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Raised in Radnor, PA, Patricia Brennan has been providing Wealth Management advice right here in West Chester for over 25 years. She is a Georgetown University graduate and earned her CFP® designation in 1990. She is a recognized leader in her industry and serves as the first Chairwoman on the National Advisory Board for Royal Alliance.

On a local level, Patti, her husband, Ed, and their four children reside in West Chester, where she is also active in her community. Patti currently serves as a board member for the Chester County Economic Development Council, Cuddle My Kids, and for The Chester County Hospital and Health System.

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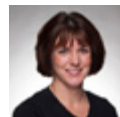
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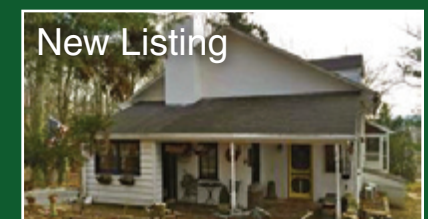
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For this March issue, we've departed a bit from our usual focus on antiques—with a look at vintage modern, what many call the new antiques. We hope you enjoy learning the pleasures and value of mid-century modern design in our interview with Michael Glatfelter, from Old City's Mode Moderne.

We continue our focus on the home with "I Hate My Bath—And Then I Went on TV." It's hard enough to tackle a bathroom redo without the cameras rolling, but Susan Baronowski Smith, of Smithworks Design, tells of her adventure on the DIY Network hit. And, in "Talking With ... Jeff Devlin," you'll meet the host of the TV show, who still has a carpentry business in West Chester.

There's more home coverage in our Guide to Antiques and Fine Furniture and our Home of the Month feature. This month we visit Hamanassett B&B, now ready for a fourth family to take over this historic property. The gorgeous photos may make you want to consider becoming an innkeeper.

Our medical feature, "Healthy at Every Age," covers delivery decisions, faith in vaccinations, women's heart health, male menopause, and alternatives to surgery. And in our Worth Knowing column, Owen Mulhern of Financial Coach writes about long-term care insurance.

Mary Irene Dolan suggests we "Plan a Few Trips to Lancaster County," for more than its Amish charms as she takes us to its five regions. And Alyssa Fingerman says it well: "Sweet Charity" is a tasty night out, but it's also a serious dessert competition and fundraiser.

March brings National Pi Day—3.14.15—and Laura Brennan's Brandywine Table column on edible pies. Both causes for celebration. For "Comfort Reading," Andrea Kiliany Thatcher recommends several cookbooks. And for comfort drinking, Moira O'Neal recommends discovering "Red Wines of Argentina"—malbecs and more.

As always, check out our Best Local Events section filled with Family Fun, things to do and places to be! It will help you make the most of March.

Thank you for reading.

Jo Anne Durako
Editor

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- Pre-Wedding Spa Day • Guide to Venues
- Tropicals in the Garden • Microbeer
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- And So Much More!

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March 2015

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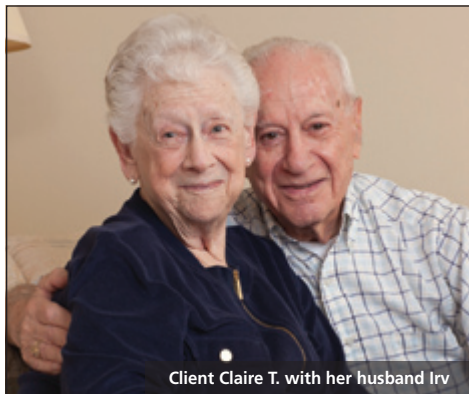
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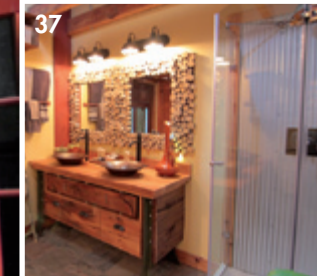


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Cover images courtesy of Mode Moderne

Worth Knowing

The Retirement Healthcare Challenge

Owen Mulhern, IV, CFP®

Start the conversation now to plan for this important part of your retirement.

Should it really come as a surprise that most of the traditional financial services and the brokerage industry either ignores or gives short shrift to healthcare in retirement? Three or four cable news networks are currently dedicated to stocks, bonds and global capital markets, yet there's no mainstream focus on healthcare and healthcare costs, despite their importance to a family's retirement and lifestyle.

Healthcare costs, and most significantly Long Term Care costs, have historically risen at a faster rate than inflation. According to Fidelity Benefits Consulting (2013), "the average 65-year-old couple retiring in 2014 will need an estimated \$220,000 to cover healthcare costs during their retirement."

What's even more significant is this statistic assumes "average life expectancy" and *does not* include Long Term Care expenses. The advisors who are focused on it, and certainly the families that have

experienced its potentially devastating impacts, are keenly aware of the healthcare challenge.

The Challenge. The retirement healthcare challenge can be presented as the **Three "C's"**:

- The first hurdle to overcome is the **Complexity** of the overall healthcare marketplace, the resulting confusion created by new regulation, and an ever-shifting landscape for providers and consumers alike.
- The second obstacle is **Cost** and the ever-present debate: *Can I afford it? Can I afford not to get it?* Other costs to consider include the cost of not acting, cost of waiting too long to act, and cost of acting, including your research time and cost to implement the plan.
- The third consequence is emotional and financial strain on you, as well your loved ones and **Caretakers**.

In dealing with the Three C's, many pre-retirees' and retirees' first healthcare decision will be to bridge the gap between employer-sponsored healthcare coverage and Medicare eligibility at 65. During this period, a person who's not covered under a spouse's employer plan would need to find coverage in the private market—either directly with an insurance provider or through the "Marketplace" created by the Affordable Care Act. In either case, it's solely up to consumers to determine their best course of action, and many are surprised by the high, unsubsidized costs of private insurance.

Medicare Options. The second set of major healthcare decisions that most retirees face concern Medicare, Medicare Advantage and Medicare Supplemental Plans. The timing and importance of these decisions—made primarily during the three months before and after turning 65—can seem daunting. A bit of homework and planning can help retirees make choices with confidence.

Long Term Care Insurance. The 900-pound healthcare gorilla in the room is Long Term Care Insurance (LTC) and the debate that rages about the need for it. Remember, LTC steps in to cover custodial and unskilled healthcare costs that are *not* covered under Medicare or major medical insurance.

According to the U.S. Department of Health and Human Services, about 70% of those 65 or older will require some type of LTC services, either in their homes or an assisted living facility. Many retirees will have no trouble covering those costs from savings and retirement accounts.

There are, however, a significant and growing number of Americans who, despite good savings and retirement planning, are forced to liquidate assets and estates because of illnesses that require around-the-clock care. This can be extraordinarily expensive. According to MetLife, the average cost of a private nursing home is \$90,000 a year, and in many states exceeds \$100,000.

Plan Now. Contrary to popular belief, continued advancement in medical technology, life-saving procedures and increased life expectancy contribute to medical conditions that require significant long-term family and medical supervision; and it's not cheap. The chances that it will affect you or someone close to you will go up in the next 25 years.

To avoid irreparable damage to a family's financial plan, it's imperative to make healthcare planning a front-burner family conversation. Even small measures and a continued open dialogue between advisors and the family can create a heightened sense of confidence and a definitive step toward being better prepared. ♦

Owen Mulhern, IV, CFP®, is the President of Financial Coach, a comprehensive retirement planning and wealth management firm in West Chester. Through its Retirement Gameplan Pro-

cess, the Financial Coach Team builds the plans and executes the tactics that seek to provide real-life retirement results. FinancialCoachGroup.com.

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Good to Know

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



Irish Tales. Prepare for **St. Patty's Day** with some trivia to share over a pint and debunk myths of the Emerald Isle. For example, green may light up today's parades, but in 1783, knights in the Order of St. Patrick wore blue. Legend also says St. Patrick drove snakes out of Ireland, but cold weather and surrounding waters were more likely the cause. Feeling the luck of the Irish and think you'll find a four-leaf clover? Odds are only 1 in 10,000! *More at NationalGeographic.com.*

Shoes for a Cause.

Wondering what to do with those old sneakers breeding in the back of your closet? Donate them to **Soles4Souls**, a nonprofit dedicated to fighting global poverty. Your shoes will go to someone in need or be sold to fund small businesses in third-world countries. **AREUFIT Health Services**, a West Chester wellness organization, is hosting the shoe drive. This is the last month, so bring used athletic sneakers to *The Farmhouse, 1390 Birmingham Rd., West Chester.* *More at AreUFitHealthServices.com.*



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Want a no-tech way to keep your resolutions? Try **Flip Band**, a rubber bracelet similar to the LiveStrong band. Launched on Kickstarter, this simple reminder uses a black side, saying "flip me," and a green side with a checkmark to mark your accomplishment. No technology to learn; no app to download. Just a reminder on your wrist to flip from black to green when you've done the deed for the day. Packs of two for \$20, *MyFlipBand.com.* Or maybe DIY?



New Pet Tricks.

Definitely *not* your ordinary pet show! International circus performer, Gregory Popovich, of **Popovich Pet Theater**, transformed his 25 rescued cats and dogs into stars with stunts and skits that astound well beyond silly pet tricks. Dogs do hand-stands in Popovich's palms. Cats climb across monkey bars over fire. Eye-popping acrobatics and juggling by European-style clowns complete this family-fun entertainment. *Saturday, March 21 at The Grand, Wilmington, 3 p.m.; Friday, March 27, Asplundh Concert Hall at West Chester University, 7:30 p.m. For tickets, ComedyPet.com.*



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of Special Note



March 6

Inspired by the world of Anton Chekhov's *The Cherry Orchard*, the evening includes hors d'oeuvres and cocktails, an artistic presentation including company members and special guests David Strathairn and Mary McDonnell, plus an elegant

dinner at The Farmhouse with a small live auction and the Gala European Excursion Raffle for a chance to win a luxury trip to your choice of Puglia, Italy or Provence, France. *The Farmhouse Bistro, 39 Conestoga Rd., Malvern. 6 p.m. For tickets phone 610-647-1900, ext. 119; PeoplesLight.org.*



Radnor Township Recreation Annual Spring Eggstravaganza March 22

Fun for the entire family with egg hunts for children and adults, live entertainment, crafts, food, prizes, the Easter Bunny and more. *Villanova University Stadium, 800 E. Lancaster Ave., Villanova. 2 p.m. Free. 610-688-5600; RadnorRecreation.com.*

Drawn with Spirit: Pennsylvania German Fraktur Through April 26

An exhibition from the Joan and Victor Johnson Collection of 230 rare works created in the early German communities of southeastern Pennsylvania. These elaborate ink and watercolor drawings and calligraphic texts were created in the 18th and 19th centuries by the Pennsylvania Germans and will more than double the Museum's holdings of fraktur, making it one of the finest collections of its kind in the United States. *Philadelphia Museum of Art, 2600 Benjamin Franklin Pkwy., Philadelphia. Tues.-Sun., 10 a.m. to 5 p.m., Wed. & Fri. evenings until 8:45 p.m. \$14-\$20. 215-763-8100; PhilaMuseum.org.*



66th Chadds Ford Art Sale & Show March 20-21



Founded in 1949 by Betsy Wyeth while her son Jamie was a student at Chadds Ford Elementary School, this popular show features works by over 70 professional artists from the Brandywine Valley and beyond

and benefits educational enrichment programs at the school. The Artisan Showcase on Saturday also includes handcrafted goods. *3 Baltimore Pk., Chadds Ford. Fri., opening night reception for adults only, live music and hors d'oeuvres, 7 to 10 p.m. Sat., Artisan Showcase, Art Tours of the collection and Children's Art Café, 10 a.m. to 4 p.m. Free. 484-832-8173; CFES.UCFSD.org.*

Bridge Of Hope Garden Luncheon March 21

A delicious lunch, exquisite garden-themed auction items and this year's speaker, former White House chef John Moeller, who shares his journey preparing and serving food during three presidencies. Benefits Bridge of Hope in Lancaster & Chester Counties, helping homeless single mothers build better futures. *The Desmond Great Valley Hotel, One Liberty Blvd., Malvern. 10:30 a.m. to 1:30 p.m. \$65. 610-380-1360; Bridge-OfHopeLCC.org.*



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FAMILY FUN

THROUGH SEPTEMBER 6
The Art of the Brick at The Franklin Institute. Marvel at more than 70 one-of-a-kind LEGO toy sculptures including reproductions of world-famous works and original pieces including a 20-foot-long T. Rex dinosaur skeleton. 222 North 20th St., Philadelphia. Daily 9:30 to 9. Daytime, \$25.50–\$29.50; evening, \$15.50–\$19.50. 215-448-1200; FI.edu.



THROUGH DECEMBER
Wharton Esherick Museum. The 43rd tour season begins with special children's tours every Saturday at 11 am, with hands-on activities and lots of fun. 1520 Horseshoe Trail, Malvern. Tours by reservation, Sat, 10 to 5; Sun, 1 to 5. 610-644-5822; WhartonEsherickMuseum.org.

MARCH 1, 8
Kennett Symphony Annual Children's Concert and Instrument Zoo. The program is "Music, Stories in Sound." After the performance, the audience is invited to come onstage for the "Instrument Petting Zoo." Mar. 1, Lincoln Univ., International Cultural Center, Lincoln University. Mar. 8, West Chester Univ., Emilie K. Asplundh Hall, West Chester. 2 pm for both concerts. \$5. 610-444-6363; KennettSymphony.org.

MARCH 5, 12, 17, 26
Children's Read Aloud Tours at Brandywine River Museum. Preschoolers and their families enjoy a story, gallery visit and art activity. Mar. 5, Tap the Magic Tree by Christie Matheson; Mar. 12, The Very Hungry Caterpillar by Eric Carle; Mar. 17, The Tallest Leprechaun: A Tall Tale of Terrible Teasing by Emily Grace Koenig; Mar. 26, The Great Kopek Tree: A Tale of the Amazon Rain Forest, by Lynne Cherry. Rt. 1, Chadds Ford. Reg. required. 610-388-8382; BrandywineMuseum.org.

MARCH 7–8
The Junior League of Philadelphia American Girl Fashion Show Fundraiser. Food, fun, raffle prizes, a doll salon and American Girl merchandise. Benefits the Junior League of Philadelphia. The Desmond Hotel, Great Valley Pkwy., Malvern. Sat, 11 am & 2 pm; Sun, 11 am. \$55–\$65. 610-645-9696; JLPPhiladelphia.org.

MARCH 14
Longwood Gardens Orkid Days. Children can learn about orchids first-hand, participate in a rainforest activity, enjoy interactive storytelling with puppets and partake in a family seek-and-find. 1001 Longwood Rd. (Rt. 1), Kennett Square. 9 to 5. \$10–\$20. 610-388-1000; LongwoodGardens.org.

MARCH 14
Tavern Night at Rockford Plantation. A dash of Irish flavor is added to this Tavern Night. Period food, an 18th-Century tavern atmosphere, live music, card and board games make it fun for the whole family. 881 Rockford Rd., Lancaster. 6 to 10 pm. \$40; children 12 and under, \$12. 717-392-7223; RockfordPlantation.org.

MARCH 14
Watson Adventures Presents The Wizard School Scavenger Hunt. Follow in the footsteps of young wizards on a field trip to the Philadelphia Museum of Art in search of art that echoes the Harry Potter books and movies. Phila. Museum of Art, 2600 Benjamin Franklin Pkwy., Philadelphia. 2 pm. \$30–\$36. 866-811-4111; WatsonAdventures.com.

MARCH 27
WCU Live! ... See Good To Know

MARCH 28
Easter Egg Hunt at Everhart Park. Children ages 2–9 are invited to bring a bag or a basket and meet by the green shed for the hunt. 500 block of W. Union St., West Chester. 10 am sharp. 610-436-9010; West-Chester.com.

APRIL 4
Breakfast With the Easter Bunny at Longwood Gardens. Savor a gourmet breakfast buffet in the Ballroom, then meet the Easter Bunny. 1001 Longwood Rd. (Rt. 1), Kennett Square. Seatings: 8 and 9:30 am. \$5–\$42. 610-388-1000; LongwoodGardens.org.

ART & CRAFT SHOWS & EVENTS.....

