major highways. Resident activities include gardening, exercise, games, dining out and more. Personal Care 1-bedrooms, suites and studios and Personal Care for the Memory Support Neighborhood. Skilled nursing care provided at nearby St. Martha's Manor.

## EAST FALLOWFIELD

### Harrison House A Harrison Senior Living Community 610-384-6310

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

Our welcoming community offers a variety of inviting senior living options—from newly renovated independent living apartments and personal care rooms and suites to respite and hospice care accommodations. Amenities include transportation, arts and entertainment, special men's activity groups, chef-prepared, restaurant-style dining, barber/beauty shop and much more. Nursing assistance is available 24/7 in personal care. Independent apartment residents can select services such as maintenance and dining.

## EXTON

### Exton Senior Living 610-263-2300, 610-594-0200

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

Convenient to great shopping and restau-

rants, Exton Senior Living is an active personal care and memory care community. Diverse activities and outings fill every day with opportunities to live well. Our caring staff and 24-hour nursing provide residents personalized assistance and peace of mind. We offer a variety of floor plans perfect for seniors looking for a supportive environment. Visit today!

## 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 Community 610-273-9301

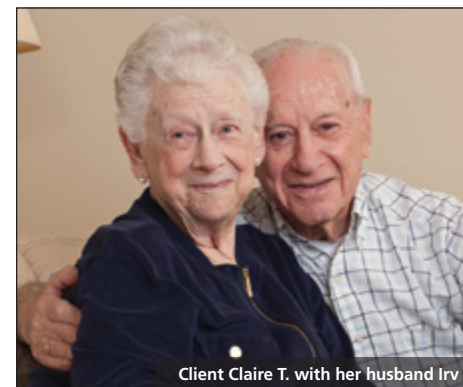
[HeatherwoodRetire.com](http://HeatherwoodRetire.com)

### Tel Hai Retirement

610-273-9333

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

Come to Tel Hai and redefine retirement your way. Their nationally accredited community offers rolling hills and easy access to major highways and favorite destinations. Cottage and apartment homes enjoy green vistas. Amenities and services abound. If needs change, they also offer personal care, in- and-outpatient rehabilitation services and adult day and health care services on their 149-acre campus.



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We offer a warm sense of community where new friends are waiting to meet you. We provide a calendar of events and excursions that change regularly to expand your mind, preserve wellness and nourish your spirit. We feature exquisite views on almost 100 acres of beautiful countryside in Delaware County. Best of all, we deliver a comprehensive range of care and service that comes automatically with residency. *Call or visit us today... and leave your cares behind.*

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535 Gradyville Road, Newtown Square, PA ♦ [www.whitehorsevillage.org](http://www.whitehorsevillage.org)

### KENNETT SQUARE

#### Brandywine Senior Living at Longwood

484-734-6200

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

#### Friends Home in Kennett

610-444-8784

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

Offering a wide range of options for seniors including Independent Living in one of seven apartments with kitchen or kitchenette. They offer Supportive Independent Living in a studio, one-bedroom apartment or couples suite with expansive rooms and 1½ baths. Services are available when needed right in your own apartment. All meals, housekeeping and laundry included. Immediate availability. Friends Home in Kennett—where friends become family.

#### Kendal-Crosslands

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

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### LANCASTER

#### Willow Valley Communities

866-454-2922

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

For more than 30 years, Willow Valley has been devoted to helping seniors pursue exceptional lives. Their mission, vision and passion are simple: to enrich lives of their residents by engaging mind, body and spirit. Located on 210 meticulously maintained acres, they offer the security of Lifecare, the guarantee of long-term care at no additional cost. Willow Valley is a place to engage, to learn, to enjoy.

### MANHEIM

#### Pleasant View Retirement Community

717-664-6207

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

Nestled in the rolling hills of Northern Lancaster County, Pleasant View blends a relaxing and care-free lifestyle with opportunities to explore passions and interests.

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### MEDIA

#### Riddle Village

610-891-3700

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

Located on 40 acres in Delaware County, this community's services include an indoor pool, fitness center, putting green, beauty salon, personal trainer, bank and much more. Accommodates residents in independent living units with a variety of floor plans. Quality First Participant.

#### Sunrise at Granite Run

610-566-3535

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

### 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. Dunwoody is now taking reservations for the new 2,100 to 4,000-square-foot Penrose Carriage Homes to be built in 2015. Phase one is almost sold out.

#### Sunrise of Newtown Square

610-325-5400

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

#### White Horse Lifecare Community

610-558-5000

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

A warm and welcoming retirement community on 96 picturesque acres by a state park. Accommodations are offered in a wide variety of styles. No effort is spared when it comes to service: Wellness Center with indoor pool and spa, dance/aerobics studio, strength training, putting green, library, dining options, performing arts, enrichment programs, transportation and more. Onsite Healthcare Center. Member of Leading Age and Leading Age PA. Accredited by CARF-CCAC. Quality First Participant.



Exton Senior Living



Surrey Services

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of our full-service continuing care retirement community, established in 1956. Nationally accredited since 1993, we offer residential living, personal care, health care, full-service rehab and adult day services. Now, you have a unique opportunity to join our newest neighborhood. **StoneCroft, opening in 2015, offers spacious, well-appointed apartments with a host of amenities, all under one roof.** To learn more, please call us at (610) 273-9333, extension 2144.



**Tel Hai**  
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1200 Tel Hai Circle | P.O. Box 190 | Honey Brook, PA 19344 | [telhai.org](http://telhai.org)



OXFORD  
**Ware Presbyterian Village**  
610-998-2400; [WarePresbyterian.org](http://WarePresbyterian.org)

PAOLI  
**Highgate at Paoli**  
610-296-7100  
[GenesisHCC.com/HighgateAtPaoli](http://GenesisHCC.com/HighgateAtPaoli)  
**Sunrise of Paoli**  
610-251-9994; [SunriseSeniorLiving.com](http://SunriseSeniorLiving.com)

PHOENIXVILLE  
**Spring Mill Senior Living**  
610-933-7675; [SpringMillSeniorLiving.com](http://SpringMillSeniorLiving.com)

QUARRYVILLE  
**Quarryville Presbyterian Retirement Community**  
717-786-7321; [Quarryville.com](http://Quarryville.com)

ROSEMONT  
**Rosemont Presbyterian Village**  
610-527-6500  
[PresbyInspiredLife.org](http://PresbyInspiredLife.org)

