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2015

Top 100 Women Financial  
Advisors in America

FINANCIAL TIMES

2015

Top 400 Financial Advisors  
in the Nation

FORTUNE

2008

One of America's Top 100  
Independent Advisors

Worth

2009 – 2011

One of Nation's  
Top Wealth Managers

Wealth Manager

2010

The 50 Top Women  
in Wealth



Wealth Manager

2009

50 Most Influential  
Women in Wealth

BARRON'S

2006 – 2015

Top 1,200  
Financial Advisors

PHILADELPHIA  
BUSINESS JOURNAL

2010

#2 Top Wealth Advisor

Patricia C. Brennan, CFP®

## *Internationally recognized, but close to home*

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

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

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

FINANCIAL TIMES



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## Our Ports of Call for 2015

### July 4th Bon Voyage Party!

July 5-11 France

July 12-18 Ireland

July 19-25 Denmark

July 26-31 Spain

August 2-8 Morocco

August 9-15 Italy

August 16-22 Egypt

August 23-29 Greece

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### New Listing



#### MARSHALLTON AREA

Property has large 5 Bedroom, 4.1 Bath stone home, Pool & a great Barn on 15 acres. Historic home has large rooms-huge for c. 1700's home!! Call Holly for details! \$1,474,000

### New Price



#### KENNETT TOWNSHIP

MUST SEE - spacious 5BR, 6.2BA in Bayard Meadows with large gourmet Kitchen, exquisite floors, finished lower level & fabulous pool with pool house! Have it all!! \$1,250,000



#### CHESTER SPRINGS

Set on country road, MUST SEE spacious, updated 4BR, 3.1BA home on 10.44 acres with a 2BR Cottage, 4 Car Garage & antique stone Barn with 4 stalls! Great location! \$995,000

### New Price



#### POCOPSON TOWNSHIP

Great 5BR, 3.1BA home in private location with dramatic spaces! Full finished Lower Level with Bar area. Exterior hard-scaping. Unionville Schools. \$947,900

### New Listing



#### POCOPSON TOWNSHIP

26.4 acre parcel-in a highly desirable area! 4 stall Barn with a 1200sf, 1BR, 1BA apartment upstairs. Build your dream home here!! Unionville Schools! Call Holly for details! \$725,000



#### NORTH COVENTRY TOWNSHIP

10 acres, surrounded by parkland, 4BR, 3.1BA country home with large rooms, pool & great views. Low taxes & income from 2 rentals pays your mortgage! Great price! \$725,000

### New Listing



#### EAST MARLBOROUGH TOWNSHIP

Fabulous 4 Bedroom, 2.1 Bath home with new Marvin windows, newer Kitchen, new soaring Great Room, newer luxurious Baths plus a 4 stall Barn. Unionville Schools! \$724,5000



#### CHADDS FORD

A home with historic character & superb condition! Currently a B&B, speaks volumes about its condition & charm. 5BR, 4BA home enjoys views of magnificent landscaping! \$675,000



#### UWCHLAN TOWNSHIP

Overlooking the Brandywine & the Struble Trail-this 4BR, 3.1BA home loaded with features and dramatic spaces! Wonderful in-ground pool! Downingtown Schools! \$599,000

### New Price



#### UWCHLAN TOWNSHIP

Charming 4BR, 3BA home that has been totally redone with almost \$400K in improvements! Fabulous Master Suite & rich in history. Beautifully landscaped. \$574,900



#### HIGHLAND TOWNSHIP

This 6.8 acre property is surrounded by farms & open space! The 4BR, 2.1BA home has large rooms and an auxiliary building could make a great Barn! Call Holly for more details! \$500,000



### New Listing

A great home in Unionville School District for under \$400,000! This updated 4BR, 2BA home is in move-in condition & has a new 2 car Garage with an in-law suite above! \$395,000





# Innovation

has always been at the heart of Willow Valley Communities' success.

With the opening of The Clubhouse, Willow Valley breaks through convention to create something that once again helps redefine senior living. Every amenity in this 30,000-square-foot building illustrates the spirit of "agelessness" that guides the philosophy of development at Willow Valley. The building is also a reflection of our organization's commitment to intergenerational engagement. The Clubhouse opens a new world of possibilities for those who live at Willow Valley and creates a spirit of vibrancy compelling to people of all ages.



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VALLEY  
COMMUNITIES

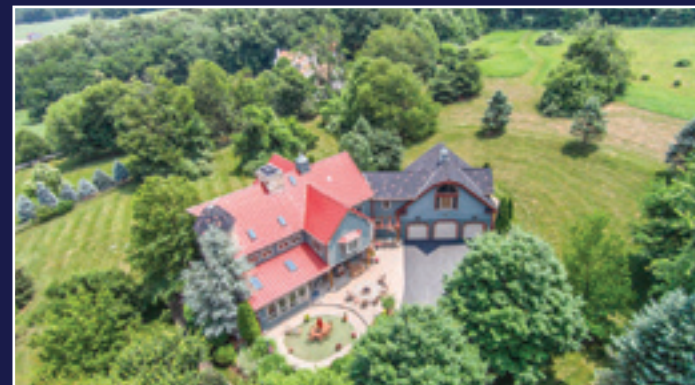
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From *the*  
Editor



Did you know that since the year 2000, August has been Happiness Happens Month? Neither did we. But we have focused our August issue on The Good Life since 2007 to celebrate August in all its ripeness and bounty. A fitting theme for the final full month of summer.

And since health is at the core of enjoying the good life, we cover women's health through the decades, with advice from local experts about the 20s' imperative to create good habits through the 60s' recognition that the exercise habit is still key.

We look at the importance of animals in our lives—whether our pets (a.k.a. “The Family Celebrity” as Carol Metzker recounts) or the “Plight of the Pollinators” as Natural Lands Trust's Kirsten Werner warns. Photographer Lauren Kaplan captures pets in all their glory, on our cover, in the article and on our website. And check out the nominees in our Cutest Pet Contest. Vote for your favorite on Facebook this month.

Fun is part of the good life, too, so we “Stroll a Royal Mile . . . in Malvern” with Emily Hart to see what's new in that bustling borough even when it's not the Third Thursday's monthly Malvern Stroll. Tip: Stop by the new café and bakery, The Buttery.

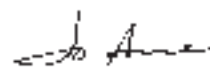
Also for foodies, Laura Brennan's Brandywine Table visits Down to Earth Harvest's Robert Todd to learn how to pick and cook vegetables. They can taste good and be good for you.

For sports fans, our ESPN-based writer, Zack Malet, lays out the fundamentals in “Fantasy Football.” There's fun and money to be had! And trophies, too.

Boomers have made their mark on other institutions as they've aged, so we checked in on how they're changing senior living. Learn more in Mary Dolan's “The Boomers Are Coming.”

In addition to our monthly Best Local Events section, Marci Tomassone gives you highlights from the fall season so you can “Mark Your Calendar.” Still so much to do this summer.

I hope you enjoy this issue.

  
Jo Anne Durako  
Editor



*Coming in September*

#### CELEBRATING CHESTER COUNTY

Chester County Day Preview - 75th Year!

Dressage at Devon • Plantation Field Horse Trials  
Devon Fall Classic • Ludwig's Corner Horse Show  
Fall Style • Historic Sugartown's Carriage Museum  
Spanish Rioja Wines • Books to Read with Kids



## COUNTY LINES MAGAZINE

**August 2015**

Volume XXXVIII, Number 12

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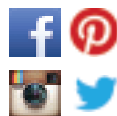
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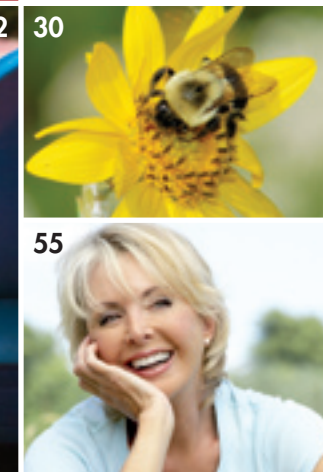
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Cover photo: Pet Imagery by Lauren Kaplan



# Living Life to Your Fullest at Riddle Village



If you see retirement as an opportunity to live a healthy and vital lifestyle—and are looking for a community that values your wellbeing as much as you do, we say, **“Welcome to Riddle Village!”**

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MAG/CountyLines/3-15

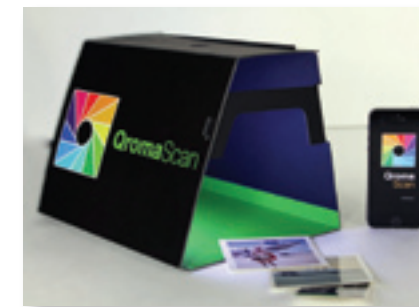
## Good to Know

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



**Local Lisa Loeb.** Attention dog lovers! If you haven't yet heard about our own Berwyn-based writer **Lisa Loeb** (that's her with the other Lisa), you're missing out. Her newest book *Ambassador Dogs* features inspiring stories and photos about local service dogs and their proud owners. Also an avid equestrian, Lisa's passion for dogs and horses is reflected in her writing, including articles published in *Dog World*, the *Philadelphia Inquirer* and *Dogs of Devon*, to name a few. Read more at [LisaLoebWriter.Wordpress.com](http://LisaLoebWriter.Wordpress.com).

**Tag Your Photos.** We all have those dusty old boxes crammed with photos from pre-smartphone days. We've promised we'd get around to the tedious task of scanning them ... eventually. To rescue old-school photos, **QromaScan** has made digitizing paper memories easier than ever! The first voice-recognition photo scanner of its kind, the fold-up device organizes and categorizes your memories by name, date and location as well as logging priceless sentimental scribbles on the back. More at [Qroma.net](http://Qroma.net).



**Credit Unions Rock.** Ever wondered what's so special about credit unions? For one, they're not-for-profit organizations where members are considered "owners," plus their rates and fees are generally lower, too. But becoming a member hasn't always been easy. **Benchmark Federal Credit Union** is changing that with branches in Malvern and West Chester. If you live, worship, work or attend school in Chester County, you can become a member. More at [BenchmarkFCU.org](http://BenchmarkFCU.org).

**Dancing Lights.** Bummed there are no big outdoor fountain shows at Longwood Gardens this year? Don't worry! You can get your own magical effects with **Dancing Water Speakers** from **AmazingLights**. Sure, they look like something your kids would go crazy for, but who says adults can't enjoy cool gadgets too? Containing LED lights and water, the portable speakers glow and flow to the beat of your favorite tunes and are easy enough for non-techies to hook up. [AmazingLights.com](http://AmazingLights.com).



### Furry Travelers.

Losing your luggage is bad enough, but what if your traveling pet got lost? Yikes! Luckily, **Delta Airlines** is stepping up to prevent tragic—and unfortunately real—accidents like this from happening. Included with Delta's standard pet check-in fee is a GPS tracker that keeps owners updated on the location, position and angle of their furry friend's travel crate. Here's hoping other airlines catch on! More at [Delta.com](http://Delta.com).







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## of Special Note

### August is Jumping at The Grand Opera House

August 6, 9, 15



It's time for tunes at The Grand. *Aug. 6*, Jamaican singer/songwriter Beres Hammond, 8 p.m., \$37–\$48. *Aug. 9*, two-time Rock & Roll Hall of Fame inductee Graham Nash, 7 p.m., \$39–\$46. *Aug. 15*, Jefferson Starship and Jazz is Dead celebrate The 50th Anniversary of Jefferson Airplane and The Grateful Dead, 8 p.m., \$37–\$48. 818 N. Market St., Wilmington. 302-652-5577; [TheGrandWilmington.org](http://TheGrandWilmington.org).

### Penns Woods Winery Presents the 5th Annual Cars, Vines & Wines Festival

August 22

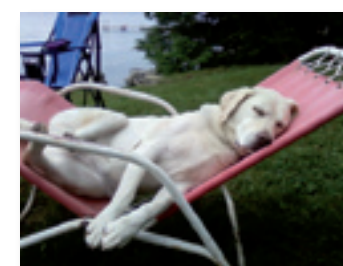
Be dazzled by the showcase of Ferraris and other classic cars, enjoy wine, live music, local gourmet food, artisan vendors and more. Bring a new child's gift to donate to CarzNTToys and receive a free tasting ticket. *Penns Woods Vineyards*, 124 Beaver Valley Rd., Chadds Ford. Noon to 4 p.m. \$18. 610-459-0808; [PennsWoodsEvents.com](http://PennsWoodsEvents.com).



### The Iron Hill Twilight Race Series, Home of the Iron Hill Twilight Criterium

August 8

For the last decade, downtown West Chester has hosted some of the area's most exciting professional bike racing, and this year is no exception. As part of the Iron Hill Twilight Race Series, you'll find plenty to enjoy, including a kid's bike race open to those 4 to 10, a festive community festival, adult trike racing, BMX stunt riding, a fun-filled Kid's Zone, great food and plenty of surprises. *Downtown West Chester*, 4 to 10 pm; [IronHillTwilightCriterium.com](http://IronHillTwilightCriterium.com).



### Dog Days of Summer

August 6

Dog lovers, owners and friends with their favorite pups are invited to The Land Conservancy

of Southern Chester County's beautiful Stateline Woods Preserve for a day of hiking, a costume contest, giveaways, vendors, obedience demonstrations and so much more. 814 Merrybell Ln., Kennett Square. 5 to 7 p.m. Free. 610-347-0347; [TLCForSCC.org](http://TLCForSCC.org).



### The Huk Bassmaster Elite Chesapeake Challenge & Cecil County, MD Summerfest!

August 13–16

August 13–16, The Bassmaster Challenge at Chesapeake Bay brings elite anglers from across the country competing for a top prize of \$100,000. August 15–16, Summerfest! is a free, family-fun event with great food, a kids zone, music and crafters. *Both held at North East Community Park, 106 S. Main St. on the North East River, North East, MD. For details visit [SeeCecil.org](http://SeeCecil.org).*





# best Local Events

## FAMILY FUN

### THROUGH AUGUST 1

**Goshen Country Fair.** An old-fashioned fair with agricultural exhibits, rides and entertainment that benefits the volunteer Goshen Fire Co. *Fair Grounds, Park Ave., off West Chester Pk. Gates open 6 pm. 610-430-1554; GoshenCountryFair.org.*

### THURSDAYS, THROUGH SEPTEMBER 3

**Swingin' Summer Thursdays in West Chester.** *Aug. 6,* Those People and The Mighty Manatees; *Sept. 3,* Dirk Quinn and Dirty People. *Concerts on Gay St., 6:30 to 9:30. 610-436-9010; DowntownWestChester.com.*

### THROUGH DECEMBER

**Wharton Esherick Museum.** The season begins with special children's tours every Saturday, 11 am. *1520 Horseshoe Trail, Malvern. Tours by reservation, Sat, 10 to 5; Sun, 1 to 5. \$6-\$12. 610-644-5822; WhartonEsherickMuseum.org.*

### THROUGH SEPTEMBER 2

**Eagleview Movie Nights.** *Aug. 5,* Cinderella; *Aug. 19,* Box Trolls; *Sept. 2,* Seven Brides for Seven Brothers. *Wellington Square, Eagleview. 7 pm. Free. In case of rain, phone 800-851-2779. InEagleview.com.*

### AUGUST 1-OCTOBER 25

**Pennsylvania Renaissance Faire—The Return of the King.** A cast of hundreds of colorfully costumed characters fill the Shire with music, dancing and more. *Sat-Sun (plus Labor Day). Mt. Hope Estate, 2775 Lebanon Rd., Manheim. 11 to 8. \$11.95-\$30.95. 717-665-7021; PAREnFaire.com.*

### AUGUST 4-18

**For Young Audiences at The Colonial Theatre.** *Aug. 4,* Sugar Free Allstars, a high-energy family music show for all ages; *Aug. 18,* Jonathan Burns Flexible Comedy. *227 Bridge St., Phoenixville. Both shows 10:30 am, \$6.50. 610-917-1228; TheColonialTheatre.com.*

### AUGUST 4-20

**The Land Conservancy for Southern Chester County Children's Programs.** *Aug. 4-20,* Free Time Adventures in Nature, Tues & Thurs, 10 am to 2 pm. *Aug. 8,* Sky Tour 2015, with the Chester County Astronomical Society, 8:30 to 9:30 pm. *Bucktoe Creek Preserve, 432 Sharp Rd., Avondale. \$5-\$15. To register: 610-347-0347; TLCForSCC.org.*

### AUGUST 5

**3rd Annual National Night Out Against Crime.** West Chester Borough Police Department invites families to come out for live entertainment, free refreshments, kid's activities, police displays, fire and EMS vehicles. *West Chester Municipal Bldg., 401 E. Gay St., West Chester. 6 to 9.*

### AUGUST 5

**West Market Street Block Party.** Come out to watch the Criterium and join in the fun on West Market Street. *Market St. between Church & Darlington Sts., West Chester. 4 pm. 610-696-4046; IronHillTwilightCriterium.com.*

### AUGUST 14

**Westtown Township Movie Nights at Oakbourne Park.** *Muppets Most Wanted. 1014 S. Concord Rd., Westtown. 8 pm. Free. 610-692-1930; WesttownPA.org.*

### AUGUST 15

**World Helicopter Day.** The American Helicopter Museum is hosting a program called Great American Safety Drive, promoting safety and medical transport programs. MedEvac helicopters and emergency vehicles will be on display, helicopter rides, games, food and family fun. *1220 American Blvd., West Chester. 10 to 2. \$8-\$10. 610-436-9600; AmericanHelicopter.Museum.*

### AUGUST 15

**Park After Dark Movie at East Goshen Park.** Bring your blankets and lawn chairs to the park to see *Paddington*. *1661 Paoli Pk., West Chester. 9 pm. 610-692-7171; EastGoshen.org/Park-And-Rec.*