MARCH 20–22
Sugarloaf Crafts Festival. More than 250 artists and craftspeople display and sell their hand-crafted items in sculpture, glass, fashion, metal, furniture and fine art. Live music, children's entertainment, food vendors and demonstrations. Greater Philadelphia Expo Ctr., 100 Station Ave., Oaks. Fri-Sat, 10 to 6; Sun, 10 to 5. \$8–\$10. 800-210-9900; SugarloafCrafts.com.



MARCH 28–29
Annual Spring Fine Arts & Crafts Festival. See Antiques & Fine Furnishings Showcase.

BOOKS.....

MARCH 6, 19, 24
Book Signings at Chester County Book Company. Purchase your book in-store or on the website and bring your receipt to have your book signed by the author. Mar. 6, Joanne Fluke, Double Fudge Brownie Murder; Mar. 19, C.J. Box, Endangered; Mar. 24, Marisa de los Santos, The Precious One. 7 pm. 967 Paoli Pk., West Goshen Center, West Chester. 610-696-1661; ChesterCountyBooks.com.

DESIGN HOME SHOWS.....

MARCH 1
40th Bucks County Designer House & Gardens Empty House Party. Meet the 2015 Design Team and view their plans for the designer house and gardens. You'll enjoy gourmet light fare, craft beer, wine and olive oil tastings, a silent auction and raffle. 745 Stump Rd., Chalfont. 2 to 5. \$25–\$30. 215-345-2191; BucksCountyDesignerHouse.org.



MARCH 19–22
40th Annual Pennsylvania Home Show. Find everything you need to beautify, update and maintain your home. State Farm Show Complex, Exposition Center, Harrisburg. Thurs-Sat, 10 to 8; Sun, 10 to 6. \$8. 717-232-5595; PAHomeShow.com.

EAT, DRINK & BE MERRY.....

MARCH 1–5
Media Restaurant Week. Select restaurants offer fixed priced menus (\$30) for 3–5 courses. Reservations suggested. Free street parking after 6. VisitMediaPA.com.

MARCH 2–8
King of Prussia Restaurant Week. The diverse restaurant scene here offers diners lots of options and fantastic fare. Participating restaurants will offer lunch and dinner prix fixe menus at a variety of affordable prices. 484-681-9452; VisitKoP.com/DineKoP.

MARCH 22–29
Lancaster Restaurant Week 2015. Over 40 local restaurants come together to showcase their creative talent and diverse dining opportunities with prix fixe menus around a 2015 theme. Facebook.com/LancasterCityRestaurantWeek.

EQUESTRIAN.....

MARCH 5–8
13th Annual Pennsylvania Horse World Expo. The nation's leading equestrian clinicians and entertainers come to the Farm Show Complex in Harrisburg. 2301 N. Cameron St., Harrisburg. Thurs, noon to 8; Fri, 10 to 8; Sat, 9 to 8; Sun, 9 to 5. \$6–\$12. 301-916-0852; HorseWorldExpo.com.

APRIL 5
73rd Running of the Brandywine Hills Point-to-Point. Bring along a tailgate lunch and spend Easter Sunday with the family watching riders, enjoying children's activities and the Easter Bunny. Benefits the Brandywine Valley Association. Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. Gates open at 10; race, 1:30. \$20/car. 610-793-1090; BrandywineWatershed.org/PointToPoint.



FUNDRAISERS.....

MARCH 6
3rd Annual Gourmet Food Fight & Silent Auction. Enjoy a silent auction and gourmet cuisine, then score each dish's creativity, presentation and taste. Scores are tallied and a champion emerges. Downingtown Country Club, 85 Country Club Rd., Downingtown. 7 to 11 pm. \$125. TeamCMMD.org.

MARCH 7
The Red Ball. "Party with a purpose" when you attend this gala with dancing, live entertainment, raffles and a unique restaurant com-

petition. Benefits Red Cross House Center for Disaster Recovery. Please Touch Museum at Memorial Hall in Fairmount Park. 8 to midnight. \$175–\$350. TheRedBall.org.

MARCH 7
5th Annual Andy Talley Bone Marrow Foundation Disco Bash. An evening of dining, dancing, casino games, auctions and prizes. Benefits bone marrow transplant patients and their families. Connelly Center at Villanova University, 800 Lancaster Ave., Villanova. 7 to midnight. For ticket information, 610-401-7665; TalleyBoneMarrow.org.



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 SUNDAY, MAY 24 & MONDAY,
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MARCH 8
Chester County Futures "Strikes for Futures" Event. Come out for an afternoon of food, fun and bowling benefitting Chester County Futures, a program providing academic, mentoring and scholarship support for motivated, disadvantaged Chester County youth. Tickets include pizza and soft drinks. Palace Bowling and Entertainment, 977 E. Lancaster Ave, Downingtown. 3 to 6. \$20. 610-787-9045; CCFutures.org.

MARCH 12
The Emergency Aid Foundation's Taste of the Main Line. Some of the area's best restaurants participate to raise funds and celebrate over 100 years of improving the futures of local children and families. Join them for the Main Line's Most Delicious Evening! Radnor Financial Center Atrium, 150 N. Radnor Chester Rd., Radnor. 5 to 8 pm. \$55. 610-896-7588; EAFoundation.org.

MARCH 21
West Chester Playschool's 36th Annual Live & Silent Auction. Local preschoolers benefit from this fundraising event held at the Ballroom at Westside, 430 Hannum Ave., West Chester. Complimentary food and drink will be served. 6 pm. Free. 610-692-6538; WestChesterPlayschool.org.

MARCH 21, 22
Schuylkill River Heritage Area Dinner at Historic Morlatton Village. Guests will enjoy a hearth-cooked colonial dinner in the White Horse Inn (c.1762) at Historic Morlatton Village. The evening includes live period music, prize drawings, regional wine and beer and tours of Morlatton Village. 31 Old Philadelphia Pk., Douglassville. \$125-\$250. 484-945-0200; SchuylkillRiver.org.



MARCH 23
Chester County Community Foundation's Sweet Charity Event. See article in this issue.

MARCH 29
Delaware Humane Association's 9th Annual Muttini Mixer. A dog-friendly cocktail party fundraising event. World Café Live at the Queen, 500 N. Market St., Wilmington. Dogs are welcome but must be on a leash. 7 to 10. \$100. 302-571-8171; DEHumane.org.

GARDENS.....

THROUGH MARCH 29
Longwood Gardens Orchid Extravaganza. Escape the cold and enter the dazzling world of orchids with thousands to enjoy. 1001 Longwood Rd. (Rt. 1), Kennett Square. Daily, 9 to 6. \$10-\$20. 610-388-1000; LongwoodGardens.org.



MARCH 21
The Hardy Plant Society Presents "March Into Spring." The symposium includes speakers, a silent auction, book sale and vendors. Delaware County Community College, 901 S. Media Line Rd., Media. 8:15 am to 3 pm. \$85. HardyPlant.org.

MUSEUMS.....

THROUGH APRIL 5
Brandywine River Museum Exhibit. "Jamie Wyeth," a major retrospective of his art spanning 60 years and featuring 109 works. Rt. 1, Chadds Ford. Daily 9:30 to 4:30. \$6-\$15. 610-388-2700; BrandywineMuseum.org.

THROUGH MAY 10
Delaware Art Museum Exhibits & Events. **Through May 10,** "Oscar Wilde's Salome: Illustrating Death and Desire." **Mar. 7-May 24,** "Dog Dogs," photographs by Elliott Erwitt. 2301 Kentmere Pkwy., Wilmington. Wed, Fri, Sat, 10 to 4; Thurs, 10 to 8; Sun, 10 to 4. \$6-\$12. Free Thurs after 4 and all day Sun. 302-571-9590; DelArt.org.

THROUGH AUGUST
Chester County Historical Society Exhibit. "The 1960s Pop Culture: Movies, Memorabilia and the Media, The Steve and Michell Friedman Collection," featuring over 150 pieces of movie memorabilia from the collection with posters, press books and toys. 225 N. High St., West Chester. Wed-Sat, 9:30 to 4:30. 610-692-4800; ChesterCoHistorial.org.

MUSIC, ENTERTAINMENT.....

THROUGH MARCH
The Grand Opera House. Talent, variety, artistry ... all in our backyard. Here are just a few of the many performances in March. Check their website for a complete calendar. **Mar. 5,** One Night of Queen performed

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Bryn Mawr Farmers Mkt., Lancaster Ave. at Bryn Mawr train station. **Through Apr. 1st & 3rd Sat**, 10 to noon. 215-733-9599; BrynMawrFarmersMarket.com.

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

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

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

Kennett Square Winter Farmers Mkt., State St. between Union and Broad Sts. **1st & 3rd Fri**, 2 to 4. 610-444-8188; HistoricKennettSquare.com.

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

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

by Gary Mullen & The Works; **Mar. 7**, The Flying Karamazov Brothers; **Mar. 11**, Diana Krall; **Mar. 19**, Tom Rush; **Mar. 28**, Swingtime. 818 N. Market St., Wilmington. 302-652-5577; TheGrandWilmington.org.



**THROUGH NOVEMBER
2ND TUESDAY OF THE MONTH**
West Chester Story Slam. A monthly event where anyone can take the stage and tell a five-minute true story based on the theme of the night. No notes, props or music allowed. Side Bar & Restaurant, 10 E. Gay St., West Chester. 8 pm. Phone or visit website for tickets. 610-429-8297; SideBarAndRestaurant.com.

MARCH 1
Chester County Pops Orchestra Presents John Rutter's Requiem. The orchestra will perform with singers from the First Presbyterian Church of West Chester and from Paoli Presbyterian Church. Phoenixville Middle School, 1330 Main St., Phoenixville. 3 pm. \$12-\$15. ChesCoPops.org.

MARCH 1
Delaware County Symphony Series Concert. The music of Márquez, Tchaikovsky and Schumann. Neumann University, Meagher Theatre, Aston. 3 pm. \$18. 610-879-7059; DCSMusic.org.

MARCH 1, 21, 29
Longwood Gardens Performance Series. **Mar. 1**, Michael Stairs and Rudy Lucente, organ and piano, 1 pm; **Mar. 21**, Fred Hersch Trio, 8 pm; **Mar. 29**, Organ Lecture & Demo with Peter Richard Conte, 3 pm; **Apr. 11**, The Crossing, chamber choir from Philadelphia, 8 pm. 1001 Longwood Rd., Kennett Square. See website for tickets. LongwoodGardens.org.

MARCH 5, APRIL 2
Uptown! Entertainment Alliance. **Mar. 5**, Andrew Lipke; **Apr. 2**, Brian Fitzzy. Ballroom at Westside, 430 Hannum Ave., West Chester. 6 pm. \$5-\$10. 484-639-9004; UptownWestChester.org.

MARCH 6, 7, 22, 28
Point Entertainment Presents ... At The Colonial Theatre. **Mar. 6**, An Evening with Jorma Kaukonen, founding member of The Jefferson Airplane and Hot Tuna, 8 pm, \$37.50-\$42.50. **Mar. 7**, Jerry Douglas and the Earls of Leicester, 8 pm, \$22-\$34.50. **Mar. 22**, Theatre Organ Concert with Rudy Lucente, 2 pm, \$5-\$10. **Mar. 28**, Two Funny Philly Guys, Joe Conklin and Big Daddy, 8 pm, \$30-\$35. 227 Bridge St., Phoenixville. 610-917-1228; TheColonialTheatre.com.

MARCH 8
Vox Ama Deus Ensemble Presents a "Bach and Handel Gala." Soloists: Valentin Radu (piano & organ), Robert Spates (violin) and Elin Frazier (trumpet). Glad-



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wyne Presbyterian Church, 1321 Beaumont Dr., Gladwyne. 5 pm. \$25. 610-688-2800; VoxAmaDeus.org.

MARCH 13, 27, 31

WCU Live! ... Mar. 13, Masters of Soul, a celebration of the legendary songs and performers that defined Motown and soul music, \$13-\$20. **Mar. 27,** Popovich Comedy Pet Theater, see *Good To Know in this issue*. **Mar. 31,** Tamagawa University Taiko Drumming and Dance Troupe, \$10. Emilie K. Asplundh Hall, S. High St., West

Chester. 7:30. 610-436-2266; WCUPA.edu/VisitingArtists/VAS.asp.

MARCH 14, 15

The Brandywine Singers Present "Ceol—Celtic Folksongs." Celebrate the choir's 22nd concert season and 11th under the direction of Jonathan Kreamer. **Mar. 14,** Covenant Presbyterian, 400 Lancaster Ave., Malvern, 7:30 pm. **Mar. 15,** Annville Church of the Brethren, 495 Maple St., Annville, 4 pm. \$20. TheBrandywineSingers.org.

MARCH 15, 27

Concerts at the Community Arts Center. **Mar. 15,** Tri-State Jazz Society Concert, 2 to 5; **Mar. 27,** Friday Night Live Concert featuring John Vanore & Abstract Truth, 7 pm. 414 Plush Mill Rd., Wallingford. 610-566-1713; CommunityArtsCenter.org.

MARCH 19

Uptown! Entertainment Alliance Jazz Cocktail Hour Series. The Jason Long Quartet. Ballroom at Westside, 430 Hannum Ave., West Chester. Doors open at 6, concert, 6:30. \$15. 484-639-9004; UptownWestChester.org.

MARCH 21

The Playhouse On Rodney Square Presents Chubby Checker and the Wildcats. The King of "The Twist" is back to electrify audiences of all ages. 1007 N. Market St., Wilmington. 8 pm. \$29-\$69. 800-338-0881; DuPontTheater.com.



MARCH 29, APRIL 3

Vox Ama Deus Ensemble, Bach B Minor Mass. Bach's crowning achievement, written over a 20 year period and never performed during his lifetime. **Mar. 29,** St. Katharine of Siena Church, Lancaster & Aberdeen Aves., Wayne, 4 pm. **Apr. 3,** Kimmel Center, Philadelphia. \$25. 610-688-2800; VoxAmaDeus.org.

THEATER.....
MARCH 4-29

Ghost: The Musical. A romantic musical and a Philadelphia regional premiere, based on the popular film from 1990. Media Theatre for the Performing Arts, 104 E. State St., Media. Call for curtain times. \$25-\$42. 610-891-0100; MediaTheatre.org.



VoxAmaDeus Concert Season 28

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Friday, April 3 at 8 PM Kimmel Center, Philadelphia

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Elliott Erwitt: Dog Dogs is organized by art2art Circulating Exhibitions. This exhibition is made possible, in part, by grants from the Delaware Division of the Arts, a state agency dedicated to nurturing and supporting the arts in Delaware, in partnership with the National Endowment for the Arts. Left: New York, 1999. Elliott Erwitt (born 1928). Gelatin silver print. © Elliott Erwitt / Magnum Photos.

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MARCH 14, APRIL 11

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

MARCH 19

Malvern Stroll, Third Thursdays. The shops on King Street are open until 8 and offering special trunk shows, demonstrations, entertainment and refreshments, plus the restaurants offer specials. MalvernBusiness.com. ♦



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IMAGINE SAMPLING THE REGION'S MOST DELECTABLE desserts while meeting and greeting community members, philanthropists and friends. That's how Sweet Charity guests welcome the spring season on March 23rd, as this much-anticipated event marks its 11th year as Chester County Community Foundation's signature "must attend" fun fundraiser.

Sweet Charity is a tasty night out, but it's also a serious dessert competition. The finest local dessert chefs gather with their most crowd-pleasing creations to compete for three prizes: Most Popular Dessert, Best Presentation and Professional Judge's Choice.

Guests vote on the Most Popular choice, while judges deliberate on other winners. "The desserts are inventive, creative and out-

of-this-world delicious," said host Bill Bunch, while sampling last year's Most Popular winner: New Street Catering's Brownie Bottom, Cookie Dough, Mocha Cheesecake Bar, complete with sugar spun gold fleck. The description alone will make your mouth water!

Dessert entries range from classics to cutting-edge foodie trends. Sweet Charity featured Maple Bacon Bread Pudding and Bacon Brownies at the beginning of the salty-sweet food rage; Lemon-Blueberry Coconut Tiny Pies as that mini-wave began; and gluten-free Lava Cake before everyone gave up gluten.