VALLEY FORGE  
**Shannondell at Valley Forge**  
610-728-5200; [Shannondell.com](http://Shannondell.com)

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**Freedom Village at Brandywine**  
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**Sunrise of Westtown**  
610-399-4464; [SunriseSeniorLiving.com](http://SunriseSeniorLiving.com)

**Wellington at Hershey's Mill**  
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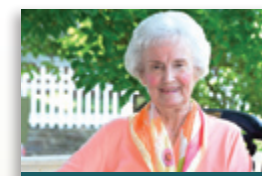
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*This Guide is also on [CountyLinesMagazine.com](http://CountyLinesMagazine.com).*



Foulk Manor South



Pleasant View Retirement Community



Barclay Friends

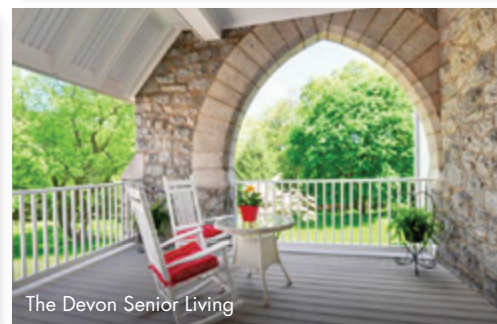
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# Historic Elverson Home

Laurel Anderson

From Potts to Knauer to the Horse-Shoe Trail, 22 acres filled with history.

Steeped in history, the northwest corner of Chester County is also home to substantial parcels of land surrounding classic stone farmhouses lovingly maintained over the centuries, as this month's featured home has been for 47 years by its current owners. Those owners tell of David Potts, whose family founded Pottstown, selling the property to Chris Knauer, linked to Knauertown, back in 1833.

The house-proud owners point toward nearby Warwick Furnace, a hub of Colonial iron making, known for the introduction of the Franklin stove and the retreat of George Washington's army. They mention a landmark sharing their property line—Horse-Shoe trail, a 140-mile equestrian and hiking trail (for travel by hoof and by foot) running from Valley Forge, through French Creek State Park and Welkinweir, all the way to the Appalachian Trail. Quaint St. Peter's Village and other historic sites share the neighborhood.

## The Property

Nestled in a lush, park-like setting with spacious lawns, towering evergreens and a large, spring-fed pond equally suited for swimming, boating, fishing and ice skating, the three-story, seven-bedroom, four-and-a-half-bath stone and masonry farmhouse has a commanding view of its 22 acres in Elverson. It's a serene compound with the ambiance enhanced by the sound of a nearby waterfall.

The nearly 200-year-old house, with its recent addition, is joined by the original stone and frame Pennsylvania bank barn comprised of nine stalls, garages, a three-bedroom apartment and paddock area. Details from the original house have been preserved—hardwood floors, original moldings, deep windowsills, exposed beams and a magnificent walk-in fireplace. The exterior details include sets of window boxes and cedar shutters with panels on the lower story and louvers above.

## The Home

A brick path takes you to the original doorway to enter the foyer, accented with original floors and ceiling beams. Your eyes are immediately drawn to the dining room to the right, the so-called George Washington room. Anchored by the stone walk-in fireplace with massive mantle beam, the room's period dimensions and details—exposed ceiling beams, built-ins, niche with a bust of Washington, narrow spiral staircase—evoke by-gone days and generations that shared meals here.

Next you'll enter a different century as you pass through the efficient galley kitchen, overlooking the rear yard and

pond. You'll feel drawn toward the bright sunroom/breakfast room with its high ceiling punctuated by a decorative medallion with cove lighting. Called the Monticello room, for obvious reasons, this eight-sided room has five Palladium-style windows to take in the spectacular setting—from sunrise to pond to sunset.

The opposite side of the house—past the butler's pantry and access to the stone terrace—is where you'll find the double-sized living room, extending from the front to the back of the house. Adding charm are another fireplace, decorative moldings and two sets of French doors to the large screened porch. Surrounded

by magnolia and Kentucky coffee trees, the porch has ceiling fans, a view toward Horse-shoe Trail and a soundtrack from a French Creek tributary.

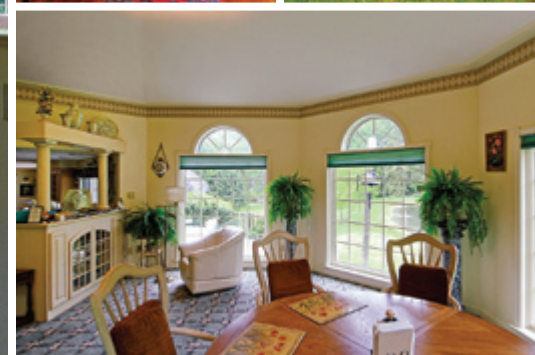
## Lower Level

A large, wood-paneled den on the lower level, known as the party room, has a stone fireplace, built-ins, storage closets and many windows. The honeyed hue of the paneling makes it warm, while the walls of windows and door to the outside make it bright.

An adjacent glass-and-screened porch, called the skating room—this well-loved home has a room for everything—has







yet another fireplace and functions as a lower-level mudroom/rec room. There's a bath with shower for those coming in from swimming in the pond. The adjacent laundry room is connected to the upper floors by a handy, multi-story laundry chute.

### Upper Floors

Behind two sets of doors, ensuring quiet, you'll find the master suite, complete with sitting area and French doors to a large balcony—perfect for taking in the view. As part of the addition, this space has ample closets, a dressing room, built-

ins (including a tie closet and an ironing board!), and master bath.

A home office, with yet another fireplace—though merely decorative—is a charming, irregular shape, connected to the master suite. Two additional bedrooms and bathroom in the original space round out this floor.

The original spiral staircase to the third floor leads to a charming playroom area with original pine wide-board floors. Two baths and three more bedrooms are tucked under the eaves, with built-in cupboards, desks, drawers and other storage to add character to each room.

### Fundraiser

If this historic home looks familiar, perhaps it's because a limited-edition print of the barn, used as a fundraiser for the Arc of Chester County, was widely distributed throughout the area. An original print remains in the home's foyer. ♦

*This 22-acre Elverson property with farmhouse and bank barn with three-bedroom apartment is available for \$1,780,000. For more information, contact Bill Cochrane, James A. Cochrane Inc. Realtor, 610-469-6100 or 610-476-4779; CochraneInc.com.*

**Hold the Knife...** Continued from page 52

Typical in-office treatment time: ½ to 1 hour; generally lasting for years to forever, assuming you protect your skin from the sun.

