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Chester Springs

63 Acres | Converted Barn | Pool
Par 3 Golf Hole | Apple Orchard
Pond | Subdivision Possible
\$3,400,000



Birmingham Township

7 BR, 4.2 BA | 28.5 Acres
Greenhouse | Pool | 4-Car Garage
Bank Barn | Unionville Schools
\$1,898,000



Chester Springs

7 BR, 4.2 BA | 57.1 Acres
Antique original millwork & floors
4 BR Tenant House | 15 Stall Barn
\$1,800,000



Unionville

6 BR, 3.1 BA | 35 Acres
Indoor Arena Possible | Pond
24 Stall Barn | Unionville Schools
\$1,699,000



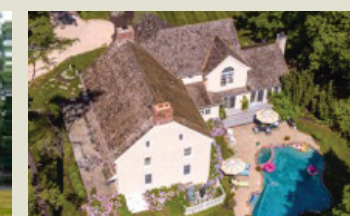
West Marlboro Township

46.2 Acre Parcel | On quiet country road
Midst of equestrian area | Protected views
Unionville-Chadds Ford School District
\$1,685,000



Unionville

4 BR, 3.2 BA | 20.5 Acres | Private!
New Construction - Pick from 4 models
Unionville-Chadds Ford Schools!
\$1,679,000



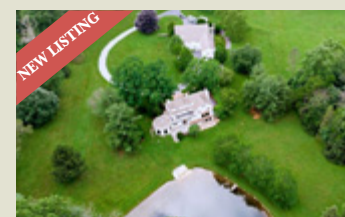
Unionville

6 BR, 4.1 BA | 74 Acres | Updated
Private Pool | Amazing Barn
Excellent Equestrian Facility
\$1,499,000



Glenmoore

Custom 5 BR Home | 9,313 SqFt
10+ Acres | Barn | Fenced Pastures
Great Location | In-ground Pool
\$1,299,000



Warwick Township

6 BR, 5.1 BA | 22.5 Acres | Very Private!
Historic Farmhouse, Stone Barn & Pond
Near 535 Ac. Warwick Park | Priced to Sell!
\$1,075,000



Chadds Ford

5 BR, 3 BA | c.1844 | 2.1 Acres
New Kitchen | Stunning Master Bath
Well Off Road | Great Fairville Location
\$835,000



Chadds Ford

4 BR, 2.1 BA | 1.09 Acres | Private Decks
Set in Sought-after Waterford Community
Great Floor Plan | Unionville Schools
\$617,500



Newlin Township

4 BR, 3 BA | 1.3 Acres | Low Taxes!
Waterbury Designed Kitchen | Sunroom
Updated Master Bath | Unionville Schools
\$599,000



Pocopson

4 BR, 2.1 BA | .93 Acres | Well Priced
Natural Gas System | Great Spaces
Unionville Schools | Commuter-friendly
\$550,000



Kennett Square

2 BR, 2 BA | .2 Acres | Well Built
Overlooks Tranquil Stream | Great Kitchen
Awesome Family Room with Kitchenette!
\$298,000



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1 Car Garage | Open Layout
Great Commuting Location
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DARLINGTON ROAD | MEDIA | 6.6 ACRES
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LITTLE BROOK DRIVE | WILMINGTON | 1.8 ACRES
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from the EDITOR

Each August we focus on the good life—this year specifically on women’s health, retirement, dream homes, environment, pets, weddings, plus art, music and theater.

Our “Closer Look at Women’s Health” has advice from area experts on breastfeeding, anemia, and lung cancer and hair loss in women. Read what they have to say, and be healthy!

If you’re at or approaching retirement, Ed Malet shares insights in “Getting Older Made Simple: From Selling Your House To Joining A Lifecare Community.” Our “Guide To 55+ and Retirement Communities and Services” provides even more details about your options.

Those looking for a new home will enjoy Laurel Anderson’s Home of the Month tour of Four Chimneys Farm, a 50-acre French hunting lodge in Unionville, with a 5000-foot house, barn, dressage ring and indoor riding arena.

Natural Lands’ Kirsten Werner explains how preserving quality of place reaps benefits in “Saving Land Saves Money.” Read how our parks, farms and forests account for millions of dollars in savings for Chester County.

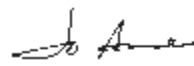
Cindy Walker visits Chester Springs, best known for its historic sights, horse show and rolling hills, but very much part of the 21st century. Join her ramble through historic districts along with hip restaurants, a brewpub and the area’s largest multi-day country music festival.

And that’s a reminder for country music fans to get tickets to Citadel Country Spirit USA. Last year’s event was spectacular!

In “Adopt, Don’t Shop,” Mercedes Thomas explores area animal rescues as the place to find your next pet. We continue to celebrate pets with our annual Cutest Pet contest. Vote for your pick of the litter on Facebook during August.

And finally, we share plenty of great events—from “Mark Your Calendar” for fall events, to the Brandywine River Museum of Art’s exhibit “N.C. Wyeth: New Perspectives,” to People’s Light’s production of *Our Town*, and our Best Local Events coverage for August.

As always, thank you for reading.


Jo Anne Durako
Editor



COUNTY LINES MAGAZINE

August 2019
Volume XLIII, Number 12

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/ Bank barn and 4 stall barn

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3.64 acres / Inground pool /
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1 half bath / Two car garage

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Cover photo of Citadel Country Spirit USA



I chose Sage

SAGELIFE disrupts the negative paradigms around aging; outdated mindsets that have been barriers to recognizing community living as an aspirational move; as the wisest choice for aging well.



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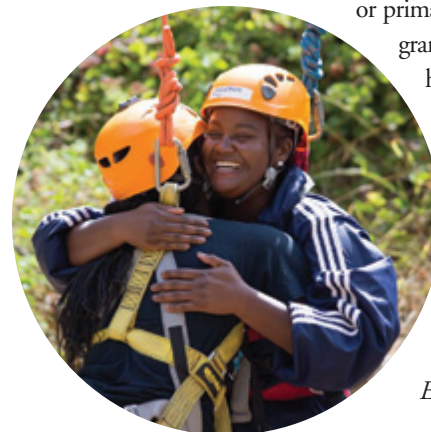


SAGELIFE | Living to the Power of You



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

Special Camp. Summer camps are great escapes for the kiddos to make memories and new friends—especially when they're going through a hard time. **Experience Camps**



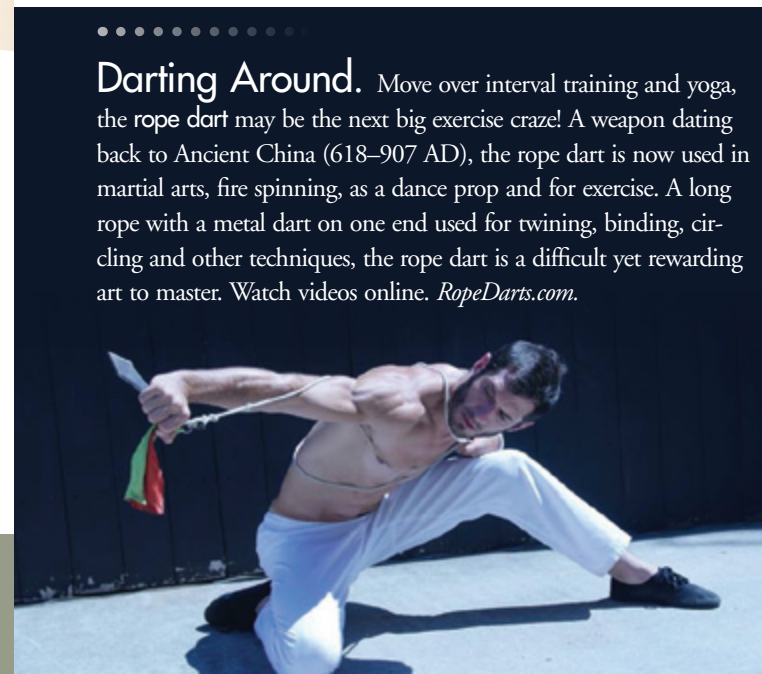
provides children who've lost a parent, sibling or primary caregiver with a program encouraging laughter and helping them navigate their grief. These week-long camps let kids talk with licensed social workers and enjoy activities like basketball, ropes, archery and more. To help keep it free, donate online to help send a kid to camp! *Experience.camp.*