The event's venue, at Bunch Auctions and Appraisals in Chadds Ford, is also part of the fun. Guests are greeted by Pink Cupcake mascots and the aroma of melted chocolate and glazed fruits

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mingled with coffee, wines and passed hors d'oeuvres from New Street Catering. (Yes, guests get more to eat than just dessert, plus there's an open bar and beer from Victory Brewing.)

The auction house setting provides lots to look at, as the auction items change almost daily. Last year's Sweet Charity guests had the pleasure of strolling beneath grand chandeliers and gazing at glass showcases displaying unique antiques and collectibles that would soon go under the gavel.

Yet Sweet Charity is not all about dessert. It's a gathering place for those who care about the important work that local charities do. And it's an evening when good things happen. Grants in honor of the winning chefs are made to the nonprofit of their choice. The Community Foundation's next-gen group announces its grantees for the year. And Sweet Charity proceeds go toward the Community Foundation's mission "to connect people who care with causes that matter" so their legacy makes a difference, now and forever. ♦



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If You Go:

Held at William H. Bunch Auctions and Appraisals, 1 Hillman Dr., Chadds Ford. Monday, March 23, 4:30 for VIPs; 5:30 for general admission. Tickets begin at \$125. For more, Community Foundation, 610-696-8211; ChesCoCF.org.

Vendors at this year's event

- Cakes and Candies by Maryellen
- Cupcakes Gourmet
- Delightful Desserts & Culinary Creations
- Gemeli Artisanal Gelato and Dessert Cafe
- General Warren Inne
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Plan a Few Trips to Lancaster County

WITH FIVE REGIONS, THERE ARE EVEN MORE REASONS TO VISIT.

Mary Irene Dolan

LANCASTER COUNTY HAS CREATED ITS OWN SPECIAL world. Things are slower, less rushed. The air seems clearer and the rolling green hills and farmlands unfold to the distant horizon. Life is different—charming in its simplicity.

But picturesque landscapes and horse and buggies aren't all this well-known county has to offer. Beyond the quaint towns and rich countrysides, this distinctive destination is home to shopping meccas, a lively city, family-fun attractions and nature escapes.

Whether you do a day trip or an extended stay, each region's combination of old-fashioned hospitality and modern excitement will make you want to return ... and return again.

Antiques Capital, USA

Adamstown isn't known as Antiques Capital, USA for nothing. Set in the county's northeastern corner, its many antique shops and flea markets boast over 3,000 dealers, making it the premier year-round antiques destination in the Northeast.

Places like Renninger's Antique Market, Stoudt's Black Angus Antiques Mall and Mad Hatter Antiques are packed with treasures from another time, ranging from fine furniture and jewelry to historic postcards and quirky collectibles.

Whether you're browsing for bargains or searching for something special, you won't be disappointed with the selection. And to do more than scratch the surface, spend the night at one of Adamstown's inns to continue your hunt the next day.

Small Towns and Northern Countryside

The small towns of northern Lancaster may be quaint, but they offer loads to do. Take Lititz, named America's Coolest Small Town by BudgetTravel.com. This foodie town houses some of Lancaster's sweet and salty favorites—Wilbur Chocolate Factory, Julius Sturgis Pretzel Bakery and Miesse Candies, now celebrating 140 years of sweetness.

Lovin' Lititz Every Second, on each month's second Friday, is great for free family fun. And, if you're feeling adventurous, go zip lining at Refreshing Mountain for a bird's-eye view of town!

Another town for your "must visit" list is Manheim, home of the Pennsylvania Renaissance Faire. This hub of mirth and merriment draws in all ages with colorful characters recreating a 16th-century English village. Music, magic and laughter fill the air from mid-August through October. When the Renaissance isn't in town, try Murder Mystery nights in March, BrewFest and FlavorFest in May and other events year-round.

And wine lovers will enjoy a visit to the local wineries—Nissley Winery, Thorn Hill Vineyards, Waltz Vineyards Estate & Winery—for tastings and tours.

Amish and PA Dutch Countryside

You can't talk about Lancaster County without a few words on the Amish and PA Dutch countryside. This region is quintessential Lancaster County with abundant hills, verdant farmland and windmills dotted across the horizon. Many of the indigenous residents of this lush landscape value humility, family and community,



Stoudt's Black Angus Antiques Mall



Susquehanna River Kayaking



Lancaster Central Market



Dutch Wonderland



Pennsylvania Renaissance Faire



First Friday Gallery



Lancaster County Park

as reflected in their modest clothing and giving nature.

To learn about their traditions and history, visit the Amish Experience Theater, Amish Village and Plain & Fancy Restaurant among others for unique insights into the life of the Plain People.

This area is also home to historic landmarks—like the Strasburg Rail Road, America's oldest short-line railroad—where you can enjoy seasonal special events like the Wine & Cheese Train and Taste of Lancaster Dinner Train.

If you love to shop and support local businesses, check out cozy stores in towns like Intercourse and Bird-in-Hand for unique treasures. Or for a bargain on designer clothes, visit the 160-plus outlet stores on Route 30 at the Rockvale Outlets and Tanger Outlet Center.

For the little ones, a day trip to nearby Dutch Wonderland Family Amusement Park or Hershey Park is sure to delight kids of all ages.

And when you get hungry, there's no shortage of homemade hearty food to feast on in PA Dutch Country from pot pies, shoofly pies and whoopie pies!

Downtown Lancaster

The county seat is also the one and only "big" city. Lancaster City, as it's known, is seven square miles packed with art galleries, museums, historical attractions, restaurants, theaters, shops and fun.

Lancaster's history is still very much alive

in the city's streets through its architecture and traditions. Check in the downtown museum of the Lancaster Historical Society—LancasterHistory.org—to learn the stories of immigration, tolerance and struggle that founded the area. A bit outside the city's center is President James Buchanan's home, Wheatland, a historic house museum, that's sure to fascinate history buffs.

For city fun, First Fridays and Gallery Row are favorites of art lovers. Foodies enjoy the variety of eateries, pubs and markets like the legendary Pressroom Restaurant, casual Lancaster Brewing Company and historic Central Market farmers' market, still thriving from the 1730s. For music, theater and dance performances, check out the Lancaster Symphony Orchestra, Fulton Theatre and Trust Performing Arts Center among other fantastic venues.

There's so much to do, you might forget you're minutes from the country.

River Hills

For a true escape, the River Hills region of western Lancaster is a final option. The great outdoors await with biking and hiking trails, parks, preserves and golf courses. Nature lovers will appreciate the diverse wildlife and untouched scenery. The banks of the Susquehanna River stretch across more than 5,000 acres and provide space for camping, boating, kayaking, sightseeing, fishing and hunting.

While you're in the area, visit the river town of Columbia and get the real Turkey Hill Experience. Learn how ice cream is made, invent your own virtual flavor and enjoy free samples.

With so much to do in Lancaster County, you may enjoy yourself so much you won't want to leave. We can't say we blame you! ♦

To learn more about visiting Lancaster County, check out DiscoverLancaster.com or LancasterPa.com.

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I Hated My Bath And Then I Went on TV

DIY TV's popular show helped a local family
 create a new bathroom in a historic home.

LOTS OF FOLKS LOVE THEIR HOMES BUT HATE their bathrooms. Thoughts of the major construction, family disruption and big ticket costs—plumbing, electric, fixtures, cabinetry—keep all but the brave from tackling the monster project of a bathroom redo.

Yet some intrepid souls take the plunge, though very few do it with the cameras rolling. In this case for the DIY Network show *I Hate My Bath*. Not to be confused with *Bath Crashers*, the show where a construction crew ambushes folks in the aisles of home improvement stores, *I Hate My Kitchen*, which focuses on another major home improvement project, or the very popular but somewhat different *House Hunters*, where viewers follow homebuyers in their big decision.

We talked with Susan Baronowski Smith, co-owner with husband Eric of SMITHWORKS Design Communications, about the saga of their bathroom redo that they shared with the millions who watched the progress of the project on the show.

Here's the story behind the story of an outdated bathroom in a historic converted carriage house on a charming alleyway in West Chester.

Jo Anne Durako: So, Susan, why did you hate your bathroom? And how long had you hated it?

Susan Smith: The bathroom was a problem from the start. An 1895 barn and blacksmith shop is a great place to live once you tackle some updates. When we moved here, on our list of things to repair, the bathroom was always "next" ... with work assignments and more urgent repairs on the top of the list.

First, a little background: We originally purchased the property in 2005 to use for our Smithworks office, renovating the whole blacksmith shop with the help of many of our clients—builders, architects, designers and tradesmen. It was a great place to plant our studio, with a rental property and parking.

We often thought how nice it would be to ditch the commute and live here fulltime. Fast forward to 2012 when we planned to move here: the bathroom wasn't in the plan for repairs so we never touched it. We thought of it as an indoor shed for storing the tools.

We didn't hate everything—we liked the bathroom's exposed beams and old brick walls and the chance to live right across the



Jeff Devlin, host of *I Hate My Bath*



On shoot days there were about 12 extra people around.

courtyard from work. But the bathroom was always a nightmare. It was ugly and only (sort of) livable.

So many things were wrong with it—the layout, a rickety old shower ring hanging above the old tub, the lack of storage, a broken old heater inside the wall, the washer and dryer in the same room, and barely enough hot water for a couple of warm showers.

JD: *What kept you and Eric from tackling the project yourselves?*

SS: We moved here to cut some losses and maintain our business in the downturn. It was a rough time financially for us, as it was for many others. So once here, we were focused on work and making smart finan-

cial decisions. And because we knew we'd need a complete—meaning expensive—overhaul, the bathroom had to wait.

JD: *Why did you decide to do this bath redo on TV?*

SS: We considered it a gift from heaven ... seriously. A bath redo is such a big budget item. So when the show expressed an interest, we couldn't believe our luck!

We could share our ideas yet give them the responsibility for pulling it together ... so we could keep working. And sharing the costs really helped get the project underway.

JD: *How did you hear about this show?*

SS: Eric and I watch all those DIY shows. In

fact, before kids, I worked as a producer on a renovation show in Philly called *Gimme Shelter*. We're still in touch with crew and production people on other locally produced shows. One of my friends had posted on Facebook about *I Hate My Bath* and their search for unusual locations.

JD: *What was involved in applying?*

SS: I laid the application on the counter at work ... where it sat for about a week. Eric found it and immediately began answering the questions and taking photos. Before I knew it, he was getting callbacks and setting up appointments for our house to be scouted for consideration in December 2013.

Since the show was looking for unusual locations, I guess an old barn and black-



Susan and Eric's SMITHWORKS Design office is across the courtyard from their home. Luckily it had a usable bathroom.



Before and after photos of the vanity



The whole family got involved, including twins Parker and Riley, who also helped slate the scenes with the clapper (yep, that's what it's called).



Homeowner Susan helps host Jeff Devlin build a unique bathroom mirror surround.

mate was Jeff Devlin's daughter—Jeff's the host of the show. It started to feel like it was meant to be.

JD: *Tell us about your dream bath.*

SS: We were looking to preserve the look and feeling of the old place, with some updated materials and modern basics—double sinks, a shower with a door, better hot water heater and lighting. The girls wanted a bathtub. And most of all, we wanted to get rid of the laundry in there.

JD: *Did the show have limits on what they'd do?*

SS: We were limited by the processes and products featured in the other episodes of the show. They wanted each house to look and feel different.

JD: *How did the process work?*

SS: Most of February and March of 2014 were spent with visits from show staff for the decision process—photos, lots of questions and answers, some videotaped for consideration by the network.

Then demolition and shoot dates were scheduled about once or twice a week during April. On shoot days, there were sometimes 12 extra people around—contractors, crew, designers and Jeff. Also on shoot days, our family was involved in the segments and doing work on projects. The crew was so great with our girls, letting them slate the scenes with the clapper [see photo, at left]. That was so cool.

smith shop fit the bill. Plus we had really convincingly ugly "before" photos!

JD: *You have twin daughters. What did they think about their parents' wacky plans?*

SS: Our girls, Parker and Riley, 13, are used to life on a rollercoaster in our family. They're great at coming up with their own creative solutions, like the plan for their loft bedroom. So they liked the idea of getting a new bathroom and a chance to be on TV.

The girls had talked about the show with friends at school, and they came home so excited to tell us their field hockey team-



Susan Baronowski Smith and Eric Smith, proud homeowners who hated their bath. They used Eric's license plate collection to create a unique wall.

When the TV crew left to shoot at other locations, the contractors stayed every day doing the construction work behind the scenes. Our parking area became command central with construction vehicles, tents, table saws and lots of debris. Our staff and clients were extremely patient with us.

JD: *You have just one bathroom for the family. How did you manage during construction and with the crew around?*

SS: We have a powder room off the kitchen and a shower at the office. Every day we traipsed across the courtyard for our showers and made sure not to schedule any early meetings during that month!

The camera crew was pretty laid back, professional but nice. They all got along well, plus Jeff was fun and added a sense of calm to shoot days. He and Eric really clicked. The production assistant, Zack, arrived here early—usually before my coffee kicked in—but even at that hour, he was focused on keeping everything running smoothly.

JD: *Was there a time when you wondered what you'd gotten yourself into?*

SS: Yes. We'd been able to plan the shoot days with the producers, but other days were filled with meeting construction deadlines, interruptions and unforeseen construction issues.

And definitely during the mess, we wondered if it was worth it. Plastic and paper rolled over the rugs, dust flying. Basically the whole house dedicated to the renovation.

Work on the bathroom and rerouting plumbing upstairs meant the first floor was torn apart, too—everything removed from kitchen cabinets, all valuables piled up somewhere else, no access to our stove. Add the crew and their gear and there was literally no place to sit but the floor or the grass outside. And no laundry for weeks. I grew to love the Poly Clean Laundromat.

There were moments of complete chaos, where we ate, did homework and slept during construction. We just kept thinking of the end and how much better life would be with a new bathroom.



The "after" shot, showing the custom-built mirror surround, vanity and shower.

JD: *You and Eric helped with the construction. What was that like?*

SS: Eric especially likes cool, old stuff. He's good at collecting things and finding new uses for them. Our garage was full of timber and funky old materials, some from previous owners. The show was able to incorporate some of Eric's ideas and "treasures" into our bathroom.

We both come from nostalgic parents, so Eric's old license plates—supplemented with some Fed Ex packages with more family license plates—became a favorite feature wall. Also, the vanity was built from an old workbench we purchased at a garage sale on Everhart Park. And luckily we had just enough slate tile to make a new floor.

The show added an awesome wooden tub, glass shower doors and real lighting. Bit by bit, we were able to see the room come to life, which was very cool.

As for actual work, Eric and Jeff and the contractors did way more than I did. Jeff was great at making it seem like I had actually handled the drill or adhesive gun, but I can't take any credit for real work despite the clip online showing my work on the mirror.

JD: *What were your favorite parts of the redo?*

SS: My favorite parts were: trashing the old vanity for new sinks that actually face the mirrors ... groundbreaking! Getting a dedicated laundry room.

And although it wasn't in the bathroom, the kitchen ceiling had to be ripped out, so we got new kitchen lighting—the best

surprise. Fixing that one room affected everything about living here!

JD: *When the big day came for the broadcast, what did you think when you saw the show?*

SS: We were relieved that the show was flattering. We hoped our ups and downs through the process wouldn't overshadow our appreciation for the new bathroom!

And we had a little viewing party and picked up the girls early from school to join it. I don't think I knew that Eric did a shower dance, but that's what everyone remembers about the show.

JD: *Now that it's behind you, any lessons from this project, for your next construction project?*

SS: We learned a lot about how much our clients, friends and family were cheering and supporting us. We're so fortunate to be living and working in West Chester and preserving history at the same time. We also learned that with a little patience, the dust eventually settles, and the economy heals.

And we really enjoyed getting to know Jeff Devlin and his family. We catch up now at the winter field hockey league.

Fortunately, the process hasn't diminished our enthusiasm for construction. We're now (gulp) considering tackling the old garage. But not on TV! ♦

You can watch episodes of I Hate My Bath, including Susan and Eric's story titled "Barnyard Bath" (episode 608), on the DIY Network app and iTunes. And for more about the 1895 property, go to CountyLinesMagazine.com.