### AUGUST 16

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

### AUGUST 22

**Tyler Arboretum's Butterfly Festival.** Live butterflies in all stages of their life in the Butterfly House. *515 Painter Rd., Media. 10 to 2. \$7-\$11. 610-566-9134; TylerArboretum.org.*

### AUGUST 25

**Willistown Country Fair.** Celebrate friends, family, neighbors and community at Greentree Park. Live music, pony rides and petting zoo. *21 Grubb Rd., Malvern. 5:30-7:30. Free. Willistown.PA.US.*

## ART & CRAFT SHOWS.....

### THROUGH SEPTEMBER 13

**Philadelphia Museum of Art Presents "Discovering the Impressionists: Paul Durand-Ruel and the New Painting."** The exhibition reunites paintings by the Impressionists that were shown in the earliest exhibitions in the U.S. *2600 Benjamin Franklin Pkwy., Philadelphia. Tues-Sun, 10 to 5, Wed, Fri, until 8:45. \$14-\$20. 215-763-8100; PhilaMuseum.org.*

### SEPTEMBER 4-6

**Long's Park Art & Craft Festival.** Shop as you enjoy this beautiful city park transformed into an outdoor gallery. Rated as one of America's Top 25 Art Shows, and featuring over 200 top artists from across the country, live music, fine food, wine and craft beer ... something for everyone. *Rt. 30 & Harrisburg Pk., Lancaster. Fri-Sat, 10 to 6; Sun, 10 to 5. \$7-\$12. 717-735-8883; LongsPark.org.*

### SEPTEMBER 5-6

**Heart of Lancaster County Arts & Craft Show.** Voted one of the top 100 shows in the country featuring 200 juried artists. *Roots Market, 705 Graystone Rd., Manheim. Daily 10 to 4. Free. 717-898-6297; HLCShow.com.*

## ANTIQUES.....

### AUGUST 23

**Historic New Castle Antiques Show.** This show attracts more than one hundred dealers and thousands of visitors from the Mid-Atlantic region and features antiques furnishings, vintage glass and pottery, jewelry, silver, and china. *Battery Park, New Castle, DE. 10 am. Free. 215-862-5828; HistoricNewCastle.com.*

## AUTO SHOW.....

### AUGUST 8-9

**The New Hope Automobile Show.** One of the oldest shows in the country and a showplace for enthusiasts, owners and spectators with great food and live music. Benefits Fox Chase Cancer Center. *New Hope-Solebury High School, 180 W. Bridge St., New Hope. Daily 9 to 4. \$3-\$5. 215-862-5655; New-HopeAutoShow.com.*



## EQUESTRIAN.....

### FRIDAYS & SUNDAYS THROUGH SEPTEMBER

**Brandywine Polo.** Spectators picnic and tailgate at the grounds. *Toughkenamon Exit, Rt. 1 S. Fri, gates open at 5; polo, 5:30; music, 7:30. \$10-\$15; Sun, gates open at 1:30; match at 3, \$10. Cancelled for rain or extreme heat. 610-268-8692; BrandywinePolo.com.*

### SEPTEMBER 5-7

**Ludwig's Corner Horse Show & Country Fair.** The Midway features rides and games for children, exotic animals, a Pet Parade and Thorncroft Mainstreamers, Classic Carriages and an Antique Car Show. The Horse Show begins each day at 8 am and continues until dusk. *1326 Pottstown Pk., Glenmoore. For a schedule, visit LudwigsHorseShow.com.*

## FESTIVALS.....

### THROUGH AUGUST 1

**The Cecil County Fair.** Highlights include the carnival midway, demolition derby, tractor and truck pulls, a rodeo and shows. *Fair Hill Fairgrounds, Rts. 273 & 213, Elkton, MD. Daily 9 to 11. 410-392-3440; SeeCecil.org.*

### AUGUST 7-8

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

### AUGUST 29-30

**The August Quarterly Festival Celebration 2015.** Join the nation's oldest African-American festival celebrating religious freedom, freedom of speech and the right of assembly. *Tubman-Garrett Riverfront Park, Rosa Parks Dr., Wilmington. 302-655-5231; August-Quarterly.org.*

## FOOD.....

### THROUGH SEPTEMBER 30

**Stroll, Shop, Dine—Dining Under the Stars in Media.** Restaurants offer outdoor dining along State Street, from Jackson to Orange Sts. There's live entertainment and children's activities on each block as well as plenty of retail shopping. *5 to 11 pm. 610-566-5039; VisitMediaPA.com.*

### AUGUST 4

**Wayne Art Center's Summer Sampler with Chef Michele Haines.** Take a stroll along the Radnor Trail while discussing the French connection between the beauty of nature, food and health. Class ends in The Kitchen,

with a bounty to create spectacular dishes. *413 Maplewood Ave., Wayne. 6:30 to 8:30. \$45. 610-688-3553; WayneArt.org.*

### AUGUST 15

**America On Tap Beer Festival.** Sample beer, listen to live music, enjoy delicious food and great vendors. Over 100 releases from some of America's best craft breweries. *Tubman-Garrett Riverfront Park, Wilmington. 2:30 to 6. \$35. AmericaOnTap.com.*

### AUGUST 29

**2015 Lancaster Craft Beerfest.** The best breweries locally and from across the

country, great food and live music. *Lancaster Square and Binns Park, 100 block of N. Queen St., Lancaster. Gen. adm., \$40; VIP (early access at 3 to beer garden), \$55; designated driver, \$12. 4 to 7:30 pm. LancasterCraftBeerFest.com.*

## FUNDRAISERS.....

### AUGUST 15

**The 34th Annual Bayada Regatta.** One of the oldest and largest adaptive rowing events in the world for athletes with physical disabilities, sponsored by Bayada Home Health Care. Exciting races, medal ceremonies, music, en-

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tainment plus activities for kids. St. Joseph's University Boathouse, 2200 Kelly Dr., Philadelphia. 8 to 4. Free. 888-995-0788; Bayada.com/Regatta.

GARDENS.....

AUGUST 22  
Hardy Plant Society's Fall Gardeners' Market. Vendors offering a wide variety of annuals, perennials, shrubs, trees, garden art and accessories. Freedoms Foundation of Valley Forge, 1601 Valley Forge Rd., Valley Forge. 8:30 am to 2 pm. Free. HardyPlant.org.

MUSEUMS.....

THROUGH AUGUST 23  
Brandywine River Museum Exhibits & Events. Through Aug. 23, "Pointed Pens: Selected Cartoons from the Permanent Collection." Aug. 8–Nov. 15, "Things Beyond Resemblance: James Welling Photographs." Rt. 1, Chadds Ford. Daily 9:30 to 4:30. \$6–\$15. 610-388-2700; BrandywineMuseum.org.

THROUGH AUGUST  
Chester County Historical Society Events & Exhibit. "The 1960s Pop Culture: Movies, Memorabilia and the Media," The Steve and

Michell Friedman Collection. 225 N. High St., West Chester. Wed–Sat, 9:30 to 4:30. 610-692-4800; ChesterCoHistorial.org.

THROUGH SEPTEMBER 7  
Brandywine Treasure Trail Passport. Valid for one general admission visit at each of the 11 area sites. Passports start at just \$45. For a list of attractions, visit BrandywineTreasures.org.

THROUGH SEPTEMBER 27  
The Delaware Art Museum—Dream Streets: Art in Wilmington 1970–1990. Celebrating two decades of artistic activity in the City of Wilmington. 2301 Kentmere Pkwy. Wed, 10 to 4; Thurs, 10 to 8, free after 4 pm; Fri–Sun, 10 to 4, free on Sun. \$6–\$12. 302-571-9590; DelArt.org.

THROUGH NOVEMBER  
Christian C. Sanderson Museum. New: The Abraham Lincoln Exhibit, And "Sanderson's Summer Stories" where children enjoy an interactive book reading and participate in a related craft and snack. 1755 Creek Rd., Chadds Ford. Thurs–Sat, noon to 4 or by appt. \$5. 610-388-6545; SandersonMuseum.org.



THROUGH JANUARY 3, 2016  
Winterthur Museum—A Colorful Folk: Pennsylvania Germans & the Art of Everyday Life. A comprehensive exhibition exploring the unique world of the Pennsylvania Germans and their colorful folk art. 5105 Kennett Pk. (Rt. 52), Winterthur. Tues–Sun, 10 to 5. \$5–\$20. 800-448-3883; Winterthur.org.

MUSIC, ENTERTAINMENT.....

THROUGH AUGUST 2  
Riverfront Blues Festival in Wilmington. Outdoor music festival held at Tubman-Garrett Riverfront Park, Rosa Parks Dr. \$25–\$75. Check website for line-up and times. 302-576-3095; RiverfrontBluesFest.com.

AUGUST 1  
Jazz Age on the Delaware. A day of music, dancing, lawn games and more at Historic Glen Foerd on the Delaware, 5001 Grant Ave.,

Philadelphia. 11 to 5. Tickets start at \$45. 215-632-5330; JazzAgeOnTheDelaware.com.

AUGUST 1, 2  
Opera Libera Presents Gaetano Donizetti's "L'elisir d'Amore" (The Elixir of Love). East High School, 450 Ellis La., West Chester. Sat, 7:30; Sun, 3 pm. \$20–\$25. 610-431-2222; OperaLibera.org.

AUGUST 1–8  
Bryn Mawr Twilight Concert Series. Aug. 1, XPN welcomes Dar Williams; Aug. 7, Lisa Willson Vocal Academy; Aug. 8, Christine Havrilla & Gypsy Fuzz. Bryn Mawr Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. \$12 donation. 610-864-4303; BrynMawrTwilight-Concerts.com.

AUGUST 1–16  
Delaware County Summer Festival. Grab your blankets and enjoy these summer performances. Aug. 1, Separate Ways; Aug. 2, First Ladies of Rock and Soul; Aug. 5, Zydeco-A-Go-Go; Aug. 6, The Jazz Ambassadors; Aug. 7, Field of Play; Aug. 8, Real Diamond: Neil Diamond Tribute; Aug. 9, The Plants; Aug. 12, Fuse Box; Aug. 13, Blackthorn; Aug. 14, British Invasion Tribute; Aug. 15, Penn Chinese Dance Club; Aug. 16, The Core: Eric Clapton Tribute. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. 7:30. Free. 610-891-4455; Co.Delaware.PA.US/Summer.



AUGUST 1–SEPTEMBER 5  
Paradocx Vineyard Summer Concert Series. Bring a chair or blanket and enjoy an evening of great music, fantastic food from local and Philly food trucks and caterers and, of course, a glass of wine. Aug. 1, WhiskeyHicken Boys; Aug. 15, Sinatra; Aug. 29, SNYD 2; Sept. 5, The Blue Route Band. Concerts through Oct. 3. 1833 Flint Hill Rd., Landenberg. 5 to 9 pm. \$10 includes concert and 1 glass of wine; age 20 and under, free. 610-255-5684; Paradocx.com.

AUGUST 2–30  
Long's Park Summer Music Series. Aug. 2, The Brothers Landreth; Aug. 9, The Fogcutters; Aug. 15, J.C. Brooks & The Uptown Sound; Aug. 23, Socks in the Frying Pan; Aug. 30, Amanda Shaw. Long's Park Am-

phitheater, 1441 Harrisburg Pike at Rt. 30, Lancaster. Sundays, 7:30 pm. Free. 717-735-8883; LongsPark.org.

AUGUST 4–25  
Eagleview Town Center Concerts on the Square. Aug. 4, Phil D'Agostino; Aug. 11, Linda Ortega and Matt Anderson; Aug. 18, Angaleena Presley and Liz Longley; Aug. 25, Gideon Luke and The People Finale, the finale with fireworks. Canned food items requested for Chester County Food Bank. Wellington Square, Eagleview. 7 pm. Free. 800-851-2779. InEagleview.com.



AUGUST 5  
Radnor Township Summer Concert Series. Melissa Martin & the Mighty Rhythm Kings,

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Valentin Radu, piano  
Oct 30 8pm Kimmel Center

Vivaldi Joie de Vivre  
Camerata Ama Deus • Baroque Chamber Orchestra  
Nov 13 8pm Chestnut Hill United Church  
Nov 15 4pm Thomas Great Hall, Bryn Mawr College

Handel Messiah  
Ama Deus Ensemble  
Soloists, Chorus & Baroque Orchestra  
Dec 4 7pm St. Paul's Episcopal Church, Chestnut Hill  
Dec 5 7pm Nassau Christian Center, Princeton, NJ  
Dec 6 4pm Daylesford Abbey, Paoli  
Dec 18 7pm Church of the Holy Trinity, Philadelphia  
Dec 20 4pm St. Katharine of Siena Church, Wayne

Renaissance Noël  
Vox Renaissance Consort  
Voices & Period Instruments  
Dec 11 8pm St. Paul's Episcopal Church, Chestnut Hill  
Dec 13 4pm Thomas Great Hall, Bryn Mawr College



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Vox Renaissance Consort  
Voices & Period Instruments  
Feb 7 6:30pm Daylesford Abbey, Paoli



Bach & Handel Gala  
Maestro & Guests  
Mar 6 5pm Gladwyne Presbyterian Church, Gladwyne

Brahms A German Requiem  
Ama Deus Ensemble  
Soloists, Chorus & Orchestra  
Mar 20 4pm St. Katharine of Siena Church, Wayne  
Mar 25 8pm Kimmel Center

Brilliant Baroque  
Camerata Ama Deus  
Baroque Chamber Orchestra  
Apr 22 8 pm Chestnut Hill United Church  
Apr 24 6:30 pm Daylesford Abbey, Paoli

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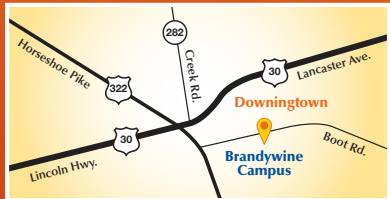
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Bo Connor Park, 590 S. Devon Ave., Wayne. If inclement weather, phone 610-688-5600, ext. 141, between 2 and 4 pm on the day of the scheduled concert. 6:30. Free. Radnor.com.

#### AUGUST 5, 12

**Summer Concert Series at Anson B. Nixon Park.** *Aug. 5*, Bullbuckers; *Aug. 12*, SOS, Chicago Tribute Band. Walnut Rd., Kennett Square. 7 to 9 pm. Free. 610-444-1416; AnsonBNixonPark.org.

#### AUGUST 6

**Windish Music & Productions along with Uptown! Entertainment Alliance Present a**

live show with jugglers, LED light drummers, a capella singers and a party/dance band at the Chester County Historical Society, 225 N. High St., West Chester. Proceeds benefit Uptown's initiative to bring a theater to West Chester. 7 to 10 pm. Donations suggested. UptownWestChester.org.

#### AUGUST 7-16

**Musikfest.** Known as the nation's largest free, non-gated music festival, Bethlehem comes alive with the sound of all genres of music. Tickets are, however, required for national headliners such as: 3 Doors Down, Collective Soul, Alice in Chains, Culture Club, ZZ

Top, Reba, Jerry Seinfeld, Snoop Dogg.... Hard to believe they're all performing in one place. Visit [Musikfest.org](http://Musikfest.org) for a lineup and to purchase tickets.

#### AUGUST 8

**87th Chester County Old Fiddlers' Picnic.** Old-time country music with hundreds of musicians. Kids activities, mansion tours, food and craft vendors. Rain date Aug. 9. Hibernia County Park, Cedar Knoll Rd., West Caln Township. 10 to 4. \$5 parking fee. 610-383-3812; ChesCo.org/CCParks.

#### AUGUST 8-19

**Longwood Gardens Summer Concert Series.** *Aug. 8*, Justin Roberts & the Not Ready for Naptime Players, 11 am, free with gardens adm.; *Aug. 19*, singer/songwriter John Flynn, free with gardens adm; *Aug. 30*, Orquesta Buena Vista Social Club, 7:30, \$42-\$72; *Sept. 6*, Lake Street Drive, 7:30; \$25-\$45. 1001 Longwood Rd., Kennett Square. Garden admission, \$10-\$20. 610-388-1000; LongwoodGardens.org.

#### AUGUST 9, 23

**Miller Park Summer Concert Series.** *Aug. 9*, TBA; *Aug. 23*, The Mango Men. Albert C. Miller Park, 220 Miller Way, Exton. 6:30. Free. Rain dates the following Sun. 610-363-9525; WestWhiteland.org.

#### AUGUST 9, 23

**West Goshen Summer Concerts.** *Aug. 9*, Hometown Boyz; *Aug. 23*, John Flynn. West Goshen Comm. Park, N. Five Points & Fern Hill Rds. Rainsite: West Chester East HS. Dry goods donations for West Chester Food Cupboard. 6:30. 610-696-5266; WGoshen.org.

#### AUGUST 15

**Kennett Symphony Presents "Symphony Under the Stars—Opera Without Words."** Music from favorite operas, all with the stunning backdrop of Longwood Gardens Open Air Theatre, 1001 Longwood Rd., Kennett Square. 7. \$10-\$45, includes concert, admission to gardens. Rain date Aug. 16. 610-444-6363; KennettSymphony.org.

#### AUGUST 19

**Brandywine River Museum of Art, "Music on the Brandywine."** Enjoy a performance by the Deb Callahan Band. Light fare and full bar with refreshments available for purchase. Rt. 1, Chadds Ford. 6 to 9. \$10-\$25. 610-388-2700; BrandywineMuseum.org.

#### AUGUST 19

**Media Theatre Presents Roger Ricker & Friends in Concert—"Good Vibrations."** As a fundraiser for the Theatre, company manager Roger Ricker has his annual concert, featuring music of the '60s. 104 E. State

St., Media. 7:30. For tickets, 610-891-0100; MediaTheatre.org.

#### AUGUST 20

**Uptown! Entertainment Presents ... Jazz Cocktail Hour with Alex Snyderman.** Doors open at 6; concert 6:30. \$15. Ballroom at the Westside, 430 Hannum Ave., West Chester. UptownWestChester.org.

