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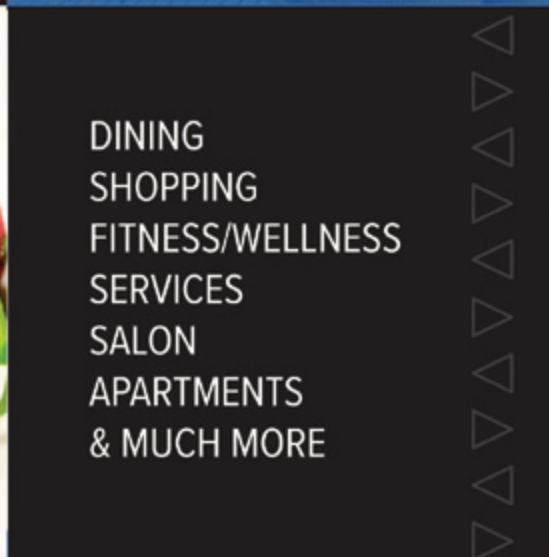
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Par 3 Golf Hole | Subdivision Possible  
\$4,500,000



### Birchwood Farm

6 BR, 3.1 BA | 90 Acres | 2 Tenant  
Houses | Lg. Barn | Unionville Schools  
Historic John Marshall House  
\$2,485,000



### Alnwyck Farm

5 BR, 3 BA | 91.9 Acres | Bank Barn  
Stone Farm House | Pond/Stream  
Cheshire Hunt | Currently Organic Farm  
\$2,191,000



### Unionville

5 BR, 4.2 BA | Near ChesLen Preserve  
Indoor Pool | 4 Stall Barn  
23+ Acres | Unionville Schools  
\$1,950,000



### Pennbrook Farm

6 BR, 3.1 BA | 35 Acres  
Indoor Arena Possible | Pond  
24 Stall Barn | Unionville Schools  
\$1,799,900



### Pine Creek Mills

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### Brandybend Farm

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### Radnor Hunt Area

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\$1,298,000



### Crackerjack Farm

5 BR, 4.1 BA | Spacious Rooms  
15 Acres | Low Taxes  
In-ground Pool/Pool House  
\$898,000



### Newlin Township

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



### Newlin Township

20.5 Acres | Land Lot | Private  
Cheshire Hunt | Convenient Location  
Unionville-Chadds Ford Schools  
\$674,900



### Upper Providence Twp

6 BR, 4 BA | 1.13 Acres | Historic Home  
Pool | Updated | In-Law Suite Possible  
Two Master Suites | Rose Tree Media Schools  
\$650,000



### West Bradford Twp

20.0 Acres | Land Lot | Radnor Hunt  
Bigger Lot Possible | Convenient Location  
Stream | Downingtown Schools  
\$650,000



### Unionville

4 BR, 2.1 BA | 1.2 Acres | 4 Stall Barn  
Garage with Guest Apartment  
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### East Fallowfield Township

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### Newlin Township

Serenity, charm and privacy on 4.5 acres with 4BR low maintenance house w/ flexible floor plan surrounded by large eased parcels of land.  
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### Willistown Township

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### West Marlborough Township

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## from the EDITOR

Perhaps the best thing about March is its promise of Spring.

For those still hunkered down in their homes, we bring you plenty of inspiration. Emily Hart explores sources for creating a signature space in “It’s Personal,” where she looks at antiques, boutiques and sources for unique décor and even includes an Inspiration Board. We give you more ideas in “Home Decor & Fine Furnishings,” plus our annual guide to antiques show.

In “Go ‘Green’ in the Bathroom,” Mary Dolan asks *Bath Crashers’* Matt Muenster and others for ideas to make that room eco-friendly. And for our Home of the Month, Laurel Anderson tours a crown jewel of Radnor Hunt Country, Heartwood Farm—from the main house designed by architect R. Brognard Okie, to the turnkey equestrian operation surrounding the historic Isaac Massey house—all 72 acres of it.

But if cabin fever is making your want to get out of your house, then check out The Resident Theatre Company’s deliciously funny production of *Spamalot*, join a book group and read Andrea Thatcher’s “Sharing a Good Book,” or take Kayleigh Thompson’s advice in “Spirited Red Wines” and sample bourbon barrel-aged reds with friends.

Or you can visit “Surprising Downingtown and Exton” to discover a lesser-known location from the cult classic, *The Blob*, and enjoy area parks and trails, local restaurants and events, plus a new entertainment center—bowling, arcade and more in the Exton Square Mall.

For the health-conscious—which should be all of us—“Healthy At Every Age” offers advice from local experts on understanding miscarriages, children’s food allergies, adult ADHD and healthy hips. And Brandywine Table’s Laura Brennan finds recipes that are both hearty and healthy for our final month of craving rib-sticking food.

As always, be sure to check our Best Local Events section for things to do for you and your family. Thank you for reading.

Jo Anne Durako  
Editor

# Coming in April!

WEDDINGS &  
SPECIAL OCCASIONS

Wedding Venues & Wedding Style  
Focus on Paoli & Newtown Square  
Hops in Beer • Spas • Gardens  
Summer Camps • School Sports Update

# COUNTY LINES MAGAZINE

**March 2017**

Volume XL, Number 7

**PUBLISHER**

Edwin Malet

**EDITOR**

Jo Anne Durako

**ART DIRECTOR / PRODUCTION**

Alex Bianco

**ASSOCIATE EDITOR**

Marci Tomassone

**ASSISTANT EDITOR**

Mary Irene Dolan

**FOOD EDITOR**

Laura Muzzi Brennan

**ACCOUNT EXECUTIVES**

Sue Angelucci Sontagh

Peter Sheridan

Rayna Segal

**BUSINESS MANAGER**

Debra M. French

**CONTRIBUTING WRITERS**

Laurel Anderson

George Fitzpatrick

Matt Freeman

Emily Hart

Bryan Kolesar

Carol Metzker

Jack Smith

Andrea Kiliany Thatcher

Kayleigh Thompson

Cindy Walker

**CONTRIBUTING PHOTOGRAPHERS**

Alix Coleman

Wil Moore

Andrew Seymour

Timlyn Vaughan

**EDITORIAL INTERNS**

Rachel Alfiero

Rachel Ezrin

**Contact us at:**

ValleyDel Publications, Inc.

893 S. Matlack Street, Ste. 150

West Chester, PA 19382.

610-918-9300. [Info@ValleyDel.com](mailto:Info@ValleyDel.com)

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## Fabulous Feline Festival.

Calling all cat lovers! The next **Fabulous Feline Festival** happens March 25–26th at Church Farm School in Exton. Sponsored by four cat clubs, this feline-friendly event includes awards, vendors and a cat agility course. Stop by ven-

dors like Kitty Tree Houses, artists like Dorothy de Mattis, and more. Come see top pedigreed cats compete for best-in-show and vote for Spectator's Choice! Admission is \$5. [Facebook.com/FabFelineFestival](https://www.facebook.com/FabFelineFestival).

## Pursuit of Happiness.



Get your smile ready: March 20th is **International Day of Happiness**! First celebrated in 2013, this day focuses on becoming happier with yourself and the world. Celebrated by all 193 United Nations member states, International Day of Happiness encourages us to make deep, personal connections to make small changes around the globe. Need suggestions? Do

something that brings you joy—meditate, garden, dance. Or feel good by doing good at places like Chester County's Food Bank, Safe Harbor or the SPCA. [DayOfHappiness.net/#join](http://DayOfHappiness.net/#join).



**Bird's Eye View.** Bring your binoculars to the next Bird Watch at Welkinweir on March 25th! Located on Welkinweir's beautiful 197-acre arboretum and nature sanctuary, this watch is perfect for birders of all ages. Stroll through the fields, woods, trails and around ponds that make up Welkinweir's nature preserve, and record every bird you see. All sightings are submitted to eBird, a citizen-run site that records bird populations around the world. This walk happens rain or shine, so be prepared! [GreenValleys.org](http://GreenValleys.org).

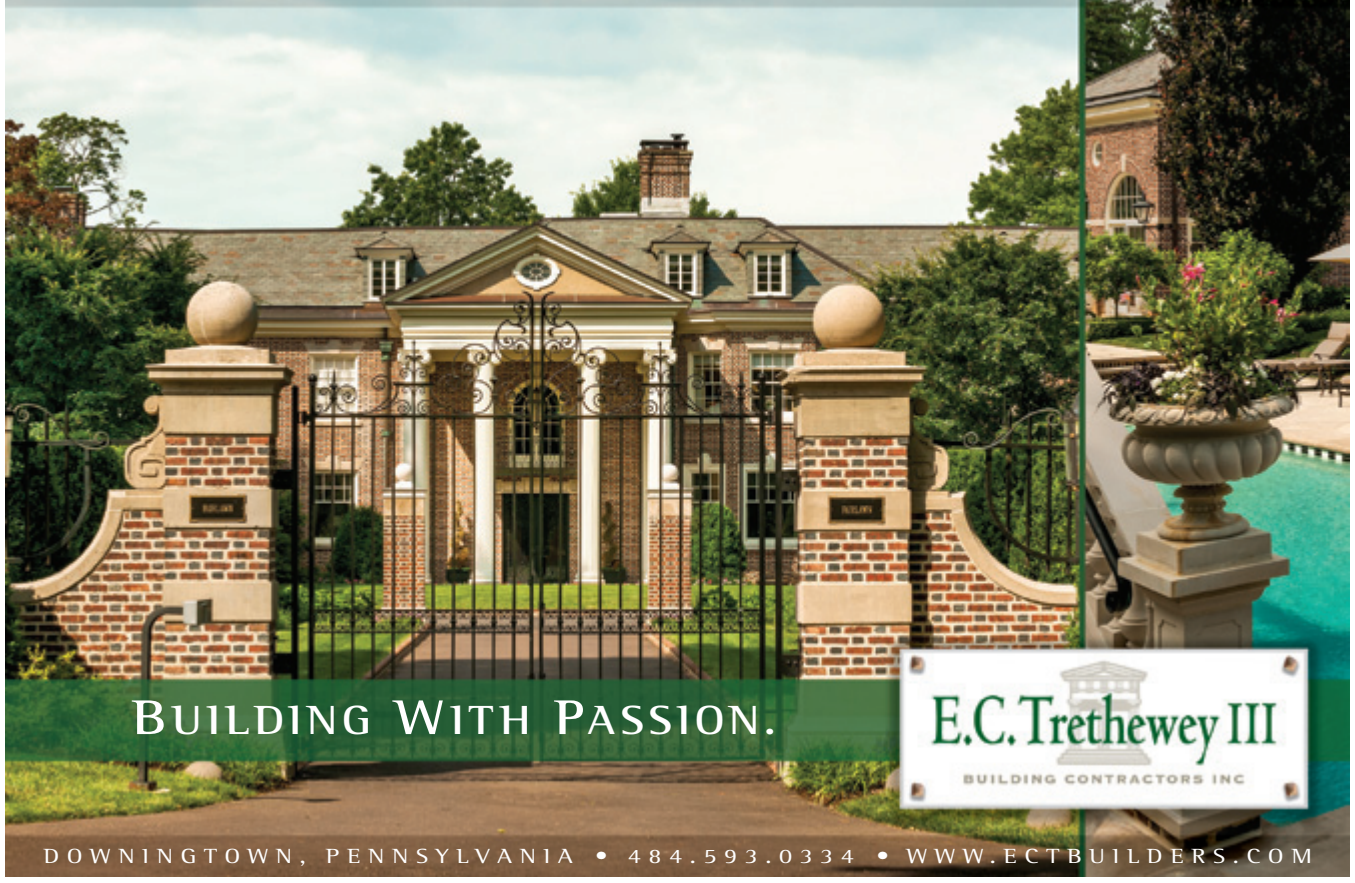
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**Take a Bow!** Ever wondered why people **throw flowers to ballerinas**? While flower-throwing has a long and colorful history, audiences are still stumped about flower-tossing etiquette. According to Anastasia Babayeva, Artistic Director of Media's Academy of International Ballet, follow these three simple rules: remove all thorns, make sure the stalk isn't exposed, and for an easier throw, toss flowers stem first. Read more on [CountyLinesMagazine.com](http://CountyLinesMagazine.com).





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# [March Picks] *Our Picks for top events this month*

## Resident Theatre Company

March 13

Enjoy a night of Broadway music, great food and drinks from Chester County's finest establishments and an amazing live auction. Local TV celebrities from QVC and RTC's *Spamalot* cast members perform on the main stage of the new *Knauer Performing Arts Center*, 226 N. High St., West Chester. Doors open at 6 p.m. Tickets \$45. [RTCWC.org](http://RTCWC.org).



## Taste of the Main Line

March 9

The Emergency Aid of PA Foundation hosts an evening of delicious culinary delights from about two dozen

of the Main Line's premier restaurants. Benefits the foundation, celebrating 100 years of improving the lives of local children and families. *Radnor Financial Center Atrium*, 150 N. Radnor Chester Rd., Radnor. 5 to 8 p.m. \$55 includes all food and drink. 610-896-7588; [TasteOfTheMainLine.com](http://TasteOfTheMainLine.com).



## The Philadelphia Furniture Show

March 31–April 2

Now in its 23rd year, this show continues to set the bar for the finest artisan quality handmade furniture and furnishings with stunning examples on display. *23rd Street Armory*, 22 S. 23rd St., Philadelphia. Preview Fri., 6 to 9 p.m., \$45–\$75. Show hours: Sat., 10 a.m. to 6 p.m.; Sun., 10 a.m. to 5 p.m., \$15. 207-781-2982; [PhiladelphiaFurnitureShow.com](http://PhiladelphiaFurnitureShow.com).



## Team CMMD Food Fight

March 25

Local and celebrity chefs (Stephanie Gray of Kildare's, David Schorn of Harvest Seasonal Grill, MacGregor Mann of Junto to name a few) present gourmet cuisine while guests enjoy mingling, cocktails, music, an auction and crowning a culinary champion. This year's theme is "Fire and Ice." Team CMMD is a nonprofit charity of volunteers committed to making a difference in their community and in the lives of those fighting cancer. *Radley Run Country Club*, 1100 Country Club Rd., West Chester. 7 to 11 p.m. \$150. 484-212-5373; [TeamCMMD.org](http://TeamCMMD.org).

## Wonder and Whimsy: The Illustrations of W. Heath Robinson at DE Art Museum

March 4–May 21

An exhibit from one of England's foremost illustrators, whose broad range of texts included William Shakespeare, Rudyard Kipling and Hans Christian Anderson. *2301 Kentmere Pkwy.*, Wilmington. Wed., Fri.–Sun., 10 a.m. to 4 p.m.; Thurs. until 8 p.m. \$6–\$12. 302-571-9590; [DelArt.org](http://DelArt.org).



The Intellectual Summer Holiday, 1925 by W. Heath Robinson

# *best* Local Events

## FAMILY FUN

THROUGH APRIL 23

**The Franklin Institute.**

*Through Apr. 2*, Robot Revolution—cutting-edge robots from innovative global robotics companies and universities. *Through Apr.*

*23*, Jurassic World: The

Exhibition—come face to face with a brachiosaurus,

a velociraptor and a tyrannosaurus

rex. 215-448-1200; FI.edu.

THROUGH MAY 29

**Dinosaur Revolution at Delaware Museum of Natural History.** An interactive learning

experience within a maze setting where visitors experience reptilian role-play activities and become junior paleontologists. 4840 Kennett Pk., Wilmington. Mon–Sat, 9:30 to 4:30; Sun, noon to 4:30. \$7–\$9. 302-658-9111; DelMNH.org.

MARCH 3–4

**Philadelphia Rock Gyms Present the Banff Centre's Mountain Film Festival.** From remote landscapes and cultures to the most exciting action sports, this is an exploration of the mountain world featuring climbing, skiing, kayaking and biking. *Alumnae Hall, Immaculata University, King Rd., Malvern.* 7:30 pm. \$16.50–\$19. 877-822-7673; PhilaRockGym.com.