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Vintage Modern: A New Style of Antiques



IT'S NOT JUST MILLENNIALS WHO
HAVE DISCOVERED THE ALLURE
OF VINTAGE FURNITURE.

Vintage furniture is definitely the rage. You see vintage décor featured in *Architectural Digest*, treasured vintage items offered for appraisal on the PBS hit *Antiques Roadshow*, and Vintage Garage sales attracting summer crowds in West Chester.

And there's that warm buzz of nostalgia that modernist design can inspire, recapturing a bit of the past and satisfying the desire for good, yet affordable, design. Vintage is as appealing as it is on trend.

So, we thought we'd take a big leap from our 2014 article on the costumes of *Downton Abbey* and find out more about vintage modern furniture. To do that, we headed for Old City in Philadelphia to one of the most renowned sources, Mode Moderne. Owners Michael Glatfelter and Michael Wilson have experience stretching back to 1979, and have had a shop in Philadelphia since 1987. Next month they'll be exhibiting in our area as part of the Chester County Antiques Show.

They agreed to give us the short course in using vintage modern items for home decorating. For those looking for insights into buying vintage clothing and jewelry, that's another article, although we do have a few items on our Style page.

Here we focus on vintage modern furniture.

Let's hear from the experts. -JD

Jo Anne Durako: *How do you distinguish antiques from vintage and from retro?*

Michael Glatfelter: Antiques have been defined for some time as being over 100 years old. Through popular usage, vintage has come to refer to a piece of value that's less than 100 years old, but generally more than 50 years old. In contrast, retro means a totally new product that's influenced by original designs from the '50s, '60s and '70s. It's an area we're not interested in.

We like the term Mid-Century Modern because it clearly defines the subject of "modern" design and gives leeway for actual dates

Clockwise from top left: Eero Saarinen Womb Chair & Ottoman for Knoll Associates; Isamu Noguchi Coffee Table for Herman Miller; Rabih Hage Red Leather Lounge Chair for Sitnow; Florence Knoll Double Bar Sofa for Knoll Associates; Arne Jacobsen Swan Chair by Fritz Hansen; George Nelson Thin Edge Rosewood Chest of Drawers. On right page: Charles Eames Rosewood Lounge Chair & Ottoman for Herman Miller



shopping tricks of my antiquing parents to haunt flea markets, antique shows, thrift stores and auctions, searching for quality pieces.

Looking back on my school notebooks, I see I was often doodling A-frame houses with egg chairs [by Arne Jacobsen].

Michael Wilson, who earned a Masters in Fine Art from the University of Cincinnati, had a similar experience in 1988 in his North Canton, Ohio hometown. Vintage modern was affordable there, too, and it was good design.

JD: Can you describe the growth of interest in vintage modern? When did it gain momentum?

MG: I began selling Art Deco and American Machine-Age Modern at the Black Angus Antique Mall in Adamstown in Lancaster County in 1979. I sold mostly to New York and D.C. dealers who flocked to Lancaster County. Although the locals generally didn't buy from me, they did bring me some great things to sell!

Then I quickly found the famous 26th

Street Annex Market in Manhattan to be the hotbed of modern collecting. I was very much encouraged by Mark MacDonald, Mark Issacson, Alan Moss, Jacques Caussin and others in the modernist design field of New York, all of whom shopped that market in a parking lot on 6th Avenue.

There was a real shepherding of young pickers, those of us who regularly and widely shopped for quality pieces to resell. Add to the mix the regular shoppers—Andy Warhol, Yoko Ono, Catherine Deneuve, Debbie Harry, even West Chester's Bayard Rustin—and so many other famous people whose main interest on a Sunday morning was to browse the markets and find modern treasures.

Another important figure: Irene Stella began the Triple New York Pier Show in the early 1980s, which gave a big boost to the movement. A little later many dedicated modernism design shows were launched around the country. The first was the Art Deco Show, appropriately in the Chrysler Building.

Today, TV shows like *Mad Men* and much print and TV advertising uses Mid-Century design, so we see it everywhere.

JD: Is Philadelphia a good area to find vintage modern furniture?

MG: Yes, it's a great place because there's always been a small but mostly hidden interest in

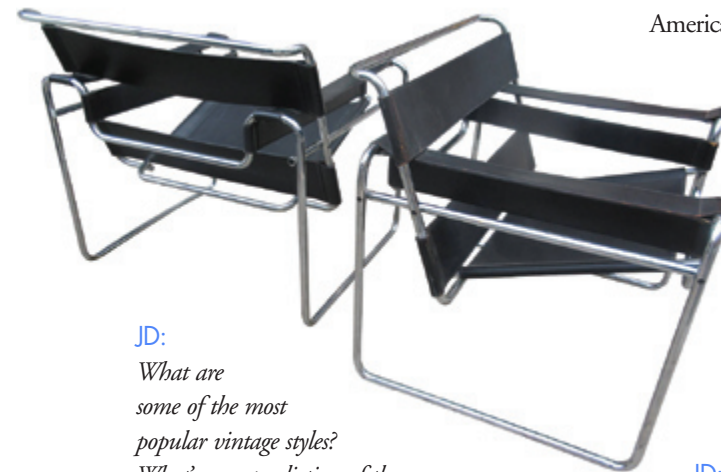
modernism. So there are great shops and collections locally.

JD: What kinds of people do you see most often in your shop and shopping online?

MG: We see a huge range of people through our door in Old City, of all ages and backgrounds. Online is a bit more difficult to track because you never meet face to face.



The fastest-growing demographic for Mode Moderne is a slightly older, middle-aged crowd that's moving into smaller digs after selling a large suburban home. The smaller scale of vintage modern pieces works well for down-sizing. And acquiring good design they couldn't afford when they were younger.



JD: What are some of the most popular vintage styles? What's your prediction of the next big thing?

MG: We're still huge fans of the iconic American designers like Charles and Ray Eames [known for molded plywood chairs], Bertoia [wire-mesh side chairs], Edward Wormley [of Dunbar, high-quality American furniture], and the manufacturers Knoll and Herman Miller.

The best of Scandinavian design—otherwise broadly known as Danish—is an area with great growth potential, especially pieces with solid wood or veneer on wood, not fiberboard.

Handcrafted furniture—fine furniture by individuals like George Nakashima

and Wharton Esherick—really took off in the '80s and should be collected. But the provenance for those pieces is so often difficult to authenticate. I implore furniture makers to sign and date their pieces!

As a final thought, the Memphis School—an Italian post-Modern style that's colorful, asymmetrical—is so unique and interesting even though it might be a bit much to live with 24/7. My advice is to buy just one piece or buy the pottery or glass.

As for things that have lost popularity, American Art Deco is currently so depressed in value it has to be a good place to put money now and it fits wonderfully in apartment spaces, given its scale. The same goes for blonde, mid-century furniture by Heywood Wakefield and others, which is moving out of fashion now.

JD: How can vintage modern pieces be incorporated with other styles, for those who don't want to go full vintage?

MG: An option is to use one unique piece as a focal point. Start with a single, strong piece that you love and know you'll enjoy for a long time.

For example, a Saarinen tulip table from 1952 is still so modern and radically simple—a

support and surface [see photo at left]—it works with just about any period chairs. And because many of the chairs from the '50s are far superior to small, delicate, rigid antique seating in terms of comfort, that's a good place to start.

As for blending vintage with other periods, remember the patina of a good, quality vintage piece will blend with antiques with a similar patina and hue of wood.

In general, the rules on decorating have always been the same to us, and that's that those with good taste can do whatever inspires them.

JD: Authentic vintage pieces can be expensive. What options do those on a budget have?

MG: Compared to good-quality new furniture, Mid-Century Modern is still quite inexpensive. Ikea can fill out a home but we'd be loath to see it dominate your choices. Non-designer but period Mid-Century Modern can be equally inexpensive.

But do remember that the cost of restoration of a poor quality piece is always more than you'd think or budget for, so be careful to choose wisely. Contrary to



From Top: Raymond Loewy DF-2000 Series 4-Door Credenza; Breuer Wassily Chairs by Knoll Associates; Charles Eames LCW Calico Ash Original Finish Chair

advice on TV on the *Antiques Roadshow*, 20th-century furniture can and often must be restored.

And finally, if you buy slowly and deliberately, the expense will seem justified.

JD: What advice do you have for first-time buyers?

MG: Certainly buy what pleases you. With a little inspection you can see the quality or lack of it in a piece's construction. Try to stay away from fiberboard, although there are exceptions—for some thin pieces by Knoll, like the Saarinen table. Veneer was widely used in the Mid-Century pieces, so look for bubbling, stains and chipping of the veneer—all are difficult to repair.

We don't recommend decorating for investment. But if you purchase quality of design and manufacturer and keep the pieces for at least 10 to 20 years, chances are you just might be very happy with the value of your pieces.

JD: Any final advice?

MG: To the young, we would say get offline and out the door to touch and feel before buying. A visual on a flat screen doesn't tell the whole story. And you might enjoy an informative chat with the sellers. There's so much more to vintage modern! ♦

Mode Moderne is a retail shop in Philadelphia's Old City neighborhood selling 20th-century design home furnishings and décor items and specializing in mid-century designers. 159 N. 3rd St., Philadelphia. 215-627-0299; Mode-Moderne.com. Owners Michael Glatfelter and Michael Wilson participate in local antiques shows, including the Main Lines Antiques Show in November 2014 and the Chester County Antiques show being held April 24-26 at the Phelps School.



From Top: Harry Bertoia Bird Chair for Knoll; Charles Eames For Evans Set of Four DCM's; Achille and Pier Giacomo Castiglioni 40th Anniversary Arco Lamp by Flos; Edward Wormley for Dunbar Party Server; Frank Gehry High Sticking High Back Chair for Knoll; Charles Eames Dining Chairs for Herman Miller

Vintage Style

Beautiful design never goes out of style.



Walter J. Cook Jeweler
610-644-5347; WalterJCookJeweler.com



Brandywine View Antiques
610-388-6060; BrandywineView.com



Eleanor Russell Ltd.
610-321-2777; Visit Facebook



Surrey Consignment Shop
610-647-8632; SurreyServices.org



Romantic Jewelers
610-933-3833; RomanticJewelers.com

Antiques & Fine Furnishings Showcase & Guide

{ Fine Antiques and Furnishings, Collectibles, Reproductions & Related Services }



PHOTO: BEN FOURNIER

Two exquisite lions, sold at last year's Brandywine River Museum of Art Antiques Show
Brandywine River Museum
610-388-2700; BrandywineMuseum.org



Federal-style buffet painted in Paris Grey Chalk Paint
Color And Style Home
610-355-9290; ColorAndStyleHome.com



New oak mantle and stone surround
Chester County Hearth & Home
610-913-0730; ChesterChimney.com



Calendonia Living Room Set
Country Home Furniture
717-354-2329; CHFS1.com



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Electrified, 7-arm solid brass chandelier
Ball and Ball
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Chest painted in English Yellow and Antibes Green Chalk Paint
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610-444-9290; ConsignItFurniturePA.com



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610-647-8632; SurreyServices.org
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610-913-0730; ChesterChimney.com
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Antiquities, Etc.
 610-688-4077; AntiquitiesWayne.com

adorable items for pets. From whimsical British fox prints to a signature "wall of pillows," you'll find the unusual, the practical and the beautiful at Eleanor Russell. Tues, Wed, Sat, 10 to 5:30; Thurs-Fri, 10 to 6:30. Facebook: Eleanor Russell Ltd.

KENNETT SQUARE

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 610-444-9290; ConsignItFurniturePA.com
 At Consign-it Furniture you'll find a large, ever-changing selection of quality home furnishings and accessories. They are also the proud retailers of the wonderful lines of furniture and accessory refinishing applications by Annie Sloan (chalk paint and fabric) and Miss Mustard Seed's Milk Paint so you can resurface almost anything in your home and turn old furniture and fixtures into modern treasures. They offer workshops on how to apply and use these wonderful products. Mon-Sat, 10 to 6; Sun, 11 to 5.

Scout & Annie Vintage Homegoods

125 E. State St.
 484-732-8554; ScoutAndAnnie.com
 At Scout & Annie we believe your home should reflect your life, not a catalog photo shoot. Every piece in our shop has been hand-picked to provide a wide selection of mid-century modern, industrial and vintage styles. Come find one of a kind furniture, lighting, art, and accessories for your unique home.

KUTZTOWN

**13th Annual Juried Reading-Berks
 Guild of Craftsmen Fine Arts and
 Crafts Spring Festival—March 28–29**
 Kutztown University O'Pake Fieldhouse,
 312 Trexler Ave., Kutztown
 RBCrafts.org
 Looking for that special piece for a blank wall, accent table or just want to spruce



Restored antique chest with tombstone design on front and sides, from late 1700s to early 1800s
Reading-Berks Guild of Craftsmen Fine Arts & Crafts Spring Festival
 RBCrafts.com

things up at home a bit? Come out to this show where 100 artisans offer museum-quality examples of contemporary and traditional work, including Pennsylvania folk art, produced by members of the Guild. Sat, 9 to 5; Sun, 10 to 4. \$6.

Witmer Quilt Shop

1070–76 W. Main St.
 717-656-9526
 More than 100 antique quilts dating to 1875 and later, along with a good selection of new, traditional Amish-made quilts and wall hangings, displayed in three rooms in an old farmhouse. Emma Witmer also does special orders and custom-made designs.

NEWTOWN SQUARE

Color and Style Home
 3707 West Chester Pk.
 610-355-9290
 ColorAndStyleHome.com

A boutique of vintage and rustic home decor including hand-painted furniture and home-made items. They carry various artisan gifts and artwork and are the proud retailers of Annie Sloan Chalk Paint and Miss Mustard Seeds Milk Paint. Stop in to check out all of their merchandise. They offer workshops, too. Mon-Sat, 11 to 5; Wed until 7.

WAYNE

Antiquities

122 W. Lancaster Ave.
 610-688-4077; AntiquitiesWayne.com
 Opened in Wayne 10 years ago, this shop has become a popular resource for homeowners and designers alike. Carefully chosen English and Continental furniture and decorative accessories are beautifully displayed in room settings. Frequently changing inventory includes furniture (antique and some handmade replicas), antique engravings, mirrors, lamps, books and library accessories. Tues-Sat, 10:30 to 4:30, or by chance or appointment. ♦

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Heart of the Valley Antiques Show

The Ice House, 56 River St.
Bethlehem, 610-588-6961; WDIY.org

MARCH 14-15

Elverson Spring Antiques Show

Twin Valley High Sch.
4897 N. Twin Valley Rd.
Elverson, 610-721-2874

MARCH 21-22

Baltimore Antique Arms Show

MD State Fairgrounds Cow Palace
2200 York Rd. (Rt. 45), Timonium, MD
301-865-6804; BaltimoreShow.com

MARCH 21-22

Antiques at Kimberton Show

2276 Kimberton Rd., Kimberton
AntiquesAtKimberton.VPWeb.com

APRIL 11-12

Atlantic City Antiques Show

Atlantic City Convention Center
One Convention Blvd. Atlantic City, NJ
973-224-2797; JMKShows.com

APRIL 18-19

Antique City Fun Fair

Lehigh University
Goodman Dr., Bethlehem
AntiqueCityShow.com

APRIL 24-26

Chester County Antiques Show

The Phelps School
583 Sugartown Rd., Malvern
610-692-4800; ChesterCoHistorical.org
Exceptional dealers specializing in 18th- and 19th-century American and Continental furniture and decorative arts. Benefits Chester County Historical Society. Preview Fri, 6 to 9 pm, early adm. 5 pm, \$200; \$130 at 6, with cocktails, hors d'oeuvres, buffet. Sat, 10 to 6; Sun, 11 to 5; appraisals, Sun, 11 to 1. \$15.

APRIL 23-25

Renningers Antiques & Collectors Extravaganza

740 Noble St., S of Kutztown
610-683-6848; Renningers.com

APRIL 26

Renningers Antiques Market Sunday

Rt. 272, Adamstown
717-336-2177; Renningers.com

MAY 1

A Vintage Garage Sale

Chestnut Street Parking Garage
14 E. Chestnut St.

