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Unionville Area

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Unionville Area

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Near Laurels Preserve | Several Paddocks
Apt/Office over Garage | 8 Stall Barn
\$1,998,000



Unionville Area

6 BR, 3.1 BA | 35 Acres
Indoor Arena Possible | Pond
24 Stall Barn | Unionville Schools
\$1,748,000



Chester Springs

Historic Mill | Scenic Waterfall
Perfect Family Compound
5 Residences | Paradise Awaits
\$1,488,000



Near Marshallton

3BR, 2.1BA | 12 Acres | Stone Barn
Fishing | Open Ches. Co. Day
Super "Party Barn" | Dressage Ring
\$1,300,000



Newlin Township

4 BR, 4.1 BA | 4.30 Acres | Private
Solar Panels | Amazing Views
Great Rooms | Unionville-CF Schools
\$1,288,000



Willistown Township

7 BR | 5.1 BA | 4 Acres
Great Location | Pool With Pool House
Incredible Lot | Guest Suite
\$1,198,000



Newlin Township

4 BR, 3 BA | Stone Barn | 11 Acres
Stream | Near Laurels Preserve
Unionville-Chadds Ford School District
\$799,900



Highland Township

4 BR, 3.1 BA | 19.0 Acres | 8 Stall Barn
2 Tack Rooms | 4 Turn Out Sheds
Immaculate Stone Ranch Home
\$764,800



Chadds Ford

4 BR, 3.0 BA | 2.43 Acres | Pool
Single Family Home or 3 Apts
Private | Big Garage | Easy Commute
\$648,000



East Bradford Township

3 BR, 2.0 BA | 1.00 Acres
Frank Furness Architecture
Gorgeous Garden | Private
\$575,000



Radnor Hunt Area

4 BR, 2.1 BA | Great Location | Private
Rear Yard | Spacious Family Room
Finished Basement | High-End Kitchen
\$498,000



Ludwig's Corner Area

3 BR, 2.1 BA | 2.30 Acres
Well-Built New Construction
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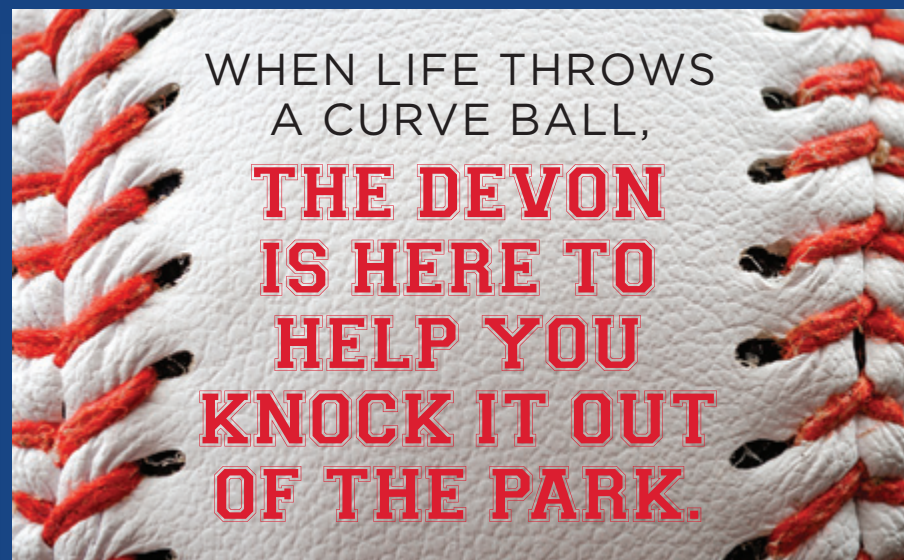
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from the EDITOR

We're celebrating the good life in August ... and beyond. In fact, in "Mark Your Calendar," we give you a head start on the busy fall season.

To help you enjoy this month, we bring you several ideas. In "Public Gardens for Public Good," Greater Philadelphia Gardens' Lisa Stephano encourages visiting hundreds of acres of blooming gardens, curated tree-filled green spaces and so much more in our area.

Laurel Anderson recommends you put "Malvern on Your Map" by visiting interesting historic sites or September's Oktoberfest for a real street party! If you're hitting the road, Jack Smith says "Drop the Top!" and shares what's new in convertibles: Buick's Cascada, Range Rover's Evoque and Fiat's Spider.

For fun with pets, Mary Dolan tells how to capture their best with professional help—in photos and portraits. And we preview semifinalists from the Cutest Pet Contest. Vote on Facebook until August 27.

"Adventures in Grilling" shares Laura Brennan's chat with Restaurant Alba's Chef Sean Weinberg. When playing with fire, she says, play is the operative word.

Check out the barn venues we've found—a top pick for millennial couples saying a rustic "I Do" and for other special events involving Mason jars.

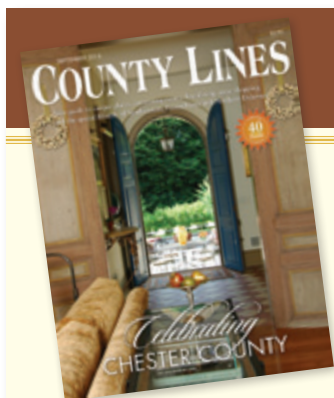
Our Women's Health feature is packed with advice from local experts. From Dr. Baohuong Tran's article, "Exercise for a Healthy Pregnancy," to Dr. Noushin Heidary's "Acne: It's Not Just for Teens" and Dr. Beverly Vaughn's "Managing Menopause," and concluding with Dr. Elana Kripke's advice on "Building Blocks of Health Aging," you're sure to learn something to make your life healthier and, we hope, longer.

And as we get older, we may consider if it's time to move. "I'll Do It Myself" is about services—medical, non-medical and otherwise—to help us stay at home. Or, if we choose a new community, the "Guide to 55+ and Senior Communities & Services" will help with that decision.

Finally, don't miss our Family Fun page and the Best Local Events!

Thank you for reading.

Jo Anne Durako
Editor



Coming In September!

CELEBRATING CHESTER COUNTY

Preview of the 77th Chester County Day
Dressage at Devon • Fall Equestrian Season
Fall Style • Home Décor • Wine • Road Rallies
Bike the Brandywine • Book Column

COUNTY LINES MAGAZINE

August 2017

Volume XL, Number 12

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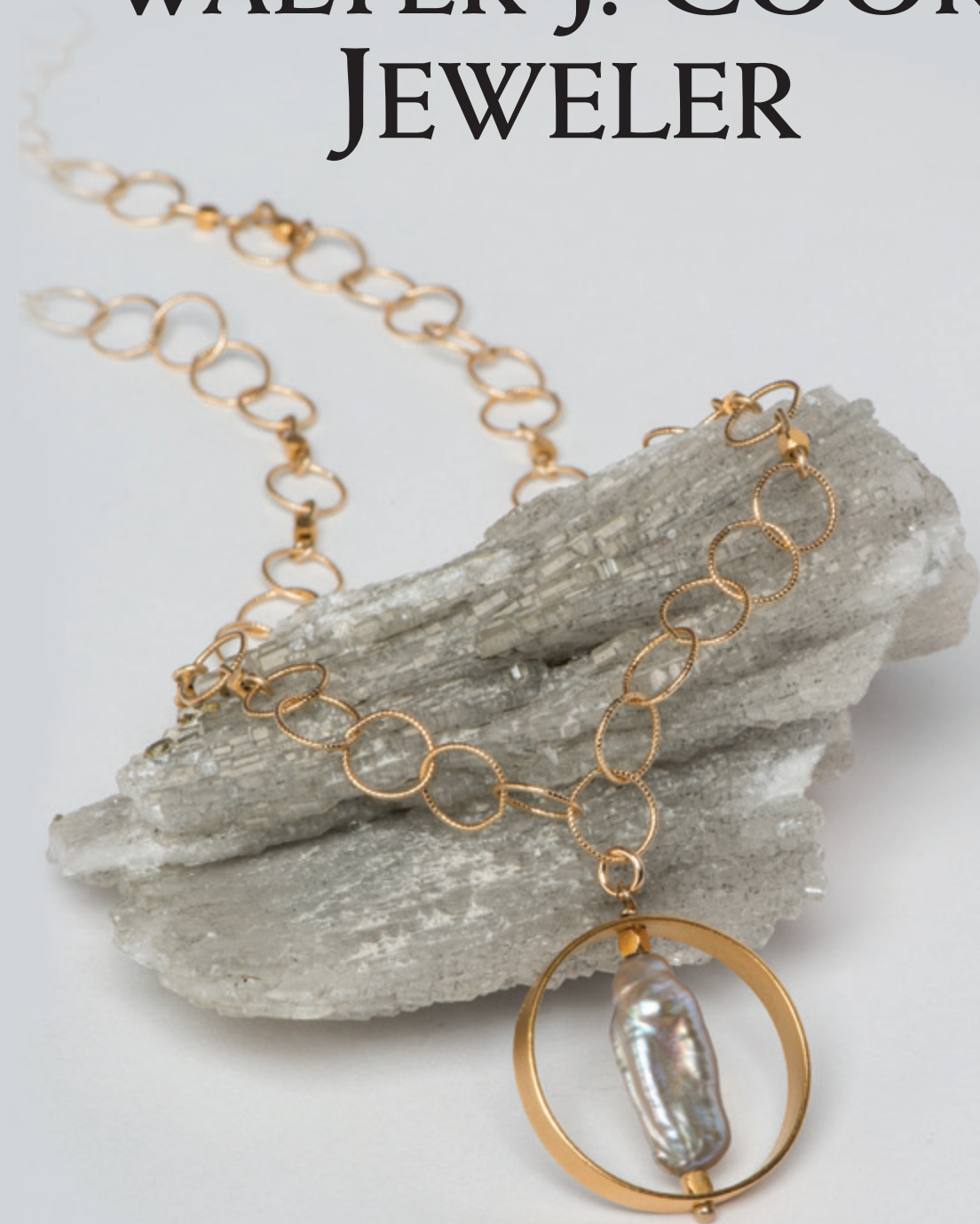
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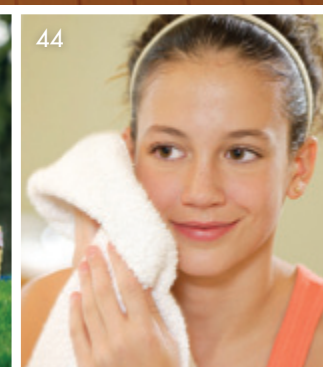
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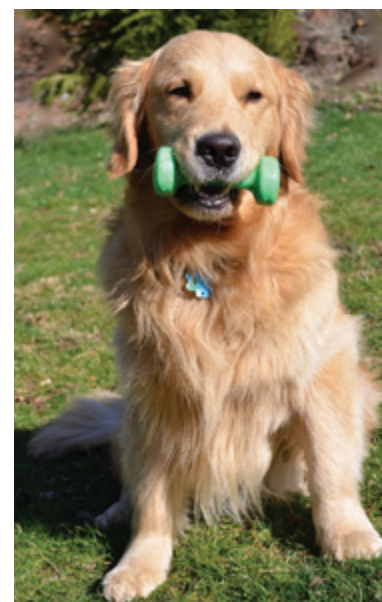
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[Good to Know] Just a few things we'd thought you'd like to know this month



Woofs and Reps.

Need an exercise buddy? Try the recent fitness and social media craze: **Squat Your Dog**. This routine has you ditching the barbells and heaving your furry friend over your shoulders, holding Fido by the leg and arm, then doing a set of squats. But first, know your dog's weight and be sure your pooch is positioned comfortably. Take a video of your workout to post on Facebook. Maybe you'll inspire your two-legged friends! *InsideEdition.com*.

Kitties in Kennett.

Chester County's first ever cat café opens this month in Kennett Square! **Treetops Kitty Café** on West State Street is a nonprofit shelter filled with free-roaming cats you can play with, all of which can be adopted. The café is a healthier alternative to caged shelters because it allows cats to socialize with people and other felines. The café will also feature events and activities, from animal care lectures to community yoga. *TreetopsKittyCafe.com*.



Holiday Spirits.

Thanks to the Pennsylvania Liquor Control Board's new Act 39, you won't have to plan ahead to buy wine or liquor for your parties on several national holidays. To improve convenience for their customers, select **Fine Wine and Good Spirits** stores in PA will now be open on Martin Luther King Jr. Day, Presidents Day, Memorial Day, Independence Day, Columbus Day and Veterans Day. But sadly, not on Labor Day. *FineWineAndGoodSpirits.com* and *LCB.PA.gov*.

Dog Days Almost Over.

Ever wonder why the hottest weeks of the summer—early July to mid-August—are called **Dog Days**? The term comes from the ancient Roman phrase *dies caniculares*, or "puppy days," for the rising of Sirius, the "Dog Star" and not because dogs tend to get lazy from the heat then—though maybe that's a factor. The Romans believed Sirius's radiant light mingled with the sun's heat, causing a stint of extra hot days in midsummer. *Wonderopolis.org*.



Know Local History.

Pennsylvania was the second state to curb slave laws when, spurred by efforts of Quakers and Methodists, it passed the Gradual Abolition Act in 1780, raising the status of enslaved people to indentured servants. Because Delaware and Maryland continued recognizing slavery, PA became a sanctuary for freedom seekers and played a key part in the Underground Railroad, notably in Chester County around Kennett Square. Brush up on local history and explore over two dozen railroad "stations" through tours at **Kennett's Underground Railroad Center**. *KennettUndergroundRR.org* and *SlaveNorth.com*.

T W E N T Y – F I R S T A N N U A L



Radnor Hunt Concours d'Elegance

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Motorcycle photography by Dawn Deppi. Car photography by Michael Furman.

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[August Picks] Our Picks for top events this month



WC Summer Soirée

August 26

Similar to a “diner en blanc” held in large cities, the Summer Soirée is West Chester’s fun version. Patrons dressed all in white are brought together for a good cause. Guests provide their own picnic dinner and cocktails to enjoy at a surprise West Chester location to be announced on August 25. Find a place at tables with white tablecloths and enjoy live music, dancing, a raffle and more. Benefits Chester County Family Academy, Cuddle My Kids and the Andrew L. Hicks, Jr. Foundation. 6:30 to 10:30 p.m. \$60. WCSummerSoiree.org.



Penns Woods Winery's 7th Annual Cars, Vines & Wines

August 19

Enjoy live music, local wines, food, vendors, wine seminars and vote for your favorite vehicle in a showcase of luxury sports cars ranging from classic to modern. Bring a new child’s toy to donate to Carz ‘N Toys (for hospitalized children)

and receive a free tasting ticket. 124 Beaver Valley Rd., Chadds Ford. Noon to 4. \$16. 610-459-0808; PennsWoodsWinery.com.



Kennett Symphony — Symphony Under the Stars

August 19

“Love Is In The Air,” is the theme for this concert featuring a potpourri of light classics and pops, including selections from *The King and I*, John Williams’ *Love Theme* from *Star Wars Episode II* and Tchaikovsky’s *Fantasy Overture* from *Romeo and Juliet*. Longwood Gardens Open Air Theatre, 1001 Longwood Rd., Kennett Square. 7:30 p.m. \$10–\$45 includes access to Longwood Gardens on the day of the concert and post-concert fountain show. 610-444-6363; KennettSymphony.org.



Delaware Burger Battle 2017

August 26

Delaware’s most competitive chefs will put their best burgers forward competing for three trophies in the Best Burger Battle. Your ticket entitles you to roam booth to booth sampling burgers from participating restaurants, as well as tasting adult beverages and soft drinks. It’s a rain or shine event for all ages, though no pets, please. Benefits Ministry of Caring’s Emmanuel Dining Room, which meets the immediate needs of Wilmington’s hungry. *Cauffiel House, 1016 Philadelphia Pk., Wilmington. Noon to 3. \$10–\$50. DEBurgerBattle.com.*



Benchmark Twilight Cycling Classic

August 12

With its new sponsor—Benchmark Federal Credit Union—West Chester’s iconic bike race continues to thrill enthusiasts with top-notch professional racing. Special events start at 3:30 with the West Chester Dental Arts Kid’s Race, then the Tolsdorf Trike Challenge, a Community Festival and Kids Zone, the Rothman Institute Amateur Criterium, Brumbaugh Wealth Management Pro Women’s Criterium and, finally, the Iron Hill Pro Men’s Criterium starting at 8 p.m. For more information, GreaterWestChester.com/WCBikeRace.

best Local Events

FAMILY FUN

THROUGH SEPTEMBER 4

Brandywine Treasure Trail Passport. Valid for one general admission visit at each of the 11 area sites. Individual Passports start at \$45, Family Passports (2 adults and 3 children), \$95. For attractions visit BrandywineTreasures.org.

THROUGH SEPTEMBER 5, Tuesdays

Wellington Square Bookshop. Children's Story Time. Ages 2-5 listen to songs and have cookies as stories come alive in the bookshop. 549 Wellington Square, Exton. See website for more information. 610-458-1144; WellingtonSquareBooks.com.

