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The 50 Top Women  
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Patricia C. Brennan, CFP®

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#2 Top Wealth Advisor

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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, The Chester County Hospital and Health System, and for the Brandywine Valley YMCA.

Patricia Brennan in 2015 –  
“A Top 400 Advisor in the Nation”

FINANCIAL TIMES



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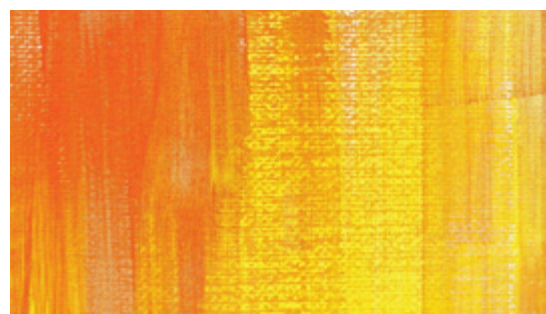
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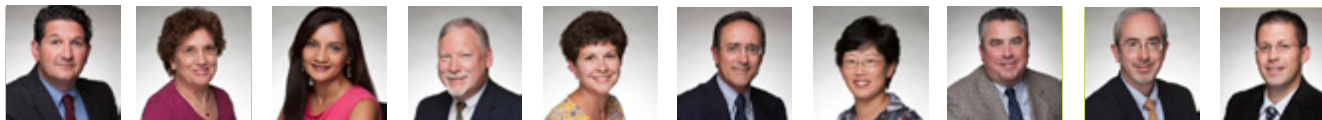
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MAIN LINE TODAY  
**TOP DOCTOR**  
2015

\*As voted by their peers, December 2015.

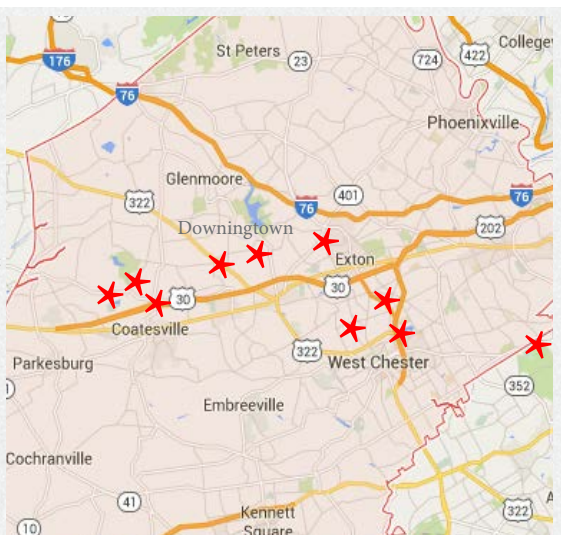




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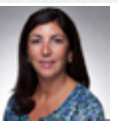
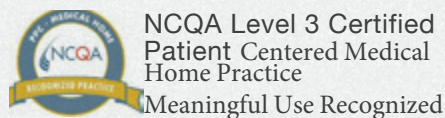
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from the  
**EDITOR**

SPRING CAN'T GET HERE FAST ENOUGH! I'm ready for a splash of daffodils, the first robin and the re-greening of our countryside.

We suggest you prepare for the coming season with lush landscapes from the Hudson River School, in a new exhibit called "The Poetry of Nature" at the Brandywine River Museum of Art. Or for landscapes closer to home, Stroud Water Research Center explains how "Trees Save Streams," as they invite you to their next tree-planting party.

If you're ready for a road trip as the days grow longer, we recommend the Pottstown area. Carol Metzker's "Northern Lights" explores the dining, drama, arts and crafts there.

Or head for a day of entertainment where you can also furnish your home. Our publisher, Ed Malet, shares his adventure in "My Day at the Auction." He did not come home empty-handed. If you prefer your shopping to be more curated, use our Antiques and Fine Furnishings Guide. And to protect your property, learn from Dan Welch in "Worth Knowing" why you should have an insurance inventory.

For homebodies, dream a dream with Mary Dolan's "Dream Bathroom Escapes," for what's new and what you've yet to imagine for that much-used room. Laurel Andersen tours "Fox Creek Farm," our Home of the Month, a grand county home, as wonderful as when it was built in 1909. Or curl up with a book, suggests Andrea Thatcher in "Read Local."

For food and drink, Kayleigh Thompson shares "Table Wines of Portugal," under-rated and under-appreciated. And Laura Brennan visits Malvern Buttery for the essentials of baking great bread.

Area doctors help us stay "Healthy at Every Age"—covering healthy pregnancy, HPV vaccines for teens, new guidelines for mammograms and blood pressure, and shingles.

As always, check our Best Local Events section for what to see and do.

Thank you for reading.

*Jo Anne*  
Jo Anne Durako  
Editor

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**March 2016**

Volume XXXIX, Number 7

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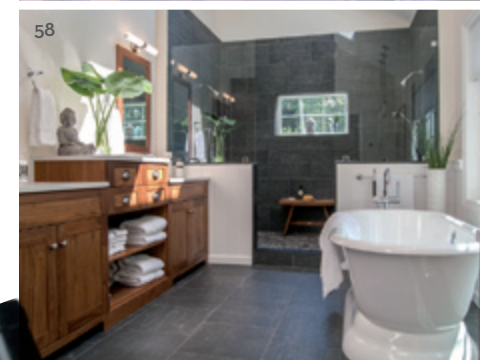
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## Advance Planning for a Property Loss

Dan W. Welch

**PREPARING A PROPERTY INVENTORY TODAY WILL SAVE YOU HEADACHES AND HEARTACHES TOMORROW.**

A MAJOR HEADACHE THAT MANY OF US MAY FACE IS a property loss—from fire, theft or other catastrophe. To some, this kind of loss can be life altering. Even for smaller losses, you may find the process of submitting a claim to be onerous and time-consuming. Too many will find themselves unprepared for the process of dealing with their insurance company during a stressful time.

### Burden Is on You

While most property owners are financially savvy about buying property insurance, most don't realize they also need to be savvy in preparing for a loss—before it happens. Preparation will make a significant difference in the resolution of your property claim.

In presenting your property claim, the burden of proving losses rests solely on you. But, most of us are unsophisticated in handling claims and are at a disadvantage when negotiating with an insurance adjuster. Adjusters, on the other hand, are trained in the claims process and trained to protect the insurance company.

### Prepare with a Call and an Inventory

If you're unprepared, you'll find it difficult to prove your loss. So, take a first step and evaluate your coverage with your insurance agent. Find out if you're insured for replacement value, if there's adequate coverage for all your personal property, and if items need to be specifically scheduled—expensive jewelry, art, antiques, etc.

Second, prepare a property inventory. An inventory accomplishes three important goals: it helps determine how much insurance you need, speeds up the claims process, and helps verify losses for income tax purposes.

Don't put it off! If a loss occurs, you can run through your inventory to determine what's missing. That's especially helpful during stressful times after a loss when your memory may fail you.

### Preparing a Property Inventory

There are plenty of ways to prepare your inventory—notebooks, spreadsheets, photos, videos. The best method is *the one you'll actually use* and that you'll update each year.

The Insurance Information Institute's online inventory tool, "Know Your Stuff," is free, easy to use, accessible from any computer, and even offers storage on secured servers. This spread-sheet-based software offers a system to enter information by room, then by item, with prompts to identify categories (e.g., art, antiques, jewelry), replacement costs and purchase date. You can add images, receipts, appraisals and even warranties for your records.

Other software—from Quicken, Home Inventory Pro, and others—has similar features and may offer bar-code scanners to help you track serial numbers, model numbers and the like.

A simple method you can do today with your phone is to take a video of your entire home (or business, but that's a separate discussion) and all its contents.

The inventory, with your audio comments, should slowly pan each room—showing the floors, all four walls and ceilings. Focus in detail on the contents of each room—each item, stating when each was purchased, and giving the approximate value. Open closets, cabinets, drawers and doors to show the contents. Zoom in to show bar codes or important markers of value for antiques, jewelry, etc.

Ideally, upload the video to the cloud (you can store it privately on YouTube or Vimeo), store a copy in a fireproof safe, safe deposit box or give it to a friend to keep. Photos can also be stored on the cloud and on Flickr, Dropbox or e-mailed to yourself.

Update this inventory annually and amend it as needed by life changes, significant gifts and purchases, or changes in value of your property (such as collectibles that may appreciate).

Follow these suggestions and you should have the information needed to help you compile a complete and accurate list of property in the event of a loss. And that's the best way to avoid headaches and delays processing your claims.

After doing your inventory, you may even be inspired to de-clutter your home! ♦

*Dan W. Welch is the president of Dan W. Welch, Inc., claims navigators and public adjustment firm located in West Chester. DWWInc.com; 800-881-3994.*



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

### Attention, Bridal Shoppers!

If you want to say “I’ll save on the dress,” choose a never-worn gown at a discount from **Sabrina Ann Couture**. This new-concept bridal shop in West Chester offers a well curated selection of dream dresses—from \$1,000, sizes 6 to 16. Mothers of the bride and gala guests can browse special occasion gowns, starting at \$150. Plus accessories—veils, purses, jewelry—and day-of services—from emergency kits to tattoo cover-up. *128 N. High St., West Chester. View the collection online. SabrinaAnnCouture.com.*



### No Wires, No Worries.

Your child’s safety matters, so when *Creative Child Magazine* chose **Kidz Gear’s** Bluetooth stereo headphones (\$49.99) for its 2015 Product of the Year Award, we had to share. These headphones provide safe listening free from pesky wires your kids could get tangled in. Because the awards are made by the kind of folks who purchase the products—moms, music educators, early education professionals—you know these headphones must be great. *GearForKidz.com.*



**Murder Mystery.** Embrace your inner detective for a night at a culinary who-done-it! **Murder at Mount Hope Mansion** presents its 8th annual dinner theater featuring a four-course meal and interactive performance. Inside the mansion, the year is 1916 and stakes are high as three presidential candidates meet in a no-holds-barred debate, complete with suffragettes and Mother Jones. It could very well lead to deadly consequences, so it’s up to you to uncover the truth. \$42.95/person. Fri. & Sat. through March 28. *2775 Lebanon Rd., Manheim. PaRenFaire.com/MurderMystery.*

### Not Strictly Ballroom.

Happy day! **SunnyBrook Ballroom** is restored and revived. Enjoy the ornate bar, lounge and Gatsby’s restaurant, complete with a heated outdoor seating area. And brides, the wedding garden has been treated to a major makeover with plans for a fountain in the works! Staying true to the history of Pottstown’s big band era landmark, the 1920s style inspired a speakeasy room—private dining for 30 with a secret door disguised as an elevator. See what’s new, March 5! *50 N. Sunnybrook Rd., Pottstown. TheSunnyBrook.com.*



**Lights Off, Earth On.** Shine a light on climate change! Millions of people across 172 countries will unite to protect our planet’s future during **Earth Hour**—a movement started by the World Wide Fund for Nature. Just turn off all non-essential lights for 60 minutes to promote conservation and bring attention to the cause. Monuments go dark, ambassadors speak out and countries are inspired to work toward change. March 19 from 8:30 to 9:30 p.m. Join the movement at *EarthHour.org.*

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## [ March Picks ]

### The Philadelphia Flower Show

March 4-13



"Explore America" is the theme for this year's show. The Philadelphia Horticultural Society and the Park Service are engaging those who know and love our parks and inviting a new generation to discover these special places. *PA Convention Center, 12th & Arch Sts., Phila. Mar. 4, Black Tie Preview, tickets \$300 and up. Show: Sat., 11 a.m. to 9 p.m.; Sun., 8 a.m. to 9 p.m.; Mon.-Fri., 10 a.m. to 9 p.m.; Sat., 8 a.m. to 9 p.m.; Sun., 8 a.m. to 6 p.m. \$15-\$27. 215-988-8800; TheFlowerShow.com.*

*PA Convention Center, 12th & Arch Sts., Phila. Mar. 4, Black Tie Preview, tickets \$300 and up. Show: Sat., 11 a.m. to 9 p.m.; Sun., 8 a.m. to 9 p.m.; Mon.-Fri., 10 a.m. to 9 p.m.; Sat., 8 a.m. to 9 p.m.; Sun., 8 a.m. to 6 p.m. \$15-\$27. 215-988-8800; TheFlowerShow.com.*

### 31st Annual Thorncroft Victory Gallop

April 2

This year's theme, "Let Love Take The Reins," celebrates the love and bonds created at Thorncroft between horse and rider everyday. Black-tie dinner, dancing and silent auction benefit therapeutic riding programs. *Hyatt at The Bellevue, 200 S. Broad St., Phila. 6 p.m. to midnight. Tickets \$225 and up; reservations by March 17. 610-644-1963; Thorncroft.org.*



### Chadds Ford Elementary School Art Sale & Show

March 11-12

Artists display and sell their art in an array of media. The show's Featured Artist is Helena Van Emmerik-Finn, Donating Artist is Mary Styer Holton. Benefits educational enrichment at the school. *3 Baltimore Pk., Chadds Ford. Fri., wine and cheese, 7 to 10 p.m.; Sat., 10 a.m. to 4 p.m. Free. 610-388-1112; CFES.UCFS.org.*



### "Beer & Books" Meet-And-Greet

March 26

Come to Levante Brewing Company and chat with local authors, including Bruce Mowday, award-winning author and newspaper reporter; Virginia Beards, author of *Exit Pursued by a Bear and Others*; Jon McGoran, author of the ecological thrillers *Drift* and *Deadout*; Kelly Simmons, author of the novels *Standing Still* and *One More Day*; Matty Dalrymple, author of the Ann Kinnear suspense novels; and Merry Jones, author of fiction, non-fiction and humor. You can purchase signed copies of the authors' books. *208 Carter Dr., Suite 2, West Chester. Noon to 2 p.m. Free. 484-999-8761; LevanteBrewing.com.*



### Mamma Mia!

March 4-6

ABBA's timeless songs are showcased in the musical with more productions playing internationally than any other. *The Playhouse on Rodney Square, 1007 N. Market St., Wilmington. 8 p.m. \$45-\$120. 800-338-0881; ThePlayhouseDE.org.*





# best Local Events

## FAMILY FUN

MARCH 3, 10, 17, 26  
**Children's Read Aloud Tours at Brandywine River Museum.** Preschoolers enjoy a story, gallery visit and art activity. **Mar. 3,** *On Meadowview Street* by Henry Cole; **Mar. 10,** *Olivia* by Ian Falconer; **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. 1 Hoffman's Mill Rd., Chadds Ford. Reg. required. \$6–\$15. 610-388-8382; BrandywineMuseum.org.



MARCH 5  
**"Read Across America Day" at the Railroad Museum of PA.** Start the day having breakfast with the railroad conductor then listen to special guests share stories about trains and railroads. Kids get a suitcase to travel from story to story. 300 Gap Rd., Strasburg. Stories are from 9:30 to 3:15. \$8–\$10. 717-687-8628; RRMuseumPA.org.

MARCH 12–13  
**The Junior League of Philadelphia American Girl Fashion Show Fundraiser.** "Styles of Yesterday & Today." Benefits the Junior League of Philadelphia. *The Desmond, Great Valley Pkwy., Malvern.* Sat, 11 am & 2 pm; Sun, 11 am. \$55–\$70. 610-645-9696; JLPhiladelphia.org.

MARCH 13  
**6th Annual Spring Eggstravaganza.** 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 pm. Free. 610-688-5600; RadnorRecreation.com.

MARCH 13  
**Kennett Symphony Annual Children's**

**Concert and Instrument Zoo.** The program is "Music Can Change the World." After the performance, the audience is invited to come onstage for the "Instrument Petting Zoo." *West Chester Univ., Emilie K. Asplundh Hall, West Chester.* 2 pm. \$5. 610-444-6363; KennettSymphony.org.

MARCH 19  
**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.

MARCH 19  
**Longwood Gardens Orkid Days.** Explore orchids firsthand at discovery stations, observe orchid illustrators in action, create an orchid illustration of your own and enjoy a family seek-and-find in the Conservatory. 1001 Longwood Rd. (Rt. 1), Kennett Square. 11 to 2. \$13–\$27. 610-388-1000; LongwoodGardens.org.

MARCH 25–26  
**Auburn Heights Preserve Easter Egg Hunt.** Bring an Easter basket and join the hunt for thousands of eggs scattered around the Auburn Heights mansion. Limited to 100 kids on Fri and 200 on Sat—to ensure plenty of fun (and eggs) for all. 3000 Creek Rd., Yorklyn. Noon to 3. \$8. For tickets, 302-239-2385; AuburnHeights.org.

MARCH 26  
**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. \$15–\$42. 610-388-1000; LongwoodGardens.org.

APRIL 1  
**WCU Live! Presents ...** Popovich Comedy PET Theater, great family fun with a blend of comedy and juggling and the talents of Gregory Popovich and his performing pets. *Emilie K. Asplundh Concert Hall, S. High St. & Univ. Ave., West Chester.* 7:30 pm. Tickets \$13–\$20. 610-436-2266; WCUA.TicketLeap.com.



**ANTIQUES SHOWS.....**  
*See calendar of Regional Antiques Shows in this issue.*

**ART & CRAFT SHOWS.....**  
MARCH 18  
**Artini: Sip & Spin Workshop at Main Line Art Center.** Start in the gallery, enjoy a signature cocktail, then on to the ceramics studio for an intro to the art of pottery, wheel throwing and hand building in clay. 746 Panmure Rd., Haverford. 6:30 to 9. \$35. 610-525-0272; MainLineArt.org.



MARCH 18–20  
**Sugarloaf Crafts Festival.** Craftspeople display and sell their handcrafted items in sculpture, fashion, furniture and fine art. Live music, 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 18–APRIL 30  
**Art Quilt Elements at Wayne Art Center.** Internationally acclaimed show of contemporary art quilts. Wayne Art Center, 413 Maplewood Ave., Wayne. Mon–Fri, 9 to 5; Sat, 9 to 4. 610-688-3553; WayneArt.org.

APRIL 2–3  
**Reading-Berks Guild of Craftsmen Spring Arts & Crafts Festival.** Handcrafted work by juried artisans. Back by popular demand this year, the Students Gallery and music by "The Acoustic Road Show." Kutztown University, O'Pake Fieldhouse, 312 Trexler Ave., Kutztown. Sat, 9 to 5; Sun, 10 to 4. Admission donation, \$6; under 12 free. RBCrafts.org.