#### AUGUST 23

**Bill Maher at The Playhouse on Rodney Square.** For one night only at 1007 N. Market St. 7 pm. \$70-\$95. 302-888-0200; ThePlayhouseDE.org.

#### AUGUST 28

**Downingtown Summer Jam Series.** Two stages of musical entertainment, great food and craft vendors at Mill Alley in the center of Downingtown. 5 to 9 pm. 610-269-1523; DowningtownMainStreet.com.

#### AUGUST 29

**On the Deck at Sunset Grille.** Crowsfeet Live! The Desmond Great Valley, One Liberty Blvd., Malvern. 610-296-9800; DesmondGV.com.

#### OUTDOOR ACTIVITIES.....

THROUGH AUGUST, WEDNESDAYS

**Bike and Hike at Hagley Museum.** Stroll, jog or cycle Hagley's three-mile loop through the property. Bring a picnic or dine at the Belin House Organic Café where you can order a picnic to go. Rt. 141. 5 to 8 pm. \$5-\$14. 302-658-2400; Hagley.org.

SATURDAYS, THROUGH SEPTEMBER

**Schuylkill River Pedal and Paddle.** Take a 4.5 mile bike ride from Pottstown's Riverfront Park to Historic Morlatton Village in Douglassville. Lunch, bikes, kayaks and all kayaking gear are provided. 9 to 2. \$25. To register phone 484-945-0200 or visit SchuylkillRiver.org.

#### THEATER.....

THROUGH AUGUST 1

**Brandywiners, Ltd.—Fiddler on the Roof.** Longwood Gardens Open Air Theatre, Rt. 1, Kennett Square. \$15-\$30 includes garden admission. 302-478-3355; Brandywiners.org.

THROUGH AUGUST 2

**Delaware Shakespeare Festival at Rockwood Museum & Park.** *The Taming of the Shrew.* 4651 Washington St. Extension, Wilmington. Wed-Sat, gates open 6:30; Sun, gates open 4:45. \$13-\$17. 302-415-3373; DelShakes.org.

THROUGH AUGUST 23

**Stella and Lou.** On a quiet night in Lou's South Philadelphia bar, two lonely spirits arrive at a shared crossroad. People's Light, 39 Conestoga



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

AUGUST 7

**First Fridays.** Stroll through area towns to find exhibits, galleries, restaurant specials, entertainment and extended hours. **Kennett Square**, 610-444-8188; HistoricKennettSquare.com. **Lancaster City**, 717-509-ARTS; LancasterArts.com. **Oxford**, 610-998-9494; DowntownOxfordPA.org. **Wayne**, 610-687-7698; FirstFridayWayne.com. **West Chester**, 610-738-3350; DowntownWestChester.com; **Wilmington**, 302-576-2100; ArtLoopWilmingtonDE.com.

AUGUST 20

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

AUGUST 20

**Third Thursday on State Street in Kennett Square.** Visitors enjoy outdoor dining, shopping, live music, strolling entertainers and kid's activities. 6 to 10. 610-444-8188; Historic-KennettSquare.com.

AUGUST 6-20

**Town Tours & Village Walks.** *August 6*, Quakers and the Underground Railroad in the Coatesville Area; *August 13*, Historic West Grove Borough; *August 20*, West Whiteland Township: 250 Years of History by Trolley in West Whiteland, must pre-register for this one, tour leaves at 3 pm, others 5:30; last tour leaves at 7 pm. Free. Light refreshments. 610-344-6285; ChesCo.org/Planning/TownTours.

SEPTEMBER 4, OCTOBER 2

**Vintage Garage Sale.** Live music, food, wine tastings and vintage home goods, clothing, jewelry, art and more for sale. Parking Garage, 14 E. Chestnut St., West Chester. 610-436-9010; AVintageGarageSale.com. ♦

## Local Farm Markets

See our website for more information on Farm Markets

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

Send a description of your activity to [Info@ValleyDel.com](mailto:Info@ValleyDel.com) by the first of the month preceding publication.

For more events visit:

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

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

It's Labor Day Weekend  
It's Ludwig's! 1943-2015

Marshall & Sterling & EPPHA recognized

A Chester County Tradition For Over 70 Years

**Labor Day Weekend ♦ September 5-7, 2015**

\$5000 LCHS Mini-Prix ♦ \$1500 M&S League Jumper Classic  
\$1500 LCHS Hunter Derby ♦ \$500 Horse & Pony Classics  
T.I.P. Hunters & Jumpers, Field/Foxhunters

25' Hard Rock Climb ♦ Inflatables ♦ Bungee Jumping  
Pet Costume Parade ♦ Mechanical Bull ♦ Rock & Roller  
Dog Agility ♦ Jumping Bunnies ♦ Hay Rides  
Pioneer Games ♦ Thorncroft Mainstreamers

♦ Antique Car and Tractor Show & Carriages ♦  
Please see website for schedule, admission & directions.

[www.ludwigshorseshow.com](http://www.ludwigshorseshow.com)

**GOSCHENHOPPEN HISTORIANS**  
49th annual Authentic Pennsylvania Dutch

**FOLK FESTIVAL**

FRIDAY, AUG. 7 | SATURDAY, AUG. 8  
12-8 PM | 10-6 PM

**ADMISSION**  
16 Yrs. to Adult \$12 • 2 day pass \$18  
6-15 Yrs. \$3 • 5 & under FREE

Credit cards not accepted, no ATM on premises  
NO PETS ALLOWED

**Henry Antes Plantation**  
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Montgomery County

215.234.8953 | [www.goschenhoppen.org](http://www.goschenhoppen.org)

**Labor Day Weekend**

**Heart of Lancaster Arts & Craft Show**

28th Anniversary

**September 5-6, 2015**

Rain or shine  
Hours: 10-4 both days  
Free admission • Free parking  
Held at Roots Market  
705 Graystone Rd.  
Manheim, PA 17545

**200 Juried Artists**

**Voted one of the top 100 shows in the country!**

**DEVON FALL CLASSIC**

**FAMILY FUN FOR ALL!**

LOG ONTO [DEVONHORSESHOW.ORG](http://DEVONHORSESHOW.ORG) FOR MORE INFO

**SEPTEMBER 10-13, 2015**

**FOUR DAYS OF EXCITING SHOW JUMPING COMPETITION**

**PLUS**

**LIVE MUSIC, GREAT SHOPPING, FOOD, RIDES AND GAMES!**





Craft Forms at Wayne Art Center

Paoli Blues Fest  
ARTIST: DANE TILGHMAN

Packard, marque at  
Concours d'Elegance.

Brandywine Ballet



Ludwig's Corner Horse Show



Chester County Day



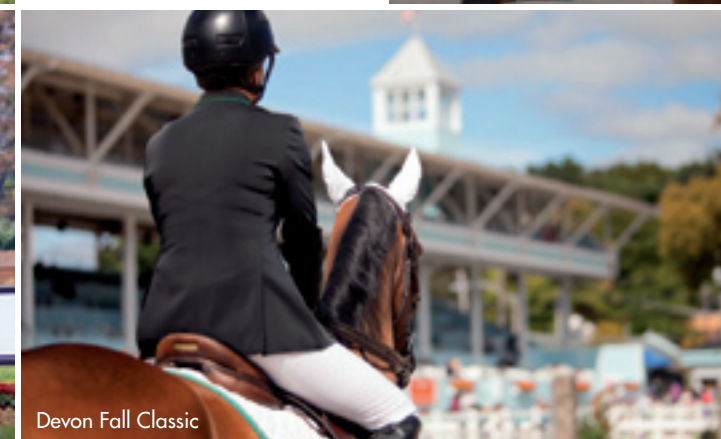
Media Theatre for  
the Performing Arts



Dressage at Devon



Plantation Field International Horse Trials



Devon Fall Classic

# Mark Your Calendar!

Marci Tommosone

IT'S FALL IN COUNTY LINES COUNTRY AND TIME TO MARK YOUR CALENDAR. YOU DON'T WANT TO MISS A SINGLE FESTIVAL, HOUSE TOUR, FREE CONCERT, EQUESTRIAN EVENT, CAR SHOW ... THE LIST GOES ON. WATCH OUR MONTHLY EVENTS COLUMN IN EACH ISSUE AND OUR EVENTS NEWSLETTER FOR HUNDREDS MORE.

## SEPTEMBER

**Sept. 5-7, 72nd Annual Ludwig's Corner Horse Show and Country Fair.** Equestrians compete in a variety of events and a country fair. Rt. 100, N of Rt. 401, Ludwig's Corner. 610-458-3344; [LudwigsHorseShow.com](http://LudwigsHorseShow.com).

**11-13, Glen Willow Combined Driving Event.** Combined driving, dressage, equestrian event and trade fair. 685 Woodview Rd., Avondale. 910-691-7735; [GlenWillowCDE.com](http://GlenWillowCDE.com).

**12, 11th Annual Barclay Friends Festival of Gardens.** A walking tour featuring private gardens in West Chester. 700 N. Franklin St., West Chester. 610-918-3433; [BFKendal.org](http://BFKendal.org).

**12-13, 30th Kennett Square Mushroom Festival.** Street fair in downtown Kennett with mushroom-related events. Fungi-fun for the family. 610-925-3373; [MushroomFestival.org](http://MushroomFestival.org).

**12-13, Chadds Ford Days 2015.** An 18th-century celebration, tours of the John Chads House, vendors, food and an art show. Rt. 100, Chadds Ford. 610-388-7376; [ChaddsFordHistory.org](http://ChaddsFordHistory.org).

**10-13, Devon Fall Classic.** Exciting fall jumper show and family fun on the Midway. Devon Horse Show Grounds, Lancaster Ave., Devon. 610-688-2554; [DevonHorseShow.net/Fall-Classic](http://DevonHorseShow.net/Fall-Classic).

**11-13, 19th Annual Radnor Hunt Concours d'Elegance.** Nationally recognized motor car event. Radnor Hunt, 826 Providence Rd., Malvern. 610-644-4439; [RadnorConcours.org](http://RadnorConcours.org).

**13, Malvern's 2015 Harvest Oktoberfest.** Quality crafters and artists, music, kids activities, fantastic food, a beer garden and the popular Bark in the Park, promoting pet adoption. [Malvern-Festivals.com](http://Malvern-Festivals.com).

**13, Shugart's Sunday at Historic Sugartown.** Live music, BBQ, hayrides, family activities. Historic Sugartown, 690 Sugartown Rd., Malvern. 610-640-2667; [HistoricSugartown.org](http://HistoricSugartown.org).

**20, Chester County Restaurant Festival.** Over 70 restaurants serve up their best. Gay & Market Sts., West Chester. Rain date, Sept. 27. 610-436-9010; [DowntownWestChester.com](http://DowntownWestChester.com).

**27, Downingtown Fall Fest.** Street festival featuring food and craft vendors, Victory Beer Garden, and live entertainment. Lancaster Ave. between Wallace Ave. and Green St. 610-269-1523; [DTRCC.com](http://DTRCC.com).

**18-20, Plantation Field Horse Trials & Fair.** Top international riders compete in a mix of dressage, cross country and show jumping. 387 Green Valley Rd., Unionville. 484-883-2917; [PlantationFieldHorseTrials.com](http://PlantationFieldHorseTrials.com).

**19, Canine Partners For Life Open House.** Barbecue lunch, shopping and Cow Bingo. An educational day of free fun for the whole family. 334 Faggs Manor Rd., Cochranville. [K94Life.org](http://K94Life.org).

**Sept. 26, Community Arts Center's Fine Arts & Crafts Festival.** Live music, free children's activities, raffle and great art and craft. Myers Ave., Swarthmore. [FineArtsAndCraftsFestival.org](http://FineArtsAndCraftsFestival.org).

**Sept. 29-Oct. 4, Dressage at Devon.** Top horses and riders from around the world compete. Festival Shops. Devon Horse Show Grounds, Rt. 30, Devon. 610-517-0849; [DressageAtDevon.org](http://DressageAtDevon.org).

## OCTOBER

**2-3, Artisan's Porchwalk in Lititz.** Show and sale of fine art and crafts on private porches and lawns and other locations throughout Lititz. 717-626-0214; [LititzPa.com](http://LititzPa.com).

**2-4, 91st Annual Unionville Community Fair.** Family activities, contests, music, live animal exhibits, food, rodeo on Sat, auction on Sun. Landhope Farms, Rts. 82 & 926, Unionville. [UCFairInc.org](http://UCFairInc.org).

**3, 75th Annual Chester County Day Tour.** Fine homes and historic landmarks in West Chester and Chester County's SE quadrant are on display. Benefits Chester Cty. Hospital. 610-431-5301; [CCHosp.com](http://CCHosp.com).

**3, Paoli Blues Fest & Street Fair.** Musicians perform on the Main Stage at Paoli Village Shops. Fun for the whole family with vendors, a beer garden and a Kidz Zone. Rt. 30, Paoli. [PaoliBluesFest.com](http://PaoliBluesFest.com).

**3, Phoenixville Food Truck Festival.** Trucks, a Pub Crawl with participating bars, plus music and vendors. [PhoenixvilleFoodFestival.com](http://PhoenixvilleFoodFestival.com).

**3-4, Main Line Antiques Show.** The only antiques show on the Main Line, featuring top dealers, a New Collectors Group and Appraisal Day. Benefits Surrey Services for Seniors. 610 King of Prussia Rd., Radnor. 484-580-9609; [MainLineAntiquesShow.com](http://MainLineAntiquesShow.com).

**10, Annual Kennett Square Brewfest.** Enjoy 90 regional micro-brewers offering samples. Food from local restaurants. 600 S. Broad St. 610-444-8188; [KennettBrewFest.com](http://KennettBrewFest.com).

**11, Dilworthtown Inn Wine Festival—Crush Cancer.** Great wines, entertainment, silent auction, car show and shopping. Benefits Cancer Program of Chester Cty. Hospital. Dilworthtown Inn, 1390 Old Wilmington Pk., West Chester. 610-431-5329; [ChesterCountyHospital.org](http://ChesterCountyHospital.org).

**23-25, Brandywine Ballet.** *Carmina Burana* and *Swan Lake* Act II. Emilie K. Asplundh Concert Hall, 700 S. High St., West Chester. 610-696-2711; [BrandywineBallet.org](http://BrandywineBallet.org).

**22-24, The Great Pumpkin Event.** 60 carvers participate in this traditional pumpkin carve and show. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. 610-388-7376; [ChaddsFordHistory.org](http://ChaddsFordHistory.org).

**30, Vox AmaDeus and the Ama Deus Ensemble.** "Majestic Mozart." Kimmel Center for the Performing Arts, 300 S. Broad St., Philadelphia. 610-688-2800; [VoxAmaDeus.org](http://VoxAmaDeus.org).

**31-Nov. 1, Reading-Berks Guild of Craftsmen Holiday Show.** Fine traditional and contemporary crafts by juried artisans. Kutztown University, 312 Trexler Ave., Kutztown. 610-678-6650; [RBCrafts.org](http://RBCrafts.org).

## NOVEMBER

**1, 80th Running of PA Hunt Cup.** Timber racing, tailgating, carriages. Rt. 926 & Newark Rd. Unionville. 484-888-6619; [PAHuntCup.org](http://PAHuntCup.org).

**5, 7th Annual Notable Kitchen Tour & Chef Showcase.** Fundraising event benefiting the Philadelphia Orchestra. [NotableKitchens.com](http://NotableKitchens.com).

**12-22, Main Line Art Center Holiday Fine Craft Sale.** A holiday shopping tradition. 746 Panmure Rd., Haverford. 610-525-0272; [MainLineArt.org](http://MainLineArt.org).

**18-Jan. 10, People's Light's The Three Musketeers (The Later Years): A Musical Panto.** This seasonal Panto is always a family treat. 39 Conestoga Rd., Malvern. 610-647-1900; [PeoplesLight.org](http://PeoplesLight.org).

**18-Jan. 3, Media Theatre's Billy Elliot, The Musical.** Based on the hit film and featuring a score by Elton John. 104 E. State St., Media. 610-891-0100; [MediaTheatre.org](http://MediaTheatre.org).

**19, Stroud Research Center's Gala, The Water's Edge.** Cocktails, dinner and the Stroud Award for Freshwater Excellence. Longwood Gardens, 1001 Longwood Rd., Kennett Square. [StroudCenter.org](http://StroudCenter.org).

**14-15, Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best In Show. Greater Phila. Expo Center, 100 Station Ave., Oaks. 610-397-0100; [NDS.NationalDogShow.com](http://NDS.NationalDogShow.com).

## DECEMBER

**1-6, The Playhouse on Rodney Square Presents Annie.** This production is a new incarnation of the original hit show. 1007 N. Market St., Wilmington. 302-656-4401; [ThePlayhouseDE.org](http://ThePlayhouseDE.org).

**4-Jan. 30, Wayne Art Center's Craft Forms 2015.** Premiere contemporary craft exhibition at Wayne Art Center, 413 Maplewood Ave., Wayne. 610-688-3553; [WayneArt.org](http://WayneArt.org).