Safe Pets. If your pups are getting into everything, you may need to **dog-proof your home** to keep them safe. Keep medications and drugs locked away in a medicine cabinet, clear away fertilizers and insecticides from your yard, and keep household chemicals in closets or cabinets out of reach. For more tips on keeping your dogs—and your other animal family members—healthy, check out **Malvern Veterinary Hospital's** care guides on their website. *545 S. Warren Ave., Malvern. MalvernVeterinaryHospital.VetStreet.com.*

Trash Talk. One person's trash is another's treasure—and that's certainly the case for these artists. Come hear the women from the **Trashy Women Exhibit** at the Art Trust talk about their work on August 1 at 7 p.m. This artist collective used their shared creativity, methods and materials to show there's unseen beauty all around us. The exhibit ends August 2, so see it now! *16 W. Market St., West Chester. TheArtTrust.org.*



Darting Around. Move over interval training and yoga, the rope dart may be the next big exercise craze! A weapon dating back to Ancient China (618–907 AD), the rope dart is now used in martial arts, fire spinning, as a dance prop and for exercise. A long rope with a metal dart on one end used for twining, binding, circling and other techniques, the rope dart is a difficult yet rewarding art to master. Watch videos online. *RopeDarts.com.*



Dog Day of Summer. Celebrate man's best friend during **National Dog Day** on August 26. Take your pup out for a long walk, share some extra treats and head to **Appetites on Main** in Exton for the special doggie menu. Don't have a dog? Make a difference by volunteering at one of the many local animal rescues, donating your old linens to the Brandywine Valley SPCA or becoming a foster. Your canine companions will thank you! See "Adopt Don't Shop" in this issue. *AppetitesOnMain.com; BVSPCA.org.*





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2019 Events Calendar

BLESSING OF THE ANIMALS
Oct 6th, Noon-3pm

COUNTRY BRUNCH & AUCTION
AT RADNOR HUNT CLUB
Oct 13th, Noon-3pm

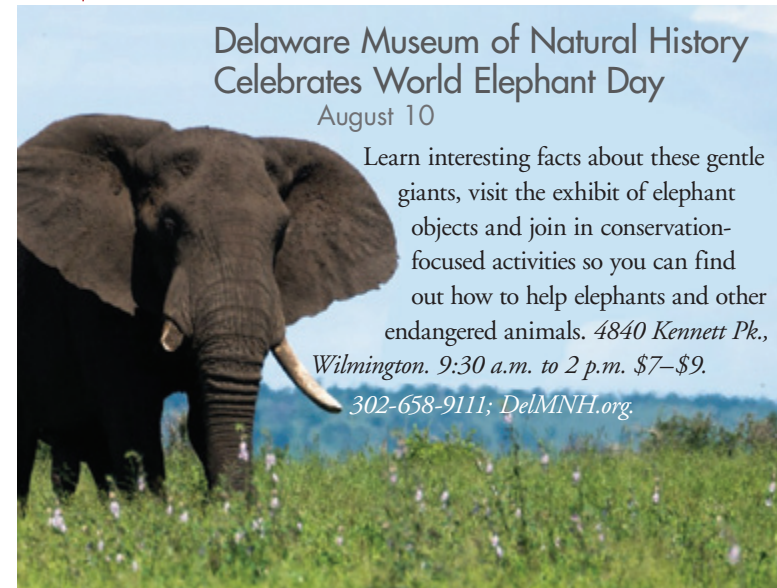
Contact Ryerss Farm for Tickets,
Reservations Required

HOLIDAY OPEN HOUSE
December 1, 1-3pm



[August Picks]

Our Picks for top events this month



Delaware Museum of Natural History Celebrates World Elephant Day

August 10

Learn interesting facts about these gentle giants, visit the exhibit of elephant objects and join in conservation-focused activities so you can find out how to help elephants and other endangered animals. 4840 Kennett Pk., Wilmington. 9:30 a.m. to 2 p.m. \$7-\$9. 302-658-9111; DelMNH.org.



Kennett Symphony Under the Stars —America The Beautiful

August 17

Celebrate the music of America at this outdoor concert under the stars. Copland's "Rodeo," Bernstein's "Candide," Gershwin's "Rhapsody in Blue," Williams' "The Cowboys Overture" and more. Longwood Gardens, Open Air Theatre, Kennett Square. 7:30 p.m. \$10-\$50 includes gardens admission. 610-444-6363; KennettSymphony.org.



4th Annual West Chester Summer Soirée

August 24

Guests dress in white and bring their own picnic dinner and cocktails to share a fun evening with family and friends dining and dancing under the stars. Long tables with white tablecloths and fabulous live music are provided. Benefits Westside Community Center, A Haven and Chester County Family Academy. Live entertainment and lots of fun. Tickets \$75. 7 p.m. Location will be announced on Aug. 24. WCSummerSoiree.org.

PA Dutch Farm to Fork Fondo

August 23-24

Ride through the heart of Pennsylvania Amish country and take in the breathtaking views on this organized bicycle ride where you get to choose the distance best for you and stop for chef-prepared bites at local farms. Choose from the 82-mile Gran Fondo ride to the 9-mile Ramble Ride, all with farm stops along the way. Begin at Cherry Crest Farm, 150 Cherry Hill Rd., Ronks. \$25-\$138. For registration, FarmForkFondo.com.



Second Annual Connective Art & Music Festival in Oxford

August 3

Presenting Blind Melon and family favorite Trout Fishing in America along with other diverse bands. Gallery Row features 40 artisans. Plenty to do for the whole family, including music and art activities, food trucks, craft brews and local wine. Benefits Oxford Mainstreet and the Oxford Arts Alliance. \$10 ticket includes all festival activities. Kids under 5 are free. ConnectiveFestival.org.



best Local Events

FAMILY FUN

THROUGH AUGUST 3

70th Annual Goshen Country Fair. An old-fashioned fair with agricultural exhibits, rides and entertainment. Benefits the Volunteer Goshen Fire Co. *Gates open 6 pm. Fair Grounds, 1320 Park Ave., West Chester. 610-430-1554; GoshenCountryFair.org.*

THROUGH AUGUST 6, Tuesdays

Stories on the Porch at Rock Ford Plantation. Volunteers read selected stories of life in Early America to children gathered on the porch of the mansion. *881 Rockford Rd., Lancaster. 10 am. Free. 717-392-7223; RockFord-Plantation.org.*

THROUGH SEPTEMBER 3

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

THROUGH OCTOBER 8

Morris Arboretum's Summer Garden Railway. Loops and tunnels with 15 different rail lines and two cable cars, nine bridges and model trains. *100 E. Northwestern Ave., Phila. After Labor Day, weekends only. \$9–\$17. 215-247-5777; MorrisArboretum.org.*

AUGUST 1, SEPTEMBER 5

Swingin' Summer Thursdays. Great food, live music, clowns, artists, magicians, jugglers and more. *Gay St. between High & Darlington Sts. or High & Matlack Sts., West Chester. 6:30 to 9 pm. DowntownWestChester.com.*

AUGUST 7

6th Annual National Night Out Against Crime. The Borough Police Dept. invites families to enjoy live entertainment, refreshments, activities, police, fire and EMS vehicles and a meet-and-greet with local responders. *Henderson High School, 400 Montgomery Ave., West Chester. 6 to 9. 610-696-2700.*