**BOAT SHOW.....**  
MARCH 11–13  
**16th Annual Greater Philadelphia Boat Show.** Shop, compare and talk to the experts about every aspect of boating. Greater Phila. Expo Center, 100 Station Ave., Oaks. Fri, 1 to 8; Sat, 10 to 7; Sun, 11 to 5. \$8. 804-748-7469; PhillyBoatShow.com.

**BOOKS.....**  
MARCH 7–APRIL 7  
**Chester County Book Company Signings.** **Mar. 7,** children's author Dan Gutman signs

*Flashback Four #1: The Lincoln Project*, 6:30 pm; **Mar. 23,** Harlan Coban signs *Fool Me Once*, 7 pm; **Apr. 7,** Erik Larson signs *Dead Wake*, tickets req., Stetson Middle School, 7 pm. Other signings at Chester Co. Book Co., 967 Paoli Pk., West Chester. 610-696-1661; ChesterCountyBooks.com.

APRIL 10  
**Delaware Art Museum Council Book Sale.** Over 1,000 books on dozens of subjects, art periodicals, collectible books and a "What's It Worth?" booth for jewelry and books, \$20 for two items. Benefits the museum's acquisition fund. 2301 Kentmere Pkwy., Wilmington. 10 to 4. Free. 302-571-9590; DelArt.org.

**DESIGN HOME SHOWS.....**  
MARCH 10–13  
**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.

APRIL 1–3  
**DelVal Home Show.** Over 100 exhibitors display and demonstrate everything you need for your next home improvement project, inside and out. Mike McGrath of public radio's *You Bet Your Garden* will be on hand Saturday morning. Iceworks, 3100 W. Duttons Mill Rd., Aston. Fri–Sat, 10 to 8; Sun, 10 to 5. Free. 610-832-1515; PhillyExpos.com.

APRIL 8–10  
**The Philadelphia Furniture Show.** Now in its 22nd year, the show continues to set the bar for exceptional quality offering the finest heirloom handmade furniture and furnishings. 23rd Street Armory, 22 S. 23rd St., Philadelphia. Fri, Preview Party, 6 to 9 (details and ticket info TBA); Sat, 10 to 6; Sun, 10 to 5. \$15. PhiladelphiaFurnitureShow.com.

**EQUESTRIAN EVENTS .....**  
MARCH 3–6  
**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 3  
**74th Running of the Brandywine Hills Point-to-Point.** Bring along a tailgate lunch and spend the day with the family watching riders and enjoying children's activities. Benefits the Brandywine Red Clay Alliance. Myrick Conservation Center, 1760 Unionville-Wawasett Rd., West Chester. Gates open at 10; race, 1:30.

\$20/car. 610-793-1090; BrandywineWater-shed.org/PointToPoint.



**FOOD & BEVERAGE.....**  
MARCH 1–6  
**Lancaster Restaurant Week 2015.** See Food News in this issue.

MARCH 5  
**10th Annual Philly Craft Beer Festival.** More than 75 of the best craft brewers from nearby and around the world participate to offer samples in a VIP Session, 12:30 to 5 pm, \$75, and a General Session, 1:30 to 5, \$46. Food trucks, too. Benefits Phila. Committee to Benefit Children. Navy Yard, 4747 S.



BRANDYWINE  
RIVER MUSEUM  
OF ART

## ANTIQUES SHOW

**PREVIEW RECEPTION**  
Friday, May 27, 6 – 9 p.m. \$125

**BREAKFAST & TOUR**  
*Flowery Thoughts: Ceramic Vases & Floral Ornament at Winterthur*  
Saturday, May 28, 9 a.m. \$30

**A PASSION FOR COLLECTING:**  
Dealers' Talks  
Sunday & Monday, May 29 & 30  
10:30 a.m. – 1:30 p.m.

**SHOW HOURS**  
9:30 a.m. – 5 p.m. \$18

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Proceeds from the Antiques Show support the Museum Volunteers' Art Purchase Fund, and Art Education and Programming.

*Peter W. Chillingworth, Show Manager*

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Broad St., Phila. 631-940-7290; PhillyCraft-BeerFest.com.

### MARCH 7-13

**King of Prussia Restaurant Week.** See *Food News* in this issue.

### APRIL 1-14

**Media Restaurant Week.** See *Food News* in this issue.

### FUNDRAISERS.....

#### MARCH 5

**A Night for the Fight Formal Event.** The Main

Line Chapter of the Board of Associates for Fox Chase Cancer Center presents an evening of dinner, dancing, music and philanthropy. Formal attire required; black tie optional. The Baldwin School, 721 Montgomery Ave., Bryn Mawr. 6 to 11 pm. Tickets start at \$150. 215-728-2441; MainLineFCCC.org.

#### MARCH 6

**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 disadvan-

tagged Chester County youth. Palace Bowling and Entertainment, 977 E. Lancaster Ave., Downingtown. 3 to 6. \$20. 610-787-9045; CCFutures.org.

#### MARCH 10

**The Emergency Aid Foundation's Taste of the Main Line.** See *Food News* in this issue.



#### MARCH 19

**Bridge of Hope Lancaster & Chester Counties Garden Luncheon.** Featuring a delicious lunch, exquisite garden-themed auction items and this year's speaker, Stephanie Cohen, director of Temple's arboretum. Benefits Bridge of Hope, helping homeless single mothers build better futures. The Desmond Great Valley, One Liberty Blvd., Malvern. 10:30 to 1:30. \$65. 610-380-1360; BridgeOfHopeLCC.org.

#### MARCH 19

**Grove United Methodist Church Auction.** Live and silent auctions at 490 W. Boot Rd., West Chester. Benefits annual Youth Choir Tour. 6:30; live auction at 8. Free. 610-696-2663; GroveChurch.org.

#### MARCH 21

**Chester County Community Foundation's Sweet Charity Event.** Fun, food and philanthropy—Chester County's finest dessert chefs showcase their delectable creations at this annual fundraiser. William H. Bunch Auctions & Appraisals, 1 Hillman Dr., Chadds Ford. 4:30 pm. Tickets start at \$85. 610-696-8211; ChesCoCF.org.

#### APRIL 2

**Surrey Services Gala & Auction.** Celebrating 35 years, the theme this year is "Sailing into the Future." Enjoy cocktails, hors d'oeuvres, dinner, live and silent auctions and a raffle for the benefit of Surrey Services. Aronomink Golf Club, 3600 St. Davids Rd., Newtown Square. 6 to 11. Tickets start at \$150. 610-647-6404; SurreyServices.org.

#### APRIL 2

**Newcomers Club of Central Chester Co.—Designer Handbag Bingo.** New and slightly used designer bags, filled with merchandise and gift certificates, are up for grabs. Benefits many local charities including Meals on Wheels, Home of the Sparrow and more. Kim-



## Local Farm Markets

\* **Downingtown Farmers Mkt.,** Dane Decor Warehouse Parking Lot, 216 Washington Ave. **1st, 3rd, Sat, 10 to noon.** 610-836-1391; GrowingRoots-Partners.com.

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

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

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

\* **Malvern Farmers Mkt.,** Burke Park, Roberts Rd. & S. Warren Ave. **1st, 3rd, Sat, 10 to noon.** 610-836-1391; GrowingRootsPartners.com.

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

\* **Rosemont Farmers Mkt.,** 1149 Lancaster Ave. **Wed-Sat, 9 to 7.** 610-527-4800; RosemontFarmersMarket.com.

\* **West Chester Growers Mkt.,** Chestnut & Church Sts. **1st, 3rd, Sat, 9 to 1.** 610-436-9010; WestChesterGrowersMarket.com.

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

\* *These are winter markets and are open at least once a month during the off-season or are indoors. Check their websites for details.*

berton Fire Co., Covered Bridge Room, 2276 Kimberton Rd., Phoenixville. 1 to 4:30, doors open at 11:30. \$30-\$35. 484-786-8118; NewcomersCenChesCo.org.

#### APRIL 2

**The Red Ball.** "Party with a purpose" when you attend this gala with dancing, live entertainment, raffles and silent auction. Benefits Red Cross House Center for Disaster Recovery. Lincoln Financial Field, One Lincoln Financial Field Way, Phila. 8 to midnight. \$125-\$350. TheRedBall.org.

#### APRIL 8

**Andy Talley Bone Marrow Foundation Disco Bash.** "Dancing Through the Decades." A night of dining, dancing, auctions, prizes, VIP guests and local celebrities. Ben-

efits bone marrow transplant patients and their families. Springfield Country Club, 400 W. Sproul Rd., Springfield. 6:30 to 11 pm. For tickets, 610-688-2238; TalleyBoneMarrow.org.

### GARDENS & PLANTS.....

#### THROUGH MARCH 27

**Longwood Gardens Orchid Extravaganza.**

The conservatory transforms into a tropical oasis. 1001 Longwood Rd., Kennett Square. 9 to 6. Timed admission tickets req., \$10-\$20. 610-388-1000; LongwoodGardens.org.

#### MARCH 3

**Planting with a Purpose: Saving Nature at Home and Beyond.** Learn how to garden with native plants for beauty and for nature from Edie Parnum and Barb Elliot, from the Valley Forge Audubon Society. Radnor Memorial Library, Winsor Room, 114 W. Wayne Ave., Wayne. 6:30 pm. Free. 610-687-1124; RadnorLibrary.org.

#### MARCH 19

**"March Into Spring," A Gardeners Symposium.** The Hardy Plant Society hosts the event that will discuss the best plants to use in your

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**OPTION 2:** Offered at \$8,995,000 for the 30 acre estate including the main manor house, pool and cabana, Har-Tru lit tennis court, heated greenhouse and building site for a barn. This property offers one of the most sought after views of the countryside and is conveniently located close to main line schools and shopping, within a half hour to Center City and the Philadelphia Airport.

**OPTION 3:** Offered at \$5,995,000 for the 41.5 acre parcel which includes the Massey farmhouse, two barns and a homesite for a primary residence with a maximum of 8000 sq. ft. of gross floor area that may be constructed on the property. Take in the beautiful views of the rolling hills of the Radnor Hunt countryside. The barns have 24 stalls, 2 wash stalls, an office, an apartment, 5 car garage for farm equipment or cars and are income producing.

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garden and new landscaping concepts. Includes a silent auction, book sale and vendors. Delaware County Community College, Academic Bldg., 901 S. Media Line Rd., Media. 8:15 am to 3 pm. \$95. HardyPlant.org.

## MUSEUMS..... THROUGH APRIL 24

**The Delaware Art Museum.** Outlooks Exhibition Series—regional artists of national and international stature: “Inside Out: Carol Tippit Woolworth, Catherine Drabkin, Pahl Hluchan, Colleen Randall, Daniel Jackson.”

2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8, free after 4; Fri–Sun, 10 to 4; \$6–\$12. Free Sun. 302-571-9590; DelArt.org.

## MARCH 1

**Winterthur Museum, Garden and Library.** The Museum’s spring reopening features a Pan-American exhibition, “Made in the Americas: The New World Discovers Asia” opening on **Mar. 26** along with house tours and their glorious garden in bloom. Rt. 52, Wilmington. Tues–Sun, 10 to 5. \$5–\$20. 800-448-3883; Winterthur.org.

## MARCH 19–JUNE 12

**Brandywine River Museum of Art.** “The Poetry of Nature: A Golden Age of American Landscape Painting.” Mastersworks from the Hudson River School. *See article in this issue.*

## MUSIC, ENTERTAINMENT..... 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. For tickets. 610-429-8297; SideBarAndRestaurant.com.

## MARCH 1–APRIL 1

**Performances at The Grand.** **Mar. 1**, Warren Haynes and The Ashes & Dust Band; **Mar. 2**, Patty Griffin, Sara Watkins and Anais Mitchell together on stage; **Mar. 4**, The Russian National Orchestra; **Mar. 5**, Pinkalicious: The Musical; **Mar. 11**, Tracy Morgan, Picking Up The Pieces Tour; **Mar. 12**, Paul McKenna Band; **Mar. 13**, Red Hot Chili Pipers; **Mar. 15**, Rhythm in the Night: The Irish Dance Spectacular; **Mar. 16**, Ellis Island; **Mar. 18**, “Invincible,” A Glorious Tribute To Michael Jackson; **Mar. 18**, LOL@TheGrand; **Mar. 19**, Celtic Nights–Spirit of Freedom; **Mar. 22**, Delaware Symphony Orchestra; **Mar. 23**, Joan Baez; **Apr. 1**, Jim Norton: Mouthful of Shame Tour; **Apr. 1**, Art Garfunkel. 818 N. Market St., Wilmington. 800-37-GRAND; TheGrandWilmington.org.



## MARCH 4

**WCU Live! Presents ...** Irish Music with Brian Conway, Irish-American fiddler, Madeleine Wing Adler Theatre. 817 S. High St., West Chester. 7:30 pm. \$13–\$20. 610-436-2266; WCUPA.TicketLeap.com.

## MARCH 4

**Point Entertainment Presents Gaelic Storm.** Traditional Irish music with modern influences create a wide-ranging sound. The Colonial Theatre, 227 Bridge St., Phoenixville. 8 pm. \$20–\$32.50. 610-917-1228; TheColonialTheatre.com.

## MARCH 6

**An Invitation from The Theatre Organ Society of the Delaware Valley.** Shake off the winter

blues and welcome spring with a wonderful program featuring the 3/24 Wurlitzer Theatre Pipe Organ. The Colonial Theatre, 227 Bridge St., Phoenixville. 2 pm. \$6.50–\$11.50. 610-917-1228; TheColonialTheatre.com.

## MARCH 6

**Vox Ama Deus Ensemble Presents a “Bach and Handel Gala.”** Gladwyne Presbyterian Church, 1321 Beaumont Dr., Gladwyne. 5 pm. \$10–\$25. 610-688-2800; VoxAmaDeus.org.

## MARCH 11

**Immaculata Symphony Chamber Concert.** Come enjoy classic as well as rarely performed works written for string quartet, instrumental solo, woodwind quintet and more. Lourdes Hall Bldg., Great Hall, Immaculata. 7:30 pm. \$10. 610-316-1731; ImmaculataSymphony.org.

## MARCH 12, 13

**Brandywine Singers—U.S. Premiere of Carl Fasch’s Mass for 16 Voices.** A fascinating work that includes a pre-concert chat. Sat, Chestnut Hill Presbyterian Church, Chestnut Hill, 7 pm. Sun, St. Martin in the Fields, Malvern, 4 pm. \$15–\$20. TheBrandywineSingers.org.

## MARCH 14

**Concert at Main Line Art Center.** Nancy Weiss performs show tunes and classic standards. 746 Panmure Rd., Haverford. 7 to 8:30 pm. \$20. 610-525-0272; MainLineArt.org.

## MARCH 19, 31, APRIL 8

**Point Entertainment Presents.** **Mar. 19**, Two Funny Philly Guys, Joe Conklin and Big Daddy Graham, \$30–\$35; **Mar. 31**, Nils Lofgren, \$27.50–\$42.50; **Apr. 8**, The Capitol Steps, \$27.50–\$42.50. Shows at 8. The Colonial Theatre, 227 Bridge St., Phoenixville. 610-688-2800; TheColonialTheatre.com.

## MARCH 20, 25

**Vox Ama Deus Ensemble, Brahms Requiem.** **Mar. 20**, St. Katharine of Siena Church, Lancaster & Aberdeen Aves., Wayne, 4 pm. **Mar. 25**, Kimmel Center, Phila. 8 pm. Tickets \$25. 610-688-2800; VoxAmaDeus.org.

## APRIL 2

**WCU Live! Presents.** Tamagawa Univ. Taiko Drumming and Dance Troupe. Thirty drummers and dancers return with their athletic and graceful performance. Emilie K. Asplundh Concert Hall, S. High St. & University Ave., West Chester. 7:30 pm. \$10. 610-436-2266; WCUPA.TicketLeap.com.

## APRIL 2

**In-the-Round Acoustic Concert at Trinity Presbyterian Church.** Part of the Spotlight Concert Series, featuring Craig Bickhardt, Thom Schuyler and Tony Arata. 640 Berwyn Ave., Berwyn. 7 pm. Free-will offering. Spotlight. TrinityBerwyn.com.

## APRIL 3

**Kennett Symphony Orchestra—Immortal Beethoven.** Program includes Sibelius: *Valse Triste*; Mendelssohn: *Violin Concerto*; Beethoven: *Symphony No. 5*. Longwood Gardens, Rt. 1, Kennett Square. 7:30 pm. \$10–\$40. 610-444-6363; KennettSymphony.org.

## OUTDOOR ACTIVITIES.....

## MARCH 26

**Phillies Charities 5K.** Lace up your running shoes for this one. The USATF certified

3.1-mile run starts and ends at Citizens Bank Park, 1 Citizens Bank Way, Phila., with a loop through FDR Park. Benefits local charities. 9 am. \$50. MLB.com.

## THEATERS.....

## THROUGH MARCH 20

**Sense and Sensibility.** Full of passion, wit and soaring emotions, this is a new adaptation of Jane Austin’s classic novel. People’s Light, 39 Conestoga Rd., Malvern. \$27–\$47. For times, 610-644-3500; PeoplesLight.org.



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MARCH 1-26

**Sister Act.** Based on the hit 1992 film and featuring original music by Tony and Oscar winner Alan Menken. Fulton Theatre, 12 N. Prince St., Lancaster. \$25-\$68. For curtain times, 717-397-7425; TheFulton.org.

MARCH 2-20

**Nureyev's Eyes.** An American painter and a Russian ballet dancer create a now famous set of paintings. DE Theatre, 200 Water St., Wilmington. \$15-\$40. For times, 302-594-1100; DelawareTheatre.org.

MARCH 2-27

**Dogfight.** Music and lyrics by Benj Pasek and Justin Paul. Book by Peter Duchan, based on the Warner Bros. film and screenplay by Bob Comfort. The Media Theatre, 104 E. State St., Media. Check website for show times. \$25-\$42. 610-891-0100; MediaTheatre.org.

MARCH 16-APRIL 24

**Richard III.** Experience Shakespeare's master manipulator up close as he tricks, seduces and murders his way to the throne of England. People's Light, 39 Conestoga Rd., Malvern.

\$27-\$47. For curtain times and information, 610-644-3500; PeoplesLight.org.

MARCH 18-20

**Blue Man Group.** Comedy, theater, rock concert and dance party all rolled into one. The Playhouse on Rodney Square, 1007 N. Market St., Wilmington. 8 pm. \$45-\$120. 800-338-0881; ThePlayhouseDE.org.