### Lasers

Lasers use one wavelength of light to treat various skin conditions. Some lasers are used to treat deeper age and sun spots, tattoos and vascular abnormalities (such as facial spider veins). Other lasers resurface and tighten the skin. Wrinkles, mild-to-moderate acne scars and rough texture soften, the skin tightens, and age and sun spots disappear with the resurfacing lasers.

Laser skin resurfacing is the best way to reverse the sins of your youth ... too much sun exposure, smoking and alcohol consumption! And laser hair removal is the most popular, non-invasive method for permanently reducing or removing unwanted facial or body hair. Laser hair removal is virtually painless and has no downtime.

Typical in-office treatment time: 1/2 to 1 hour with a few days of downtime for the stronger lasers; generally lasting for years to forever.

### Non-Surgical Skin Tightening

Skin tightening procedures are very popular as non-surgical alternatives to more invasive and risky surgical procedures for decreasing skin laxity and improving skin quality. Different technologies are used to deliver energy to the skin, which stimulate new collagen production. Radiofrequency (RF), Near Infrared Radiation (NIR) and Ultrasound (US) are examples of current technologies used for non-surgical skin tightening.

Typical in-office treatment time: ½ to 1 hour; generally lasting for months to years.

### Non-invasive Body Contouring/Fat Reduction

There are currently two approved

technologies for non-surgical, permanent fat reduction: ultrasound and cold energy or cryolipolysis (CoolSculpting®). Ultrasound uses a handheld applicator to heat the fat, while CoolSculpting® uses suction and non-suction handpieces to freeze the fat. Both technologies cause a programmed cell death of the fat cells (referred to as apoptosis).

The most popular areas treated are belly fat, "love handles," bra/back fat, inner thigh fat, and "saddle bags" on the outer thighs. Efficient, consistent fat reduction and enhanced body contour are now easily produced with minimal downtime. Although there's no substitute for eating healthy and exercising, resistant bulges of fat can be removed non-invasively with minimal risk.

Typical in-office treatment time: 1 to 2 hours; generally lasting forever. The fat that's treated is gone forever, but if you gain weight your body will store excess fat in other areas.

### Spider Vein Treatment (Sclerotherapy)

Spider veins are very small, fine red or blue veins that look like a thin red line, tree branches or spider webs. Sclerotherapy, a minimally invasive procedure to remove spider veins on the legs, involves injecting a sclerosing solution (a "detergent" class of sclerosing agents) into the affected veins. This solution damages the vessel and over several months, the body removes the damaged vessel.

Typical in-office treatment time: ½ to 1 hour; generally lasting for years to forever.

If you're looking to reverse signs of aging, consider a customized treatment plan. A combination of medical grade skincare products and treatments, injections, fillers, skin tightening and body contouring will make you look and feel your very best. ♦

**Breast Cancer...** Continued from page 54

Some people like to exercise in their homes with on-demand videos or DVDs. Others prefer gardening or fixing up their homes. A bike ride or walk with the dog in the evening can be a relaxing way to wind down after a long day and still provide important exercise.

There are so many options, there's got to be something for you. Try any type of exercise that sounds interesting to you.

### Limit Alcohol Use

The risk of breast cancer increases with the amount of alcohol consumed, a 10 percent increase in risk for each 10 grams of alcohol per day (a glass of wine is about 11 grams). So, as little as one drink per day can increase risk slightly. Women who have three to four drinks per day have nearly a 50 percent increase in breast cancer risk. So it's best to reduce consumption to three or fewer drinks per week.

Here are some tips to reduce alcohol consumption, including mocktails! Here are a few of my favorites to try:

- Pomegranate juice with seltzer/club soda, lime, and mint.
- Margarita mix with ice or blended for a smoothie; add club soda to dilute.
- A simple glass of seltzer and lime is really refreshing!
- Club soda is better when you add a small amount of naturally flavored syrup, such as vanilla, hazelnut, caramel, cherry or raspberry. Starbucks sells bottles of this stuff.
- Three words: Martinelli's sparkling cider.
- Put anything in a fancy glass and you'll enjoy it more. For instance, I put yogurt in a special crystal bowl, which you can get from any local thrift store. This way an everyday snack becomes a treat—dressed up to feel special. ♦



**Infertility...** Continued from page 50

eggs from a young, healthy woman to reach their ultimate goal of having a child.

New egg freezing technology has enabled fertility centers to offer frozen donor egg banks. Couples can select a young egg donor based on many characteristics—medical history, physical characteristics, ethnicity and even religion.

**Preimplantation Genetic Screening (PGS)**

By the time a woman is in her mid-30s, up to 40 to 60 percent of her embryos may have chromosome abnormalities—a condition called aneuploidy—and the number of abnormal embryos increase each year. Some aneuploid embryos fail to grow and implant, others may result in miscarriage, and still others result in having a baby with Down syndrome.

Even though all of a woman's embryos can look the same, some are usually aneuploid. Preimplantation genetic screening (PGS) is a new technique to identify embryos that are chromosomally normal. In this screening process the outer layer of the embryo that

eventually develops into the placenta is biopsied, and the biopsies are sent to a genetics lab for chromosomal testing. (Note that no part of the future fetus is compromised or missing because of the removal of cells.)

PGS allows the doctor to identify which embryos have the correct number of chromosomes and then select the healthiest for transfer back to the uterus (or freeze for later use) to improve the chances of a positive outcome. This screening also allows the couple to learn the gender of the embryo, if desired.

**Time-Lapse Videography of Embryo Growth**

A new FDA-approved technology—the Early Embryo Viability Assessment (Eeva) System—provides quantitative information that can be combined with more traditional visual review assessment of embryos to aid in deciding which to transfer for IVF. The Eeva system uses a time-lapse camera and proprietary software that analyzes the timing of important changes in embryo development to differentiate

among embryos that look, but are not, equally healthy.

The new non-invasive Eeva Test is based on ground-breaking research and innovation licensed from Stanford University. News of this breakthrough was published in *Nature Biotechnology* and was recognized as a “Top 10 Medical Breakthrough” by *TIME* magazine.

Researchers are collecting imaging data on embryos and correlating Eeva parameters with Pre-implantation Genetic Screening, described above, to increase healthy outcomes even more.