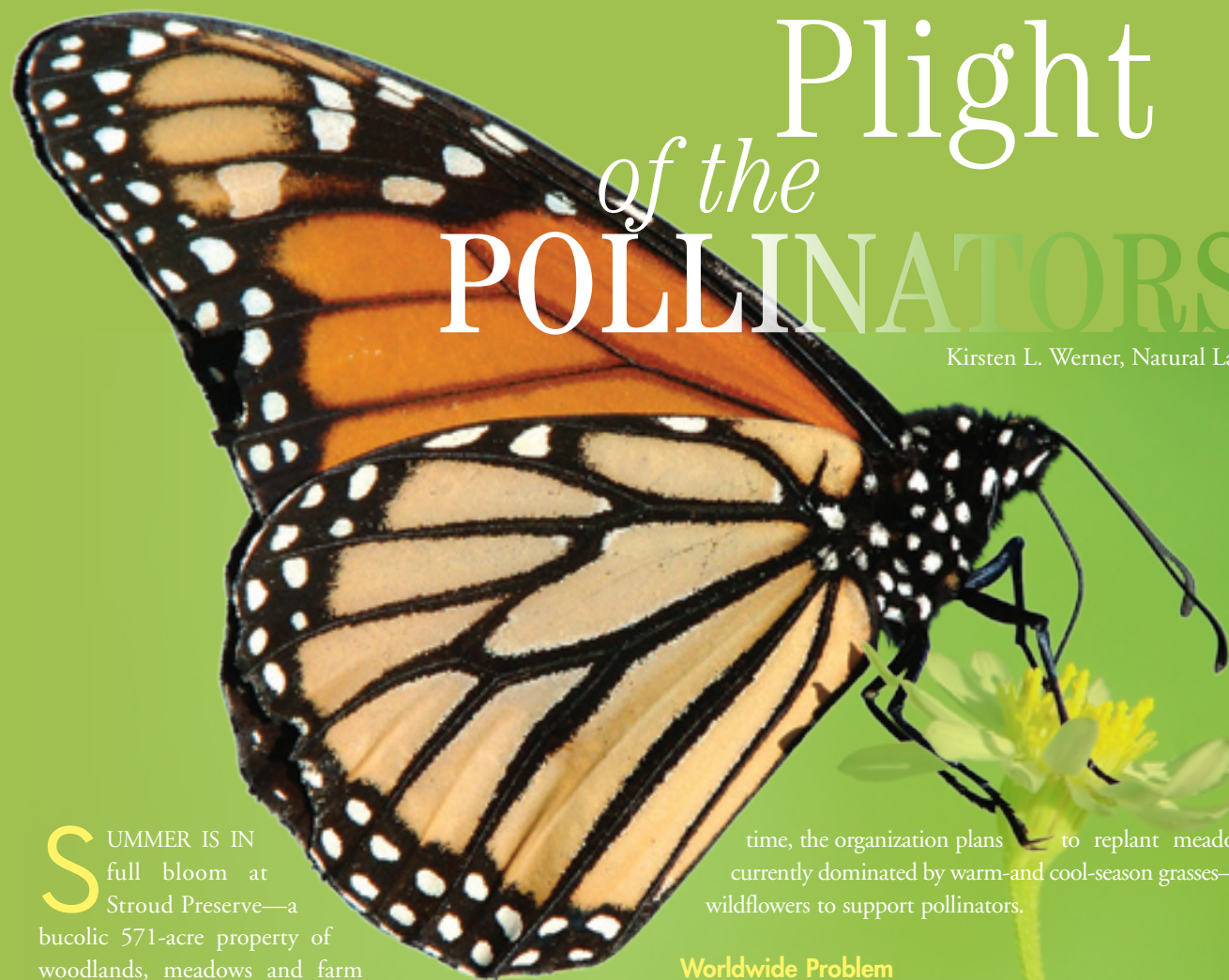
**4-6, MARS Drinks Old-Fashioned Christmas in West Chester.** Parade on Friday. Check our Events column in Nov. or West Chester website. [DowntownWestChester.com](http://DowntownWestChester.com); [CountyLinesMagazine.com](http://CountyLinesMagazine.com). ♦



{ THE ECONOMIC VALUE OF NATIVE POLLINATORS  
IS ESTIMATED AT \$3 BILLION PER YEAR IN THE U.S.  
YOU CAN HELP KEEP THEM CONTRIBUTING. }

# Plight of the POLLINATORS

Kirsten L. Werner, Natural Lands Trust



**S**UMMER IS IN full bloom at Stroud Preserve—a bucolic 571-acre property of woodlands, meadows and farm fields just outside West Chester—as Natural Lands Trust Preserve Manager Preston Wilson stands in the middle of a field of wildflowers and grasses that reach past his knees. Holding a clipboard in one hand and a stopwatch in the other, Wilson records the abundance of native bees on flowers he observes in seven-minute intervals.

This can be tricky and time-consuming work—every time he spots a bee, the clock stops so an accurate identification can be made. Also, many other insects—wasps, flies and European honey bees—look and behave like native bees. But Wilson and the handful of volunteers have been carefully trained to identify their quarry by experts at Xerces Society, a nonprofit organization dedicated to the conservation of invertebrates (yes, that includes insects).

This monitoring is part of a larger effort to improve the habitat for pollinators on Natural Lands Trust's preserves. The Media-based nonprofit owns and manages 42 nature preserves across Pennsylvania and New Jersey, totaling more than 22,000 acres of protected natural areas, much of which is open to visitors. Over

time, the organization plans to replant meadows—currently dominated by warm-and cool-season grasses—with wildflowers to support pollinators.

## Worldwide Problem

So why go to all this trouble? The answer is simple: pollinators are essential to life as we know it, and their population decline is alarming.

One of every three bites of food eaten worldwide depends on pollinators, especially bees. While the loss of this environmental service would have a dramatic impact on U.S. food consumption, the situation is even more dire globally.

A study released earlier this year suggests that in some parts of the developing world the associated loss of nutrients—especially vitamin A—would affect immunity and dramatically increase the risk of dying from diseases like malaria and measles.

Pollinators worldwide are in serious trouble.

## The U.S. Problem

In the last few decades, the number of native bumble bees in the U.S. has dropped by 96 percent and one species, Franklin's bumble bee, is believed to be extinct.

North American monarch butterfly populations have declined by



Common Eastern Bumble Bee



Black & Gold Bumble Bee

PHOTOS BY BILL MOSES

90 percent. Last winter marked the lowest monarch count ever recorded, prompting scientists for several environmental groups to push for the butterflies to be classified as “threatened” under the U.S. Endangered Species Act.

Keepers of European honey bees have been reporting annual hive deaths of about 30 percent for the past 10 years, but in 2013 that number climbed to 50 percent in some areas. The loss was so bad that California's almond growers were left without enough bees to pollinate the state's 800,000 almond trees.

Most experts believe this population decline is due to a combination of factors, including habitat loss, climate changes, parasites and pesticides.

## What Can You Do?

“There's no one single solution to bringing back the pollinators—at least not yet,” said Wilson. “But making Natural Lands Trust's preserves as hospitable as possible is one way we can do our part.”

You can help, too! By taking steps to improve pollinator habitat in your own yard, you'll join a growing number of citizens working to make a difference.

Pollinators have just a few basic habitat requirements: a flower-rich foraging area, suitable plants or nests for egg laying, and a pesticide-free environment. To make things

easier, Natural Lands Trust has developed simple pollinator garden plans available on their website ([NatLands.org/PlantingPlans](http://NatLands.org/PlantingPlans)). Fortunately, many pollinator-favored plants—such as purple coneflower, wild bergamot, columbine, and shooting-star—are easy to grow and lovely to look at. Plans are available online for sunny, shady, wet or dry locations.

To help with nesting, you can find plans for building simple bee nest blocks from many sources on the Web. Leafcutter and mason bees are two groups of pollinators that naturally nest in beetle tunnels in dead trees. A man-made alternative to a dead tree is a wood block drilled with a series of dead-end holes—easy to make and available to buy.

## The Future

It's too early in the data collection to know the impact on local bee populations of creating wildflower-rich meadows, but bee expert Wilson is both patient and confident.

“I just read a study last week about how scientists decoded the ‘waggle dance’ of honey bees, which communicates to other honey bees the best places to collect pollen and nectar,” he said. “The study showed bees prefer nature preserves over all other types of habitats even if they have to travel farther to get there. I'd love to see how much they waggle when they find our preserves!” ♦

## What Are Pollinators?

**P**ollinators help in the process of pollination, when plants reproduce as pollen is moved within flowers or carried from flower to flower. Pollinators include birds, bees, bats, butterflies, moths, beetles and other animals. The wind also aids pollination.

While butterflies are among the showiest pollinators, they pale in comparison to bees in doing the heavy work of pollinating plants. On a single foraging trip, a bee may visit hundreds of flowers, transferring pollen as it goes. In contrast, butterflies, moths, flies, wasps and beetles visit flowers to feed on nectar, not to collect pollen. So these insects come into contact less frequently with the flowers' anthers than bees do and, consequently, are far less effective at pollination.



Force of Nature Volunteers  
Building Bee Nests

TOP PHOTO: OLIVER BASS  
LEFT PHOTO: MIKE COLL



Preston Wilson

Monarch Butterfly



# The Family Celebrity

*If you think your pet isn't  
the star of the show,*

*think again.*

Story by Carol Metzker

Photos: Pet Imagery by Laura Kaplan

**M**OST LIKELY, YOUR PET has crowds of adoring fans, routinely poses for the camera and is showered with affection by the entire household.

In fact, if your pet is like Beast—the Hungarian sheepdog of Facebook cofounder Mark Zuckerberg—he has his own Facebook page. Or like Grumpy Cat, she may be the subject of hilarious videos that get posted online. Pew researchers say that 45 percent of people who upload videos to the Internet post videos of a pet.

Whether to hide from paparazzi or to be the embodiment of cool, at some point your dog or cat—wearing sunglasses—has been the subject of a glam shot. Pets are stellar members of our families and community.

## MORE THAN A PET

“Our four-legged friends are more than pets—they are cherished members of our families and increasingly recognized as valued members of our communities,” Pennsylvania Senator Andy Dinniman said. “The fact is we are only on the cusp of understanding all that dogs have to offer. Beyond providing comfort in challenging times, dogs contribute to society by helping keep us safe, assisting those with disabilities and simply bringing a sense of love and solace to those in need.”

Dinnimans’ beloved poodle Henry was a public face for the Pennsylvania Dog Law and other legislation to protect animals. After Henry died, his memory was the inspiration for Henry’s Cupboard, a pet-food pantry that’s recently become mobile through Meals on Wheels and additional volunteer groups. The cupboard’s mission is to help senior citizens, residents with disabilities and others feed their furry loved ones.

Jazzy, the Dinnimans’ newest family member, lost no time in serving Chester County in a leadership role after his adoption in March.







## SPECIAL TREATS

Pets connect with kids. They listen devotedly to seniors and help relieve stress for victims of war and crime. Like Henry and Tuckerpuppy (see sidebar), they represent important causes and motivate their two-footed friends to do good in the world.

So it's no wonder that owners ensure that Fido and Fifi are indulged on occasion. Options for enticing and entertaining treats abound.

For your next barbecue, pick up a doggie S'more—peanut butter cookies with melted yogurt chips, drizzled with melted carrot chips, from Pawsome Healthy Pet Treats. The vendor at the Malvern Farmer's Market offers goodies for felines and canines. Or



choose a treat for your horse from Butt Wiggin' Good Bakery.

Let your pooch make a splash at your next pool party! Find swim goggles, as well as food for fish, fowl, snakes, cats and dogs, at Pets and Friends at Jenner's Village.

If getting your too-furry companion to the groomer is a challenge, Pup-A-Doo mobile pet grooming offers shampoo, blow-dry, nail services and more. The pet salon on wheels is a great solution for seniors such as a 90-year-old woman and her 13-year-old dog, since getting into a car isn't easy for either of them.

For the well-heeled, Wagsworth Manor offers spa services—pawdicures, brush-out service and luxurious baths—for four-footed guests that stay with them while families vacation away.

Boarding and other services don't have to cost a wing and a claw; the most important factor is competent, caring attention. The West Chester Animal Hospital staff prides itself on greeting almost all of their clients—pets and their human caregivers, Tuckerpuppy and Carol, for instance—by name as they enter.

## SPECIAL EVENTS, SPECIAL PETS

Sometimes, treats come in the form of adventures—a trip to the pet store to enjoy new scents or an evening on the town. With more Chester County restaurants offering outdoor dining, dog bowls are common sidewalk sights.

For dining with your dog, try Phoenixville's Bistro on Bridge's special \$2 Puppy Bites or Exton's Appetites on Main's patio offering leashed pets hot dogs or prime rib—cut in small pieces, of course.

Some events are for the family star. Malvern's upcoming Oktoberfest features a Bark in the Park. Other events spotlight them, too. In therapeutic situations, visits and the unique and precious partnership between human and animal hold advantages for both.

At the Coatesville Veterans Affairs Medical Center, certified therapy dogs and a fluffy cat provide interactions filled with unconditional love during vets' recovery and rehabilitation. Research shows that cats provide benefits—feelings of safety, security and a sense of calm—to combat veterans and others with Post Traumatic Stress Disorder.

Sweetie, the cat at Dawn's Place—a residence for survivors of human trafficking and commercial sexual exploitation—made a cameo appearance at the residents' luau in winter. Looking lovely in a lei, she stayed for a brief photo shoot. Most of the time, how-



## Teacher's Pet

When rescue dog Tuckerpuppy arrived five years ago at the home of teacher Carol Baker, he was cold, frightened and suffering from eye, skin and other health problems. Through tender loving care, he overcame obstacles to become a literacy leader and icon for thousands of students in 111 countries.

Today Tuckerpuppy, Tucker for short, is the mascot of Baker's West Chester-based organization Read2Dream that encourages children to read and dream of a bright future. He's the subject of kids' books and the inspiration for many youngsters struggling with problems big and small.

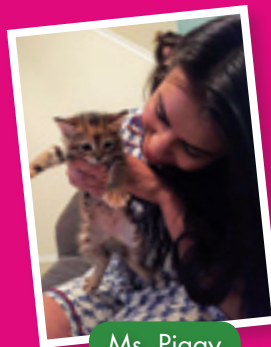
It's his resilience to his own challenges that leads to bonds with his young groupies. Unable to see properly, Tuckerpuppy was fitted with real human "premie" glasses by an eye doctor for people. A little girl embarrassed to wear an eye patch took comfort learning that Tucker's eyeglasses singled him out among his peers, too.

Tucker's clothing—worn to protect his skin and keep him warm since his fur is missing—has added to his charm. More than 65 outfits handmade by Baker include a duck costume complete with beaked visor that he donned for a book signing at a Rotary rubber-duck race.

Still humble after book signings, literacy events and television appearances, the tiny mascot's lifestyle and goals are unchanged by fame, says Baker. He likes to play with children and look at books—especially kids' picture books and the toy section of pet catalogs.

ever, she provides therapy in the form of a purr, silky fur to stroke and nonjudgmental friendship.

Squeaking, barking, purring or whinnying, pets bring untold joy. They're our heroes and shining stars. ♦



Ms. Piggy



Bella



Halie



Willow



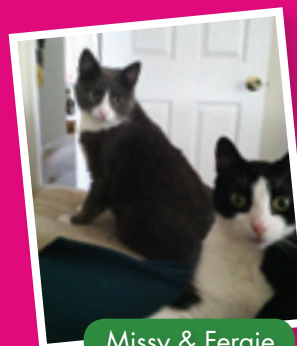
Koda



Calvin & Simon



Abner Lee



Missy & Fergie



Liberty Reagan



Katie



Spike



Mack



Lola



Prince Harry



Lila



Tipsy



Tallulah

# Cutest Pet Contest!

We looked for the cutest pet in County Lines Country and our readers left us with more than we can handle! During August, we'll showcase each semifinalist's adorable mug on Facebook. To vote, just like us, then like your favorite! The pet with the most likes\* wins a \$100 gift certificate for **Concord Pet Foods & Supplies**. We'll announce our winner on Facebook in late August.

\*Check the rules on our website.

Want a cuddly kitty or perky puppy of your very own? At the Chester County SPCA, pets want loving, lifelong homes just as much as you want to give them one. Your new best friend may be waiting for you! Visit [CCSPCA.org](http://CCSPCA.org) and **ADOPT** today.

Lauren Kaplan's business, Pet Imagery, has been awarded #1 Best Pet Photography (Philly Hot List 2012, 2010) and Best Pet Services (2013 Philly Happening List. She writes about honoring our senior pets on our website.



# Guide to Womens Health THROUGH THE DECADES

From the 20s to the 60s



**A**s we age, women's health needs and concerns evolve. Certainly, osteoporosis is not at the top of a 20-something's mental list. Yet bone health does start creeping up our 40-ish list at the same time issues from our younger years about pregnancy move down or get checked or crossed off.

In talking with local experts on women's health, we learned how each decade brings new health issues to the fore. And the overarching lesson throughout the years was how good habits had a tremendous positive impact on our health—starting good habits in our 20s, following them as we get pregnancy-ready in our 30s, maintaining them in our 40s, paying attention in our 50s, and continuing to follow a healthy lifestyle in our 60s and beyond.

The short lesson we learned: don't smoke, wear sunscreen, eat right and exercise. It sounds so simple! But read on to find out there's a bit more to it.

Here's to your health!

## Health in Your 20s

### Building good health through healthy habits

Dr. Karen Baird, Penn Family Medicine, Southern Chester County

**F**OR MOST WOMEN, OUR 20s ARE THE HEALTHIEST time in our lives. This was when muffin tops applied only to baked goods, late night parties were effortlessly followed by getting to work on time and looking fresh, and there was no cellulite to spot-treat with specific exercises. Time was on our side and in spite of the abuse we subjected our bodies to (why not put on baby oil and lay out in the sun?), we still managed to look and feel young and healthy.

But now that I'm a physician taking care of adult patients, I see the reality of what happens when our 20s quickly become our 30s, 40s, 50s and so on. I've noticed my patients who had or at least started healthy habits in their 20s, and continued to practice them, do much better medically and physically than those who never did. I've seen firsthand that maintaining healthy habits is the "ounce of prevention" that yields an amazing payout later in life.

The trouble with this simple insight is that when we're in our 20s, we're invincible, and we too often ignore preventative health practices mainly because we haven't yet experienced the aftermath.

#### SOME ADVICE

Here are 9 healthy habits that are worth cultivating. They have the added benefit that they will still work—even if your 20s are as distant as your memories of eating pizza and beer without caring what the bathroom scale said in the morning.