MARCH 12

**Kennett Symphony Orchestra—Family Concert & Instrument Zoo.** “Music from the Inside Out”—the building blocks of music. Children can try out the instruments of the orchestra. *Henderson High School, 400 Montgomery Ave., West Chester.* 2 pm. \$5. 610-444-6363; KennettSymphony.org.

MARCH 13, 18

**WCU—Live! Missoula Children's Theatre Presents “Treasure Island.”** The children's

theater company recruits more than 50 local students to take part. *Mar. 13*, auditions; *Mar. 18*, performance will take place at *Emilie K. Asplundb Concert Hall, University Ave. & S. High St., West Chester.* 3 and 5:30 pm. \$5–\$8. 610-436-2266; WCUPa.edu/Live; MCTInc.org.



MARCH 18

**Longwood Gardens Orkid Days.** Explore orchids firsthand at discovery stations, observe orchid illustrators, create an orchid illustration 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.

APRIL 1–9

**2017 Subaru Cherry Blossom Festival.** The festival celebrates both traditional and contemporary Japan with a variety of events including demonstrations and live musical and dance performances. *The main event, Sakura Sunday is held at the Horticulture Center in Fairmount Park and features two stages of performers.* For details visit [SubaruCherryBlossom.org](http://SubaruCherryBlossom.org).

APRIL 2

**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 to 5 pm. Free. 610-688-5600; RadnorRecreation.com.

APRIL 8

**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; WestChester.com.

## ART, CRAFTS & ANTIQUES.....

MARCH 4

**Chadds Ford Historical Society's Plein Air Event—Paint Out Chadds Ford.** Artists set up their easels around the area and display their work in an exclusive preview party at the Barn Visitors Center, 1736 Creek Rd., Chadds Ford, 5 to 6 pm, \$60 for two. Wine & Cheese reception and wet paint sale from 6 to 8, \$15. 610-388-7376; ChaddsFordHistory.org.

MARCH 17–19

**Sugarloaf Crafts Festival.** Craftspeople display and sell their handcrafted items. 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 24–25

**Chadds Ford Elementary's 68th Annual Art Sale & Show.** The show began in 1949 when Andrew Wyeth's wife, Betsy, held a fundraiser for her son's elementary school. The tradition continues. 3 Baltimore Pk., Chadds Ford. Fri, 7 to 10; Sat, 10 to 4. Free. 610-388-1112; CFES.UCFS.org.



APRIL 1–2

**Reading-Berks Guild of Craftsmen Spring Arts & Crafts Festival.** Handcrafted work by juried artisans. Back by popular demand, the Students Gallery and live music. Kutztown Univ., O'Pake Fieldhouse, 312 Trexler Ave., Kutztown. Sat, 9 to 5; Sun, 10 to 4. Admission donation, \$6; under 12 free. RBCrafts.org.

## AUTO & BOAT SHOWS.....

MARCH 1–5

**The Atlantic City Boat Show.** Celebrate life on





the water. Climb aboard hundreds of boats for every budget and lifestyle. Atlantic City Convention Center, One Convention Blvd., Atlantic City, NJ. Wed–Fri, 11 to 8; Sat, 10 to 8; Sun, 10 to 5. \$16. 718-707-0716; ACBoatShow.com.

## DESIGN / HOME SHOWS.....

MARCH 16–19

### 43rd Annual Pennsylvania Home Show.

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

## EQUESTRIAN.....

MARCH 2–5

**PA Horse World Expo.** The nation's leading equestrian clinicians and entertainers and vendors come to the Farm Show Complex, 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 2

### 75th Running of the Brandywine Hills Point-to-Point.

The excitement of watching the horses over cross country jumps, enjoying children's activities, tailgating and the pony races have made this a traditional family event. Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. Gates open at 11 am, first race, 12:30. \$20/car. 610-793-1090; BrandywineRedClay.org.



## FILM.....

APRIL 7–8

**10th Annual Media Film Festival.** Independent short films by regional, national and international filmmakers. Films will be shown at The Media Theatre, 104 E. State St., Media. For details visit MediaFilmFestival.org.

## FOOD & BEVERAGE.....

MARCH 4

**11th Annual Philly Craft Beer Festival.** See why this has been selected as one of the top ten beer fests in the country. 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. Broad St., Phila. 631-940-7290; PhillyCraftBeerFest.com.

MARCH 6–12

**King of Prussia Restaurant Week.** Dine out for a good cause and enjoy the diverse dining scene in King of Prussia. Prix-fixe lunch menu, \$10–\$20; dinner, \$20–\$40. Benefits Children's Hosp. of Phila. KOP Specialty Care Center. 484-681-9452; VisitKOP.com/DineKOP.


MARCH 6–12

**Lancaster Restaurant Week 2017.** Local restaurants come together to showcase their creative talent and diverse dining opportunities with prix fixe menus, \$10–\$40. LancasterCity-RestaurantWeek.com.

MARCH 12

**Historic Sugartown—Tea and Trinkets.** Enjoy an afternoon 4-course tea (including a garden salad, tea sandwiches, scones and dessert) while





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listening to a talk about 19th-century jewelry and accessories. Historic Sugartown Carriage Museum, 273 Boot Rd., Malvern. 2 to 4 pm. \$30. 610-640-2667; HistoricSugartown.org.

**APRIL 3-8**

**City Restaurant Week in Wilmington.** This year City Restaurant Week has expanded to include fine dining restaurants on Wilmington's West End, all offering everything from Thai to Chilean to Italian. Two-course lunch, \$15; three-course dinner, \$35. CityRestaurantWeek.com.

**APRIL 3-8**

**Media Restaurant Week.** Select restaurants offer fixed priced menus, \$25-\$45. Reservations suggested. Free street parking after 6. VisitMediaPA.com.

**APRIL 8**

**Philly Farm & Food Fest.** Kick off the spring harvest season at this annual event focusing on local farmers, artisans and regional experts in the agricultural and processing fields and connecting them with chefs, restaurateurs and grocers to grow their businesses and stay on their land. PA Convention Center Hall F, 12th & Arch Sts., Phila. 10 to 4. \$15. 267-254-6119; PhillyFarmFest.org.



## **FUNDRAISERS.....**

**MARCH 4**

**The Willowdale Steeplechase Water Jump Ball.** Celebrate the 25th anniversary of Willowdale Steeplechase at this black tie and silver event with dinner, dancing, live music and silent bidding on a few very exclusive items. Longwood Gardens, 1001 Longwood Rd., Kennett Square. 7 to 11 pm. For tickets, 610-444-1582; WillowdaleSteeplechase.org.

**MARCH 5**

**Chester County Futures "Strikes for Futures" Event.** An afternoon of food, fun and bowling benefiting Chester County Futures, a program providing academic, mentoring and scholarship support for disadvantaged Chester County youth. Palace Bowling and Entertainment, 977 E. Lancaster Ave., Downingtown. 3:30 to 5:30. \$25. 610-458-9926; CCFutures.org.

**MARCH 20**

**Chester County Community Fdn. Sweet Charity Event.** Fun, food and philanthropy—Chester County's finest dessert chefs showcase



their delectable creations at this annual fundraiser. Whitford Country Club, 600 Whitford Hills Rd., Exton. 5:30 pm. Tickets start at \$85. 610-696-8211; ChesCoCF.org.



#### APRIL 1

**The Red Ball.** "Party with a purpose" when you attend this black tie charity 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. \$175-\$350. TheRedBall.org.

#### APRIL 1

**Thorncroft's 32nd Annual Victory Gallop.** This year's theme, "A Field of Dreams," celebrates the opportunities created at Thorncroft between horse and rider. Black-tie dinner, dancing and silent auction benefit their programs. Hyatt at The Bellevue, 200 S. Broad St., Phila. 6 to midnight. Tickets start at \$225; res. by March 17. 610-644-1963; Thorncroft.org.



#### APRIL 8

**Chester County Hospital Gala.** "The Hospital Turns 125." Celebrate the hospital's 125th birthday, starting at the pre-party at Galer Estate Vineyard & Winery, 700 Folly Hill Rd.,



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Kennett Square, 5:45 to 7, parking and trolley from Longwood Gardens. The Gala begins at 7 at Longwood with cocktails, hors d'oeuvres, dinner and dancing, 1001 Longwood Rd., Kennett Square. \$250; \$25 for the pre-party. 610-431-5054; [ChesterCountyHospital.org](http://ChesterCountyHospital.org).

#### APRIL 8

**Murder Mystery Fundraiser at Colonial PA Plantation.** "Life, Liberty & the Pursuit of Death." Help Ben Franklin, Molly Pitcher, Sam Adams and others find a spy before it's too late. Hunting Hill Mansion at Ridley Creek State Park, 351 Gradyville Rd., Newtown Square. Doors open at 7:30, show at 8. \$35. 610-566-1725; [ColonialPlantation.org](http://ColonialPlantation.org).

#### GARDENS.....

##### MARCH 11-19

**The Philadelphia Flower Show.** "Holland: Flowering the World" showcases the extraordinary plants, creativity and talent of this region's top horticulturists and designers with award-winning landscape and floral designers from the Netherlands. PA Convention Ctr., 12th & Arch Sts., Phila. \$17-\$35. 215-988-8800; [TheFlowerShow.com](http://TheFlowerShow.com).



##### MARCH 25

**"March Into Spring," A Gardeners Symposium.** The Hardy Plant Society hosts a celebration of the extraordinary horticulturists and horticulture, with a program featuring plants and garden design. Delco Community College, Academic Bldg., 901 S. Media Line Rd., Media. 8:15 am to 3. \$95. [HardyPlant.org](http://HardyPlant.org).

#### MUSEUMS.....

##### THROUGH MAY 14

**The Delaware Art Museum Exhibit.** "No Jury, No Prizes: The Society of Independent Artists, 1917-1944." 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8, free after 4; Fri-Sun, 10 to 4. \$6-\$12, free, Sundays. 302-571-9590; [DelArt.org](http://DelArt.org).

##### THROUGH MAY 30

**Brandywine River Museum of Art. Through May 21,** "From Homer to Hopper: Experiment and Ingenuity in American Art" reflects on the diversity of style and expression between 1870 and 1950. **Apr. 8-May 30,** New Terrains: American Paintings from the Richard M.



## Local Farm Markets

Winter markets are open at least once a month or are indoors. Check their websites for details.

**Bryn Mawr Farmers Mkt.**, Lancaster Ave. at Bryn Mawr train station parking lot. *1st, 3rd, 5th Sat, 10 to noon.* FarmToCity.org.

**Downingtown Farmers Mkt.**, Kerr Park parking lot, 122 Wallace Ave., Downingtown. *2nd, 4th Sat, 10 to noon.* 610-836-1391; GrowingRootsPartners.com.

**Eagleview Farmers Mkt.**, Chester County Food Bank, 650 Pennsylvania Dr., Eagleview. *1st, 3rd Thurs, 3 to 5 pm.* 610-836-1391; GrowingRootsPartners.com.

**Kennett Square Farmers Mkt.**, 112 S. Broad St., Kennett Square. *2nd, 3rd Fri, 2 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.**, First Baptist Church of Malvern, 146 Channing Ave., Malvern. *1st, 3rd Sat, 10 to noon.* 610-836-1391; GrowingRootsPartners.com.

**Phoenixville Farmers Mkt.**, 200 Mill St., Phoenixville. *2nd, 4th Sat, 10 to noon.* PhoenixvilleFarmersMarket.org.

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

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

Scaife Bequest. 1 Hoffman's Mill Rd., Chadds Ford. Daily 9:30 to 5. \$6-\$15. 610-388-2700; Brandywine.org.

## MUSIC, DANCE, ENTERTAINMENT.....

THROUGH APRIL 8

**Murder Mystery Dinner Theater at Mount Hope Estate & Winery.** An interactive, culi-

nary "who-done-it." You'll enjoy a four-course meal and have the opportunity to become the detective—interrogate the suspects, put the clues together and uncover the truth. 2775 Lebanon Rd., Manheim. Fri-Sat, 7 pm; Sat-Sun, 1 pm. \$43.95. 717-665-7021; PAREN-Faire.com.

MARCH 2-APRIL 1

**The Grand Wilmington.** *Mar. 2*, Gaelic Storm; *Mar. 3*, Seldom Scene; *Mar. 4*, Ricky Skaggs, Bruce Hornsby with Kentucky Thunder; *Mar. 7*, WXPN Welcomes: An Evening with Dawes; *Mar. 9*, Alasdair Fraser

& Natalie Haas; *Mar. 10*, Ethel Blue Dress; *Mar. 11*, Kathleen Madigan Bothering Jesus Tour; *Mar. 15*, Drumline; *Mar. 16*, Direct from Dublin, Ireland The Five Irish Tenors;



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**Mar. 18**, 1964 Beatles Tribute; **Mar. 19**, An Evening with Tom Rush featuring special guest Matt Nakoa; **Mar. 24**, LOL@TheGrand; **Mar. 25**, Varsity Vocals Presents ICCA MidAtlantic Semifinals; **Mar. 26**, The HillBenders; **Mar. 31**, Kim Russo The Happy Medium; **Apr. 1**, Illstyle & Peace. 818 N. Market St., Wilmington. 302-658-7897; tickets, TheGrand-Wilmington.org.

#### MARCH 3-31

**WCU—Live!** **Mar. 3**, The Divine Hand Ensemble, Madeleine Wing Adler Theatre, 7:30, \$15–\$20; **Mar. 8**, Keyboard Conversations

with Jeffrey Siegel, “An American Salute,” Philips Autograph Library, 7:30, free; **Mar. 10**, An Evening with Linda Ronstadt, 8 pm, \$20–\$25; **Mar. 11**, Caladh Nua, Irish musicians, 7:30, \$13–\$20; **Mar. 31**, Hypnotic Brass Ensemble, 7:30, \$13–\$20. 610-436-2266; WCUa.edu/Live.

#### MARCH 5, APRIL 2

**Delaware County Symphony Concerts.** **Mar. 5**, Symphony concert, “Peace & Hope” with cellist Udi Bar-David, \$15; **Apr. 2**, Chamber concert featuring the works of Mahler and Schumann, \$10. Neumann Univ. Meagher

Theatre, Thomas A. Bruder, Jr. Life Center, Aston. 3 pm. 610-459-0905; DCSMusic.org.

#### MARCH 11–APRIL 16

**Uptown! Events at Knauer Performing Arts Center.** **Mar. 11–12**, “Ni tan divas ni tan muertas,” a tragicomedy by Indira Páez in Spanish with English highlights; **Mar. 12**, Opera tutti! Caberet, 2 pm, \$25; **Mar. 16**, Jazz Cocktail Hour with vocalist Kerensa Gray, 6:30, \$10–\$15; **Mar. 18**, Flamenco Flavor, 6:30, \$25; **Mar. 24**, Better Than Bacon: Interactive Improv Comedy, 8 pm, \$15; **Mar. 31–Apr. 16**, *Monty Python’s Spamalot*, see article in this issue. 226 N. High St., West Chester. 484-639-9004; UptownWestChester.org.

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#### MARCH 12

**Vox Ama Deus Ensemble Presents Bach, Handel & Mozart at The Chapel in the Woods.** Gladwyne Presbyterian Church, 1321 Beaumont Dr., Gladwyne. 5 pm. \$10–\$25. 610-688-2800; VoxAmaDeus.org.

#### MARCH 12, 31

**Community Arts Center Concerts.** **Mar. 12**, Tri-State Jazz Society, Blackbird Society Orchestra, 2 to 4:30, free; **Mar. 31**, Friday Night Live with Curb Alert, classic rock / R&B, 7 to 10, \$10–\$15. 414 Plush Mill Rd., Wallingford. 610-566-1713; CommunityArtsCenter.org.

#### MARCH 17

**Immaculata Symphony Concerto Concert.** Immaculata Symphony partners with the MOXART organization to provide musicians the opportunity to perform with a full symphony orchestra. Lourdes Hall Bldg., Great Hall, Immaculata. 7:30 pm. \$15. 610-316-1731; ImmaculataSymphony.org.