Five million additional babies have been born worldwide since 1978 as a result of assisted reproduction technologies. Advances like those discussed here will help keep that number growing.

If you're having trouble getting pregnant, or if you are considering preserving your fertility potential, don't wait until it's too late. Seek advice from a specialist in reproductive endocrinology and infertility who can offer the latest assisted reproductive technologies. ♦

**Pregnancy...** Continued from page 51

For women who've had a preterm birth, progesterone injections during a later pregnancy can lower her risk of having another. Progesterone is a hormone normally made by the mother's body during the pregnancy. Although it's not known how these injections reduce the mother's risk, this is the first medication that's truly made a difference in decreasing preterm birth rates.

Many women have preterm contractions or other symptoms of preterm labor—such as pressure, change in discharge and even cervical dilation—and it can be challenging for the obstetrician to determine who is truly at risk for premature delivery. Fortunately, recent medical advances help identify who's really at risk and needs treatment.

**Tests for Preterm Labor**

In the past, when a woman arrived at her OB's office or at the hospital with signs of preterm labor, she was monitored for contractions and change in cervical dilation over time. Now, two new tests help doctors make a more definitive diagnosis.

The first is a test of the vaginal fluid for fetal fibronectin. This protein can be present in vaginal fluid at any time after 22 weeks but is more likely present if the mother is going into labor. If the protein is *not* present, then preterm delivery is very unlikely. This test has helped reduce the number of women over-treated for premature labor and alleviates worry that over-treatment is happening.

The second test uses ultrasound to measure the length of the cervix. Ultrasound can be

used during weeks 16 through 26 to see if the pregnancy is likely to last until full term. At this time, the cervix should be longer than 2.5 cm. When the cervix is shorter, the risk of preterm delivery is higher. Interventions such as progesterone injections and even a cervical cerclage (stitches to tighten the cervix) can be used to help prevent premature labor. The cervical-length test is most useful because it can identify a sign of preterm labor even before a woman has begun to feel symptoms.

Whether it's to determine if your baby is free of chromosomal abnormalities or to help your pregnancy get to full term, these medical advances are now available at our area's state-of-the-art health centers. Talk to your obstetrician about what testing and treatment may benefit you and your baby. ♦

**Menopause...** Continued from page 53

also been used during perimenopause to mitigate unpleasant symptoms.

**Natural or OTC?**

Many women prefer a natural approach, using over-the-counter remedies to deal with menopause symptoms. Using natural supplements—black cohosh, chasteberry, isoflavones—has been found to be beneficial. (But note that women who've been diagnosed with breast cancer should probably not use isoflavones because they have effects similar to estrogen, which can cause complications.) Some women find topical progesterone cream, available over-the-counter, to be useful to combat symptoms.

It's important to keep in mind that every woman is unique and responds differently to these remedies. As with prescribed medications, talk with your physician or healthcare provider about the best strategy for you and revisit your decision periodically.

Women seeking non-medical approaches have other options. Research has found that regular aerobic physical activity, avoiding alcohol and doing deep breathing exercises all have a positive impact on both the emotional and physical changes of menopause. There's evidence that exercise may also increase total sleep time and decrease the amount of time it takes to fall asleep—both helpful outcomes.

Some studies have shown that resistance training is very helpful in improving sleep as well as decreasing depression. Yoga and massage have also shown promise for overall well-being, but have not been found to reduce hot flashes and night sweats.

There's currently a randomized controlled study in China to determine if acupuncture is effective, but results won't be available until 2015. My opinion is that this time-honored therapy can't hurt.

Another change in the menopause and postmenopause years that unfortunately escapes practically no one is weight gain and weight redistribution! Yuck! Patients complain about this change more than hot flashes and night sweats. The strategies mentioned previously—particularly regular aerobic physical activity along with a

healthy diet—can counteract some of these unwanted changes.

I recommend you look at this phase of life as an opportunity. Embracing your ongoing development, engaging in fun and vigorous physical activity, and continuing to


learn and grow will lead you to being happier and healthier.

Move gracefully forward. Always be the best you can be no matter what phase of life you are in. Carpe diem! ♦

*More on Health at CountyLinesMagazine.com.*

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# The Botany of Beer

Julie Jenney

Which would you rather read about right now, botany or beer?  
That's an easy wager with most groups.

The title for my class, "The Botany of Beer," is catchy and you'll likely be pleased to learn my focus has always been more on beer than botany. My interest in combining the two topics comes from a love of gardening and craft beer and a desire to develop a class highlighting the plants—really the ingredients—of beer.

There's also an underlying theme when discussing how craft beer comes together—how amazing and creative craft brewers are and what a true science brewing is. My exploration is about how the four main ingredients of beer—yeast, hops, malt and water—come together to create an incredible variety of brews.

## Start With Yeast

Yeast is a single-celled fungus. It metabolizes sugars and creates ethanol, carbon dioxide and small amounts of many other chemicals. It's truly amazing that such a tiny organism can play so powerful a role in the baking and brewing processes.

In the words of Randy Mosher in his must-have book, *Tasting Beer*: "Yeast cells are fantastic little chemical factories .... Think of them as little sacks of goo with membranes porous enough to allow some molecules through but not others." I saw a video about making beer that described yeast as a PacMan—this yellow

glob moves through beer as it's being brewed eating up the sugars and burping out the alcohol.

The importance of yeast shines through in how quickly it moves through the brewing beer (or wort). With top-fermented beers, or ales (porters, stouts, Belgian ales and sours, Lambics, wheat beers, barleywines, and brown, red, pale and India pale ales), the brewing process is happening at high temperatures and at a fast pace so the yeast rises to the top. The little sacks of goo with porous membranes can't quite keep it all together in this warm, rapidly changing environment, so they begin to leak out by-products that add flavor and aroma to the beer.

Ever had a beer and thought you smelled or tasted a hint of banana, butterscotch, clove or maybe even Band-Aids? This isn't because the brewer tossed in ripe bananas or a few Band-Aids—although sometimes it seems like anything goes with some brewers! Instead, the aroma is coming from the yeast. Ales, which are always top fermented, have fruitier, more complex flavors and aromas than lagers because of the by-products leaked out from the yeast in the brewing process.

With lagers (pilsners, bocks, marzens, helles, rauchbier, schwartzbier, and dortmunders), or bottom-fermented beers, the brewing process happens at a much slower pace in much cooler



temperatures and the yeast settles to the bottom. Those yeasty sacks of goo keep it together more in this process and don't leak out as many by-products. As a result, lagers have a crisper, cleaner taste.