THROUGH SEPTEMBER 17, Sundays

West Chester Sunday Picnic Trains. Pack your own or purchase a boxed lunch and ride the rails of the old Pennsylvania Railroad from West Chester to Glen Mills. Trains depart Market Street Station, 230 E. Market St., West Chester at noon. \$13-\$15; boxed lunch, \$10-\$12. 610-430-2233; WestChesterRR.net.

THROUGH SEPTEMBER

Morris Arboretum's Summer Garden Railway. Track features loops and tunnels with 15 different rail lines and two cable cars, nine bridges and model trains. 100 E. Northwestern Ave., Phila. Mon-Fri, 10 to 4; Sat, Sun, 10 to 5; Wed til 8, through Sept. \$9-\$17. 215-247-5777; MorrisArboretum.org

THROUGH SEPTEMBER, Thursdays

Brandywine Zoo- Story Time at the Zoo. Enjoy fun animal stories in the otter circle in the main zoo followed by crafts or live animal presentations. 1001 N. Park Dr., Wilmington. Open daily, 10 to 4. \$5-\$7. 302-571-7747; BrandywineZoo.org.

THROUGH NOVEMBER 5, Sundays

Steamin' Days at Auburn Heights. Antique automobiles, trains and tours of the 1897 Marshall family mansion. Marshall Steam Museum at Auburn Heights Preserve, 3000 Creek Rd., Yorklyn, DE. 12:30 to 4:30. \$12-\$19. 302-239-2385; AuburnHeights.org.

AUGUST 2

5th Annual National Night Out Against Crime. The Borough Police Dept. invites

families to enjoy live entertainment, refreshments, kid's activities, police displays, fire and EMS vehicles. Municipal Bldg., 401 E. Gay St., West Chester. 6 to 9. West-Chester.com.

AUGUST 3

TLCs Dog Days of Summer. Dog lovers, owners and friends with their favorite pups are invited to The Land Conservancy of Southern Chester County's beautiful Strelite Woods Preserve for a day of hiking, a costume contest, giveaways, vendors, obedience demonstrations and so much more. 814 Merrybell La., Kennett Square. 6:30 to 8:30 pm. Free. 610-347-0347; TLCForSCC.org.

AUGUST 3, SEPTEMBER 7

Swingin' Summer Thursdays. Aug. 3, Raven Hill Bluegrass; Sept. 7, Munier Mandolin Ensemble. Gay St., between High and Darlington or High and Matlack Sts., West Chester. 6:30 to 9:30. 610-436-9010; DowntownWestChester.com.

AUGUST 10

Eagleview Farmers Market and Movie Night. Lots of special activities during market hours, 3 to 7, including special vendors, farm animals, performances and more. The work at the Chester County Food Bank will be celebrated and they will be collecting donations. The movie, *Ratatouille* starts at 6. Eagleview Town Center, Exton. 610-458-1900; EagleviewTownCenter.com.

AUGUST 11-12

Goschenhoppen Folk Festival. A family event, demonstrating home skills and trades of the Pennsylvania Dutch from about 1750-1880. Henry Antes Plantation, 318 Colonial Rd., Perkiomenville. Fri, noon to 8; Sat, 10 to 6. \$3-\$12. 215-234-8953; Goschenhoppen.org.

AUGUST 13

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

AUGUST 26

East Goshen Food Truck and Music Festival. Plenty of food trucks with tasty food and desserts, bands, performers and kids activities. East Goshen Township Park, 1661 Paoli Pk., West Chester. 4 to 8 pm. Free. 610-692-7171; EastGoshen.org.

ART, CRAFTS & ANTIQUES.....

THROUGH AUGUST 28

GoggleWorks Center for the Arts. "Connections and Disconnections," an exhibition by Star Wheel Printers, a collective of professional artists who support, promote and share printmaking in the area. 201 Washington St., Reading. Daily 9 to 9. Free. 610-374-4600; Goggleworks.org.

THROUGH OCTOBER 1, Weekends

Philadelphia Watercolor Society Art Show & Sale. Benefits Historic Sugartown and will be held at The William Garrett House, 260 Spring Rd., Malvern. Sat, 11 to 4; Sun, 1 to 4. \$5-\$7. Opening weekend, July 1-2, free. 610-640-2667; HistoricSugartown.org.

AUTO SHOW.....

AUGUST 13

New Hope Automobile Show. One of the oldest shows in the country and a showplace for enthusiasts, owners and spectators with great food and music. Benefits student scholarships at New Hope-Solebury High School and Fox Chase Cancer Center. New Hope-Solebury High School, 180 W. Bridge St., New Hope. 9 to 4. \$5-\$10. 215-862-5655; NewHopeAutoShow.com.



EQUESTRIAN EVENTS.....

THROUGH OCTOBER 1, Fridays & Sundays

Brandywine Polo. Spectators picnic and tailgate at the grounds. 232 Polo Rd., Toughkenamon. Friday Twilight Polo—gates open at 5; match at 5:30. Sun, gates open at 1:30; match at 3, \$10-\$15. Cancelled for rain or extreme heat. 610-268-8692; BrandywinePolo.com.

SEPTEMBER 2-4

Ludwig's Corner Horse Show & Country Fair. The Midway features rides and games for children and shopping. There's also a costumed pet parade and Thorncroft Mainstreamers, classic



carriages and a Mounted Parade of Hounds by Kimberton Hunt Club. The Horse Show: daily at 8 am until dusk. 1326 Pottstown Pk., Glenmoore. LudwigsHorseShow.com.

FESTIVALS & FAIRS.....

THROUGH AUGUST 5

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

AUGUST 20-27

The August Quarterly Festival Celebration 2017. The nation's oldest African-American festival celebrating religious freedom, freedom of speech and the right of assembly. Tubman-Garrett Riverfront Park, Rosa Parks Dr., Wilmington. 302-655-5231; AugustQuarterly.org.

FOOD & BEVERAGE.....

AUGUST 26

2017 Lancaster Craft Beerfest. The best breweries locally and from across the country, food trucks and live music. Lancaster Square and Binns Park, 100 block of N. Queen St., Lancaster. 4 to 7:30 pm. Gen. adm., \$40; VIP (early access at 3 to beer garden), \$55; designated driver, \$12. LancasterCraftBeerFest.com.

FUNDRAISERS.....

AUGUST 19

Rock Ford Lobster Picnic. The attire is summer casual and the music is lively. This fundraiser for Rock Ford Plantation returns after a 10 year hiatus. Dinner includes steak, lobster and all the fixings. 881 Rockford Rd., Lancaster. 6 to 10 pm. \$75-\$100. 717-392-7223; RockFordPlantation.org.



MOVIE NIGHT.....

THROUGH SEPTEMBER 7

Eagleview Movie Nights. Bring your blankets, chairs and a picnic dinner. July 26, *The Secret Life of Pets*; Aug. 10, *Ratatouille*, 6 pm, see Family Fun for this date; Aug. 23, *Moana*; Sept. 7, *National Treasure*. Wellington Square, Exton. 7 pm. Free; canned food donations for Chester Co. Food Bank encouraged. 610-458-1900; EagleviewTownCenter.com.

AUGUST 9, SEPTEMBER 6

King of Prussia Town Center Outdoor Movie Nights. Popcorn, raffle tickets for prizes and first 100 guests receive a blanket. Aug. 9, *Moana*; Sept. 6, *E.T.* 155 Village Dr., King of Prussia. 7:30. Free. 484-231-1762; KingOfPrussia-TownCenter.com.



AUGUST 17

Movie Night at Charles A. Melton Center. *Finding Dory*. 501 E. Miner St., West Chester. Dusk. Free. West-Chester.com.

AUGUST 18

Westtown Township Movie Night at Oakbourne Park. Kick back and relax in the park to watch a movie. *Sing*. 1014 S. Concord Rd., Westtown. 8 pm. Free. WesttownPA.org.

MUSEUMS.....

THROUGH SEPTEMBER

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Unplugged” uncovers the private relationship between Chris Sanderson and the Wyeth family. 1755 Creek Rd., Chadds Ford. Thurs–Sun, noon to 4. \$5–\$8. 610-388-6545; SandersonMuseum.org.

THROUGH SEPTEMBER 8

The Demuth Museum. “Robert E. Locher: A Modern Classic,” well known for his illustrations in *Vogue*, *Vanity Fair* and *House and Garden*. 120 E. King St., Lancaster. Tues–Sat, 10 to 4; Sun, 1 to 4. Donation adm. 717-299-9940; Demuth.org.

THROUGH SEPTEMBER 17

Delaware Art Museum. *Through Aug. 27*, “The Cover Sells the Book: Transformations in Commercial Book Publishing, 1860–1920.” *Through Sept. 17*, “The Original Mad Man: Illustrations by Mac Conner.” 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8, free after 4; Fri–Sun, 10 to 4. \$6–\$12, free, Sundays. 302-571-9590; DelArt.org.

THROUGH SEPTEMBER 17

Brandywine River Museum of Art. To mark the 100th anniversary of Wyeth’s birth, the museum presents “Andrew Wyeth: In Retrospect,” the first in-depth chronological examination of Wyeth’s career since 1973. 1 Hoffman’s Mill Rd., Chadds Ford. Daily 9:30 to 5. \$6–\$15. 610-388-2700; Brandywine.org.

THROUGH JANUARY 7, 2018

Winterthur Museum, Garden & Library. “Treasures on Trial: The Art and Science of Detecting Fakes.” 5105 Kennett Pk., Winterthur. Tues–Sun, 10 to 5. \$15–\$30. 302-888-4600; Winterthur.org.

MUSIC IN THE PARKS.....

AUGUST 1–29

Eagleview Town Center Concerts on the Square. *Aug. 1*, Fastball with The Mallett Brothers; *Aug. 8*, Incendio with Katie Frank; *Aug. 15*, Family Night Concert—Trout Fishing in America with Dana Louise & The Glorious Birds; *Aug. 22*, Ian Foster, Harrow Fair, Kendal Conrad; *Aug. 29*, Southern Avenue with No Good Sister. Canned food items requested for Chester Co. Food Bank. Wellington Square, Eagleview, Exton. 7 pm. Free. EagleviewTownCenter.com.



AUGUST 2, 9

Summer Concerts at Anson B. Nixon Park. *Aug. 2*, Kofi Baker’s Cream Experience—Rock

’n’ Roll Legacy; *Aug. 9*, The West Chester Band. Walnut Rd., Kennett Square. 7 pm. Free. 610-444-1416; AnsonBNixonPark.org.

AUGUST 3, 10

Brandywine Red Clay Alliance Summer Music Series. *Aug. 3*, Montana Wildaxe; *Aug. 10*, Cousin Jake. Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. 7:30. 610-793-1090; BrandywineRedClay.org.

AUGUST 5–13

Delaware County Summer Festival. A festival of music and entertainment. *Aug. 5*, 22 Park Ave.; *Aug. 6*, The Plants; *Aug. 9*, U.S. Army Field Band & Soldiers Chorus; *Aug. 10*, Us and Floyd: Tribute to Pink Floyd; *Aug. 11*, Roger Girke & the Blues Social Club; *Aug. 12*, Matt Santry Band; *Aug. 13*, Eric Clapton Music by The Core. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. 7:30. Free. 610-891-4455; Co.Delaware.PA.US.



AUGUST 5–27

Long’s Park Summer Concerts. *Aug. 5*, Tuck Ryan Band and Second Sky; *Aug. 6*, Arlo Guthrie; *Aug. 13*, The Steel Wheels; *Aug. 19*, Pa Mambo Orchestra; *Aug. 20*, Walter Trout and Eric Gales; *Aug. 27*, Dale Watson. 1441 Harrisburg Pk. at Rt. 30, Lancaster. 7:30 pm. Free. 717-735-8883; LongsPark.org.

AUGUST 6

Upper Merion Concert Under the Stars. *Aug. 6*, Craig Bickhardt Family and Friends Festival. Township Bldg. Park, 175 W. Valley Forge Rd., King of Prussia. 6 pm. 484-636-3899; UMTownship.org.

AUGUST, 6, 20

West Goshen Summer Concerts. *Aug. 6*, The Golden Age of Marches with the Upper Darby Sousa Band; *Aug. 20*, Klingon Klezmer. West Goshen Comm. Park, N. Five Points & Fern Hill Rds. 6:30 pm. Free. 610-696-5266; WGoshen.org.

AUGUST 6, 20

Miller Park Summer Concerts. *Aug. 6*, Southern Edge; *Aug. 20*, The Janis Nowlan Band. Albert C. Miller Park, 220 Miller Way, Exton. 6:30. Free. Rain date the following Sun. 610-363-9525; WestWhiteland.org.

AUGUST 12, SEPTEMBER 9

Arts in the Park. *Aug. 12*, Jeffrey Gaines, rain

date, Aug. 13; *Sept. 9*, Eco del Sur, rain date, Sept. 10. Glen Providence Park, 550 W. State St., Media. 5 pm. Free. GlenProvidencePark.org.

AUGUST 16

King of Prussia Town Center—Live @ Town Center. The Mask & Wig Club of the University of Pennsylvania, the nation’s oldest all-male collegiate comedy group. 155 Village Dr., King of Prussia. 6:30. 484-231-1762; KingOf-Prussia-TownCenter.com.

AUGUST 17, SEPTEMBER 15

Concerts at East Goshen Township Park. Not Quitting Our Day Jobs. East Goshen Township Park, 1661 Paoli Pk., West Chester. 4 to 6 pm. Free. 610-692-7171; EastGoshen.org.

MORE MUSIC & ENTERTAINMENT....

THROUGH AUGUST 25

Summer Music Series in Phoenixville. Every Friday (other than First Fridays) enjoy a variety of music acts including bands and singer-songwriter performances through downtown Phoenixville. PhoenixvilleFirst.org.

THROUGH SEPTEMBER 5

Longwood Gardens Summer Concert Series. *Aug. 11*, Okee Dokee Brothers, 6 and 7:30; *Aug. 15*, Del & Dawg—featuring Del McCoury and David Grisman, 7:30; *Aug. 19*, Kennett Symphony, see *August Picks*; *Sept. 5*,

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Julieta Venegas–Parte Mia Tour. 1001 Longwood Rd., Kennett Square. Free with garden adm. 610-388-1000; LongwoodGardens.org.

AUGUST 4–6

20th Annual Riverfront Blues Festival in Wilmington. The blues are back! This outdoor music festival is held at Tubman-Garrett Riverfront Park, Rosa Parks Dr. Check website for line-up and tickets. 302-576-3095; RiverfrontBluesFest.com.



AUGUST 4–13

Musikfest. The site of the nation's largest free, non-gated music festival, Bethlehem comes alive with the sound of all genres of music.



Tickets are required for national headliners such as: Santana, Chicago, Aloe Blacc, Toby Keith, The Band Perry, Jethro Tull ... the list goes on. Visit Musikfest.org for a lineup and to purchase tickets.

AUGUST 6

Opera Libera Presents Don Pasquale. Donizetti's charming comedy performed at Fugett Middle School, 500 Ellis La., West Chester. 3 pm. \$20–\$25; under 18, free. For tickets write: Opera Libera Inc., 1238 Callowhill St., Ste. 602, Phila., PA 19123.

AUGUST 7, 19

The Grand Wilmington. *Aug. 7*, Happy Together Tour featuring The Turtles with Flo & Eddie, \$54–\$70; *Aug. 19*, Todd Barry, \$24. 818 N. Market St., Wilmington. 8 pm. 302-658-7897; TheGrandWilmington.org.

AUGUST 10–SEPTEMBER 7

Uptown! Events at Knauer Performing Arts Center. *Aug. 10*, Opera Tutti! "Summertime and the Singing is Easy," 7 pm, \$15–\$20; *Aug. 19*, "Choreographic Residencies" by Nickerson-Rossi Dance, 2 & 7 pm, \$13–\$27; *Aug. 24, Sept. 7*, Dueling Pianos, 7:30, \$15–\$20. 226 N. High St., West Chester. Uptown-WestChester.org.

AUGUST 11

Brandywine River Museum of Art Concert in

the Courtyard. Blues with Bruce Ewan with Steve "Baby Jake" Jacobs. 1 Hoffman's Hill Rd., Chadds Ford. 7 pm. \$8–\$15. 610-388-2700; Brandywine.org.

AUGUST 12

89th Chester County Old Fiddlers' Picnic. Old-time country music with hundreds of musicians. Kids activities, mansion tours, food and craft vendors. Rain date Aug. 13. Hibernia County Park, Cedar Knoll Rd., West Caln Township. 10 to 4. \$5 parking fee. 610-383-3812; ChesCo.org/CCParks.

AUGUST 18, 25

The Keswick Theatre Presents ... Aug. 18, Beatles vs. Stones: A Musical Showdown, \$29.50–\$58.50; *Aug. 25*, Stephen Stills & Judy Collins with Numa Edema, \$55–\$85. 291 N. Keswick Ave., Glenside. Concerts at 8 pm. 215-572-7650; KeswickTheatre.com.