AUGUST 8, 29

Summer Storytimes at Wolff's Apple House. Each session will include a story with a theme and afterwards children will get to

make and eat a healthy snack, or participate in a related activity. *81 S. Pennell Rd., Media. 10 am. Free. 610-566-1680; WolffsAppleHouse.com.*

AUGUST 9–10

Goschenhoppen Folk Festival. Experience authentic Pennsylvania German folklife from the 18th–19th centuries. Visit with friendly farm animals, take wagon rides on a horse-drawn wagon and enjoy traditional tasty refreshments. *Henry Antes Plantation, 318 Colonial Rd., Perkiomenville. Fri., noon to 8 pm; Sat., 10 to 6. \$3–\$12. 215-234-8953; Goschenhoppen.org.*

AUGUST 9–11

Pirates & Wenchies Weekend in Rock Hall, MD. A town-wide theme party you won't forget with fun for the whole family. Live entertainment, costume contests, a treasure hunt, beach party, kids activities, a Caribbean beach party and more. *Visit RockHallPirates.com.*

AUGUST 11

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



AUGUST 17

Chester County Teen Awesome Fest. Join hundreds of teens at an end-of-summer party. Activities include free snacks, open mic, 3 on 3 basketball, dodge ball, water games, bhangra dance, art and more. *East Gosben Township Park, 1661 Paoli Pk., West Chester. 5 to 8 pm. Free. 610-692-7171; EastGosben.org.*

AUGUST 25

Bugs and Butterflies at Tyler Arboretum. Watch monarch tagging demonstrations, visit the arthropods from the Philadelphia Insectarium and the Butterfly Pavilion, then get up close to a real beehive. *515 Painter Rd., Media. 10 to 2. \$9–\$15. 610-566-9134; Tyler-Arboretum.org.*

ART, CRAFT & ANTIQUES.....

AUGUST 1

Trashy 'Women Artists' Talk. The work by a collective of women artists who turn discards and detritus into interesting and beautiful art will be discussed. The Art Trust Gallery, Meridian Bank, 16 W. Market St., West Chester. 7 pm. TheArtTrust.org.



AUGUST 30–SEPTEMBER 1

41st Annual Long's Park Art Festival. Come out to one of America's top 50 art festivals where more than 200 juried artisans offer their wares. Benefits the park's Amphitheater Foundation. *1441 Harrisburg Pk., Lancaster. Fri–Sat, 10 to 6; Sun, 10 to 5. \$12. 717-291-4835; LongsPark.org.*

SEPTEMBER 7–8

Brandywine Festival of the Arts. A Delaware tradition with something for everyone, 250 artists exhibiting, live music, children's activities and a selection of local food vendors. *1001 North Park Dr., Wilmington. Sat, 10 to 6; Sun, 10 to 4. \$5. 302-419-6648; BrandywineArts.com.*

AUTO SHOW.....

AUGUST 10–11

New Hope Automobile Show. One of the oldest shows in the country with great food



and music. Benefits scholarships at New Hope-Solebury High School and Fox Chase Cancer Center. *New Hope-Solebury High School, 180 W. Bridge St., New Hope. 9 to 4. \$5–\$10. 215-862-5655; NewHopeAutoShow.com.*

EQUESTRIAN.....

THROUGH SEPTEMBER 29

Fridays & Sundays

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

AUGUST 31–SEPTEMBER 2

Ludwig's Corner Horse Show & Country Fair. A Chester County tradition on Labor Day weekend for over 75 years. Equestrians compete in locally-rated competition in Hunters, Jumpers & Equitation. In the midway you'll find rides and games, local shops and vendors offering everything from antiques to fine art to fashion. *5 Nantmeal Rd., Glenmoore. 610-458-3344; LudwigsHorseShow.com.*

FESTIVALS & FAIRS.....

THROUGH SEPTEMBER 28

Fireworks & Fountains at Longwood Gardens. *Aug. 10, "Swan Lake;" Sept. 1, "Night at the Movies II;" Sept. 28, "Queens of Soul" celebrates Aretha Franklin, Diana Ross, Gladys Knight. 1001 Longwood Rd., Kennett Square. For times and tickets, LongwoodGardens.org.*

AUGUST 24–25

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

SEPTEMBER 6–8

Lancaster Hot Air Balloon Festival. Come experience the magic of dozens of technicolored balloons lifting off—from the air or on the ground this is for everyone. *2727 Old Philadelphia Pk., Bird in Hand. USHotAirBalloon.com.*

FOOD & BREWS.....

THROUGH SEPTEMBER 19, Thursdays

3rd Thursday on State St. in Kennett Square. Visitors can enjoy outdoor dining, extended shopping hours, live music and children's activities from Broad to Center Sts. Free parking. *6 to 9. HistoricKennettSquare.com.*

THROUGH SEPTEMBER 27, Wednesdays

Dining Under the Stars in Media. Restaurants set up tables on State Street, which is closed

from Jackson to Orange, for this summer-long outdoor dining event. *VisitMediaPA.com.*

AUGUST 8

Faunbrook Bed & Breakfast Harvest Dinner. Organized by local businesses to bring the community together for a magical dining experience. *699 West Rosedale Ave., West Chester. 6 to 9. \$85. 610-436-5788; Faunbrook.com.*

AUGUST 24

8th Annual Delaware Burger Battle. Delaware's top chefs put their best burgers forward. Benefits Food Bank of Delaware and Dela-

ware ProStart. *Rockford Tower, Rockford Park, 1021 W. 18th St., Wilmington. Noon to 3. Pay one price to sample burgers all day, \$12–\$50. DEBurgerBattle.com.*



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AUGUST 24
4th Annual Phoenixville VegFest. This vegan food and street festival offers live music and vendors. Reeves Park, 401 Main St., Phoenixville. Benefits The Peace Advocacy Network (PAN). Noon to 5 pm. Rain date, Aug. 25. Phoenixville-VegFest.com.

AUGUST 24
2019 Lancaster Craft Beerfest. Breweries from across the country, food trucks and music. Lancaster Square and Binns Park, 100 block of N. Queen St., Lancaster. Noon to 3 and 4 to 7 pm. \$45. LancasterCraftBeerFest.com.

SEPTEMBER 7
6th Annual Historic Odessa Brewfest. Sample beer from 50 local, regional and national



craft breweries, live music, gourmet food and artisan vendors. Benefits Historic Odessa Fdn. 202 Main St., Odessa, DE. Noon to 6. \$55-\$70. 302-378-4119; OdessaBrewfest.com.

FUNDRAISERS.....
AUGUST 24
Brandywine in White. A unique, elegant pop-up summer evening where guests dress in white, bring a picnic basket dinner, wine and centerpieces. Benefits a charity or nonprofit organization to be named later. Somewhere in the Wilmington/Brandywine area. 6 to 10 pm. Check website for tickets. BrandywineInWhite.home.blog.



AUGUST 24
West Chester Summer Soiree. See August Picks.

MOVIE NIGHTS.....
AUGUST 1, SEPTEMBER 4
KOP Town Center Movie Nights. Aug. 1, *The Little Rascals*; Sept. 5, *Incredibles 2*. 155 Village Dr., King of Prussia. 8 pm. Free. 484-231-1762; KingOfPrussia-TownCenter.com.

AUGUST 5, 12, 19
Uptown! Knauer Performing Arts Center. Classic Movie Mondays: Aug. 5, *The Color Purple*; Aug. 12, *True Grit*; Aug. 19, *A Star is Born w/ Judy Garland*. \$10. 226 N. High St., West Chester. UptownWestChester.org.

AUGUST 16
Westtown Township Movie Nights at Oakbourne Park. Bring a blanket or chair and kick back and relax in the park to watch a movie. *Night at the Museum*. 1014 S. Concord Rd., Westtown. 8 pm. Free. WesttownPA.org.

AUGUST 19
Eagleview Movie Nights. Bring your blankets, chairs and a picnic dinner. *Incredibles 2*. Wellington Square, Exton. 7 pm. Free. 610-458-1900; InEagleview.com.