The next time you sip a Belgian ale, know that much of the flavor and aroma you're experiencing is coming from those tiny PacMans of yeast.



## On to Hops

The botanical name for hops is *Humulus lupulus*, in the plant family *Cannabaceae*, the same family as hemp and marijuana, interestingly enough.

If you take a hop cone and pull off the bracts (leaf-like structures) you'll find golden globules of lupulin along the stem. Lupulin is the pungent, waxy substance that contains the resins and oils that make beer so tasty.

The resins of lupulin provide the bitterness in beer and the oils provide the aroma. Hops need to be boiled to extract the bitter resins, and when this happens, the oils are burned off and the aroma is lost. So brewers also add hops

at the end of the brewing process to let the flavor and aroma components of hops shine through without extracting more bitterness.

Much like yeast, hops provide a surprising array of flavors to beer, from blueberry to almond, and citrus to pine. Different varieties of hops lend different aromas and flavors. The brewing process can bring these flavors out as well as alter them. The hoppy flavor and aroma at the start of a beer will often have a much different flavor profile at the end. Adding more hops to a beer will make it, not surprisingly, hoppier and more bitter. To counteract the bitterness, more malt is added.

## Next Up, Malt

Malt is a grain—like barley, wheat, oats, corn, rice, or rye—that's been soaked in water, germinated and then dried. Since the sugars that turn into alcohol come from the malt, the amount of alcohol in a beer is directly related to the amount of malt in the brew.

The final color of the beer is also a function of malt—pale malts make a pale beer, and dark roasted malts, a darker beer. And the type of malt used affects the flavor. When you brown an ingredient when you cook, you're releasing roasted, caramelized tastes and flavors. The same goes for roasted malts. Flavors such as biscuit, toffee or chocolate can come from the malts.

Barley is most commonly used for craft beer since it has the enzymes necessary to make needed chemical reactions happen

in brewing with only a small amount of heat. And barley has the right amount of protein to produce enzymes, nutrients for the yeast, and it contributes to the very important body and head of a beer.

When you pour a beer, notice the thick, foamy head that forms. This is important because it holds the volatile oils within its tiny bubbles and that gives you a hint of the first aromas of the liquid below.

## The Final Ingredient

You'll note that I didn't discuss water, which makes up 92 to 95 percent of each glass of beer, that's because this essential ingredient is outside the scope of the Botany of Beer. And it's the yeast, hops and malt that have fascinated me.

Unlike wine—which is so dependent on the soil, region and weather to produce its beautiful aromas and flavors—beer's taste is largely created by the brewer who considers the many different yeast strains, varieties of hops, and degrees of roasting barley to create the beautiful craft brews we enjoy today.

Cheers! ♦

*Julie is the Educational Programs Coordinator for the Scott Arboretum of Swarthmore College. While garden-related programming is her day job, she's had fun teaching the Botany of Beer class throughout the Delaware Valley and in Georgia, South Carolina, Maine and Martha's Vineyard, spreading her enthusiasm about craft beer, its ingredients, history and stories.*

*\*Tasting Beer by Randy Mosher, 2009 This is the best book to learn more about beer!*





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## Food News

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



*Taste* Kennett  
FOOD TOURS



### Kennett Be?

We guarantee a three-hour stroll through Kennett Square's restaurant neighborhood will be about the best three hours of your summer. *Taste of Kennett* has tours and tastings through that unique food scene. From wineries to

ice cream shops and Italian to Asian cuisines, Kennett dishes up a veritable buffet of sweet and savory options for every taste! Book your tour today. *Apr.-Nov.; Sundays, 1 to 4 p.m. \$45. 484-734-0740; TasteKennett.com.*

**Downtown Delights.** Keep your eyes and ears open—and your stomach ready! The food future is looking exciting as West Chester prepares to welcome to its historic downtown the Manayunk-based *Couch Tomato* and Berwyn-bred *Mercato Ristorante by Alfredo*. Enjoy Italian delights at Mercato or treat yourself to scrumptious New York-style pizza at the Couch Tomato. The food scene just keeps getting better in West Chester, so stay tuned for these newcomers! *31 W. Gay Street, West Chester. 215-483-2233; ManayunkTomato.com. 33 W. Market Street, West Chester. 267-671-7657; AlfredoBYO.com.*



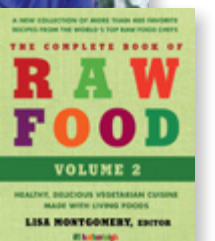
### Bacon Therapy.

Let's be honest—we all love bacon. *Bacon Press Café* in Malvern aims to satisfy your endless appetite for bacon—and they do it well. Indulge your cravings with Bacon Press's signature Pancake Battered Bacon or a tasty dish of Bacon and Blue Cheese Fries. Our favorite breakfast item isn't just for breakfast anymore. Stop by to see what kinds of bacon they have on tap today! *235 Lancaster Ave., Malvern. 484-328-3118; BaconPressCafe.com.*



### Raw August.

That broccoli you used to hate as a kid is back—and it's better than ever. One of our favorite local raw foodies from Royersford, *Lisa Montgomery*, serves up *The Complete Book of Raw Food, Volume 2*. This collection of "living food" recipes from a top raw food chef will launch your love of veggies. Check out Lisa's book for over 400 raw food recipes to satisfy the vegetarian in you! Available at Chester County Book Company. Learn more at *LivingDynamically.com.*



### Say Mac & Cheese!

The judges have spoken: *Kimberton Whole Foods* took home top honors for People's Choice and the judges' honors for Choice Business at this year's *Mac-n-Cheese Cook-off* in Downingtown. Kimberton's yummy Grilled Pear, Brie and Pecan Mac n' Cheese charmed the crowd and judges alike. Check our website for that winning recipe along with their delicious Wild Thyme Summer Salad—perfect for any August afternoon! *KimbertonWholeFoods.com.*





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## Good Things Come in Jars

Laura Muzzi Brennan

Preserving the best of summer.

Canning is no flash in the pan. This rediscovered domestic skill seems poised to become an enduring trend—with one twist: it's no longer just about putting up quarts of beans to sustain you through a long winter. Rather, it's turning those two or three pounds of irresistible farmers' market cherries into a few half-pint jars of ruby red jam.