Local Farm Markets

Bryn Mawr Farmers Mkt., Lancaster Ave. at Bryn Mawr train station parking lot. *Sat, 9 to 1.* FarmToCity.org.

Downingtown Farmers Mkt., Log Cabin Field, Kerr Park, Pennsylvania Ave., Downingtown. *Sat, 9 to 1.* 610-836-1391; GrowingRootsPartners.com.

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

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

Jennersville Mkt., 352 N. Jennersville Rd. *Wed, 3 to 7.* 610-345-1763; Facebook.com/JennersvilleFarmersMarket.

Kennett Square Farmers Mkt., 112 S. Broad St., Kennett Square. *Fri, 3 to 7.* 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; LancasterCounty-FarmersMarket.com.

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

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

Oxford Village Mkt., 3rd & Locust Sts. *Tues, 1 to 5 pm.* 610-998-9494; Downtown-OxfordPA.org.

Pete's Produce Farm, 1225 E. Street Rd., West Chester. *Mon–Sat, 9 to 6:30; Sun, holidays, 9 to 6.* 610-399-3711; PetesProduceFarm.com.

Phoenixville Farmers Mkt., 200 Mill St., Phoenixville. *Sat, 9 to 1.* Phoenixville-FarmersMarket.org.

Pottstown Farmers Mkt., 200 block of High St. *Thurs, 5 to 7:30 pm.* 610-323-5400; PottstownFarm.org.

SIW Farmers Mkt., 4317 S. Creek Rd., Chadds Ford. *Daily, 7 to 6.* 610-388-7491; SIW-Vegetables.blogspot.com.

Swarthmore Farmers Mkt., 432 Dartmouth Ave. *Sat, 9:30 am to 1:30 pm.* SwarthmoreFarmersMarket.org.

Thornbury Farmers Mkt., 1256 Thornbury Rd. *Tues–Fri, 11 to 6, Sat, 9 to 5, Sun, 11 to 5.* ThornburyFarmCSA.com.

Thornton Farmers Mkt., 330 Glen Mills Rd. *Sat, 10 to 1.* Facebook.com/ThorntonFarmersMarket.

West Chester Growers Mkt., Chestnut & Church Sts. *1st, 3rd, 5th Sat, 10 to noon.* 610-436-9010; WestChesterGrowersMarket.com.

Westtown Amish Mkt., 1177 Wilmington Pk., West Chester. *Thurs, 9 to 6; Fri, 9 to 8; Sat, 8 to 4.* 610-492-5299; WestChesterAmishMarket.com.

AUGUST 19

Theatre Organ Society of the Delaware Valley Presents Open Console–Open House. An introduction to the 3/24 Wurlitzer Theatre Pipe Organ. Colonial Theatre, 227 Bridge St., Phoenixville. 10 am. Free. 610-917-1228; TOSDV.org.

AUGUST 20

Community Arts Center—Tri-State Jazz Society Concert. Featuring Richard Dowling, solo piano. Duke Gallery, 414 Plush Mill Rd., Wallingford. 2 to 5 pm. \$20. 610-566-1713; CommunityArtsCenter.org.

OUTDOOR ACTIVITIES.....

THROUGH AUGUST 23, Wednesdays
Walk on the Wild Side at Welkinweir. Pack a picnic and take a guided nature walk around the ponds. 1368 Prizer Rd., Pottstown. 6 to 8 pm. Free. 610-469-4900; GreenValleys.org.

THROUGH SEPTEMBER 13, Wednesdays
Bike and Hike at Hagley Museum & Library. Stroll, jog or cycle the three-mile loop then, on selected evenings, enjoy Dogfish Head craft beers and Woodside Farm Creamery ice cream. Rt. 141. 5 to 8 pm. \$2. 302-658-2400; Hagley.org.



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AUGUST 12, SEPTEMBER 9

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

AUGUST 27

North East Triathlon. 750 Meter Swim, 13 Mile Bike and 3.1 Mile Run. North East Community Park, located at the end of Walnut St. on the Northeast River, North East, MD. For info and registration, Piranha-Sports.com.

THEATER.....

THROUGH AUGUST 13

Ken Ludwig's Moon Over Buffalo. Two fading stage actors take one last shot at stardom. People's Light, 39 Conestoga Rd., Malvern. \$33-\$53. Check website for times. 610-644-3500; PeoplesLight.org.

THROUGH AUGUST 13

Hedgerow Theatre Summer Comedy: Around the World in 80 Days. 64 Rose Valley Rd., Rose Valley. \$35. For tickets, 610-565-4211; HedgerowTheatre.org.

THROUGH AUGUST 27

Alice In Wonderland. A rousing, fast-paced adventure based on Lewis Carroll's classic tale.

Media Music Theatre, 104 E. State St., Media. Check website for show times. \$12-\$15. 610-891-0100; MediaTheatre.org.

AUGUST 3-5

Brandywiners, Ltd.—Disney's Beauty and the Beast. Longwood Gardens Open Air Theatre, Rt. 1, Kennett Square. \$15-\$30 includes garden admission; fountain display after the show. 8 pm. 302-478-3355; Brandywiners.org.

TOWNS, TALKS & TOURS.....

THROUGH SEPTEMBER 30, Wednesdays Stroll, Shop, Dine—Dining Under the Stars in Media. Restaurants offer outdoor dining along State Street, with entertainment and children's activities on each block. 5 to 11 pm. 610-566-5039; VisitMediaPA.com.

AUGUST 3-24

Town Tours and Village Walks. Aug. 3, Powder Mills and More—tour the remains of the original manufacturing complex of the gunpowder mill and barracks; Aug. 10, September 20, 1777: Remember Paoli—the site of one of the bloodiest battles of the Revolutionary War, the Paoli Massacre; Aug. 17, Self-Guided Driving Tour: The Furnace Region during the Revolutionary War; Aug. 24, Walking with Washington, Literally! at Valley Forge. Tours begin at 5:30 pm. Free. Some require registration. 610-344-6923; ChesCo.org/Planning/TownTours.

AUGUST 4, 12, 17

First Fridays, Second Saturdays, Third Thursdays. Aug. 4, First Fridays: **Kennett Square Art Stroll**, 610-444-8188; HistoricKennettSquare.com. **Lancaster City**, 717-509-ARTS; Visit-LancasterCity.com. **Oxford**, 610-998-9494; DowntownOxfordPA.org. **Phoenixville**, 610-933-3070; PhxFirstFriday.com. **West Chester**, 610-738-3350; West-Chester.com. **Wilmington Art Loop**, 302-576-2135; CityFestWilm.com. Aug. 12, Second Saturday Arts Stroll: **Media**, 484-445-4161; MediaArtsCouncil.org. Aug. 17, **Malvern Stroll**, MalvernBusiness.com.

AUGUST 12, SEPTEMBER 8

Wine & Cheese Tours at Wharton Esherick Museum. Tour the Studio then enjoy local wine, cheese and light fare. Res. required. 1520 Horseshoe Trail, Malvern. 4 to 6 pm. \$25-\$30. 610-644-5822; WhartonEsherickMuseum.org. ♦

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

Send a description of your activity to Info@ValleyDel.com by the first of the month preceding publication.

For more events visit:

CountyLinesMagazine.com



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Twilight Battle
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Paoli Memorial Grounds, Malvern PA
For more information: RememberPaoli.org



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Please see website for schedule, admission & directions.

www.ludwigshorseshow.com



Mark Your Calendar!

Marci Tomassone

Fall is a busy time in County Lines country. Here are just a few of the many events you'll find right in our own backyard. Be sure to check our website, sign up for our events newsletter or pick up a copy of the magazine to get updates for hundreds more.

September

2-4, 73rd Ludwig's Corner Horse Show & Country Fair. Equestrians compete alongside country fair fun at this community event. Rt. 100, Ludwig's Corner, Glenmoore. 610-458-3344; LudwigsHorseShow.com.

8-10, 20th Radnor Hunt Concours d'Elegance. Nationally recognized motor car exhibition and other car events. Radnor Hunt, 826 Providence Rd., Malvern. 610-644-4439; RadnorConcours.org.

9, Phoenixville Blues Festival. Local, talented musicians gather at Reeves Park for a day of the blues, great food and activities. 2nd Ave. and Main St., Phoenixville. PvilleBlues.org.

9, Pints in the Square. Celebration of local craft brewing, active lifestyles and the community. Activities for the whole family. Ellis Preserve, 3801 West Chester Pk., Newtown Square. PintsInTheSquare.com.

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



14-17, Devon Fall Classic. Fun for the whole family at Devon's historic show grounds, featuring the Zone 2 Jumper Finals, food, shopping, entertainment and more! Devon Horse Show Grounds, Lancaster Ave., Devon. 610-688-2554; DevonHorseShow.net/Fall-Classic.

14-17, Plantation Field Horse Trials & Fair. Top international riders compete in dressage, crosscountry and show jumping. 387 Green Valley Rd., Unionville. 484-883-2917; PlantationFieldHorseTrials.com.

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

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

17, Chester County Restaurant Festival. Over 70 restaurants serve up their best to sample, plus other vendors. Gay & Market Sts., West Chester. Rain date, Sept. 24. 610-436-9010; DowntownWestChester.com.

26-Oct. 1, Dressage at Devon. Top horses and riders from around the world compete. Festival Shops, too. Devon Horse Show Grounds, Lancaster Ave., Devon. 610-517-0849; DressageAtDevon.org.



30, Brandywine Conservancy & Museum of Art's Bike the Brandywine. In celebration of the 50th anniversary, take a bike ride around the Brandywine Creek Greenway. 610-388-2700; Brandywine.org/BikeRide.



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

October

1, Marshallton Triathlon. Bike, canoe and pace-walk at this family-friendly event with music, food and drink. Benefits West Bradford Fire Co. Rt. 162, Marshallton. MarshalltonTriathlon.net.

5-7, King of Prussia Beerfest Royale. Craft and international beer, live bands and KOP's finest food. Under grand tents, outdoors at King of Prussia Mall. KOPBeerfest.com.

6-8, Main Line Antiques Show. The only antiques show on the Main Line. Benefits Surrey Services for Seniors. 610 King of Prussia Rd., Radnor. 484-580-9609; MainLineAntiquesShow.com.

6-8, Delaware Auto Show. Find your next car at this family-fun event where you can see the latest 2018 models all in one place. Benefits Exceptional Care for Children. Chase Center on the Waterfront, 815 Justison St., Wilmington. 302-324-2543; DelawareAutoShow.com.

7, 77th Chester County Day Tour. Walking tour of Marshall Square Park area in West Chester Borough and the northwest quadrant of Chester County. Benefits Chester County Hospital. 610-431-5301; ChesterCountyHospital.org.



7, Paoli Blues Fest. For blues lovers and just about anyone who likes to eat, dance, shop and enjoy great music. Plus a beer garden and KidZone. New location: Paoli Presbyterian Church, 225 S Valley Rd., Paoli. PaoliBluesFest.com.

7, Phoenixville Food Festival. Includes food trucks, local restaurants, great vendors and musical acts. Free shuttle service in the Borough. PhoenixvilleFoodFestival.com.

15, Dilworthtown Inn Wine Festival—Crush Cancer. Great wines to sample and buy, a silent auction, car show, shopping. Benefits Chester County Hospital. 1390 Old Wilmington Pk., West Chester. 610-431-5329; ChesterCountyHospital.org.



November

19-21, The Great Pumpkin Event. 60 carvers participate in this traditional pumpkin carve and show. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. 610-388-7376; ChaddsFordHistory.org.

5, 83rd Running of PA Hunt Cup. Timber racing, tailgating, carriages. Benefits Chester County Food Bank, Work to Ride and Upland Country Day School. Rt. 926 & Newark Rd., Unionville. 484-888-6619; PAHuntCup.org.

8-12, The Philadelphia Museum of Art Contemporary Craft Show. This premier show and sale includes 195 of the finest and most dynamic craft artists in the country. PA Convention Center, 12th & Arch Sts., Philadelphia. 215-684-7930; PMACraftShow.org.



14-19, The Playhouse on Rodney Square—The Wizard of Oz. The entire family will be captivated as they travel down the Yellow Brick Road and beyond. DuPont Bldg., 1007 N. Market St., Wilmington. 302-888-0200; ThePlayhouseDE.org.

15-Jan. 14, Media Theatre—Disney's Beauty and the Beast. The film comes to life in this romantic and beloved take on the classic fairytale. 104 E. State St., Media. 610-891-0100; MediaTheatre.org.

15-Jan. 7, People's Light—Aladdin: A Musical Panto. This seasonal Panto is always a family treat, full of fun and audience participation. 39 Conestoga Rd., Malvern. 610-647-1900; PeoplesLight.org.

18-19, Kennel Club of Philadelphia National Dog Show. Top breed dogs contend for Best In Show. Nov. 18 is The National Dog Show, to be broadcast nationwide on Thanksgiving Day. Greater Phila. Expo Center, 100 Station Ave., Oaks. 484-362-2682; NDS.NationalDogShow.com. ♦



Public Gardens for Public Good

Lisa Stephano,
Greater Philadelphia Gardens

ENJOY 30+ PUBLIC GARDENS
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Chanticleer

SPENDING A DAY IN THE GARDEN HAS NEVER BEEN better than right here in America's Garden Capital. This region is home to more than 30 gardens within a 30-mile radius of Philadelphia that boast hundreds of acres of blooming gardens, carefully curated tree-filled green spaces and so much more.

Visitors to these magical places come away with a deeper appreciation of the power of nature and its effect on our lives. They find solace, learn a new skill at the hundreds of sponsored workshops, discover a new variety of a favorite flower and enjoy special events all year long.

And the "show" is ever-changing. The sheer quantity and quality of plants—blooming all year—provide a continual fount of inspiration.

GARDEN FUN FOR ALL AGES

A key ingredient of the overall public garden experience is learning while doing. While all the gardens provide classes and activities for adults, many within the Greater Philadelphia Gardens group—a consortium that represents and promotes this area's public gardens—have added features and programming designed for school-age children, connecting them with the natural world.

Hands-on workshops, field trips and excursions abound, and, no surprise, bugs are BIG with kids! The gardens have offered everything from Cricket Radio featuring night-singing insects to feeding time for carnivorous plants.

The gardens are also places of higher learning, such as at Morris Arboretum in Philadelphia that serves as a center for botanical research studying such things as the evolution, taxonomy, anatomy and morphology of plants.

You'll find schedules for classes, workshops and other activities on individual garden websites, which are updated seasonally.



Morris Arboretum



Hagley

BEAUTY AND ECONOMIC BENEFIT

Growing plants, connecting people of all ages and backgrounds to nature, providing places for reflection and inspiration—these are all by-products of public gardens. And they are also important and relevant attributes of healthy communities. These treasured spaces provide much needed economic benefit to our region.

Some 2.5 million people, ranging from international tourists to school groups to local residents, come here to experience spectacular estate gardens like Chanticleer in Wayne, Mt. Cuba Garden Center in Hockessin, Delaware, and Longwood Gardens in Kennett Square. These same people are visiting and appreciating the pure beauty found in the bucolic settings of Scott Arboretum in Swarthmore, Tyler Arboretum in Media, and Winterthur in Winterthur, DE.

While all our gardens are places of beauty and respite, their economic impact on the surrounding region is equally profound and little understood, until now.

A recent study found the economic impact of the 30-plus member institutions of Greater Philadelphia Gardens—located in the 11-county Philadelphia region (in Pennsylvania, New Jersey and Delaware)—to be about \$256 million a year. This includes more than 1,500 jobs with workers (both garden employees and service providers) earning \$79 million.

"We have long felt that gardens brought significant benefits economic and otherwise to the area," said Matt Rader, president of the Pennsylvania Horticultural Society. "There's a real role for our region's public gardens. This study shows how public gardens create jobs, support local businesses, influence

property values, and contribute to quality of life and overall economic development. Their value cannot be underestimated."

GARDEN IMPROVEMENTS

Area gardens also continue to make physical improvements to their properties. The garden consortium members have recently spent about \$116 million on construction projects.

You can see the results most notable in the major investment made by Longwood Gardens to replace their 83-year-old fountains and add new water choreography. One result of this work, "New Heights: The Fountain Revitalization Project," recently opened to rave reviews and record crowds.

Other recent projects include the renovation of the house at the Winterthur Museum, Garden & Library, and the additions at Bartram's Garden, which include the new Ann Bartram Garden and a mile-long hiking trail.

"Each year, public gardens continue to grow their audience and visitor numbers. The American Public Gardens Association represents more than 400 public gardens across the country. Greater Philadelphia Gardens is an ideal model of a gardens' collaborative, and the findings of this study will help other gardens to demonstrate their value," says Casey Sclar, Executive Director of the American Public Gardens Association.