## TOWNS, TALKS & TOURS.....

MARCH 3, 24

**Hagley Museum Storytelling Series—America's Fascination with Cars.** *Mar. 3*, Tom Marshall tells the story behind the world's largest operating collection of Stanley steam cars; *Mar. 24*, car enthusiast Irénée du Pont, a car guy who still has every car he's ever owned, has many stories to share. 200 Hagley Creek Rd., Wilmington. 7 pm. \$5-\$14. 302-658-2400; Hagley.org.

MARCH 4, 12, 17

**First Fridays, Second Saturdays, Third Thursdays.** Stroll through area towns to find exhibits, galleries, restaurant specials, entertainment and extended hours. *Mar. 4, First Fridays: Kennett Square*, 610-444-8188; HistoricKennettSquare.com. *Lancaster City*, 717-509-ARTS; LancasterArts.com. *Oxford*, 610-998-9494; Downtown-OxfordPA.org. *Wayne*, 610-687-7698; FirstFridayWayne.com. *West Chester*, 610-738-3350; DowntownWestChester.com; *Wilmington*, 302-576-2100; ArtLoopWilmingtonDE.com. *Mar. 12, Second Saturday: Media*, 484-445-4161; Media-ArtsCouncil.com. *Mar. 17, Malvern Stroll*, MalvernBusiness.com.

MARCH 10

**Chadds Ford Historical Society Presents Tavern Talks.** A new series for adults, 21 and older, focusing on early American history and culture with activities, food and drink tastings. This month, "Bugging Out: Bugs that Bugged the Colonists" is discussed. Bams Brinton House, 6030 Baltimore Pk., Chadds Ford. 7 to 9. \$10. 610-388-7376; ChaddsFord-History.org. ♦



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# OUR AMERICA THE LATINO PRESENCE IN AMERICAN ART

MARCH 5 – MAY 29, 2016

Organized by the Smithsonian American Art Museum, this landmark exhibition showcases the rich and varied contributions of Latino artists in the United States since the mid-20th century.

Our America: The Latino Presence in American Art is organized by the Smithsonian American Art Museum. Generous support for the exhibition has been provided by Altria Group, the Honorable Aida M. Alvarez, Judah Best, The James F. Dicke Family Endowment, Sheila Duignan and Mike Wilkins, Tania and Tom Evans, Friends of the National Museum of the American Latino, The Michael A. and the Honorable Marilyn Logsdon Mennello Endowment, Henry R. Muñoz III, Wells Fargo and Zions Bank. Additional significant support was provided by The Latino Initiatives Pool, administered by the Smithsonian Latino Center. Support for "Treasures to Go," the museum's traveling exhibition program, comes from The C.F. Foundation, Atlanta. | This exhibition is made possible in Delaware by the Johannes R. and Betty P. Krahmer American Art Exhibition Fund and M&T Bank. Additional support is provided 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. | Image: *The Dominican York*, from the series *Island of Many Gods*, 2006. Scherezade García. Acrylic, charcoal, ink and sequins on paper. Smithsonian American Art Museum. Museum purchase made possible by the R.F. Whitty Company and the Cooperating Committee on Architecture. © 2006, Scherezade García.



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**IF YOU GO:**

**Where:** 1 Hoffman's Mill Rd., Chadds Ford

**When:** March 19–June 12

**Hours:** Daily 9:30 a.m. to 4:30 p.m.

**Admission:** \$6–\$15; members, free. Free on first Sundays.

**Special Events:** Programs and speakers are planned relating to the exhibition. Check the website for further details.

**Information:** 610-388-2700; BrandywineMuseum.org

# The Poetry of Nature

## A GOLDEN AGE OF AMERICAN LANDSCAPE PAINTING

At the Brandywine River Museum of Art, March 19 through June 12

A STUNNING ARRAY OF OVER 40 PAINTINGS BY renowned artists of the Hudson River School—Thomas Cole, Asher Durand, Albert Bierstadt, Jasper Cropsey, John F. Kensett, William T. Richards, Louisa Davis Minot—will be on view for the first time at the Brandywine River Museum of Art, March 19 through June 12. Painted between 1818 and 1880, these works offer a rare opportunity to experience America's scenic splendor as seen through the eyes of some of the country's most important painters.

"Artists of the Hudson River School created some of the most beautiful paintings in American art. The landscapes they created forged a new American vision for landscape painting and defined the expansive and optimistic spirit of the 19th century," says Thomas Padon, director of the Brandywine River Museum of Art.

### First Truly American Art Movement

In the first quarter of the 19th century, the expansive landscapes of the Hudson River Valley and adjacent areas—such as the Catskills and the Adirondack Mountains—stimulated the creative imagination of a group of American artists. The Hudson River School of painting—referring to artists in New York influenced by British émigré painter Thomas Cole and who had a shared appreciation for the natural landscape—is considered the first truly American art movement.

In idyllic, often idealized depictions of the landscape, these artists conveyed the majesty of America and an image of man living in balance with nature. Echoing the Hudson River School painters in literature were Transcendentalist authors such as Henry David Thoreau and Ralph Waldo Emerson, who celebrated the bounty

of our then-young, unspoiled country and a direct connection between nature and God.

This exhibition opens with seminal works by Thomas Cole, who first traveled up the Hudson in 1825, embracing the wilderness aspects of the American landscape as a principal subject for painting, and Asher B. Durand, who frequently worked alongside Cole and was instrumental in leading the group after the elder artist's untimely death in 1848.

Cole's romantic interpretations of the American landscape—represented in the exhibition by paintings showing a tranquil sunset view on the Catskill Creek and a craggy mountain landscape—demonstrate his mastery of perspective to convey vast open spaces and to create rich atmospheric effects.

Durand favored tighter views and highly rendered details of nature. Paintings in the exhibition present his vivid, detailed compositions, from majestic mountain ranges to tranquil woodland interiors and studies of trees. Durand's influential *Letters on Landscape Painting* promoted the movement for plein-air painting (painting outdoors, directly from nature). As president of the National Academy of Design, he organized exhibitions by his Hudson River School colleagues, which brought them widespread fame and ensured patronage of their works.

### Brandywine Valley Connection

Coinciding with a rise in leisure travel, the Hudson River painters journeyed to regions noted for their beauty outside New York State—including New Hampshire, coastal New England, even the Brandywine Valley—all places included in the multi-volume publication, *Picturesque America*.

The fact that some of these painters, such as William Trost Richards and Jasper Cropsey, traveled to the Brandywine Valley is a fascinating connection to this major movement in American art. The exhibition helps put works by these artists and the museum's outstanding collection of landscape paintings in wider context.

Their paintings of the Brandywine region's verdant countryside, cool woodlands and peaceful meandering streams fully embrace the spirit of the Hudson River School's celebration of nature. ♦

~ Virginia O'Hara, Curator of Collections  
Brandywine River Museum of Art

The exhibition is curated by Dr. Linda S. Ferber of The New-York Historical Museum, which owns the paintings shown here. Ferber is a leading authority on the featured artists.



# MY DAY AT THE AUCTION

Edwin Malet

## COMBINE ENTERTAINMENT WITH SHOPPING FOR FINE FURNITURE.

IT'S BEEN A WHILE—OVER 15 YEARS—SINCE WE MOVED in; nearly 30 since we furnished our first house. Our home is nicely appointed, comfortable. But the style, once fresh, needs an update.

Frankly, I really don't know what I want—let alone need—but find myself yearning for a showpiece. Something that will make me smile whenever I see it.

Money is no object. Well, within reason—a deal is always attractive... So, actually money is an object.

### EVER BEEN TO AN AUCTION?

A friend suggests I attend an auction to find the object of my desire. "It's green," she says, meaning renewable—no new trees died to make my

new acquisition. She points out the auction-bought Shaker-style wooden bookcase in her office.

If nothing else, she says, I'll enjoy people-watching: the well-to-do gentleman with his eye on a major painting; the Asian couple bidding on all the Tiffany glass pieces; the East European men who seem to be outfitting a secret lair, measuring the massive Victorian furniture and heavy-framed oil paintings.

She warns me, though: "Stop if you find yourself in a bidding war."

Several auction houses are in our area: Pook & Pook in Downingtown, William Bunch Auctions in Chadds Ford, Briggs Auctions at Booth's Corner in Garnet Valley. Auctions are also held by other auction companies—sometimes selling property at a hotel



Pennsylvania Walnut Chest-on-Frame, 18th C.



Pennsylvania Walnut Tavern Table, late 18th C.

or public space that comes from an estate or even a divorce.

There's an auction coming up at Pook & Pook, but it's exclusively decorative arts. Briggs has an auction every week. Bunch has one in a few days. I decide to go.



Diminutive Painted Pine Splay Leg Stand, 19th C.

### SOME PREP

Online I discover photos of items that have been sold at prior auctions. At Pook & Pook's website, there was a Pennsylvania Sheraton walnut work stand, circa 1830; a nice side table in my guest bedroom. It sold for over \$700, though. Pricy for my purposes, but I'm no expert. I continue looking and see several candidates for my home.

Next I look online at Briggs Auction. There, photos are only available two days beforehand, but you can get an idea of what to expect. Some auction houses print glossy catalogs—looking like upscale magazines—for big auctions with big-ticket items.

Most of the furniture I see online is dark wood, heavy, 19th-century or early 20th, appropriate for someone's home, but not mine. Beyond the furniture, there are lots of lamps and bric-a-brac.

Then I spot an oak map cabinet in excellent condition—good in my TV room. Next I see several—a dozen, to be exact—standing chrome champagne buckets. What would I do with a dozen—maybe gifts for a dozen friends? My wife would absolutely love one. So, just 11 left...

At the Bunch website, I see a Sheraton chest of drawers, of cherry and birdseye maple, for \$300, sold in December 2015. Even with \$60 or so in buyer's premium (auction houses typically add 10 to 20 percent of the bid price as the buyer's premium, plus tax), it strikes me as an excellent addition to the guest room.

Clearly, I'm getting excited. I'll have to watch that.

### ADVICE

I decide to do more research. *County Lines* published an article in March 2011 titled "Buy What You Like: A New Collector's Guide" by

Matt Freeman. Matt suggests learning more by visiting antiques dealers—he mentions Skip Chalfant in West Chester and Philip Bradley in Downingtown.

Matt also recommends going to auction previews—generally held a day or two before the actual auction. Going to antiques shows is also worthwhile. March and April are the months for that around here. (Check the "Regional Antiques Show Guide" in this issue.)

Most of all, I'm told to ask questions and examine the pieces carefully, in person or through photos. When was it made? Where is it from? Who made it? Who's collecting it?



Pennsylvania Chippendale Walnut Slant Front Desk, c. 1770



American Empire Work Table/Sewing Stand



Burl Wood Bombé Chest

PHOTOS THIS PAGE COURTESY BRIGGS AUCTION, INC.

PHOTOS THIS PAGE COURTESY POOK & POOK, INC.





Poplar & Bird's Eye Maple  
Child's Sheraton Chest

And in your inspection, turn it over, open doors and drawers.

Remember, quality is key. Is the wood scratched? The paint peeling? Is the upholstery torn, faded or stained? A defect will reduce the price, but repairs often cost more than expected. The best pieces will be perfect but will cost more.

#### THE VIEWING

I head out to Bunch Auctions for the preview. I'm surprised there's an auction—of art, silver, porcelain figures—already in progress. The auctioneer's voice is a friendly drone in the background. About a dozen people are seated, mostly reading programs.

Another dozen are walking around, inspecting the furniture for tomorrow's auction positioned on the periphery of the large auction room. Many pieces are piled up but can still be examined. An active imagination is needed to separate them and imagine one in your home.

There are perhaps 200 furniture pieces. Some in top condition; others not. Chests of drawers, chairs, bedroom sets, dining room sets, end tables, desks, bookcases... . Mostly from the 19th- or early 20th-centuries, of polished, carved, dark wood, some with ornate details.

And some modern pieces and reproductions—brands like Bernhard, Lexington, Pennsylvania House—are also mixed in. I spot a black leather office chair in excellent condition. A mid-20th-century Saarinen-style table and chairs also catch my eye. The design appeals; less so the chartreuse chair cushions.

I meet Bill Bunch, owner and lead auctioneer. He tells me it's a "great time to buy furniture." Prices have been declining since the turn of the century, he explains. Young people are less interested. They have neither the time nor the space. But the bargains are there.



Mahogany Chippendale  
Style Armchair

#### AUCTION TIME

The following morning, at 10 a.m., I return. The parking lot is crowded, mainly with pickup trucks. At registration, I get an auction number in exchange for my drivers' license and credit card. The furniture, I learn, goes on the block later in the day.

In the main room, about 100 people gather, mainly older men in jeans, baseball caps and work shoes, studying and bidding on smaller items: kitchenware, paintings, etc. In the back room, there's a crowd bidding on construction tools, equipment and supplies. Returning to the front room, I see a third auction underway: mostly jewelry. A three-ring circus. I've been told there are more bidders in the background, on telephones and some who in advance have submitted maximum bids.

One feature common to all three auctions: the action is fast! Once an item comes up, there's no time to second



Cherry 2 Piece Queen Anne Highboy,  
New England, c. 1770-80

PHOTOS THIS PAGE COURTESY BUNCH AUCTIONS

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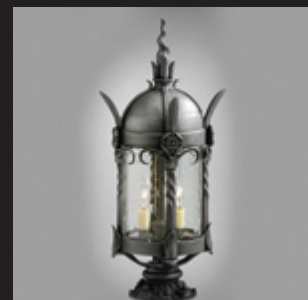
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guess. A bidder needs to plan—know what you'll bid on and your maximum bid.

When the furniture auction begins, nearly all the items sell cheaply, as compared with retail prices, even garage sale prices. All get multiple bids. A large walnut chest of drawers for under \$95; a folding mahogany table for \$80. You could easily furnish a home with well-made furniture and on a budget.

A large cedar chest becomes my focus. In great condition and useful for storing blankets and other woollens. Partially hidden from view among the many items being shown, it's not on anyone's radar, but clearly valuable.

The chest is placed on the block, and the bidding starts at \$15, looking for \$20. I cautiously raise my number. The auctioneer looks for and gets \$25. He asks for \$30. I wait a few seconds; bid \$30. He asks \$35. Asks again ... doesn't get it. It's gaveled, sold! To me! Yikes! I hope I'll still like it when I get it home.

## TAKING HOME THE PRIZE

That's it for me. I go to the desk to pay and get help carrying my prize to my car. Delivery is extra, though most auction houses will help you arrange for it.

I inspect the chest again. I can't understand why it sold so cheaply. Did I miss something? It looks perfect to me. If anything, it's somewhat larger than I need but I'm not unhappy.

Next day, I am bragging about my adventure at the auction. I bagged a prize. And, I'm ready for the next hunt. ♦

## LOCAL AUCTION HOUSES

### Briggs Auction, Inc.

Garnet Valley; 610-566-3138  
[BriggsAuction.com](http://BriggsAuction.com)

### Pook & Pook, Inc.

Downingtown; 610-269-4040  
[PookAndPook.com](http://PookAndPook.com)

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# Antiques & Fine Furnishings Showcase & Guide

❧ *Fine Antiques and Furnishings, Collectibles, Reproductions & Related Services* ❧



PHOTO: BEN FOURNIER

*Simple Shaker boxes and more at the Antiques Show*  
**Brandywine River Museum of Art Antiques Show**  
 610-388-2700; BrandywineMuseum.org



*Eero Saarinen for Knoll table, paired with side chairs by Harry Bertoia*  
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*Apotheke Co. Candles, Creative Women Hand Towel on an antique work table*  
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*Wood burning Regency fireplace Model HI400*  
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## 2016 Regional Antiques Shows

*Our calendar of annual shows, where you'll find everything from top-of-the-line antiques to popular collectibles.*

### March 12–13

**Elverson Spring Antiques Show**  
Twin Valley High School  
4897 N. Twin Valley Rd., Elverson  
610-721-2874; ElversonAntiqueShow.com

### March 12–13

**Atlantic City Antiques Show**  
Harrah's Waterfront Conference Ctr.  
777 Harrahs Blvd., Atlantic City, NJ  
973-927-2794; JMKShows.com

### March 19–20

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

### March 19–20

**Antiques at Kimberton Show**  
2276 Kimberton Rd., Kimberton  
AntiquesAtKimberton.weebly.com

### April 1–3

**Chester County Antiques Show**  
The Phelps School  
583 Sugartown Rd., Malvern  
610-692-4800; ChesterCoHistorical.org  
Exceptional dealers of 18th- and 19th-century American and Continental furniture and decorative arts. This year's theme is "Tom-foolery." 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 14–17

**The Philadelphia Antiques & Art Show**  
The Navy Yard, Marine Parade Grounds  
S. Broad St. & Intrepid Ave.  
Philadelphia, 610-902-2109



Staffordshire horse courtesy of Earle Vandekar of Knightsbridge, Inc.

### Main Line Antiques Show

484-580-9609; MainLineAntiquesShow.com

PhiladelphiaAntiquesAndArtShow.com

Experience Colonial through mid-century fine and decorative arts, including period furniture, silver, textiles, jewelry, nautical and Native American art, books and prints. Plus fine art galleries. Special loan exhibit: "Secret Treasures: The Passion of Collecting" as seen through dealers and their collections. Gala Preview, Thurs, \$150–\$600. Fri, 11 to 8; Sat, 10 to 8; Sun, 11 to 5. \$20.

### April 28–30

**Renningers Antiques & Collectors Extravaganza**  
740 Noble St., S of Kutztown  
610-683-6848; Renningers.net

### April 30–May 1

**Greater York Antique Show**  
York Expo Center, Memorial Hall East  
334 Carlisle Ave.; York  
856-686-9000; MitchellDisplays.com

### May 6

**West Chester's Vintage Market**  
Chestnut Street Parking Garage  
14 E. Chestnut St., West Chester  
610-436-9010; West-Chester.com  
West Chester Parks and Rec. presents this event on First Fridays, May & Sept., featuring vintage-inspired booths selling home goods, accessories, antiques, collectibles, up-cycled, re-purposed and architectural salvage, vintage jewelry, clothing and art made with vintage components. Food trucks, live music. 4 to 8.

### May 28–30

**Brandywine River Museum of Art 45th Annual Antiques Show**  
Rt. 1 at the Museum, Chadds Ford  
610-388-8318 (preview)  
610-388-2700; BrandywineMuseum.org  
Outstanding dealers present American and English fine furnishings, collectibles and art. Benefits the Museum's Art Purchase Fund, Art Education and Programming. Special exhibit: "Flowery Thoughts: Ceramic Vases & Floral Ornament at Winterthur." 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. req. Show: Sat–Mon, 9:30 to 5. \$18.