Who better to comment on the canning craze but Marisa McClellan, who parlayed her popular blog *Food in Jars* into a book by the same name and now a second book, *Preserving by the Pint*. She cans in her small Philadelphia apartment and offers demos and workshops throughout the Brandywine Valley and the country.

McClellan attributes the renewed interest in preserving to many factors. When the economy tanked in 2008-09, people turned to canning as an affordable way to provide healthy food for their families. Combine this with the DIY movement, the proliferation of farmers markets and CSAs, and concern about chemicals in food, and you've got yourself a bona fide movement.

And McClellan dispels common misconceptions about preserving food. Besides convincing folks that canning need not be an all-day production, she urges those who claim to dislike canned food to think beyond commercially produced grape jelly and cucumber pickles. A taste of her peach jam with sriracha or honey-sweetened lavender butter might just change their minds. Acknowledging that fear of botulism gives pause to would-be canners, she offers reassurance: "If you stick to



high-acid foods—like most jams, jellies, and pickles—you are not going to kill anyone!"

Pickling in particular enjoys great popularity with professional chefs and home cooks who, with great abandon, plunge untold bushels of vegetables into spiced vinegar baths. "Pickling is an immediate way to get lots of flavor for your effort," says McClellan, "And there are so many ways to tweak the taste."

Just ask Thomas Peter, Founder and CEO of Crisp & Co. in Hockessin, DE, who brings his interest in molecular gastronomy and training as a scientist—he holds a master's degree in biomedical engineering and

worked as a cancer researcher—to create pickles that hit just the right notes on the palate.

Look for his main products—grand dill pickles, sweet ginger pickles and spicy dilly beans—at area farmers markets and gourmet food shops including DiBruno Bros. Or order online at *CrispPickles.com*.

Peter sources everything locally, and a few new products highlight the best of our region.

In a joint venture

with Victory Brewing Company, he uses Victory's Prima Pils, a German-style pilsner, to create the Victory Pint Pickle that debuted at DiBruno Bros. in June. He also showcases the pride of Kennett Square in his savory pickled cremini mushrooms.

Whether preserving the taste of summer means purchasing a jar of Crisp & Co. pickles or making your own blueberry preserves, enjoy every last sweet, savory bite.

Cover photo *Preserving the Pint*



Courtesy: DiBruno Brothers.  
PHOTO: DAVID MACNEILL



## Pizza Sauce

Here's Marisa McClellan's story behind this versatile pantry staple: "Last summer, one of the vendors at my local farmers' market began selling cracked and slightly bruised tomatoes alongside his perfect ones. These seconds were a third of the price of their prettier siblings and just as tasty. Each week, I would buy more than I could possibly eat and so started to play around with little batches of preserves to use up the rest before they started to mold. This pizza sauce became the winning strategy for these tomatoes, as it comes together so quickly. With a ball of homemade dough from the freezer, we're just two steps away from homemade pizza, even on a busy weeknight." \*\*



- 1 qt. tomatoes (about 2 lbs.)\*
- 1 tsp. olive oil
- 1 tsp. kosher salt
- ½ tsp. Italian seasoning
- ¼ tsp. freshly ground black pepper
- ¼ tsp. citric acid

Prepare a boiling water bath and 2 half-pint jars. Place 2 lids into a small pan of water and bring to a gentle simmer. (See sidebar.)

Remove the skins from the tomatoes either by blanching them in a pot of boiling water or with a serrated edge peeler. Core and dice the peeled tomatoes.

Place a large skillet over medium-high heat. Add the oil, tomatoes, salt, Italian seasoning, and pepper. As they heat, use a potato masher or the back of a fork to help the tomato chunks break down into a rough sauce.

Bring to a low boil and cook, stirring regularly, until the sauce thickens and reduces by half.

When the sauce is finished cooking, remove it from heat. Stir in the citric acid. Funnel into prepared jars, leaving ½" headspace. Wipe rims, apply lids and bands and process in a boiling water bath for 15 minutes. Makes 2 half-pint jars.

\*Note: While this sauce can be made with any variety of tomato, choosing a meatier tomato like a plum, Roma or beefsteak means your yield will be closer to mine. If you make it with watery tomatoes, bump up the starting weight by half a pound, to get the proper yield.

\*\*Reprinted with permission from Preserving by the Pint © 2014 Marisa McClellan, Running Press, a member of the Perseus Books Group.

## Peach Jam with Sriracha

For McClellan, abundance—and serendipity—are the mothers of invention: "When peaches are in season, I have a hard time holding back and end up buying vast quantities of them. It's always far more than I can eat before they soften precariously, and so I'm always devising new ways to put them into jars. A few years back, while cooking up a little batch of peach jam, my eyes fell on the bottle of Sriracha sitting on the counter. On a whim, I squirted some into the nearly finished jam, just to see what would happen. The result was a sweet, tart and slightly spicy jam that is a revelation with turkey burgers and roasted sweet potatoes." \*\*

- 1 qt. yellow peaches (about 2 lbs.)\*
- 1 C. sugar
- ¼ C. sriracha
- ½ lemon, juiced

Prepare a boiling water bath and 3 half-pint jars. Place 3 lids into a small pan of water and bring to a gentle simmer. (See sidebar.)

Bring a large pot of water to a boil. While it heats, cut peaches in half and remove pits. Fill a large bowl two-thirds of the way up with cold water. Blanch the peaches in boiling water for 1-2 minutes, then transfer immediately to cold water.

## Boiling Water Bath Canning: How to Process

Follow these steps for successful canning with a boiling water bath.