610-436-9010; West-Chester.com

West Chester Parks and Recreation presents this event held the first Friday of May, June, September and October and features a variety of vintage-inspired booths selling vintage home goods, accessories, antiques, collectibles, up-cycled, re-purposed and architectural salvage, vintage jewelry, clothing and original art and photography made with vintage components. Food trucks on site, along with live music. 4 to 9.

MAY 1-2

Greater York Antique Show

Memorial Hall East, York Expo Center
334 Carlisle Ave., York
717-872-2778
JimBurkAntiqueShows.net

MAY 16

Delaware County Antiques Roadshow

Rose Tree Park, Rt. 252 & Rose Tree Rd.
Media, 610-915-2253

MAY 22-25

Brandywine River Museum 44th Annual Antiques Show

Rt. 1 at the Museum, Chadds Ford
610-388-8318 (preview)
610-388-2700; BrandywineMuseum.org
Outstanding dealers from across the nation present American and English furniture, glass, ceramics, folk art, Oriental and European porcelain, rugs and fine collectibles. Benefits the Museum Volunteers' Art Purchase Fund. On Sat, take a tour of *Plus Ultra: Moravian Tiles of the New World*. On Sun and Mon, dealer's talk, *A Passion For Collecting*, 10:30 to 1:30. Preview Party, Fri, 6 to 9, cocktails, hors d'oeuvres, music, \$125; res. required. Show: Sat-Mon, 9:30 to 5. \$18.



The Main Line Antiques Show



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June 19th & 20th, 2015

Friday, 11am-6pm Saturday, 10am-4pm

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JUNE 5
A Vintage Garage Sale
 See May 1 listing.

JUNE 19-20
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textiles, china and related decorative arts. Plus a special display of items from the Schwenkfelder Library & Heritage Center. Benefits scholarships to worthy students at Oley Valley High School. Fri, 11 to 6; Sat, 10 to 4. \$10.

JUNE 25-27
Renningers Antiques & Collectors Extravaganza
 See April 23-25 listing.

JUNE 28
Renningers Antiques Market
 See April 26 listing.

AUGUST 22
Lititz Springs Park Antique Show
 Rt. 501 N, Lititz
 717-626-5727; LititzSpringsPark.org

AUGUST 23
Historic New Castle, DE Show
 On the waterfront, Battery Park
 W. 3rd St., New Castle; DFSHOWS.com

SEPTEMBER 4
A Vintage Garage Sale
 See May 1 listing.

SEPTEMBER 24-26
Renningers Antiques & Collectors Extravaganza
 See April 23-25 listing.

SEPTEMBER 27
Renningers Antiques Market
 See April 26 listing.

OCTOBER
Berks County Antique Art Show
 Greshville Antiques & Fine Art
 1041 Reading Ave. (Rt. 562)
 Boyertown
 610-367-0076; GreshvilleAntiques.com

OCTOBER 2
A Vintage Garage Sale
 See May 1 listing.

OCTOBER 2-4
The Main Line Antiques Show
 Cabrini College, Dixon Center
 610 King of Prussia Rd., Radnor
 484-580-9609
 MainLineAntiquesShow.com
 Many distinguished dealers offer 18th-, 19th- and 20th-century fine and decorative arts, jewelry, furniture and folk art for both seasoned and new collectors. Benefits Surrey Services for Seniors, a nonprofit that helps older adults remain in their homes and live as active members of the community. Opening party Oct. 2. Details TBA.

NOVEMBER
Elverson Fall Antiques Show
 Twin Valley High Sch. 4897 N. Twin Valley Rd., Elverson; 610-721-2874

NOVEMBER 14-15
Bucks County Antiques Show
 Eagle Fire Hall, Rt. 202 & Sugan Rd.
 New Hope; BCADAPA.org

NOVEMBER 6-8
Delaware Antiques Show
 The Chase Center on the Riverfront
 Wilmington, DE, 302-888-4600
 800-448-3883; Winterthur.org/DAS ♦

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Here's hoping this helps you and your family. And here's to your health!



Delivery Decisions

Dr. William Brazeros, Penn Medicine

What to look for when choosing an obstetrician and hospital to deliver your bundle of joy.

Deciding to start a family comes as one of the most important decisions in a woman's life—quickly followed by a slew of other decisions that accompany the safe arrival of the new bundle of joy. What prenatal vitamins to take? Is this food safe to eat when pregnant? Is it safe to fly in the third trimester? How often should the baby be kicking? Is it safe to sleep on your back? Are there risks associated with an epidural? The list goes on ...

Luckily, there is one person, or in some cases a group of people, who will be there for you throughout your pregnancy to assist in making these decisions and help to answer questions—your obstetrician or the team of obstetricians and nurses in your ob/gyn practice.

If you don't already have an obstetrician, choosing the person to stand by your side during this most personal (and magical) time in your life is the first step.

Most obstetricians deliver exclusively at one hospital. They see their ob patients regularly in their office throughout their pregnancy and when the big day comes, your physician, or the physician on-call for your practice, will meet you at the hospital to

guide you through the last step of your pregnancy—the delivery of your child.

You may wish to choose a physician based on the hospital where deliveries are done. If this is the case, there are a number of questions that you may want to ask.

Proximity. When contractions start, will you be close enough to travel safely to the hospital in enough time to deliver the baby?

The Fundamentals. How many babies are delivered each year at the hospital? Does the labor and delivery program have a favorable reputation? Is the nursing team experienced and friendly? Does the hospital provide education and support programs?

Advanced Care. Does the hospital have an in-house Neonatal Intensive Care Unit (NICU)? Most babies are delivered without incident. But, about 10 percent of all newborns require advanced care following delivery. For this reason, it's important to consider delivering at a hospital that not only has a quality labor and

continued on page 68

William Brazeros, M.D., received his medical degree from Wright State University School of Medicine and completed his residency at Pennsylvania Hospital. He's a Fellow in the American College of Obstetrics and Gynecology (ACOG) and Board Certified in Obstetrics and Gynecology. His special interests include high-risk obstetrics, adolescent gynecology, infertility and care of perimenopausal women. Learn more at Penn Ob/Gyn, locations in Exton, West Chester and West Grove. PennMedicine.org/ObGyn.





Keeping the Faith in Vaccines

Dr. Kristen A. Feemster, CHOP

The recent measles outbreak brings this issue back in the spotlight.

With our current immunization schedule, kids get 24 injections against 14 different diseases before they're 2 years old—sometimes involving 5 injections in one visit. At a time when many vaccine-preventable diseases are rarely seen, this schedule may give some parents pause. Is it safe to give so many injections to young children? If no one gets these diseases anymore, are vaccines necessary? Are there other ways to protect our kids?

All excellent questions. As a pediatrician, I view immunizations as one of the most important public health interventions of our time. Unfortunately, vaccines may be a victim of their own success since most parents have never seen a case of measles, mumps, whooping cough or bacterial meningitis.

When the risk of these diseases feels distant, concerns about vaccine safety rise, making delaying or refusing vaccination seem a prudent decision to protect our children's health. However, as the recent measles outbreak shows us, vaccines continue to be needed.

The Diseases Are Still Here

The risk of vaccine-preventable diseases still exists. Measles recently struck over a hundred people throughout the country after an outbreak at Disneyland. And, we've had more cases of whooping cough in the U.S. over the past few years than over the past 50 years.

A reason for these outbreaks is that the barriers created by vaccination are eroding as more parents delay or refuse vaccination. We also live in a global society, so diseases, like people, can travel. Given recent events, it's important to know what the choice of not vaccinating can mean, not only for our children, but for our neighbors.

Protecting Ourselves and Our Neighbors

Vaccines work in two ways: they protect you from getting infected and from spreading the infection to others—if a virus or bacteria can't get to me, I can't spread it to you, which is especially important for those who are unable to be vaccinated because of age or a

continued on page 67

Kristen Feemster, M.D., MPH, MSH, is a pediatric infectious diseases physician and Director of Research for the Vaccine Education Center at the Children's Hospital of Philadelphia (CHOP). Trained at Yale and Columbia Universities, she's also an advisory board member for Parents with Kids of Infectious Diseases (PKIDS) and serves on the Advisory Commission for the National Vaccine Injury Compensation Program. Find out more at vec.chop.edu/service/vaccine-education-center.



Female Hearts Are Different

Dr. Jeanine Romanelli, Lankenau Heart Institute

Knowing the Difference Can Save a Life

Women are different from men in many ways, and it may be surprising to learn that hearts and heart health are important differences. Still, it's true.

Research has found that women have their own unique set of heart disease symptoms and prevention tactics that are completely separate from men's. Plus, risk factors affect women differently than men—too often, the risks are worse for women.

Although efforts to raise awareness about women's heart health have increased recently, heart disease remains the leading killer of women each year, taking more lives than cancer—that's *all* forms of cancer—plus Alzheimer's disease and other accidents *combined*. With statistics like this, women simply can't afford to ignore their heart health.

Fortunately, by taking charge of their health and understanding their risks early, women can help substantially lower their risk for heart disease.

Different Risk Factors

Some risk factors for heart disease are shared by both women and men, including smoking, high blood pressure and high cholesterol, obesity, inactivity and a family history of heart disease.

But there are other, less-discussed factors that are specific to women. For example, after menopause, a woman's risk of heart disease may increase. Taking oral estrogen does not reduce this risk—in fact, it may actually increase it. Also, women are more likely to suffer heart failure during pregnancy and also as a result of stress in their lives, which can make them more susceptible to heart disease.

Although diabetes is a risk factor for both men and women, it's a greater risk for women. According to the American Diabetes Association, women are more likely to develop diabetes than men, and women with diabetes are five times more likely to develop heart disease than women without it, while the heart risks for men with diabetes are only doubled.

Women may also be diagnosed with gestational diabetes, a specific condition that develops during pregnancy. While this issue does disappear after pregnancy, it can raise a woman's risk for diabetes later in life. Add to the risks that developing hypertension during pregnancy may also increase the risk of developing hypertension later in life. It's a lose-lose.

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Jeanine Romanelli, M.D., is a board-certified cardiologist with Lankenau Heart Institute, part of Main Line Health. Lankenau Heart Institute is proud to be home to the largest team of female cardiologists in the region. To make an appointment with a Lankenau Heart Institute cardiologist or to learn more, visit MainLineHealth.org/heart.



Male Menopause? The Myths and Important Truths

Drs. James Lenhard and Estelle H. Whitney, Christiana Care Health System

“Low testosterone” is at best a relative set of terms and at worst a misnomer.

Can the cable channels on your TV and you’ll invariably find it—that commercial, talk show segment or infomercial about what’s become a pervasive and trendy medical topic—male menopause. The term instantly gives even those who haven’t tuned in yet an idea of what lies ahead.

Linking the word “male” with what’s generally understood as a medical experience for women gives the public the basic concept. Those wielding the phrase are talking about changes occurring in men—such as weight gain, decreased stamina and reduced libido—that are chalked up to another perhaps misleading phrase, low testosterone.

Although television and advertising may not have diagnosed it correctly, they’ve at least brought more people’s attention to an issue that can be very important, if only because of the more critical issues behind it.

What’s in a Name?

Male menopause is a myth. It’s not a true condition. In women, menopause describes the process that follows the end of menstrual

cycles. After growing accustomed to the conditions created most of their lives by related hormones, women around 50 find themselves coping with dramatic reductions in those hormone levels and some resulting effects—hot flashes, night sweats, weight gain, mood changes and more. Menopause happens to all women who live long enough to reach it.

By contrast, not every man will experience the symptoms linked with low testosterone. In addition, “low testosterone” itself is at best a relative set of terms and at worst a misnomer.

Men produce testosterone throughout their lives. Unlike the hormones affecting women during menopause, testosterone levels change gradually over the years. It’s downhill after ages 18 to 27, but it’s a slow and steady trip down that hill.

Testosterone levels (which can only be verified by a blood check and should always be confirmed by a second check) are really only “low” when they appear so compared to the levels found in most men that age.

You’re not going to “win” if you’re 45

James Lenhard, M.D., FACE, FACR, is the Section Chief of Endocrinology and Medical Director of the Center for Diabetes & Metabolic Diseases at Christiana Care Health System. Estelle H. Whitney, M.D., is an Obstetrician-Gynecologist with Christiana Care Health System. To find a primary care physician or specialist at Christiana Care’s Concord Health Center, visit ChristianaCare.org.



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What to Try Before Choosing Surgery

Antara Dutta, Ayuvia

Aging doesn't have to be painful, especially when there are non-surgical options to explore.

Pain doesn't have to be a normal part of aging. Yet many seniors find themselves in pain and immediately consider surgery as the best approach. For those with chronic aches, joint pain, arthritis, fibromyalgia, migraines or other sources of pain, today there's a wide range of options to try before resorting to surgery.

Traditionally, surgery and pain medications—both prescription and over-the-counter—have been the first choices for treating pain—at any age. However, with the globalization of medicine, many people now choose integrative medical options before they agree to undergo surgery.

In the integrative medical field, acupuncture, massage, physical therapy, talking therapy, nutrition and exercise are the leading methods to reduce or stop a variety of common pain conditions. These alternative methods are non-surgical options to help delay or even avoid surgery.

Here are just a few noninvasive integrative therapies that blend well with Western medicine.

Physical Methods

Acupuncture therapy helps manage pain by working at the root cause of your condition. It works by promoting oxygenated blood to heal the injured area and to actively trigger muscles, as well as stimulate nerves to function properly. In traditional Chinese medicine, acupuncture opens up blocked channels and circu-

lates energy, or qi, throughout the body to promote the natural healing process.

In seniors, acupuncture may be a safe and effective treatment for osteo-arthritis, sciatica, herniated disks, TMJ, fibromyalgia, back pain and more. A licensed acupuncturist will use single-use, hair-thin needles to puncture superficial parts of the skin at strategic points to rebalance energy flow and boost your body's natural painkillers.

Massage therapy is another way to help your body heal by physically manipulating particular parts of the anatomy. There are a variety of massage techniques—Swedish, deep tissue, shiatsu, Thai, reflexology and many more—that massage therapists use during manual manipulation to cause a change in the body structure. This type of therapy uses techniques such as traction to increase space within various body parts or repetitive deep tissue strokes to release motor points, where the nerve enters the muscle, to relieve pain.

This therapeutic approach may greatly alleviate many types of pain. Whether you need help with stress reduction, tight muscles or a medical condition such as sciatica, massage therapy offers promising benefits. Similar to massage, *chiropractic care* is another type of physical medicine using manual manipulation to produce a positive physical change in the body.

Physical therapy, as the name implies, is instruction in specific exercises to improve a range of motion and physical function by

continued on page 69

Antara Dutta, who's spent 20 years innovating, building and delivering products and services in various industries, in 2011 founded an Integrative Wellness company, Ayuvia, located at Crozer Keystone Brinton Lake Medical Plaza. Ayuvia provides holistic health solutions in conjunction with conventional medicine to help manage symptoms and pain associated with chronic illness. Learn more at Ayuvia.com/about-us.



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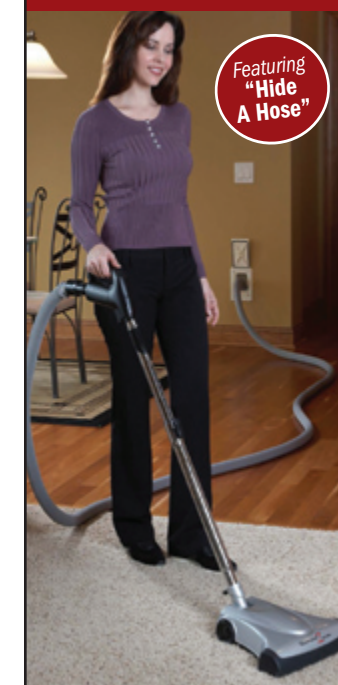
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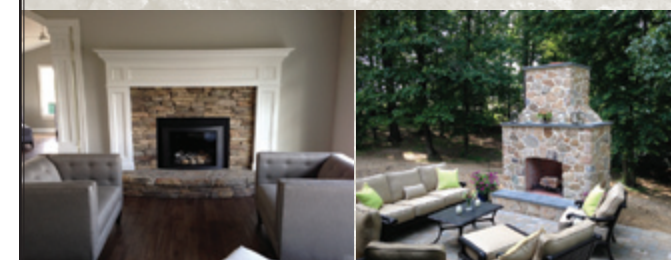
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Laurel Anderson

EVER DREAMED OF CHUCKING YOUR DAY JOB AND becoming the owner of a charming B&B? Being your own boss, living in a beautiful mansion, surrounded by happy people on vacation? Maybe a dream inspired by Bob Newhart's TV show from years ago, but set in the Brandywine Valley, not Vermont with Larry, Daryl and Daryl.