Queen Anne high chest, walnut, with old finish, most of original brasses. c.1735–45. Peter Eaton Antiques.  
**The Philadelphia Antiques & Art Show**  
610-902-2109; PhiladelphiaAntiquesAndArtShow.com

### June 17–18

**Antiques in the Valley**  
Oley Valley Middle School  
3247 Friedensburg Rd., Oley  
707-310-4488; OleyValleyAntiquesShow.com  
Sixty respected antique dealers showcase 18th-, 19th- and early 20th-century furniture, folk art, textiles, china, glass and decorative arts. Special display from the Schwenkfelder Library & Heritage Center. Benefits scholarships to worthy students at Oley Valley High. Fri., 11 to 6; Sat., 10 to 4. \$10.

### June 18–19

**Antique City Fun Fair**  
The Agri-Plex at Allentown Fairgrounds  
302 N. 17th St., Allentown  
800-822-4119; AntiqueCityShow.com

### June 23–25

**Renningers Antiques & Collectors Extravaganza**  
See April 28–30 listing.

### August 27

**Lititz Antiques and Collectables Show**  
Rt. 501 N, Lititz  
717-626-5727; LititzSpringsPark.org

### August 28

**Historic New Castle, DE Show**  
On the waterfront, Battery Park  
434-361-1770; NewCastle; DFSHows.com

### September 2

**West Chester's Vintage Market**  
See May 6 listing.





Amusing child's dapple gray riding horse with saddled pet dog  
**Antiques in the Valley**  
 610-779-0705; OleyValleyAntiqueShow.org



Guests take their time perusing the fine antiques at the  
**Chester County Antiques Show**  
 610-692-4800; ChesterCoHistorical.org



Something for everyone at these vintage-inspired booths.  
**West Chester Vintage Market**  
 610-436-9010; West-Chester.com

**September 22-24**  
**Renningers Antiques & Collectors Extravaganza**  
 See April 28-30 listing.

**September 23-25**  
**The Original Semi-Annual 167th York Antiques Show and Sale**  
 York Fairgrounds and Convention Center Memorial Hall East  
 334 Carlisle Ave., York, 302-875-5326  
 TheOriginalYorkAntiquesShow.com

**September 30-October 2**  
**The Main Line Antiques Show**  
 Cabrini College, Dixon Center

610 King of Prussia Rd., Radnor  
 484-580-9609; MainLineAntiquesShow.com  
 Forty distinguished dealers of 18th-, 19th- and 20th-century fine and decorative arts, jewelry, furniture and folk art for 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 September 30.

**October 2-9**  
**Berks County Antique Art Show**  
 Greshville Antiques & Fine Art  
 1041 Reading Ave. (Rt. 562), Boyertown  
 610-367-0076; GreshvilleAntiques.com

**November**  
**Elverson Fall Antiques Show**  
 Twin Valley High School  
 4897 N. Twin Valley Rd., Elverson  
 610-721-2874; ElversonAntiqueShow.com

**November 11-13**  
**Delaware Antiques Show**  
 The Chase Center on the Riverfront  
 Wilmington, DE, 302-888-4600  
 800-448-3883; Winterthur.org/DAS

**November 12-13**  
**Bucks County Antiques Show**  
 Eagle Fire Hall, Rt. 202 & Sugaan Rd.  
 New Hope; BCADAPA.org ♦

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# NORTHERN LIGHTS

## STEEL RIVER PLAYHOUSE

Story by Carol Metzker  
Photos by Wil Moore

### CREATIVE SOULS BRING WORLD-CLASS ATTRACTIONS TO THE NORTHERN TIPS OF CHESTER COUNTY.

SOME PEOPLE SEE A WOODEN PLANK WITH FOUR legs. Chef Martin Gagne sees something deeper when he looks at a table.

“The table to me is a highly spiritual and human experience,” says Gagne. “Not long ago we did everything at the kitchen table. Today we still talk about our plans, dreams and beauty as we eat. The table is a profound concept that goes very deep into our roots.”

Gagne’s philosophy and extraordinary cooking talents are just part of what he brings to La Maison, a country French restaurant on the first floor of his 300-year-old home in Coventryville. “My wife Janet and I modeled it after what you’d find in the French countryside—a family taking care of hungry travelers,” he explains. In an unhur-

ried manner set amidst charming ambiance, guests partake of food significant to him—garlic soup with poached eggs or pâté of duck or goose in a crust, served warm with a port or truffle sauce.

His restaurant and home are a far cry from Bangkok and Chicago, where Gagne made earlier marks in the culinary world. But he’s here to stay. “Everyone is proud of this community, where some people have lived for generations,” he says. “I’ve been here 15 years and don’t see myself going anywhere else. We feel at home.”

Gagne, who inspires others to new heights, is one of many creative souls bringing world-class talents and treasures to the northern tips of Chester County and beyond. Studios, businesses and eateries are as unique and wonderful as the individuals who created them.



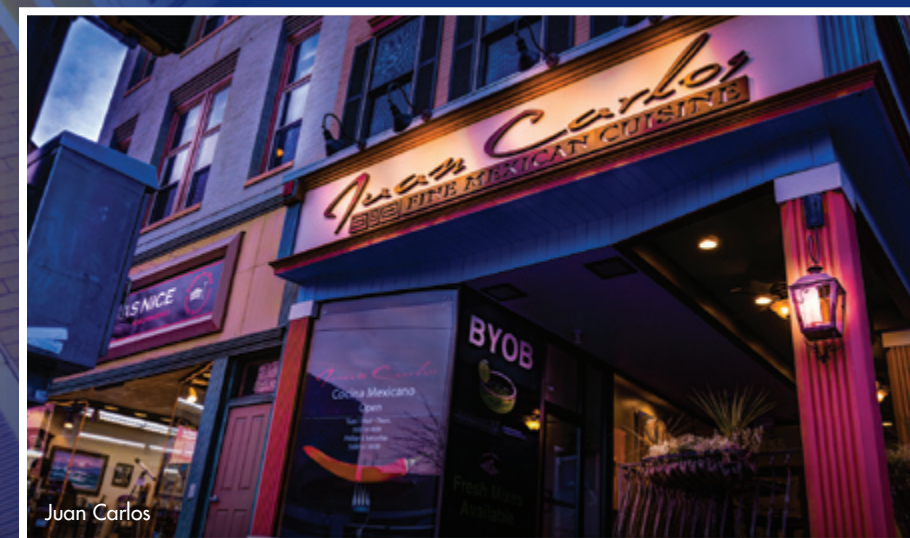
Manatawny Still Works



Saint Peter's Bakery



The Cob Studio



Juan Carlos

This spring, feed your senses. Taste, touch, smell, hear, and see what’s great. Indulge your sense of curiosity and sense of adventure. Find meandering country roads and head north.

#### Highlights

Minutes away from Saint Peter’s Village and Pottstown, a gem called The Cob Studio welcomes visitors willing to set foot off the beaten path and explore new ideas. Up a winding lane, stroll past woodland flowers to stepping stones that lead to the door of a magical place.

Nearly defying description, The Cob Studio is best imagined as a giant sculpture—perhaps an enchanted teakettle, where interior space, activities and people are continually transforming through participants’ creative energy and the artistic touch of founder Cara Graver.

The structure is whimsical, yet solid as the earth Graver used to build the studio’s two-foot thick walls that support the green roof. Inside, sculpt a bowl. Sip tea from an artisan’s cup next to the old stove or below the loft. Plop onto a stack of colorful pillows. Pull out your writer’s pen.

For spectacular handmade glass, look no farther than Glasslights Studio at Saint Peter’s. A glassblowing workshop was in progress when I visited. Watching



Sly Fox Brewery





Stone Barn Cellars



Glasslights Studio



Courtesy Pottsgrove Manor



Courtesy La Maison

novices working with experts, I was mesmerized by the process of breathing life into glowing globes of molten glass that cooled into wine goblets and ornaments of brilliant colors.

At the workshop's close, delighted participants headed to the Inn at Saint Peter's for a drink to celebrate the day.

Steps away, a handmade dulcimer—a stringed wooden folk instrument—drew me into the Dilworth by Design gallery. The shop offers crafts by generations of the Dilworth family—woodworkers, painters, photographers and weavers.

Cross the street to Saint Peters Bakery with gingerbread woodwork on the porch outside and checkerboard cookies and black granite torte in cases inside. Linger over pastries in the cozy café or on the deck overlooking French Creek.

### Spotlight on Art

Don't miss the show at Pottstown's Steel River Playhouse. Even before the grand red velvet curtain—purchased on eBay from an old movie theater in Indiana—parts to reveal the stage, be dazzled by pop artist Romero Britto's original painting and its matching mural in the lobby. Catch performances of *The Glass Menagerie* or *Fiddler on the Roof*.

For pre-theater dining, Lily's Grill with food from local sources and Juan Carlos offering fine Mexican dishes are audience favorites. Or pick up a sandwich that's a work of art from Grumpy's Hand-carved Sandwiches, Pottstown's well-loved deli.

Check out the photographs of Wil Moore, artistic pho-

tographer in Pottstown. Invite him to shoot your location with a unique and fresh eye.

Cherish history as well as art? Tour Pottsgrove Manor where John Potts and his family once owned 998 acres of what's now Pottstown. Visit the lovely Christmas display in winter and the garden in spring.

Quench your sense of adventure. Take the annual polar plunge into the Schuylkill River. The website quips, "Participation is free ... We reckon you'll pay for it later." If that's too daring, hike along the trail at Riverfront Park.

### Cheers!

Some of the area's newest establishments provide notable spaces for conversation, activities and good spirits.

Sip, shop or join a bottling workshop to find out what happens behind the barrels at Manatawny Still Works. View Italian copper stills next to the tasting room, or park yourself at an outdoor picnic table in sunny weather while tasting gin, rum or whiskey made on site.

Walk across the street to Sly Fox Brewing Company. Catch a weekend tour or head to a table and ask, "What's on tap?"

Coming soon: Brandywine Branch Distillers, a grain-to-bottle distillery with a renovated barn plus café and gardens.

On your way home from the northern reaches, stop at Stone Barn Cellars where the wine is enjoyable and the welcome is warm. My first trip to the winery was accidental when I limped my car with a flat tire from Route 100 into the driveway. Thanks to owner Ben Morrison, I left the winery with a changed tire, three bottles of wine and the story behind the winery.

Morrison, a former photojournalist, turned his passion and winemaking hobby into a business venture. He renovated an old stone barn at night after work, removing bats and birds and turning felled trees from the property into floors for the gorgeous tasting room that opened in 2013.

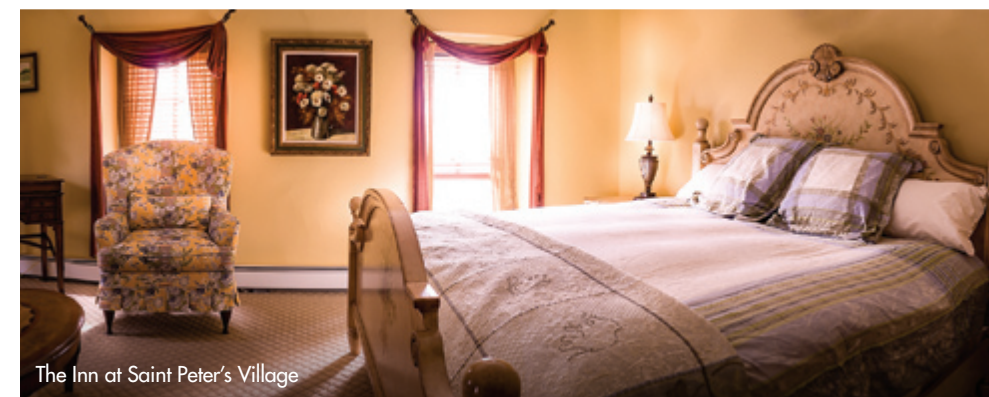
With tires intact, I've returned since to say hello and pick up bottles of Night Owl, a wine honoring Morrison's long hours of labor to bring the winery to light.

Catch the glow! ♦

To find out more about Pottstown, visit [Pottstown.org](http://Pottstown.org), and see the events sidebar on the next page.



Dilworth by Design



The Inn at Saint Peter's Village



Lily's Grill



French Creek



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Featuring an indoor pool, a walking track, a fitness center, a café, and a terrace with an outdoor fireplace and pizza oven, the Commons is a place where our residents can come together to meet, eat, exercise and relax.

With the Commons, the list of what to love about Quarryville—our ideal location, great value, spacious apartments, award-winning cottages, and outstanding medical care—just got longer.

Topping the list is our commitment to helping each resident live life to the fullest.

See the Commons, cottages and more at our

## OPEN HOUSES

**Every Friday in April**  
from 1 PM to 3 PM!  
Call 888-786-7331 to learn more.

### Pottstown Events

With spring in the not-to-distant future, take some time to enjoy a day outside, watch world-class volleyball, go to a brewfest or enjoy a concert. You can kick up your heels and swing dance the night away, too, if you want. Just head to Pottstown ...

**March 4–6: Pottstown Family & Home Expo.** 610-323-1700; PottstownFamilyAndHomeExpo.com.

**March 12: An Evening for the Schuylkill River.** 484-945-0200; SchuylkillRiver.org.

**April 8: “The Original” WWII Swing Dance.** Sunnybrook Ballroom, 50 Sunnybrook Rd. 8 to 11. 610-323-5305.

**April 16: Relay Bark-4-Life.** 484-366-1735; on Facebook, Facebook.com/BFLPottstown.

**April 30: Pottstown Brewfest, Firkinfest.** PottstownBrewfest.com.

**May 1: Sly Fox Bockfest and Goat Race.** 484-524-8210; SlyFoxBeer.com/Bockfest.

**May 7: Pottsgrove Manor May Fair.** 610-326-4014; MontCoPa.org/PottsgroveManor.

**May 7–8: PowWow on Manatawny Creek.** Calendar.PowWows.com/Events.

**June 4–10: Schuylkill River Sojourn.** SchuylkillRiver.org.

**June 6–10: Pottstown [In Focus] Film Festival.** PottstownInFocus.com.

**June 24–26: The Pottstown Rumble.** 610-369-1717; PottstownRumble.com.

**June 2–5: Quaker State BMX Nat’ls, Trilogy BMX Course.** CKnapper@Pottstown.org.

**July 7: Free Concert in the Park.** 610-970-6608; Pottstown.org.

**July 16: Sly Fox Track Club Half Marathon.** SlyFoxTrackClub.com.

**July 10: Pottstown Criterion Bike Race.** USACycling.org/Events.

**Aug 20th: Veterans Memorials Community Day.** 610-970-6608; Pottstown.org.

**Sept 17: Pottstown Pet Fair.** 610-970-6507; Pottstown.org; BringFido.com.



Pottstown Rumble



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# Trees Save Streams

Beverly M. Payton

JOIN THE STROUD WATER RESEARCH CENTER  
TO PLANT TREES AND HELP SAVE OUR LOCAL STREAMS.

HANNAH INVITED LAMONTE GARBER, WATERSHED restoration coordinator at Stroud Water Research Center, to share the view she enjoys from the kitchen window on her farm. Garber saw a long grassy field, studded with a few fruit trees. A plank bridge spanned a narrow stream bisecting the property. Several hundred feet beyond that, a tiny Amish schoolhouse was a dot on the landscape.

Garber had just explained to Hannah and her husband, Jacob, that planting a forest buffer on both sides of the stream would protect the water from contaminants from their farm. Doing that, and following other best land management practices, would qualify their farm for a variety of state, federal and private grants aimed at compensating landowners for watershed protection services.

"Every morning, when I wash the breakfast dishes, I watch my children walk to school from this window," said Hannah. "If we plant that forest, my children would disappear into the woods a few steps from the back porch."

Persuading landowners to install a forest buffer along both sides of a stream can be a hard sell. But Garber is well aware of the strong scientific evidence supporting wide forest buffers, so he doesn't give

up easily. In fact, in 2015 Stroud Center's watershed restoration team planted 7,000 trees in Chester County alone.

## Trees Protect Our Streams

The benefits of stream-side forest buffers have been well documented. In 2014, Stroud Center Director Bernard Sweeney and colleague Denis Newbold added to the scientific support with a paper published in the *Journal of Freshwater Science*. They concluded that a 100-foot-wide forest buffer on both sides of a stream was the optimal width for protecting the water.

"Healthy forests are our streams' life support system," Sweeney says. "Trees filter contaminants before they reach the water, stabilize the stream bed, and provide food, shade and habitat for fish and wildlife."

To spread the word, Matt Ehrhart, Stroud Center's director of watershed restoration, says his team works hard to help farmers understand the grants they may qualify for and which best practices are most important for them. The funding each landowner qualifies for depends on the property's location, the farmer's income and the restoration work that needs to be done.

"Chester County has an incredibly diverse agricultural landscape. A dairy farmer in Honey Brook will need different practices than, say, a landowner in southern Chester County raising half-million-dollar race horses. There's no cookie-cutter approach to this," says Ehrhart.

Garber adds that working successfully with farmers requires listening to their concerns and respecting their point of view. For example, the watershed team planted shrubs instead of trees on the section of stream that included Hannah's kitchen-window view to the schoolhouse. This creative solution helped Hannah and Jacob agree to have a forest buffer planted along the rest of the stream on their farm.

## Work for Clean Water

Stroud Center has several volunteer and citizen science water monitoring projects open to those who want to improve our water quality. To volunteer for the next tree planting party—and it's enough fun to be called a party—call Rebecca Duczowski, 610-268-2153, ext. 256. And to learn more about grant programs for landowners implementing best land management practices, contact Lamonte Garber, 610-268-2153, ext. 310. ♦

*Stroud Water Research Center, based in Avondale, advances global freshwater research, environmental education and watershed restoration. The nonprofit organization helps everyone make informed decisions that affect water quality and availability around the world. More at [StroudCenter.org](http://StroudCenter.org).*



PHOTO BY TODD TRICE

## CHESTER COUNTY'S HEALTHY STREAMS

A stream's health is largely determined by its proximity to more densely populated areas and areas with heavy agricultural land use.

"Chester County's best overall watershed is probably French Creek, which starts up in the state park and drains a rural community that doesn't have intensive agriculture," says John Jackson, Stroud Center's head of entomology. "There are a number of smaller streams in the county in good condition, but they join streams that are generally more degraded." Jackson knows these streams' health because his team samples and evaluates the diversity and density of aquatic insects that live in the water.

Andrew Reif, a water quality biologist at the U.S. Geological Survey office in Exton, says the USGS has been studying Chester County streams since the early 1970s. The healthiest reaches of

streams include French Creek, Pigeon Creek, Buck Run and the east branch of Brandywine Creek.