1. If starting with brand-new jars, remove lids and bands. If using older jars, check rims to ensure there are no chips or cracks.
2. Put rack into canning pot. Put jars on top.
3. Fill the pot (and jars) with water to cover. Bring to a boil.
4. Put the lids in a small saucepan. Cover with water, and bring them to the barest simmer on a back burner.
5. While the canning pot comes to a boil, prepare product.
6. When recipe is complete, remove jars from the canning pot (pouring the water back into the pot as you remove jars) and set them on a clean towel on the counter. Remove lids with tongs and lay them out on the towel.
7. Carefully fill the jars with your product. Depending on the recipe, you'll need to leave ¼ -½" headspace (the room between the surface of the product and the top of the jar). Jams and jellies typically get ¼" while thicker products and pickles get ½".
8. Wipe the rims of jars with a clean, damp paper towel or kitchen towel.
9. Apply lids, and screw bands on the jars to hold the lids down during processing. Tighten bands with the tips of your fingers to ensure they aren't overly tight.
10. Carefully lower the filled jars into the canning pot. Water should come over the lid. You may need to remove some water as you put the jars in the pot.
11. Once the pot returns to a rolling boil, start your timer. Processing time varies from recipe to recipe.
12. When timer rings, promptly remove the jars from the water bath. Gently place on the towel-lined countertop to let cool.
13. The jar lids should begin to ping soon after they've been removed from the pot. The pinging is the sound of the seals forming; the center of the lids will become concave as the vacuum seal takes hold.
14. After the jars have cooled for 24 hours, remove the bands. Check the seals by grasping the jar by the edges of the lid and gently lifting it an inch or two off the countertop. The lid should hold fast.
15. Once you've determined that your seals are good, you can store your jars in a cool, dark place (with rings off, please) for up to a year. Any jars with bad seals can still be used—just store them in the refrigerator and use within 2 weeks.

Adapted and printed with permission from Preserving by the Pint © 2014 by Marisa McClellan, Running Press, a member of the Perseus Books Group.

Once all the peaches have been blanched and are cool enough to touch, slip off the skins. Place peaches in shallow bowl or baking dish. Using a potato masher, smash them into pulp. Stir in the sugar and let the fruit sit for a few minutes, until the sugar is mostly dissolved.

To cook, scrape the fruit into a large skillet, add lemon juice, and place over medium-high heat. Stirring regularly, bring fruit to a boil and cook until it bubbles and looks quite thick, about 10-12 minutes.

It's done when you pull a spatula through the jam and the fruit doesn't immediately rush in to fill the space you've cleared. In the last couple minutes of cooking, stir in the sriracha.

Remove jam from heat and funnel into prepared jars, leaving ½" headspace. Wipe rims and apply lids and bands and process in a boiling water bath for 10 minutes.

Makes 3 half-pint jars.

## Honey-Sweetened Apricot Lavender Butter

Says McClellan, "As a canner, I feel obligated not to play favorites when it comes to fruit. However, if I'm forced to be honest, I am most excited each summer by the arrival of apricots. Even a mediocre one sings when cooked down and sweetened slightly. This thick, nearly matte-finish butter is one of my favorite ways to preserve apricots. The relatively short cooking time and the gentle sweetness of the honey allow the flavor of the fruit and lavender to sparkle."

Note: Preserves sweetened with honey only last 2 to 3 weeks in the fridge once opened. Consider canning this one in quarter-pint jars so the open portion is small. \*\*



- 1 qt. apricots (about 1 ½ lbs. whole fruit), pitted and chopped
- ¾ C. honey
- 2 tsp. food-grade lavender buds

Stir the apricots and honey together in a medium bowl to combine. Tie up the lavender buds in a length of cheesecloth so none can escape and tuck it into the apricots and honey. Cover and let sit at room temperature for 1 hour, so the lavender flavor can begin to infuse into the fruit.

When the time is up, taste the uncooked mixture. If you like the current level of lavender infusion, remove the packet and discard. If you want a bit more lavender flavor, leave the packet in for the first 10-15 minutes of cooking.

Prepare a boiling water bath and 3 half-pint jars. Place 3 lids into a small pan of water and bring to a gentle simmer. (See sidebar.)

Pour the fruit, honey and lavender packet into a wide, nonreactive pot. Place over high heat and boil, stirring regularly, for 15-20 minutes.

Check the consistency regularly by pulling your spatula through the butter and clearing a trail. If it rushes in immediately to fill the space, continue to cook. If the space stays open for a few moments, it is done.

Once it passes the thickness test, remove the pot from the heat and fish out the lavender packet.

Ladle butter into prepared jars. Wipe rims, apply lids and bands, and process in a boiling water bath for 10 minutes.

Makes 3 half-pint jars.

## Crisp & Co. Spicy Cucumber Refrigerator Pickles

Crisp & Co. owner Thomas Peter says these pickles will be ready to eat within two days of making them. They'll remain flavorful for at least a month, during which time their flavor will continue to evolve and improve.

- 5 lbs. cucumbers, preferably Kirby
- 2 oz. garlic, peeled and diced, divided
- 1-2 habanero peppers or
- 1-2 tsp crushed red pepper, or to taste

(Peter recommends using no more than ½ habanero or ½ tsp. crushed red pepper per jar.)

- 1 tsp. black pepper
- ½ small bunch of fresh dill weed
- 5 C. water
- 3 C. distilled white or apple cider vinegar, 5% acidity
- ¼ C. dill seed
- 1 Tb. salt (without iodine and without an anti-caking agent)

Trim both ends off cucumbers and cut into ½" slices. Dice garlic.

Divide hot peppers, garlic, cucumbers and black pepper among 4 quart jars. To each, add a few sprigs of fresh dill.

Combine water, vinegar, dill seed and salt in a small pot. Bring to boil and hold for 5 minutes. Pour the hot brine along with the dill seed into the jars. Be sure you have enough brine to cover the cucumbers.

Put lids on the jars and refrigerate them.

Makes 4 quarts.



## Crisp & Co. Sweet and Simple Pickled Beets

Recipe courtesy Thomas Peter, Crisp & Co.

- 3½ lbs. fresh beets
- 6 cloves
- 3, 3-inch cinnamon sticks, broken in half
- 2 C. water
- 4 C. distilled white or apple cider vinegar, 5% acidity
- 1½ C. sugar



Wash, cut off the ends, peel and slice beets into bite-sized pieces. In each of 6 pint jars, put ½ lb. beets, one clove and ½ cinnamon stick.

Combine water, vinegar and sugar in a small pot. Bring to a boil and hold for 5 minutes so sugar dissolves.

Pour hot liquid into jars leaving ½” headspace and put on lids. Process in a boiling water bath for 30 minutes. (See sidebar.)

Remove jars and set in a cool place. The beets should be ready to eat in about a week and should keep for about a year.

Makes 6 pints.

### Asian-inspired Sour Carrot Pickles



After poring over Liana Krissoff's Canning for a New Generation, I decided to cross her recipe for spicy carrot pickles with her soy and wasabi pickled beans. These sour, spicy pickles are the result. To take the edge off the sourness, add 2-3 Tb. sugar to the vinegar mixture.