Yes, Hamanasset B&B is ready for its fourth family of owners since this stunning 1856 Federal fieldstone manor house was built on its hilltop setting in Chester Heights as a summer home for Dr. Charles Meigs, a renowned Philadelphia obstetrician. The historic property was named after an area in Connecticut that the Meigs family settled in the 1650s.

After 14 years of creating one of the Top 10 B&Bs in Pennsylvania and what the New York Times called one of the most romantic in North America, current owners Glenn and Ashley Mon are ready for the next act in their lives. That is, once they find the right caretakers for this special property—new innkeepers or a family in search of a property for more closely related guests.

A Home with History

Although originally built as a summer home 12 miles from Philadelphia, Hamanasset was designed in grand style, with 12-foot ceilings on the first floor, 10-foot ceilings on the second, and rooms on the third floor that are far from attic spaces. Valley Forge marble and antique Delft tiles line fireplace surrounds, a stately Palladium window overlooks the main stairs (yes, there are back stairs, too), and custom woodwork displays the height of period craftsmanship.

Dr. Meigs's son, Quartermaster General to President Lincoln during the Civil War, sold the property to the Dohan family, who lived there for 130 years before the Mons arrived in 2001. The Dohan's contribution was an extensive redesign by famed architect Charles Barton Keen, known for his work on the Main Line, plus the Aronomink Golf Clubhouse and Reynolda, the North Carolina estate of the R.J. Reynolds family.

The beautifully landscaped 6.6-acre property boasts specimen oak, hickory, cypress, magnolia and copper beech trees, plus mature rose gardens, koi pond and life-sized chess set. In addition to the main house, there are two cottages, four-bay garage, three-stall barn, 2.5-acre fenced paddock with turnout shed,





and two-story tool shed. A B&B since 1984, it's now on the Select Registry, one of only about 300 in the U.S.

The Mansion House

Some writers are loath to admit that words don't do justice to a subject, but I freely acknowledge the website slideshow tour of the B&B is the best way to appreciate the architectural detail, loving restoration and gracious design. And the slideshow captures the exquisite English-country style décor of seven guest rooms in this 10-bedroom, eight-bathroom home, and the professional chef's kitchen, site of cooking classes. You'll see a dreamy mix of plush fabrics, perfect antiques and clever transformations of period features to 21st century comforts (snack stations, fireplaces with electric inserts, bathrooms tucked into new spaces).

A few highlights, though. An elegant formal living room—flanked by French

doors on three sides, accented by a plaster frieze, punch and gouge molding, and built-in mahogany Colonial bookcases (with 13 panes)—is intimate enough for conversation and grand enough for a piano and two chandeliers. The former dining room, with original floors and a massive carved mantle, now serves as the billiards room attracting all ages of guests looking for a game, while the large, sunny, garden-view solarium beckons those seeking quiet time.

For sumptuous breakfasts that are the key second B of the B&B, the dining room boasts room for a table seating 12, plus a window nook for more. The adjacent modern kitchen is any chef's dream, with modern appliances, three ovens, miles of counters and a large butler's pantry. There's even a separate laundry room with large folding table—the scale throughout is spacious. Back stairs lead to the owner's suite—a private 650-foot apartment within the mansion.

Guest rooms of all sizes—many with fireplaces, sitting areas and all best viewed online—occupy the second and third floors. A full attic and basement can be developed into additional space, if the need arises. But with two additional cottages onsite—both with living rooms, dining rooms, kitchens and two bedrooms—and the several other outbuildings, that need seems unlikely.

A perfect retreat away from the world, Hamanassett can be yours to enjoy or share with appreciative guests. ♦

This historic 6.6-acre Chester Heights property is offered for \$1,895,000 by Country Properties, Berkshire Hathaway, Fox & Roach. For more information, contact Mark Willcox, 610-716-0592 (cell) 610-347-2065 (office); TheCountryProperties.com.

To read a 1902 poem about Fair Hamanassett's role in the Lima Hunt, go to CountyLines Magazine.com.

Healthy at EVERY AGE ... continued

Vaccines — from page 58

compromised immune system. That dual effect—or herd immunity—is why vaccines have had such a significant impact on eliminating certain childhood diseases. Vaccinating kids protects adults, too.

The current vaccination schedule is based on years of safety and effectiveness data, plus research about each disease. Vaccines are recommended at certain ages to ensure a good immune response and protection when children are most vulnerable to vaccine-preventable diseases.

Easily Spread and Serious Infections

For example, pertussis, or whooping cough, is a bacterial respiratory infection that can cause a prolonged, persistent cough in older children and even adults. In infants, it causes a severe cough that affects breathing—most infants with pertussis are hospitalized and one in 100 die. Measles is a febrile viral illness with a rash that may self-resolve. However, serious illness also occurs, even in healthy children, including pneumonia or swelling of the brain. And one in 1,000 infected children die.

Both measles and pertussis start out with runny nose and mild cough, resembling the common cold. Unfortunately, the risk of transmission is highest during this time, so you can spread infection before you know you're sick. Pertussis and measles are also two of the most contagious infections, with 9 out of 10 susceptible people (no immunity from vaccination or history of previous infection) exposed becoming infected. These consequences make vaccination especially important to prevent infection.

Teen Vaccines

Vaccination is also important for adolescents, who should get Tdap (tetanus, diphtheria and pertussis), MCV4 (meningococcal conjugate) and Human PapillomaVirus vaccines (HPV). Teens are better able to fight off many infections that affected them as children, but their risks change over time. These additional vaccines help adolescents protect their health as they transition to adulthood.

Some parents have questions about HPV vaccines, the most recent addition for adolescents. HPV is the most common sexually transmitted infection (almost everyone has

been infected by adulthood). While many of us can fight off infection, some will develop persistent infection that can lead to a wide range of cancers, including cervical cancer. That makes the HPV vaccine one of the only cancer-prevention vaccines we have—and it's extremely effective.

Why give the HPV vaccine to teens? It's important to be vaccinated before exposure and the vaccine is especially effective in young adolescents. Despite some news stories, this vaccine is very safe. Fainting is the most significant side effect, but this can happen after any vaccine.

Safety First

Vaccine safety is constantly monitored and extensively reviewed. Side effects can occur, but they're generally mild—fever, arm pain and swelling. Serious adverse reactions like anaphylaxis are extremely rare (one in a million). Many parents worry about long-term side effects.

The Institute of Medicine (IOM), a nonprofit, independent, non-govern-

mental research organization, recently conducted a review concluding that the current vaccine schedule is safe and doesn't increase risks for autoimmune diseases, asthma, seizures, developmental disorders including autism, hypersensitivity or attention deficit disorders.

We're fortunate to live in a world where we no longer worry about many vaccine-preventable diseases. But we can't let our guards down. As a pediatrician and parent, I consider recommending—and accepting—immunizations as one of the most important things I can do to support the health of my patients, my children and my community.

The recommended immunization schedule was developed by scientists, epidemiologists and health care providers, many of whom are also parents. We all want the best and healthiest environment for our children. Vaccines continue to be an important and healthy choice. ♦

See CountyLinesMagazine.com for more resources about vaccines.



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Comfort. Is an anesthesiologist available in-house at all times to administer epidurals in a timely fashion or attend to emergency C-sections?

Amenities. What measures are available to make your stay as comfortable as possible? The first few days with your newborn are some of the most meaningful. It is important that mothers are able to rest and recover during their time in the hospital.

Ask if the hospital offers private maternity rooms. Also, consider whether you would like to have your child in the room with you during your stay. Some hospitals have a well-baby nursery to care for babies while mothers catch-up on some much-needed rest.

Other added amenities to consider include the comfort, size and cleanliness of patient rooms, friendliness of staff, avail-

ability of accommodations for your significant other and hospitality features such as a snack station and room service.

Hospitals these days are going above and beyond to create a memorable stay for their patients. For example, Chester County Hospital offers mothers fruit smoothies in between meals and volunteers take around milk and cookies each afternoon.

Most hospitals offer tours to expecting and prospective parents. You may consider touring one or a few hospitals before making your decision. To find a physician who delivers at your hospital of choice, visit the hospital website or call the physician referral line. If you need help in selecting a particular physician, here are some tips.

Ask a Friend. Most women start by asking friends and family for referrals. These opinions many times are the most honest and enlightening—for good or bad.

Whittle It Down. Some easy decision makers include: Does the practice/physi-

cian accept your insurance coverage? Are they accepting new patients? Are they affiliated with a hospital where you would like to deliver your child?

Do Your Homework. Online resources, such as Vitals and Healthgrades, provide listings of physicians' credentials, specialties, years in practice, patient reviews and ratings, education and more.

Consider Your History. If you have a medical history, consider choosing a physician who specializes in particular medical conditions (i.e. high-risk pregnancy or gestational diabetes).

Meet the Doc. Once you have a short-list of physicians or practices that you would like to consider, make an appointment. During this introductory appointment, make sure that you are comfortable with the physician and the team. Ask questions about their values, their approach to care and the visits, tests and imaging required during pregnancy. ♦

Female Hearts — from page 59

Different Symptoms

Would you call 911 if you were having a heart attack? Unfortunately, only 50 percent of women answer “yes” to that question. Although women are becoming increasingly aware that their heart attack symptoms differ from the classic symptoms we know for men—crushing chest pain, sharp left arm pain, shortness of breath—many women are less likely to act when they think they may be having a heart attack.

If you notice subtle symptoms like fatigue, indigestion, shortness of breath, left or right arm pain, anxiety or loss of appetite, these are all symptoms of a heart attack in women. Don't wait for chest pain—women don't always have it—and don't wait until you feel better. Call 911 immediately! Too many women come into their doctor's office well after suffering a heart attack. The faster the treatment, the better.

Similar Prevention

As women, we're busy, but there are still steps we can take to make heart health a

priority. Living an active lifestyle is one of the most important things you can do to combat heart disease, and this simple, though not necessarily easy step, can make a big difference. Unlike risk factors you can't control—age, race, family history—adequate exercise should be on your To-Do list!

A middle-aged woman who doesn't exercise for at least one hour each week isn't just increasing her risk for heart disease, she is doubling it. The best strategy is to find ways to fit activity into your schedule by choosing exercises you enjoy. Whether it's dancing with your children as you cook dinner or taking weekend walks with your spouse or friends, find time to make exercise a regular part of your life.

It's important to practice heart-healthy habits at every point during your life, but pregnancy and menopause can make women especially vulnerable to risk factors like weight gain, diabetes, high blood pressure and high cholesterol. Pay close attention to practicing healthy

habits during these times, and work with your doctor to closely monitor your heart health.

In addition to these unique risk factors, both women and men can lower their heart disease risk by quitting smoking and monitoring blood pressure, cholesterol levels and weight.

Tests and Talks

To help lower heart disease risk, it's important for women to talk openly to their doctors about their individual risk factors, lifestyle habits, questions or concerns about heart disease. Taking a daily aspirin is recommended only for some women, so, again, it's best to talk with your doctor.

Depending on your health history, your doctor may suggest certain health screenings—electrocardiogram (ECG), cardiac computerized tomography (CT) scan—or refer you to a specialist who can help you closely monitor your heart health.

You only get one heart. It's worth knowing how to protect it. ♦

and comparing your levels to a 21-year-old. When those levels are significantly lower than expected for someone your age, the more accurate diagnosis is hypogonadism, a condition that occurs when the body's sex glands produce little or no hormones.

Possible Truths Behind the Myth

Whatever you call the condition, its symptoms (if they appear) produce changes in the quality of life. From more frequent fatigue to inability to concentrate to a reduced interest in sex, these changes prompt men—or sometimes the women close to them—to take notice and seek a way to reverse the effects. And that is a very good thing.

Men, listen to your bodies and go to your doctors. Women, take notice when you see these changes and send your husbands or partners to their doctors. While these changes in the quality of your life can be disappointing, they can also indicate larger and even more serious problems.

In almost all cases, hypogonadism is caused by another medical condition.

using mechanical force and movement—specialized equipment and special exercises. Therapists (called PTs) treat a wide range of conditions to improve movement in the injured area and help increase muscle stability.

Among seniors, muscle atrophy—from injury, lack of exercise or disuse—may be reversed by working to tone and strengthen muscles through physical therapy sessions over time. Physical therapy is also a key component of traditional post-surgical care and recovery.

Other Methods

Pain may be related to emotional causes as much as physical ones. In some cases, *cognitive behavioral therapy* (CBT), a form of talk therapy, helps some cope and understand their pain by helping them become aware of inaccurate or negative thinking and come to respond in a more effective way. This approach can help seniors alter their behavior, better understand the causes of their pain, and encourage them to focus on things other than their pain.

Low testosterone levels can be a sign of such things as obstructive sleep apnea, obesity (an extremely common cause), advanced kidney or liver damage or even heart failure. Diabetes is another cause, as is chronic narcotic use.

While seeing a few extra pounds in the mirror or having a moody husband at the dinner table may not seem like a life-threatening situation, the real factors behind those changes may very well be.

Addressing the Bigger Picture

As always, the solutions start with your primary care physician. Before you buy into a newspaper ad and reach out to the latest company offering treatment, talk to your doctor, a much more experienced resource who can help you determine your true diagnosis and then point you toward answers and the low testosterone it's causing.

Your doctor may prescribe testosterone replacement therapy, which comes in several forms. The most popular is a gel that's applied daily by hand to the skin. Another

Similarly, *nutrition* may affect your physical and mental state and have an impact on the pain you experience. If pain is primarily bio-chemically based, nutritionists may help you achieve a healthier body and reduce some causes of pain. For example, low-grade, chronic joint inflammation—such as forms that cause arthritis—can cause pain that nutritionist-recommended diet and supplements can relieve by eliminating inflammatory foods and replacing them with foods rich in Omega 3 fatty acids and spices like ginger.

Other non-invasive techniques and *exercise therapies*—such as yoga, meditation, tai-chi, qi-gong—may be incorporated in your lifestyle to help with pain management.

Mindful meditation can teach pain sufferers to react differently to pain and can be especially helpful with trigger-based pain (e.g., pain after climbing stairs). During meditation, you may feel more relaxed, a sense of lightness, and most importantly, less pain. These positive feelings can help you “get through the pain” and continue even after meditation. Meditation is a safe

Male Menopause — from page 60

option is a patch that's worn for about a week and then replaced by a fresh patch. Some patients instead give themselves injections every one to four weeks.

Less popular options include a buccal patch (an oblong device placed between the cheek and the gums) and surgically implanted pellets that are replaced every three to six months. All these prescription-only solutions use human testosterone that chemically matches the hormone produced by a man's body, so they work. How long you take them depends on how long it takes to address the more serious issue you and your doctor discover behind your symptoms.

So, if that TV personality or ad mentions something you've experienced (or something your husband hasn't yet acknowledged), turn off the TV, put down that newspaper and reach out to your primary care physician.

As usual, the human body is broadcasting its own message, and no matter what you call it, the subject needs your full attention. ♦

Before Choosing Surgery — from page 62

practice that takes patience and should be practiced with basic guidance.

Similarly, exercise therapies such as yoga, tai-chi and qi-gong have lasting benefits because they help build strength and improve balance and range of motion. Staying active—without pain—is important for long-range healthy and pain-free living.

Lighter Options

Integrative medicine has come a long way in mainstream medicine, and will continue to help our aging community deal with pain management. Surgery on its own is a well-respected progressive option yielding tremendous results for many ailments. For some, surgery is the first choice of treatment before considering integrative options.

But there are some for whom surgery is not a viable option (because of factors like age, other complicating medical conditions). And others may first choose a lighter selection on the menu, such as some of the options here. ♦

Comfort Reading

Andrea Kiliany Thatcher
Chester County Book Company

COOKBOOKS ARE NOT JUST INSTRUCTION MANUALS FOR DINNER PARTIES.