As the summer winds down and life returns to the rhythms of school and holiday planning, be sure to include a family visit to your local public gardens. These gardens are a refreshing and evergreen example of the beauty that abounds in our region. ♦

Founded in 1989, Greater Philadelphia Gardens is a consortium of more than 30 public gardens, arboreta, historical landscapes and supporting organizations located within 30 miles of Philadelphia. Find out more at AmericasGardenCapital.org, #AmericasGardenCapital.



Longwood Gardens

PHS Meadowbrook Farms

Barn Weddings are the Height of Rustic Chic

This trend has legs! Millennial couples are searching for open, welcoming, comfortable spaces to celebrate this milestone, and barns are their thing. No more big-budget bridezillas with ten-foot chocolate fountains, the

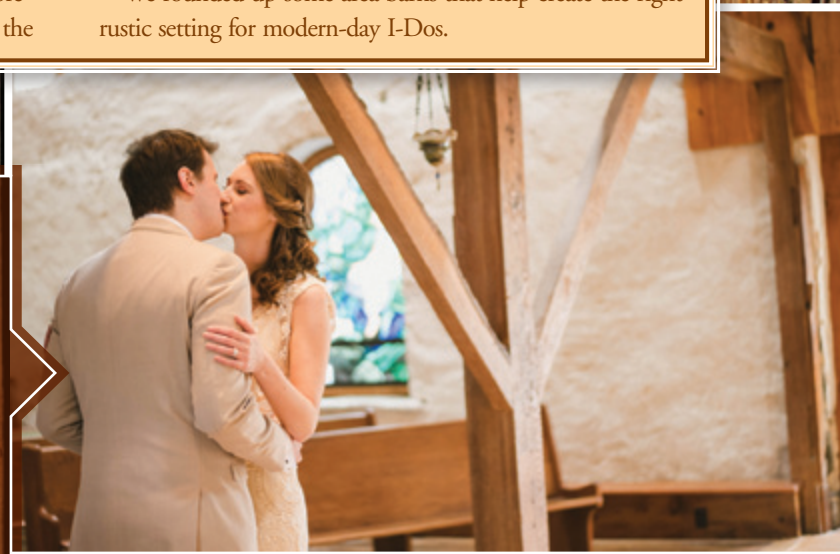
refreshing perspective of many weddings these days includes wildflowers, tiny lights and of course, Mason jars.

We rounded up some area barns that help create the right rustic setting for modern-day I-Dos.

BARN AT BOURNELYF

The Barn at Bournelyf—meaning stream of life—is a non-denominational, community church on 21 acres with an arboretum-like feel. A converted 1792 bank barn is available for the ceremony, with access to gardens and grounds—with pond, labyrinth, butterfly garden. Mainly a wedding ceremony site, with room for small receptions (40pp), the venue has agreements with local historic reception sites. Barn (150pp), Sanctuary (140pp), 1850 Manor House (35pp), Multipurpose room (52pp), Grotto (10pp), outdoors (unlimited).

1066 South New St., West Chester
610-517-8698 / 484-574-6631; Brinehart4.wixsite.com



THE BARN ON BRIDGE

This recently renovated 18th-century dairy barn is the perfect blank canvas for painting a vision of your dream wedding. Full of authentic details like original stone walls, warm tones and a catwalk connecting two lofts, the barn's capacity is expanded with a permanent tented space and includes other modern amenities for your comfort. Enjoy the outdoor sites on the lawn—with room for lawn games—or the upper and lower gardens overlooking the creek and wooded fields and accented by a charming white fence. Catering and bar provided by Robert Ryan Caterers. 200pp.

385 Bridge St., Collegeville, 610-287-8771; BarnOnBridge.com



BRANDYWINE MANOR HOUSE

On 85 acres of rolling meadows with an illuminated lake, country gardens and majestic trees, this venue has picturesque views and backdrops for your unforgettable day. Choose from five outdoor ceremony sites—Lakeview, Garden Terrace, Oak Grove, The Glen, Open Hearth Patio—two sites in the 1790s Manor Barn, along with two reception venues, including the Manor Barn and tented Crown Ballroom. Plus lighted gazebos, fireplaces, pergola, footbridges, waterfalls and arbor. Four rooms at the Manor House are available to rent. Outside caterer fee. 300pp. 120 Germany Hollow Rd., Honey Brook; 610-942-2200; BrandywineManorHouse.com



INN AT GRACE WINERY (SWEETWATER FARM)

The completely restored 1750s stone bank barn is set on 50 lush acres, with a manor house, inn and vineyard—plenty of room for a special celebration. Sweetwater Wood and Grace Winery are just a few backdrops for a memorable barn wedding in the

newly renovated event space. Note: you must reserve all rooms at the Inn and cottages for the weekend, use the exclusive caterers, and end festivities by 10 p.m. 140 pp (100 in winter).

50 Sweetwater Rd., Glen Mills
610-459-4711; GraceWinery.com

THE GABLES AT CHADDS FORD

The Gables at Chadds Ford offers a charming, sophisticated, rustic 1897 bank barn with exposed timber framing, raised gabled ceiling (of course), and wall of French windows in the heart of the Brandywine Valley. The new wedding and party terrace, which can be tented, offers seasonally landscaped open-air space and oozes charm, with a three-tier fountain and waterfall in the stone wall. This full-service banquet facility uses the same award-winning kitchen, under Chef Dave Wenerd, and seasonal ingredients as the popular onsite restaurant. They'll work to customize the details of your dream day. 140pp.

423 Baltimore Pk., Chadds Ford, 610-388-7700; TheGablesAtChaddsFord.com



LIFE'S PATINA AT WILLOWBROOK FARM

Nestled on a 15-acre converted farm property, Life's Patina at Willowbrook Farm has unparalleled spots for wedding photo opps. An 1800s stone bank barn creates a rustic yet elegant stage for your artfully curated event. The venue includes farm tables, vintage chairs and a design consultation.

Since the owner collects and sells vintage décor, there's an option to rent additional vintage props, along with custom styling for a unique event. Sept.—July, 5-hour rentals, with option to extend. Two exclusive caterers. 100pp.

1750 N. Valley Rd., Malvern,
610-952-2254; LifesPatina.com



THOUSAND ACRE FARM

A different kind of barn venue—one with water views from every window plus heat, AC, a handicapped lift, modern bathrooms, yard games and hay rides. Thousand Acres Farm offers sweeping marshland and waterfront views with sunset backdrops. The 8,000-square-foot, new, Amish-built barn seats 180 inside (more room in tents outside) and boasts a loft and lounge overlooking the first floor. A gazebo and arbor anchor outdoor ceremony sites. 12-hour rental, with options to extend. Can bring your own liquor. No sales tax. 180pp inside, more outside.

260 Reedy Point Rd., Middletown, DE
443-922-6637; ThousandAcreFarm.com





More Barn Venues

CHESTER COUNTY

THE BARN AT STONYBROOKE
4740 Lower Valley Rd., Arden
717-723-5183; TheBarnAtStoneybrooke.com

THE HIGH POINT AT ST. PETER'S
2475 St. Peter's Rd., Malvern
610-644-2261; TheHighPointGV.com

THE STONE BARN
100 Stone Barn Dr, Kennett Square
610-347-2414; TheStoneBarn.com

DELAWARE & MONTGOMERY COUNTIES

JOHN JAMES AUDUBON CENTER
1201 Pawlings Rd., Audubon
267-455-3521; JohnJamesAudubon.org

MEREDITH MANOR
2270 Pottstown Pk., Pottstown
610-469-1700; WeddingWire.com

MOYO
4335 Skippack Pk., Schwenksville
610-584-1108; MOYO-Yoga.com/Venue

NORMANDY FARM
1401 Morris Rd., Blue Bell
215-616-8500; NormandyFarm.com

TYLER ARBORETUM
515 Painter Rd., Media
610-566-9134; TylerArboretum.org

AND BEYOND...

BARN AT SILVERSTONE
62 Bowman Rd., Lancaster
855-687-8920; TheBarnAtSilverstone.com

FARM AT EAGLES RIDGE
465 Long Ln., Lancaster
717-584-5179; FarmAtEaglesRidge.com

HARVEST VIEW BARN AT HERSHEY FARMS
338 Sunmyburn Rd., Elizabethtown
717-665-7284; HarvestViewBarn.com

LAKEVIEW FARM
3440 Admire Rd., Dover
717-825-1121; LakeviewFarmEvents.com

The High Point at St. Peter's

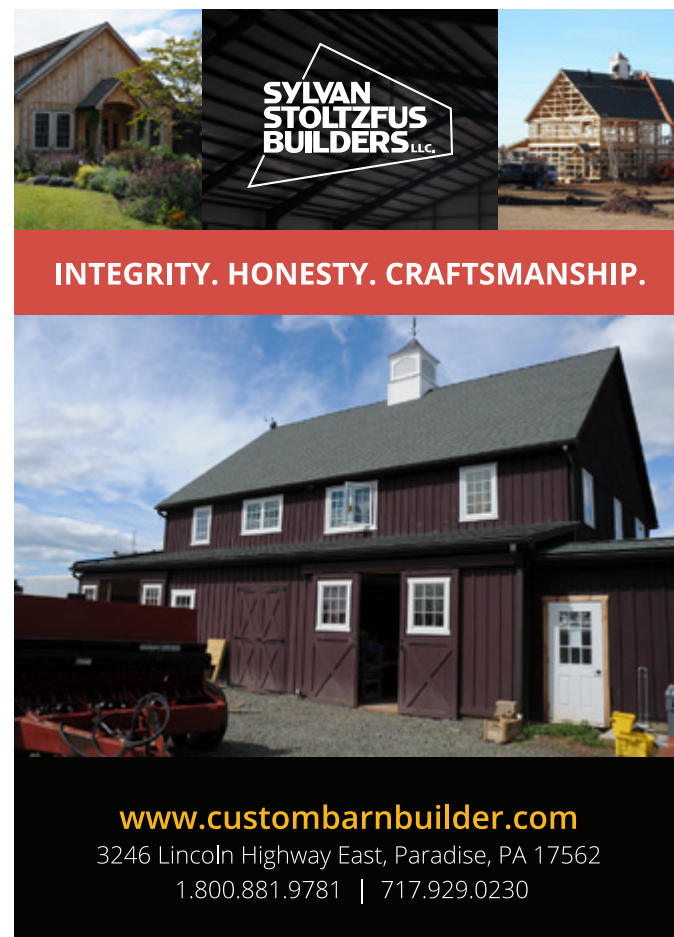
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MALVERN ON YOUR MAP

Laurel Anderson

HISTORY, ART AND COMMUNITY EVENTS MAKE MALVERN
A PLACE TO PUT ON YOUR MUST-VISIT LIST.
EVEN ATLAS OBSCURA AGREES.

YES, *ATLAS OBSCURA*, THE DEFINITIVE GUIDE TO the world's wondrous and curious places, includes two Malvern sites among the 184 recommendations for Pennsylvania points of interest, alongside Philadelphia's Magic Gardens of mosaics and Pittsburgh's Robot Hall of Fame. (A side note: Malvern is the only Main Line town to make the cut and get on the list.)

During this most recent visit to Malvern, we're not returning to the unique boutiques, range of restaurants, community murals and delightful new-ish art gallery cum studio (that's you Gallery 222) that we've featured in past years.

Instead of strolling the half-mile main business district located off Lancaster Avenue and along Malvern's King Street—conveniently done during Third Thursday Malvern Strolls—we'll explore some sites beyond the downtown strip and highlight events that make Malvern a small town with, as they say, a big heart.

ATLAS OBSCURA'S #57 AND #68 TOP PA SPOTS

Along a stretch of railroad tracks south of Lancaster Avenue is Duffy's Cut, the site of the mass grave of 57 Irish immigrant workers who died in August 1832, of cholera—all within two months. According to the official state historic marker at the intersection of King and Sugartown Roads, the workers had recently arrived in the U.S. and were employed by a construction contractor named Duffy to work on the Philadelphia and Columbia Railroad.

Prejudice against Irish Catholics contributed to the denial of care and lack of proper burial for the workers. Their illness and death typified the hazards faced by many 19th-century immigrant workers and are being investigated by the Duffy's Cut Project.

Visitors can explore the Duffy's Cut Museum at Gabriele Library, *Immaculata University*, 1145 King Rd., *Immaculata*.

At number 68 on *Atlas Obscura's* list is the Wharton Esherick Museum. A National Historic Landmark for Architecture, Esherick's uniquely designed hilltop studio/residence, with more than 300 of his works, has been preserved much as it was when the artist lived and worked there. For those unfamiliar with his work, Esherick was called "Thoreau in wood" and inspired the Studio Furniture Movement, with works ranging from organic Arts & Crafts pieces, to sharp-edged Expressionists objects, to curvilinear free forms for which the artist is best known.

Visit Aug. 12, Sept. 8 and 23, Oct. 7 and 21 for Wine & Cheese Tours, 4 to 6 p.m., reservations required. 1520 Horseshoe Trail. WhartonEsherickMuseum.org.

MALVERN HISTORIC SITES

Despite its name, the Paoli Battlefield Historic Park is actually located in Malvern. On the national Register of Historic Places and home to the second oldest war memorial in the U.S., this 40-acre park is the site of the Paoli Massacre where the British routed General "Mad" Anthony Wayne's troops on September 20, 1777.

Visit on August 10, when Town Tours & Village Walks hosts a free evening tour of the Paoli Battlefield, from 5 to 7:30, featuring re-enactors who portray Continental soldiers and their British counterparts and explain what life was like in the 18th century. Return September 23 for the 5th Annual Paoli Battlefield Heritage Day, 11 to 4 p.m. In 2018, come for the Malvern Memorial Parade, the oldest, continuously-held Memorial Parade in America, dating back to 1868. *Monument & Wayne Aves., PBPFInc.org*.

Malvern is also home to Historic Sugartown, a preserved 19th-century rural village providing an authentic experience of life at that time. Several buildings remain largely intact, so you can visit the 1880s general store, inn, 19th-century school room exhibit, bank barn, carriage museum and book bindery with bookbinding and paper marbling workshops offered by a bookbinder trained at Colonial Williamsburg.

Shugart's Sunday returns to Historic Sugartown on September 17, with BBQ & Bluegrass, plus country-style family festivities. Enjoy great food, music and family fun events including hayrides in the village originally known as Shugart's Town. 2 to 6 p.m. Guided tours Sat., 11 a.m. to 4 p.m.; Sun., 1 to 4 p.m. 690 Sugartown Rd. HistoricSugartown.org.

MALVERN LANDMARKS

Many who live outside Malvern make regular visits to two top attractions for great theater performances and equestrian events.

People's Light is one of Pennsylvania's largest professional non-profit theaters and is known for its resident company of artists, eclectic mix of productions and innovative work with young people. The theater produces about eight plays each season, mixing world premieres, contemporary plays and fresh approaches to classic texts. Running through August 13, Ken Ludwig's *Moon Over Buffalo* is the final show in the 2016–17 season.



Duffy's Cut Historic Marker



Paoli Battlefield and War Memorial



Historic Sugartown, a 19th-century rural village



People's Light's Holiday Panto, *Aladdin*



Radnor Hunt Concours d'Elegance

A favorite holiday tradition is attending People's Light's Holiday Panto. Running for almost two months, from November 15 to January 7, this year's panto will be based on the story of Aladdin. Make your reservations early to see the hilarious adventure that ensues when the young ne'er-do-well Aladdin and his animal pals find a mysterious lamp. Cheer the heroes and boo the villains during a production full of audience participation and fun for fans from five to 105. 39 Conestoga Rd. PeoplesLight.org.

Different kinds of events happen at Radnor Hunt, surrounded by 6,000 acres of preserved open-space in the Willistown Township section of Malvern. Founded in 1883, Radnor Hunt hosts the oldest foxhunt in the U.S., recognized by the Masters of Foxhounds Association of America. Also the site of tennis, trap shooting and pony club events. Radnor Hunt hosts 20,000 fans each May for the Radnor Hunt Races, the spring tradition of steeplechasing in the open countryside. The timeless beauty and breath-taking views make this a sought-after venue for special events, including the upcoming Radnor Hunt Concours d'Elegance car show and fundraiser, September 8–10. 826 Providence Rd. RadnorHunt.org.

COME FOR COMMUNITY EVENTS

A small town with big charm, Malvern Borough is located off the beaten path of Route 30, making it different from most other towns on the Main Line. This former industrial railroad town has the feel of a warm community, with a growing list of amenities, including a refurbished train station, public art—a collection of outdoor murals and a future Arts on the Lawn project with life-size painted dog statues, Adirondack chairs and picnic tables—and a full calendar of events year-round. ♦



Malvern Stroll on Third Thursdays

MALVERN EVENTS

Enjoy the community feel at these events, all year long.