**1. Exercise Regularly.** Heart disease is the leading cause of death for women in this country. Atherosclerotic heart disease (buildup of plaque) is caused by obesity, high cholesterol, high blood pressure, smoking and other factors. Daily exercise can help decrease blood pressure, improve blood sugar and cholesterol, and independently reduce your risk of heart disease later in life. Plus, exercise is a "sentinel health habit"—meaning those who start an exercise program also often start other healthy behaviors. Win-win.

**2. Get Enough Sleep.** Adults need 7 to 9 hours of sleep every night. Lack of sleep is implicated in obesity, heart disease, diabetes, kidney disease and stroke. Studies show that people who work night shifts don't live as long—and their lack of sleep is a significant factor. It's also important to have quality sleep. Put the

*continued on page 68*

*Dr. Baird is board certified in Internal Medicine by the American Board of Internal Medicine and practices in Southern Chester County. Her professional interests include management of high blood pressure, diabetes and cholesterol disorders, and special interests include cardiovascular health and preventative healthcare. 610-345-1900; PennMedicine.org/PrimaryCare.*







## Health in Your 30s

Are you pregnancy ready?  
Boost your chances for a healthy baby

# 30s

Dr. Eduardo Mercurio, Chester County Hospital, OB/GYN

**A**S YOU REACH SPECIFIC MILESTONES IN LIFE OR enter a certain stage in a relationship, you may start thinking about becoming pregnant. Couples might first consider the financial and emotional impact the addition of a child will have on their lives and begin planning for that. But there are other things to consider—like your health—when planning your pregnancy.

We know getting pregnant doesn't always give you the luxury of a plan. But, you do want to be as prepared as you can be. If you know when you'd like to become pregnant, start at that point and work backwards, recognizing that getting pregnant can be unpredictable. Once you are pregnant though, you may have to alter your lifestyle, and it's best to have a plan of action.

### WHERE TO START?

*Are you currently taking birth control? Are you taking over-the-counter medications that may be harmful during pregnancy? Does your work environment expose you to toxins? Do you have health issues that could affect your ability to become pregnant or safely carry a baby to term? Do you smoke?* If you answered 'yes' to any of these (or similar) questions, then you have some lifestyle changes to address—and these changes can take time.

Don't worry, though; you're not alone in this. Your physician can be your best ally when you're coming up with your plan. Before getting pregnant, make an appointment to discuss pre-conception care, ideally about three months before you plan to start trying. And get your partner to come, too.

You'll be asked many of the questions posed above and your doctor will review your medical history and your partner's. To be sure you don't miss anything, make your own list of questions that you want to cover during your appointment.

Your physician will help you develop a plan to safely discontinue any birth control or medications you're taking, make sure you're up to date on your vaccinations (chicken pox and German measles are a special concern), test you and your partner for STDs if needed, offer you support and education about smoking cessation if needed, and provide you with tips for when and how to begin trying to conceive.

Your doctor is there to address any questions or concerns you have—everything from how soon might you start ovulating after stopping the pill to whether you should consider pre-conception genetic assessment. So ask!

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*Dr. Mercurio is a Fellow of the American College of Obstetrics and Gynecology and board certified by the American Board of Obstetrics and Gynecology. He is bilingual in English and Spanish and practices in Exton, West Chester and West Grove. 610-903-6200; PennMedicine.org/obgyn.*



## Health in Your 40s

The first rule is to  
take care of yourself

# 40s

Dr. Patricia Boken, Community Volunteers in Medicine

**I**N OUR 40s WOMEN ARE OFTEN TRYING TO BALANCE their job, children and aging parents. We find we're taking care of everyone else and, too often, neglecting our own health. Please take this medical advice: Putting ourselves last actually jeopardizes everyone's wellbeing. It's the oxygen-mask rule.\*

During this decade, women's bodies begin to experience changes both big and small—you may start menopause or find you need your first pair of reading glasses. The 40s are a time of transition in many respects, and a time when a little time invested in your health can yield significant and long-lasting benefits.

To help better prepare yourself for a healthy future, here are four simple steps you can take to stay healthy in your 40s ... and beyond.

### 1. Continue the healthy habits you formed in your 20s. Or make your 40s a time for these habits to stick.

Maintaining a healthy weight and diet are still critical. But a healthy weight may be more difficult now because of changes in your metabolism. Because increased weight leads to heart disease, hypertension and diabetes, it's well worth the effort of continuing and improving your healthy diet.

Exercise continues to be essential to good health. A 40-something's workout should include weight-bearing exercise—walking, dancing, lifting weights, even golf and types of yoga—to help build bone strength, maintain muscle mass and prevent osteoporosis, new concerns as you age.

Advice against smoking and for moderation in drinking still stands.

The same for using sunscreen. Now include regular skin checks for skin cancer after all those years as a sun worshiper.

A new habit to consider: Eat more calcium-rich food and ask your doctor to check your vitamin D levels. Both may help in maintaining bone strength.

### 2. Schedule annual appointments with your primary care physician for a gynecological checkup and a physical. Once a year is a minimal investment in good health.

Your 40s are a time to keep current on health screenings and to have baseline tests done so you can catch any potential health issues early.

In addition to your routine gyn checkup, discuss with your doctor the recommended frequency for cervical

continued on page 69

*Dr. Boken, a board certified family physician, serves as a volunteer physician at Community Volunteers in Medicine in West Chester. With a background in academia and as co-author of a chapter in Manual of Family Practice and Family Medicine: Principles and Practice, her areas of special interest include preventative medicine and women's health. 610-836-5990; CVIM.org.*







## Health in Your 50s

Today's menopause: not your mother's hormone replacement therapy

# 50s

Dr. Lewis Lo, Suburban OB/GYN

**I**F YOU'RE APPROACHING 50, YOU MAY BE THINKING about major health milestones. Yes, there are many health concerns for women in their 50s—increased risks of heart disease, cancer, diabetes and osteoporosis, perhaps your first colonoscopy, maybe urinary incontinence or a twinge of arthritis. But these concerns may span the decades from the 40s and beyond the 60s for some and never even affect others.

Yet all women experience menopause at some point, and generally around 50. Much like that half-century birthday, menopause is a milestone.

### MENOPAUSE MILESTONE

So what's going on that makes menopause so important? Yes, all women experience it, but not all in the same way. What should you expect—in addition to the hot flashes, night sweats, sleep disturbances, vaginal dryness and mood swings?

Short answers: You may experience some or none of those symptoms and your experience may range from mild to severe. In other words, your mileage may vary. While all these changes are normal, there are treatment strategies that may help you survive them.

As you may know, menopause is when the ovaries stop producing estrogen and progesterone. Yet, the ovaries don't just stop working

one day out of the blue! Around the time of menopause—51 is the average age in the U.S., unless it results from surgery, chemotherapy or radiation—the amount of hormone the ovaries produce fluctuates greatly, and it's this “hormone roller coaster” that leads to some unpleasant symptoms.

The obvious solution would seem to be to replace these hormonal highs-and-lows by taking hormone replacement medications. Hormone therapies (HT), using either estrogen alone or combined with progesterone, have been proven to be very effective in treating menopause symptoms.

### HORMONE REPLACEMENT THERAPY—REPLACED

Hormone replacement therapy (HRT) used to consist of high-dose estrogen taken daily, with no planned end date. The idea was not only to control the symptoms of menopause, but also to improve health—primarily by preventing cardiovascular disease (heart attack and stroke) and reducing the risk of cancer and bone-thinning.

What was discovered from large national studies, however, was the opposite: The incidence of heart attack and stroke actually increased, as well as the risk of breast cancer and blood clots. These results drastically changed how HT medication is prescribed today.

*continued on page 70*

*Dr. Lo, a board certified obstetrician/gynecologist with Suburban OB/GYN, is a member of the American College of Obstetricians and Gynecologists. Dr. Lo has offices in Ridley Park and Springfield. Linda Echols, Ph.D., MBA, CRNP, also contributed to this article. 610-521-4311; CrozerKeystone.org.*



## Health in Your 60s *and beyond*

Exercising for healthy aging: it's never too late to gain real benefits from working out

# 60s

Dr. Greg Degnan, ACAC Fitness & Wellness Center

**M**AJOR HEALTH IMPROVEMENTS ARE POSSIBLE, regardless of your age when you begin to exercise. For a woman in her 60s—who may be concerned about losses in bone density, muscle mass, balance, flexibility and agility, plus problems with blood pressure and joint degeneration—exercise can be an alternative to some medications or surgery.

Regular physical activity can help prevent or improve many chronic conditions and prolong a healthy, active lifestyle. While a well-rounded exercise program includes cardiovascular, flexibility and strength work, specific recommendations vary, of course, based on your individual needs and goals.

### BUILDING BONE DENSITY

Rapid loss of bone density happens to women in their 60s, so osteoporosis is a special concern. Studies of the effects of exercise on bone density show that while even light exercise is good, exercise at moderate intensity is better.

The minimum recommendation is 30 minutes of weight-bearing exercise 3 days per week, but 5 days is ideal. Weight-bearing exercise as simple as walking has proven to make a significant difference in bone density. Strength training with weights or resistance tubes at a moderate level has an even greater impact on bone density.

If one of your goals is to build bone density, you'll want to include full body strength training—such as weight lifting—3 times per

week combined with other weight-bearing exercise for cardio.

When lifting weights, you should perform about 2 to 3 sets of 6 to 8 repetitions of each exercise. Although you may have heard “higher reps, lower weight,” that doesn't apply here. To improve bone density, it's better to do fewer reps at a higher weight—the key is to challenge your muscles without sacrificing form and technique.

### PREVENTING AND REVERSING CHRONIC CONDITIONS

Physical activity can have a positive impact on diabetes, hypertension, high cholesterol and depression—all common health issues for women in their 60s.

A combination of resistance training and cardio at moderate intensity for 30 minutes a minimum of 3 days per week can help prevent a variety of chronic conditions. The goal is to have your heart rate in a range that requires some feeling of exertion for at least 20 minutes.

But even mild intensity exercise can help, so even a few minutes a day is better than no exercising at all. Adding just a few minutes of activity each day can begin to improve your physical, emotional and cognitive functioning. Exercise is powerful medicine!

### MAINTAINING MOBILITY

Strength, particularly leg strength, is critical for mobility and independence as you age. Resistance

*continued on page 71*

*Dr. Degnan, a board certified orthopedic surgeon, serves as Vice Chairman for the Sentara Quality Care Integrated Network – Central Region. As Medical Director at ACAC, he oversees the club's physician referred exercise program. 610-431-7000; ACAC.com.*





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# WEND YOUR WAY OFF LANCASTER AVENUE AND MARVEL AT A MALVERN YOU'VE NEVER SEEN.

Story by Emily Hart  
Photos by Andrew Seymour

COLORFUL FLAGS—"Open," "Welcome" and the stars and stripes flapping in the breeze—beckon visitors and residents alike. Abundant blossoms in lamppost baskets, doorstep urns and window wreaths nod in greeting. One-of-a-kind shops offer gifts, home furnishings, fashion, services and food fit for royalty.

Few would argue that Malvern's King Street is anything less than exceptional. So what better place could there be for a royal stroll?

Malvern Strolls are held the third Thursday of each month—but any day is the perfect day to create your own "sip, shop, stroll" adventure. Start at the shops at one end of King Street and walk half a mile to the other end; take a little jog up Warren Avenue to Burke Park. Turn around at the far end of town to return via the sidewalk on the opposite side of the street.

Or meander, as I did, to whichever pleasing establishment catches your eye.

## REMARKABLE MARKETPLACE

Allow yourself to be drawn into Terra Culture Gifts where the storefront window-display sparkles. Among the treasures that support artists and promote fair trade practices, I spied a glittering selection of Firefly earrings and a rain stick with Aboriginal art.

Stroll right up to The Picket Fence, one of the oldest shops on King Street. The charm of the eponymous white picket fence, green door and striped awning invite customers inside. While browsing garden accessories, gifts and more, say hello to sweet Lola the dog.

Stop in at Knots and Weaves where magic carpets—Oriental and decorative rugs—instantly transport you to exotic locations. Co-owner Jim Greim showed me an exquisite Baluchi carpet, handwoven with rich earthy colors made from vegetable dyes in southwest Iran. Up the staircase, don't miss The Loft where an eclectic collection of home furnishings, irresistible women's clothing

(so irresistible that there's a new dress in my closet), pottery and paintings awaits you.

Visit other businesses that tickle your fancy—Wolfe's where brass accessories shine and Nota Bene Boutique where jewelry and fashion accessories dazzle. Or find services to keep you going—auto body shops, shoe repair and a wellness studio.

When it's time for a pick-me-up, head to Julie Anne's Place on Warren Street. My stop for a bite to eat there led to a delightful respite with friendly conversation among staff and customers, as well as a simple yet delicious fresh chicken salad sandwich. Enjoy the genuinely friendly hospitality of owner Laura and her crew while you relax with coffee in a rocker on the gingerbread front porch. Or relax with lunch at the outdoor table with umbrella. Either way, take time to stop and smell the flowers gracing the charming eatery.



## FROM FAR AWAY TO HOME

Cross the threshold of UpHome into southern France. There's all you need to set the perfect table—exquisite French linens, wine glasses, cheese knives and china plates depicting lavender fields and Provençal scenery. Just add some croissants.

Luckily, Malvern's newest venture has those ... plus scones, Bavarian pretzels and more. Brand new Malvern Buttery brings the best of a captivating European bakery, an American coffee shop, and a community café and gathering space to the heart of town. Owners John

and Silenia Rhoads encourage guests to watch bakers shaping bread loaves, to sit in a comfy chair while sipping ethically sourced coffee or to try a warm croissant with homemade jam, cocoa hazelnut spread or butter freshly churned on the premises. At a wooden table, in the company of friends, savor a creative lunch-time salad.

## STROLL IN FASHION

Enter the historic Malvern Inn where this former site of a post office, guest-house and long-standing flap over a liquor license is now 12 West Boutiques. Find fun, casual clothing in addition to must-have trinkets.

For a shopping spree fit for a queen, let a personal shopper at Posh Collections connect you with a designer label. Or take home a new handbag or necklace from Louella's.

Get pampered at Grazia Skin Care Studio & Spa, where you can choose from an array of customized experiences. Try an airbrush tanning session to enhance your summer tan. Or lash extensions. Maybe an anti-aging facial or a deep tissue massage to help you look and feel great as you stroll.

## THE QUEEN'S SUPPER

Ready for a regal repast after your stroll? In addition to comfort foods at Julie Anne's Place, pub grub and beer at the Flying Pig Saloon, delectables at the Malvern Buttery and pizza at Malvern Pizza and Beer—found easily by the giant mural on the side of the



Christopher's—A Neighborhood Place



The Picket Fence



Julie Anne's Place



Louella

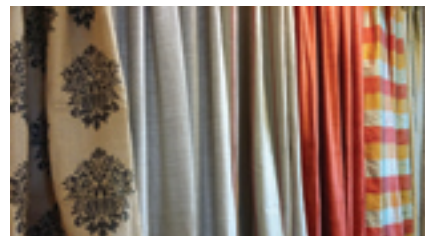
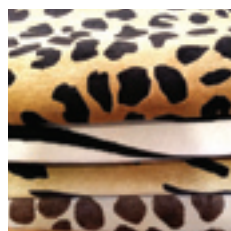


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building—there are some sophisticated possibilities for dining.

Restaurant Alba's inspired use of locally sourced fare would delight any foodie. Faced with delicious menu items, one option that grants having your cake and eating it, too, is to choose the five-course chef's tasting menu Monday through Thursday nights.

New to Malvern is Christopher's, already popular in Wayne. Boasting of ingredients from local farms, family-friendly meals for kids, gluten-free breads for gluten-free diners, a bar and pleasant outdoor seating, the restaurant has something for everyone.

Growing Roots Partners' Lisa O'Neill summed up a visit to town: "Malvern lives up to our slogan—'Small town, big charm.'"

Lace up your walking shoes; come on over. ♦



- |                                  |                             |                                      |
|----------------------------------|-----------------------------|--------------------------------------|
| 1. 12 West Boutiques             | 10. Knots & Weaves          | 19. Posh Collections                 |
| 2. Anthony's Restaurant          | 11. Louella                 | 20. Restaurant Alba                  |
| 3. Campli Photography            | 12. Love Nails / Spa        | 21. Terra Culture Gifts              |
| 4. Christopher's                 | 13. Malvern Buttery         | 22. The Blue Octagon                 |
| 5. Englund's                     | 14. Malvern Flowers & Gifts | 23. The Picket Fence                 |
| 6. Gingy's Boutique              | 15. Malvern Farm Mkt.       | 24. Tranquil Solutions               |
| 7. Grazia Skin Care Studio & Spa | 16. Moonstone & Sage        | 25. Uphome Ltd.                      |
| 8. Jam Gallery                   | 17. Nota Bene Boutique      | 26. Upscale Consignment              |
| 9. Kimberton Whole Foods         | 18. Occasions Boutique      | 27. Wallace & Nilan Physical Therapy |

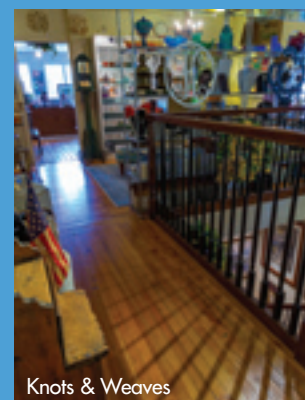
## THERE'S MORE IN MALVERN THAN KING STREET!

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## BLOOMING, BOOMING MALVERN

When it comes to flowers, events and the town itself, Malvern is blooming. Long-time businesses—the quirky beer lovers' pub The Flying Pig Saloon, 14-year-old Knots & Weaves and long-standing National Bank of Malvern—are welcoming newcomers to town: Kimberton Whole Foods market; Eastside Flats shops and apartments; Benchmark Federal Credit Union and others.