- 2 lbs. carrots
- 5½ C. cider vinegar
- 1 C. water
- 3 Tb. soy sauce
- 2-3 Tb. sugar, optional
- 2½ tsp. wasabi powder, divided
- 10-15 thin slices of fresh ginger, divided
- 5 cloves garlic, diced
- 2½ tsp. red pepper flakes, divided
- 5 dried chiles, stems removed
- 1 Tb. whole black peppercorns, divided

To prepare 5 pint jars with lids and bands, refer to steps 1-5 for boiling water bath canning. (See sidebar.)

Peel carrots and cut into 4” x ½” sticks and place them with all the leftover pieces in a bowl of ice water.

In a large pot, combine the vinegar, water, soy sauce and sugar, if using. Bring

to a boil. Add carrots and cook until crisp-tender, 8-10 minutes.

Remove jars from canning pot (step 6). Complete step 7 by placing the following into each jar: ½ tsp. wasabi powder, 2-3 slices ginger, 1 clove garlic, ½ tsp. red pepper flakes, 1 chile and a few black peppercorns.

Using tongs, divide carrots among the jars. (I like to make 4 jars of carrot sticks and one jar of leftover pieces.) Then, ladle vinegar mixture into jars, leaving ½” headspace. Follow steps 8-15, processing for 15 minutes.

Makes 5 pint jars.

### Rosemary Cherry Jam

For an easy appetizer, slather goat cheese on baguette slices and top with a dab of this jam. This recipe is a twist on Liana Krissoff's cherry jam. Instead of using commercially produced pectin—the substance used to gel jam, jellies and preserves—Krissoff includes a green apple, which is naturally high in pectin, to achieve the right texture for this jam. Since I made only 2 half-pints and knew I'd use them up quickly, I skipped the processing step and simply stuck them in the fridge. If you decide to make a bigger batch, process them in a boiling water bath for 5 minutes.

- 2 lbs. sweet cherries
- ¾ C. sugar
- 1 large Granny Smith apple, unpeeled, cut into large wedges
- 1½ Tb. lemon juice
- Grated zest from 1 lemon
- 3-4 sprigs fresh rosemary



Put 2-3 saucers in the freezer to use later for testing. Pit the cherries.

In a large skillet, toss cherries and sugar. Cook on low, stirring frequently, until cherries release enough juice to cover them, about 10-15 minutes. Be patient. Pour into a colander set over a bowl and drain.

Return juice to pan along with apple wedges. Bring to a boil, stirring frequently and scraping the sides, until mixture is thick, about 5-8 minutes. It will look bubbly and molten; the object is to get it to a syrupy consistency.

Return the cherries to the pan along with lemon juice, zest and rosemary. Simmer, stirring frequently and, if desired, breaking up cherries with the side of a wooden spoon.

After 8-10 minutes, test the jam for doneness: put a little bit of jam onto one of the cold saucers from the freezer and return to the freezer for one minute. Take it out and nudge the jam with your finger. If it wrinkles, it's ready. If not, cook longer and test again (thus, the extra saucers).

Discard apples and rosemary “branches.” Ladle jam into jars. Put on lids and bands and cool for a few hours. Refrigerate.

Makes 2 half-pint jars. ♦

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

To contact Laura, please e-mail her at [LauraBrennan@ValleyDel.com](mailto:LauraBrennan@ValleyDel.com).



For more great recipes visit [Foodily.com/u/CountyLinesMagazine](http://Foodily.com/u/CountyLinesMagazine)

## talking with Chris Shaughness

We thought our pet-loving readers would like to know about recent changes at the Chester County SPCA. Chris shares some news and urges us to consider adopting from a shelter rather than buying a pet from a store or online. Check out their Facebook page for adorable, adoptable pets!



### The Chester County SPCA is the only open-access animal shelter in Chester and Delaware Counties. What does open-access mean?

That means the Chester County SPCA accepts all homeless animals—we turn no animals away including those with health or behavior issues. As more shelters call themselves “no kill,” they no longer accept homeless animals once they're at capacity. The strays of Chester and Delaware Counties need somewhere to go when others turn them away—and that's the Chester County SPCA.

### Can you tell us about the main services you offer?

One of our most important services is reuniting lost pets with their owners. Since January 2014, we've helped nearly 400 animals find their way back home. And we now have a full-time veterinarian, Dr. Michelle Mehalick, so any injured or sick animal who comes to us as a stray receives immediate medical treatment. Plus we employ five animal control and humane officers to rescue stray animals and investigate cruelty and abuse cases. And, of course, we find homes for animals through adoption programs, especially through our active Facebook page.

### How many pets have you worked with in the past year?

Over 5,000 animals come through our doors each year.

### How does someone adopt a pet from you?

We try hard to find the right pet for a person's lifestyle and to educate owners about the pet's needs. Once we have a good match, the adopter completes an application and has to comply with some basic terms—renters' lease allows pets, other pets are vaccinated, and so forth. Costs vary by type of pet, age, and length of stay and are on our website.

### What are some new initiatives for CCSPCA?

In June we opened the Muhly Clinic, a surgery center on-site, so now all adopted pets are spayed or neutered. We plan to open the clinic to the public to offer spaying and neutering for feral cats, plus other services. Our new Senior Foster/Hospice Program works with older animals surrendered or at the shelter as strays. These animals find the shelter stressful and are often overlooked for adoption. We also have a foster home network to help with special needs animals—with broken legs or kittens needing bottle-feeding. And our new behavioral modification and enrichment program trains animals to be more adoptable.

### What events do you sponsor as fundraisers?

Our signature event is the Walk for Paws, held every spring for 27 years. This fall is our first Tails of the Heart Gala, October 9 at Radnor Hunt. And each September we hold The Annual Chester County SPCA Benefit Horse Show. Next year, we'll bring back the Forget-Me-Not Gala, held at a different estate each year. Because we receive no government or national funding, the SPCA depends solely on fundraisers such as these and donations from the public. In addition to cash donations, we depend on the community for donations of pet food and toys, towels, blankets and other linens for pet beds. We have a wish list on our website and on Amazon.com.

### You have an active volunteer program. How does someone become a volunteer?

We depend on our many dedicated volunteers to help the animals and we welcome more—from those who care for the animals in the shelter, to the professional photographers, to volunteers at our events. To volunteer, check our website for information. Helping the homeless animals is a community effort – we can't do it alone! Learn more at [CCSPCA.org](http://CCSPCA.org). ♦





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