#### MARCH 17–APRIL 1

**Point Entertainment Presents ...** **Mar. 17**,





Rob Schneider, \$25–\$39; **Mar. 18**, Delbert McClinton, \$39–\$49; **Apr. 1**, Livingston Taylor and Susan Werner, \$22–\$34. The Colonial Theatre, 227 Bridge St., Phoenixville. 8 pm. 610-917-1228; TheColonialTheatre.com.

#### MARCH 24, 26

**Camerata Ama Deus—Brilliant Baroque.** **Mar. 24**, St. Martin-in-the-Fields Church, 8000 St. Martin's Ln., Phila, 8 pm. **Mar. 26**, Daylesford Abbey, 220 S. Valley Rd., Paoli, 6:30. Tickets \$25. 610-688-2800; VoxAmaDeus.org.

#### APRIL 1, 2

**Kennett Symphony Orchestra.** **Apr. 1**, Mendelssohn, Mimosas and More, informal concert event in the Grand Ballroom of the Mendenhall Inn, 323 Kennett Pk., Rt. 52, Chadds Ford, 1 pm, \$10–\$25. **Apr. 2**, Mozart & Mendelssohn, Longwood Gardens Exhibition Hall, 1001 Longwood Rd., Kennett Square, 7:30, \$10–\$40. 610-444-6363; KennettSymphony.org.

#### APRIL 8

**Americana Roots Ramble in Media.** A wide variety of music: from early rock 'n' roll, rockabilly, classic rhythm and blues to alternative, country, folk and zydeco. State St., Media. 6 pm to 1 am. \$15–\$20. 610-566-5039; StateStreetBlues.com.

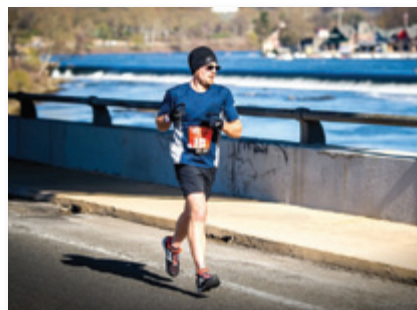
#### OUTDOOR ACTIVITIES.....

##### MARCH 11

**Conshohocken St. Paddy's Day 5K Classic.** Run or run/walk along a scenic course. There are refreshments, water stations, prizes, post race St. Patrick's Day party with a brewery sponsor and a parade. Benefits Conshohocken Fire Co. #2. The course starts and finishes at the fire company, 8th and Fayette Sts. 1 pm. \$20. 610-527-5510; BrynMawrRacing.com.

##### MARCH 24–26

**Philadelphia Love Run Half Marathon & Half Marathon Relay.** The course takes you through Center City. Weekend activities begin Fri–Sat with a Health & Fitness Expo, music and vendors at the PA Convention Ctr. Race day Sun, 2600 Benjamin Franklin Pky., Phila. 7:30 am. \$97–\$129. CGIRacing.com/TheLoveRun.



#### APRIL 1

**23rd Annual Dash 4 Diabetes.** The 5K Run, 2.5-Mile Walk and Kids Fun Run take place in downtown West Chester. Chester County Justice Center, 201 W. Market St. Benefits Diabetes Education at Chester Co. Hosp. Reg. 2:30. Kids run, 3:30, race at 4. \$10–\$20. CCHosp.com.

#### THEATER.....

##### THROUGH MARCH 12

**The Matchmaker.** Thornton Wilder's wild mix of outrageous misbehavior, mistaken identity and spontaneous romance—the inspiration for

*Hello, Dolly!* People's Light, 39 Conestoga Rd., Malvern. \$33–\$53. Check website for times. 610-644-3500; PeoplesLight.org.



##### MARCH 7–12

**Pippin.** The hit Broadway musical full of extraordinary acrobatics, wondrous magical

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MARCH 4 – MAY 21, 2017

Wonder and Whimsy: The Illustrations of W. Heath Robinson features over 65 illustrations, designs, and drawings created by W. Heath Robinson from the collection of the William Heath Robinson Trust (UK). This exhibition is made possible in Delaware by the Emily du Pont Memorial Exhibition Fund. Additional support was provided, in part, by a grant from the Delaware Division of the Arts, a state agency in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on [www.DelawareScene.com](http://www.DelawareScene.com). | *The Fairy's Birthday*, 1925, published in *Holly Leaves*, December, 1925. W. Heath Robinson (1872–1944). Pen, ink, and watercolor, 17 1/2 x 12 3/8 inches. The William Heath Robinson Trust.



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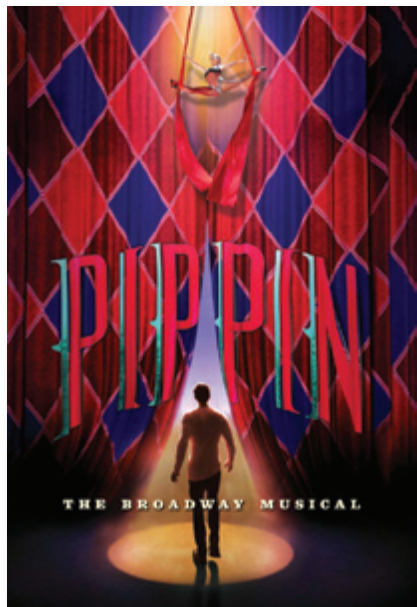
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Company, 104 E. State St., Media. \$25–\$53. Check website for times. 610-891-0100; MediaTheatre.org.

MARCH 29–APRIL 23

**I And You.** By Lauren Gunderson. A Philadelphia premiere of one of the most produced new plays in America this past year. People’s Light, 39 Conestoga Rd., Malvern. \$33–\$53. Check website for times. 610-644-3500; PeoplesLight.org.

MARCH 31–APRIL 2

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

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484-445-4161; MediaArtsCouncil.org. Mar. 16, *Malvern Stroll*, MalvernBusiness.com.

MARCH 7, APRIL 4

**Valley Forge Nat’l Historical Park Speaker Series.** Mar. 7, The Revolution’s Last Men: The Soldiers Behind the Photographs—six soldiers from the Revolutionary War, interviewed and photographed in 1864. Apr. 4, Meet Alexander Hamilton. Washington Memorial Chapel, RR 23, Valley Forge. 7 pm. Free. 610-783-1777; NPS.gov.

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# SPAMALOT

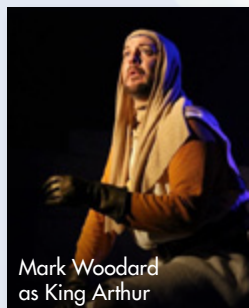
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Mark Woodward  
as King Arthur

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from the geniuses of Monty Python.

New York theater veteran Mark Woodward will reprise his role as King Arthur. While he admits it is good to be king, Mark adds "I've been looking forward to this for months, like a kid waiting for Christmas. It's gonna be So! Much! Fun!"

RTC's artistic director Kristin McLaughlin Mitchell has plucked a Who's Who of New York and Philadelphia theater professionals to create a remarkably talented cast. Mitchell will be joined by critically acclaimed choreographer Derek Roland to produce a show that's sure to have the audience jumping out of their seats.

Mitchell adds that *Spamalot* is a show that connects to more than just your typical theater crowd. "Spam is so funny and accessible to so many people. Whether you're a regular theater attendee or a first timer, whether you've seen the movie or you haven't, none of that matters. The only thing you need is a willingness to laugh and have a good time, and you're bound to love the show."

Come enjoy live theater and support the Uptown! Entertainment Alliance's mission to bring live theater, music, dance, film and other local events to the heart of West Chester. ♦

~ Craig Smith

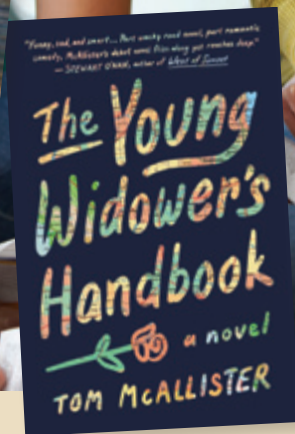
## IF YOU GO:

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# The Simple Pleasure of Sharing a Good Book

Andrea Killany Thatcher

BOOK GROUPS EXTEND THE FUN OF READING AND MAY EXPAND YOUR READING HORIZONS.

AFTER A LONG WINTER, WE CAN ALL FEEL A BIT STARVED FOR human contact. After all, what was there to do for all those frigid and snowy months but stay inside with a good book?

It only makes sense, then, to make plans to get out and socialize and talk about all the books we've been reading. Sounds like the makings of a book club!



Modern book clubs don't have to be the rigid affairs they once were, typified by prepared discussion questions and all members on deadline to read the same book during the same time. Those who enjoy that format will still find a club for them.

But there are lots of new ways to have a book club.

The website BookRiot.com hosts regional "Read Harder" book clubs, where their community simply comes out to have a face-to-face meet-up and discuss whatever books they've been reading recently. After all, "what have you been reading" is the ultimate conversation-starter for bibliophiles. (The Philadelphia Read Harder group typically meets at watering hole Frankford Hall. Find them on Facebook.)

Many book clubs pop up around annual "reading challenges," where members are trying to read books that tick off boxes—like a book from a living author, a dead author, an author of another race, a young adult novel a science fiction novel, and the like.

Or, you might develop a book club around a particular theme. Folks at *County Lines* have been dying to find a cookbook club, where members read and prepare dishes from a selected cookbook or cuisine style. (*Editor's Note: Please let us know if you're in a cookbook club.*)

There are even celebrity book clubs. Emma Watson, famed reading enthusiast Hermione Granger in the Harry Potter films, has a feminist book club on GoodReads.com, Reese Witherspoon shares many of her reads on social media, Bill Gates is known for recommending books on his GatesNotes.com, and, of course, there's still the original celebrity-driven book club—Oprah's Book Club, now in its 2.0 version.

Wellington Square Bookshop offers a young readers' book club, an adult non-fiction book club and both daytime and evening adult fiction book clubs. You can stop by the store or check online for recommended books.

Now, let's get to the book club picks!

### SPQR: A HISTORY

OF ANCIENT ROME by Mary Beard

This is the March nonfiction book club pick at Wellington Square Bookshop.

Read this vivid retelling of the Roman Empire that became a *New York Times* Bestseller and an instant classic and join the discussion on Thursday, March 2 at 7 p.m. with proprietor, Sam. The Romans have much to say to modern readers struggling with questions of power, citizenship, empire and identity.

### THE PRINCESS DIARIST by Carrie Fisher

At press time the passing of Carrie Fisher

is very fresh, so the time is right to resolve to read her latest book, a memoir of the Star Wars years. The actress reinvented herself as a wonderful writer with books like "Wishful Drinking" and "Postcards from the Edge" earning critical and popular acclaim. This final memoir draws on her actual journals from filming the most famous film franchise of all time, also experiencing a resurgence in popularity. For fun, read the book and then watch the movie at your book club meeting!



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Plush Mills, Daylesford Crossing, and Kyffin Grove  
are Sage Senior Living Communities.

## THE YOUNG WIDOWER'S HANDBOOK: A NOVEL

by Tom McAllister

This February 2 release was much buzzed about at the New Atlantic Independent Booksellers Association Fall Trade Show, and booksellers know books. The story follows the recently widowed Hunter on a cross-country road trip with his wife's ashes. The quirky characters he meets along the way are all searching for something, and they help illuminate Hunter's own journey.

## LETTERS TO A YOUNG MUSLIM

by Omar Saif Ghobash

In this book the United Arab Emirates' ambassador to Russia writes letters to his son raising questions about how to be a good Muslim in the 21st century. Aware that too many young men in their community are vulnerable to extremist propaganda, Ghobash poses the question of how moderate Muslims can unite to find a voice that's true to Islam while actively and productively engaging in the modern world.

## DIFFICULT WOMEN

by Roxane Gay

Powerhouse talent Roxane Gay is following up her seminal, must-read essay collection "Bad Feminist" with this group of short stories that portray hardscrabble lives, passionate love, and quirky and vexed human connections. With fans devouring her frequent contributions to *The New York Times Book Review*, *The Los Angeles Times*, *The Nation*, *Salon*, *The Wall Street Journal's* Speakeasy culture blog, and NPR, excitement is high for Gay's return to fiction.

## THE FUTURES

by Anna Pitoniak

If you enjoy a certain type of New York City novel with protagonists of pedigree, you'll want this for your shelf. Yale grads Evan and Julia move to the Big Apple to start their lives together—she at a nonprofit and he at a prestigious financial firm. Then the economic collapse of the late aughts alters their expected trajectory as it did to so many, and this emotional page-turner reveals if they survive with their ideals and ethics intact.

## IMAGINE WANTING ONLY THIS

by Kristen Radtke

Radtke's collection of meandering stories of everyday places that have fallen to ruins—from mid-western cities to an Icelandic town buried in ash—takes the reader on a winding journey that also traverses the crumbling canals of human history. This is a graphic novel that helps continue the elevation of the genre we've been seeing of late. If your book club hasn't tried a graphic novel yet, this might be the one. Out April 18th.

Tell us what your book club is reading! ♦

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# GO “GREEN” IN THE BATHROOM

MAKE YOUR BATHROOM MORE ECO-FRIENDLY.

Mary Irene Dolan

THE BATHROOM ISN'T THE EASIEST PLACE TO BE KIND to the environment. But according to Matt Muenster of HGTV's *Bath Crashers*, it can be done. The key to a sustainable, “green” bathroom is longevity. Basically, you want everything in your bathroom to last.

“I always tell people not to skimp on quality or cut corners,” says Matt. “Since the bathroom is the hardest room to renovate, it’s better to wait until your budget is where you want it to be. That way you get the job done right the first time around.” Renovations are expensive and disposing of an old tub and double vanity gives you negative green points.

He also warns against trends. “I don’t like to tell people what’s cool,” he laughs. “I want them to tell me what they think is cool.” That way the customer will be happy with their design decisions for years to come.

So, how many ways are there to green your design? Turns out, quite a lot!

## WATER

Water is vital to life, so it makes sense to conserve it when you can. The bathroom happens to be one of the best places in your home to start. Did you know that more than 47% of water use in the average American home occurs there?

And there are many ways to cut back on water use and overuse!

The toilet is the first offender. With 24% of our water use coming from that device, it’s the single highest water suck in the home.

Installing a low-flow toilet is a good option, but a dual-flush toilet might be even better since you can choose the strength of the flush. Compared to conventional toilets, a dual-flush option helps you save as much as 17,000 gallons of water a year.

Jack Monahan at Kohler Signature Store of King of Prussia supports the dual-flush choice. “At Kohler we don’t spend as much time investing in low-flow technologies as we do in high efficiency products that reduce water usage *and* use that water to its maximum potential,” he notes. After all, having to flush twice is not very green.

The shower comes next. Similarly, low-flow showerheads with customizable manual pressure settings are your best bet. “If you’re simply rinsing off, the low setting is fine,” says Jack. “But getting shampoo out of your hair? You might want to add a bit more power to your wash, but only when necessary.”

Sinks, too, can go low-flow with aerator options and motion sensors to turn on only when in use. You know, instead of being “in use” while you’re just brushing your teeth.

And the best part, these eco improvements pay for themselves in just a couple of years!

## LIGHT

You’ve probably heard about making the switch from incandescent light bulbs to LEDs, but did you know how much you’d be saving? According to Caitlin Bovell of Mattioni Plumbing, Heating & Cooling, “LEDs use up to 75% less energy and last 30 to 50





A low-flow sink is a fitting eco addition, plus wooden cabinets add a chic but earthy feel.  
PHOTO COURTESY KOHLER SIGNATURE STORE



Bamboo is a go-to material for vanities and feature walls, while natural fiber baskets make aesthetically pleasing storage solutions.

times longer.” And it’s one of the easiest and cheapest places to start your greening.

Taking a step further, dimming lights are another option. Very few situations call for full force lighting, and with adjustable options, everything is in your control.

If you’re doing a full redesign, one of the best additions to include is a skylight or sun tunnel. The sun’s rays are all you likely need during the day to light your bathroom, saving you money and bringing the outside in.

## HEAT & AIR

The warmer months might call for turning on the AC to cool off, but most people find their highest energy use comes from heating their home in the winter. Though the bathroom is the last place you want to skimp on heat, that doesn’t mean you can’t save energy.