Weekly, monthly and annual events draw sippers, shoppers and strolling pedestrians from as close as King Street's Eastside Flats and as far as a couple of counties away. Check out the weekly Farmer's Market in Burke Park where vendors offer fresh greens and artisanal foods. Enjoy a Malvern Stroll on the third Thursday of each month. Come back each year for the Malvern Blooms Spring Festival, Memorial Day Parade, and Harvest Oktoberfest—where this fall's features include a Bark in the Park and live music by Polkadelphia.



Knots & Weaves



Nota Bene Boutique



Malvern Buttery



Posh Collections



Kimberton Whole Foods



Grazia Spa



Uphome Ltd.



Wolfe's Baldwin Brass Center



Restaurant Alba



National Bank of Malvern

Celebrating 75 years, Benchmark Federal Credit Union now serves anyone who lives, worships, works, or attends school in Chester County. "People are realizing that when they buy local, whether it's at a farmers' market or neighborhood business, they get superior value and dedicated service. The same is true for a local federal credit union like Benchmark," says David LaSala, President and CEO. "We know and care for the Chester County community, and our sole focus is to support and improve the economic well-being of our members throughout their lives, from birth to retirement."

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# Fantasy Football

## How to Prove You're the Greatest Couch Coach ... This Season

Zack Malet

**MAYBE YOU'VE HEARD ABOUT FANTASY FOOTBALL OR  
ALREADY PLAY IT. IF YOU WANT TO LEARN A LITTLE MORE,  
READ ON BECAUSE THE SEASON STARTS SOON!**

**N**OT SURPRISINGLY, MOST OF THE PEOPLE in fantasy football leagues are NFL fans. Having this pastime gets them excited about watching more games on weekends, and it's often a gateway to liking—or despising—certain players in games *not* involving their hometown team. But, if you don't like the NFL, you likely won't like fantasy football either.

Think you have what it takes to succeed in fantasy football? Well, it's said you need the business savvy of a general manager, the knowledge of a pro scout, and the strategy of a head coach.

### Some Background

Fantasy football's annual \$6 billion drain on office productivity harkens back to the late Wilfred "Bill the Gill" Winkenbach, a limited partner in the Oakland Raiders. According to local lore, the first pick of the 1963 inaugural league, named "Greater Oakland Professional Pigskin Prognosticators League," was George Blanda. Sadly, Hall-of-Famer Blanda threw more interceptions than touchdowns that year, and cost his fantasy team—and local bar owner Andrew Mousalimas—his season.

Fantasy football gained traction slowly, being passed from bar to bar, until in 1997 CBS launched the beta version of the first publicly available, free fantasy football website. Today it's estimated that 19 million fans compete in leagues nationally. And now the pastime has spawned TV shows (*The League*, *Fantasy Football Now*), plus countless fans worldwide have an extra reason to watch *Monday Night Football*, hoping their last eligible player that week scores some points and wins them their match-up.

### The Leagues: "Frantic Fantasy Football Fanatic" League

Many different websites host and operate fantasy football leagues and have already geared up for the 2015 season. Generally fantasy

leagues consist of between 8 to 12 teams, which can have one or more "managers" running each team.

If you're interested in starting a league, think of friends, co-workers, the guys (and gals) you've been talking to about Chip Kelly's latest trade. Then start thinking like an owner.

Unlike the members in Bill the Gill's original league, we have computers to crunch the numbers instantaneously. Pity the first fantasy owners who had to tabulate the points (or money) for each player's gained yards, field goals, fumbles, etc. every week.

Among the most popular fantasy football websites, ESPN and Yahoo allow for live, real-time scores on game days and analysis from popular "fantasy analysts" (yes, that's a real job), along with simple mobile apps. CBS Sports, the godfather of fantasy football, has a unique experience called the "Player Challenge" that allows owners to play in four-week cycles.

### Fantasy Draft: You're the Pro Scout and Owner

Fantasy drafts are holy rituals for some leagues, when old friends meet face-to-face once a year. Drafts typically take place in late August/early September, before the first regular season games. So get ready! And start thinking of a cool name for your team.

The first step in setting up a league is deciding on the type of draft. The simplest is "Auto-Pick," when each player is pre-ranked and a computer program decides the teams by fairly dividing the talent. Personally, I think you miss most of the fun with that.

In "Live Draft," competitors pick in either a predetermined or randomly drawn order. Or you can do an "Auction Draft," when teams bid on players with each team having a limited budget to spend. Instead of picking players in a draft, you bid on them until your roster is filled. These methods assume some knowledge and research. But that's optional. Like your March Madness bracket, you can go with your gut.



All types of drafts can be run on the Internet, but Live Draft and Auction Draft can also be done in your rec room with plenty of food. And beer.

Rosters are generally 13 players deep and include 1 QB, 2 RB, 3 WR, 1 TE, 1 K, plus 1 DEF and 4 bench players whose points don't count. (For the uninitiated, that's 1 quarterback, 2 running backs, 3 wide receivers, 1 tight end, 1 kicker, plus 1 team defense and 4 bench players.)

Recently there's been an explosion of *daily* fantasy leagues, created for the fantasy users who don't want to be beholden to their third-round pick tearing a muscle. These sites allow you to pick your team based on a maximum cap for the combined salaries of players on your roster. The go-to sites for this are DraftKings and FanDuel. Although you can re-pick your team each week, these websites follow the same general scoring system as the season-long websites.

### Scoring

Scoring can differ from league to league, but most sites recommended setting six points for touchdowns, one point for every 10 rushing or receiving yards, one point for every 25 passing yards, and negative two points for each interception or fumble. Your kicker earns you points based on the length of his field goals. Beyond that, there are optional bonuses you can establish—for a 50-plus-yard touchdown, for example.

### Coaching and Managing

Once you've drafted your team, weekly management involves taking out starters if their team has a bye-week and isn't playing or if they're injured. All roster changes must be completed after the *Monday Night Football* game is over and before the Thursday game has started.

Each week you'll be paired against another team in a "head-to-head" league, or in a rotisserie scoring league, you compare your totals to the rest of the teams. Rotisserie scoring—named after a defunct Manhattan eatery important to Fantasy Baseball—adds up your totals from each category throughout the year, and the highest scorer in each category is awarded a staggering amount of money.

Did we mention that cash was another reason people played?

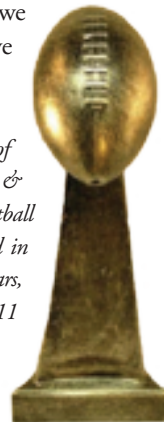
Based on your win/loss record at the end of the season, you're eligible for the playoffs and maybe the Fantasy Sports Hall of Fame!

### Bragging Rights

Winning your Fantasy Football League gives you bragging rights for life. I know exactly where my fantasy football trophy is, although I can't find my once-coveted youth soccer league championship medal.

Beyond the glory, fantasy football is a great way to stay connected with your football-loving friends. And we should all make sure we have plenty of those. ♦

*Although Zack Malet is a member of ESPN's College Sports Programming & Acquisitions Team focusing on basketball and track and field, he's participated in Fantasy Football Leagues for 12 years, winning in 2010 and again in 2011 with a co-manager. That's his trophy.*



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# The Boomers are Coming!

AND THEY'RE ABOUT TO CHANGE SENIOR LIVING

Mary Irene Dolan

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\*This guarantee is subject to terms and conditions of the Residency Contract. See Residency Contract for further details.

### Freedom Village Brandywine

A Life Care Community

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



**B**ABY BOOMERS ARE ON THE CUSP OF RETIREMENT. Many are still working at their second or third career and caring for elderly parents. Most are not quite ready for the life of leisure that generations before them embraced in their 60s.

That's because Boomers are different. They don't want a "retirement home;" they want "active adult communities." They want not only to live, but to thrive.

Local senior communities are listening and are already making changes. We asked what it is this self-reliant and active generation wants.

#### Independence & Flexibility

Boomers have spent their lives living on their own terms, in their own space, by their own rules, so it's not surprising they're unwilling to give up that freedom in retirement. Executive Director of Wellington at Hershey's Mill, Anda Durso, says Boomers crave independence and a low-maintenance lifestyle. "They want to be able to have a social life and travel," she says, "but not worry about maintaining their homes while they're away."

With more free time and fewer responsibilities, Boomers want communities that provide flexible meal times and services. Whether they're short-term rehabilitation guests at Wellington's skilled nursing center or full-time residents at its neighboring 55+ gated community, Hershey's Mill, "they don't want to feel institutionalized with set schedules and little choice," Durso stresses. "They want hospitality, restaurant-quality dining, and alcohol with their meals." This trend towards customer-focused, resort-style living is catching on quickly.

#### Location & Customization

Another big selling point is convenient location. In fact, choosing a retirement community can be as much a real estate decision as a lifestyle choice. With a location on bustling Lancaster Ave. in Paoli, Daylesford Crossing, opening this month, is desirable for its proximity to the many Main Line amenities. Residents can continue to live their active lives, just with less effort and stress.

Many communities see this generation preferring larger cottage homes rather than smaller apartments. Freedom Village at Brandywine's terrace homes are "ideal for Boomers," according to Marti DiTaranto, Senior Regional Director of Sales & Marketing with Brookdale Senior Living. "Separate from the main clubhouse and apartment building, these spacious condos allow residents to trade maintenance and housekeeping for resort-style living without being forced to downsize."

Boomers also want the ability to customize their homes. They're more interested in freedom of expression than cookie-cutter housing. Tel Hai Retirement Community in picturesque Lancaster County has answered this demand with a range of cottage and apartment floor plans, all customizable—from the flooring to the paint!

This diverse group isn't satisfied with standardized fun either. Straying from the one-size-fits-all model, Tel Hai's dynamic selection of activities, educational programs, clubs, travel opportunities, performances and classes focuses on the individual. Director of Communications Jolene Weaver remarks, "Each resident decides exactly how to spend each day ... they're as busy or relaxed as they choose."





Daylesford Crossing

Similarly, The Lifestyle 360 program at The Devon Senior Living is right up a Boomer's alley with its personalized and holistic approach to wellness. It's designed to meet the five dimensions of total personal wellness: social, intellectual, spiritual, physical and emotional, which Director of Community Relations Jules Dewey notes is "different for everyone."

Whether residents want to learn a new language or try a new hobby like digital photography or dance, the opportunities are there. It definitely isn't your standard activity program, and Boomers love it!

#### Campus Living

Since Boomers were the first generation to go to college in droves, they tend to reminisce about the easy life when everything they needed was right on campus. And so, many new 55+ communities modeled after university campuses are popping up, while more established communities add amenities that Boomers demand.

For example, Quarryville Presbyterian Retirement Community is undergoing a renovation that President and CEO Robert D. Hayward, Jr. says is already piquing the interest of a younger senior crowd. With plans for a 25,000 square-foot gathering space called the Commons, this addition will include an indoor pool, expanded fitness area and exercise rooms plus a café and outdoor patios as nice as the best student center on any college campus. A putting green, bocce and shuffleboard courts are in the works as well.

Likewise, Freedom Village is also expanding and building a new fitness center perfect for active Boomers. With planned activities right on site—like billiards tournaments, yoga, Tai Chi classes, and educational events and seminars—there's always something engaging to do on this campus.

At many communities, Boomers who don't want to give up hobbies that require tools and space now don't have to! Quarryville residents with green thumbs can garden to their hearts' content in the greenhouse—without storing dirty tools at home.

Community clubs for residents with specialized interests are also becoming popular. Pleasant View Retirement Community in Lancaster County has jumped on board with their Fine Dining Club for retired foodies. Instead of going to Shady Maple yet again (not that there's anything wrong with that!), members take trips into lively Lancaster City to discover new foods and culinary styles.

#### Tech Centered

Since they worked in a world of computers, smartphones and social media, Boomers are much more tech savvy than previous generations. To catch their attention, senior communities are increasing their tech.

Sales and Marketing Director of Pleasant View Retirement Community Amanda Hall notes having a well designed and information-packed website is key to catching Boomers' interest. "Boomers are more educated and typically have a parent who's gone through the same process. Now they're going online to research, checking out options, and only contacting the communities that suit their specific needs," she says.

When it comes to choosing a home, Boomers want to keep their gadgets. High speed internet is a must and Wi-Fi connectivity in communal centers is becoming the norm. Many want it not only for their own personal devices, but for their children's or grandkids' when they come to visit.

With all these changes, Boomers will be able to live the lives they've imagined—and maybe even better. When the time is right, of course. ♦

#### Boomer Predictions

We asked local senior communities for predictions about how they see the concept of "senior living" changing. Here's what they said.

*"I see there being many more communities popping up that are less geographically isolated, more intergenerational and affordable, and more focused on making residents feel like they're contributing to their community."*

— Renna Van Oot,  
Executive Director,  
Friends Home in Kennett

*"We'll continue to see change with flexibility of services, more housing options, a bigger emphasis on health—including different ways of eating and staying active—a shift towards becoming more tech-friendly, and residents wanting to assist in creating their community rather than conforming to it."*

— Michele Berardi,  
Director of Marketing &  
Community Relations,  
Kendal Crosslands Communities

*"Residents will want more choices and upgrades—like flexible meal plans, more cultural and educational opportunities and expanded fitness programs. They're going to want to live well, stay active and be involved participants in their communities."*

— Elaine Kaiser,  
Director of Marketing,  
Dunwoody Village

*"Baby Boomers will look for more options in amenities, social venues, value and, most importantly, organizational transparency as they want a comfort level that their investment is protected. They'll want more input on decisions being made by management and the Board on policy changes and repositioning of the organization."*

— Bob Bertollette,  
CEO, Riddle Village

*"The future of senior living will continue to evolve with an increased focus on hospitality. Consumers will have so many more choices. Each provider will need to offer the best in food, fun and comfort. At the end of the day, however, quality care should be the primary focus because without it, the amenities mean nothing."*

— Leslie Wild,  
Community Relations Director,  
Exton Senior Living



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# Guide to SENIOR COMMUNITIES

*Our region has many communities for active seniors and those requiring some assistance. Here is a guide to a few high-quality options.*

## COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

Our area has a variety of communities built and managed for active seniors. They're essentially planned neighborhoods—townhouses, condos, apartments—catering to older adults who still feel young. Some are called "55+" communities, others "active adult," "retirement" or "independent living" communities. Generally, many feel like resorts. Here are a few.

### Pennsylvania

#### DOWNINGTOWN

##### Ashbridge Manor

610-269-8800; [AshbridgeManor.com](http://AshbridgeManor.com)

##### Downing Forge

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

##### The Woods at Rock Raymond

484-784-2100; [WoodsAtRockRaymond.com](http://WoodsAtRockRaymond.com)

#### GLEN MILLS

##### Fox Hill Farm

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

#### KENNETT SQUARE

##### Cartmel & Coniston (Kendal)

800-216-1920; [KCC.Kendal.org](http://KCC.Kendal.org)

#### KIMBERTON

##### Atria Woodbridge Place

484-302-0005; [AtriaSeniorLiving.com](http://AtriaSeniorLiving.com)

#### LITITZ

##### Warwick Woodlands a Moravian Manor Community

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

#### MEDIA

##### Springton Lake Village

610-356-7297; [SpringtonLakeVillage.com](http://SpringtonLakeVillage.com)

#### PHOENIXVILLE

##### Coldstream Crossing

610-321-1977; [ColdstreamCrossing.com](http://ColdstreamCrossing.com)

#### WEST CHESTER

##### Harrison Hill Apartments

610-430-6900

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

##### Hershey's Mill

610-436-8900; [HersheysMill55Plus.com](http://HersheysMill55Plus.com)

##### Westtown Reserve

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

### Delaware

#### HOCKESSIN

##### Cokesbury Village

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

#### WILMINGTON

##### Ingleside Retirement Apartments

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

##### Methodist Country House

302-654-5101; [PUMH.org](http://PUMH.org)



Jenner's Pond Retirement Community



The Highlands at Wyomissing



Dunwoody Village

## COMMUNITIES FOR THE INDEPENDENT, WITH CONTINUING CARE

Many seniors are currently independent, but want or need, for themselves or their spouse, to live with support, moving from independent living, then assisted living, followed by skilled nursing and several kinds of specialized facilities. When the sequence is combined on a single campus, it's called a continuing care community. Those listed have strong "independent living" programs.

### Pennsylvania

#### CHRISTIANA

##### Harrison House

##### A Harrison Senior Living Community

610-593-6901

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

#### DEVON

##### The Devon Senior Living

610-263-2300

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

The Devon Senior Living is located in a beautiful, peaceful, rustic country setting, only minutes from area hospitals, restaurants and shopping centers. The Devon Senior Living offers award-winning living assistance, Alzheimer's/Memory Support and short-term stays and features distinct services and amenities offered in a comfortable, home-like setting. You can visit them at 445 N. Valley Forge Rd.

#### EXTON

##### Exton Senior Living

610-263-2300, 610-594-0200

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

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

#### GWYNEDD

##### Foulkeways at Gwynedd

215-643-2200

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

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[facebook.com/QuarryvilleRetirement](https://facebook.com/QuarryvilleRetirement)







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**Haverford**  
**The Quadrangle**  
610-642-3000  
[SunriseSeniorLiving.com](http://SunriseSeniorLiving.com)

**Honey Brook**  
**Heatherwood Retirement Community**  
610-273-9301  
[HeatherwoodRetire.com](http://HeatherwoodRetire.com)

**Tel Hai Retirement Community**  
610-273-9333  
[TelHai.org](http://TelHai.org)  
Come to Tel Hai and redefine retirement your way. Their nationally accredited community offers rolling hills and easy access to major highways and favorite destinations. Cottage and apartment homes enjoy green vistas. Amenities and services abound. If needs change, they also offer personal care, memory support, in- and out-patient rehabilitation services and adult day and health care services on their 149-acre campus.

**Kennett Square**  
**Friends Home in Kennett**  
610-444-8784  
[FriendsHomeInKennett.org](http://FriendsHomeInKennett.org)  
Offering a wide range of options for seniors including Independent Living in one of seven apartments with kitchen or kitchenette. They offer Supportive Independent Living in a studio, one-bedroom apartment or couples suite with expansive rooms and 1½ baths. Services are available when needed right in your own apartment. All meals, housekeeping and laundry included. Immediate availability. Friends Home in Kennett—where friends become family.