MUSEUMS.....
THROUGH SEPTEMBER 8
Delaware Art Museum. “Relational Undercurrents: Contemporary Art of the Caribbean Archipelago.” 2301 Kentmere Pkwy., Wilm-

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Local Farm Markets

Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 2. ArtisanExchange.net.

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

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

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

Jennersville Farmers Mkt., 352 N. Jennersville Rd. Wed, 3 to 7. 610-345-1763.

Kennett Square Farmers Mkt., 113 E. State St. Fri, 3 to 7. 610-444-8188; HistoricKennettSquare.com.

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

Malvern Farmers Mkt., Warren Ave. & Roberts Rd. Sat, 9 to 1. 610-836-1391; GrowingRootsPartners.com.

Media Farmers Mkt., N. Edgemont St. Sun, 10 to 2. 215-733-9599; MediaFarmersMarket.com.

Newtown Square Farmers Mkt., Mostardi Nursery, 4033 West Chester Pk. Wed, 2 to 6. 610-353-1555; PRC.org.

Oxford Village Mkt., 3rd & Locust Sts. Tues, noon to 5; Sat, 9 to 1. 610-998-9494; DowntownOxfordPA.org.

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

Phoenixville Farmers Mkt., 200 Mill St. Sat, 9 to 1. PhoenixvilleFarmersMarket.org.

Pottstown Farmers Mkt., 300 E. High St. Thurs-Fri, noon to 7; Sat-Sun, 9 to 5. 610-326-0900; PottstownFarmersMarket.com.

SIW Farmers Mkt., 4317 S. Creek Rd., Chadds Ford. Daily, 9 to 6. 610-388-7491; SIW-Vegetables.blogspot.com.

Swarthmore Farmers Mkt., 121 Park Ave. Sat, 9:30 to 1:30. 215-733-9599; SwarthmoreFarmersMarket.org.

Thornbury Farmers Mkt. & CSA, 1256 Thornbury Rd. Thurs-Fri, noon to 6; Sat, 9-5; Sun, 11-5. ThornburyFarmCSA.com.

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

West Chester Growers Mkt., Chestnut & Church Sts. Sat, 9 to 1. 610-436-9010; WestChesterGrowers-Market.com.

Westtown Amish Mkt., 1165 Wilmington Pk., West Chester. Thurs, 9 to 6; Fri, 9 to 8; Sat, 8 to 4. 610-492-5700; WestChesterAmishMarket.com.

ington. Wed, 10 to 4; Thurs, 10 to 8; Fri-Sun, 10 to 4. \$6-\$12, Sun, free. 302-571-9590; DelArt.org.

THROUGH JANUARY 4, 2020
Chester Co. Historical Society. *Through Aug. 3,* “The Art of Industry.” *Through Jan. 4,* “Nothing to See Here: Prohibition in Chester County.” 225 N. High St., West Chester. Tues-Sat, 9:30 to 4:30. \$4-\$8. ChesterCoHistorical.org.

THROUGH JANUARY 5, 2020
Winterthur Museum, Garden & Library. “Costuming *The Crown*,” with 40 iconic costumes from the award-winning TV drama; “Follies:

Architectural Whimsy in the Garden.” 5105 Kennett Pk., Winterthur, DE. Tues-Sun, 10 to 5. \$15-\$30. 302-888-4600; Winterthur.org.



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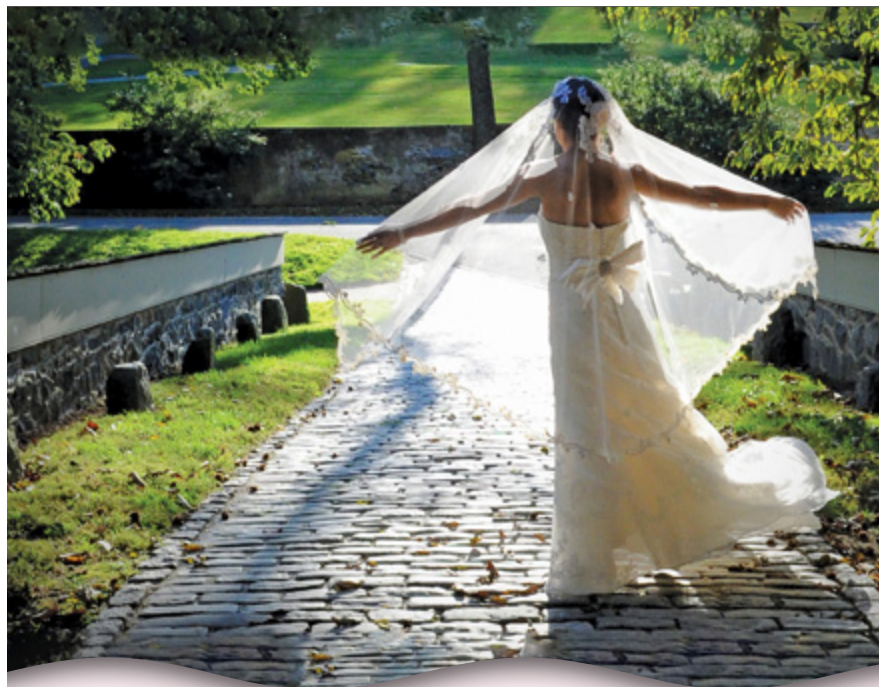
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MUSIC & ENTERTAINMENT.....

AUGUST 1, 8, 15

East Bradford Summer Concerts. *Aug. 1*, West Chester Swing Kings; *Aug. 8*, Jeff Dominick and the Fraction Band; *Aug. 15*, The 309 Express Band. East Bradford Park, 835 Kenmara Dr., West Chester. 7 pm. Free. 610-436-5108; EastBradford.org.

AUGUST 1-11

Bethlehem Musikfest 2019. Take a short road trip to Bethlehem, site of the nation's largest non-gated music festival, coming alive with the sound of all genres of music. Tickets are required for national headliners such as: The Chainsmokers, Lady Antebellum, Weezer, Train, The Goo Goo Dolls, Godsmack, Brad Paisley ... the list goes on. Check the website for free concerts. Visit Musikfest.org for lineup and tickets.



AUGUST 1-11

Delaware County Summer Festival. *Aug. 1*, Yellow Brick Road: Tribute to Elton John; *Aug. 4*, The Plants; *Aug. 8*, The Jazz Ambassadors. See website for more. Concerts through Aug. 11. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. 7:30. Free. 610-891-4455; DelcoPa.gov/Departments/Parks/Summer-Festival.html.



AUGUST 3, 9

Bryn Mawr Twilight Concerts. *Aug. 3*, David Wilcox w/Rebecca Fox Starr; *Aug. 9*, The Lewis Brothers, free. Bryn Mawr Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. \$15. 610-864-4303; BrynMawrTwilightConcerts.com.

AUGUST 3-4

The 22nd Annual Riverfront Blues Festival. An outdoor music festival where musicians take over two stages inside Tubman-Garrett River-

front Park, while vendors sell blues-appropriate food. Rosa Parks Dr., Wilmington. Check website for a complete lineup and times. \$15-\$25. 302-576-2139; RiverfrontBluesFest.com.



AUGUST 4, 11

Upper Merion Concerts. *Aug. 4*, Trout Fishing in America; *Aug. 11*, David Uosikinen's In the Pocket. Concerts, 6 pm, beer garden opens, 5. Township Bldg. Park, 175 W. Valley Forge Rd., King of Prussia. 484-636-3899; UMTownship.org.

AUGUST 4-25

Long's Park Summer Music. *Aug. 4*, Danny Kortchmar & Friends; *Aug. 17*, Woodstock Anniversary Celebration. Amphitheater, Rt. 30 & Harrisburg Pk., Lancaster. Concerts through Aug. 25. 7:30 pm. 717-735-8883; LongsPark.org.

AUGUST 9-11

Chess, with Chesco Pops Orchestra and Bravo Theatre Company. See listing under Theater.