Several sources of heat are better than just one for the same reason dual-flow toilets and showerheads are better than one-setting models—you can customize where and how much heat you want. So

bring on the heat lamps, heated towel racks and under-floor radiant heating for evenly spread warmth!

Radiant floor heating is especially great because it can hide under tile and ceramic flooring and will keep the room warm even after you turn it off.

One green option that you may not have thought of is an exhaust fan. In fact, *Bath Crashers*’ Matt Muenster considers it an essential. “An exhaust fan is a *big deal* for longevity,” he stresses. “Without one, all that moisture will cause mold to grow, destroying everything and making cleaning a nightmare.” We’re convinced!

Pro tip: Choose a fan with a motion or humidity sensor so it works only when it has to.

## MATERIALS

When it comes to sustainability, not all materials are created equal. But what makes something “green”? Think recycled, biodegradable, renewable, non-toxic and long-lasting—preferably in combination. Matt Muenster share some of his favorites:

- **Recycled barn wood.** Great as a feature wall or vanity accent, recycled wood ticks all the eco boxes. And since it’s already used to years of rainfall, the bathroom’s high humidity won’t be a problem.

- **Quartz.** For countertops, you can’t go wrong with quartz. It’s a little pricy, but no more than granite. Plus, it’s zero maintenance, so you don’t have to worry about chemical sealants and other upkeep.

- **Concrete.** It may be underrated and understated, but concrete is great for so many reasons. It doesn’t have to be mined out of the earth, can be molded into any shape, made into any color and is great for easy-to-care-for floors.

- **Bamboo.** The ultimate renewable resource! It’s fast growing, beating other types of wood by far. And when heat and pressure treated, the sugars caramelize into a beautiful finish that doesn’t scratch!

For more inspiration, head over to Pinterest for creative options like recycled cork walls, retro linoleum floors, recycled ceramic mosaic tiling and things you’ve never imagined.





## DÉCOR

After all the remodeling is done, it's time to redecorate, still keeping green values in mind.

One of the best ways to green your décor is to literally add some greens. Houseplants are a great help in improving air quality while adding color and life to the room. Though the bathroom's low light and high humidity aren't ideal for every houseplant, some—like aloe vera, ferns, dracaenas, orchids, peace lilies, spider plants—thrive there.

For finishing touches, you can find eco-friendly, stylish options for almost every bathroom essential—from natural fiber storage baskets and organic cotton towels to recycled glass toiletry containers and more. And, of course, choose earth-friendly soaps, shampoos and other bath products.

Whether you're due for a redesign or looking to make some simple swaps, you'll be on your way to a greener bathroom in no time! ♦

Humidity-loving houseplants not only "green" your air but also add a lively decorative touch.



Dual-flow showerheads are the way to go for controlled water pressure and savings.  
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# Healthy AT EVERY AGE

**Local Medical Experts Share Their Advice**

## INTERESTED IN A LATE WINTER HEALTH CHECK-UP? WHO ISN'T?

We asked local medical experts to share the latest thinking on four health topics that span the ages. We start with a better understanding of the common occurrence of miscarriage in early pregnancy, then move on to the growing problem of children's food allergies and new advances in treatments, including advice on early exposure to peanuts. Next we tackle the challenge of diagnosing and treating adult ADHD and end with advice on preserving healthy hips and a look at some less invasive surgical options available.

Here's to your health at every age!







# Understanding Miscarriages

A COMMON OCCURRENCE IN EARLY PREGNANCY

Lindsay Odell, M.D.

**A**lthough it's not often spoken about, miscarriage is the most common complication of early pregnancy. Miscarriages usually occur within the first trimester, by week 12.

Several medical conditions are typically included under the term miscarriage, including abnormally growing pregnancies, pregnancies that previously had a heartbeat but no longer show cardiac activity, and otherwise normally developing pregnancies that somehow become disrupted before week 20. Stillbirth is the term used for pregnancies that end after week 20 but before delivery.

While studies have shown that the rate of first trimester miscarriage is between 10 and 20 percent of all pregnancies, it's thought that the true rate is closer to 25 to 30 percent, if the rates included pregnancies not yet clinically detected.

It's important to remember that despite suffering a miscarriage, most women will find they can have a full-term pregnancy.

**Symptoms:** The typical symptoms of miscarriage are cramping and vaginal bleeding, although some miscarriages don't show any symptoms. These signs can sometimes be difficult to interpret because many women with mild cramping or light bleeding in their first trimester go on to have normal pregnancies.

To help clarify the underlying cause of these symptoms, your obstetrician may order blood tests to monitor pregnancy hormone

levels along with an ultrasound scan. Even though light spotting or mild cramping can be normal, any severe abdominal or pelvic pain and heavy vaginal bleeding should always be evaluated by a physician. These symptoms may indicate a more serious condition called ectopic pregnancy, which can be life-threatening to the mother if untreated.

**Causes:** Many women experiencing a miscarriage are concerned whether something they did or consumed may have contributed to this outcome. Was it that glass of wine? That big cup of coffee? That heavy box she lifted before she found out she was pregnant?

There are many misconceptions about what can cause a miscarriage. For example, some people believe stress, exercise, working, intercourse or a history of prior birth control use caused the miscarriage. But none of these are associated with increased risk of miscarriage.

The truth is that about 50 percent of miscarriages are thought to be caused by genetic abnormalities that happen at the time of fertilization. These are usually genetic problems that are considered lethal, or in other words, would prevent the fetus from surviving the pregnancy. Genetic abnormalities are more likely to be the cause of

continued on page 67

*Dr. Lindsay Odell is a physician at Penn Ob/Gyn Chester County, a practice of Chester County Hospital with offices in Exton, West Chester and Southern Chester County. Dr. Odell received her medical degree from Chicago Medical School-Rosalind Franklin University and completed her internship and residency at Thomas Jefferson University Hospital. She's board eligible in obstetrics and gynecology and has a special interest in family planning and patient education.*





# Childhood Food Allergies: Peanuts and More

Dr. Laura M. Gober, Children's Hospital of Philadelphia

ONE IN 13 CHILDREN IN THE UNITED STATES HAVE a food allergy, a 50% increase overall and a 300% increase in peanut allergies during the 14 years from 1997 to 2011. This growing epidemic costs our health care system \$24.8 billion each year. For families, food allergies affect everyday activities—meal planning, grocery shopping, attending social functions—in addition to creating significant financial burdens and stress.

The top eight food allergens are milk, egg, soy, wheat, peanut, tree nuts, fish and shellfish, accounting for 90% of all food allergies. And one-third of children have allergies to more than one food.

Some good news is that about 85% of allergies to milk, soy, egg and wheat will be outgrown by the time a child turns 3. But the bad news is that allergies to peanut, tree nuts, seeds and seafood are more likely to persist into adulthood. Luckily recent research is promising.

## DIAGNOSING AND SYMPTOMS

Diagnosing a food allergy requires taking a complete medical history and doing a physical exam. It's noteworthy that a child of a

parent with an allergic disease (asthma, eczema, food allergies, hay fever) is more likely to have food allergies.

Next, if a food allergy is suspected, it's on to an allergist for testing. Some children may also need to see a nutritionist for possible nutritional deficiencies, such as lack of calcium with a milk allergy.

A specialist may recommend skin prick testing for suspected food allergies, plus blood tests. However, these tests alone are not definitive without a medical history, given the tests' high false positive rates.

The most common symptom of a food allergy is a rash, such as hives. Gastrointestinal symptoms, such as vomiting or abdominal pain, and shortness of breath are also common symptoms.

More severe symptoms, such as anaphylaxis, may also occur. Anaphylaxis is a life-threatening allergic reaction that can send the body into shock. Unfortunately, 40% of people with food allergies experience it at some time.

continued on page 68

*Laura M. Gober, M.D., is an attending physician in the Division of Allergy and Clinical Immunology at The Children's Hospital of Philadelphia. Dr. Gober also sees patients at the CHOP Care Network Brandywine Valley Specialty Care and Ambulatory Surgery Center. She completed a pediatric residency at the University of Maryland in Baltimore and finished her allergy fellowship at CHOP.*







# Tackling the Challenges of Adult ADHD

Dr. Kevin Caputo, Crozer-Keystone Health Network

WHEN I'M ASSESSING TEENAGERS FOR ATTENTION-Deficit/Hyperactivity Disorder (ADHD), I'll often hear a parent say, "I was just like that when I was a kid." Sometimes, that leads to an "aha moment" when they find out that ADHD runs in families.

Now, the parents and other relatives have a name for the disruptive symptoms that started in their own childhood and carried over into adulthood—disorganization, inability to focus or concentrate to finish a task, repeated loss of keys and wallets, or having so much energy they couldn't sit still, to name a few.

Today, ADHD affects about three million children and adults in the U.S. Patterns of inattention and hyperactivity become classified as a disorder when they significantly affect a person's ability to function in a variety of settings and relationships. While the overall percentage of sufferers in the population is small (about 1 percent), the good news is that ADHD is highly treatable and people can be helped through a combination of medication, psychotherapy, counseling and learning strategies.

It's never too late to get effective treatment for the disorder and, as a result, have a greatly improved life.

## WHAT IS ADHD?

ADHD is a neurobiological disorder that affects the brain's prefrontal cortex starting in childhood. This region of the brain is responsible for controlling cognitive functions related to maintaining attention and controlling impulsivity.

While 60 percent of children go on to have ADHD as adults, all adults who have ADHD had the condition when they were children. Sometimes they don't know it because it didn't greatly interfere with schoolwork or show other significant signs. The condition is more common in men and boys than in women and girls, at about a 3-to-2 ratio.

People who have significant problems with attention but don't have hyperactivity or impulsivity are classified as having Attention-Deficit Disorder (ADD).

## WHAT ARE THE SYMPTOMS?

The National Institute of Mental Health (NIMH) says an ADHD diagnosis for an adult means the person had inattention/hyperactivity symptoms before age 12 and, as an adult, has at least five symptoms that interfere with functioning in at least two settings.  
continued on page 69

*Kevin Caputo, M.D., is chairman and vice president of psychiatry and behavioral health for Crozer-Keystone Health and lead administrator for Specialty Practices for the Crozer-Keystone Health Network. A fellow with the American Psychiatric Association, he specializes in psychotherapy, psychopharmacology and geriatric behavioral health and focuses on a wide variety of conditions, including attention deficit disorder, anxiety, depression, postpartum depression, post-traumatic stress disorder, personality disorders and medication management.*





# HEALTHY HIPs:

## Hip Preservation Has Come a Long Way

Dr. John P. Salvo, Jr., Thomas Jefferson University Hospital

**H**IP AND GROIN PAIN ARE A COMMON PROBLEM for many patients. For those 50–55 or older, the most likely cause of this type of pain is arthritis or degenerative joint disease—a gradual breakdown of the cartilage of this weight-bearing joint.

For those younger than 50–55 and for athletes, the causes of hip and groin pain are much different. In younger patients the pain may be due to a tear in the lining of the hip combined with a problem with the shape of the hip.

No matter the cause, some patients require surgery for their hip problems. But fortunately there are several less invasive options to try first, regardless of age or injury.

### SENIOR HIPs

For those in the 50–55 age range or older, prevention is the key to having healthy hips for life. Losing weight, eating well and regular

exercise are three of the best things you can do to keep your hips healthy and pain free.

When pain does strike, here are some options to explore as first steps:

- **Losing excess weight** is the number one thing you can do to avoid or reduce hip discomfort. Less weight equals less stress on your joints—it's that simple.
- **Stretching and strengthening exercises** maintain your range of motion, build muscle and promote flexibility. Consider walking (walking your furry friend regularly is great exercise), bicycling, swimming or using low impact exercise machines (like the elliptical) at your local gym. Talk with your doctor about which exercises are right for you.
- **Keep moving.** When possible, stand up and walk around. You'd be surprised how much those short walks or sets of stairs can benefit your hip health. Try to move around every 30 minutes.

continued on page 70

*Dr. Salvo is double board certified in orthopaedic surgery and sports medicine by the American Board of Orthopaedic Surgeons. He's a clinical associate professor of orthopaedic surgery at Thomas Jefferson University Hospital and specializes in knee ligament (ACL) reconstructions, shoulder instability and rotator cuff repairs, as well as hip arthroscopy. He's an active member of several subspecialty societies. RothmanInstitute.com.*





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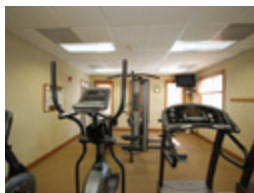


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# It's Personal

Emily Hart

CREATING HOMES THAT REFLECT OUR PERSONALITIES  
TAKES SOME PERSONAL TOUCHES.

ONE OF THE GREATEST EXPEDITIONS DURING my childhood was my first trip to the attic in my grandparents' home. Behold the trunk packed with my grandmother's linen petticoats, a dressmaker's dummy standing guard, antique furniture with unknown purposes, and odd bits of hardware even the Barnes Foundation didn't have! I was certain the spare crystal doorknob I found was once owned by royalty.

Every piece told a story. Every object held meaning for my family.

Throughout the Brandywine Valley, pieces like those are being used to create unique, personal spaces in homes. Local designers and shops are helping families pair the best of new and old, let go of what doesn't bring joy, and imaginatively reflect their personal stories to share and enjoy throughout the rooms in their homes.

So, how do we design a unique space that doesn't resemble a corner of an attic?

## YOUR HOUSE, YOUR CASTLE

Walk into workS, a new home-goods store in Kennett Square. Like the rooms of the castle in "Beauty and the Beast," every nook holds something enchanting: hand-thrown bowls by Pam Lau, vintage barware, and a suspended sofa swing by Chairloom, a company that transforms wooden frames (theirs or yours) into functional works of art with dazzling upholstery. And who wouldn't want a home with a sofa swing?

Feast your eyes on the forged steel cooking pot formed with morning glories and a rose. That piece alone—by fine-art blacksmith

Rob Sigafoos—could make your silverware rise up and sing. Just another possible focal point for a room.

Six years after opening vintage furniture and accessories shop Scout & Annie on State Street, owner Tara Dugan added workS to the Kennett Square map last September. Dugan's dream was to bring together "a tremendous body of talent here at home and in the Philly region" to spark creative ideas and business.

She did just that, providing a unique shopping experience for a community that relishes works by special artists, artisans and dealers.

Visiting the shop—with a magical swag of twinkle lights overtop vintage clothing, hand-tooled leather goods and usable artistic treasures—was such a delightful experience that I told Dugan good-bye three times before finally dragging myself back to the car.

## NEW RULES OF DESIGN

"Traditional design and decorating rules have been replaced by the exploration of people's own design aesthetic," said Dugan. "Individuals don't want to feel like they've walked into a catalog picture. They're going with what works best for their family and what speaks to them." No one is trying to emulate that bland hotel room or model home feel.

Katie Groves, co-owner of Studio 882 in Glen Mills, concurs. People are curating their own home collections by weeding out generic items and creating statements with pieces that express their personality, lifestyle and sense of beauty.

It's not unusual to see people using mid-century pieces next





One strong heirloom piece can set the tone for the design of a room, like this walnut Chippendale chest on chest. PHOTO COURTESY HL CHALFANT



Vintage pieces—like these Louis Vuitton suitcases—can be repurposed to add a sense of your personal style. PHOTO COURTESY OLD SOUL DECOR



Want to express your whimsical side in your home? Add a sofa swing from Chairloom. PHOTO COURTESY WORKS



Strong colors and personal artwork can help create a room that reflects your personality. PHOTO COURTESY STUDIO 882



A tasteful combination of statement pieces makes for a dramatic room, with the help of the experienced eye of a talented designer.  
PHOTO COURTESY STUDIO 882





to Early American heirlooms. And they're mixing colors and patterns that make sense with room proportions, often with the help and experienced eye of designers.

What's new for spring? Influences from the fashion runway—stripes in fabrics and finishes; bringing the outdoors indoors—warm wood grains and bamboo; and geometric details in furniture, lighting and mirrors, says Groves.