The unhealthiest streams include the east branch of Chester Creek, the west branch of Red Clay Creek, the west branch of Brandywine Creek and Big Elk Creek.

"When the sampling began, some of the streams were nearly dead with very little living in them," says Reif. But the Clean Water Act of 1972 stopped direct discharges from industrial plants, banned many pesticides, and ended raw sewage discharges. "From the '70s through the '80s, streams were considerably improved," he says.

Yet fewer improvements in water quality were observed during the past two decades. "The big changes have already been made. Now changes are required over a whole watershed, and they're harder to implement," says Reif.



# Read Local

Andrea Kiliany Thatcher  
Chester County Book Company

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And so, as a local bookstore, we like to pay our community-mindedness forward by supporting local authors.

There's something special about reading stories that are either set in your community or represent the diversity of viewpoints you can find just a few miles down the road. And, with local authors, the chances are greater that you'll get to hear them read at events around our community.

We love having authors big and small, established and new come to our store, and have a special fondness for hosting local because we find these local events have a little something extra—the author's most fervent core fan base turns out.

Here are five local authors who are worth getting to know better. You may just get to meet them, too.

## Sarah Cain – *The 8th Circle*

Sarah Cain recently held the launch party for her new thriller, *The 8th Circle*, at Chester County Book Company in January. This local writer has participated in readings at our store in the past as part of the very active Brandywine Valley Writer's Group. Her new book is a piece of noir fiction that features locations in Chester County and Philadelphia, with elements of political intrigue and an examination of what comedian Bill Maher recently called “the sick culture of wealth.” Cain has previously published short stories and flash fiction. (If you've never heard of flash fiction, we'd love to help you explore this genre of brevity. Most stories are a few hundred words or fewer.) [SarahCainAuthor.com](http://SarahCainAuthor.com); [BVWG.org](http://BVWG.org).

## Jim Breslin – *Shoplandia*

Anyone who's part of the West Chester literary scene is likely already familiar with author Jim Breslin, who organizes the local West Chester, Delco and Lehigh Valley Story Slams (story telling competitions). In fact, Breslin published an anthology of stories from the West Chester Story Slam. His work appears in *Chester County Fiction*, a compilation of 16 short stories by local writers, and in 2014 Breslin published a novel with strong local ties. *Shoplandia* is a somewhat-veiled roman a clef about working at a television shopping channel that bears considerable resemblance to West Chester's QVC, where Breslin was a producer for 17 years. Breslin's short fiction is also regularly featured in various publications. [JimBreslin.com](http://JimBreslin.com).

## John Dixon – *Devil's Pocket*

West Chester resident John Dixon was an English teacher at Springton Lake Middle School in Media before turning to writing full time. His first novel, *Phoenix Island*, won the Bram Stoker



Award and was the inspiration for the CBS television series *Intelligence*. It was quickly followed by a sequel: *Devil's Pocket*. The books focus on what is supposed to be a boot camp for troubled teens in a dangerous jungle and the fighting tournament that develops out of the drama that ensues. [JohnDixonBooks.com](http://JohnDixonBooks.com).



## I.W. Gregorio – *None of the Above*

If you're looking for some inspiration, I.W. Gregorio is someone to check out. Both she and her characters are such wonderful examples of commitment to

diversity, acceptance of self and others, and personal excellence. Gregorio is a practicing surgeon by day, YA writer by night, and a founder of the We Need Diverse Books Campaign in the time in between. Her book *None of the Above* tells the story of a young girl who feels she has her life together until she finds out that she is intersex. Then the whole school finds out. Gregorio speaks thoughtfully about diversity of all kinds, and is just the type of voice we need championing less-heard voices in the book industry. [IWWGregorio.com](http://IWWGregorio.com); [WeNeedDiverseBooks.org](http://WeNeedDiverseBooks.org).

## Erin Entrada Kelly – *Blackbird Fly*

Erin Entrada Kelly's *Blackbird Fly* was named one of the best books of 2015 by the *School Library Journal*, *Kirkus Reviews*, the Center for Multicultural Literature,



and the Southern Independent Booksellers Association for its portrayal of a young Filipino American who deals with some heartbreaking bullying. Kelly is the author of another young adult novel, *The Land of Forgotten Girls*, and a short story collection, *Her Name Was Fidela*. *Virgil & Valencia* is expected in 2017. [ErinEntradaKelly.com](http://ErinEntradaKelly.com). ♦

Additional research by Alex Tardiff.

Upcoming events at Chester County Book Company include Dan Gutman, author of *Flashback Four* #1: The Lincoln Project, March 7, 6:30 p.m.; Harlen Coben, author of *Fool Me Once*, March 23rd, 7:00 p.m.. Plus a ticketed event at Stetson Middle School with Erik Larson, author of *Dead Wake*, April 7, 7:00 p.m. Find out more about events and the bookstore, and check out staff recommendations at [ChesterCountyBooks.com](http://ChesterCountyBooks.com) or on Facebook. Follow us on Twitter and Instagram at @cheสเตอร์cobook.

## People's Light 2016 Auction Soiree Friday, May 13, 2016 | 6:00–10:30 pm

This evening of celebration includes a presentation with artists from the production of *A Single Shard* followed by dinner with a silent and live auction.

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Villa Vacation raffle tickets are \$100. Only 225 will be sold. For tickets or more information contact Kyle Cannons at 610-647-1900 x119, [cannons@peopleslight.org](mailto:cannons@peopleslight.org) or visit [peopleslight.org](http://peopleslight.org).

All proceeds benefit Arts Discovery, the arts education program at People's Light. Drawing to be held on Friday, May 13, 2016.



# Healthy AT EVERY AGE

LOCAL MEDICAL EXPERTS TACKLE FIVE HEALTH TOPICS

**B**EING HEALTHY IS A 21ST CENTURY OBSESSION. Books, magazines, TV shows and social media are filled with ideas for maintaining our health.

And so, we thought we'd add some targeted material to the discussion. We asked local experts to share the latest thinking on five topics that span the ages. Starting with having a healthy pregnancy, we move to protecting our teens against HPV, then helping women decipher the latest mammogram guidelines and helping everyone understand the shifting science on blood pressure guidelines. And, finally, we go beyond the wisdom of TV commercials on shingles.

Just doing our part to contribute to the conversation. Here's to your health!

## How to Have a Healthy Pregnancy

TIPS FOR A HEALTHY BABY, BODY AND MIND DURING PREGNANCY.

Dr. Marlesa Moore, Penn Medicine

**P**REGNANCY IS AN EXCITING TIME FOR SOON-TO-be parents. It's also a time of anticipation and discovery as an expectant mother works to keep herself and her baby healthy.

Here are some tips that can help you maintain a healthy baby, body and mind during your pregnancy.

**Prenatal Vitamins.** Start taking a daily prenatal vitamin as soon as you find out you're pregnant or plan to become pregnant. It's important to take a prenatal vitamin containing at least 400 to 800 mcg of folic acid to help with proper early development of your baby.

Most prenatal vitamins also provide the recommended amount of additional vitamins and minerals needed during pregnancy, such as vitamin C and iron. Additional iron may be recommended by your healthcare provider if you become anemic, which is common during pregnancy.

**Prenatal Visits.** Be sure to keep all your routine prenatal visits. In the first and second trimester, you'll likely see your provider every four weeks. These visits are important for checking routine prenatal lab test, checking the baby's growth and monitoring the baby's heart rate. These early visits are also important for developing a plan of care for any chronic medical conditions you might have.

In the second trimester, you'll likely have an ultrasound to check the baby's anatomy. This is usually when parents who are interested find out the sex of the baby. It's important to remember that the goal of this ultrasound is to make sure that baby is developing properly. But, finding out the sex of the baby can be an exciting bonus!

In the third trimester, your visits will increase to every two to three weeks, and then weekly as you approach delivery. You'll also have additional lab tests checked now, including screening for gestational diabetes. If your blood type is Rh negative (A-, B-, AB- or O-), you'll receive an injection called Rhogam to prevent complications in future pregnancies.

**Healthy Eating.** Recommended weight gain for women during pregnancy is 25 to 35 pounds. Depending on your starting weight, this recommendation may be higher or lower, so it's important to discuss proper weight gain with your provider at the start of your pregnancy.

In the second and third trimesters, you should typically increase your calories by about 300 calories per day. Eat a diet rich in fruits, vegetables and whole grains. Be sure to include some low-fat dairy and protein. Avoid raw and mercury-containing fish (i.e., shark,

continued on page 68

*Marlesa Moore, M.D., a graduate of Howard University College of Medicine, completed her internship and residency at Abington Memorial Hospital and has a special interest in adolescent gynecology, laparoscopic surgery and high-risk obstetrics. She delivers babies exclusively at Chester County Hospital and sees patients in Exton, West Chester and West Grove.*







# What Is HPV and Why Is It a Problem?

LEARN WHY TEENAGERS SHOULD GET VACCINATED TO HELP PREVENT THIS WIDE-SPREAD PROBLEM.

Dr. Tracie M. Safier, Nemours du Pont Pediatrics

HPV, OR MORE SPECIFICALLY, HUMAN PAPILLOMA virus, is one of the most common sexually transmitted diseases (STDs), infecting almost 14 million people each year in the United States (about 79 million are currently infected). It's so common that most people get it at some time in their lives. Although it often goes away on its own without causing problems, it can cause serious health issues.

HPV is the virus that causes genital warts—different from HIV and HSV (herpes). But—and this is an important “but”—it can do much more than that. In fact, an HPV infection can cause a variety of serious diseases or complications in both girls and guys.

In females, HPV infection can cause problems with the cervix that may lead to cervical cancer. HPV infection also can cause problems that may lead to cancer in the vagina, vulva, anus, mouth and throat. And in males, HPV infection may lead to cancer in the penis, anus, mouth and throat. Approximately 17,600 women and 9,300 men are affected by cancers caused by HPV every year.

Both girls and guys can get HPV from sexual contact, including vaginal, anal and oral sex. It can be a silent or hidden infection,

and most people who are infected don't know they have it because they don't notice any signs or symptoms. There's no definitive test for HPV status.

People with HPV don't always develop genital warts, but the virus is still in their system and could be causing damage. This means that people with HPV can pass the infection to others without knowing it.

## Can HPV Be Prevented?

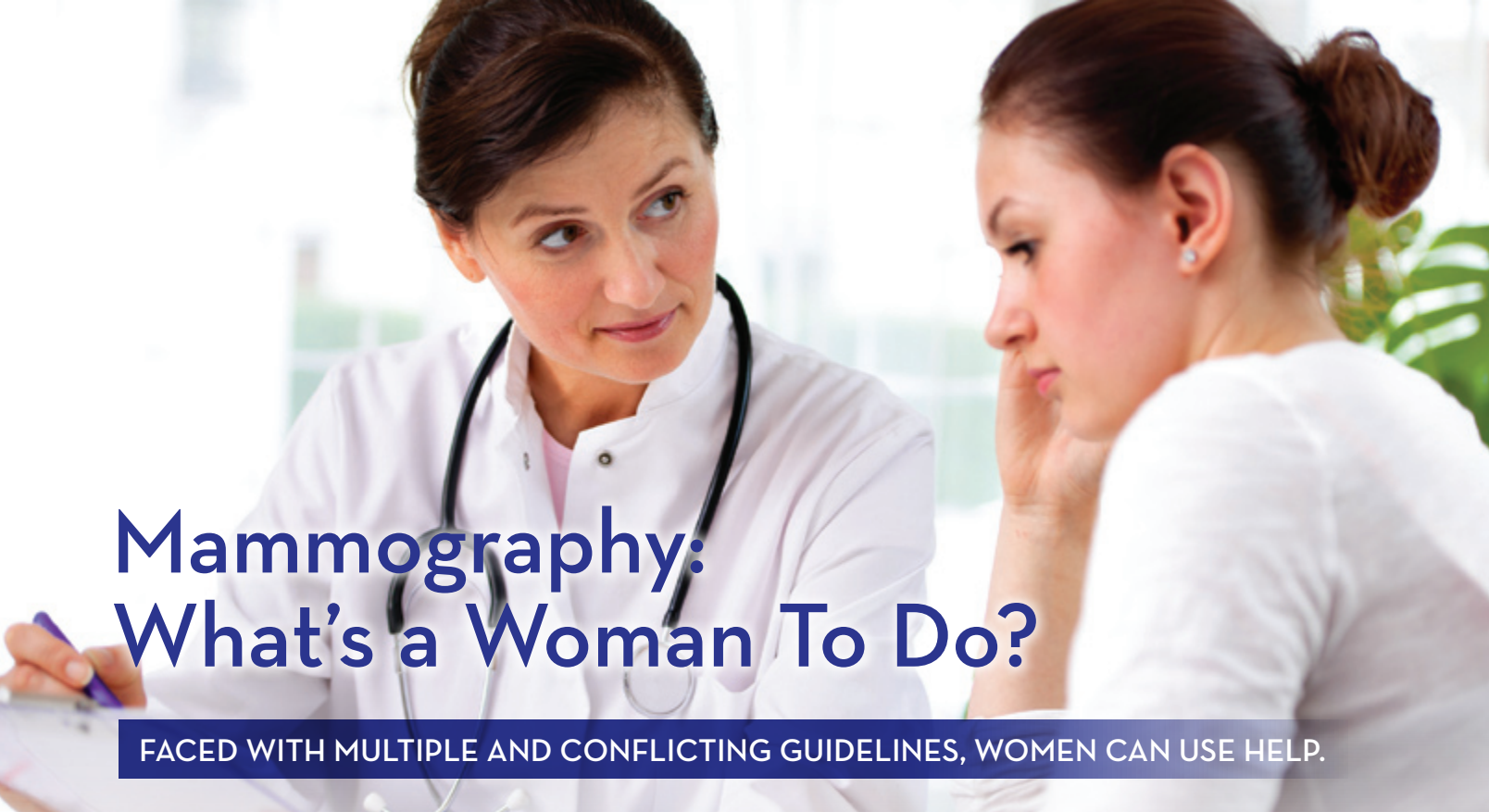
Because HPV can cause serious health problems, a vaccine is an important step in preventing infection and protecting against its spread. That's why doctors recommend that all girls and guys get the vaccine. The recommended ages for vaccination for girls are from 11 or 12 through 26. For guys, from 11 or 12 through 21.

The vaccine is more effective at younger ages than at older ages. And vaccinating guys can help protect girls from the virus by decreasing the incidence of transmission.

The U.S. Food and Drug Administration (FDA) has approved the HPV vaccine, which has been available since 2006, as safe for

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*Tracie M. Safier, M.D., is with Nemours du Pont Pediatrics, Paoli, a primary care practice with the Nemours Health System. Dr. Safier received her medical degree from the Jefferson Medical College and has more than nine years of experience as a board-certified primary care pediatrician, caring for children and offering guidance to families.*



# Mammography: What's a Woman To Do?

FACED WITH MULTIPLE AND CONFLICTING GUIDELINES, WOMEN CAN USE HELP.

Dr. Richard J. Bleicher, Fox Chase Cancer Center

IN THE WORLD OF MEDICAL ADVANCES, IT'S DIFFICULT for patients to keep up. Especially when research in the news gives two different results, and the medical community says it's not clear what to do. Plus, it doesn't help to have *multiple medical guidelines* that conflict—guidelines are supposed to embody consensus in the medical community about best practices, to guide patients on what to do. This confusion is certainly true for mammograms.

## Conflicting Guidelines

To understand where we are on mammogram guidelines, it's important to know how we got here. Let's start with the mammogram screening guidelines published in 2009 by the U. S. Public Services Task Force (USPSTF)—a government agency of volunteer clinicians and epidemiologists with expertise in information technology, pediatrics, epidemiology, cardiovascular diseases, obstetrics and other areas, but not including expertise in breast diseases.

These guidelines were highly controversial because they included new recommendations to stop performing mammograms for women of average risk aged 40 to 49, but to wait until age 50, and then do screenings every other year. The new recommendation noted mammography did save some lives in women 40 to 49, but it saved fewer lives in those under 50, and the task force believed the resulting disadvantages outweighed the benefits.

This set off a firestorm of objections.

In addition, the Affordable Care Act (ACA) required coverage only of mammograms recommended by the USPSTF (and three other specified committees) that were at a high level of evidence, which excluded women 40 to 49.

Concern mounted that these changed recommendations, and the ACA rules, might result in insurers no longer covering mammography for women aged 40 to 49. Concerns for safety were so great and objections so widespread by breast experts, clinicians, medical societies and patient advocacy groups, that bipartisan legislation was passed later that year requiring insurance coverage for mammography for women 40 to 49.

Meanwhile, the American Cancer Society disagreed with the USPSTF recommendations, but also opposed the new legislation because it interfered in the USPSTF's role.

At this point, except for the USPSTF, there was broad consensus that mammography should be performed annually beginning at age 40 and not stopped until a patient and her doctor felt abnormal findings would not be acted on. If, for example, the patient were

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*Richard J. Bleicher, M.D., F.A.C.S., is the Breast Clinical Program Leader and Associate Professor of Surgical Oncology at Fox Chase Cancer Center in Philadelphia. A graduate of Temple Medical School, he did his residency at Mercy Hospital in Pittsburgh and a surgical oncology fellowship at John Wayne Cancer Institute, Santa Monica.*





# Understanding the Guidelines for High Blood Pressure

KNOW THE NEW BLOOD PRESSURE GUIDELINES AND WHAT ELSE YOU CAN DO.

Dr. Anay Pradhan, Brandywine Hospital

HIGH BLOOD PRESSURE (HYPERTENSION) IS AMONG the most under-diagnosed and under-treated health conditions in our country, affecting one in three adults. It's a major independent risk factor for coronary artery disease, heart failure, stroke and kidney failure, with an estimated 67 million adult sufferers in the U.S. Accounting for 18 percent of cardiovascular deaths, hypertension is a major health care burden and costs us more than \$47.5 billion each year.

## The Basics

First, a little background. Hypertension means a blood pressure reading above 140/90 mmHg (millimeters of mercury). In general, there are four main blood pressure categories: **normal** blood pressure (below 120/80 mmHg), **prehypertension** (120-139/80-89 mmHg), **stage 1 hypertension** (140-159/90-99 mmHg), and **stage 2 hypertension** ( $\geq 160/100$  mmHg). The European Society of Hypertension (ESH) adds another category, **stage 3 hypertension**, for blood pressure  $\geq 180/110$ . If your readings fall into two categories, your correct category is the higher one.