THIRD THURSDAYS, MALVERN STROLL
Sip, shop and dine while shops are open late, restaurants offer specialties and musicians dot King Street. *GrowingRootsPartners.com.*

THROUGH NOV., FARMER'S MARKET
Saturdays are market days with fresh, healthy and local fare. Check for specials and events. *Burke Park, off of Warren Ave., south of King Rd. 9 to 1. GrowingRootsPartners.com.*

SEPT. 10, MALVERN HARVEST OKTOBERFEST & BARK IN THE PARK
Enjoy a beer garden, music, shopping, kids activities (inflatables, games, prizes), delicious food from top area food trucks and more. *Bark in the Park* hosts pups needing good homes. Visit dog rescues and other dog-centric exhibitors. *Along King St. and in Burke Park. 11 to 4. Malvern-Festivals.com.*

SEPT. 17, SHUGART'S SUNDAY BBQ & BLUEGRASS See the article for details. *690 Sugartown Rd., 2 to 6 p.m. \$12–\$40. HistoricSugartown.org.*

DEC. 1–2, VICTORIAN CHRISTMAS
Begin in Burke Park for the tree lighting. Then stroll King Street, visit shops, enjoy music, children's shows, carriage rides, caroling, art show, Santa and more. *King St. and in Burke Park, MalvernsVictorianChristmas.org.*

DEC., A SUGARTOWN CHRISTMAS
Explore the historic village and learn about Victorian Christmas traditions. Decorate cookies in the carriage museum and make Victorian-style ornaments and cards. *690 Sugartown Rd., 11 to 4. \$6. HistoricSugartown.org.*

MAY 2018, MALVERN BLOOMS
A community festival with music, arts and crafts, vendors, kids activities, food court, food trucks and more. *Along King St. and in Burke Park. 11 to 4. Malvern-Festivals.com.*

MEMORIAL DAY WEEKEND, MALVERN COMMUNITY SPAGHETTI DINNER
Enjoy dinner in Malvern Memorial Park on Monument Avenue with Malvern Farmers Market as host and spaghetti and meatballs prepared by Anthony's. Then, on to the Malvern Memorial Day Parade and Family Fun Day, plus a patriotic concert. *Monument Park, Monument & S. Warren Aves. MalvernBusiness.com.*



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STRIKE A Perfect POSE

Mary Irene Dolan

PETS GET STAR
TREATMENT
THANKS TO PRO PET
PHOTOGRAPHS AND
PAINTERS

IN A TIME OF NON-STOP SELFIES AND 24/7 SOCIAL MEDIA, WE'RE free to capture every moment, no matter how special. And, with our pets doubling as our BFFs, it's no wonder they're one of our most photographed subjects—with dogs at the top of the list, according to Google Photos (sorry, cats!).

And who can blame us? Our pets' cuteness knows no limits—just check out the *County Lines'* Cutest Pet photo contest in this issue for handy proof. In fact, we're so crazy about images of our furry friends that there's a booming specialty in professional pet photography and pet portraiture for their images in oils. Chalk it up as another addition to the growing pet-economy of high-end doggie daycare and precious pooch birthday parties.

Think pet artists lucked out on the Best Job Ever award? Our local photogs and painters are here to tell you that, well ... yes, they did. And proud pet parents are keeping them plenty busy!

PRESERVING MEMORIES

A big reason we take photos is to remember. We want to freeze our pets' adorable moments—the wide-eyed faces, funny poses and antics—into something tangible.

Christina Cookson of Wag Your Tail Photography understands that desire perfectly. Although pet photography may be an overlooked and underrated type of photography—compared to weddings, newborn or engagement services—she believes it's gaining popularity thanks to our urge to preserve the much-too-short time we have with our “furkids,” as she calls them.

“We love our pets like we love our children,” Christina notes. “And for some of us, including myself, they are our only children.” Pet photography lets us document that special relationship with our fuzzy family members and honor their importance in our lives.



Sometimes we want to capture that bond before it's too late. In fact, that's how Lauren Kaplan of Pet Imagery launched her career as a pet photographer. "While I was working different photography jobs after college, our family dog, Norma, became sick and started a rapid decline in her health," says Lauren. "I wanted to take as many photos of her as possible to keep her with me."

That's when Lauren realized she could offer the gift of quality photo memories to others.

Whether it's a newborn puppy or an

aging cat, pet owners love showing off their furry friends—on social media, their office desk or their home's walls. And many of our attention-seeking pets love showing off, too! Only this time they won't have to photo bomb your selfies for a spot in the limelight!

"Senior pets especially love the camera time," says Lauren. "The new experience revives them with energy and excitability like they had in their younger years."

These photos are a treat for owners, and having special images allows pet parents to remember their fur babies (no matter how old!) at their best.

GO TO A PRO

Although your smartphone may do the job for snapping everyday moments, a professional camera can't be beat, especially when the subject is running in circles or jumping in the air.

"You'll get stunning, artistically composed images that can be printed to virtually any size and medium," says Christina Cookson. And distracting details like leashes or flyaway hairs are easily Photo-shopped away in the production process.

But a high-tech camera and superior editing skills aren't the only reasons to visit a pro. In many ways, "you're not just purchasing professional images, you're sharing a very special and fun experience," says Christina.



And since you're not the one behind the camera, you can be in front of it and join in the modeling fun with your pet! "A photo session is a great way for busy owners to spend some focused bonding time with their animals," notes Lauren Kaplan. Plus being there beside your pet and not fiddling with your phone will help the star of the photo shoot cooperate and feel comfortable with the human they know best.

"The goal of a session is for everyone to be relaxed and let things happen naturally," Lauren says. So instead of a static, stiff stock-photo image, you get a candid gem capturing your pet's unique and quirky personality.

Many photographers are happy to shoot wherever your pet feels most at home—from your cat's throne in your living room to your dog's favorite park.

And don't worry about your frisky furry friend being too much of a handful! The pros are used to animals' unpredictability and likely have a few tricks to get your pet



to focus on the camera and show their best side for the perfect picture.

AN ARTIST'S BEST FRIEND

In addition to the companionship and happiness our pets bring to our lives, they can also be an inspiration. From Salvador Dali's ocelots, Andy Warhol's and Pablo Picasso's beloved dachshunds to Frida Kahlo's many animals friends—including monkeys, macaws and a fawn!—pets are both

muses and companions to artists everywhere.

Closer to home, Philadelphia-based artist Jay McClellan began his journey in dog portraiture thanks to two very special canines, Tip and Honey. "I really connected with them," says Jay. "My relationship with them built the foundation for all my dog paintings."

Best known for his lively works gracing the walls at White Dog Café's Haverford and University City locations, Jay paints for himself and does commissioned works for pet owners—from big names like Chase Utley to his close friends.

Jay's dogs Tip, Honey and Lucky are the main inspiration behind Marty Grims' White Dog Café collaborations—with Honey being the most "famous" thanks to her striking, large-scale portrait in the Haverford café (pictured above).

"My paintings are a combination of the dog's personality, the colors and the patterns that interest me," says Jay. He loves getting to form that special connection with each dog and share that with the people he works with. In return, his clients get a unique, vibrant perspective of their canine companion that they can treasure for years to come.

From candid snapshots to artsy portraits, our furry friends have numerous options to make them feel like a superstar—and pet parents get to cherish the memories that make our pets the stars of our lives. ♦

PET RESOURCES

Pet Imagery by Lauren Kaplan
Photography
PetImagery.com

Wag Your Tail Photography
WagYourTail.Photography

Jay McClellan Studio
JayMcClellan.com



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Cutest Pet Contest!

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

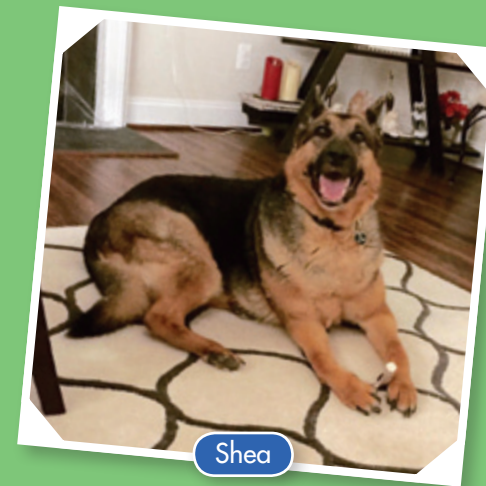
★ Check the rules on our website!



Caprio



Wobbles



Shea



Juno



Harry Raton



Gio



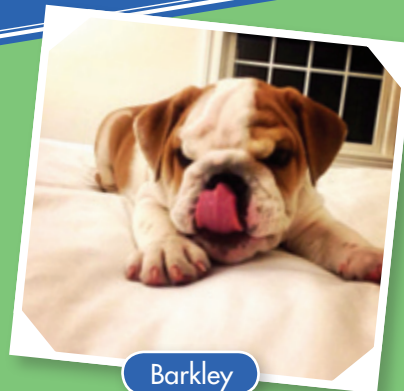
Luna



Lola



Zink, Rosco & Muzzy



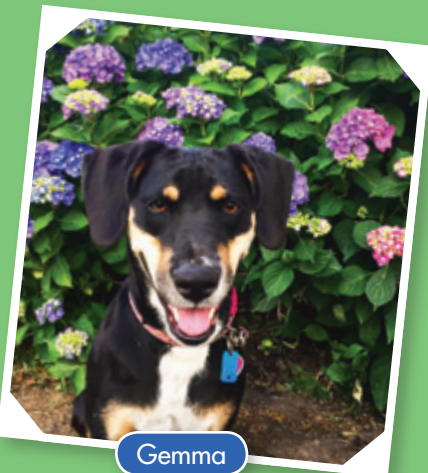
Barkley



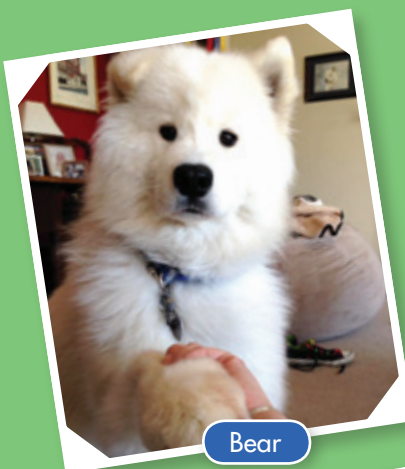
Riff Raff



Snickers



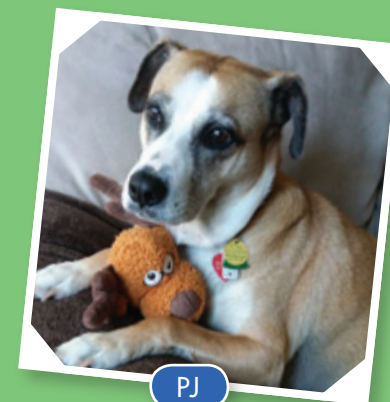
Gemma



Bear



Oats



PJ



Kona & Kahlua



Oakley



Gus

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

A Closer Look at Women's Health

HEALTH PROFESSIONALS
SHARE THEIR ADVICE



For this closer look at women's health issues, we asked local experts to remind us of best practices, latest developments and their advice to patients on four issues.

Dr. Baohuong Tran of Chester County Hospital urges healthy pregnant women to exercise—after checking with their doctors—and recommends some safe activities and identifies possible risky choices. From the Bryn Mawr Skin & Cancer Institute, Dr. Noushin Heidary has advice about acne—first-line treatments, alternative approaches and in-office procedures—and notes that this concern is not limited to teens.

Managing menopause is the topic by Dr. Beverly Vaughn of Lankenau Medical Center, covering what to expect and how to find relief from this natural stage in life. And finally, MDVIP's Dr. Elana Kripke shares advice about the building blocks of healthy aging and how to enjoy productive aging with some simple lifestyle changes.

We hope you find something helpful in these pages. And here's to your health!

Exercise for a Healthy Pregnancy

Dr. Baohuong Tran, Chester County Hospital

WOMEN WITHOUT MAJOR MEDICAL OR OBSTETRIC COMPLICATIONS SHOULD BE SURE TO EXERCISE.

CONGRATULATIONS ON YOUR PREGNANCY! IT MAY seem like the perfect time to sit back, relax and enjoy your good news. But, this good news is a great incentive to examine your exercise program. In fact, regular exercise throughout pregnancy is beneficial for most women.

Exercise improves physical fitness, helps with weight management, reduces the risk of gestational diabetes, reduces low back pain, and enhances psychological wellness and sleep—all important benefits. The American College of Obstetrics and Gynecology recommends at least 30 minutes of moderate exercise daily for five to seven days per week, unless there's a medical or pregnancy complication. Even pregnant women who haven't been active previously can begin with as little as 10 minutes of exercise a day.

WHAT ARE THE BENEFITS AND RISKS OF EXERCISING?

As your healthcare provider will tell you, there are many significant benefits of exercise during pregnancy. Regular physical activity can prevent excessive weight gain, which is known to complicate pregnancy and contribute to obesity. Exercise also maintains and improves muscle tone, strength and endurance. It reduces back pain, pelvic girdle pain and other orthopedic symptoms associated with pregnancy. And, Kegel exercises have been shown to reduce symptoms of urinary incontinence.

Studies have also shown that exercise has potential benefits of reducing the risk of gestational diabetes, preeclampsia (high blood pressure with or without protein in urine), macrosomia (large baby) and caesarean delivery. More reasons to work exercise into your schedule.

Although exercise during pregnancy is generally good for both mother and baby, medical problems such as asthma, heart disease or diabetes may prevent you from exercising. Certain medical conditions can make exercise during pregnancy more dangerous. These include pregnancy-induced hypertension, incompetent cervix (weak cervical tissue), preterm labor during your current or previous pregnancies, threatened or recurrent miscarriage, persistent vaginal bleeding or spotting, placenta previa (placenta partially or completely covers cervix), and preeclampsia.

If you have any of these conditions, you should seek guidance from your healthcare provider before you start exercising.

WHAT ARE SAFE EXERCISES?

In general, women without major medical or obstetric complications should engage in moderate-intensity exercise 30 minutes a day, five to seven days per week. For moderate intensity, you are active while still being able to carry on a conversation during exercise.

continued on page 63

Baohuong Tran, D.O., practices at Penn Ob/Gyn Chester County and is a member of Chester County Hospital's Medical Staff. She sees patients in Exton, West Chester and Southern Chester County. Dr. Tran received her medical degree from the New York College of Osteopathic Medicine and completed her residency at the Newark Beth Israel Medical Center in New Jersey.





Acne: It's Not Just For Teens

Dr. Noushin Heidary, *Bryn Mawr Skin & Cancer Institute*

ABOUT 60 MILLION AMERICANS HAVE ACTIVE ACNE, INCLUDING 85 PERCENT OF THOSE BETWEEN 12 AND 24

ACNE (OR ACNE VULGARIS, THE EVEN MORE unattractive medical term) is such a common skin disease that it's often considered a natural part of life. At some point in their lives, most people have dealt with occasional blemishes, while others have suffered with severe acne that results in deep-seated cysts or even scars. Though hard to quantify, it's easy to see the impact on the quality of life and the psychological distress that acne can cause, especially, though not limited to, teens.

FIRST LINE TREATMENTS

Fortunately, there's an ever-growing arsenal of treatments to combat this inflammatory skin disease and its consequences.

A good place to start for treating mild acne is over the counter products—such as cleansers or pads containing benzoyl peroxide or salicylic acids. If OTC medications don't help, then a visit to your dermatologist may be next. Your dermatologist may prescribe topical antibiotics—such as clindamycin combined with benzoyl peroxide—which may help reduce the severity of acne.

Another important treatment is vitamin A-derived products called retinoids, which unclog pores and exfoliate skin cells. Although most

retinoid creams are by prescription, differin gel (adapalene 0.1% gel) was approved by the FDA for over the counter treatment of acne.

If topical treatments don't help, then systemic treatments—oral antibiotics such as doxycycline and minocycline—are the next step. Cysts and pimples can be dramatically reduced with oral antibiotics, but long-term use can cause complications including antibiotic resistance and changes in gut flora.

For the most severe acne cases, isotretinoin (Accutane) is an excellent option, but with some significant potential complications, including depression and severe birth defects if taken while a woman is pregnant.

Some teens and women suffer from hormonal acne, or acne that typically gets worse around menses and typically affects the jawline and chin. These patients have increased sensitivity to circulating hormones, like testosterone, that cause oil glands to go into hyper-drive.

While oral contraceptives can be helpful for hormonal acne, another option that's gaining popularity is the high blood pressure medication spironolactone. Spironolactone blocks the effects of circulating hormones on oil glands and has been a game-changer for many women who haven't responded to other treatments.

ALTERNATIVE TREATMENTS, DIET AND SELF HELP

Conventional acne treatments don't work for everyone. And because alternative treatments don't need to be tested before being sold in the U.S., be sure to discuss them with your doctor before trying any.