IT IS A TRUTH UNIVERSALLY ACKNOWLEDGED, that a person in possession of a hungry group must be in want of an idea for dinner. So, why don't we devour cookbooks like we do the novels of Jane Austen, whose quotable opening line I just bastardized?

Well, some of us do. In fact, Laura Muzzi Brennan, the Brandywine Table columnist, admits to having 600-plus cookbooks in her collection, and is always willing to add more.

And for those of us who are culinarily curious, in need of something to get excited about in the kitchen, or just looking to pass a long lazy afternoon, we present the following for consideration.



don't know what the modern craft cocktail movement is, this may not be the book for you. But if you love the pretension that comes along with discussions of the theory and philosophy of drink making—not to mention the bar's most sought-after recipes and secrets of the trade—then crack the spine and drink up. Plus some drool-worthy photos.

The Spirit of Gin: A Stirring Miscellany of the New Gin Revival

by Matt Teacher

An oft under-celebrated spirit, gin gets the credit it deserves in this ultimate guide to the modern gin revival. No one's going to take away your martini (stirred, not shaken, so as not to bruise the gin—despite the well-known preference of James Bond) but there's a lot more to this liquor than that classic cocktail or a simple gin and tonic. This book discusses gin's rich history and gives a comprehensive review of gin distilleries, ingredients and accoutrements.



Paleo Happy Hour: Appetizers, Small Plates & Drinks

by Kelly Milton

If you're not looking to get quite so indulgent with your booze or your bites, check out *Paleo Happy Hour*. From the blogger behind *PaleoGirlsKitchen.com*, this is a great book for anyone who's looking to cut down on processed foods, carbs and unhealthy junk, but who doesn't want to give up party food and



drinks. These recipes are yummy (I've made quite a few that pleased the whole family) and healthy, plus they provide just the right amount of moderation without sacrifice.

Thug Kitchen: The Official Cookbook: Eat Like You Give a F*ck

by Thug Kitchen



Another blog turned cookbook, *Thug Kitchen* is beloved by Gwyneth Paltrow and *Saveur* alike. But even with that fan base, it has absolutely zero pretentious foodie mumbo jumbo. It's

my personal belief that Thug Kitchen set out to prove that vegan food can kick butt, and it isn't all hippie-dippy kale smoothies (though there may or may not be a kale smoothie recipe included).

Fans of the blog will find that the book was the author's chance to teach recipes that were more complicated than could fit on a GIF. If the high-red-meat, high-fat pitfalls of the paleo diet aren't right for you, this cookbook is full of heart-healthy and delicious whole grains and veggies, too.

The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity

by Rebecca Katz

If you're interested in healthy food built around a concept and not a gimmick, then *The Healthy Mind Cookbook* should be up your alley. The author's thesis is that many of our modern maladies—depression, ADHD, memory loss, and agitation—can be improved with the right nutrition.

Be ready to get a little geeky as brain science is translated to the kitchen to cook up foods that can improve the brain's ability to control cognition, emotion and physical function. And with recipes like Avocado and Citrus Salad, Sweet Potato Hash, Turkish Lamb Sliders, and Chocolate Cherry Walnut Truffles, it's not just 120 pages of how to make kale smoothies.

So, if you love to cook and need inspiration or like to cook vicariously by reading cookbooks, there are bushels of great choices out there. ♦

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Mexico: The Cookbook

by Margarita Carrillo Arronte

The latest in Phaidon Press's international cookbook series is such a gem to behold. I want to buy this book just to put it on my shelf. Everyone loves to go out for Mexican, but our homemade repertoire tends to be restricted to taco night and the occasional enchilada. Learn about this beautiful food culture from this deliciously beautiful book.

Death & Co: Modern Classic Cocktails, with More than 500 Recipes

by David Kaplan

Here's another book you'll be proud to display at the very cocktail parties where you show off what you've learned. It's often said that the birthplace of the modern craft cocktail movement was Death & Co's Lower East Side bar in New York City. If you

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Red Wines of Argentina

Moira O'Neal

Just what you need to prepare for World Malbec Day, April 17, plus a few more great reds.

NO DOUBT ABOUT IT. Argentina's red wines are one of the great success stories of the past decade, particularly when it comes to consistent, very affordable wine—in the under-\$25-per-bottle range. Most wine lovers agree that Argentina's reds—most notably the popular malbecs—will give you great depth of flavor and complexity for your buck.

Deep Roots

Argentina has a long wine history, dating back over 400 years when Spanish colonizers brought grape vines to the Americas. In the 1550s, the first vines were brought to Mendoza, Argentina's major wine growing region in the shadow of the Andes. Jesuit missionaries established commercial vineyards the following year.

Leap ahead to the 19th century when grape cuttings were brought from France, including for malbec, originally a French grape but one that grew even better in South America. Around the same time a wave of European immigrants escaping from the phylloxera epidemic brought

new grape varieties plus better vineyard practices and winemaking skills. All this substantially improved the quality of Argentine wine.

For much of its winemaking history, Argentine winemakers had been interested in quantity, not necessarily quality, and 90 percent of local wine was consumed there. But by the late 1990s, Argentina was exporting 3.3 million gallons of wine. A major new producer had arrived on the scene.

Ideal Climate

Most vineyards are found in the western part of the country on a high plateau along the foothills of the Andes. Major growing regions have semi-arid climates with desert-like rainfall and temperatures in the warmer areas ranging from 100 degrees in daytime to 50 at night. Some areas enjoy 320 days of sunshine each year. And with its low humidity, there's a lower risk of vines developing mildews and fungus, so vineyards can forgo chemical sprays, resulting in increased organic production.

Today Argentina is the world's fifth largest wine-producing country,

with 60 percent red wines. Malbec tops the chart with cabernet next in acres planted, and syrah, while gaining in popularity, next. And then there's the famed Torrentes—but that white is a wine for another article.

Here, we focus on fantastic reds that are worth a try.

More Than Malbec

Although there's no doubt Argentina's international reputation as a wine-producing nation is founded on malbec, don't overlook other wonderful reds.

For a lovely blended wine, try *Hacienda del Plata Arriero Reserve 2011* (\$18.99), consisting of 62% malbec, 26% cabernet sauvignon, and 12% syrah. This

wine is aged in second-year French and American barrels for 12 months, then re-blended with 20% un-oaked wine. You'll find a wine with a rich and ripe nose of sweet plums, anise, oak and dried fruit, and a palate that's lush and round, showing lots of red fruit, oak notes with lightly drying tannins. Drink now.

Fans of cabernet sauvignon will enjoy *Finca Perdriel Coleccion Cabernet Sauvignon (Mendoza) 2010* (\$19.99). This dark purple wine is lush and jammy, full-bodied with rich notes of blueberry and cassis. Notes of toasted oak, savory herbs and coffee add complexity, while fine tannins weave their way through a long finish. Drink through 2019.

A velvety, full-bodied red with a bouquet of red fruits, sweet plums, and anise, *Hacienda del Plata Zagal Cabernet Sauvignon, Mendoza 2012* (\$13.99) is a great choice. On the palate, you'll find notes of red currant, red berry, herb and toasty-oak flavors, plus a very nice structure with firm tannins and a lingering finish. Drink now.



Must Have Malbecs

Although malbec has the reputation of being a difficult grape to grow, the climate and conditions around Mendoza are arguably ideal. It's a grape no other country in the world cultivates to the same degree as Argentina.

Here are five superb malbecs—with their characteristic intensity and velvet texture.

Mendoza Vineyards 1907 Malbec Mendoza 2011 (\$14.99) is aged in new French and American oak barrels for 12 months. Aromas of dark fruit, blackberries and leather show on the nose, with flavors of lively blue and black fruits and notes of tobacco and mocha showing on the palate. Medium bodied with nice acidity, this wine finishes well. Drink now.

Another lovely wine aged for 12 months in French oak barrels, *Casarena Malbec Lujan de Cuyo Reserva 2012* (\$17.99) shows aromas of raspberries, strawberries and sweet spice, with fig, dried berry and black fruit flavor pervading the palate. Hints of oak show through on the supple finish. Drink now.

For a medium-bodied wine with silky tannins and 18 months in new French and American oak, try *Mendoza Vineyards Malbec Gran Reserva Lujan de Cuyo 2010* (\$22.99). The nose is bright and up-front, with black currant, blueberry and black fruit aromas showing through well. On the palate you'll find flavors of red and black fruits with hints of mocha. This wine has a medium long finish. Drink now or age a few years.

For a full-bodied wine, choose *Viña Cobos Bramare Malbec Lujan de Cuyo 2011* (\$37.99), a collaboration with winemakers Paul Hobbs, Luis Barraud and Andrea Marchioli, and aged in 19% new French oak for 18 months. The resulting wine is dark purple with an intense nose of sweet plum, black fruit and cigar box and boasts flavors of red licorice, black raspberry and chocolate. The finish is long and warming. Drink now or age a few years.

The final recommendation, *Doña Paula El Alto Parcel Malbec*

Mendoza 2010 (\$99.99), is a gorgeous wine that shows aromas of black cherry and black berry with delicate violets and just a touch of mint. Creamy and silky in the mouth, the palate shows notes of blueberry, raisin and ripe black fruit. The wine is well-balanced with lovely acidity. Drink now or age for five more years.

These great red wines pair extremely well with the robust foods of winter—juicy roasts, rare steaks, lamb shanks and hearty stews—but are worth enjoying year-round. ♦

Moira O'Neal, a Chester County native, has 15 years of experience in the wine industry. She's grown wine grapes in McLaren Vale in South Australia and The Finger Lakes in New York. In 2002, she became an assistant winemaker at The Chaddsford Winery and a Retail Wine Specialist at the Fine Wine & Good Spirits West Goshen Store.





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Food News

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



An Irrational Holiday.

This March 14th—3.14.15—is the closest we've come yet to pi (3.141592...), but memorizing pi's digits isn't the only way to mark **National Pi Day**. While math geeks worldwide dedicate the day to celebrating circles, others

get pumped for Pi Day by enjoying a yummy round dessert. Any flavor works, so grab a slice, or two, of your favorite—the possibilities are infinite. Check out PiDay.org for fun with pi and this issue's Brandywine Table for fun with pie.

Spirits of Pottstown. You don't have to be a spirits specialist to appreciate handcrafted liquor, and **Manatawny Still Works** offers enough to please both booze-beginners and distiller-devotees with small-batch spirits produced at its local distillery. At weekend tours every Friday through Sunday, visitors can learn about the distillation process and sample MSW's handcrafted spirits. So head over to Manatawny, "the place we meet to drink." 320 Circle of Progress Dr., Ste. 104, Pottstown. 484-624-8271; ManatawnyStillWorks.com.



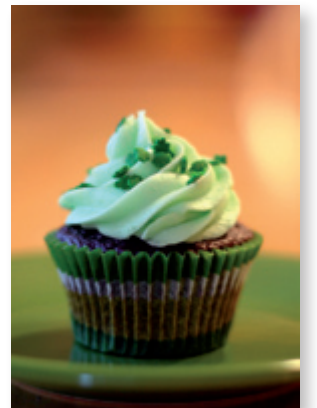
A Shamrockin' Event.

Looking to start your St. Patty's Day celebrations early? Grab your luckiest green getup and head to Phoenixville for a **Pre-St. Patty's Day Pub Crawl** down Bridge Street. At noon, March 7th, join other leprechaun-loving folks to enjoy craft beers and giveaways from eight pub crawl stops. It doesn't matter where you begin or end, as long as you come thirsty for green beer and Guinness, and bring your Irish spirit. *Updates and participating pubs at FB.com/PhoenixvillePubCrawl.*



The Food of the Irish.

Turns out, "traditional Irish" corned beef and cabbage isn't all that traditional after all. It's an Irish-American dish. But don't let that keep you from the **St. Patrick's Day** food festivities! Choose from a pot-full of Irish-inspired foods—Irish stew, shepherd's pie, Irish soda bread, and for dessert, chocolate stout cupcakes. Or reinvent the corned beef and cabbage dish with corned beef and cabbage eggrolls, soup or even pizza! *More St. Patrick's Day favorites at FoodNetwork.com.*



What on a Stick? Grab your favorite kebab recipe and get ready for one of the silliest days of March—**National Something on a Stick Day!** March 28th is your excuse to indulge in as many corndogs, popsicles and toothpick-pierced cheese cubes as you want. Better yet, impale other fun foods—chocolate-dipped waffle pieces, mini pizzas, mini burgers, deep-fried Babybel wheels. Don't miss the tasty, stick-stabbing fun! *For more things to put on a stick, see Brit.co/100-on-a-stick/.*

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Pies!

Laura Muzzi Brennan

It's high time that pies were back in the spotlight!

MOVE OVER, CUPCAKE. Pies are back on the table. They're grabbing magazine covers and cooking show headlines. At wedding receptions, they're edging out "the cake." What's more, National Pi Day—smack dab in the middle of this month—is now as much a celebration for bakers as for mathematicians.

"This March 14th—3.14.15—is the closest we've come to pi (3.141592)," notes Molly Johnston whose every waking thought these days centers on the beloved circle. The owner of **Nomadic Pies**, Johnston sells her sweet and savory creations—both hot and frozen—from her food truck at local farmers markets. This spring, she's opening Nomadic Pies HQ (headquarters) on Kennett Square's State Street in the space formerly occupied by Sweet Christine's. At HQ, customers can enjoy a cup of coffee with a slice of fresh pie, pick up a frozen one, or purchase locally handmade kitchen accessories.

Nomadic Pies' menu changes depending on what's in season. Winter's sweet offerings include variations on apple, pumpkin and sweet potato. Apple caramel, apple ginger and sweet potato with pecan streusel topping rank as customer favorites. In summer,

Johnston can't make sour cherry pies fast enough to satisfy demand, and while she's loath to name favorites, her heart holds a special place for peach raspberry.

In the savory category, Johnston offers spinach-goat cheese, rosemary-mushroom-Swiss, and chicken curry potpie. She's



Northbrook MarketPlace



Apple Pie from Northbrook MarketPlace

also experimented with what she calls "cheesesteak in a pie"—a happy marriage of steak, mushrooms and Gruyère and Swiss cheeses.

Another inviting place to pick up a pie is West Chester's **Northbrook MarketPlace**, co-owned by Christine and Rob Boone since 2008. Pretty from the outside—it's located on a county road in a restored 1850s fieldstone barn—the market's real beauty lies in its abundance. For fruit-pie lovers, there's apple, peach, lemon blueberry and cherry, while custard pie fans go for fresh silk (chocolate mousse with fresh cream), sweet potato crunch, pumpkin, coconut custard and banana cream.

To Christine Boone and Molly Johnston, the pie renaissance makes perfect sense: what's not to love about a buttery crust filled with our area's finest ingredients? Indeed both bakers emphasize the importance of sourcing locally.

Boone credits Barnard's Orchards, Down the Lane Farm and Baily's Dairy with keeping her kitchen well-stocked. On a chalkboard outside her truck, Johnston lists the farms she buys from. And she also takes special pleasure in collaborating with fellow food artisans: she baked her first pies in cheesemaker Martha Pisano's kitchen, and her caramel apple pie showcases caramel sauce made by Cheryl Ames of Sweet Salvation Truffles.

Sweet or savory, pies deserve their newfound fame. On March 14th and all month long, find out what the buzz is all about.



Nomadic Pies, Pecan Pie



Molly Johnston, Nomadic Pies

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Basic Pie Crust

This pie crust works well for pies with both sweet and savory filling. I adapted the recipe from my favorite obsessive cooks at America's Test Kitchen, using the quantities they suggest, but simplifying the method. For a less sweet crust, cut the sugar to 1 Tb.

12 Tb. butter
8 Tb. Crisco
2½ C. all-purpose flour
2 Tb. sugar
1 tsp. salt
¼ C. ice water
¼ C. vodka

Tear off two pieces plastic wrap (about 12" square) and set aside. Slice butter in ½" pieces and Crisco into 1-2" pieces. Keep in refrigerator while you measure out other ingredients.