Several sets of hypertension management guidelines have been published in recent years. Virtually all the guidelines have struggled with one aspect of hypertension management: age. Age is a powerful risk factor related to systolic blood pressure (the first number in the reading) and cardiovascular death. Current guidelines have categorized age groups around 60 years, suggesting different diagnostic thresholds and drug choices.

## Current Guidelines

The most recent Joint National Committee (JNC) 8 made changes in its guidelines in 2014, primarily defining the age of the elderly as 60 or older and establishing an arbitrary threshold for treatment at 150 mmHg for this population. This change remains controversial because the clinical evidence supporting this recommendation was sparse and was based on just a handful of less persuasive clinical trials.

Some recommendations from JNC 8 for those without other health complications (like kidney disease or diabetes) are as follows:

1) Start drug therapy to lower **systolic blood pressure** of  $\geq 150$  mmHg or **diastolic blood pressure** of  $\geq 90$  mmHg for the general population at age 60 or older.

2) Start drug therapy to lower **systolic blood pressure** of  $> 140$  mmHg or **diastolic blood pressure** of  $> 90$  mmHg for those **younger than 60**. (Based on available evidence, the recommendation for patients aged 30 to 59 years is strong.)

The most recent ESH/European Society of Cardiology guidance is extremely long and unduly complex. These guidelines recommend, for example, for individuals older than 80 years with an initial systolic blood pressure of  $\geq 160$  mmHg to reduce to between 150 and 140 mmHg, provided they're in good physical and mental conditions.

## Future Guidelines

Future guidelines will come from the American Heart Association/American College of Cardiology. I believe the new guidelines will be more widely accepted and more evidence-based, rather than based on expert opinion.

Their current guidelines recommend a blood pressure goal of  $< 140/90$  mmHg in patients younger than 80, particularly those with coronary artery disease, peripheral vascular disease, abdominal aortic aneurysm, stroke or mini-stroke (TIA). Patients older than 80 should have a blood pressure goal between 150 and 140 mmHg, which is also recommended by European guidelines.

What patients and physicians need to realize is that hypertension is an independent and significant risk factor of cardiovascular disease regardless of age or associated health conditions. Each 20 mmHg increment in systolic blood pressure doubles cardiovascular and stroke mortality over a 12-year period.

New evidence supporting lower targets comes from the Systolic Pressure Intervention Trial, an NIH-funded study

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*Anay Pradhan, M.D., a board-certified physician in internal medicine, cardiology and interventional cardiology, completed his residency and cardiology fellowship at Penn State University and interventional cardiology fellowship at Brown University. He sees patients at Brandywine Valley Cardiology in Thorndale and is a member of the Interventional Cardiology team at Brandywine Hospital.*



# Preventing and Treating Shingles

THERE'S MORE TO IT THAN WHAT YOU SEE ON THOSE TV COMMERCIALS.

Dr. Sonya Foster-Merrow, Pottstown Memorial Medical Center

CHICKENPOX—USUALLY THOUGHT OF AS A CHILDHOOD illness—can have lasting effects well into adulthood. Anyone who's had chickenpox can develop shingles, also known as zoster or herpes zoster. Years after you've had chickenpox, the virus, which has been inactive in nerve tissue, can reactivate and appear in the form of shingles. The reason for this reappearance is unclear, but it may be due to lowered immunity to infections as you grow older, causing the risk to increase as you age.

One out of three people in the U.S. will experience shingles in their lifetime, according to the Centers for Disease and Control and Prevention (CDC). And although there's no cure, there are treatment options that can make the symptoms less serious.

## What Are the Symptoms?

The first symptom of shingles is generally pain, which, depending on its location, can be mistaken as coming from other sources. Most commonly, a rash appears after the pain, but some people may experience discomfort and pain without a rash.

The shingles rash is extremely painful and generally develops on one side of the body. Although it can appear anywhere, it's most often seen as a stripe of blisters wrapping around the left or the right side of your torso. Sometimes the rash appears around an eye or on one side of the neck or face.

The rash usually progresses into blisters that crust or scab over in about 7 to 10 days and clear up within 2 to 4 weeks. Some people still experience pain after the rash has disappeared. Other signs of shingles include: burning, numbness or tingling, sensitivity

to touch, fluid-filled blisters, itching, fever, headache, sensitivity to light and fatigue.

Shingles is usually diagnosed based on the history of pain on one side of your body, accompanied by the distinctive rash and blisters. Your doctor may take a tissue scraping or culture of the blisters to examine.

## The Complications

The most common complication of shingles is long-term pain that persists long after the rash has gone, a condition called Post Herpetic Neuralgia (PHN). People with PHN have severe pain in the areas where they previously had the rash. Though the pain from shingles usually resolves within 2 to 4 weeks, with PHN it can persist for years. This persistent pain is most common in people over 60.

Shingles around the eye can cause painful infections and even vision loss. The disease can also damage nerve fibers causing pain long after the disease is gone. And, if shingles blisters are not treated properly, they can become infected.

## Risk Factors & Vaccination

People who develop shingles usually have only one episode in their lifetime, but some are unfortunate enough to have a second or even a third episode. Adults 60 or older are particularly at risk. Some estimates say half the people 80 and older will get shingles.

Risk factors include being over 50, having diseases that weaken your immune system, undergoing cancer treatments that lower your resistance, and taking certain medications (prolonged use of steroids).

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*Sonya Foster-Merrow, M.D., is on the Family Medicine staff at Pottstown Memorial Medical Center. A graduate of Tulane University School of Medicine, she did her residency at the University of Rochester and internship at Lancaster General Hospital. She is board certified by the American Board of Family Medicine and practices at Berks Family Care in Douglassville.*





Natural elements and neutral tones create a zen-like atmosphere. PHOTO: COURTESY GARDNER/FOX CONSTRUCTION

# Dream Bathroom Escapes

Mary Irene Dolan

## TURNING YOUR BATHROOM INTO YOUR PERSONAL SANCTUARY.

**Y**OU'VE PASSED HOURS ON A THOUSAND PINTEREST boards and binged on home renovation reality shows. Now you've decided it's time ... Time to make your master bathroom dreams a reality.

Unlike the rest of the home, the master bathroom is your personal sanctuary for relaxing and recharging. Consequentially, customization is a must. But considering space, function and aesthetics—and budget—taking the plunge may seem overwhelming. Where to begin?

With the help of local bathroom designers and builders, we got the scoop on some of the most popular updates and trends. That should get your creative juices flowing!

### TUBS OR SHOWERS?

The first priority for many people doing a bathroom reno is the shower. Specifically a bigger shower. "Large walk-in showers are more desirable now than ever," notes Beth Schulz of Black Forest Design & Build.

With bath-taking now being a weekly or monthly activity for many—and even a once-in-a-blue-moon luxurious soak for others—

it makes sense to dedicate more bathroom real estate to a luxurious shower you'll use every day.

"It was the trend in the '80s and '90s to have a big Jacuzzi that the owners rarely used. We do a lot of renovations converting that space and making it more efficient and user-friendly," says Schulz.

And today's showers come complete with all the bells and whistles—multiple adjustable showerheads, rain features, marble bench seating, and steam units to name a few.

Interestingly, the ubiquitous glass shower enclosures are also becoming as old as pink and black tile. "A trend we're seeing a lot lately is walk-in showers with no glass," says Caitlin Bovell of Mattioni Plumbing, Heating & Cooling. Getting rid of the glass allows for a more open design and helps brighten the room. But as Bovell notes, "It's all about preference."

With their outdated, unused whirlpool tubs out of the picture, many homeowners are replacing them with free-standing baths—with or without the feet. "These smaller tubs are more functional for most people, and they still have all the fun features of the bigger ones," says Schulz.

Plus they look very inviting!

### MAKE ROOM FOR STORAGE

Storage is another big item on many dream bathroom wish lists. Maybe your current setup is difficult to maintain or maybe you just need more places to hide the clutter. Either way, you can never have too much storage!

"Everyone likes organized storage, so when we're able to incorporate some in any way, our clients are thrilled," says Bovell. Building organizational dividers, custom cabinets and drawers can help make your space more personalized, functional and easier to keep in order.

Some homeowners are even open to the idea of on-display storage, similar to the kitchen trends of glass front cabinets and open shelving. "Many times we update built-in linen closets by getting rid of the doors and opening the space up to the eye," notes Schulz. Baskets and other attractive organizing tools can allow you keep your bath

goodies and linens in sight and in use. Schulz warns, "Just don't do it if you know you can't commit to keeping it neat!"

Luckily, designers can help you create a dream storage solution fit for your reality.

### CLASSIC MATERIALS

One of the most fun parts of designing your dream bathroom is choosing the materials to customize your new look. What you pick will set the overall feel of the room, and, unlike décor accents, it's not something you can easily replace any time soon.

The pros' advice? Pick materials that fit both your aesthetic and desired maintenance level.

Some classic materials like carrara marble and black and white porcelain tile will always be in style. "We see a lot of customers going for the white, clean line look," says Lori Graf of Century Kitchens. "They



The perfect showerhead makes every shower that much better. PHOTO: COURTESY GARDNER/FOX CONSTRUCTION



Get creative with paint colors and décor accents. PHOTO: COURTESY WATERBURY KITCHEN & BATH





want something that's timeless and easy to mix and match with."

Also popular according to Graf—grays and espresso tones. Neutrals can help create a zen-like atmosphere and leave room for changing tastes over the years.

Still want some color? "Paint, rugs and accessories can add to your neutral base, and they're much easier to change up than your flooring or vanity," says Graf.

You can also get creative with hardware. The variety of styles is endless—from shiny crystal accents to clean brushed-nickel or warm gold finishes.

On the flip side, rustic materials like reclaimed wood and natural stone are gaining in popularity, too. Bringing in elements of nature—think a floor made of smooth riverstones or a big, statement skylight—can create a fresh, unique space.

When it comes to unconventional elements, balance is key. Tolerance for bold elements varies.

#### GADGETS

Why not take your bathroom to the next level with new technology? "Heated floors, heated towel racks and steam showers are a big plus to creating a relaxing retreat," notes Susan Gracki of Gardner/Fox Construction.

#### THE TOTO

You've upgraded and updated your shower, tub, vanity, sink, flooring and more, but what about the toilet?

Consider the Toto. Japan has been a fan for years, but America is late to the game. But what is it, and better yet, why do you need one?

The Toto is a truly magical invention boasting remote controls, heated seats and adjustable bidet and drying functions, making your bathroom experience truly luxurious. As one of the most used appliances we own, spending money on this part of our daily routines doesn't seem so outlandish.

It also virtually eliminates the need for toilet paper—the trees will thank you—and saves on water and energy. But it really is a case of you don't know what you're missing until you've tried it.

We say go for it!



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And that's not all. Listen to your favorite tunes from wireless, waterproof speakers, get a toilet with touchless flush activation (or get a Toto!—see sidebar), or hook yourself up with automatic open and close lids for hands free access.

Want more? Incorporate a bathroom-safe, fog-resistant TV, docking station for your smartphone, motion-sensing sink or self-cleaning toilet. Your checkbook sets the limit!

"These smart functions provide increased convenience, cleanliness and entertainment," says Gracki. "We find them being requested more and more."

Sometimes it really is the little touches that make all the difference. You may pause at the price point, but remember, adding luxury increases your home's value.

Katy Wolfington of Waterbury Kitchen & Bath advises clients to pick timeless additions before adding trendier bells and whistles. "Features like heated bath floors are a luxury worth having and prove to be a good investment," she says. "Heat never goes out of style." This should help you feel better about your budget and the shelf life of your new space.

Ready to make your bathroom your dream escape? It might take longer than a week—unlike what you see on TV remodeling shows—but the wait is well worth it! ♦

#### BATHROOM RESOURCES

**Black Forest Design & Build**  
 717-824-5269; [BlackForestDNB.com](http://BlackForestDNB.com)

**Century Kitchens**  
 70 W. Lancaster Pk., Malvern  
 610-648-0400; [CenturyKitchens.com](http://CenturyKitchens.com)

**Gardner/Fox Contruction & Architecture**  
 919 Glenbrook Ave., Bryn Mawr  
 610-525-8305; [GardnerFox.com](http://GardnerFox.com)

**Mattioni Plumbing, Heating & Cooling**  
 202 W. Uwchlan Ave., Downingtown  
 610-269-0884; [MatPlumbing.com](http://MatPlumbing.com)

**Waterbury Kitchen & Bath**  
 818 E. Baltimore Pike, Kennett Square  
 610-444-9190; [WaterburyDesign.com](http://WaterburyDesign.com)





# Fox Creek Farm

A GRAND COUNTRY HOME, AS QUIET AND  
WONDERFUL AS WHEN IT WAS BUILT.

Laurel Anderson

AS IF ON CUE, A RED FOX WALKS ALONG THE CREEK in the late winter sun—along Fox Creek. Making a perfect introduction to ... Fox Creek Farm.

The view through the wall of south-facing windows in this solid stone Colonial manor house takes in the pond, with waterfall, and just some of the pastures that slope down toward the creek. Given the orientation of the house, every late afternoon promises a golden view of part of the 32-acre estate—even without the promise of a fox.

## Storied Past, Protected Future

Home to just four families in its century-plus life, this stately Main Line mansion was originally built for George Wharton Pepper, U.S. Senator and famed Philadelphia lawyer (founder of the Pepper Hamilton law firm). Expanding an 18th-century farmhouse, the grand mansion was completed in 1909 and built over nine years—with the kind of craftsmanship and attention to detail unaffordable in modern construction. This all-stone, three-plus story home is as solid as the reputation of its first owner.

Surrounded by properties under conservation easement, this parcel near Radnor Hunt affords enviable privacy and is well protected from unwanted development. The bank barn, caretaker's cottage, springhouse cottage, horse sheds and fenced paddocks can continue to inhabit their country setting, undisturbed. And the walled English gardens, with octagonal garden pergola, swimming pool and Chester County stonewalls add character to enhance the private, pastoral setting.

## Main House

A winding private drive crosses Fox Creek and heads uphill, to the level hillside perch where the stone house stretches wide. The home is grand and gracious, with six bedrooms, even more bathrooms, four fireplaces (including one from the original farmhouse), home offices, family rooms and a separate in-law or live-in suite. Quirky details and markers of a different time—antique elevator, dumb waiter, attached greenhouse—provide character.

Everything about the home exudes solidity, yet understated grace. Although you'd hear nary a squeak from the century-old wood floors, you can easily imagine the sound of ice tinkling in a silver cocktail shaker. The solid feel of huge flagstones in the foyer—some measuring almost a yard across—is complemented by the elegant grand staircase. Similarly, the large, walk-in fireplace in the sitting room is made more inviting by a wall of windows in this cozy space.

The vast light-filled formal living room—with nine-foot, beamed ceilings, walls of built-ins, elegant moldings, and fireplace—easily accommodates two baby grand pianos. Banks of French doors let sun shine on original random-width, pegged oak floors and provide stunning views of the property as well as access to the brick patio and English garden. A separate room for the adjacent wet bar makes entertaining a dream.





PHOTOS BY SARAH BONES

Down the hall, a spacious formal dining room also boasts built-ins and fireplace, while the family room, in an octagonal bump-out, is graced by unique chapel windows. The large kitchen, with a dumb waiter that opens to the outside for easy transfer, is ready to be redesigned to meet the dreams of its next owner.

At the far end of the hall are a home office, with separate entrance, powder room, attached greenhouse, and covered back entrance through a courtyard. Back stairways lead up to the second floor and down to the laundry and basement.

#### Upper Floors

The main staircase takes you up to the spacious landing, with a balcony overlooking the front of the home. A long hallway stretches the length of the house, with the master suite to the right. There you'll find another sunny room, with windows on three sides, French doors leading to a private porch with garden views, fireplace and built-ins. His and her dressing rooms and baths, a sitting room and extensive closets complete the suite.

Three additional bedrooms—with baths, built-ins, a fireplace—another home office, and separate suite—with two bedrooms, bath and kitchenette—complete this floor.

Pass the walk-in cedar closet on the carpeted third floor and find yet another bedroom and bath, plus a large media/game room—perfect for pool tables, foosball and a large TV. There's additional storage in an unfinished section of this floor.

#### Out Buildings

Several additional buildings are part of the estate. A caretaker's cottage comes complete with two bedrooms. A large garage can store both cars and equipment. And the charming springhouse, with its eyebrow windows and loft bedroom, overlooking the waterfall on the pond, is perfect for a studio or another residence.

And finally, a six-stall bank barn stands ready for horses to enjoy the fenced pastures. Or ready to become a party barn.

So much for new owners to enjoy. ♦

*This 32-acre Main Line property in Berwyn is offered for \$3.95 million by Country Properties, Berkshire Hathaway, Fox & Roach. For more information, contact Rob Van Alen, 610-212-5470 (cell), 610-347-2065 (office); TheCountryProperties.com.*



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mahi mahi, swordfish, king mackerel), unpasteurized dairy, and uncooked deli meats. Limit caffeine to no more than one to two cups of coffee a day.

**Exercise.** Physical activity during pregnancy helps you maintain proper weight gain and reduces the risk of gestational diabetes. Walking, swimming, cycling and light aerobics are good forms of exercise for beginners. If you're already used to certain exercises, such as jogging or running, then it's okay to stick with them.

Be sure to avoid activities that have an increased risk of injury or falls, such as downhill skiing and contact sports. Also, avoid exercises that require you to lie flat on your back after the first trimester. And no matter what your exercise, remember to drink plenty of water!

**Vaccines and Pregnancy.** All women should receive the flu and TDAP (tetanus, diphtheria, and pertussis) vaccines during pregnancy. Because of changes in the immune system, pregnant women are at increased risk of developing complications—such as pneumonia—from the flu. That's why it's recommended that all pregnant women get the flu vaccine during flu season.

All women should receive the TDAP vaccine in the third trimester of pregnancy. This provides early protection for the baby against whooping cough, which can be a devastating infection in newborns.

Newborn babies can't get the TDAP vaccine, so it's important for you, and anyone who will be in close contact with the baby, to be vaccinated to prevent passing the virus on to the baby after birth. Getting the TDAP vaccine during pregnancy also provides the baby with some antibodies against the virus.

**Emotions.** It's common to have periods of ups and downs during pregnancy. Hormones fluctuate wildly in the first trimester, and in the third trimester anxiety can increase in anticipation of the arrival of baby. Try to get enough sleep and maintain a healthy diet and exercise routine to help you cope. Having a supportive partner and seeking out supportive family and friends can make a world of difference.

For women who take medication to manage depression or anxiety, it's important to have an open conversation with your health-care provider about continuing these medications. Some women can safely stop these medications, while others may need to continue them to have a safe and healthy pregnancy. Everyone is different and this is an important decision that should be made with input from several healthcare providers.