One alternative treatment that's recently gained attention is tea tree oil. This pleasant-smelling essential oil comes from the leaves of a tree native to Australia and has been shown to have



Noushin Heidary, M.D., specializes in medical dermatology, dermatologic surgery and cosmetic procedures. She's a graduate of Harrington High School, Princeton University and New York University School of Medicine. A fellow of the American Academy of Dermatology, Dr. Heidary is known for her compassion and warm bedside manner and was named a "Top Doc in NJ" and won a Patients' Choice Award.

continued on page 63



Dr. Beverly Vaughn, *Lankenau Medical Center*

Managing Menopause

WHAT TO EXPECT AND HOW TO FIND RELIEF

MENOPAUSE IS A TIME OF NATURAL CHANGE FOR women. Hormones and chemistry are shifting because of lower levels of estrogen and progesterone produced by the body as middle age approaches. These changes can cause unpleasant symptoms, although not every woman experiences them. The most common complaints about menopause symptoms are hot flashes and vaginal dryness, followed closely by changes in libido.

The good news is that modern medicine continues to develop approaches that can help address these concerns, and women can continue to be healthy, vital and sexual after menopause.

Below are some common questions women may have about menopause, along with answers and advice.

WHEN WILL I GO THROUGH MENOPAUSE?

The clinical definition of menopause is one full year without a menstrual period. For most women, menopause occurs in the late 40s or early 50s, with 51½ as the average age in the U.S. But, menopause can occur at other times, for example if a woman has had cancer, chemotherapy or certain gynecologic surgeries.

The age of the onset of menopause is affected by many factors, such as ethnicity, whether you smoke, have heart disease or have ever had a baby. Some of these factors are controllable, though some are not.

HOW DO I KNOW IF I'M NEARING MENOPAUSE?

Women typically begin to experience certain symptoms when they're entering perimenopause—the time leading up to a woman's

last period. This phase can last for months or years. In addition to symptoms like hot flashes, vaginal dryness and changes in libido, women may also experience irregular periods, night sweats, sleep problems, fatigue, hair loss and dry skin, loss of breast fullness, mood changes, difficulty concentrating and weight gain.

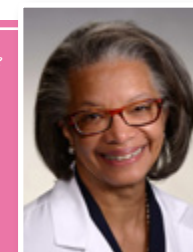
If you're experiencing these symptoms, it's important to visit your doctor and get a physical exam. While these are common perimenopausal symptoms, they're also common in other conditions like thyroid disease.

WHAT ARE SOME OF THE MOST EFFECTIVE TREATMENTS FOR MENOPAUSE?

It's important to remember that you can't treat menopause—you can only treat the symptoms associated with menopause. With that in mind, here are some tips to cope with some of the most common symptoms.

Hot flashes and night sweats: Dress in layers so you can remove your sweater or jacket when you feel a hot flash coming on. If you

Beverly Vaughn, M.D., is a gynecologist with Main Line HealthCare Gynecology at Lankenau Medical Center. She received her medical degree from Temple University School of Medicine and has been in practice for more than 30 years. She's been recognized as a "Top Doctor" by Philadelphia Magazine and U.S. News & World Report and is a member of many medical associations, including the North American Menopause Society.



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Building Blocks of Healthy Aging

Dr. Elana Kripke, MDVIP

ENJOY PRODUCTIVE AGING WITH SOME SIMPLE LIFESTYLE CHANGES

MYTHS ABOUT THE FOUNTAIN OF YOUTH DATE AS far back as the 5th century B.C., demonstrating our deep desire for easy aging. And although life expectancy is now much longer than it was for our grandparents, we still haven't found the secret to eternal life.

The good news is that we do have control over lifestyle choices that can help us stay fit and youthful as we grow older. A few key building blocks to healthy aging revolve around maintaining strong bones, good balance, healthy brains and hearts, and getting regular check-ups.

Let's break that down further.

STRONG BONES

As we age our bones become thinner and more brittle. This is especially true for post-menopausal women.

To combat this problem we need an adequate supply of vitamin D, calcium and phosphorus in our diet. In addition to the nutrients in a healthy diet, most people benefit from supplemental vitamin D3, which helps our bones absorb calcium.

We can get vitamin D from sunlight and can include it in our diet by eating seafood, eggs, shiitake mushrooms and enriched foods. Calcium is found in green leafy vegetables, almonds, beans and fish as well as dairy and fortified foods. And we can get phosphorus from nuts, seeds, wheat germ, edamame and cheese.

In addition to a healthy diet rich in key nutrients, weight-bearing exercise is also essential to maintaining strong bones. This type of

exercise includes walking, running, yoga, weight lifting (even light weights), push-ups, tennis and golf. You can have fun and build bone at the same time!

And, as you likely know, smoking and excessive alcohol consumption are both detrimental to bone health.

BALANCE

Balance is an undervalued skill and one that becomes increasingly important as we age. One in four Americans 65 and older falls every year, and falling is a leading cause of disability for seniors. Improving balance helps protect us from falling.

We can improve our balance by building core strength and working on flexibility. Yoga and Pilates are wonderful for helping with this goal, but there are simple exercises that most people can do anytime to improve balance.

For example, stand on one leg at a time while brushing teeth or washing dishes. Practice sitting down and standing up from a chair without using your arms for support. Or, walk across a room heel to toe as if you're on a balance beam.

Elana Kripke, M.D., practices internal medicine in Paoli. She's a graduate of The University of Pennsylvania's school of medicine and completed her residency at The New York Hospital, Cornell Medical Center. Her affiliation with the MDVIP network allows her to give each of her patients the time, attention and quality care that they deserve.



continued on page 65

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I'll Do It Myself

Ed Malet

WHEN IS IT TIME TO CONSIDER MORE OPTIONS— FROM IN-HOME CARE TO SENIOR COMMUNITIES?

I'LL DO IT MYSELF! NO, YOU WON'T! YES, I WILL! No, you can't.

Perhaps the hardest part of getting older is figuring out what we can and can't do, swallowing our pride and mustering the courage to ask for help.

For children of seniors, the hardest part may be acknowledging their aging parents' growing need for assistance and care. With compassion, children will try to do all they can. But, at some point, they can do no more.

As the issues involved with independent living become greater, we need to consider other option: extra services, assisted living,

a nursing home, a continuing care community, a hospice or other respite. But, too often, raising these options just raises more disputes.

We can't seem to square safety and proper care with independent living.

SOMEONE TO LISTEN TO THE STORIES OF OUR LIVES

The health care and senior care systems can seem intractable. Is it time to re-locate? Can we locate near our family? Are the medical specialties we need available? What will insurance and savings allow?

What we could use is an advisor: someone who will treat the issues objectively but compassionately. Someone who will listen to the "story of our lives," in the words of Brian Duke, System Director, Senior Services of Main Line Health (MLH).

Though, in general, patients prefer to stay at home—according to AARP, a full 82% prefer it—some seniors find home "isolating," according to Terre Mirsch, the Director of MLH's HomeCare & Hospice. In these cases, seniors would prefer better access to care and the supportive social environment offered by a specialized community.

In general, the professionals at MLH suggest consulting a medical social worker. You can reach one at MLH's Senior Care Line, which is a free service. Each situation is different, but a medical social worker should be able to recommend a care plan, tailored to individual needs, focused on maintaining and improving quality of life.

For a list of senior communities and services, see the Senior Guide following this article.

HOMECARE OPTIONS

Even if we decide to stay at home, at least for the foreseeable future, we may still need supplementary services. Today, homecare involves a wide variety of professionals, including doctors, nurses, therapists, pathologists, nutritionists and others who come to our homes, assess the situation, provide services and make recommendations.

Many groups provide in-home homecare. MLH serves about 1400 people in their homes, either short-term, because they are temporarily unable to visit a facility, or long-term, because of a long-term or chronic condition that doesn't require specialized facilities.

Bayada Home Healthcare is another such organization, but without an affiliation to a specific hospital or health-care system. Formed over 40 years ago, Bayada has about 300 offices nationwide—at least a dozen offices in *County Lines* country—and it and its providers

"Everything anyone could imagine is in our home."



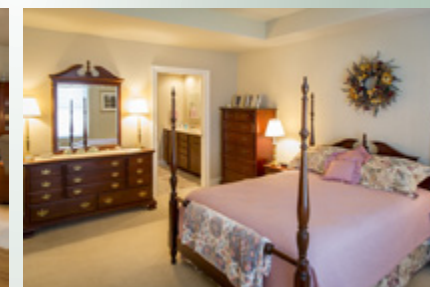
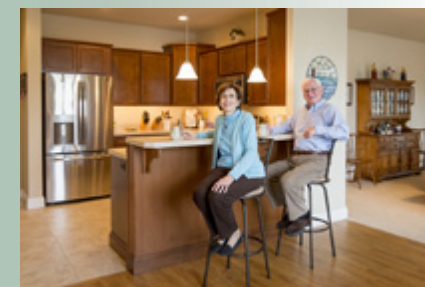
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www.PleasantViewrc.org/Independent-Living | 717-664-6644

are licensed, certified, competency-tested and background-checked. Bayada offers medical services—wound care, ostomy care, intravenous management, for example—as well as a variety of non-medical services.

Given the number of aging Baby Boomers, it's not surprising that there are many other groups to choose from. Chadds Ford-based Criticare, for example, provides services based on an individualized plan of care, prepared, monitored and updated by a registered nurse in consultation with the client's physician.

Most such service providers, however, are either small—doctors who still make house calls—or are limited by licensure requirements to providing non-medical services.

NON-MEDICAL SERVICE PROVIDERS

Non-medical services—light house-keeping, meal preparation, grooming, transportation, shopping, recreation, companionship—are less regulated, and consequently can be provided more widely than medical services. In general, though, medical insurance doesn't cover non-medical services.

One example of this type of organization is Comfort Keepers, based in West Chester and Chadds Ford, consisting of 70 or so caregivers. Karl Muller, its founder, calls the services, "Honey can you ...?" Honey can you make a sandwich? Honey can you help me up the stairs? Shopping for groceries, doing laundry, housekeeping, transportation: the list goes on. Bonded and background-checked, these caregivers are trained to respond to "anything that you would ask loved one to do." 24 hours, 7 days a week.

Another example is Angel Companions, with 200 caregivers working out of Devon and more in Valley Forge, Ridley Park, Wilmington and elsewhere. Although the focus is non-medical, the caregivers—all employees, not contractors—are thoroughly screened and background checked.

Visiting Angels, Always Best Care, Seniors Helping Seniors, Senior Helpers and others also provide non-medical services. For seniors and their children,

these groups represent the opportunity for independence and peace of mind.

VOLUNTEERS

Another option for care is offered by Surrey Services, with locations in Devon, Broomall, Havertown and Media. Founded in 1981 by the late Jeanne LaRouche—deemed a "remarkable woman" by Christi Seidel, Senior Director of Social Impact—Surrey Services relies on its staff of 30 employees, 80 caregivers and over 1000 volunteers to serve more than 6000 individuals.

Fetching groceries, running errands, doing paperwork and transportation are just a small part of what Surrey Services does. They will also partner with others—accountants, nutritionists, lawyers, for example—to help clients. In addition, Surrey's offerings extend to other benefits such as lectures on health, fitness sessions, various classes and clubs. Their member seniors, says Seidel, "don't want to be isolated."

THE HOUSE CALL ... REINVENTED

Once upon a time—at least 50 years ago, I estimate—doctors regularly made house calls. I know because, as a child, I had to wait in the car while my dad, the doctor, visited his patients. He treated and advised, observing his patients in their home environment. Typically after a visit, my dad left with a snack or a meal—sometimes a whole lasagna—as a thank you.

Today most doctors don't make house calls. Instead numerous services are offered by a range of professionals, delivered in the seniors' homes.


Although this may not be as personal as a visit from your family doctor, these new services offer freedom. Freedom to enjoy the benefits of modern medicine, certainly, but perhaps, more importantly, the freedom to enjoy some independence and the comfort of our own home—at least for a while longer. ♦

For more information about Senior Communities & Services, see the Guide following this article.

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Guide to 55+ and Senior Communities

55+ COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

There are a variety of communities in our area built and managed for active seniors living an active and healthy lifestyle with amenities geared toward the group. Whether you're looking for a townhouse, condo, apartment or single home, these communities cater to older adults and offer settings that generally feel like resorts. They are designed to make retirement healthier and more enjoyable.

Pennsylvania

DOWNINGTOWN

Ashbridge Manor

610-269-8800; AshbridgeManor.com

The Woods at Rock Raymond

484-784-2100; WoodsAtRockRaymond.com

EXTON

Meridian at Eagleview

484-873-8110; MeridianEagleview.com

GORDONVILLE

Watson Run

717-575-4059; BerksHomes.com

A welcoming 55+ active adult community in the pastoral countryside of Gordonville in Lancaster County, this is a perfect place to relax in the heart of Amish Country. Retire your lawnmower and snow shovel, enjoy the community center with workout

room, pool and more. Activities abound just a short walk from downtown Inter-course. Live the good life at Watson Run.

KENNETT SQUARE

Cartmel & Coniston (Kendal)

800-216-1920; KCC.Kendal.org

KIMBERTON

Atria Woodbridge Place

484-302-0005; AtriaSeniorLiving.com

KING OF PRUSSIA

Canvas Valley Forge

844-279-9865; CanvasValleyForge.com

Canvas Valley Forge is a new concept in 55+ apartment living. Sophisticated, thoughtfully-crafted residences set the scene for a life well-lived, one rooted in connections and meaningful experiences, and brimming with vitality and independence. Here, "simplify" is not code for "compromise," but rather a password that unlocks the next part of your journey. This is what you worked for—now go out and play.

MEDIA

Springton Lake Village

610-356-7297; SpringtonLakeVillage.com

PHOENIXVILLE

Coldstream Crossing

610-321-1977; ColdstreamCrossing.com

WEST CHESTER

Hershey's Mill

610-436-8900; HersheysMill55Plus.com

Westtown Reserve

215-910-3064; WesttownReserve.com

WEST GROVE

Jennersville Farm

610-368-5549; WalshAndAssociates.net

Delaware

WILMINGTON

Methodist Country House

302-654-5101; 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 to assisted living, followed by skilled nursing and several kinds of specialized facilities. When the sequence is combined on a single campus, it's called a continuing care community. Those listed have strong "independent living" programs.

Pennsylvania

DEVON

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TheDevonSeniorLiving.com

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Surrey Services for Seniors



The Hickman



Daylesford Crossing

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DOWNINGTOWN

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610-873-5300;

Chg.org/St-Martha-Villa/

EXTON

Exton Senior Living

610-594-0200; ExtonSeniorLiving.com

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Spring Mill Senior Living



Canvas Valley Forge

KENNETT SQUARE

Friends Home in Kennett

610-444-2577

FriendsHomeInKennett.org

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LANCASTER

Quarryville Presbyterian Retirement Community

888-786-7331; Quarryville.com

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Willow Valley Communities

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WillowValleyCommunities.org

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



White Horse Village



Kendal-Crosslands

GLEN MILLS

Glen Mills Senior Living

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Foulkeways at Gwynedd

215-643-2200; Foulkeways.org

HAVERFORD

The Quadrangle

610-642-3000; SunriseSeniorLiving.com

HONEY BROOK

Heatherwood Retirement Community

273-9301; HeatherwoodRetire.com

Tel Hai Retirement Community

610-273-9333

TelHai.org

Since 1956, Tel Hai Retirement Community is a nationally CARF accredited, nonprofit, 501(c)3 Life Plan Community located in the rolling countryside of Honey Brook Township, Chester County. They offer the full continuum of aging services including residential living, personal care, personal care memory support, health care, adult day services, home care services and therapy services in a vibrant caring community.



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717-665-2445

PleasantViewRC.org

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MEDIA

Riddle Village

610-891-3700; RiddleVillage.org

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ZerbeRetirementCommunity.com

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Dunwoody.org

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610-558-5000; WhiteHorseVillage.org

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PlushMills.com

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302-658-6200; Stonegates.com

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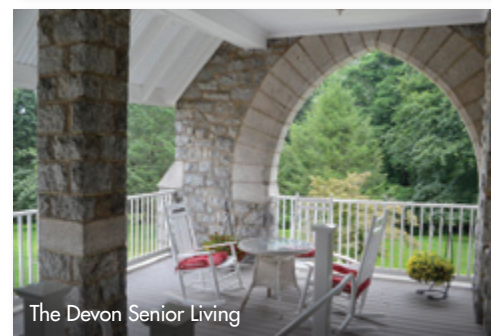


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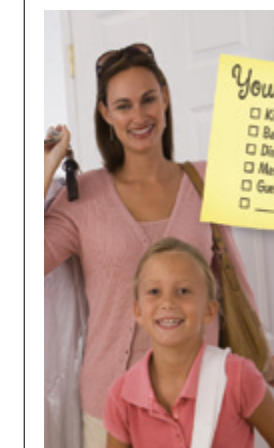
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IN-HOME CARE

For those who choose to stay in their homes as long as they can and need clinical or assistive care, there are many options to choose from. These providers offer everything from companionship to nursing care, transportation to and from appointments, house cleaning and more.