What's always in style? Furniture that is functional and beautiful, that fits the owners and their space.

For that reason, nearly everything in Studio 882 can be customized to suit individual tastes and needs. Possibilities are virtually endless, and you can specify the length of a chair's arm, the wood of a table or the fabric of a sofa.

In fact, at the store's new location, Groves designed the fabric wall—104 feet long and 10 feet high—to hold 8,400 fabric samples. If 8,400 samples aren't enough, Groves says with a smile, even more are in a back room.

If so many options overwhelm you, designers are there to help with room configuration, combinations of new and existing furniture, measurements, color consultations, selection of flooring and accessories, and more.

The operative word is help, not take over.

## MAKE A STATEMENT

For decades HL Chalfant has been a Brandywine Valley go-to for furnishings that make viewers catch their breath and smile. Look no farther than the West Chester gallery for showpiece antiques—statement pieces that just might increase in value—to integrate into home furnishings from more recent periods.

Whether it's a rare collector's item or a work of art that represents the best of Chester County, you'll find treasures here—from clocks and weathervanes to a Nakashima table or Chippendale highboy that steals the spotlight in any room.

Recently Chalfant sold a rare, old, Chester County-made spicebox decorated with inlaid wood vines and berries. Whether new owners use it simply for décor, or to store jewelry or other treasures in its many

little drawers, the exquisite piece has stories to tell for generations. And it adds a magical touch to any space.

In Greenville, Delaware, the shop Somethings Unique is a garden of ideas for the home. Open the doors to its glorious open staircase surrounding a chandelier and bordered by paintings. Wander among corners and crannies with clean lines and accents.

This is the place for inspiration to create spaces for entertaining—with a new dining table or sofas and chairs—or for stealing private moments—a romantic bedroom or a luxurious leather chair for curling up with a book.

In addition to two stories of furniture, you'll find plenty of accent pieces—linens, decorative pillows, chandeliers and more. Want advice? The staff can add the perfect touch or help with design services.

Take a moment from looking up and remember the importance of the floor beneath your feet. A rug can make a room. A visit to the Aras Rug Company in Malvern to clean or restore a cherished carpet might be the answer to your favorite space. The right rug can define a space, anchor a room or take you on a magic ride!

If bringing the outdoors indoors or vice versa reflects your style, create a Zen garden on your desk with suiseki—rare and valuable naturally formed stones—from HL Chalfant.

With the help of Terrain in Glen Mills, dress up your front door with a distinc-

tive seasonal wreath—they're not just for Christmas anymore. Announce your style with a wreath made from shelf mushrooms and moss, reindeer moss, pussy willow, dried rye or lavender.

## REPURPOSE, RE-IMAGINE

If fun and funky is your thing, pay a visit to Old Soul Décor in West Chester. Carrying one-of-a-kind vintage goods and conversation pieces—an antique pie safe, a pair of low marble-top chests, a Danish modern side table and Louis Vuitton sneakers and luggage while I was there. Every trip to the shop is a unique visit sure to help you find your trademark piece.

Release your imagination as Old Soul lets you go to town with your creativity. If you want a helping hand, owner Krystal Reinhard also offers design services.

For more fun and truly unique additions to your home, you may choose a piece of art or furniture made of repurposed materials from the Merchant of Menace Re-imaginings Gallery in the village of Marshallton, outside West Chester.

From furniture crafted from New England barn wood and animal sculptures from antique tractor parts to magical armoires and tall case clocks bursting with personality, each piece is distinctive. And each could be the centerpiece of a room.

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## 2017 Regional Antiques Shows

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

**March 11–12**

### **Bloomsburg Antiques Show**

Bloomsburg Fair Grounds, Rt. 11,  
W. Main St., Bloomsburg  
570-650-0804; BloomsburgAntiques.com

**March 11–12**

### **Elverson Spring Antiques Show**

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

**March 18–19**

### **Baltimore Antique Arms Show**

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

**March 18–19**

### **Antiques at Kimberton Show**

2276 Kimberton Rd., Kimberton  
AntiquesAtKimberton.weebly.com



*Ceramic plate by Piero Fornasetti, "Temi E Variazioni Motivo 13"*  
Courtesy Earle D. Vandekar of Knightsbridge, Inc.

**Main Line Antiques Show**

**April 7–8**

### **Chester County Antiques Show**

The Phelps School  
583 Sugartown Rd., Malvern  
610-692-4800; ChesterCoHistorical.org  
More than 40 exceptional dealers of 18th- and 19th-century American and Continental furniture and decorative arts display. This year's



theme is "Botany in Chester County." Preview Fri, 6 to 9 pm, early adm. 5 pm, \$200; \$140 at 6, with cocktails, hors d'oeuvres, buffet. Sat, 10 to 6; Sun, 11 to 5, \$15.

**April 20-23**

### **The Philadelphia Antiques & Art Show**

The Navy Yard, Marine Parade Grounds  
S. Broad St. & Intrepid Ave.  
Philadelphia, 610-902-2109  
PhiladelphiaAntiquesAndArtShow.com

In its 55th year and offering 59 exceptional dealers. The loan exhibit, "What So Proudly We Hail," explores outstanding examples of American flags and patriotic textiles from the 1790s to 1912 representing important and enduring symbols of our national pride. Gala Preview, Thurs. April 20th, \$150-\$600. Show: Fri, 11 to 8; Sat, 11 to 8; Sun., 11 to 5. \$20.

**April 27-29**

### **Renningers Antiques & Collectors Extravaganza**

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

**May 5**

### **West Chester's Vintage Market**

Chestnut Street Parking Garage  
14 E. Chestnut St., West Chester  
610-436-9010; West-Chester.com

**May 5-6**

### **Eastern Nat'l Antiques Show & Sale**

Carlisle Expo Center, 100 K St., Carlisle  
410-538-5558; EasternNationalAntiques.com

**May 6-7**

### **Greater York Antique Show**

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

**May 27-29**

### **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

**June 16-17**

### **Antique City Fun Fair**

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

**June 22-24**

### **Renningers Antiques & Collectors Extravaganza**

*See April 27-29 listing.*

**August**

### **Lititz Antiques & Collectables Show**

Rt. 501 N, Lititz  
717-626-5727; LititzSpringsPark.org



**Main Line Antiques Show**

**August 27**

### **Historic New Castle, DE Show**

On the waterfront, Battery Park  
434-361-1770; New Castle; DFSHows.com

**September 22-24**

### **The Original Semi-Annual 169th York Antiques Show and Sale**

York Fairgrounds and Convention Center  
Memorial Hall East  
334 Carlisle Ave., York, 302-875-5326  
TheOriginalYorkAntiquesShow.com

**September 28-30**

### **Renningers Antiques & Collectors Extravaganza**

*See April 27-29 listing.*

**October 1-8**

### **Berks County Antique Art Show**

Greshville Antiques & Fine Art  
1041 Reading Ave. (Rt. 562), Boyertown  
610-367-0076; GreshvilleAntiques.com

**October 6**

### **West Chester's Vintage Market**

*See May 5 listing.*

**October 6-8**

### **The Main Line Antiques Show**

Cabrini College, Dixon Center  
610 King of Prussia Rd., Radnor  
484-580-9609; MainLineAntiquesShow.com  
Forty outstanding dealers and galleries representing art, antiques and design with historic flair for the antiques enthusiast. Benefits Surrey Services for Seniors, a nonprofit helping older adults remain in their homes and live as active members of the community. Preview, Oct. 6.

**November**

### **Bucks County Antiques Show**

Eagle Fire Hall, Rt. 202 & Sugan Rd.  
New Hope; BCADAPA.org

**November**

### **Eastern Nat'l Antiques Show & Sale**

Carlisle Expo Center, 100 K St., Carlisle  
410-538-5558; EasternNationalAntiques.com

**November**

### **Elverson Fall Antiques Show**

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

**November 10-12**

### **Delaware Antiques Show**

The Chase Center on the Riverfront  
Wilmington, DE  
302-888-4600, 800-448-3883  
Winterthur.org/DAS

**November 11-12**

### **Bloomsburg Antiques Show**

*See March 11-12 listing.*

**November 18-19**

### **Antiques at Kimberton Show**

*See March 18-19 listing. ♦*



*Philadelphia Antiques & Art Show, explores outstanding examples of patriotic textiles from the 1790s to 1912.*

**The Philadelphia Antiques & Art Show**





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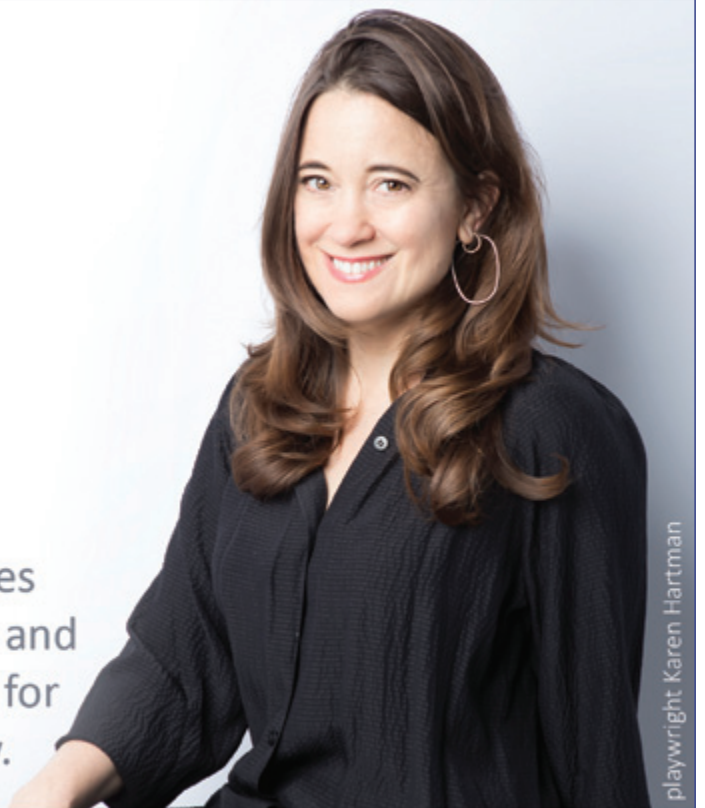
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# *SUNSET* Downington and Exton

THESE TOWNS ARE THRIVING,  
WITH SO MUCH TO DO

PHOTO COURTESY ANDREW SEYMOUR





Edwin Malet

**IT'S GREEN. IT GROWS. IT'S HUNGRY. IT MADE A MOVIE** theater—Phoenixville's Colonial—famous.

Who can forget the scene of hundreds of moviegoers screaming for the exit to escape *The Blob*?

But it's the scene at the Downingtown Diner that's most memorable to many fans of the cult film. The menacing, oozing slime envelops the "Home of the Blob," as the diner is now known. Yikes!

More than 50 years later Downingtown was in the national spotlight again. A presidential candidate rode through Downingtown. He looked out the window and impulsively tweeted, "So sad."

Boy was he wrong. So wrong!

Downingtown and its sister town Exton are thriving. Home values are up over the past two years: from about \$135 to \$145 per square foot in Downingtown, about \$160 to \$180 in Exton. The public schools are excellent: GreatSchools.org rates them among the top in the state. Parks, events, dining, shopping ...

Overall, we find Downingtown and Exton ... delightful!

## TRAILS AND PARKS

The Downingtown-Exton area is rich with parks and trails. The two-and-a-half mile Struble Trail extends from Downingtown to Marsh Creek State Park with over 70 species of nesting birds and many more during migrations. The park itself is a wooded 1727 acres with a lake and offers sailing, boating, fishing, horseback riding and mountain biking, as well as many winter sports.

Springton Manor Farm, northwest of Downingtown, is laced with hiking trails. Its manor house is a lovely setting for weddings, parties and receptions, while the farm offers educational demonstrations. Horses, sheep, chickens, peacocks ... This Easter, your kids can learn how to dye eggs naturally there.

Exton Park has 727 acres, is dog-friendly and includes trails, picnic areas and fields. Exton's Boot Road Park's 26 acres include a pavilion, playground, ball fields, butterfly garden, bird nesting boxes and a half-mile walking path around the park. Miller Park in downtown Exton supports a pavilion—the site of live



in the summer—plus a playground and ball fields.

For bicycling, use the Chester Valley Trail, extending 14 miles from Exton to King of Prussia. The paved trail currently stops west of Exton, but the plan is eventually to reach Downingtown. Check with the Downingtown Bicycle Shop for your biking needs.

And then, if you really want a challenge, there's the Horse-Shoe Trail—140 miles long—from Valley Forge to the Appalachian Trail, passing to the north of Downingtown. Better stop at Downingtown Running Shoes, Orvis or Eastern Mountain Sports first for proper attire and equipment.

### SOMETHING MORE URBAN

Kerr Park, in downtown Downingtown, has sports fields, too, plus a playground and a stream stocked with trout. Races begin and end here and the Farmers Market can be found at the park. Shade, fireworks, a pavilion ... plus music emanates from here on summer evenings.

Independence Day—known in Downingtown as Good Neighbors Day—is especially exciting, a whole day of events, starting with morning races and ending with evening fireworks. In between, there's a craft fair, canoe races, bicycle decorating, duck racing, flag distribution, a wife-carrying competition and a lot of music.

The Downingtown Summer Jam is also in Kerr Park. This music festival—musicians, crafts, food, beer, harder stuff—brings residents and visitors downtown. A perfect start to a summer weekend.

### RUN OR WATCH

Depending on your condition, running may be your recreation. Downingtown hosts the Muzzy Run, Readers on the Run, Healthy Kids Day, the Trial Run, and the 5K for Aidan J, all races held in the spring.

Some may prefer to watch and eat. For them, there are the Memorial Day Parade—get your flags at Brandywine Flags in Exton—and the Thornton-Downingtown Rotary Mac and Cheese Cook-Off—ingredients available at nearby Kimberton Whole Foods in Downingtown for an organic version.

### ARTS AND CRAFTS

For those who like their beauty made—on canvas, of cloth, in clay, of metal and other materials—there are a host of festivals in Downingtown and Exton.

Downingtown's Spring Craft Show is 100% local crafts and entirely for the



Do you recognize the Downingtown Diner under The Blob?

benefit of local schools. Scheduled for the first of April, the show has more than tripled in size since it started six years ago.

Then there's the two-day Fine Arts Festival at the end of May, featuring 40 professional local, regional and national artists displaying a full array of fine art, including paintings, drawings, sculpture,

Eagleville Town Center hosts summer events



Wellington Square Bookshop hosts book clubs





jewelry, photography, mixed media art and fabric art. The festival is presented in partnership with the Downingtown Main Street Association.

In June, shift to Eagleview Town Center in Exton for the Crafted Festival. Eagleview, developed by Hankin Group, hosts a curated craft show, workshops, crafts for kids and more in its park.

## EAGLEVIEW IN THE SUMMER

Eagleview has a full calendar of summer activities. “The events here at Eagleview Town Center are simply magical; a true sense of community is present at every event,” raves Beverly Abbonizio of Hankin. “We’re excited to see many new and old faces here in Town Center this coming year!”

Movie nights—family-friendly and outdoors—are free, as are weekly concerts. There’s live theater too! Bring donations—canned goods for the Chester County Food Bank—instead of a ticket. Alex’s Lemonade Stand is at every concert selling goodies to support the battle against childhood cancer. Take blankets, chairs and a picnic to enjoy.

The weekly Farmers Market, run by Growing Roots Partners, will keep your stomachs full with local nourishment, while Nudy’s, Brickside Grill, Al Pastor, Bella Vista and new Suburban Beer Garden are favorite places for a meal here.

If you’re heading out of Eagleview with an appetite, we also suggest Ron’s Original Bar & Grill, near the intersection of Routes 100 and 113, for a family sit-down meal at one of our picks for Best of the Best restaurants.

## FALL FUN CONTINUES

Fun doesn’t end with summer. Downingtown presents a September Fall Fest, organized by Downingtown-Thornedale Regional Chamber of Commerce in partnership with Downingtown Main Street Association and the Borough



Summer Fireworks  
PHOTO COURTESY ANDREW SEYMOUR



Opening party at Al Pastor



Round 1 is a lively new addition to the Exton Square Mall.





of Downingtown. Celebrate with a mug or two of Victory Beer, another organizer.