No matter what your situation may be, remember your healthcare provider is available to you if you need help seeking resources or counseling during your pregnancy. ♦

What is HPV and Why Is It a Problem? ... continued from page 54

both girls and guys ages 9 to 26. Two vaccines have FDA approval—Gardasil, for girls and boys, and Cervarix, for girls only. Both can prevent most cases of cervical cancer if given before a girl is exposed to the virus. Once infected, though, the vaccine might not be as effective or might not work at all.

How Does the Vaccine Work?

The HPV vaccine is given as three injections over six-months and is covered by most private insurance companies. The vaccine does not protect against strains of HPV that might have infected a person before getting the vaccine. Although very effective, the HPV vaccine is not a replacement for using condoms to protect against other strains of HPV and other STDs.

Being vaccinated before becoming sexually active is the most effective way to prevent HPV infection. But even after that time, the vaccine can help. It's still the best way to protect against other strains of the virus that a person may not have come in contact with. Since the vaccine was introduced, HPV infection rates dropped almost 50 percent, despite only about one-third of girls in the U.S. having received all three injections.

The vaccine doesn't protect against all types of HPV. Anyone who is sexually active should continue to get routine checkups at a doctor's office or health clinic. Girls should get Pap smears when a doctor recommends it—usually around age 21 unless there are signs of a problem earlier. And guys should get periodic checkups.

Are There Side Effects?

Most side effects that people may get from the HPV vaccine are minor and include swelling or pain at the site of the shot, or feeling faint after getting the vaccine. As with other vaccines, there's a small chance of an allergic reaction.

A few people have reported health problems after getting the shot. The FDA is monitoring the vaccine closely to make sure these are not caused by the vaccine itself. Most people have no trouble with the vaccine.

Protecting Yourself Against HPV

For people who are sexually active, condoms offer some protection against HPV. However, condoms can't completely prevent HPV infections because hard-to-see warts can be outside the area covered by a condom, and the virus can infect people even when a partner doesn't have a visible sign or symptom. And, of course, condoms can break. Spermicidal foams, creams and jellies have not been proven to protect against HPV or genital warts.

Certainly, abstaining from sex minimizes the chance of contracting HPV infections and other STDs. But, there are intimate activities that falls short of intercourse that can still put a teen (or anyone!) at risk. Human papillomavirus spreads by skin-to-skin contact.

If you have questions about the vaccine for yourself, your family or your partner or are concerned about STDs, talk to your doctor. Be aware, be educated and be careful! ♦

too sick to treat something found on a mammogram, there was no point in doing one.

Our Current Situation

Jump now to 2015. The [American Cancer Society](#) put out its own recommendations for screening women of average risk, causing more controversy and confusion. These guidelines specified women 45 to 54 should get mammograms every year, and women 55 and older should get them every other year, until their expected lifespan was 10 years. But, the guidelines emphasized that women 40 to 44 should have the option to begin mammograms, and if women 55 and older wish to do annual mammography, they should also have the option to do so.

Confusion ensued, further fueled by an updated set of USPSTF guidelines. USPSTF's updated guidelines were essentially the same as in 2009, but now were more carefully worded. Controversy remained, but probably because of the ongoing public discussion, did not get as much attention.

Next, the [American Society of Breast Surgeons](#) diverged from other medical groups to put out its own guidelines, making recommendations that straddled the two approaches.

So, this is what we have: And yet, despite this history, many medical societies, like the [American College of Radiology](#), still recommend annual screening mammograms from age 40 onward.

So What's a Woman To Do?

The short answer is to speak with your doctor, and specifically, find yourself a clinician who treats nothing but breast disease and is knowledgeable about the field and the studies. The reason for the controversy is that the published research, while very extensive, has varied conclusions and can be interpreted in different ways when the data from the studies are looked at in detail apart from the researcher's own conclusions. This is where a knowledgeable breast specialist is invaluable.

My personal recommendation to patients is still to begin mammograms annually at age 40 for those at average risk and considering medical history, and continue until the patient feels she wouldn't act on find-

ings because of either personal desires or her health. I also recommend regular self-examination. This course of action has been the desire of my patients.

Yet, the varied recommendations above suggest that an individual's concerns and preferences do leave room for variation. The disadvantages of starting later or varying the timing of mammograms may not be as great as previously thought.

Beyond the Basic Mammogram

The other thing the guidelines recommended, that I agree with, is that medical research has not identified any specific group of women who benefit from tomosynthesis ("3D mammography"). So, right now, we don't know who should get this type of

mammogram rather than standard digital mammography. It may benefit women with dense breasts, but trials are not complete and that remains uncertain.

Also, MRIs (magnetic resonance imaging) are not recommended for routine use, and have been shown in numerous studies to have significant disadvantages and little benefit when used routinely in women of average risk.

Bottom Line

Talk to your breast specialist. While most still suggest annual mammography beginning at 40, there's still a lot of discussion. Besides, one conversation with your clinician may be a whole lot easier than trying to sort through the confusion yourself. ♦

Age	USPSTF 2016	American Cancer Society	American Soc. of Breast Surgeons
40–44	Not recommended unless desired	Not recommended unless desired	Not recommended unless desired
45–49	Not recommended unless desired	Annually	Annually
50–54	Biennially	Annually	Annually
55–74	Biennially	Biennially	Annually or Biennially
75	Not recommended	Biennially until 10 yr. expected lifespan	Biennially until 10 yr. expected lifespan

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known as Sprint, that ended more than a year early in 2015 because of conclusive positive evidence. Sprint demonstrated that those who were treated and reduced their blood pressure to <120/80 mmHg had significantly fewer serious health problems than those whose target was the more generally recommended level of 140/90 mmHg.

Lifestyle Changes

Following a low sodium, low fat diet (less

than 2.4 g/day) rich in fruits and vegetables, maintaining normal body weight (Body Mass Index of less than 25 kg/m2), aerobic exercise for 30 minutes at least four days a week, and limiting alcohol intake (no more than two alcoholic drinks/day for men and one drink for women) can help reduce hypertension.

Lifestyle changes can significantly lower blood pressure and in turn the need for medications and antihypertensive therapy, which can have serious side effects.

Medical Therapy

Your doctor will begin medical therapy to keep you at your goal blood pressure, if necessary. Following this therapy, along with lifestyle changes, is critical to lowering your blood pressure and maintaining a healthy level.

The type of medical therapy prescribed depends upon severity, race and associated medical conditions. The major classes of antihypertensive medications, which have proved very successful, include thiazide diuretics (water pill), beta blockers, calcium channel blockers, angiotensin receptor blockers, angiotensin converting enzyme inhibitors and renin inhibitors. Talk with your doctor to find out more.

Home Monitoring

Patients who also monitor their blood pressure at home have better control of their hypertension. Home monitoring provides more accurate information of your overall blood pressure control and helps your healthcare provider better modify treatment, as needed. The American Heart Association recommends home blood pressure monitoring for all patients diagnosed with hypertension.

You should calibrate your blood pressure monitor at the doctor's office to confirm accuracy and consistency of readings. Also important is measuring resting blood pressure and maintaining a log of readings that can be shared with your doctor during your visit. These simple steps can help improve your health.

Finally

Hypertension continues to be poorly controlled in the U.S. despite the fact that this condition is treatable. Patient education and lifestyle changes play important roles in managing hypertension. Following medical therapy and home blood pressure monitoring are also critical to ensuring optimal control.

The good news is that when well controlled, those with hypertension will have a significantly better quality of life along with reduced long-term morbidity and mortality. ♦

(Reference sources for this article are posted on CountyLinesMagazine.com.)

For those at high risk, the CDC strongly recommends they talk to their healthcare provider about getting the shingles vaccine. The vaccine is a one-time dose that can reduce the risk of developing shingles and, more importantly, the long-term pain that shingles can cause. If you're 60 or older and have had chickenpox, it's recommended you get the shingles vaccine.

Two vaccines may help prevent shingles—the chickenpox vaccine, for adults who've never had chickenpox (most children routinely get this vaccine), and the shingles vaccine, approved by the FDA for those 50 and older. These vaccines don't guarantee you won't get the diseases but both will likely reduce their length and severity and reduce your risk of complications.

For people who've had chickenpox, shingles is not contagious. But, someone who has not had chickenpox and has direct contact with the shingles rash could contract chickenpox—but *not* shingles. Chickenpox can be very dangerous for newborns, pregnant women and anyone with a weak immune system, so if you have shingles don't come into physical contact with them. When your blisters scab over, you're usually no longer contagious.

Treatment

There's no cure for shingles, but prescription drugs can speed recovery and reduce your risk of complications. Your physician may also prescribe creams or painkillers to make you more comfortable. Several antiviral drugs may be used to treat shingles—valacyclovir, acyclovir, famcyclovir—to help shorten the length and severity of the illness. To be effective, antiviral medications need to be started as soon as possible after a shingles infection is suspected. Analgesics may help ease discomfort and taking a cool bath or using cool, wet compresses on your blisters may also help with itching and pain.

Visit a your physician promptly if you have symptoms of shingles, especially if you experience pain or a rash around the eye, the rash is widespread and painful, you're 60 or older (age increases your risk of complications.), or someone in your family has a weakened immune system. ♦

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# Try the Table Wines of Portugal

Kayleigh Thompson

IT'S TIME TO DISCOVER THESE  
UNDER-APPRECIATED WINES.

WHEN SOMEONE MENTIONS PORTUGUESE WINE, WHAT comes to mind? If you're like most people, you think of fortified Port or that bubbly sipper, Vinho Verde. These are certainly the best known.

But there are some delicious table wines from Portugal that you may not have tried ... yet.

## Grape Varieties

Like neighboring Spain, Portugal is blanketed with vineyards. Over 350 types of grape are grown there, including many rare, ancient varieties likely brought to Portugal by the Phoenicians. Portugal's isolation behind Spain has given its wines a unique profile. While other countries planted French varieties, Portugal stuck with its indigenous grapes, some of which are gaining well-deserved popularity.

Touriga Nacional emerged as the flagship red variety, producing complex, structured wines with black fruit flavors, and often used as the lead variety in blends. Also noteworthy, Tinta Roriz (aka Tempranillo) is popular with table wine makers for its red fruit, olive and herbal notes.

## Table Wines

Some of the most underrated, good-value, dry table wines from Europe are Portuguese. Most are blends of indigenous varieties, and the best are bold, rustic, plummy reds, though good whites are also available.

Although great table wines are made almost everywhere in Portugal, those from the Douro and Dão regions are more often found in the U.S. and provide a great introduction.

## Tastes of Douro

The area of Douro was first identified as an exceptional wine-producing region in 1756. While originally famous for Port, the region was considered by experts to be the best for table wines. Here, the vines struggle to survive in the extremely hot summers and cold winters. The hillsides can be so steep and rocky that dynamite is needed to clear narrow terraces for vineyard rows.

The principal red grapes used are many of the same varieties traditionally used in Port: Touriga Nacional, Touriga Franca, Tinta Barroca, Tinta da Barca, Tinta Roriz and Tinto Cão. Douro reds range from light and fruit-forward to supple, spicy wines full of dense plum and black raspberry notes.

For a taste of all that Douro offers, try **Quinta do Portal Grande Reserva Douro 2007** (94 points *Wine Advocate*, \$29.99) a blend of Touriga Nacional, Tinta Roriz and Touriga Franca, an aromatic red with berry, cedar and graphite flavors that's velvety but muscular, with a firm structure. Pair with hard cheeses or game meats if you're feeling adventurous!

For a splurge, pick up **Prats and Symington Chryseia Douro 2012** (95 points *Wine Enthusiast*, \$69.99), a blend of Touriga Nacional and Touriga Franca, aged 15 months in new French oak. With rich dark fruits, minerality, smooth tan-



nins and graceful acidity, this wine drinks like a good Bordeaux and is delicious with veal or steak.

For a great value from a winemaker who aims to compete with the French greats, try **Cedro do Noval Red Duriense 2010** (87 points *Wine Spectator*, \$12.99) a lush blend of Syrah with Touriga Nacional, Tinta Cão, Touriga Franca and Tinta Roriz. With notes of coffee, olive and dried berries, it's perfect with stews, goat cheese or brie.

The Douro's white table wines are not as well known. But with full-bodied blends of Viosinho, Rabigato, Còdega de Larinho and the traditional white Port grapes, Malvasia Fina and Gouveio, they deserve attention.

You'll enjoy **Quinta de la Rosa Douro DouROSA White 2012** (\$14.99), a blend of Còdega de Larinho, Rabigato and small amounts of Gouveio and Malvasia Fina, all from high-altitude vineyards, which bring out stunning acidity. This expressive white has rich citrus flavors with noticeable minerality—a delicious complement to grilled fish and chicken.

## Tastes of Dão

Another of Portugal's promising regions for table wines, Dão lies about 30 miles south of the Douro River. Enclosed on three sides by mountains, the region is sheltered from the humidity and cold of the Atlantic, giving it a Mediterranean climate.

About 80 percent of Dão's wine production is red, principally from Touriga Nacional, Tinta Roriz, Alfrocheiro Preto and Jaén

grapes producing juicy, friendly wines.

From the Fine Wine & Good Spirits Winemaker's Selection, **Pedra Cancela Seleção do Enólogo Red Dão 2010** (92 points *Wine Enthusiast*, \$9.99) is a tasty medium-bodied blend of Touriga Nacional, Tinta Roriz and Alfrocheiro Preto with a hint of oak. This affordable red has cherry, berry and subtle mint flavors—an excellent match with pizza and takeout.

For something heavier—say with ribs and burgers—try **Quinta de Lemos Dona Santana Dão 2009** (91 points *Wine Enthusiast*, \$14.99). A blend of Touriga Nacional, Tinta Roriz, Jaén and Alfrocheiro Preto, aged 18 months in French oak, this is rich, fruity and complex with black fruit notes, sweet spice and perfumed character.

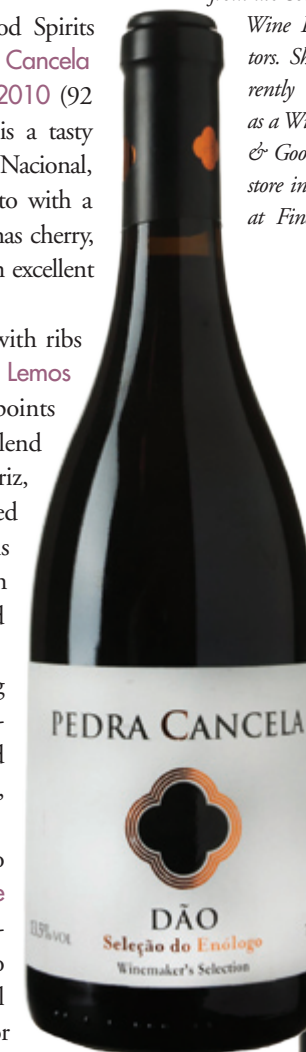
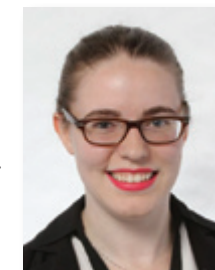
For Dão's whites, the leading grape is Encruzado, yielding full-bodied wines. Bical grapes, noted for acidity, are also widely grown, as are the white Port varieties.

To sample a representative Dão white, try **Proeza Dão White 2014** (\$10.99), a blend of Encruzado, Malvasia Fina and Fernão Pires, with pear and mineral aromas and crispness perfect for shellfish and salads.

Now that the weather's warming up, get out of hibernation and enjoy some of the tasty wines described here. I think you, too, will become fans of Portugal's table wines. ♦

Kayleigh Thompson has worked in the wine industry for over six years and has earned the Certified Specialist of Wine certification from the Society of

Wine Educators. She currently works as a Wine Specialist at the Fine Wine & Good Spirits Premium Collection store in King of Prussia. Learn more at [FineWineAndGoodSpirits.com](http://FineWineAndGoodSpirits.com).







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

### What Are You Packin'?

We've all done it. Sometimes it's just easier to buy lunch than make it (guilty). But with **National Pack Your Lunch Day** coming up **March 10**, save a few dollars and make yourself a quick and creative treat. Forget your brown bag, gym tote or vintage lunchbox; pack your lunch in a mason jar! Make a delicious salad in six layers, then, all you have to do is give it a shake and pop off the lid. More recipes on *TheDailyMeal.com*.



**Oh, Snap.** Fast, custom pizza is a trend so hot, it's fresh out of the oven. **Snap Custom Pizza**, with a new location in Exton (first in Ardmore), lets you build your own pizza in six simple steps—from type of dough to finishing touches. Make your way down the delicious assembly line and choose the many ingredients that will bring the tasty treat in your mind to life—all for \$7.49 and in less than five minutes. A masterpizza! 291 Main Street, Exton; *SnapCustomPizza.com*.

**Restaurant Weeks Aplenty.** What better way to wind down from winter than with good food and friends. Enjoy a restaurant week ... or three, beginning March 1 in **Lancaster City**, with menu packages from \$10–\$40. Or head to **King of Prussia** the week of March 7, with participating restaurants like LP Steak, for a 3-course meal for \$40. On April 1 let **Media** be your finale, with 3- to 5-course meals for \$30. *LancasterCityRestaurantWeek.com*; *VisitKOP.com/DineKOP*; *VisitMediaPa.com/RestaurantWeek*.



### Go Green or Go Home.

How will you get your green on for **Saint Patrick's Day**? How about some flavorful drinks pleasing both to the palate and the eye and far tastier than green beer? Have a Muddled Avocado

Margarita, with avocado adding a subtle, creamy and flavorful taste. Or go for a Mint Muse Cocktail, and savor the fresh flavors of green. Recipes on *TheDailyMeal.com*.

### The Emergency Aid



### Good Taste of Giving.

Support the **Emergency Aid** program in one delicious night at the **Taste of the Main Line**. This group has spent

more than 100 years providing mentoring, scholarships and grants to support local families, and March 10 is your chance to give back and enjoy fantastic food from local restaurants. Last year's lineup included favorites like Di Bruno Brothers and 333 Belrose. Radnor Financial Center Atrium. Tickets. \$50. *TasteOfTheMainLine.com*.





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## [ Brandywine Table ]

# Bread AND Rolls

Laura Muzzi Brennan

## LEARNING THE ESSENTIALS OF BAKING GREAT BREAD.

ITALIANS SAY, “WITHOUT BREAD, EVERYONE IS AN ORPHAN.” What this means exactly, I’m still figuring out, but somehow it gets at the idea that bread is essential. It grounds us. It gives us a feeling of belonging and home.