AUGUST 10, SEPT. 14

Rockin' & Reelin' in Phoenixville's Reeves Park. Outdoor concert in the bandshell followed by a movie. *Aug. 10*, Go Commando, movie, *Little Giants*; *Sept. 14*, Chico's Vibe, movie, *Dumbo*. Concert 4 to 8; movie at dusk. 401 Main St., Phoenixville. PhoenixvilleFirst.org/Rockin-Reelin.



AUGUST 11

Community Arts Center Tri-State Jazz Society Concert. Performances by artists who specialize in the very earliest styles of jazz. 414 Plush Mill Rd., Wallingford. 2 pm. \$10-\$20. 610-566-1713; CommunityArtsCenter.org.

AUGUST 11, 25

Miller Park Summer Concert Series. *Aug. 11*, Slippery Band; *Aug. 25*, Chico's Vibe. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6:30. Free. 610-363-9525; West-Whiteland.org.

AUGUST 17

Theatre Organ Society of the Delaware Valley Open House / Open Console. Learn about the 3/24 Wurlitzer theatre pipe organ and how it works while TOSDV members play. Colonial Theatre, 227 Bridge St., Phoenixville. 10 am to 1 pm. Free. 215-780-0831; TOSDV.org.

AUGUST 17-27

Uptown! Knauer Performing Arts Center. *Aug. 17*, That '60s Show: Tribute to Woodstock;



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CARIBBEAN ARCHIPELAGO

June 22 – September 8, 2019

This exhibition has been organized by the Museum of Latin American Art (MOLAA), Long Beach, California for the Getty Foundation's PST: LA/LA initiative. This exhibition is made possible in Delaware by the Emily du Pont Memorial Exhibition Fund. Additional support was provided, in part, by a grant from the Delaware Division of the Arts, a state agency, in partnership with the National Endowment for the Arts. The Division promotes Delaware arts events on www.DelawareScene.com. Image: *Dancing, Pouring, Cracking, and Mourning*, 2015. Didier William (born 1983). Acrylic and collage on wood. 60 x 48 inches. Courtesy of the Robert and Frances Coulborn Kohler Collection. © Didier William.



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302.571.9590 | delart.org

Aug. 23, Michael Cleveland & Flamekeeper;
Aug. 24, 33½ Live's Killer Queen Experience;
Aug. 27, Dave Mason. 226 N. High St., West Chester. Check website for tickets and more listings. 610-356-2787; UptownWestChester.org.

AUGUST 23-25
Citadel Country Spirit USA. See article in this issue.

OUTDOOR ACTIVITIES.....
THROUGH AUGUST 28, Wednesdays
Bike & Hike & Brews at Hagley Museum & Library. Stroll, jog or cycle the three-mile loop then, on selected evenings, enjoy Dogfish Head craft beers. Bring a picnic or dine at the Belin House Organic Cafe. Rt. 141, Wilmington. 5 to 8 pm. \$3. 302-658-2400; Hagley.org.



AUGUST 8
Run the West Chester Citizen's Mile. Race against runners matching your ability then watch America's fastest elite distance runners. After-race party with free food and drink specials. Henderson High School, 400 Montgomery Ave., West Chester. 6:30 pm. \$5-\$20. RunCCRS.com.

AUGUST 10
Benchmark Twilight Cycling Classic. Top-notch pro bike racing in West Chester as the Iron Hill Pro Men's Criterium and Brumbaugh Wealth Management Pro Women's Criterium compete. Enjoy top amateur racing in the Rothman Institute Amateur Criterium, the Tolsdorf Trike Challenge and West Chester Dental Arts Kids' Race. Road closures from 11 to 11. GreaterWestChester.com/Events.



AUGUST 29
Annual 5K Run Through Thorncroft. Run, walk or wheel along riding paths and through fields, then enjoy a post-race gathering to visit the

farm and enjoy local craft beer, food trucks and music. 190 Line Rd., Malvern. 5:30 pm. \$25. 610-644-1963; Thorncroft.org.



THEATER.....
THROUGH AUGUST 25
Our Town. See article in this issue.

THROUGH OCTOBER 23
Stolen: The Musical. Bird-In-Hand Stage, 2760 Old Philadelphia Pk., Bird-in-Hand. \$17-\$38. Check website for times. 800-790-4069; Bird-in-Hand.com/Stage.



AUGUST 1-3
The Producers. The Brandywiners Ltd. present Mel Brooks' Tony Award-winning musical at Longwood Gardens, 1001 Longwood Rd., Kennett Square. 8. \$18-\$35. 610-388-1000; TheBrandywiners.org, LongwoodGardens.org.

AUGUST 9-11
Chess. Bravo Theatre Company performs this musical with the Chesco Pops Orchestra.



Madeleine Wing Adler Theater, West Chester University, 700 S. High St., West Chester. Fri-Sat, 7:30; Sun, 2 pm. \$15-\$25. 484-301-2276; 570-766-1139; ChesCoPops.org; BravoTheatreCompany.org.

TOWNS, TALKS & TOURS.....
AUGUST 2, 10, 15
First Fridays, Second Saturdays, Third Thursdays. **Aug. 2, First Fridays: Kennett Square Art Stroll,** 610-444-8188; HistoricKennettSquare.com. **Lancaster City,** 717-509-ARTS; Visit-LancasterCity.com. **Oxford,** 610-998-9494; DowntownOxfordPA.org. **West Chester,** 610-738-3350; West-Chester.com. **Wilmington Art Loop,** 302-576-2135; ArtLoopWilmington.org.
Aug. 10, Second Saturday Arts Stroll: Media, 484-445-4161; MediaArtsCouncil.org.
Aug. 15, Third Thursday Malvern Stroll, MalvernBusiness.com.

AUGUST 1-29
Town Tours & Village Walks. **Aug. 1,** Doe Run Village c. 1744: Tomahawks, Mills, Foxhounds, Cowboys and Kings; **Aug. 8,** Malvern Borough c. 1889: From Crossroads to Powerhouse; **Aug. 15,** Village of Sadsburyville c. 1729: Chester County Historic Preservation Network Supper Lecture & Armchair Tour; **Aug. 22,** Johnsontown in Downingtown c. 1875: A Town Within A Town; **Aug. 29,** Brandywine Meadow Farm: Home of Charles E. Mathers Brandywine Hounds, c. 1901. 5:30 pm. Free. Some require registration. 610-344-6923; ChesCo.org/Planning/TownTours. ♦



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THEATER SPOTLIGHT

Thornton Wilder's OUR TOWN

At People's Light July 31-August 25

"Do any human beings ever realize life while they live it? — every, every minute?"

LONG AFTER IT WON THE 1938 PULITZER PRIZE FOR Drama, *Our Town* remains one of the most popular plays of all time, reminding us that there's beauty in the ordinary. Celebrate love, family and community with a music-infused production of Thornton Wilder's masterwork, on stage through August at People's Light.

This American classic tells the story of Grover's Corners, a small New England town at the turn of the 20th century, and the day-to-day lives of the people who live, love and die there. *Our Town* distinguishes itself among Wilder's plays through its use of meta-theatrical devices, or aspects of the production that draw attention to its very nature as a play.

You'll see actors speaking directly to the audience and acknowledging that characters onstage are performers, as well as a very spare use of sets and props. "No curtains, no scenery," Wilder instructs. Grover's Corners lives in the imagination of the audience, so *Our Town* can become any town, or every town.

Fan-favorite troubadour David Lutken (recently seen on the

Malvern stage in *Woody Sez: The Life and Music of Woody Guthrie*), returns as the famous "Stage Manager," our guide to the people and places of Grover's Corners. With him, David brings back post-show hootenannies—BYOI (bring-your-own-instrument) musical free-for-alls after select performances.

Musicians and music enthusiasts are welcome to hoot, holler and sing along. *Our Town* will feature live music performed on pump organ, fiddle and harmonica, and community volunteers will appear as the Grover's Corners church choir.