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

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Devon, Broomall, Havertown, Media

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SurreyServices.org

Surrey, a non-profit organization, has been providing specialized services to seniors for more than 35 years. What differentiates Surrey is their caring philosophy, holistic view and their family-centered approach to services for the aging. Surrey provides: in-home services, including home care, RN care management, house cleaning and bill paying assistance; transportation; meal programs; activities and lifelong learning opportunities; volunteer opportunities. ♦

Visit CountyLinesMagazine.com for our Senior Guide with links to advertisers, articles and a look at Senior Happenings in the area.

Exercise for a Healthy Pregnancy continued from page 45

You should choose activities you enjoy that include both aerobic and strength conditioning exercises. For example, swimming and water aerobics are great for pregnant women. They're both aerobic exercises, and the water supports the weight of your growing body and minimizes the stress on your joints. And they reduce the risk of overheating and falling while you're active.

Other good choices include brisk walking, indoor stationary cycling, step or elliptical machines, and low-impact aerobics. Activities such as tennis, racquetball and jogging are generally safe. Women who are already runners before pregnancy and who have uncomplicated, healthy pregnancies should be able to run with no adverse consequences.

But for all exercises, you should do them in moderation, especially in later stages of the pregnancy, where balance and coordination are reduced due to your changing body.

Strength training can also be performed during pregnancy, but stick to low-intensity resistance training with low weights.

And for all exercise, make sure you warm up, cool down, stay hydrated and pay attention to your body.

WHAT ARE EXERCISES TO AVOID?

Because of changes in balance, coordination, looseness of joints and other changes during pregnancy, there are some activities that should be avoided. They include:

- Activities that carry a higher risk of falling or abdominal injury such as gymnastics, downhill skiing, horseback riding and rollerblading.
- Activities that require jumping movements and quick changes in direction.
- Exercise that may result in excessive stress to your joints.
- Contact sports such as ice hockey, soccer, basketball, volleyball and football.
- Exercises that require you to lie on your back after the first trimester because this position can limit the blood flow to your baby. And, of course, avoid exercises where you lie on your stomach.
- Hot yoga or exercise in hot, humid weather can raise your temperature too much and reduce blood flow to the baby.
- Heavy-resistance weight lifting, with the Valsalva maneuver, can cause a rapid increase in blood pressure and intra-abdominal pressure and temporarily decrease blood flow to the baby.
- Scuba diving because it can lead to dangerous gas bubbles in your baby's blood vessels.
- Exercising at high altitudes, especially if you haven't done these activities before pregnancy.

ANY SPECIAL CONSIDERATIONS?

As important as it is to exercise, it's also critical to listen to your body. Physical

changes during pregnancy create demands on your body.

If you experience any of the following warning signs of a potential problem, you should stop exercising and call your doctor immediately:

- Vaginal bleeding
- Regular painful contractions
- Leakage of amniotic fluid
- Difficult or labored breathing before working out
- Dizziness
- Headache
- Chest pain
- Muscle weakness affecting balance
- Calf pain or swelling

Remember, your breathing, heart rate, body temperature, balance and joints respond differently when you are pregnant, so be aware that you may feel different when you exercise. But if something hurts or you experience any of the symptoms above, STOP and consult your doctor!

Finally, physically active women should strive to maintain a good fitness level throughout pregnancy without trying to reach their peak performance level.

And even if you haven't been exercising regularly, you can use pregnancy as your motivation to begin. The psychological wellness alone is worth it! ♦

Acne: It's Not Just for Teens continued from page 46

antibacterial and cosmetic properties. The ingredient that's largely responsible for acne benefits is terpinen 4-op, a potent antioxidant. Tea tree oil can be a short-term solution for mild acne and has similar efficacy to benzoyl peroxide.

For years, dermatologists dismissed the idea that diet is linked to acne. But several studies suggest that foods high in glycemic index—carbohydrate-rich foods like white bread, chips, white potatoes—can actually trigger acne. Dairy has also been weakly associated with acne, with the strongest association being skim milk.

Because high glycemic carbs, along with dairy, saturated fats and trans fats are common in Western diets, a change to low glycemic carbs, high antioxidants, limited dairy, and omega-3 supplements may help improve acne.

And finally, it's best to avoid scrubbing the face and exfoliating frequently. This can lead to excessive dryness and increased oil production. Instead, wash your face twice a day with a gentle cleanser and lightly exfoliate once or twice a week. And always choose moisturizers and make-up that are non-comedogenic (won't clog pores).

IN-OFFICE PROCEDURES

Similar to the range of medications, procedures available from your dermatologist continue to evolve. From special acne facials to lasers, new treatments offer help.

A variety of chemical peels can treat acne and acne scarring, including the most common options—alpha-hydroxy acids (glycolic acid), beta-hydroxy acids (salicylic acid) and retinoid (tretinoin). Chemical peels work by reducing inflammation, exfoliating the skin, and reducing bacteria on the skin and do so with very little downtime.



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Microdermabrasion is a non-chemical, non-invasive procedure that removes the outermost, dead layer of skin. It typically helps with mild acne resulting from clogged pores.

Photodynamic Therapy (PDT) is an especially effective in-office, “power-level” treatment. PDT controls resistant, hard-to-treat active acne by combining light and a special light-activated solution that targets and destroys acne. PDT, which also diminishes older acne scars and leaves your skin smoother, is thought to work by shrinking the skin’s oil glands and killing bacteria that cause breakouts. These treatments show great promise in treating acne, especially pimples and cysts.

The newest drugstore solution to acne uses light-based therapy. Neutrogena Light Therapy Acne Mask emits a fluoro pink glow—a combination of red light (to reduce inflammation) and blue light (to reduce bacteria on the skin’s surface) for a two-pronged attack on acne. Although not as strong as the lights used in dermatologist offices, it allows

patients to use light-based therapy at home to help with mild and moderate acne.

Isolaz is a breakthrough technology that safely treats and prevents acne by extracting pores, killing bacteria, and purifying the skin from the inside out. First, a vacuum device is used to loosen and extract dirt, blackheads, dead cells and excess oil from deep within pores. Next, a broadband laser, or intense pulsed light, kills acne-causing bacteria from within and heals the surface layer of the skin. Isolaz laser is ideal for women in their 40s and older with acne who are also looking for a wrinkle-reducing and skin-smoothing treatment.

TREATING ACNE SCARS

A primary goal of acne treatment is to prevent scarring. Unfortunately, acne scars can be stubborn, and no single treatment is best for everyone. The good news is that several methods may help improve your complexion and minimize the scars’ appearance.

One of the best ways to treat acne scars is with the fractionated CO2 laser and the

fraxel laser. These resurfacing lasers stimulate the body’s own collagen to reduce signs of acne scars.

A new and promising treatment for acne scars uses a technology called MFR or micro needling fractional radiofrequency. This technique uses tiny gold-plated microneedles to deliver radiofrequency energy and heat to targeted layers within the skin and break down the scars deep under the skin. Once the layers of the skin have been heated, collagen stimulation and tightening begins. After a series of treatments, the skin should look smoother, tighter and more youthful.

OPTIONS

Dermatologists have a wide array of treatment options available. Just as acne is not one-size-fits-all, acne treatment is not either. A dermatologist can tell you about different treatment options and devise a customized plan to get rid of acne and help with acne scars.

Here’s to better skin! ♦

forget a word or someone’s name. Getting mental exercise for a healthy and stimulated brain is important. Keep your mind active doing crossword puzzles, number games or learning something new. It’s also important to stay active socially. Keep in touch with family and friends, and participate in community activities.

Weight gain: This is also commonly associated with menopause but again is more closely related to aging. As your metabolism slows, you need fewer calories.

Building Blocks of Healthy Aging continued from page 48

It’s also important to check your environment. Remove things that can throw you off balance or are tripping hazards, such as throw rugs and carpets with curled up edges. Install handrails and grab bars as needed in your home. Keep your environment well lit, and you may want to keep a flashlight near your bed in case you get up during the night.

BRAIN HEALTH

Unfortunately, there’s no cure for Alzheimer’s disease, which is more common in women, or for most other causes of dementia. But, although we don’t know how to prevent all types of dementia, there are ways to control age-related memory loss and maximize brain health.

Exercise is important for brain health—both physical and mental exercise. You can incorporate mental exercise into your life with enjoyable pastimes such as reading, doing puzzles and playing card games. Staying socially engaged, working and volunteering are more activities to help you stay mentally sharp.

A healthy brain also requires you to keep blood pressure and cholesterol under control to protect the arteries in the brain and prevent strokes. If healthy diet and exercise are not enough, your doctor will prescribe medications to help maintain safe blood pressure and cholesterol levels.

Excessive alcohol consumption is a known cause of dementia. Drinking can also lead to falls and accidents that may cause brain trauma. And smoking damages the arteries in our brains.

Staying active and maintaining a balanced diet can help avoid weight gain. It can help with staying mentally sharp, too.

TALK TO AN EXPERT!

Navigating menopause isn’t always easy, so be sure to turn to your physician or a therapist to help sort through your physical and emotional changes. And because the risk of certain health conditions—like osteoporosis, urinary incontinence, and heart disease, the leading cause of death in women—increase

after menopause, that’s added incentive for regular checkups. Plus, if you’re tempted to try alternative therapies for menopausal symptoms—like herbal and dietary supplements—talk with your doctor because these are not regulated by the FDA and can interact with other medications.

Today, there are many treatment options to alleviate menopause symptoms—from hormonal and non-hormonal medications to diet and exercise. Now you can embrace this new phase of life! ♦

HEART HEALTH

Chronic conditions associated with aging such as high cholesterol, elevated blood pressure, elevated glucose levels (diabetes) and obesity are all controllable risk factors for heart disease. The first lines of defense are proper diet and exercise.

A healthy diet is high in good fats (avocado, fish oil, nuts, olive oil) and vegetables, includes adequate lean protein and is low in simple carbohydrates (bread, cake, cookies, chips, pasta, crackers, pretzels, French fries, etc.). Minimize your use of salt if you have high blood pressure. If you’re on medication for high blood pressure, high cholesterol or diabetes, be sure to take all prescribed medication regularly and follow up with your physician.

In addition, stress elevates cortisol levels and raises blood pressure. Although stress can’t be eliminated, it can be managed with exercise, meditation, adequate sleep and maintaining social connections.

Meditation can be as simple as stepping outside or closing your eyes and taking five deep breaths before returning to what you were doing.

If you feel overwhelmed, give yourself the gift of talking to friends, family or seeking professional counseling. It’s good for your heart!

REGULAR CHECKUPS

In addition to eating a healthy diet and getting adequate exercise, have regular checkups with your doctor. Make sure you’re up to date with tests (mammogram, pap smear, colonoscopy, bone density scan) and vaccines (flu, shingles, pneumonia and others your doctor recommends).

A few final pieces of advice: wear a seatbelt—even if you’re only going to the grocery store. Practice safe sex. And don’t smoke—yes, it’s important enough to say that again.

Here’s to feeling young and living long! ♦

Managing Menopause continued from page 47

smoke, stop because smoking worsens hot flashes. And if you can identify what triggers your hot flashes (caffeine, spicy food, alcohol, warm rooms), you can try to avoid those things.

For perimenopausal women, low-dose birth control pills may be helpful. If these symptoms continue once you reach menopause, hormone therapy may be an option.

A few words on hormone therapy. There are two types of hormone therapy used for women in menopause—estrogen therapy and estrogen/progesterone/progestin therapy. Estrogen-only therapy is reserved for women who’ve had a hysterectomy and *don’t have* a uterus. Methods that contain estrogen, progesterone and progestin (synthetic progesterone) are used for women who *do* have a uterus.

If hormone therapy begins close to the time of menopause, the risk of it causing heart disease in a healthy woman is minimal. The issue of breast cancer is more complicated, as there are many factors that

contribute to developing that type of cancer. Remember, if you’re considering hormone therapy, it’s important to consult your physician, as these medications can pose special risks to some women.

For women who can’t or prefer not to use hormones, other treatment choices for hot flashes range from medications used to treat anxiety and depression, the seizure medication gabapentin (Neurontin), and cognitive behavior therapy.

Vaginal dryness: Over the counter vaginal moisturizers are available and can be used daily. Water- or silicone-based lubricants can alleviate pain with intercourse (note: some women are sensitive to lubricants with glycerin). Prescription medications are also available and include estrogen that’s used vaginally by cream, tablet or ring; an oral, nonestrogen medication that’s taken daily; and vaginal DHEA (the hormone dehydroepiandrosterone), which will be available soon.

Loss of libido: Menopause should not be the end of a woman’s sexuality. Instead,

it should be an opportunity for women to have an open discussion about their fears and to take greater control of their sexuality. Addressing vaginal dryness, talking with your doctor about menopause treatments—topical treatments, behavior modifications, hormone and non-hormonal therapy—and discussing your physical and emotional changes with your partner, are all critical to maintaining a healthy sex life.

Mood swings: These occur primarily during perimenopause. Effective strategies to minimize mood swings include maintaining a healthy diet, staying physically active and getting enough sleep. It’s also important to reduce stress and to discuss your concerns with your doctor if you’re feeling depressed. Seeing a therapist or joining a support group to openly discuss your feelings and problems are more options.

Memory issues: Some changes in memory are age-related and not menopausal. It’s normal, though frustrating, to

DOS AND DON’TS FOR A HEALTHY LIFE

DO

- Maintain a healthy weight
- Eat a low-carb, healthy-fat diet
- Exercise regularly
- Manage stress
- Stay socially connected
- Wear a seatbelt
- Practice safe sex
- See your doctor regularly

DON’T

- Smoke
- Drink excessively
- DUI of alcohol, drugs or cell phones
- Eat junk food (high in simple carbs)
- Smoke (it’s worth repeating)




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[Food News]

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



New Brews. There's *yet another* brewery in our area! Moving in down the street from 2SP Brewing Company in Delaware County and aiming to open soon, **Aston Abbey Brewing Company** plans to bring hand-crafted Belgian beer—with hints of French and German inspiration—to our ever-growing beer scene. Husband and wife team Chuck and Sue McKenna are going for quality over quantity with a focus on unfiltered and unpasteurized brewing.

340 Turner Way, Aston. AstonAbbeyBrewing.com.

Special Supper. What better way to celebrate the **Brandywine Conservancy's 50th anniversary** than a farm-to-table dinner prepared by Chef MacGregor Mann of Junto and the Millstone Café? Save the date for August 9, from 6 to 10 p.m., and dine in a historic Chadds Ford barn on Hill Girt Farm that was one of the first properties placed under conservation easement by the Brandywine Conservancy. Enjoy vegetables freshly picked from SIW Vegetables and a BYOB meal for this very special occasion. \$65–\$75. Brandywine.org/Conservancy/Events.



Co-op Coffee. Calling all flavorful coffee lovers! Head to the West Chester Co-op to find coffee gem **Máquina Coffee Roasters**. This tiny roaster based in Gabe Boscana's garage in Marshallton knows how to roast beans just enough so your coffee is clean and sweet—no milk or cream needed! High-quality, ready-to-order coffee beans are available for purchase at *Maquina Coffee.com* or at the co-op's Local Food Program. For another dimension in coffee, give them a try. More at WCFood.coop/2017-CSA-Program.



Frosé in a Bag. Wine in a bag has a new frozen friend—**frosé on the go!** Enjoy this rosé slushie on the beach, at a picnic or a BYOB summer festival using the same technique you used to make ice cream in a bag at camp—or maybe in your 5th grade science class. All you need is your favorite rosé, two small ziptop baggies, ice, salt and napkins or a towel. Find instructions at *Food52.com*.

Outdoor Oasis. Craft beer meets communal outdoor gathering at Levante Brewing Company's second outpost, **Levante at the Stables!** A joint venture with West Chester's Split Rail Tavern, this newly unveiled beer garden is now open in Chester Springs on the grounds of an 1840s farmhouse. Enjoy over two acres of cozy in- and outdoor seating, plus picnic tables, local food trucks with beer-friendly fare, live music, games, fire pits and more! *160 Park Rd., Chester Springs.* LevanteBrewing.com/The-Stables.



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Adventures in Grilling

EVERYTHING'S BETTER ON THE GRILL.

Laura Muzzi Brennan

IF YOU CAN DREAM IT, YOU CAN GRILL IT. EVERYWHERE you look—from food magazines to under the dome of your neighbor's grill—cooks are pushing the boundaries. When playing with fire, play is the operative word.

At **Restaurant Alba** in Malvern, chef-owner Sean Weinberg's wood-fired grill occupies pride of place in his cooking. "Every element on the menu has a touch of the grill," Weinberg says. One of the pleasures of dining at Restaurant Alba is looking from the main dining room into the kitchen to see Weinberg and his staff use live fire to coax bold flavor from ingredients.

Weinberg rotates between red and white oak and 100% mesquite charcoal from California for food that sings with sweet, oakly and piney notes. He fires up the grill an hour and a half before dinner service. (There are no grilled dishes at lunch.) At night when coals are low, he roasts vegetables like onions and butternut squash directly in the coals.