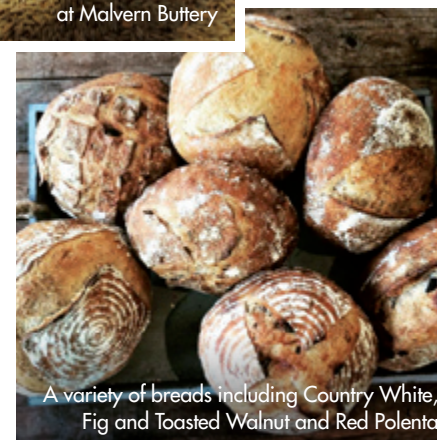
Why, then, do so few of us bake our own bread? It’s certainly not that the basic ingredients are expensive or exotic—just flour, yeast, salt and water. Maybe we assume we don’t have the time for all that resting and rising and kneading. Maybe we don’t have the patience to study the mysteries of dough. Or maybe we just need a little inspiration from people who believe that good bread nourishes body and soul in equal measure.

John and Silenia Rhoads opened **Malvern Buttery** in July 2015. After moving from their tightly knit community on Bainbridge Island, Washington, the couple wanted to create what Silenia calls “a community-oriented daytime gathering place.” Since John was a passionate, self-taught baker with a background in sustainable business and local food, opening a bakery-café was a logical choice.

And a good one—if you believe the throng of happy guests I met one Tuesday morning at the Buttery’s long buffet table. They were toasting thick slices of country white bread, helping themselves to blueberry scones and chocolate croissants, and eyeing the baguettes with longing. The Buttery’s offerings change daily and include tarts and brioche as well as country wheat, oatmeal



Grain awaiting milling  
at Malvern Buttery



A variety of breads including Country White,  
Fig and Toasted Walnut and Red Polenta



Silenia & John Rhoads of Malvern Buttery

and fruit-nut breads like sour cherry and toasted walnut or apricot and toasted almond.

John Rhoads relies on many local ingredients, such as flours and grains from Castle Valley Mill in Bucks County. He even mills some grains by hand in the Buttery kitchen! He also makes his own naturally fermented starter rather than using commercial yeast. Given that novices aren’t prepared to dive in that deep, I asked Rhoads for his thoughts on how to get started baking bread at home.

Rhoads recommends buying a digital instant-read thermometer as well as a digital scale, the most accurate tool for measuring ingredients. And for replicating a commercial bakery’s steamy oven, he thinks a Dutch oven is a worthwhile investment. On his recommended reading list: *Flour Water Salt Yeast* by Ken Forkish, accessible for beginners and experts alike.

But no piece of equipment or detailed recipe guarantees the perfect crust or crumb. What’s most important, says Rhoads, is developing a feel for the dough and an understanding of how it’s affected by variations in environment and ingredients. And there’s only one way to do that: practice.

Once you begin mixing, folding and observing the dough—and eating the bread you’ve created—you’ll come to understand the wisdom of that old Italian saying,



Chocolate Croissants



## Country White Bread

*Recipe from Malvern Buttery. Note the ingredients are given in grams as professional bakers (and many home bakers) use weight rather than volume to ensure the most accurate measurements. Remember that many factors—temperature of environment and ingredients, baker's experience, etc.—affect bread baking, so the timing and final product will be a little different in every kitchen.*

450 g bread flour  
450 g all-purpose flour  
60 g whole wheat flour  
20 g Spelt flour  
20 g rye flour  
3 g yeast  
750 g water  
23 g salt (*Rhoads prefers any fine sea salt or unrefined salt. Morton's is also fine. Do not use kosher.*)

In a large bowl, mix together the flours and yeast. Add water and mix until fully incorporated. Adjust water temperature to achieve a dough temperature of 77°. (*Example: If ingredients are at room temperature and room temperature in your kitchen is in the high 60s, then have your water at approximately 90° or so.*)

Cover and rest for 30 minutes. Then add salt and incorporate into the dough fully. Immediately stretch and fold it. You can do this right in its bowl or on a lightly floured surface. Then do 2 or 3 more “stretches and folds” every half hour.

Let the dough rest until at least doubled or tripled in size from the beginning. The dough should be ready around 4 hours after mixing, though this depends on the temperature of the dough and the room.

Divide the dough in half on a lightly floured surface. Working with one dough at a time, pat out any large gas bubbles and stretch the edges into the center of the dough until you can turn it over and have a ball shape.

Tighten the ball shape using the surface tension on the table by tucking the seams underneath and slightly pulling it towards you with your fingers touching both the dough and the table. Rotate and continue to form a tightened ball and then place it in a bowl lined with a lightly floured cloth liner or non-terry cloth dish towel with the seam side down. The dough will be seam

## Bread FAQs

**1. What exactly is kneading?** Kneading is the process of stretching and folding dough to develop gluten, the proteins that give bread its structure and texture. Over the last few years, more no-knead recipes are appearing in cookbooks and food websites, but it's still a good skill to have in your repertoire.

**2. How do you knead?** Shape dough into an oval. Fold it towards you, then roll it away from you using the heel of your hand and give it a ¼ turn. Repeat until dough is smooth and elastic, about 10 minutes. To test whether bread is kneaded enough, poke your finger into it. If the dimple stays, knead some more. If it springs back, you're finished.

**3. What's the difference between**

**active dry yeast and instant yeast?** Both make dough rise and can be used interchangeably in recipes. But active dry yeast must be dissolved in water before using, while instant yeast may be mixed directly into dry ingredients. Breads made with active dry yeast may take slightly longer (about 15 minutes) to rise than breads made with instant yeast.

**4. What's the difference between all-purpose flour and bread flour?** Bread flour has a higher protein content, which helps with gluten development and yields a chewier, more substantial bread.

**5. What is proofing?** Often the terms are used interchangeably. Technically, proofing refers to the final rise of the dough after it's shaped.

side up when you bake, so there's no need to score it in a hot Dutch oven.

This dough can proof for a few hours, or can go in the refrigerator for 12 hours or so with a loose cover, such as a damp dishtowel so it doesn't dry out. (*Rhoads puts the whole bowl in a plastic bag and ties it shut.*) It can be baked straight from the refrigerator.

If proofing at room temperature, look for dough to be almost double in size again. (You want to bake it when it looks like it has risen a good amount but not to the point of reaching its maximum. It should have some spring left in it and not be fragile to the touch.)

Preheat oven to 475° with a Dutch oven in it. When ready to bake, remove the lid and very carefully place the dough, seam side up, in the Dutch oven. Put the lid on it and bake for 20 to 25 minutes. Remove the lid and bake for another 20 to 30 minutes, until desired darkness is achieved. Let cool on a wire rack for at least 20 minutes. Cut open and enjoy!

Makes 2 loaves.

### 4-Hour Baguettes

*Professional baker Dan Leader shared his recipe for a 4-hour baguette with Saveur in 2012. Since then, his recipe with slight variations has been shared widely in the blogosphere. Why? It's a godsend for novice bakers, experienced bakers long on passion but short on time, and anyone who's dreamed of saying, "Oh this crusty, warm loaf of comfort? Just a little something I whipped up this afternoon." Here's my take.*



1½ C. tap water (115°)  
1 tsp. yeast (I used King Arthur Flour's SAF-instant yeast.)  
¾ C. all-purpose flour  
3 tsp. kosher salt  
½ C. ice cubes  
Neutral-flavored oil for greasing bowl

In a large bowl, whisk water and yeast together and let sit for 10 minutes, until foamy. Add flour and stir with a fork until water is absorbed. Let sit for 20 minutes. Add salt. At this point, you can put the dough into a stand mixer fitted with a dough hook and knead the flour until smooth and elastic, about 10 minutes. BUT, at least for the first time you make this recipe, I would highly recommend kneading the flour by hand on a floured surface for ten minutes. Feeling how the dough transforms at your touch is an experience so pleasurable, so therapeutic, and almost magical that it will transform you.

Put dough into a lightly oiled bowl, cover with plastic wrap and put in a place without drafts. I usually put it in my microwave drawer or on top of my stove. Allow to rise for an hour or until doubled in size.

Place dough on a lightly floured surface and shape into an 8 x 6" rectangle. Fold the 8" sides toward the middle and then the 6" sides toward the middle. Return dough, seam-side down to the bowl. Cover with plastic wrap, put back in non-drafty place and allow to rise until doubled in size, about an hour.

Put a cast iron skillet on the lowest rack in your oven. Place a baking stone or large, rimless baking sheet on the rack above it. Heat oven to 475°.

Place dough on lightly floured surface and divide into 3 pieces. Shape them into 3 baguettes (about 14" long). Place them on parchment paper on top of a baking sheet, and pull up paper to form pleats in between loaves. Roll two dish towels into cylinders. Stick them under the parchment paper against the outside loaves. The idea is to get loaves to rise up without expanding out, so that you end up with svelte, not zaftig, baguettes. Cover again with plastic wrap and let rise until almost doubled, about an hour.

Uncover, remove towels and flatten parchment to spread out loaves. With a pair of scissors or a sharp knife, cut 4–5 diagonal slashes in top of baguette. Working quickly, slide loaves on parchment paper onto baking sheet and then, toss ice cubes into skillet and close oven immediately to trap steam. After 10 minutes, look at loaves to see if they are browning too quickly. Because I want to maintain the oven temperature and moisture, I try not to open the oven but simply look through the oven window. If getting too brown, work quickly to loosely cover with aluminum foil and continue baking until crust is a dark caramel color. Total cooking time is 20 to 30 minutes. Cool on baking rack.

Makes 3 baguettes.

### Blueberry Scones

*Recipe courtesy of Malvern Buttery.*

575 g all-purpose flour  
100 g coarse cane sugar,  
plus more for sprinkling  
15 g (1 Tb.) baking powder  
3.6 g (1 tsp.) baking soda  
5 g (1 tsp.) salt (*Rhoads prefers any fine sea salt or unrefined salt. Morton's is also fine. Do not use kosher.*)

225 g (½ lb.) butter (Freeze for 15 minutes, grate with coarse cheese grater.)  
250 g blueberries (fresh or frozen)  
1 egg, beaten and mixed with a little water or milk for egg wash  
300 g buttermilk  
75 g heavy cream



Preheat oven to 375°. Sift flour, sugar, baking powder, baking soda and salt together in a large bowl. By hand, mix in butter and blueberries.

Add liquids little by little, just until you can form a ball without it falling apart. Try not to squeeze too hard. (The point is not to work the dough very much. This generates gluten development, which you don't want in the dough.)

Form dough into 10–12 balls (a little smaller than a tennis ball) and place on a sheet tray. Brush with egg wash and sprinkle with coarse cane sugar.

Bake for 10 minutes. Rotate and bake for another 10 to 12 minutes, depending on your oven and brownness. Once baked, the scones can sit at room temperature for a few days. Or immediately freeze in a Ziploc bag for up to a month.

Makes 10–12 scones.

### No-Knead Olive Bread

*In her new cookbook, My Kitchen Year, former Gourmet editor Ruth Reichl adapts Jim Lahey's no-knead bread recipe. Here's my version. It's not quick, but it's one of the most forgiving bread recipes I've encountered. You let the bread rise at least 3 times, but you can do many more if you want to keep developing the flavor.*

1½ tsp. kosher salt  
¼ tsp. instant yeast (I used King Arthur Flour's SAF-Instant yeast.)  
1½ C. water (70–75°)  
½ C. chopped Kalamata olives  
Cornmeal



Mix flour, salt and yeast in a large bowl. Stir in water just until all flour is absorbed. Cover with a damp towel and put in a place without drafts. Let it rise for 18 to 20 hours, until it doubles in size. (*Note: Don't worry if, even after 10 hours, it looks like not much is happening. Be patient: the dough will double!*)

Punch the dough down, cover again and return to a non-drafty place until it doubles again. (This second rise takes much less time, about 1 to 2 hours.) Repeat rising-punching down process 1 to 2 more times.

Place dough on lightly floured surface. Dough will be wet and sticky. Add olives and work dough just enough to incorporate them. Shape dough into a loose ball. Place a non-terry cloth dishtowel inside bowl you've been using, sprinkle with cornmeal, and place ball inside. Wrap towel up around ball into a bundle and allow dough to rise and double once more, 1 to 2 hours.

While dough rises, place a cast iron Dutch oven or other deep casserole dish with a lid on the middle rack of the oven. Heat oven to 475°, with dish. When dough has doubled, carefully remove dish from oven, put dough inside and cover with lid. Try to do this quickly to prevent oven from losing much heat. After 30 minutes, remove cover. Bake for another 15 minutes until crust is caramel colored. Cool on rack.

Makes one free-form loaf.

### No-Knead Pecan Rolls

*A lot of work but a special treat.*

*For dough:*

2¼ tsp. yeast\* (I used King Arthur Flour's SAF-instant yeast.)  
¼ C. tap water (110–115°)  
1 C. whole milk, scalded  
¼ C. butter, room temp., cut into pieces  
¼ C. sugar  
1 tsp. salt



3¼ C. flour  
1 egg, beaten  
*For the filling:*  
2 Tb. butter, melted  
½ C. sugar  
2 tsp. cinnamon  
*For the topping:*  
½ C. butter  
2 Tb. agave nectar  
1 C. brown sugar  
Pecans  
Optional: raisins



In a bowl, mix yeast and water together and let sit for 10 minutes. In another bowl, combine hot milk, ¼ C. butter, ¼ C. sugar and salt and stir to melt butter. Cool mixture to lukewarm. Add 1 C. flour

and beat very well. Beat in yeast and egg. Add remaining flour and stir until just combined. Don't knead.

Cover with a damp cloth, put in a place without drafts and let dough rise for 1½ to 2 hours, until it doubles in size. Divide dough in half. Roll out onto a floured surface to form two 12 x 8" rectangles.

Brush with 2 Tb. melted butter. Mix together ½ C. sugar and cinnamon and sprinkle over top. Starting from the 12" side, roll up tightly and cut into 1" pieces.

In a saucepan, slowly heat ½ C. butter, agave and brown sugar together until sugar fully dissolves. Divide mixture between 2 9" round cake pans. (I used silicone ones.) Top with pecans and raisins, if using. Arrange rolls on top with a little space in between. Cover with a towel, put in a non-drafty place and let rise for 1 to 1½ hours until rolls are almost touching. While rolls rise, preheat oven to 375°.

Bake uncovered for 20 to 25 minutes. Check after 10 minutes, and if the tops are getting too dark, cover loosely with foil and finish cooking. Invert pans onto a plate and

don't remove pans for a few minutes. That way, all that delicious topping ends up on the rolls!

Makes 24 rolls. ♦

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



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talking with

## Diana Bittel, 2016 Philadelphia Antiques and Art Show, April 15-17

Did you hear the halleluiah last spring when the news was released that one of the longest running and most beloved antiques shows would be back for 2016? It was a shout heard 'round the antiques world. News spread fast of the plans of co-managers Diana Bittel, Karen and Ralph DiSaia, along with co-chairs Anne Hamilton and Nancy Kneeland for the Philadelphia Antiques and Art Show at a new venue. We talked with Diana about plans for the show.



Karen and Ralph DiSaia,  
Diana Bittel

### How did it happen that the Philadelphia Antiques Show is back on for 2016?

Let me try for the short version: Those who loved the show didn't want to see another year go by without it, after having to cancel on short notice for 2015. We knew the Philadelphia Convention Center was unpopular with many antiques dealers and visitors, so we needed a new plan for 2016. Three show co-managers—Karen and Ralph DiSaia and I—found a new site and developed a plan to get people on board, with special outreach to dealers and show volunteers. We convinced the show's advisory committee we could make it a success. So the show got another chance. Everyone also wanted the show to go on for the City of Philadelphia—it's a landmark show!

### How did you get the word out about its return?

First, we three co-managers personally called dealers who'd participated—from the 2014 show and prior years. Once we got the dealers' commitments, we could announce the show was a go. This outreach approach was great. We have 58 dealers participating—eight more than before! We also worked to woo back show volunteers, many from families who volunteered for generations. With these two groups supporting the effort, word got out and spread to the show's fans.

### There's great excitement about the venue at The Navy Yard. What are some of your plans?

What a vibrant urban space! The Navy Yard is booming even more now than back in 2011 when the show was held in the passenger terminal next door to Urban Outfitters. Now this waterfront business campus has a Marriott Hotel, restaurants—including Marc Vetri's Lo Spiedo—plus almost 150 businesses in the mix of historic and modern buildings. The show will be held on the Marine Parade

Grounds in a 37,000-square-foot tent, with steel beams, and will have a carpeted floor and heat. Plenty of room for the 58 dealers, a bar, café catered by 12th Street Catering, and a lecture room. The Navy Yard is so easy to get to on South Broad Street by car or the jitney from 30th Street Station. And, another real plus, there's lots and lots of free parking, with optional valet service.

### Will this year's show have special exhibits or lectures?

The focus is on what the dealers bring to the show—literally and figuratively. In fact, the Special Loan Exhibit is titled "Secret Treasures: The Passion of Collecting as Seen Through Dealers and their Collections." There's also a panel of dealers discussing collecting, plus lectures by Ellie Cullman, about living and decorating with antiques and fine art, by Alexandra Kirtley, from the Philadelphia Museum of Art, and by Nancy Moses, discussing her book on stolen, smuggled and sold art. Another special feature is that art dealers can have about 25 percent of their pieces be contemporary art.

### What will die-hard fans be happy to see as part of the show?

Simply the same high quality antiques from a strong list of dealers, drawn from around the country. The preview party on Thursday is always a grand launch for this fabulous show. And the ADA Award of Merit Dinner on Friday will honor Philadelphia-based collectors Joan and Victor Johnson, who have promised their fraktur collection to the Philadelphia Museum of Art.

### The show benefits Penn Medicine?

Yes, the Antiques Show has benefited the University of Pennsylvania Hospital, now part of PennMed, since its inception in 1962. This year the Penn Acute Research Collaboration (PARC), for treating acutely injured or ill patients, is the designated recipient. Over the years the show has donated more than \$20 million. ♦



### IF YOU GO:

**Where:** The Navy Yard, 4747 S. Broad St., Philadelphia  
**When:** April 14–17. Gala Preview Party: Thurs., 5 to 9 p.m., \$150–\$600. Show Hours: Fri., 11 to 8; Sat., 10 to 8; Sun., 11 to 5. \$18–\$20; valet parking, \$10  
**Shuttle Service:** from 30th Street Station; Center City, at 10th St. between Market & Filbert Sts.  
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