Our Town marks the final production of the 2018/2019 Season at People's Light. "All year we've been asking big existential questions—lots of hard stuff, but often told with laughter and grace," says Abigail Adams, People's Light Executive Artistic Director and director of the production. "*Our Town* is a capstone to this exploration. Wilder captures the ordinary experiences that we all share and makes them sacred."

Come celebrate another season of live, local theater. ♦

~ Rosemary Devine

IF YOU GO

Where: People's Light's Leonard C. Haas Stage
 39 Conestoga Rd., Malvern

When: July 31-August 25

Tickets: \$35-55 (includes fees); Discount tickets available

LUDWIG'S CORNER HORSE SHOW & COUNTRY FAIR
LABOR DAY WEEKEND 8/31, 9/1 & 9/2, 2019



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over \$16,000 in Prize Money offered**

\$7500 LCHSA Jumper Classic Mini-Prix
\$1500 M&S Child/Adult Jumper Classic
\$2000 LCHSA Hunter Derby
\$1500 LCHSA Pony Hunter Derby

Please see our website for schedule, admission & directions.

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N. C. Wyeth: New Perspectives

MUCH MORE THAN BOOK ILLUSTRATIONS

IF THE NAME N.C. WYETH CONJURES up images of classic book illustrations, think again. Seascapes, portraits, murals and advertising images are more creations from this broadly talented artist.

Discover the breadth of his work at The Brandywine River Museum of Art's summer exhibit, "N. C. Wyeth: New Perspectives," the first exhibition in almost 50 years to do a deep dive into Wyeth's multifaceted career. Featuring over 70 works from museums and private collections, this exhibit brings a new perspective to Wyeth's work as an accomplished illustrator as well as a distinguished fine arts painter.

The father of generations of artists, Newell Convers Wyeth studied under noteworthy illustrator Howard Pyle. Not surprisingly Wyeth is best known for his imaginative book illustrations, including for *Treasure Island*, *The Last of the Mohicans* and *The Boy's King Arthur*.

N. C. Wyeth was a focused and fast painter, completing an amazing 17 full-sized illustrations for *Treasure Island* in just a few months—between late April and July in 1911. Several of these illustrations are in the exhibit.

While his book illustrations paid the bills, Wyeth also worked on more personal, fine arts works. This exhibit features some of these lesser-known paintings, including landscapes and figurative works.

Wyeth drew inspiration and vision from his surroundings—his birthplace in Needham, Massachusetts, his home in Chadds Ford, and his summer home in Port Clyde, Maine. Images of landscapes and people from these places are woven through the exhibit.

A highlight: *Island Funeral* is a piece that used both the centuries-old technique of tempera painting as well as recently developed dyes from the Du Pont Company, creating rich and unique



Island Funeral, 1939, egg tempera and oil on hardboard



Tapping up and down the road in a frenzy, and groping and calling for his comrades, in Treasure Island, 1911, oil on canvas



Saturday Evening Post, cover (Bucking Bronco), 1903, oil on canvas on hardboard

blues and greens (see photo above). The stunning painting was the centerpiece of Wyeth's 1939 Macbeth Gallery exhibition, a historic New York gallery specializing in American artists.

Add an extra dimension to your visit by taking a tour of the nearby N. C. Wyeth House & Studio, 18 acres of land in Chadds Ford that Wyeth purchased in 1911 with proceeds from his illustrations for *Treasure Island*.

A great way to appreciate the legacy of this iconic American artist! ♦

~ Mercedes Thomas

IF YOU GO

Where:

Brandywine River Museum of Art
1 Hoffman's Mill Rd., Chadds Ford
610-388-2700; Brandywine.org

When:

Through September 15, 2019

Hours:

Daily, 9:30 a.m. to 4:30 p.m.

Admission:

\$6-\$18

September

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1 2 3 4 5 6 7
8 9 10 11 12 13 14
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MARK YOUR CALENDAR

Marci Tomassone

SEPTEMBER

Aug. 31–Sept. 2, **76th Ludwig's Corner Horse Show & Country Fair.** Equestrians compete alongside country fair fun at this community event. Rt. 100, Ludwig's Corner, Glenmoore. 610-458-3344; LudwigsHorseShow.com.

6–8, **22nd Radnor Hunt Concours d'Elegance.** Nationally recognized motor car exhibition and other car events. Radnor Hunt, 826 Providence Rd., Malvern. 610-644-4439; RadnorConcours.org.

8, **Malvern's Endless Summerfest.** Crafters and artists, kid's activities, music, food and The Yard Bar returns—enjoy the music and a cocktail. King St., Malvern. Malvern-Festivals.com.

14, **Chester County Library Food Truck Festival.** Live music and great food. Benefits the library system. Main Street at Exton, 291 Indian Run St., Exton. ChescoLibraries.org.

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

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



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

19–22, **Plantation Field Horse Trials & Fair.** Top international riders compete in dressage, cross-country and show jumping. 387 Green Valley Rd., Unionville. 484-883-2917; PlantationFieldHorseTrials.com.

21, **Coatesville Invitational Vintage Grand Prix.** Cars compete in an individually timed event, over 50 rare and unique historic cars /motorcycles on display, merchants, food trucks and a beer garden. 484-787-6408; CoatesvilleGrandPrix.com.

21–28, **Delco Arts Week.** Over 30 arts and cultural attractions including an art studio tour, theater, ballet, music and classes for all ages. 610-220-1385; DelcoArts.org.

24–29, **Dressage at Devon.** Top horses and riders from around the world compete. Festival Shops, too. Devon Horse Show Grounds, Lancaster Ave., Devon. 610-517-0849; DressageAtDevon.org.



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

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

28, **Brandywine Conservancy & Museum of Art's Bike the Brandywine.** In celebration of the 51st anniversary, take a bike ride around the Brandywine Creek Greenway, Chadds Ford. 610-388-2700; Brandywine.org/BikeRide.

28, **Tredyffrin Historic Preservation Trust's Historic House Tour.** Guides provide insights on design, historic preservation and restoration in the Easttown area. 610-644-6759; TredyffrinHistory.org.

29, **Wine and Dinosaurs Around the World.** Sip premium wines and specialty beers, enjoy hors d'oeuvres, live music and a silent auction at this fundraiser for Delaware Museum of Natural History, 4840 Kennett Pk., Wilmington. 302-658-9111; DelMNH.org.



OCTOBER

3 & 5, **King of Prussia Beerfest Royale.** Craft and international beer, live bands and KOP's finest food. Under grand tents, outdoors at King of Prussia Mall. KOPBeerfest.com.

4–6, **Delaware Auto Show.** See the latest 2019 models all in one place. Chase Center on the Waterfront, 815 Justison St., Wilmington. 302-324-2543; DelawareAutoShow.com.

5, **79th Chester County Day Tour.** Begin the day at the Fox-hunt then tour the southeast quadrant of Chester County. Benefits Chester County Hospital. 610-431-5301; ChesterCountyHospital.org.

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

6, **Miles for Mutts.** 5K race and 1-mile fun walk raising money to pay for veterinary care for rescue dogs. Wilson Farm Park, 500 Lee Rd., Wayne. 610-908-2855; TLCRescuePA.com.

13, **17th Annual Chili Cook-Off in West Chester.** Annual event that supports the good works of the Rotary Club of West Chester. 610-636-6740; WestChesterChiliCookOff.com.

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

17–19, **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; ChaddsFord-History.org.

24, **Harvest–Unite for Her Chef and Wine Tasting Event.** The region's best chefs serve up a farm-to-table tasting event. Benefits Unite for HER, serving local women affected by breast cancer. Phoenixville Foundry, 2 N. Main St., Phoenixville. 610-322-9552; UniteForHer.org/Harvest.



NOVEMBER

2, **French & Pickering Creek Trust's 36th Annual Auction Party.** Dinner, cocktails and auction benefits conservation in northern Chester County. Rt. 926 & Newark Rd., Unionville. 610-933-7577; FrenchAndPickering.org.