**Kendal-Crosslands**  
610-388-1441  
[KCC.Kendal.org](http://KCC.Kendal.org)  
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tennis courts, therapy and fitness, multiple dining venues, two libraries, putting greens, and all with 5-star rated health-care. Member of Leading Age, FSA, and are accredited by CARF-CCAC.

**Lancaster**  
**Quarryville Presbyterian Retirement Community**  
888-786-7331  
[Quarryville.com](http://Quarryville.com)

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**Willow Valley Communities**  
866-454-2922  
[WillowValleyCommunities.org](http://WillowValleyCommunities.org)  
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**Manheim**  
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[PleasantViewRC.org](http://PleasantViewRC.org)

Nestled in the rolling hills of northern Lancaster County, Pleasant View blends a relaxing and carefree lifestyle with opportunities to explore passions and interests. With a variety of living accommodations to choose from, plus a multitude of on-campus conveniences, maintaining your active lifestyle is easier than ever. Plan your visit to see why over 400 residents call Pleasant View home.

**MEDIA**  
**Riddle Village**  
610-891-3700  
[RiddleVillage.org](http://RiddleVillage.org)  
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**Newtown Square**  
**Dunwoody Village**  
610-359-4400  
[Dunwoody.org](http://Dunwoody.org)  
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**White Horse Village**  
610-558-5000  
[WhiteHorseVillage.org](http://WhiteHorseVillage.org)  
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**PAOLI**  
**Daylesford Crossing Senior Living**  
610-640-4000  
[DaylesfordCrossing.com](http://DaylesfordCrossing.com)  
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Riddle Village



White Horse Village



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#### Highgate at Paoli

610-296-7100

[GenesisHCC.com/HighgateAtPaoli](http://GenesisHCC.com/HighgateAtPaoli)

#### PHOENIXVILLE

##### Spring Mill Senior Living

610-933-7675

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

#### ROSEMONT

##### Rosemont Presbyterian Village

610-527-6500; [PresbyInspiredLife.org](http://PresbyInspiredLife.org)

#### VALLEY FORGE

##### Shannondell at Valley Forge

610-728-5200; [Shannondell.com](http://Shannondell.com)



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#### WEST BRANDYWINE

##### Freedom Village at Brandywine

484-288-2200

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

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#### WEST CHESTER

##### Barclay Friends

610-696-5211; [BF.Kendal.org](http://BF.Kendal.org)

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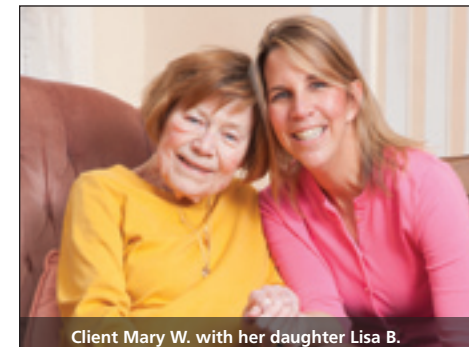
Friends Home in Kennett



Pleasant View Retirement Community



Tel Hai Retirement Community



Client Mary W. with her daughter Lisa B.

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484-653-1200;

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

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

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#### WYOMISSING

##### The Highlands at Wyomissing

610-775-2300; [TheHighlands.org](http://TheHighlands.org)

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munity situated on 113 acres next to beautiful Wyomissing Park. They offer 246 residential apartments of various sizes, 40 spacious two- and three-bedroom villas, 66 Personal Care and 80 Skilled Nursing. The Highlands is a non-profit entity of Reading Health System.

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302-658-6200; [Stonegates.com](http://Stonegates.com)

#### NEWARK

##### Millcroft Senior Living

302-366-0160; [MillcroftSeniorLiving.com](http://MillcroftSeniorLiving.com)

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##### Foulk Manor South

302-655-6249

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

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##### Angel Companions

610-644-8780

[AngelCompanions.net](http://AngelCompanions.net)

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

##### Bayada Home Health Care

King of Prussia, 610-992-9200

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Home health aides provide personal care and companion services. Skilled nurses provide care and manage chronic conditions, working in consultation with the client's physician to develop an individualized plan of care.

##### Surrey Services for Seniors

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

Surrey, a nonprofit organization, has pro-

vided a full spectrum of specialized services to seniors throughout the community for more than 34 years—in-home services including medical and nonmedical home care, transportation, house cleaning and daily money management as well as activities and lifelong learning opportunities at four sites. What differentiates Surrey is their caring philosophy, holistic view and family-centered approach to services for the aging. Call or visit for more information.



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electronics away, exercise daily (yes, exercise again), set a bedtime routine, and eliminate caffeine after noon and alcohol after 6 p.m. These tips will help instill good sleep habits and a healthier you.

**3. Make Good Food Choices.** Keep a food journal, write down everything you eat, and review your journal to see what changes you need to make. Some simple rules for healthier eating: 1) if you don't recognize the ingredients on the label, don't eat it, 2) if the package crinkles when you open it, don't eat it, 3) shop the perimeter of the grocery store and focus on produce and fresh meats, 4) limit white carbohydrates (white bread, pasta). On this last point, carbs are sugars, and white sugars are already so refined your body doesn't need to work to process them—so the extra calories end up as fat.

**4. Don't Smoke.** Smoking causes heart disease and emphysema as well as lung, oral and a slew of other cancers. And did you realize it also causes yellow teeth, bad breath and a break-down in your skin's collagen that can make you look much older than you are? Lose-lose.

**5. Wear Sunscreen.** Tanning bed users have a 75 percent higher risk for melanoma than those who don't tan. Worse yet, the younger you are, the worse the risk is—because of increased years of exposure and the fact that cells of younger individuals are at higher risk to become cancerous. There's no such thing as a "healthy tan." Unless it comes in a tube.

**6. Have Safe Sex Every Time.** The 20s are often a time of sexual exploration. This carries risks. Some technically "curable" sexually transmitted infections (STIs)—such as gonorrhea or chlamydia—can cause significant problems such as infertility in women even after a "cure." Other infections—HIV/AIDS or herpes—can never be cured. Using condoms with all sexual encounters will not eliminate the risk of STIs, but it will significantly decrease your chance of waking up with the "what is that?" crisis.

**7. Drink Only in Moderation.** If you do drink alcohol, drink only in moderation. For women, one drink of alcohol daily helps protect against heart disease; more than one increases our risk of breast cancer

and can also cause other medical problems. Tip: One drink equals 12 ounces of beer (one bottle), OR just 5 ounces of wine (beware big, fancy wine glasses), OR 1 to 1.5 ounces of liquor. Measure your alcohol and use appropriate sized glasses.

**8. Treat Mental Illness.** Mental illness should be treated like every other illness. Women report much higher rates of depression and anxiety than men and nearly one in five women will experience depression during their lifetime. If you or someone you know seems depressed, has lost interest in previously fun activities, or is otherwise having issues with stress or anger, call your physician for a consultation. Treatment can help.

**9. Have a Positive Social Network.** Studies have shown that people with quality friendships live longer, healthier lives than those with few or poor social ties. Your 20s are an excellent time to think about who you are and who you want to be and to cultivate positive relationships that help you be the best you possible.

So, get going on these healthy habits. ♦

### SOME FIRST STEPS

It may seem obvious, but you'll also want to stop drinking alcohol and smoking during this pre-conception time. Smoking and drinking alcohol can cause many problems during pregnancy—premature birth, birth defects and infant death. If you need support changing these behaviors, your doctor will be able to help and direct you to other resources. Even curbing caffeine may be recommended, so watch your coffee, tea and soda drinking.

Your physician may also recommend that you begin taking a folic acid supplement before you try to conceive. Folic acid is a B vitamin that can help prevent major birth defects of the brain and spine for your baby if you start taking it at least one month before and during pregnancy. Prenatal vitamins may also be recommended.

Plus you'll want to be sure that you're at a healthy weight. And, if you're not, you and your physician can develop a plan to

get there. People who are overweight have a higher risk for many serious conditions, including diabetes and high blood pressure during pregnancy, as well as being not as healthy as they could be. Developing a lifestyle that includes healthy eating and regular exercise and physical activity will serve you well through your pregnancy and for the rest of your life.

This is also a good time to improve your diet. Start eating more fruits, vegetables and whole grains while avoiding such foods as raw fish and fish high in mercury; undercooked meat or seafood (you've seen the menu warnings); foods made with raw or lightly cooked eggs; unpasteurized soft cheeses, among other things.

It's also a good time to see your dentist because gum disease can cause complications.

### MORE PLANS

Other considerations include reviewing your and your partner's family history to see if there are any issues to discuss with

your physician, making sure you have a safe and healthy environment for you and your baby after birth, and limiting the mental and physical stresses you experience in your everyday life. Regular checkups during this period are also advisable so you stay healthy.

Being mentally and emotionally ready for a baby is equally as important as being physically ready. If you're having trouble with anxiety or depression, talk with your physician about options to help you manage your mental health before, during and after your pregnancy.

And if you've been trying to get pregnant with frequent, unprotected sex for at least one year—or six months if you're over 35—with no success, then it's time for a further discussion about fertility.

Again, your physician should be a part of your team right from the start of your decision to begin a family. So make sure your doctor is a good fit for a guide as you become a healthy and happy new parent. ♦

cancer screening (Pap and HPV tests) and mammograms—both vary based on your health history.

You may also want to discuss your birth control options. Switching from oral contraceptives to another method may be advisable. Long-term use of birth control pills may increase cardiovascular risks.

Talk with your doctor about symptoms of menopause, too. Although the average age for menopause is 51, some women experience symptoms years before that. Symptoms like hot flashes and night sweats may be managed with short-term hormone therapy for those at low risk for breast cancer and heart disease.

As part of your annual physical, ask about screening for conditions that emerge during the 40s, like diabetes, high cholesterol and high blood pressure. And if you have a family history of certain diseases—like colon cancer—you and your doctor may want to do additional screenings.

Finally, this checkup is also time to make

sure your immunizations are up to date. Even healthy women need a tetanus shot every ten years and an annual flu shot. Special health conditions may require other shots. Again, check with your doctor.

### 3. Visit the eye doctor and dentist.

You may have noticed changes in your vision as you hit your 40s. And even if you don't, get your eyes checked. You may be among the many who need reading glasses or bifocals.

And don't forget the importance of regular, six-month dental exams. Gum disease may be linked to higher instances of heart disease.

### 4. Monitor your mental health. It's as important as your physical health.

Make time for yourself by maintaining healthy social connections. Spending time with good friends and a girls' night out are actually good for you! And get some me-time—whether it's scheduling exercise or a soothing massage.

Since the busy 40s can be stressful, find stress reduction techniques that work for you. This can be as simple as practicing deep breathing or mindfulness or doing yoga—which also improve your mood and make you feel energized. Breathing exercises take little time, require no equipment, can be done anywhere, and the 4-7-8 breathing technique even helps with falling to sleep (just Google it or watch on YouTube).

If you're experiencing depression or anxiety—also common for women in their 40s—make an appointment with your doctor to discuss options. Don't suffer alone and without help.

These steps will help you have a healthier future. So make time to take care of yourself and everyone will be reap the benefits. ♦

*\*Oxygen-mask rule: "If you are traveling with a child or someone who requires assistance, secure your own mask first, and then assist the other person."*



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### HORMONE THERAPY TODAY

Today, the typical estrogen dose for hormone therapies is much lower. Most women start HT around the time of menopause, and follow it for only a few years. In fact, best practice is to use the lowest dose of hormone needed for the shortest time necessary.

The therapy is also now widely available in several forms. Pills are still prescribed, but so are gels, sprays, vaginal rings and patches, which are not metabolized by the liver and are generally recommended when possible. The method of delivery and the length of time you should take the medication should be discussed with your physician.

Insurance coverage matters too, as not all forms of the medication are covered by all plans. Check with your provider. And if you're a smoker or have a history of high blood pressure or diabetes, you may be steered away from HT entirely because of its connection to cardiovascular disease.

If you haven't had a hysterectomy (removal of the uterus), HT should consist of both estrogen and progesterone to protect against

risk of endometrial cancer. If you had one, estrogen alone may work for you.

Some caveats: You should not have hormone therapy if you have had a stroke, heart attack or breast or endometrial cancer; or have liver cancer or a history of blood clots in your veins or lungs.

### OTHER THERAPIES

Lifestyle changes offer important alternative ways to deal with menopause symptoms. For example, you can dress in layers and peel off clothes when hot flashes hit. Light clothing from natural fibers will allow your body to cool off faster. Placing cold packs under your pillow, and flipping it over often, is another technique. And, of course, fans and air conditioners help.

To combat other symptoms, try yoga, meditation and massage—great ways to de-stress. You may know that avoiding heavy and spicy meals as well as alcohol and caffeinated drinks will reduce hot flashes and problems sleeping.

There are non-hormonal options to try as well. Antidepressants have been found to

treat not only depression and mood swings, but effectively reduce hot flashes. In addition, soy products, red clover, black cohosh and evening primrose may also provide relief. Although these natural remedies have not been scientifically proven to significantly help with the symptoms, some have found them to be helpful when all else failed.

As for symptoms of vaginal dryness, consider using water-based or silicon-based lubrication for intimate moments. Over-the-counter vaginal moisturizer can provide longer-term relief.

### PLAN AND ADJUST

Remember that every woman is different. Some coast through menopause, while others experience severe symptoms that make daily life miserable.

Quality of life matters. Your best plan is to address your symptoms and develop a treatment plan with your doctor. Together, you can decide if your current plan is working or needs a tune-up. ♦

For more information, visit the National Institutes of Health website.

training 3 to 5 days per week significantly reduces your risk from falling and need for aids such as walkers or canes.

For those with a high risk of falling, a combination of functional training—exercises that mimic everyday movements and strengthen the core—and specific balance training works best. For others, an integrated program of cardiovascular, flexibility and functional resistance training is sufficient.

### REDUCING CANCER RISK

Overweight women have higher estrogen levels than those at a healthy weight. And since elevated estrogen levels have been associated with increased incidence of breast and ovarian cancer, staying at a healthy weight is key.

Research has shown that exercise significantly reduces estrogen levels in women in their 50s and early 60s, which correlates with decreased incidence of breast cancer and ovarian cancer. So indirectly, there's decreased cancer risk in women who exercise regularly and maintain a healthy weight.

As with other conditions, every session of exercise helps—but the greatest benefit

comes from 30 minutes of moderate-intensity exercise at least 3 days per week.

### EXERCISING AND MEDICAL CONDITIONS—SOME QUESTIONS

#### Should I consult a doctor before I exercise?

If you have a health condition that requires you to take regular medication and you plan to exercise to consistently raise your heart rate, check with your physician first.

#### Do I need special monitoring when I work out?

If you're on medication for heart rate, if you take more than one anti-hypertensive drug, or if you're on insulin, your physician should strictly define exercise limits before you work up a sweat or get your heart rate up.

If you have diabetes, check your glucose level before you exercise. If it's too high, don't work out that day. If it's low, you need carbohydrates before your workout. And be aware of signs of hypoglycemia and have quick access to glucose tabs, sports drinks or something to elevate blood sugar quickly.

If you're hypertensive, check your blood pressure before exercise. If you're taking

blood pressure medicine, monitor your hydration, change from standing to sitting or reclining positions slowly, and leave time for a thorough cool-down. ♦

### Exercise Intensity Levels

It's important to understand exercise intensity levels. Intense exercise, such as interval training and boot camp-style conditioning programs, may be appropriate for some older adults. If you're in your 60s, check with your physician first to evaluate risks and rewards.

**Low-intensity:** Exercise feels easy. Your breathing doesn't change much. You don't sweat unless you're in a hot, humid environment.

**Moderate-intensity:** Exercise feels somewhat hard. You may break a sweat 5 or 10 minutes into it. Your breathing becomes heavier but not labored. Most people can carry on a conversation.

**High-intensity:** Exercise feels hard. You may begin sweating within just a few minutes. Breathing is deep and rapid. You probably can speak only a few words before having to stop and take a breath.

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## Food News

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

### Zucchini Madness.

In August, zucchini is king. With more potassium than a banana and only 25 calories per plant, zucchini isn't just a health food. Hundreds of mouth-watering baking possibilities include zucchini if you cook outside the box. Turn a green zuke into a dark, rich chocolate cake or a spiced cinnamon zucchini cake with cream cheese frosting. Perhaps a **lemon zucchini bread** with a sweet sugar glaze? That'll get the kids to eat their veggies. More recipes at [Pinterest.com/CountyLines](http://Pinterest.com/CountyLines).



**DIY Craft Beer.** How can an ordinary beer become a craft beer in minutes? With a single teabag. Successful Kickstarter company **Hop Theory** is spreading beer-wisdom with biodegradable sachets that turn even light beer into a hopped-up craft beverage in minutes. Try the all-natural Relativity blend infused with coriander seeds, cascade hops, orange and natural flavors. Then add it to your next three beers ... or three friends' beers. They'll taste as flavorful as the first! Keep one in your pocket for emergencies. [HopTheory.com](http://HopTheory.com).



**Cold as Ice.** Fight the heat with an ice-cold latte that's naturally sweetened, low calorie and ... cheap? **La Colombe**, local coffee star, is launching a canned latte, based on their recent success with draft latte—much stronger and sweeter than the rest. Their espresso is brewed cold and undiluted while milk is foamed and becomes a natural sweetener yielding a milkshake texture. Available now in some La Colombe shops but coming soon in cans to Wegmans and Whole Foods. [LaColombe.com](http://LaColombe.com).