While whole grilled fish and grass-fed ribeyes are popular dishes, Weinberg loves introducing his guests to grilled vegetables and encourages home grillers to experiment, especially with his favorites: broccoli rabe, endives and radicchio, which he seasons with a house-made sweet vinegar. His description of their crunchy, charred exteriors is enough to tempt even the staunchest carnivore.

Grilling vegetables, like all grilling, is a mix of art of science. But in general, Weinberg recommends keeping vegetables as large as possible—maybe just splitting that head of radicchio or fat leek in half. Large, dense vegetables do best when cooked slowly over low heat. For potatoes, whose undercooked middles are the bane of many a backyard barbecue, Weinberg suggests par-boiling them whole, cooling them without rinsing, cutting into thick slices and giving them a turn on the grates. For more of Weinberg's grilling wisdom, see the sidebar that follows.

One of Weinberg's specialties—and passions—is bruschette. "When bread is grilled on a live fire, the whole dish is elevated," he says. Restaurant Alba offers five bruschette options every night, one more appealing than the next. From garlicky fava beans with aged pecorino to mozzarella burrata and charred leeks to wood-grilled



The grill in the open kitchen at Restaurant Alba



Grilled Fish



Bruschette

pancetta with cippolini onion butter, the only sensible option is to sample all five. For home grillers, Weinberg suggests putting out bowls of toppings and encouraging guests to create their own combinations.

Although there are no grilled desserts on Alba's current menu, Weinberg is not short on ideas: "What about pound cake brushed with maple butter? What about Nutella flatbread? What about grilled Angel food cake?"

Here's hoping we'll see these and more at Alba—and at your next cookout—before too long.

Bruschette with Three Toppings

Chef Sean Weinberg suggests using ¾" slices of Italian-style bread like ciabatta or Pugliese, but he says feel free to experiment with other types like rye or spelt. Simply brush bread with olive oil, salt and pepper, and lightly char for approximately 2 minutes per side. Traditionally toppings are served directly on the bread, but for larger parties, to keep the bread from getting soggy, serve these 3 toppings alongside the bread in bowls. Heirloom tomatoes are ideal for this recipe.

Smashed Avocado

2 ripe avocados
Juice of one lemon
1 Tb. olive oil
2 Tb. crème fraîche
3 chopped peppadew chiles
1 shallot, chopped
1 Tb. basil chiffonade
Salt and pepper to taste

Fork-smash the avocado in a bowl with lemon juice and olive oil. Fold in crème fraîche, peppadews, shallot and basil. Season with salt and pepper to taste.

Makes 4 servings.

Honey Whipped Ricotta

2 C. whole milk ricotta or sheep's milk ricotta
¼ C. heavy cream
2 Tb. honey
1 tsp. sea salt
1 tsp. fresh coarsely ground black pepper
Juice of half a lime
Salt and pepper to taste

Whip ingredients together in a non-reactive bowl. Stainless steel, ceramic and glass are all fine.

Makes 4 servings.

Tomato Relish

Heirloom tomatoes are ideal for this recipe.

3 ripe tomatoes, diced
1 Tb. basil chiffonade
1 tsp. chopped garlic
1 Tb. rinsed capers
Juice of one lemon
4 Tb. extra virgin olive oil
Salt and pepper to taste

Mix all ingredients and let sit 30 minutes before serving. Always serve at room temperature.

Makes 4 servings.

Grilled Onion Relish

"This versatile relish can be used to accompany any seafood or meat dish to add an element of the grill. It can also accompany any bruschetta topping," says Chef Sean Weinberg.

1 large yellow onion
1 large red onion

Q and A with Sean Weinberg

Between Restaurant Alba and Biga, the wood-fired pizza place he opened in 2016, chef Sean Weinberg knows his way around a grill. Here he answers your common grilling conundrums.

How do you keep flames from getting out of control?

I keep a squirt bottle filled with milk next to the grill. When there's a flare-up, I douse it. *Author's note:* A day after our interview, I took to my grill and when the inevitable flare up occurred, I tried the squirt-of-milk technique. The fire calmed down immediately!

We hear a lot about 'resting' foods after they come off the grill. Is resting really necessary? Do all foods need to rest?

Vegetables and fish don't need to rest, but it's a good idea to take whole fish off the grill a few minutes before it's done. You just don't want to overcook it. Meats do have to rest. The proteins need to relax because they're all freaked out after being on the grill. If you cut into meat too soon, it's like opening a washing machine door in the middle of the spin cycle.

Do you oil the grates, the ingredients or both?

On a gas grill, I would use a rag to oil the grates. For wood grills, brush oil directly onto the ingredients.

It seems like people are throwing anything and everything onto the grill. Are there foods you would recommend NOT grilling?

I'd stay away from flat fish like Dover sole and fluke. I also would not put small, thin vegetables over high heat. That's deadly!

I know you're busy running two restaurants, but when you have time, who do you like to read about grilling? Food in general? Any 'grill-centric' restaurants you like to visit?

I really learned a lot from *Seven Fires* by Francis Mallman. He's like Argentina's Jacques Pepin. I also like Justin Fox [columnist for *Bloomberg News* who covers topics ranging from finance to food and drink] and Dan Barber who wrote *The 3rd Plate: Field Notes on the Future of Food*. He talks about drastically shrinking the protein on our plates. As for restaurants: Peasant in New York City.

At the risk of reinforcing a stereotype, I want to know why men like to be in charge of the grill?

[Smile.] I can't answer that one.

4 scallions
2 Tb. olive oil, divided
Salt and pepper to taste
2 red peppers
1 Tb. balsamic vinegar
1 Tb. champagne vinegar
1 tsp. fresh thyme leaves
4 chopped peppadew chiles
1 Tb. chopped parsley

Slice yellow and red onions into ¼" slices. Toss with scallions, a little olive oil, salt and pepper to taste. Grill on fire until charred, approximately 4 minutes each side.

Roast red peppers in oven or on open flame until they are blistered. Put them in a brown bag for a few minutes, and then peel and cut into strips. The peppers can be roasted in advance and reserved.

In a bowl, mix all ingredients except for the onions and scallions. Rough chop onions and scallions. (They should not be uniform in size.) Mix in with other ingredients.

Makes 4 servings.

Flank Steak

If you're ready for a change from your tried-and-true marinade, try this one from Chef Sean Weinberg.



- 1 Tb. chopped parsley
- 1 Tb. chopped basil
- 1 Tb. fresh thyme leaves
- 1 Tb. red wine vinegar
- 2 Tb. olive oil
- 1 tsp. salt
- 1 tsp. smoked paprika
- 1 tsp. ground black pepper
- 1 Tb. cold water
- Juice of one orange
- 2 lbs. flank steak
- 2 Tb. brown sugar

Put all ingredients except the steak and brown sugar in the blender. Blend until smooth. Stir in brown sugar.

Place flank steak in marinade and marinate, covered, in the refrigerator, for a minimum of 24 hours.

Grill (ideally over wood fire or on a gas grill) over high heat until rare/medium rare is achieved, approximately 2 minutes per side. Rest for at least 5 minutes. Knife slice as thin as possible.

Makes 4 servings.

Grilled Asian Slaw

This recipe is inspired by one my friend Kay makes from Simply Recipes. After talking with Sean Weinberg about grilling large vegetables, I wanted to see how cabbage would do on the grill. The verdict? Delicious. The heat mellows the cabbage's bite and imparts a smokiness to the entire dish. I used a gas grill with all burners set on high.

- 1 head Napa cabbage, cut into 4 wedges, core left intact
- Vegetable oil
- Salt and pepper, to taste
- 1 C. edamame beans, shelled and cooked
- 4 scallions (white, light and dark green parts), sliced thinly
- $\frac{2}{3}$ C. chopped cilantro leaves

For the dressing:

Generous $\frac{1}{2}$ C. mayonnaise

- 2 Tb. rice vinegar, more to taste
- 1 tsp. sugar, more to taste
- 1 Tb. soy sauce
- 1 large garlic clove, minced
- $\frac{1}{4}$ tsp. sesame oil, more to taste
- Large pinch of cayenne pepper
- Optional: sunflower or pumpkin seeds, salted or unsalted



Brush oil on all sides of cabbage wedges. Season with salt and pepper. Place cabbage on grill and cover (if using gas grill). Cook each side until slightly charred, about 8–10 minutes total. Place cabbage on platter and tent with foil.

While cabbage cools, whisk together dressing ingredients. When cabbage is cool enough to handle, remove core and any super-charred/burnt leaves. Cut into thin strips or rough chop if you want a more rustic slaw.

Mix in edamame, scallions and cilantro. Toss with dressing. Top with seeds right before serving.

Makes 8–10 servings.

Grilled Shisito Peppers

While everyone is waiting for the main course, put out a platter of these diminutive Japanese peppers. Nine out of ten are sweet, but every once in a while, there's a super spicy one in the batch. They're great as is but would also be delicious with a lemony aioli. Put out a small bowl so guests can discard the tops and stems.

- Shisito peppers (as many as your heart desires)
- Oil
- Kosher salt

Heat grill to medium high and cook, turning peppers, until they start to blister. Eat warm.

Puff Pastry with Peaches and Salted Caramel Ice Cream

Use a charcoal grill for this recipe because a gas grill can impart an off-taste to the delicate pastry. The ideal time to make this recipe is after you've grilled and eaten your main course and the coals are still glowing red and giving off heat.



- 4 ripe peaches
- 1 egg
- 1 Tb. water
- 14 oz. all-butter puff pastry (I used Dufour brand.)
- 1 pt. salted caramel ice cream

If you did not rake coals to one side before you cooked your main course, do so now. Leave puff pastry in the refrigerator until right before using.

Remove pit from peaches and cut into $\frac{1}{4}$ "– $\frac{1}{2}$ " slices.

In a small bowl, whisk egg and water together.

Cut pastry into 6 rectangles (about 4" x 5" each) and place on a perforated sheet or pizza pan. (Depending on the size of your pan/grill, you may need to work in batches.) Top with peaches. Brush the edges with egg wash.

Place pan on the side of grill without coals. Close vents on grill lid and place lid on grill.

Cook until pastries are puffed and golden. Cooking times can vary from

9–12 minutes depending on the heat of your grill.

Serve warm with a scoop of ice cream.

Makes 6 servings. ♦

Laura traces her love of all things culinary to the first time she leafed through her mother's Betty Crocker's Cooky Book—which still occupies a place of honor among her 600+ cookbooks. A passionate supporter of local food, she co-founded a farmers market, judges area food contests, and anticipates restaurant openings with the excitement most people reserve for winning a Mega Millions jackpot.



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DROP THE TOP!



Jack Smith

2017 Fiat 124 Spider

SAFER, MORE COMFORTABLE AND MORE CONVENIENT,
CONVERTIBLES ARE HERE TO STAY.

IT MARKED THE END OF AN ERA WHEN, ON APRIL 22, 1976, a red, white and blue convertible rolled off the Cadillac assembly line. One of 200 luxury drop tops in patriotic trim, the Caddies were a tribute to this country's Bicentennial and, the luxury carmaker pronounced, the last ragtops America would ever make.

DECLINE AND RESURRECTION

Who could argue with GM, as convertibles had fallen categorically into ill repute. Without a sturdy steel roof, what was there to protect driver and passenger in case of a roll over? Besides that, at a time when the Arab oil embargo was driving the price of oil from \$3 per barrel in the U.S. to nearly \$12 globally, convertibles were heavier and got worse mileage than hardtops.

Performance suffered too, as the absence of a reinforcing steel roof produced greater flex and less comfort on washboard roads. Congress, sensing the public mood, threatened a ban on ragtops. But basically it was the market that moved the manufacturers to curtail production—people simply stopped buying convertibles the way they once did.

Then came Lee Iacocca. Determined to do at Chrysler what he had done while chairman of Ford—instill it with a more youthful, exciting image—he commanded his design team to cut the top off the ubiquitous K-car platform and turn it into a convertible, which he then personally chauffeured around Detroit.

As legend has it, Iacocca got so many compliments from his fellow car guys that in 1982 he decided to put his “one-off” into production. Expected to sell maybe 3,000, the “Le Baron,” as it was dubbed, sold 23,000 while spurring Chrysler's competitors to build convertibles of their own.

By 2004 even Cadillac was back in the topless motoring market. And open air driving was more enjoyable than ever.

FAST FORWARD

The “cowl shake” that was the bugaboo of top-down driving in the 1970s has been engineered out and passenger compartments are no longer drafty and noisy. Power roofs are generally designed to take up less space and slide into place in a matter of seconds. While roll overs are still theoretically possible, handling and stability have improved to a level where—given reasonable operation—they're no longer a concern.

For that matter, as some motorists have discovered, top-down driving is actually safer in many respects than travelling in a hard top, given the absence of blind spots and benefit of superior acoustics.

CRUISING AMERICAN STYLE

By now it should be apparent that as long as Americans continue to enjoy cruising leisurely down a country road—the wind in our hair, the sun on our faces, the envy of everyone we pass—convert-

ibles are here to stay, with most manufacturers offering at least one and often several models.

Urbanites may opt for the diminutive Fiat 500, the Mini Cooper or the VW Beetle. In a more retro line there's the jaunty Mazda MX5, the best-selling convertible in automotive history, or the youthful Mustang.

If you miss the Le Baron, which fueled the return of the convertible, you might lean towards the successor drop tops from Chrysler. For something more muscular there are supercars from Porsche, Corvette, Audi, BMW, Jaguar and Mercedes, while for sheer luxury it's tough to beat the open-air land yachts from Rolls Royce, Bentley and Maserati.

But if its comfort and conveniences you're after, you might wind up behind the wheel of a Buick Cascada.

EASY RIDERS

Okay, the Cascada isn't the kind of convertible that set the Beach Boys to serenading and not just because it's hard to find something that rhymes with Cascada. Instead of setting pulses pounding, it's designed to have a soothing effect on its occupants. This is, after all, a Buick.

An affordable, midsize four seater, the Cascada's wedge-y lines and platform were borrowed from GM's European division. Happily for all concerned, the company's engineers were able to create a suspension that would produce a soft, Buick-y ride without totally neutering its European performance characteristics.

Its front wheels are powered by a turbocharged 1.6-liter four-cylinder engine that produces 200 horsepower. Nervous Nellies who still see rollovers behind every curve will take comfort in the fact that, in case things go topsy turvy, protective roll bars deploy from behind the seats. Conveniences include a one-touch power top that can be raised or lowered at speeds up to 31 m.p.h. and electric seat-belt presenters that bring the front shoulder belts into easy reach when the door is closed.

WITH THE EVOQUE, LESS IS MORE

If any car indisputably demonstrates the magic of the convertible it's the Range Rover Evoque. Yes, that's Range Rover as in British SUV, but this four-seater vehicle has little to do with utility and everything to do with turning heads. With its sloped steel roof ripped off the hard top, the Evoque takes on a whole new persona, at once more masculine and more fashionable.

But it's more than a head turner—its 240 horsepower engine and all-wheel-drive powertrain are capable of powering it up a 45 degree grade. Safety features include a circular scan system to prevent head-on collisions while, true to its utilitarian pedigree, it provides sufficient space to house a picnic basket for four.

It's the most fun you can have in a British convertible this side of riding down the road in a bathtub.

DRIVE IT AGAIN, TONY

Once upon a time there was a car called the Fiat 124 Spider. A jaunty roadster from acclaimed designer Pininfarina, it suggested a smaller Ferrari. The difference being, the Fiat—which was far less powerful and sold for a fraction of the Ferrari's MSRP—somehow had more charm.

Alas, the Fiat support system was lacking. Critics claimed Fiat stood for “Fix It Again, Tony,” and by the 1990s the Italian badge had disappeared from the American motoring scene.

But car buffs are a forgiving lot, so erstwhile Fiat owners were thrilled at the news that the newly reinvigorated Italian marque was planning to team up with Mazda to collaborate on a new two-seat roadster based on the MX-5 Miata's platform. But would the result be a Fiata—facelifted Japanese two seater?

Happily, as a week of tooting around Chester County at the wheel of a new Spider proved, the new roadster doesn't just emulate the look of the old 124, it captures the feel. The new roadster's proportions are almost identical to the Miata, yet the car is visually different, without a single shared panel of sheet metal. Its bulbous hood covers a unique 160 horsepower powertrain that you won't find in a Miata, and no less important, power is sent to the rear wheels, not to the front.

It doesn't just look like an Italian sports car, it sounds like one too, with a specially tuned dual exhaust system.

Welcome back, Fiat, all is forgiven. ♦

Jack Smith has been a car buff since childhood, when his father designed auto bodies for Philadelphia's E. G. Budd Company. His work has appeared in The New York Times, Philadelphia Inquirer, Town & Country, GQ and the Robb Report, where he created the “Connoisseur at Large” column. He won three gold “Motos” for automotive travel writing.



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