Falling Leaf Festival at Eagleview features “Got Talent?”, showcasing performers from regional schools who show their stuff. Enjoy craft vendors, a food court, games and more.

#### ALL YEAR—DINING ...

It’s impossible to name all the places we like to eat in Downingtown-Exton. Victory’s beers, of course, are exceptional as is its brewpub, offering everything from ribs to salmon to sliders. That’s in addition to 25 or so beers on draft, hand pump or bottles.

Across from the train station in Downingtown, is one of our favorites—Station Taproom, a choice spot for an after-work nosh. More choices: Amani’s BYOB, specializing in local and seasonal fare, and Milito’s Ristorante, located in a converted paper mill and boasting a spectacular out-

door deck along the Brandywine Creek.

More options include the Pour House for a great selection of beer, Duling Kurtz House and Country Inn for a special occasion, Green Street Grill for a great breakfast or lunch, plus long-time favorites, Ship Inn and Vickers Restaurant.

#### AND SHOPPING ...

The shopping in Exton and Downingtown is exceptional. Just take a ride down Route 30 and be prepared to stop. Exton Square Mall has about 85 stores; Main Street in Exton—where you can catch a bite at Appetites on Main—about 40 stores; Brandywine Square in Downingtown, about 30; plus plenty of other shopping options.

#### AND PURE FUN

Sometimes it rains. It’s too cold or hot. But we still want entertainment. Round 1

Entertainment in the Exton Square Mall has it all—bowling, billiards, ping pong, darts, arcade games, even karaoke! Drop off the kids! Or go yourself! It’s a great new use of the mall.

#### IN SHORT

The Downingtown-Exton area has much to offer. Families, as well as visitors, enjoy outdoor events, festivals, recreational activities, dining and shopping.

It’s growing. And the Blob would have a hard time recognizing it. And we hoped we’ve shown this area is anything but sad! ♦

*To find out more, contact the Downingtown-Thorndate Chamber of Commerce at [DRTCC.com](http://DRTCC.com) or Downingtown Main Street Association at [DowningtowntownMainStreet.com](http://DowningtowntownMainStreet.com). For more on Exton, try the Exton Regional Chamber of Commerce at [ERCC.net](http://ERCC.net) and the Eagleview Town Center at [EagleviewTownCenter.com](http://EagleviewTownCenter.com).*

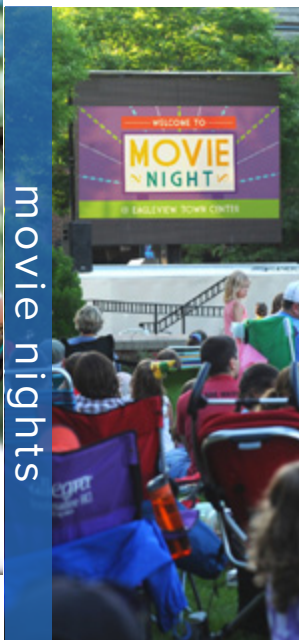




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[Home of the Month]

# Heartwood Farm

NAMED FOR A LUCKY DRAW THAT WON THE PROPERTY, HEARTWOOD FARM IS THE HEART OF WILLISTOWN TOWNSHIP AND COMMANDS PERHAPS THE MOST ICONIC VIEW IN CHESTER COUNTY.

Laurel Anderson

IMAGINE THAT YOU'VE BANDED TOGETHER WITH like-minded people to save a special property from likely ruinous development. When you decide you want to make that gentleman's farm your home, another member of the group has the same plan. Rather than a mutually destructive bidding war to determine the owner, you choose a civilized option—you draw cards. It's your birthday and you're feeling lucky, so you yield the first draw. The card is a king. You pause. Then you draw ... an ace of hearts.

Today that lucky ace of hearts hangs framed in the family room and inspired the name of Heartwood Farm, the Ganskys' family home for almost 20 years. That luck of the draw had them move virtually across the street from their prior home in this unique corner of Chester County.

## THE OPTIONS

This 72-acre crown jewel of Radnor Hunt Country sits at the historic White Horse Village crossroads of Goshen and Providence Roads with sweeping southern views of rolling hills and fenced pastures. And with many surrounding properties also under conservation easement, the sunsets will remain a part of each day on the farm.

With their next chapter set to unfold in Florida, the Ganskys are ready to turn over the entire property—all 72 acres with main house, historic Isaac Massey tenant house, barns, five-car garage plus other outbuildings—or divide the main property with its 30 acres from the more equestrian-oriented parcel to the west.

Though under conservation easement, the property rights for the main residence allow for building a barn, if desired, while the other





parcel permits building another residence.

Many options exist for this property: family compound, equestrian estate, equestrian business or gentleman's farm.

### THE MAIN HOUSE

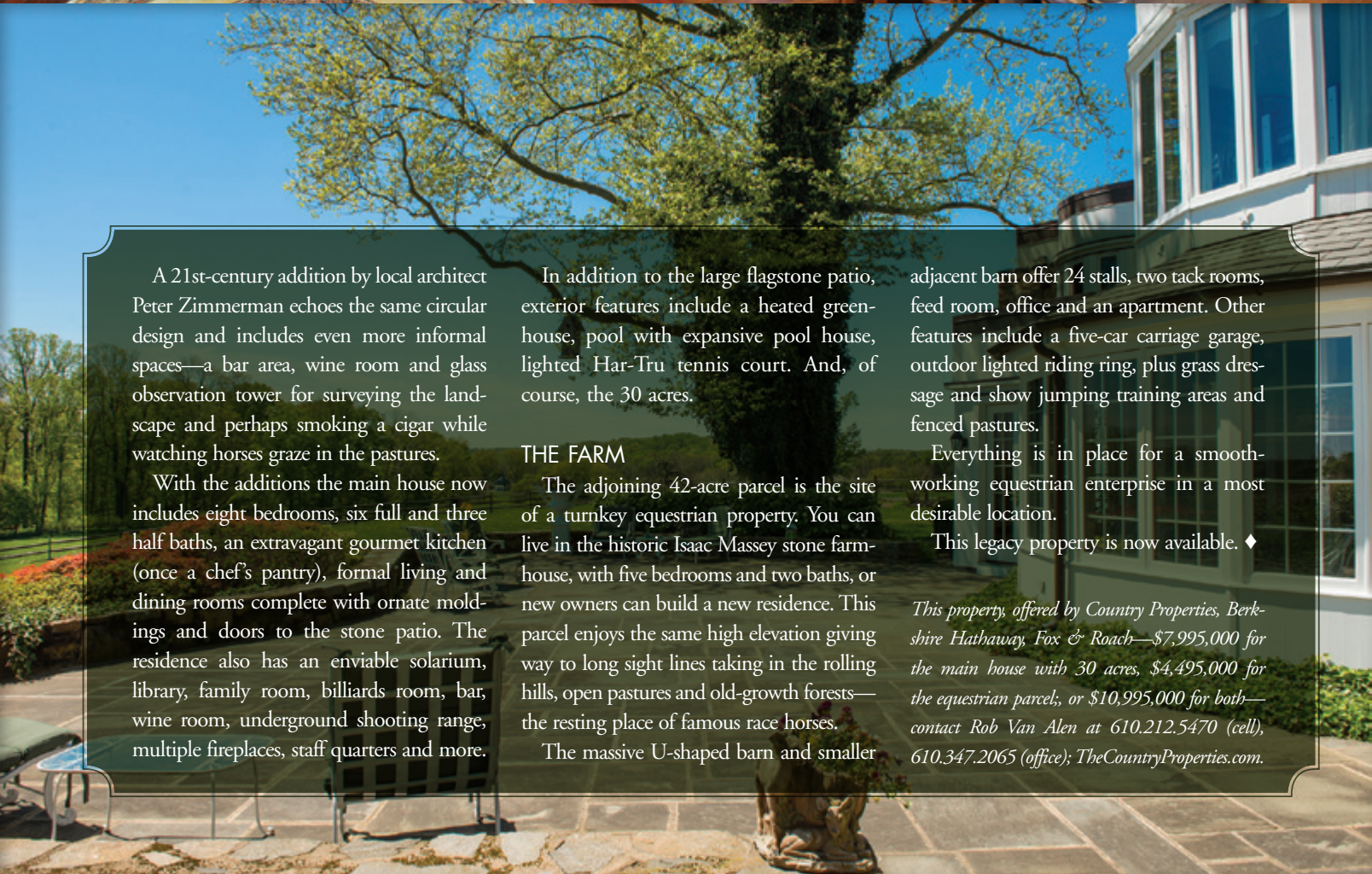
You may have visited this 1930s classic Chester County stone farmhouse designed by famed local architect R. Brognard Okie—during one of several Chester County Day tours or as the site of countless fundraisers. Or you may recall spotting the home with its striking, modern cylindrical glass additions—perhaps with the sunset reflecting off the expanses of glass—as you drove along one of the most scenic roads in the county.

This distinctive home—boasting additions in the 1960s and early

2000s—was profiled in *House Beautiful* in a feature showing how to “marry contemporary and colonial” architecture. The conclusion: like a person, a house can grow more interesting, its character and charm developed and amplified over time.

And so the stately original stone Colonial was expanded and made more livable with the addition of circular spaces, bringing inside the same fieldstone as the exterior. Plus a new solarium (currently home to a bounty of orchids and other tropic plants), fire-side game room and second-floor master suite (with round bedroom and bath, plus skylights)—all with curving walls of modern windows to capture the full sweep of the coveted country view. A stone patio flanks the length of the house under towering specimen trees and provides prime outdoor entertainment space for 200 guests.





A 21st-century addition by local architect Peter Zimmerman echoes the same circular design and includes even more informal spaces—a bar area, wine room and glass observation tower for surveying the landscape and perhaps smoking a cigar while watching horses graze in the pastures.

With the additions the main house now includes eight bedrooms, six full and three half baths, an extravagant gourmet kitchen (once a chef's pantry), formal living and dining rooms complete with ornate moldings and doors to the stone patio. The residence also has an enviable solarium, library, family room, billiards room, bar, wine room, underground shooting range, multiple fireplaces, staff quarters and more.

In addition to the large flagstone patio, exterior features include a heated greenhouse, pool with expansive pool house, lighted Har-Tru tennis court. And, of course, the 30 acres.

#### THE FARM

The adjoining 42-acre parcel is the site of a turnkey equestrian property. You can live in the historic Isaac Massey stone farmhouse, with five bedrooms and two baths, or new owners can build a new residence. This parcel enjoys the same high elevation giving way to long sight lines taking in the rolling hills, open pastures and old-growth forests—the resting place of famous race horses.

The massive U-shaped barn and smaller

adjacent barn offer 24 stalls, two tack rooms, feed room, office and an apartment. Other features include a five-car carriage garage, outdoor lighted riding ring, plus grass dressage and show jumping training areas and fenced pastures.

Everything is in place for a smooth-working equestrian enterprise in a most desirable location.

This legacy property is now available. ♦

*This property, offered by Country Properties, Berkshire Hathaway, Fox & Roach—\$7,995,000 for the main house with 30 acres, \$4,495,000 for the equestrian parcel, or \$10,995,000 for both—contact Rob Van Alen at 610.212.5470 (cell), 610.347.2065 (office); TheCountryProperties.com.*



a miscarriage in early pregnancies and with mothers who conceive at an older age.

Other factors that have been shown to be associated with the risk of miscarriage are smoking, moderate-to-high alcohol consumption, and illicit drug use. Age, having prior miscarriages, and certain invasive prenatal tests (amniocentesis and chorionic villus sampling, (CVS)) are also associated with increased risk of miscarriage. Caffeine, although sometimes associated with miscarriage, has been found to be safe in low doses—meaning about one eight-ounce cup of coffee a day.

Things that can alter the shape of the uterine cavity also may cause an increase in miscarriage risk, such as uterine abnormalities (like a uterine septum or bicornuate uterus), scar tissue from previous uterine surgery, or uterine fibroids.

Some maternal medical problems—such as poorly controlled thyroid disease, diabetes or adrenal disease—may also be related to miscarriage. And some infections may have the potential to lead to a miscarriage—for example, Fifth disease, rubella and toxoplasmosis. For this reason, pregnant women with a fever greater than 100.3°F should see their doctor immediately.

**Treatment:** Because a miscarriage often happens in women who want to

be pregnant, treatment is usually reserved for those who are medically unstable or have a serious condition, or those women who clearly have an abnormal pregnancy. For women with desired pregnancies who have no symptoms or very mild symptoms, some doctors will wait until the miscarriage or abnormal pregnancy is confirmed with certainty by either blood tests or ultrasound.

Treatment typically depends on the patient's symptoms, preference and how far along the pregnancy is. Options for treatment include waiting for the pregnancy tissue to pass on its own (called expectant management), medication that causes the uterus to push out any remaining pregnancy tissue, or a surgical procedure called a dilation and curettage (or D&C) to remove this tissue.

**After Effects:** Most women will experience some bleeding and cramping for several days after their miscarriage. Cramping usually improves over two to three days, while bleeding may continue to be irregular until the woman's next period. And the next period may also be heavier with more cramping than normal and may be delayed up to eight weeks after the miscarriage. Pelvic rest—avoiding use of tampons, douches or having intercourse—is

usually recommended for one to two weeks after a miscarriage.

Many women are eager to try to conceive again after a miscarriage. Some physicians recommend waiting several menstrual cycles to allow some time to recover both physically and emotionally. While there's no medical reason to wait beyond the initial recovery period, it's helpful to verify that the current pregnancy has resolved completely, either by ultrasound or a negative pregnancy test.

Regardless of when a woman has physically recovered from her pregnancy and miscarriage, it's important to wait until she has emotionally recovered before trying again. Many women grieve over their lost pregnancy, even if they were unaware they were pregnant prior to miscarrying.

**Conclusion:** As devastating as miscarriage can be, it's important to remember that miscarriage is common and the majority have nothing to do with the actions of the mother. Most women will then go on to have normal, healthy pregnancies in the future.

Hopefully, by continuing to discuss miscarriage openly and accurately, women can feel less isolated about their experience and more hopeful about their chances of a normal pregnancy in the future, if and when they so desire. ♦

## CHILDHOOD FOOD ALLERGIES *continued from page 44*

A common myth is that prior symptoms and reactions predict the severity of future reactions. But since reactions can vary widely, children with food allergies and their parents must always be prepared for the possibility of anaphylaxis.

Factors contributing to the severity of reactions are—in addition to sensitivity to a particular food—the amount of allergen that's ingested, any current illness (like a cold), a history of asthma, and exercise near the time of ingestion.

### TREATMENTS

While minor reactions, such as an isolated skin rash, can be treated with an antihistamine, severe reactions require the use of epinephrine—also known as adrenaline. Since delay in administering epinephrine

increases the risk of a fatal reaction, those with food allergies must carry epinephrine auto-injectors at all times. In addition, all caregivers should be instructed on using these devices and have an Anaphylaxis Emergency Action Plan from a doctor.

And if food allergies weren't stressful enough for families, the food allergy community was hit recently by huge price increases for epinephrine auto-injectors. The price of an EpiPen twin pack (manufactured by Mylan) rose to \$600 in 2016 compared with its \$100 price in 2009.

Although generic epinephrine auto-injectors are available (from Lineage and Mylan), they can still cost above \$100 for two auto-injectors. Another option, Auvi-Q, is available once again, after its 2015 recall.

Imagine the cost to a family for a child

who needs two twin-packs—one for home and one for school. Then add the cost each year, since injectors expire after about a year.

### MANAGING FOOD ALLERGIES AWAY FROM HOME

The mainstay of treatment for food allergies has been strict avoidance of known food allergens. And a key step in avoiding those allergens is understanding the information on food labels.

A visit to an allergist can help educate parents on how to read food labels to keep their children safe. And although the top eight allergens are stated clearly and in common language on food labels, other allergens, such as sesame seeds, are not as easy to spot in prepared food.