**Lights and Beer.** Feeling thirsty after visiting Longwood Garden's enchanting Nightscape exhibition? Finish up with a brew and a bite at the **Beer Garden**, featuring pub-style food and beer from Victory Brewing Company. Try a new specialty brew like Summer Zest, citrus infused with



fresh lemons from the Gardens, as you enjoy live music from bluegrass to jazz on the patio. Summertime bliss. Wed.–Sat., 6 to 11 p.m. [LongwoodGardens.org/Dine/Beer-Garden](http://LongwoodGardens.org/Dine/Beer-Garden).



**The Barrel on Bridge.** Brothers Matt and Mike Dellose bring the fruits of the vine from their parents' A'Dello Vineyard to Pheonixville with the opening of **The Barrel Wine Bar**, specializing in unique blends of wine cocktails and sangrias partnered with delicious food. Try a glass of pinot noir from the barrel tap, or sample the Island Fusion wine cocktail paired with fresh strawberry and pineapple. Sip Mint Mojitos and Strawberry-Peach Sangria to live music Fridays. 222 Bridge St., Phoenixville. [Facebook.com/theBarrelWineBar](http://Facebook.com/theBarrelWineBar).





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## Eat Your Vegetables

Laura Muzzi Brennan

LOCAL GROWERS OFFER MORE THAN QUALITY PRODUCE.  
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WHEN MICHAEL POLLAN cut through the what-to-eat debate with his seven simple words—"Eat Food. Not too much. Mostly plants."—he made life a whole lot easier. And in the Brandywine Valley, it's never easier to eat your plants than in summer and early fall when farmers market tables bow under the weight of all those glorious, just-picked vegetables.

"A few years ago, people used to hear farm-fresh produce and immediately think corn and tomatoes," says organic farmer Robert Todd who owns **Down to Earth Harvest** in Kennett Square where he grows 40 different crops. While his bicolor



farmers markets, I often hear him telling a customer she can throw those beet tops into a stir fry or grill that jewel-toned pepper with a little olive oil and salt.

"My 80 CSA [community supported agriculture] members get only one unfamiliar vegetable per week," laughs Todd. Along with their weekly boxful of produce comes a newsletter with a half dozen recipes put together by his wife, Amy. For Todd's tips on

how to choose vegetables, see the sidebar.

Besides solid advice, simple recipes and an easygoing manner, Todd offers customers the highest standard of quality control. From sowing to harvesting, he and his assistant do everything by hand on this two-acre farm. So that vegetables arrive at market at the peak of freshness and nutritional value, they pick produce no sooner than the day before they sell.

When he tells you this week's radishes are spicier than usual because of record high temperatures or that now's the ideal time to cook down tomatoes for sauce, it's because he's touched and tasted every crop he grows. "We eat good around here," Todd says with a grin as we walk rows of green leaf lettuce.

For a guy who grew up in Kansas pushing vegetables to the side of his plate, Todd's traveled a long way. Lucky for us, he landed here, giving us lots of delicious reasons to follow Michael Pollan's advice.



his svelte French breakfast radishes.)

One reason people are stretching their palates is that Todd, like many of his fellow young farmers, give quick and easy tips on selecting and cooking less-familiar vegetables. At the Malvern and Bala Cynwyd



Robert Todd at Bala Farmer's Market.



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## Ratatouille

The full name of this stewed vegetable dish is *ratatouille Niçoise* as it originated in Nice. You can serve it on grilled baguette slices, over creamy polenta (see recipe below) or alone, as a side dish or vegetarian entrée.



¼ C. plus 1 Tb. olive oil, divided  
1½ lbs. plum tomatoes, roughly chopped  
1 tsp. salt plus more to taste  
6 large garlic cloves, chopped  
Handful of fresh basil leaves, chopped  
Handful of Italian parsley, chopped  
2-3 sprigs thyme  
1 large eggplant, approximately  
1½ lbs., cut into 1" cubes  
1 large onion, roughly chopped  
1 red pepper, cut into ½" pieces  
1 medium zucchini, cut in half moons,  
½" thick  
Lemon juice or red wine vinegar, optional  
Ground black pepper to taste  
Toppings: basil ribbons, grated  
Parmesan cheese

Heat ¼ C. olive oil in a Dutch oven over medium-low heat. Stir in tomatoes, 1 tsp. salt, garlic, basil, parsley and thyme. Cover partially and cook for 30-45 minutes, stirring occasionally, until the tomatoes start to break down.

While tomatoes cook, toss eggplant with ½ tsp. salt. Set in a colander in the sink or with a plate underneath to catch juices.

In a frying pan, heat 1 Tb. olive oil over medium high heat and cook onions, stirring occasionally, until they begin to soften (about 5 minutes). If they brown a little, all the better.

## How to Pick 'Em

Shopping at farmers markets is such a pleasure because growers are on hand to answer questions and give advice. Here, Farmer Robert Todd shares his tips for selecting vegetables at their peak.

**Corn.** Look for ears with a full, blunt tip. A skinny top means the ear hasn't filled out. Because the sugar in corn turns to starch right after picking, request ears that were picked on market day or if not then, have at least been refrigerated.

**Tomatoes.** One rule of thumb: The deeper the color, the juicier the tomato. If you're not going to eat tomatoes for a few days, select ones with dull "shoulders" because the shoulder—the part where stem attaches to fruit—ripens last.

**Zucchini.** Choose smaller ones. Larger ones often have hollow hearts and mealy texture.

**Lettuce.** Avoid heads with brown cut ends. That shows they were cut 2-3 days prior and are losing freshness fast.

**Cucumbers.** Select smaller ones. They're sweeter than their larger counterparts.

When tomatoes are ready, remove thyme sprigs. Stir in onions, eggplant, red pepper and zucchini and salt to taste. Cover and cook for 30-40 minutes. Remove lid and cook for another 30 minutes until most of the liquid evaporates. Add black pepper and salt to taste. If you want to add more zing, stir in a little lemon juice or red wine vinegar.

Top with fresh basil ribbons and grated Parmesan cheese. You can also put a dollop of whole milk ricotta, crumbled goat cheese or full-fat Greek yogurt on top and drizzle a little extra virgin olive oil.

Makes 8-10 servings.

## Creamy Polenta

*This makes a great base for ratatouille, East meets Swiss Chard or any leafy greens sautéed with olive oil and garlic.*

2½ C. chicken or vegetable broth  
1¼ C. milk  
1 C. coarsely-ground yellow cornmeal  
½ C. Parmesan cheese

In a saucepan, heat broth to boiling over high heat.

In another saucepan, whisk together milk and cornmeal.

When broth boils, whisk it into corn-

**Green beans.** Choose beans that are crisp and firm with no soft spots or discoloration.

**Radishes and turnips.** Recognize that both are sweeter and milder when temperatures are cool. A week of 90 degree days=spicy, sometimes bitter, radishes and turnips.

**Peppers.** Pick ones with firm texture, vibrant color and glossy skin.

**Broccoli.** Look for tight heads, crisp stems and no yellow patches.

**Leafy Greens.** Look for deep color and avoid bunches with slimy leaves. If using beet or turnip greens, separate from roots before storing.

**Watermelons** (not a vegetable but good to know!). Some people smell them; others give them a good old-fashioned thump. No matter the method, select fruit that's heavy for its size. Know that the sweetest watermelons have been allowed to ripen on the vine. How can you tell? If the slip (the watermelon's "umbilical cord") looks withered and pulls off easily.

meal mixture and heat to boiling over medium-high heat, stirring constantly until the polenta thickens (about 5-7 minutes).

(Note: Polenta bubbles up, so protect yourself from burns by wearing an oven mitt on your stirring hand.)

Off the heat, stir in Parmesan cheese. Makes 6 servings.

## Five-Veggie Stir Fry

*My older daughter took a cooking class during her first year of high school, and this recipe is one she's made over and over for family dinners. Feel free to swap out vegetables. Serve over rice.*

2 Tb. cornstarch  
2 Tb. sugar  
½ tsp. ground ginger  
1 C. orange juice  
¼ C. soy sauce  
2 garlic cloves, minced or put through a garlic press  
4 tsp. oil, divided  
1 carrot, peeled and sliced into ½" discs  
2 C. fresh broccoli florets  
2 C. fresh cauliflower florets  
1 C. quartered mushrooms  
1 C. snow peas

In a small bowl, make the sauce by whisking together cornstarch, sugar and

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ginger. Stir in orange juice, soy sauce and garlic. Set aside.

In a wok over medium high heat, heat 3 teaspoons of the oil. Add the carrots, broccoli and cauliflower and stir fry for 4–5 minutes. Make sure to keep moving the vegetables around the wok with a spatula or wooden spoon. Add remaining tsp. oil, mushrooms and snow peas. Stir fry for 3 minutes more.

Add the sauce mixture to the wok and bring to a boil. Cook and stir until thickened (about 3–5 minutes).

Makes 4–6 servings.

### New Potato and Green Bean Salad

*Food factoid: A new potato is not simply a small potato. After most potatoes are dug up, they are “cured,” meaning that they’re stored for a few weeks during which their peels set and their cuts heal, giving them a longer shelf life. New potatoes don’t go through the curing process. As a result, they’re usually moister, sweeter and less tough-skinned than regular potatoes, but they don’t last as long.*



- 1½–2 lbs. new potatoes
- ½ lb. green beans (haricots verts or cook’s choice), trimmed and cut into thirds
- 2 Tb. plus ¼ C. olive oil, divided
- ⅓ C. finely chopped shallots (about 1 medium-sized shallot)
- 3 Tb. Balsamic, sherry or red wine vinegar
- 1–2 Tb. coarsely ground Dijon mustard
- Salt and pepper, to taste
- 2 tsp. chopped tarragon or more to taste

Place potatoes in a large pot with enough water to cover by 1”. Add 2 tsp. salt. Bring to a boil. Reduce to a simmer and cook potatoes 15 minutes or until they can be pierced with a knife. (You do not want them to break apart.) Add green beans and cook 3–4 minutes until crisp-tender. Drain.

While potatoes cook, make the dressing: heat 2 Tb. olive oil in a small pan over medium high heat and sauté shallots until they start to soften and brown, 1–2 minutes. Allow to cool slightly. In a large bowl, whisk together vinegar and mustard. Add shallots and remaining ¼ C. olive oil. Whisk well to combine. Season with salt and pepper.

Add potatoes and green beans to dressing and mix to coat. Mix in tarragon. Allow to sit at room temperature for an hour to allow flavors to bloom. Season again with salt and pepper.

Makes 8 servings.

### Chilled Cucumber-Yogurt Soup

*Serve in a chilled glass. This soup is even better the second day when the flavors have had a chance to develop.*

- 2–3 small cucumbers
- 1 tsp. salt
- 3 C. plain lowfat yogurt
- 1 C. milk plus more for thinning
- 2 cloves garlic, minced\*

- 1 Tb. extra virgin olive oil
  - 2 Tb. fresh chopped mint plus extra for garnish
  - 2 Tb. fresh chopped dill plus extra for garnish
  - 3 Tb. white wine or champagne vinegar
  - Salt and pepper
  - 2 radishes, cut into paper-thin slices
- \*If you see a green germ in the center of the cloves, remove them or they’ll impart a bitter taste to the soup.*

Peel cucumbers. Cut in half lengthwise and scoop out seeds with a teaspoon. Cut cucumbers into small dice. Toss with 1 tsp. salt and put in a colander to drain for 30 minutes.

Place cucumbers in a large bowl. Stir in yogurt, 1 C. milk, garlic, olive oil, mint, dill and vinegar. Season with salt and pepper to taste. Refrigerate for 2 hours.

Adjust seasonings and thin with milk to taste. Right before serving, garnish with chopped herbs and radish slices.

Makes 6–8 servings.

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## Esquites Philadelphia-style

*Literally translated, esquites means “popcorn” because this Mexican dish is made by cooking corn on a very hot skillet or grill until it chars and pops. The recipe usually calls for crumbled Cotija or queso fresco, but one day when I didn’t have those on hand, I substituted cream cheese. The result is a creamy side dish that gets a kick-in-the-palate from ground chipotle.*

- 1 Tb. unsalted butter
- 1 Tb. olive oil
- 1 jalapeño, seeds removed and minced
- 6 C. fresh or frozen\* corn kernels (from 9-10 ears corn).
- ¼ C. mayonnaise
- 4 oz. cream cheese, softened and cut into small pieces
- Salt, to taste
- Ground chipotle pepper, to taste
- Juice from 1 lime
- Chopped cilantro. optional



*\*If you use frozen corn, thaw it first and drain well.*

Melt butter and olive oil over medium high heat. Add jalapeño and cook for 1

minute. Add corn and cook for 10 minutes, stirring frequently until tender. Place in a bowl and allow to cool slightly.

Mix in mayonnaise, cream cheese and lime juice. (Or you can omit the lime juice here and serve with lime wedges.) Season with salt and chipotle pepper to taste. Garnish with chopped cilantro.

Makes 8-10 servings.

## East Meets Swiss Chard

*Recipe adapted from Taste Space blog.*

- 1 Tb. miso paste
- 1 Tb. sesame oil plus more for drizzling
- 1 Tb. lemon juice
- ½ C. water
- 1 large bunch Swiss chard
- Soy sauce, to taste
- 2 tsp. sesame seeds, optional



Wash Swiss chard by plunging into a bowl of cold water and swirling around. Then, shake excess water off leaves. Trim just the very end of the stems and roughly chop. (There’s no reason to discard the ribs/stems; they soften quickly while cooking and add stripes of color to the final dish.) Set aside.

In a sauté pan over medium heat, whisk together miso paste, sesame oil,

lemon juice, and water. Bring to a boil and cook for 2 minutes to thicken.

Add Swiss chard. Cover and cook for 4 minutes until chard wilts. Drizzle with sesame oil, soy sauce and sesame seeds.

Makes 3–4 servings.

## Un-recipes for Radishes

*Radishes can be so much more than a garnish. My favorite way to eat them is to roll in softened butter and dip into sea salt or a blend such as Jane’s Krazy Mixed Up Salt. Try these other un-recipes.*

1. Dip halved radishes into fresh ricotta drizzled with olive oil. (Idea courtesy of *Real Simple Magazine*.)
2. Slice radishes paper-thin and layer on egg salad sandwiches or cut radish slices into half moons and stand upright in deviled eggs.
3. Layer pesto, hummus or feta thinned with a little olive oil on a baguette and top with thin radish slices.
4. Cut radishes in half. Toss with olive oil, salt and pepper and roast at 450° for 10 minutes. Roasting sweetens the radishes. Top with chopped parsley. (Idea courtesy of *The Kitchn*.)
5. Toss radish matchsticks into salads dressed with green goddess, buttermilk ranch or other creamy dressing. ♦

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



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talking with

## Karen Marshall, Chester County’s Heritage Preservation Coordinator

For 21 years, groups of people have shared a stroll through the neighborhoods of towns in Chester County, stretching their legs and their minds as they learned about local history during each summer’s Town Tours and Village Walks. There are just a few tours left to enjoy this season, so we talked with Karen Marshall to find out more.



### How did Town Tours and Village Walks start?

They were started in 1994 by the County’s Historic Preservation Officer, Jane L.S. Davidson, to showcase the work by volunteers on municipal historical commissions throughout Chester County. With history stretching back to 1682, Chester County has the most historic resources on the National Register of any Pennsylvania county—other than Philadelphia—and has thousands of locally designated sites. Davidson knew there were plenty of sites and stories to share and that the public would enjoy learning about them—each year over 2,000 enjoy the program—and so she began working with local historic organizations to develop walking tours. Tours range from stories about individuals and architectural walks, to celebrations of municipal anniversaries. The rest, as they say, *is* history.

### What tours remain in August?

This year’s focus is on the County’s role in the Underground Railroad due to the nomination of the Longwood Progressive Meeting-house to the National Underground Railroad Network to Freedom. On August 6th, the National Iron and Steel Heritage Museum in Coatesville hosts a tour on Quakers and the Underground Railroad. On August 13th, we’ll learn about Ann Preston, an early 19th-century abolitionist, as we tour historic West Grove. Finally, on August 20th we’ll celebrate East and West Whiteland’s 250th anniversary with a trolley tour of historic West Whiteland sites. Details are on our website, [ChesCo.org/PlanningTownTours](http://ChesCo.org/PlanningTownTours).

### What happens on a tour?

Anything can happen! Each Thursday tour is free, starting around 5:30 p.m., ending at 7. Guests join groups with guides, who can be township managers, historians, scout troops, family members or enthusiastic residents. Often there are presenters at stops on the tour who have researched their part in the program. Music, dancing, re-enactors and even a chicken barbecue have entertained tour-goers.

Programs are outside, and, come rain or shine, we have participants, even when we cancel the tours! I remember when Malvern had severe weather just before a tour and 60 people still came. There was no electricity but there was a Town Tour with cookies!

### What are some of the most popular tours in past years?

Popular is a tough concept. When we have a historic site that’s never been featured before, we’ll draw large crowds. In 2014 the stabilized Frick’s Locks Village had a tour attracting over 425 people. Since the village is in the exclusionary zone of the Limerick Nuclear Power Plant, it was a very unusual opportunity. The same summer, we had our first trolley tour—it was of Malvern for their 125th anniversary. Over 400 people were treated to a stop at the site of the Paoli Massacre where re-enactors made history come alive. Historic Yellow Springs, East Pikeland, Phoenixville, Coatesville, and Kennett Borough are regulars in the program.

### Who sponsors and organizes the tours?

The Chester County Convention and Visitors Bureau and Chester County Planning Commission are the main funding sources. The Chester County Historical Society and the Chester County Historic Preservation Network are both partners. But, it’s the individual commissions and historical organizations that devote hundreds of hours to researching, organizing and presenting each tour that are the real heroes!

### Can people suggest places and themes for future tours?

Yes, they should contact their local historical commission or similar organization. If anyone is interested in finding out more, I’m happy to help. Contact me at the Chester County Planning Commission, [KMarshall@chesco.org](mailto:KMarshall@chesco.org) or 610-344-6285. Your local organizations need volunteers and the work is fun and rewarding! I hope readers join us for the final tours! ♦



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Frick’s Lock Village



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