In a large food processor, pulse together flour, sugar and salt. Gently push butter and Crisco into flour mixture. Pulse until crumbs form, and all flour looks to be incorporated (15-20 seconds). Between pulses, you may need to scrape down sides.

Place mixture into a large bowl and sprinkle with water and vodka. With a spatula, mix ingredients until dough sticks together. Don't worry if the dough seems really wet and sticky—it will firm up in the refrigerator.

Divide dough into two pieces and form each piece into a disc. Wrap discs tightly in plastic wrap and refrigerate for at least 1½ hours or overnight.

When ready to use, preheat oven to 400°. Remove dough from refrigerator and allow to sit at room temperature 15 minutes to take the chill off. Generously flour your work surface and roll out dough to ⅛". The dough might still feel sticky, so don't be afraid to add extra flour.

Many bakers pre-bake the bottom crust without the filling (known as blind baking) to prevent a soggy crust. If you want to try it, bake at 400° for 15-20 minutes until golden.

Super Delicious Sour Cherry Pie

This recipe comes courtesy of Molly Johnston of Nomadic Pies. Molly can't share her secret pie crust recipe, but she did reveal that a combination of butter and coconut oil is the key to her super flaky and moist crusts.

For the filling:
5½ C. pitted sour cherries
4 Tb. cornstarch

What's Your Pie-Q?

Blue-ribbon pie bakers aren't born with high Pie-Qs. They earn them through years of experimenting with butter-to-flour ratios, fiddling with oven temperatures and testing equipment. Here's a list of Dos and Don'ts that Johnston, Boone and a handful of accomplished home cooks shared with me. Read it and your Pie-Q will go sky-high.

DO use a combination of butter and shortening for the crust. Butter lends flavor while shortening contributes flakiness. Note: Johnston finds that coconut oil also gives a flaky crust.

DON'T overdo thickeners like cornstarch or you'll end up with a gelatinous filling.

DO use fresh fruit whenever possible. If you use fruit at its peak of ripeness, you won't need a lot of extra sugar.

DO accept that some fruit pies are just tart. The benefit according to Molly Johnston: "You won't feel guilty about eating them for breakfast!"

DON'T be afraid to use too much flour

when rolling out the dough. Flour keeps the crust from falling apart when you move it to the pie plate.

DO invest in a French rolling pin. Its design—it's fatter in the middle and tapered on the sides—gives you more control over the thickness of the dough.

DON'T roll out dough when it's too cold or too warm. How do you know? If dough is the texture of Play-Doh, then you're on the right track.

DO use a vodka/water combination to moisten pie crust dough. While too much water can toughen the dough, vodka moistens without developing glutens, thus ensuring a softer dough.

DON'T let the bottom crust get soggy. Cook "low and slow," says Christine Boone. Opt for an oven temperature of 300° or 325° instead of 350°, and increase the baking time.

DO love an ugly pie! Many pies don't look perfect, but still taste great!

⅔ C. sugar
½ tsp. almond extract
1, unbaked 9" pie crust (See recipe)

For the crumb topping:
1 C. old-fashioned rolled oats
⅔ C. all-purpose flour
1 C. light brown sugar
¾ C. melted unsalted butter



Preheat oven to 350°. In a large bowl, mix together cherries, cornstarch, sugar and almond extract. Fill 9-inch pie crust with filling.

In another bowl, mix crumb topping ingredients together and sprinkle over filling. Bake for 55 minutes.

Makes 1 pie (6-8 servings).

Coconut Custard Pie

Here is a popular pie from Northbrook MarketPlace's Christine Boone. Boone advises baking this pie "low and slow" to prevent a

soggy bottom crust, so pay special attention to the oven temperature in this recipe.

¾ C. sugar
1 tsp. cornstarch
½ tsp. vanilla
4 eggs
2 C. coconut milk
2 C. half and half
1 C. shredded coconut
1, unbaked 9" pie crust (See recipe.)



Preheat oven to 275°. In a large bowl, mix sugar and cornstarch. Add vanilla and eggs, and mix.

Add coconut milk and half and half, and mix. Fold in shredded coconut. Put filling in pie crust and bake for 40-45 minutes or until firm.

Makes 1 pie (6-8 servings).

Apple Pie

At Northbrook MarketPlace, apple pies are available all year round, but if you want to make this bestseller at home, here's Christine Boone's recipe. For a sugar-free version, Boone suggests replacing sugar with Splenda.

6 C. apples
¾ C. sugar
2 Tb. flour
¼ tsp. salt
⅛ tsp. nutmeg (optional)
¾ tsp. cinnamon
1 Tb. lemon juice
1, unbaked 9" pie crust (See recipe.)

Preheat oven to 325°. In a large bowl, mix together apples, sugar, flour, salt, spices and lemon juice. Put filling in pie crust. Top with remaining crust. Cut a few slits in top. Bake for 45 minutes until golden brown.

Makes 1 pie (6-8 servings).

Variation: Dutch Apple Pie

Replace the top crust with 1½ C. donut crumb topping (See recipe below.)

Bake for 20 minutes. Then, check on amount of liquid in pie. If there's a lot, drain and then re-top with additional donut crumbs and bake for additional 20-30 minutes until golden brown.

Peach Pie

Tuck this recipe away for when peaches are in season—usually late July through late August. Recipe courtesy of Christine Boone, Northbrook MarketPlace.

2 C. sliced peaches
½ C. sugar
1½ tsp. cinnamon
3 tsp. cornstarch
1, unbaked 9" pie crust (See recipe.)
1½ C. donut crumb topping



Preheat oven to 325°. In a large bowl, mix together peaches, sugar, cinnamon and cornstarch. Put filling into pie crust. Top with donut crumb topping.

Bake for 20 minutes. Then, check on amount of liquid in pie. If there's a lot, drain and then re-top with additional donut crumbs. Bake for an additional 20-30 minutes until golden brown.

Makes 1 pie (6-8 servings).

Donut Crumb Topping

At Northbrook MarketPlace, these crumbs are made with their apple cider donuts.

4.5 oz. butter, cut into pieces
1¼ C. sugar
2 C. flour
2 C. donut crumbs

In a food processor, pulse ingredients until just combined.

Makes approximately 5 C.

Spinach, Roasted Red Pepper and Goat Cheese Quiche

Says Molly Johnston of Nomadic Pies, "You can load the empty pie crust with as much spinach and red peppers as you want. I say the more filling the better!" Start with the quantities listed below and let your palate be your guide.

1, unbaked 9" pie crust (See recipe)
4 oz. baby spinach leaves or regular spinach leaves, torn
2-3 roasted red peppers, sliced
2-3 oz. goat cheese
6 large farm fresh eggs
½ C. whole milk
½ C. heavy cream
¼ tsp. nutmeg
¾ tsp. pepper
½ tsp. salt

Preheat oven to 365°. Fill the uncooked pie crust with spinach and roasted red pepper slices.

Break up goat cheese and layer on top of spinach and peppers. In a large bowl, whisk together eggs, milk, cream, nutmeg, pepper and salt. Pour over vegetables and cheese.

Bake for 45-50 minutes, until the quiche sets.

Makes 1 pie (6 servings).

Beef and Mushroom Pie With Potato Crust

A hearty dish for a blustery day! Make two or three pies at a time as these reheat nicely—and they taste even better the next day.

4-5 Tb. olive oil, divided
1½ lbs. beef cubes for stew
1 onion, chopped
1 large or 2 small carrots, cut into ½" pieces
2 stalks celery, cut into ½" pieces
8 oz. cremini mushrooms, sliced
3 cloves garlic, minced
1½ Tb. flour
1 C. beer (Guinness or cook's choice)
1¼ C. beef stock
1 tsp. dried thyme
Salt and pepper to taste
½ tsp. cornstarch
1 tsp. water
2 russet potatoes
Chopped dill, optional
1-2 Tb. butter



Heat 2 Tb. olive oil in a Dutch oven over medium heat, and brown the beef, about 5 minutes. Remove beef and juices; set aside.

In the same pan, heat 1 Tb. olive oil over medium heat and cook onion, carrots, celery, mushrooms and garlic until vegetables start to soften, about 10 minutes. Stir in the flour to coat vegetables. Add beer, beef stock and thyme. Bring to a boil.



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Then reduce to a simmer, cover and cook for an hour or until beef is tender. Season with salt and pepper to taste.

Remove the lid, turn heat to medium-high and cook until sauce thickens, about 15 minutes. Whisk cornstarch and water together. Stir into filling and cook for another 15 minutes.

While filling finishes cooking on the stovetop, preheat the oven to 350°. Peel and cut potatoes into 1/8" slices. Taste stew again and add salt and pepper to taste. Ladle filling into a pie dish.

Starting in the center, layer 1/2 of potatoes in a spiral pattern until they cover the top. Brush with remaining olive oil. Season with salt and pepper. Sprinkle with dill if using. Repeat with remaining potatoes, oil and seasonings. Cook for 15 minutes. Dot with butter and cook for another 15 minutes until potatoes are tender.

For a golden crust, place under the broiler for a few minutes. Allow to cool for 10-15 minutes before serving.

Makes 4-6 servings.

Note: Depending on the size of your potatoes, you might have leftover slices. If so, layer them in a small baking dish, cover with a thin layer of half and half. Dot with butter and season with salt and pepper. Cook right alongside your pie.

Asparagus Dill Quiche

This quiche is filling without being heavy. Don't skip pre-baking the crust or your pie will end up with a soggy bottom.



1, 9" pie crust, pre-baked
(See recipe for "Basic Pie crust".)
6 large eggs, at room temperature
1 C. half and half, at room temperature
1/2 C. milk (I used 1%), room temperature
2 Tb. chopped fresh dill
1 Tb. dried or 2 Tb. fresh chives
1 tsp. salt
Freshly ground pepper to taste

12 oz. thin asparagus, woody ends removed and cut into 1-1 1/2" pieces
1 C. shredded cheese (Italian blend that includes mozzarella, provolone and Parmesan or cook's choice)

Preheat oven to 400°. After rolling out pie dough, place it in pie dish and if necessary, push up sides. Bake for 15-20 minutes until golden.

While crust bakes, prepare custard filling by whisking together eggs, half and half, milk, herbs and spices. After removing crust from oven, allow to cool for a few minutes and reduce oven temperature to 350°.

Cover crust with asparagus pieces, scatter cheese evenly over asparagus and pour custard filling on top. Bake for 45-55 minutes or until filling is set. Allow to rest for at least 10 minutes. Serve warm or at room temperature.

Makes 6-8 servings.

Spinach Ricotta Pie

Thanks so much to my friend (and former student) Amanda whose mother-in-law taught her how to make this family favorite. This pie freezes and reheats well.

For the crust:

1 C. all-purpose flour
1/3 C. cold butter, cut into pieces
3 Tb. cold buttermilk

For the filling:

1 small yellow onion, diced
1 Tb. oil or butter
1/2 lb. chopped spinach (Frozen is fine.
Just thaw and drain first.)

1/2 tsp fresh basil
salt & pepper to taste
3 eggs, beaten
1 lb. part-skim ricotta cheese
1/2 C. extra sharp white cheddar, grated fine
3 Tb. all-purpose flour
Dash of nutmeg
1 C. sour cream
Dash of paprika

To make the crust: Cut together flour with butter until blended. Add buttermilk. Chill one hour before rolling and forming into a 9" pie crust.

Preheat oven to 375°.

To make the filling: Sauté onion in oil or butter until transparent and slightly golden. Add spinach and sauté for 3-4 minutes. Add basil, salt and pepper, and sauté for 1-2 additional minutes. Remove from heat.

In a large bowl, mix together beaten eggs, cheeses, flour and nutmeg until well-incorporated. Add spinach mixture to cheese mixture. Spread evenly into pie crust. Evenly top with sour cream and a few dashes of paprika.

Bake for 40-45 minutes or until set. Let set further by cooling to room temperature before serving.

Makes 6-8 servings.

Caviar Pie

My friend Ann says she has made this crustless appetizer pie a thousand times and never had any left over. High praise indeed! Feel free to substitute light mayo, cream cheese and sour cream as Ann does. Either way, the dish is an edible luxury!

6 hardboiled eggs
3 Tb. mayonnaise
1 1/2 C. minced onion
1, 8-oz. package cream cheese, softened
2/3 C. sour cream
2, 4-oz. jars caviar
Pumpnickel bread

Mash the eggs and combine with the mayonnaise. Spread in a pie or tart pan. Sprinkle the minced onion on top.

Combine the cream cheese and sour cream and carefully spread over onion. Cover and chill for a few hours or overnight. Immediately before serving, spread caviar on top.

Cut pumpnickel bread in triangles or rounds.

Makes 1 pie. ♦

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.



For more great recipes visit
Foodily.com/u/CountyLinesMagazine

talking with Jeff Devlin

Maybe you've seen him on the streets of West Chester. Jeff Devlin, host of several popular DIY TV shows—including *I Hate My Bath*, featured in this issue—still has a local carpentry business here. We thought we'd find out what he's planning and how to get our bathroom on TV.



How did you get involved with the TV series? What made you think you'd be good on TV?

It was a fluke. I'd been doing carpentry since I was 15—I was actually inspired by *This Old House*. But I wasn't a very good businessman. So I also started working with video cameras, balancing carpentry and camera work—the best of both worlds. One day a friend shot a little video of me doing carpentry, sent it to a production company, and two weeks later I was signed to be a carpenter on HGTV's *Spice Up My Kitchen*. That show lasted six seasons and was a great learning experience. Then on to A&E's *Drill Team*, then back home to HGTV with two shows, *I Hate My Bath* and *Good, Better, Best*.

I never considered being in front of the camera but people convinced me I'd be great. And when I started, I had no fear. Plus I was surrounded by folks I'd worked with behind the camera, so I didn't feel nervous.

Do people recognize you from TV? Does that embarrass your kids?

Sometimes people stare and aren't quite sure who I am and how they know me. I love when someone comes up and says "I hate my bath. Can you come over?" My kids still get a kick out of it when someone recognizes me. I think they're proud of their dad—at least I hope so. I do manage to embarrass them in other ways, though.

Why is *I Hate My Bath* shot in the Philadelphia area?

For the first 5 seasons, it was shot in Minneapolis. I got on a plane every Monday and returned Friday. It was a great job but I missed my family, so much I begged the production company to shoot near home. Surprise! They agreed—I should have asked sooner! Season 6 was shot around Philly, and I really enjoyed being home, getting stuck in Route 202 and 76 traffic, listening to WMMR on my drive.



What's the wackiest bathroom you've worked on?

That's tough because most of them are ugly—at first! The most complicated projects are the older homes because you never know what you'll find. The wackiest project would have to be Season 2 or 3—we did a bathroom where we installed life-size wind chimes as a screen for the tub. I personally tuned each aluminum tube to create a perfect G major scale. I was so excited but the homeowners had small children and were dubious. But I think they learned how to raise a musical child. I get occasional e-mail reminders that the chimes are very loud.

We have to push the limit on ideas so we don't install beige tile everywhere. All the bathrooms are completely functional but sometimes we fall short when attempting to do new things with the designs.

How can folks who are interested get their properties on one of the DIY shows?

Anyone in the Philly area can go to DIYnetwork.com or HGTV.com and search for casting. Another option is to go to MagneticProductions.com and search for a show and apply. Tell them Jeff sent you. Just kidding. I'm not involved in the selection process.

What's your next TV project?

I still run my own company, SchoolHouse Woodworking in West Chester, doing smaller, one-off pieces of furniture due to the TV schedule. I like having some work outside the demands of TV, with no cameras—although I am so grateful for having this great TV job, too.

I just started shooting a pilot in Bucks and Chester Counties about my dream job—renovating historic homes and highlighting local history and the amazing character of these old homes. You should also tune in to HGTV for *Ellen's Furniture Design Challenge*, where I got to work with high level designers and carpenters. And everybody loves Ellen Degeneres! ♦



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Ever watched people at restaurants taking pictures of their food? Now you can be one of them ... but with a good reason! Enter the *County Lines* food photo contest! Send your best food photo (just one!) taken at a local eatery to Info@ValleyDel.com by **March 11, 2015**. Semi-finalists will be published in our April issue and entered to win 2 tickets to Table Tours, a \$150 value. Check our website and Facebook page for details. Good luck and happy eating!










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