The majority of accidental exposures to



# Healthy AT EVERY AGE

food allergens occur away from home—in places such as camps and schools, where each classroom has an average of two children with food allergies. As a result, schools have to be food allergy-savvy.

Some families develop a written plan for school that discusses necessary accommodations including what to do on field trips and how to manage food in the classroom.

Two important tips for kids with food allergies are never share food (because they don't know for sure what's in their friends' food) and always wash hands before eating.

## THE FUTURE OF FOOD ALLERGIES IS BRIGHT

In the U.S., clinical trials are seeking ways to desensitize those with food allergies. One of the most promising techniques, oral immunotherapy (OIT), involves gradually feeding someone their food allergen in increasing quantities until they're desensitized or no longer react to the food.

With this technique, reactions to the food allergen can occur, so dosing needs to be supervised. It's important to know that desensitizing a child to a food does not lead to tolerance—tolerance is long-lasting immunity without an allergic reaction to a food even if it's not consumed daily. Those

trying OIT must continue to eat the food every day to maintain their desensitization.

A variation of OIT currently in clinic trials is sublingual immunotherapy (SLIT), which involves giving patients small doses of an allergen under the tongue to boost tolerance and reduce symptoms.

Another approach, epicutaneous immunotherapy (EPIT), involves wearing a patch on the skin containing a food protein. A peanut patch shows promise for treating children and young adults with peanut allergy, with the Viaskin Peanut patch in phase III FDA trials. Clinical trials are also underway for a milk patch, with an egg patch on the horizon. See sidebar for most recent peanut allergy news.

Living with food allergies can be daunting and scary, but remember you're not alone. Your local allergist can help with diagnosing and managing food allergies, and the American Academy of Allergy, Asthma and Immunology can help you locate a specialist.

Support groups and food allergy websites, such as the Food Allergy and Anaphylaxis Network and Kids with Food Allergies, can also be great resources, providing safety information, social support and updates on new developments. ♦

## Don't Avoid Peanuts. Feed Them to Infants.

Recent news reports highlighted promising research on introducing peanuts into infants' diets. A 2015 LEAP study (Learning Early About Peanuts) demonstrated a lower risk of developing peanut allergy by age 5 when high-risk infants (with severe eczema or egg allergy) were given peanuts early.

In January, the National Institutes of Allergy and Infectious Diseases (NIAID) released guidelines for this new approach. Parents are encouraged to get their high-risk infants (as early as 4 to 6 months old) screened by an allergist using skin testing, or a blood test (peanut IgE) screening.

Once parents get the green light from their physician, they should feed their infant 6 to 7 grams of peanut protein (2 tablespoons of peanut butter) per week over three or more feedings. Note that whole nuts pose a choking hazard in children under 5, as does undiluted peanut butter for children under 3. Additional guidelines propose later introduction of peanuts for lower risk infants.

Researchers are also investigating the effects of early introduction of other highly allergenic foods.

## ADULT ADHD *continued from page 45*

tings (e.g., home, work, school, social situations, etc.)

Classic adult symptoms of inattention listed by the NIMH are:

- Failing to pay attention to details
- Making careless mistakes
- Having difficulty sustaining attention during presentations, lectures, lengthy reading tasks, etc.
- Failing to follow through on instructions or finish chores or workplace duties
- Having difficulty organizing tasks and activities (e.g., is messy or has poor time management)
- Seeming not to listen when spoken to directly
- Avoiding tasks that require sustained mental effort
- Frequently losing items like keys, wallets, and phones

- Being easily distracted by unrelated thoughts, activities or sounds
- Forgetting daily responsibilities, such as paying bills, keeping appointments.

Hyperactivity and impulsivity symptoms include:

- Feeling restless or unable to be still for extended periods
- Fidgeting, tapping hands or feet, squirming in seat
- Leaving one's seat in situations when remaining seated is expected
- Being unable to engage in leisure activities quietly
- Talking excessively
- Having difficulty waiting for one's turn, such as when waiting in line
- Interrupting or intruding on others

Because ADHD is known to be a developmental disorder, it's minimally affected

by diet or by parenting, contrary to popular belief.

## HOW IS ADHD DIAGNOSED?

It may be tempting to take an Internet quiz for ADHD, but it's best to have a professional assessment done if you think you or a loved one may have the disorder. That's because many conditions mimic ADHD symptoms, such as anxiety or an over-active thyroid. As I tell my patients, if I talk fast and interrupt people a lot, it could be because I'm from New York and drink a lot of caffeine.

Psychiatrists begin the diagnostic process by taking a thorough medical and behavioral history from the patient and family. Sometimes, conversations with spouses, parents or even siblings can help bring to light longtime patterns of disruptive or distracted



behaviors. Blood samples are tested for biological causes of symptoms.

About a week later, the doctor and patient meet to review the test results and discuss treatment approaches.

## HOW IS ADHD TREATED?

Because ADHD is rooted in brain chemistry, medication can provide the balance needed to let the brain do its job of maintaining attention and controlling impulses. Treatments commonly include Methylphenidate (Ritalin, Metadate, Concerta, Methylin), Dextroamphetamine (Dexedrine, Dextrostat), a mixture of amphetamine salts (Adderall), Atom-

xetine (Strattera) and Lisdexamfetamine (Vyvanse).

ADHD patients may also benefit from counseling to help them develop coping strategies to improve organizational skills. Patients may also learn relaxation techniques—from controlled breathing to meditation to self-care—since ADHD symptoms get worse when patients are anxious.

Talk therapy can also help with feelings of low self-esteem, which may arise after years of difficulties with attention, focus, organization and other ADHD symptoms that inhibit success.

If the full mental health assessment

identifies additional problems such as anxiety, depression and conduct disorders, which are common in ADHD patients, these can also be addressed through medication and psychotherapy or counseling. Appropriate support for learning disorders, if present, may also be recommended.

If you recognize your younger self in your children or other family members and your inability to concentrate, pay attention and organize your life is affecting your happiness, consider getting a formal evaluation.

There is help for ADHD, and it's never too late. ♦

## HEALTHY HIPS *continued from page 46*

- **Warm up and cool down** every time you exercise to prevent injury and promote flexibility. Stretching is key both before *and after* any activity.
- **Stay motivated.** To help with this you may want to add music to your routine or exercise with a friend or in a group. Many gyms offer low-impact group exercise classes, and these classes will help you stay motivated, make new friends and build self-esteem.

If these techniques aren't sufficient to manage your pain, the next steps are to:

- **Modify your activities.** Stop doing what hurts. Back off your activities for a while to see if that relieves your pain.
- **Take oral medications.** Simple over-the-counter medicines—nonsteroidal anti-inflammatory drugs such as ibuprofen (Advil, Motrin IB) and naproxen (Aleve)—may relieve hip pain. If you have any questions, consult your doctor first.

When your lack of mobility or pain becomes intolerable, it may be time to consider surgery—including a hip replacement—but not until then. Examples of serious issues that may suggest it's time to take additional steps include experiencing hip pain that persists despite pain medication, worsens with walking, affects your ability to use stairs, or interferes with your sleep.

Your doctor will generally leave it up to

you to decide when it's the right time to consider surgery as an option.

## YOUNGER HIPS

Even for younger hips, the steps outlined above may help decrease hip and groin pain. And as with older patients, these approaches are generally tried before considering surgery.

Hip and groin pain in young patients and athletes often begins with intermittent symptoms but can soon progress to consistent and sometime debilitating pain. The most common causes of pain in these non-arthritis hips are femoroacetabular impingement (FAI, when the ball and the socket of the hip don't fit together properly), labral tear (tear in the cartilage of the hip socket), and dysplasia (abnormal growth or misalignment of the hip joint).

Patients with FAI have a problem most often with the shape of the ball and neck of the femur, but can also have the pelvis cover too much of the ball. In these patients, there's an over-constraint to the joint. Over time this leads to increased pressure in the joint that can damage the labrum (cartilage).

When these issues of FAI and labral tear become painful, surgery may be required.

Fortunately, hip arthroscopy may be successful in many cases. But unfortunately, patients with arthritis, dysplasia, instability or related medical conditions usually are not good candidates for hip arthroscopy.

## LESS THAN HIP REPLACEMENT

Hip arthroscopy and hip preservation procedures have advanced tremendously in the last few decades.

The goal of hip arthroscopy is to fix the hip through a minimally invasive approach. Through very small incisions, a fiber-optic camera is used to enter the hip joint and specialized instruments are used to fix the injury.

The labrum is usually repaired or anchored back to the pelvis so it can do the job it was designed to do. During the same procedure, the FAI can be attended to by decompressing the bone with a burr (a small surgical tool for cutting bone) to ensure the original cause of the problem won't be an issue in the future.

These procedures are done on an outpatient basis, although it does take some time to recover. Patients need to do physical therapy for a few months and full recovery typically takes 4 to 6 months after surgery.

Causes of hip pain can vary greatly depending on age, and treatment options to relieve the pain and restore mobility can vary greatly as well.

Because the treatment for every patient is different, if you suffer from hip pain at any age, the best first step is to consult your doctor. ♦



# SPIRITED RED WINES

Kayleigh Thompson

## RED WINE AND BOURBON BARRELS— THE MAKINGS OF A BEAUTIFUL RELATIONSHIP

**Y**OU'RE LIKELY AWARE THAT THE POPULARITY OF whiskey in general and bourbon in particular has grown drastically in recent years. We've also seen a trend among experimental distillers and brewers of aging their products in unusual vessels to add new flavors and additional complexity to your drink options.

Some Scotch is aged in sauterne, port and sherry barrels, for example. Similarly, certain beers are aged in all sorts of different whiskey barrels. And recently, Jefferson's Reserve bourbon was aged in cabernet sauvignon barrels from Napa Valley's Groth Vineyard, after, of course, the required aging for all bourbon in new oak barrels.

Though winemakers tend to adhere more closely to tradition than do distillers or brewers—in part because of stricter laws—we're finally beginning to see some innovative winemakers navigate uncharted waters. A few winemakers are creating wines that are aged in whiskey casks. That's right—you can drink bourbon barrel-aged wines!

Wine purists may shake their heads. But don't knock these delicious wines until you try them. To be clear: this innovation is done by aging the wine in whiskey barrels, not by adding bourbon to wines. And contrary to the fears of some skeptics, the resulting wines do not taste like whiskey bombs.

Intrigued, yet unsure if I'd like these new concoctions, I decided to give them a try. What follows are my tasting notes from four different options found at Fine Wine & Good Spirits stores and sampled side by side with a few friends. Note: These whiskey barrel-aged wines are still relatively rare. But since oak barrels are expensive, perhaps the recycling trend will grow.

**Gentleman's Collection Red Blend Batch No. 2, California 2014** (\$16.99), produced by Lindeman's, is a modern red blend aimed at men. Dr. Henry J. Lindeman started making wine in 1843 in Australia, a hard-drinking colony that he hoped to spur into more gentlemanly pursuits.

The Gentleman's Collection wines are a line from California that features old-fashioned labels with a mustached man and "guides to chivalry and integrity." For example, "Rule No. 2: Forgo Frills" is the advice on the red blend bottle.

A mix of shiraz, grenache and cabernet sauvignon aged in bourbon barrels, this red blend boasts dark fruit flavors with caramel, charred oak and sweet bourbon notes on the finish.

From the tasting, I found it heavy, lush, dark and smooth, with a delicious, long-lasting finish of sweet oak and caramel plus a hint of bourbon. Despite its relatively low 13.9% alcohol by volume (ABV), this wine came across as very heavy, but still very consumer-





friendly. It has a slightly sweeter finish than many of the other wines we tried.

Gentleman's Collection would be a nice match with baked beans, chorizo, antipasto or meatloaf.

A new venture from Fetzer Vineyards and winemaker Bob Blue, **1000 Stories Bourbon Barrel Aged Zinfandel, California 2014**

(\$19.99) is made from zinfandel with a bit of syrah and petite sirah aged for six months in French and American oak. After that, the wine is aged further in new and used bourbon barrels, which impart characteristics of charred vanilla, dried herbs and a hint of caramel. It's made in small lots, to borrow some bourbon terminology.

Though the alcohol is high at 15.5% ABV, this wine is surprisingly the lightest and most fruit-forward of the group, with notes of cherry and raspberry dominating the palate. I could recognize the bourbon-barrel influence—with subtle hints of caramel and charred oak—but the finish was much more subtle than for the Gentleman's Collection Red Blend.

I love a tasty zinfandel, and this was good with a little sweet, smoky twist, one that makes it an even better pairing for grilled burgers, pizza and barbeque pork.

The third selection, **Southern Belle Red Murcia 2013** (\$18.99), is certainly an experiment that paid off. Winemaker Dan Phillips created this blend of monastrell and syrah from

southern Spain and aged it in Pappy Van Winkle Bourbon barrels.

The barrel choice was an idea he had after a conversation with his friend Julian Van Winkle about trading barrels. For non-bourbon drinkers: Pappy Van Winkle is a world-renowned and hard-to-get bourbon. The infusion from the barrel aging adds a complex elegance to the already refined, garnet-colored wine.

This wine comes across as the most *serious* offering—with notes of black currant, tar, charred oak and violets. Austere, with great structure, complexity and depth of flavor, Southern Belle is distinctly Old World in style. It drinks like a Rioja or a Barolo with a bit of bourbon tang. The noticeable hint of alcohol on the finish was surprising, as this wine is lower in alcohol, at 14.5%.

Pair it with stuffed peppers, grilled lamb chops or Manchego cheese.

Lastly, **Robert Mondavi Private Select Bourbon Barrel Aged Cabernet Sauvignon Monterey 2014** (\$14.99) is a limited release wine made from 85% cabernet sauvignon, 10% malbec and 5% petit verdot grapes grown in coastal Monterey County vineyards. It's aged for 10 months in traditional wine barrels, then aged for another three months in new and used charred Kentucky bourbon barrels to add complexity and toasty flavors of brown sugar, smoke and vanilla to the rich black cherry and blackberry profile.

The Robert Mondavi wine was the favorite of most of my friends, as it did the best at balancing all the different flavor components of the previous wines. It was smooth but bold, full-bodied and had delicious flavors of blueberry, smoky oak and caramel, plus a velvety mocha finish with a bit of bourbon flair. Again, the wine with (relatively) lower alcohol content, at 14.5%, had a more noticeable flourish of bourbon.

Try this wine with bourbon glazed ribs, hearty pasta dishes, grilled steaks or charcuterie.

Now go get your hands on some bourbon barrel-aged wines, get some friends together and hold a tasting for yourself!

Cheers! ♦

*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 works as a Wine Specialist at the Fine Wine & Good Spirits Premium Collection store in King of Prussia, on DeKalb Pike. Learn more at [FineWineAndGoodSpirits.com](http://FineWineAndGoodSpirits.com).*







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## The Bistro's Back in Town.

Searching for your next favorite BYOB? Look no further than newly opened **39 West American Bistro** in West Chester. Anthony Mastroianni, formerly of Malvern's Cosimo Restaurant & Wine Bar, has a new culinary venture with a menu ranging from classics like Grandma M's Meatballs to trendy options like shrimp and grits. Stop in for lunch

or dinner and indulge in their unique American classics with a twist. Bistro, baby! *39 W. Gay St., West Chester; 39WestAmericanBistro.com.*

## Crunch Time.

Whether you eat them alongside sandwiches or as a stand-alone snack, you can never have just one potato chip. Savor the salty crunch even more on **National Potato Chip Day**, March 14th. The world spends \$15 billion a year on potato chips—that's about six pounds of crunchy goodness per person! Pay homage to America's #1 snack food at a Chester County institution—Herr's Snacks—by taking one of their factory tours. Book your tour at *Herrs.com/SnackFactoryTours*.



## Can It!

Canned cocktails are on the rise and that's the idea behind **Better World Spirits'** venture to sell their own hard soda while supporting local agriculture. The company launched a crowdfunding campaign aimed at Chester County residents to invest in this very canny idea. Better World Spirits aims to craft vodka-based cocktails (with flavors like blood orange ginger) made of all-natural ingredients canned in 12-ounce portions—perfect for sporting events or as an alternative to beer. More at *BetterWorldSpirits.com*.