3, **85th Running of PA Hunt Cup.** Timber racing, tailgating, carriages. Benefits Chester County Food Bank, Work to Ride and Upland Country Day School. Rt. 926 & Newark Rd., Unionville. 484-888-6619; PAHuntCup.org.

7–10, **The Philadelphia Museum of Art Contemporary Craft Show.** This premier show and sale includes 195 of the finest and most dynamic craft artists in the country. PA Convention Center, 12th & Arch Sts., Philadelphia. 215-684-7930; PMACraftShow.org.

13–Jan. 5, **People's Light—Little Red Robin Hood: A Musical Panto.** Celebrate 16 years of People's Light tradition at this panto set in the 1940s with a dash of the medieval. 39 Conestoga Rd., Malvern. 610-644-3500; PeoplesLight.org.

13–Jan. 12, **Media Theatre—Elf: The Musical.** Based on the 2003 film *Elf*, this show will have you leaving the theater singing. 104 E. State St., Media. 610-891-0100; MediaTheatre.org.

16–17, **Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best In Show. Nov. 17 is The National Dog Show, to be broadcast nationwide on Thanksgiving Day. Greater Phila. Expo Center, 100 Station Ave., Oaks. 484-362-2682; NDS.NationalDogShow.com. ♦



Citadel Country Spirit USA

August 23–25 at Ludwig’s Corner Horse Show Grounds

GREAT AMERICAN COUNTRY MUSIC FESTIVAL BACK BY POPULAR DEMAND

IN ITS INAUGURAL YEAR, CITADEL COUNTRY Spirit USA, a three-day country music festival in Brandywine Valley, earned rave reviews from fans, sponsors and community partners.

Country superstar Brad Paisley, who closed the show in 2018, said, “This is a case of ‘if you build it they will come.’ It’s a ‘Field of Dreams’ for country music. I’m honored to be here for the first year. Hope it is the first of many.”

Paisley’s wish will soon be a reality. The second annual festival, featuring 20 performers on two stages, is August 23–25 at Ludwig’s Corner Horse Show Grounds, a scenic 33-acre site.

Headliners on the GMC Sierra Stage are Billy Currington on Friday, Little Big Town on Saturday and Old Dominion on Sunday, along with such big names as Lee Brice, Brothers Osborne, Eli Young Band and Lauren Alaina in the lineup. Between acts on the main stage, winners of the Citadel Battle of the Bands Contest will perform on the Citadel Rising Star Stage.

Citadel Federal Credit Union is the event’s title sponsor for the second consecutive year. “We’re thrilled to give local entertainers an opportunity to shine at Citadel Country Spirit USA,” said Jeff March, president and CEO. “The entire event is



a celebration of our community, so it only makes sense to have local talent represented.”

While music is the main attraction, concert-goers will be treated to a great American festival experience, a country music celebration, an array of activities, food vendors, restaurants and libations to please every palate—from Sierra Nevada beer to Barefoot wines and spirits by Crown Royal.

Hosted by the Chester County Conference & Visitors Bureau, 22,000 fans from 28 states and two Canadian provinces attended the festival last year. Again in 2019, a portion of ticket sales will be donated to Children’s Hospital of Philadelphia (CHOP), a Children’s Miracle Network Hospital.

So join the fun. Cowboy hats and boots optional! ♦



IF YOU GO

When: August 23–25

Where: Ludwig’s Corner Horse Show Grounds, 5 Nantmeal Road, Glenmoore

Tickets: 3-day passes from \$249; single-day tickets from \$89, plus fees

Information: CountrySpirit.com; 800-514-3849



A Ramble Around Chester Springs

Cindy Walker

History and horses, shopping and dining—there are plenty of reasons to make this a destination.



Ludwig's Corner Horse Show Grounds



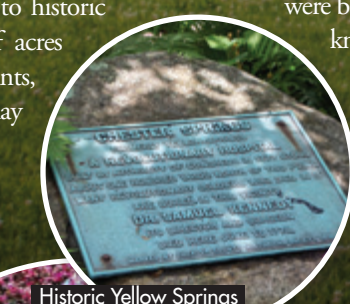
Destination Salon & Spa



Ludwig's Grille & Oyster Bar



Mill at Anselma



Historic Yellow Springs



THOUGH PERHAPS BEST KNOWN FOR ITS HISTORIC sights, annual horse show and expanses of rolling Chester County hills, the Chester Springs area is very much a part of the 21st century. A visit will take you to historic districts, 18th-century mills, hundreds of acres of preserved land, along with hip restaurants, a brewpub and the area's largest multi-day country music festival.

Oh, and more.

THERE'S HISTORY

Many associate Chester Springs with the charming historic district of **Historic Yellow Springs**, just off Route 113 along Art School Road. A short drive up a narrow lane leads to a spot that takes you back in time.

Named for the color of the water thought to have healing powers—a resort and spa were built there—the area is known as a place where General Washington had his headquarters and the Continental Congress built a hospital for Revolutionary soldiers, now marked by stone ruins.

Today these restored buildings are alive with many attractions—a well-respected spring art show, an art studio, community library, cultural center (home to SALT Performing Arts, which hosted Shakespeare this summer), and a venue used for conferences, programs and weddings. There's even signs of a new business opening in the Jenny Lind House—Life's Patina Mercantile and Café.

For a bit of Chester County's industrial history, the well-preserved **Mill at Anselma** showcases a working mill (demos on most second Saturdays) showing its evolution over 250 years. You'll also find walking trails, a mill pond, weekly farmers market (Wednesdays, 5 to 7 p.m.), and lively events, like the Boots and Bourbon Whiskey fundraiser, Flour Power 5K, Old Time Music Group and October's Harvest Festival. A living history site, the mill is well used and not a mere monument.

PLUS HORSES AND MORE

In a section of Chester Springs where just about everything is named Ludwig's, sits the 33-acre **Ludwig's Corner Horse Show Grounds**, near the intersection of Routes 100 and 401 (technically in

Glenmoore). Best known for 76 years of hosting a community fair and horse show over Labor Day weekend, the grounds are also used for other local horse shows—Kimberton Hunt, Freedom Series, Oley Valley Combined—along with two dog shows—Bryn Mawr Kennel Club, Devon Dog Show—plus a summer pop-up beer garden sponsored by Stickman Brews.

This scenic site is also home to the second year of **Citadel Country Spirit USA**, a three-day country music festival attracting 22,000 fans last year. Read more about it in this issue.

For more Ludwig's attractions, head for **Ludwig's Village** shopping center, a collection of charming cottage-like buildings with a variety of shops and services. You'll see **Ludwig's Village Market**, a Fine

Wine and Good Spirits shop conveniently located near **Light'n Up Premier Smoke Shop**, plus **Village Optical**, **Ludwig's Village Dental** and tucked in the back, **Destination Salon & Spa**, a literal destination for some relaxation and pampering.

Two more places worth a visit: **Eleanor Russell Ltd.**, a gift and decor shop with such a well-curated selection you'll likely take home something for yourself, and **Ludwig's Grille & Oyster Bar**, specializing in sea food and offering a formal dining room and banquet space inside and casual dining under red umbrellas on the deck.

AND MORE DINING AND DRINKING OPTIONS

From historic to hip, Chester Springs has a dining destination for every taste.



Liberty Union Bar



Epicurean Garage



Stickman Brews



Brandywine Branch Distillery & Bistro

A landmark on the Pottstown Pike (Route 100) with a sign reading “First Established 1727,” **Eagle Tavern & Taproom** promises “delicious food, distinctive spirits and ‘lots of memories to patrons near and far.’” This neighborhood mainstay got a makeover from new owners and continues to attract those wanting a historic tavern atmosphere.