## Fish for Thought.

Most know them as the pizza topping everyone loves to hate. But sardines are a superfood that's in season during March. Sardines are a great source of vitamin B12, which regulates the nervous system to reduce that late winter stress. Skip the pizza and try them topped on toasted sourdough with red chili or mixed in with fettuccine and sautéed kale for an easy weeknight dinner. More recipes on *Saveur.com*.



## Knock on Wood.

Barrel-aged drinks are the latest trend in alcoholic beverages—read "Spirited Wines" in this issue—and **Victory Brewing Company** jumped on the bandwagon with barrel-aged beers. Victory recently introduced Java Cask, a dark beer featuring undertones of coffee from local roaster One Village Coffee. The barrel-aging process adds the sweetness of bourbon and a hint of oak to the beer as it's tapped. Much like barrel-aged wine, beer is now getting a new flavor with the addition of wood. *VictoryBeer.com/Beers/Java-Cask*.







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# Hearty and Healthy

Laura Muzzi Brennan

SEASONAL, HEALTHY CHOICES AND  
A COMMITMENT TO PROVIDING  
“HONEST” FOOD.

**Y**OU MAY BE A HARDCORE VEGAN WHILE I'M AN unrepentant carnivore—the food version of you say potay-to and I'm low carbing it—but I bet we agree on one thing: we both want to push away from the table feeling satisfied and nourished. The challenge—especially in late winter when our bodies still crave rib-sticking food—is finding dishes that fill us up, don't weigh us down and provide the nutrients our bodies need to bounce into spring.

Chef Emily Scott knows how to strike this balance. In 2014, Scott started **The Wildflower Chef**, a meal delivery service she now runs out of West Chester's Artisan Exchange. Her business name reflects her commitment to providing “honest” food: simple, fresh and organic with no empty calories, no confusing labels, no hidden ingredients.

The majority of Scott's clients are parents with young children. They're short on time but want to provide their families with healthy food. She also cooks for many older couples who've decided to devote their energy to pursuits outside the kitchen. Many clients have allergy concerns and 90 percent follow a gluten-free diet.

The delivery service works like this: clients fill out a questionnaire about food preferences including how much time they're willing to spend reheating. Most opt for 3 to 5 meals per week—3 is the minimum. The service is not a subscription, so there's no obligation to order every week.

Before each delivery, Scott sends a menu for review and approval. Although clients are free to



Chef Emily Scott, The Wildflower Chef.

make requests, most don't: “They're happy as long as we keep the healthy food coming,” says Scott.

Among her clients' hearty favorites are vegetarian enchiladas and beef chili that gets an extra healthy boost from puréed pumpkin. Scott loves making soups and offering vegan meals. Her menus evolve constantly based on available ingredients and clients' tastes.

Overall, Scott focuses on plant-based dishes and offers some great ways to make such meals filling and nutritious. For those looking to cut starch, she likes to replace potatoes with winter squash. For a fiber boost—and a toothsome alternative to meat—lentils and beans fit the bill. And if you're trying to reduce dairy intake, Scott suggests exploring recipes that use cashews to make vegan “cheese” sauces or creamy salad dressings.

Over her years of feeding others—before enrolling in culinary school, she cooked for fellow dancers at the Orlando Ballet Company—Scott concluded that cooking per se is not the only obstacle to eating healthfully. So in early 2017, she debuted her seasonal meal planning program.

Clients pay a set fee, and every week for the first month of the season, she sends recipes that can be adapted for any diet along with nutritional tips and shopping lists. As part of the plan, clients enjoy a 30-minute phone consultation with Scott and can email her anytime with questions. During months two and three, she continues to send

weekly emails full of bonus recipes, fitness tips and much-needed inspiration.

When food becomes less about calories and more about what you are getting (nutrients and antioxidants vs. fat grams and sugar), it's easier to make the decision that you know will benefit you the most,” says Scott in her ebook, *Plan Your Health Program*.

Now those are words to eat by.





## Healthy Beef Chili

*"I created this recipe for a family that I cook for weekly," explains Chef Emily Scott. "My client wanted her boys to eat more vegetables and beans, yet they didn't like the texture. This chili is perfectly kid-friendly because I purée the base, leaving it smooth and creamy, and the boys have no idea how healthy it is!"*



- 1 Tb. olive oil
- 1 lb. ground beef
- Salt and freshly ground pepper
- 1 large onion, chopped
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- 4 cloves garlic, chopped
- 2–3 Tb. chili powder
- ½ tsp. dried oregano
- 1, 15-oz. can pinto beans, drained and rinsed (or other bean of your choice)
- 1, 28-oz. can diced tomatoes
- 1 C. water or broth, plus more as needed to thin
- 1, 14-oz. can puréed pumpkin

*Optional:* Shredded cheddar cheese, sour cream and diced avocado, for topping

Heat oil in a large pot over medium-high heat. Brown ground beef and season with salt and pepper, to taste. Remove from pot using a slotted spoon and set aside.

Reduce heat to medium, leaving drippings in the pot. Add the onion, peppers, and garlic. Cook, stirring, until softened, about 6 minutes. Add chili powder and oregano.

Add pinto beans, tomatoes and a cup or more of water (or broth), and bring to a simmer. Allow this to cook for 10–15 minutes. Using an immersion blender, blend the soup until creamy and smooth. Add more water or broth if it needs thinning.

Return the beef to the pot and add the canned pumpkin. Bring back to a simmer for 3–5 minutes.

Season with additional chili powder, if needed. Divide among bowls and top with

cheese, sour cream and/or avocado.  
Makes 6–8 servings.

## Warm Moroccan-Spiced Chicken and Vegetables over Brown Rice

*Says Chef Emily Scott, "I love how the spices in this dish make it so cozy and warming. It's light and healthy, yet sticks to your ribs. To mix it up, try substituting quinoa, farro or another whole grain for the rice. This recipe is inspired by a vegetable salad recipe on the blog, Occasionally Eggs."*

*For the rice:*

- 3 C. chicken broth
- 1½ C. brown rice
- Salt

*For the vegetables:*

- 2 Tb. cumin
- 2 tsp. cinnamon
- 1 tsp. turmeric
- 1 tsp. hot pepper flakes, or to taste
- ½ tsp. cardamom
- 3 C. diced butternut squash
- 1 large tart apple, cored and diced

cook, stirring often, until vegetables start to soften, 3–5 minutes. Sprinkle flour over top and stir to coat vegetables. Cook for 1 minute.

Add sherry and cook until evaporated, about 1 minute. Add broth, chicken, carrots, thyme and bay leaf. Bring to a boil. Reduce to a simmer and cook until chicken is just cooked through, about 10–15 minutes.

Remove chicken breasts and allow to cool for 5–10 minutes or until you can handle them. Shred chicken using two forks or cut it into bite-sized pieces. Return chicken to the pot and cook for 5 more minutes. Remove bay leaf.

Off heat, stir in heavy cream. Add salt to taste. Top with chives.

Makes 6–8 servings.



- ½ yellow onion, diced
- 2 Tb. oil
- Salt and pepper, to taste
- 4 whole cloves garlic, minced
- ¼" piece ginger, minced

*For the chicken:*

- 1½ lbs. skinless, boneless chicken breast or thighs, cut into bite-sized pieces
- 2 tsp. coconut oil

*Optional:* ½ to 1 C. coconut milk

*For the dressing:*

- ¼ C. olive oil
- Juice of one lemon
- ½ tsp. maple syrup

*For the topping:*

- Pomegranate seeds
- Optional:* chopped cilantro

Preheat your oven to 375° and line a large baking sheet with parchment paper.

*To make rice:* In a medium sauce pot, bring broth, rice and a pinch of salt to a boil. Reduce to a gentle simmer, cover and cook until rice is tender. Follow package directions as cooking times vary for different types of rice.



*To make vegetables:* Make spice mixture by combining cumin, cinnamon, turmeric, hot pepper flakes and cardamom. Reserve 2 tsp. in a small bowl.

In a large bowl, combine spice mixture with squash, apple, onion and 2 Tb. oil. Season with salt and pepper, to taste. Bake for 20–25 minutes, or until squash is tender. During the last minute of cooking, mix in the garlic and ginger with the vegetables and allow them to cook just slightly.

*To make chicken:* Season chicken with the reserved 2 tsp. of the spice mixture, plus salt and pepper, to taste. Heat a large skillet over medium-high heat. Once hot, add the coconut oil, then add the chicken pieces. Brown the chicken, then reduce heat and add coconut milk. Simmer until coconut milk is reduced and chicken is cooked through. (You can leave the coconut milk out, if desired, and simply continue cooking the chicken until it's cooked through, but I like the creaminess and flavor that the coconut milk adds.)

*To make dressing:* Mix ¼ C. olive oil, lemon juice, maple syrup, and salt to taste.


*To serve:* Scoop the warm rice into a large shallow bowl or platter. Top with the chicken, mixed vegetables, and drizzle with the lemon-maple dressing. Finally, scatter the pomegranate seeds over top along with a generous handful of chopped cilantro (if using). This dish is also excellent served room temperature.

Makes 4–6 servings.

### Slow Cooker Squash and Pork Stew

*"This warming stew is easy to assemble and utilizes a great winter cooking tool: the slow cooker," says Chef Emily Scott. "This stew also freezes well, so make extra and keep it on hand for a quick weeknight meal!"*

- 1 Tb. organic sunflower oil
- 2 lbs. organic pork shoulder, cut into 1-inch cubes, trimmed of large pieces of fat
- Salt and black pepper, to taste
- 1 medium onion, cut into large dice
- 2 ribs celery, cut into large dice
- 1 green bell pepper, cut into large dice
- 1 yellow bell pepper, cut into large dice
- 1 sweet apple, cut into large dice
- 4 C. winter squash, cut into medium dice (Delicata and butternut both work well.)
- ½ C. golden raisins



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1 tsp. dried sage  
 1 tsp. dried thyme  
 1 tsp. garlic powder  
 1 tsp. onion powder  
 6 C. chicken broth, vegetable broth or water  
 ¾ C. barley  
 Apple cider vinegar, to taste  
 Fresh parsley, chopped

Heat a large skillet over medium-high heat. Add oil to the pan. Season the pork with salt and pepper. Once oil is hot, sear the pork on all sides. (If you're short on

time, simply skip this step and omit the oil.)

Transfer the meat to your slow cooker. Add all remaining ingredients up to and including the barley and stir well. Cook on low for 5 to 7 hours.

Before serving, season to taste with vinegar, salt and pepper. (The vinegar brings out the sweetness of the squash and cuts the richness of the pork. Try adding it 1 tsp. at a time until you find the right balance.)

Serve topped with freshly chopped parsley. Makes 8–10 servings.

## Homage to Le Bus Vegetarian Chili

*The vegetarian chili at Philadelphia's Le Bus was the first meatless chili I ever ate that did not leave me hungry an hour or two after I got up from the table. Here's my adaptation of the recipe.*

¼ C. vegetable oil  
 1 large red onion, chopped (about 2 C.)  
 1 large green pepper, chopped  
 2 small poblano peppers, chopped  
 4–5 small carrots, sliced into ¼" disks (about 1½ C.)  
 4 ribs celery, cut into ½" pieces  
 1 tsp. ground cumin  
 ½ tsp. ground coriander  
 1 tsp. ground mustard  
 1 Tb. smoked paprika, more to taste  
 2–3 tsp. kosher salt  
 1 Tb. chili powder  
 2–3 tsp. minced garlic  
 ¼ C. red wine  
 1½ C. water  
 ½ C. bulgur wheat  
 2, 14.5-oz. cans diced tomatoes  
 1, 15-oz. can pinto or kidney beans  
 1 small bunch cilantro, chopped

*Optional: sour cream, shredded cheddar cheese, guacamole or avocado slices and sliced scallions*



Heat oil in a Dutch oven. Add all ingredients from onion up through and including chili powder. Stirring frequently, cook on medium-high heat until vegetables begin to soften, about 5 minutes.

Add garlic and red wine and cook for 2–3 minutes. Add water, bulgur, tomatoes. Bring to a boil, cook for 2–3 minutes. Add beans.

Reduce heat to medium-low and simmer for 20 minutes. Adjust seasonings and simmer for another 10 minutes.

Ladle into bowls and add toppings. The more, the merrier!

Makes 8–10 servings.





## Smoked Trout, Potato and Asparagus Salad

*The vegetables and leafy greens are front and center in this salad while the trout offers a punch of smoky, salty flavor. Along with a bowl of soup, this salad makes for a satisfying and healthy meal.*

Generous  $\frac{1}{4}$  C. champagne vinegar  
Salt to taste  
1 Tb. minced shallot  
1 tsp. Dijon mustard  
1 tsp. honey  
 $\frac{1}{2}$  C. extra virgin olive oil  
Freshly ground black pepper, to taste  
1 lb. thin or medium asparagus  
1 Tb. salt  
1 Tb. olive oil  
 $\frac{3}{4}$  lb. fingerling or other small potatoes  
4 oz. smoked trout  
6 oz. baby spinach and arugula mix  
3–4 radishes, sliced thinly  
3 Tb. fresh snipped chives



In a small bowl, whisk together vinegar, salt and shallot. Let sit for a few minutes. Stir in mustard and honey. Whisk in olive oil. Add salt and pepper to taste.

For asparagus that's just the right balance of crisp and tender, use this cooking method from The Kitchn website: Snap off woody ends of asparagus. Cut off tips and set aside. Cut spears into 1–1½" pieces. In a medium saucepan, bring 6 C. water and 1 Tb. salt to a boil. Add asparagus pieces (not the tips). Cover and cook for 2–2½ minutes depending on thickness. Add tips. Cover and cook for about a minute. Drain and toss with 1 Tb. olive oil. Set aside.

Cook potatoes until they can be pierced with a fork. Drain and toss with a little of the dressing. Allow to cool. Cut large ones in half.

When ready to assemble salad, use a fork to flake the trout into small pieces. Toss together trout, spinach, arugula, asparagus, potatoes and dressing.

Garnish with radish and chives.

Makes 4–6 servings. ♦

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



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## [People & Places] *A look back at some great events*



Things were jumping at **Stroud Water Research Center's Uncorked** in Avondale. Left to right, Jason Kunkle, Gabriel Humphreys, Lauren Schock, Adrienne Neff, Erik Gudmundson.



The Rijksmuseum's Dr. Reinier Baarsen of the Netherlands helps Dina du Pont of Wilmington review a dealer's jewelry selections during the Opening Night Party of the **Delaware Antiques Show**.



The dogs came out to Wilson Farm Park in Wayne for the **National Dog Show Charity Walk**, held for the benefit of Ronald McDonald House, PAWS and Lilo's Promise.



Honorary chairs of the **Main Line Antiques Show** Maureen Brennan-Miller and Anne Hamilton paused for a photo with Tom McCabe at the Preview Party last fall.



**Uptown! Alliance** raised the curtain on 2017 with the opening of the Knauer Performing Arts Center on New Year's Eve. We're all looking forward to a year filled with amazing entertainment!





**West Chester Downtown Foundation** presents Chester County with the historic preservation plaque for restoration of historic courthouse. (Left to right) Kathy Wilczek, president of the WC Downtown Foundation, Phil Yocum, awards committee member and Chester County Commissioners Michelle Kichline, Kathi Cozzone and Terence Farrell.



So many fabulous items to choose from at the 34th Annual Auction for **French & Pickering Creeks Conservation Trust** was held at the Stonewall Golf Club in Elverson.



Heather Haines, Igor Shkuropat and Roman Antonyuk take a moment to relax at the after-party for Natural Lands Trust's **ChesLen Chase for Open Space** Fun Run and Walk event.



Supporters of **The Timothy School** gathered at the Overbrook Golf Club for a black-tie optional Gala to mark the school's 50th anniversary serving children with autism.



The Chester Co. Economic Development Council's **Dress Up and Dash 5K Run/Walk** was held at Eagleview Town Center. CCEDF Executive Vice President and COO, Mike Grigalonis (front right) pictured with the Phillie Phanatic.



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