For a more contemporary vibe, head for **Liberty Union Bar and Grill**, home of free tater tots and weekly specials based on food from the 50 states. You’ll find a lively setting, indoors and out, with lots of red, white and blue. Daily specials and a menu featuring delish dishes from around the country—Cali wrap to NY deli—make a welcoming community hangout and a family-friendly spot.

Honest eats and cold beer are promised at **Epicurean Garage**, an industrial chic eatery, which also touted their “Best AC in a Garage” during our hot July visit. Experienced restaurateur Lee Krasley has much to celebrate along with the success of his newest farm-to-table comfort food eatery. He’s marking a four-year anniversary of his heart transplant at his comeback restaurant, complete with his oldest son following in his footsteps in the kitchen. A good story and great food.

Of course you can get a variety of beers and spirits at all these restaurants, but why not go to the source?

Stickman Brews, with its brewery in Royersford, opened a brewpub at the intersection of Routes 113 and 401 about a year ago with a down-to-earth attitude toward beer and tasty pubgrub. With pretense aside and quality and creativity in the forefront, they serve up their distinctive beers—on tap, in growlers and from the cooler. Try their best-selling IPA (Store Bought Is Fine) or the farmhouse ale (First World Problems). The labels on the cans are as fanciful as the names of the beers.

For something stronger, head a bit beyond Chester Springs to the **Brandywine Branch Distillery & Bistro** in nearby Elverson, where they make small-batch, hand-bottled bourbon, rye and their award-winning Revivalist Botanical Gins. Inside the classic red and white barn you can sip a craft cocktail, savor locally sourced seasonal dishes in the bistro, and tour the distillery on site. You’ll find these spirits at local bars, restaurants and spirits stores. But why not buy a bottle while you’re there?

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Fri	9:30 am-6:00 pm
Sat	8:00 am-4:00 pm

MORE DISTINCTIVELY CHESTER SPRINGS STOPS

And while you're in the area, there are a few more stops to consider.

Chester Springs Creamery at Milky Way Farm on Route 113 is the place for locally sourced ice cream—after all, it's part of the official state Ice Cream Trail. Of course there's some history. The farm has been in the Matthews family for four generations, (since 1902), and it's been a farmstead since the 1760s. Opened in 2001, the Creamery serves up 48 "moolicious" flavors named after the cows that provide the main ingredient for the sweet treat—from Bessie's Black Raspberry to Rosie's Rainbow Sprinkles Cake. Take home a pint or quart. Or two.

For a Lancaster County feel at Ludwig's Corner, stop by **Grandma Zook's Bakery and Produce** serving everything from Amish friendship muffins and whoopie pies to cappuccinos and fresh pressed juices, demonstrating the range of tastes in Chester Springs. The family-owned and operated market offers local, organic, farm fresh produce, homemade baked goods, along with breakfast, lunch or dinners to go.

If you catch sight of Texans Longhorn, Scottish Highland or Hereford cattle roaming the rolling hills in Glenmoore, near the intersection of Routes 100 and 401, you've found **Why Not Farm**. Stop in their on-site farm store for grass-fed beef—from filets, Delmonicos and New York strips to brisket, roasts and burgers, or a larger quantity called a beef quarter. Shop free-range chicken and eggs and other local products like goat milk soap and cheeses. You'll find these products served in local restaurants from Brandywine Bistro to Sly Fox.

Have we exhausted attractions in Chester Springs? Not by a long shot. There's legendary Birchrunville Store Café, Butterscotch Pastry Shop, the 18th-century bank barn housing Centuries Ltd. Antiques ... Go see for yourself. ♦

SOME PHOTOS IN THIS ARTICLE COURTESY OF MERCEDES THOMAS



Chester Springs Creamery at Milky Way Farm



Timeless. And just in time.

Bryn Coed Farms in Chester Springs feels like another century and a simpler time. Just birdsong, rustling meadow grasses, tree branches sigh against a spring breeze. The rolling fields are dotted with 19th-century stone farmhouses and barns. Only the overhead power and telephone lines offer evidence of contemporary life.

For many, this seems like heaven on earth. To a developer, these 1,505 acres are the perfect setting for a sprawling housing subdivision.

For Natural Lands, it was an opportunity to save one of the largest remaining unprotected swaths of land in the greater Philadelphia region.

When Natural Lands approached the Dietrich family in 2012 to offer a plan to permanently protect Bryn Coed, the stars seemed to align.

Despite millions of dollars in support from William Penn Foundation, Chester County, the state, local municipalities and community members, Natural Lands wasn't able to retain ownership of all 1,500 acres of such a vast and valuable property.

So the organization created a 520-acre nature preserve at the center of Bryn Coed, and is selling the remainder to private buyers with conservation easements in place, ensuring the land is protected. The result is a unique conservation community, with only seven lots still available for purchase.

Bryn Coed Preserve is open daily, dawn to dusk, free of charge, with miles of hiking trails. Learn more at NatLands.org and LiveAtBrynCoed.com.



Why Not Farm

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Vows in the Museum

Looking for a unique venue to exchange your vows? Someplace with an added dimension to wow your guests? Consider the iconic museum spaces in our area where you can roam the galleries and pose for photos to remember. Whether you're an art, history, science or aviation fan, there's a museum where you can say "I do."

American Helicopter Museum

A local event space perhaps better known for hosting fundraisers and kids' birthday parties, the American Helicopter Museum is a wedding venue that everyone—from the couple to the bridal party to the guests—will be sure to remember. You can even include rides in helicopters to amp up the excitement. With over 3,000 square feet of flexible event space, plus a state-of-the-art wide-screen theater, you can create the day of your dreams. Not enough room? Add a tent outside, with views of the open countryside, clear over to the Brandywine Airport next door. Preferred caterers. 350 guests. 1220 American Blvd., West Chester. 610.436.9600; AmericanHelicopter.Museum.



Brandywine River Museum of Art

Find a unique combination of art and nature at the Brandywine River Museum, a beautiful location in a converted 19th-century gristmill along the Brandywine River. Have your ceremony in the courtyard, then move into the museum where floor-to-ceiling windows frame river-views and be surrounded by a renowned art collection. Your guests have exclusive access to galleries with works by three generations of Wyeths and more. Set up your photo booth with art props and serve hors d'oeuvres on picture-frame trays. In-house catering. 120 seated, 300 with stations, 600 for cocktails. 1 Hoffman's Mill Rd., Chadds Ford. 610.388.8112; Brandywine.org.



Delaware Art Museum

Set in a historic Wilmington neighborhood, the Delaware Art Museum provides a sophisticated, picture-perfect setting amid fine art and gracious grounds. Galleries, including the famed Pre-Raphaelite collection, are open for your guests. Choose elegant Fusco Hall, with high ceilings and arched windows, or an intimate, contemporary space in the East Court. Add a splash of color to your wedding photos on the Chihuly Bridge. Outdoor options include the peaceful North Terrace and Copeland Sculpture Garden. Or for a spiritual feel, the Labyrinth provides a memorable backdrop for your special day. Exclusive catering (Toscana). 200 seated, 300 for cocktails, boutique packages for under 75 guests. 2301 Kentmere Pkwy., Wilmington. 302.351.8530; DelArt.org.



Delaware Contemporary

An industrial chic lobby—exposed pipes, vaulted ceilings—and contemporary art galleries in this former railroad car factory provide a different kind of ambiance at the Delaware Contemporary. The Atrium Lobby is a flexible space for the reception and dancing, while the galleries and Wings Auditorium accommodate wedding ceremonies. From an intimate event, seated dinner and dancing for 180, or 300 guests for cocktails, this 12,000-square-foot, blank-canvas space lets you create your custom venue. Wedding Wire Editor's pick for Art Lovers (2016). Preferred caterers. Nonprofit discounts, 200 S. Madison St., Wilmington. 302.656.6466; DelawareContemporary.org.



Delaware Museum of Natural History

Want to say "I do" in front of a dinosaur? Dance under a giant squid and have cocktails over a coral reef, all in Wilmington's chateau country? Then the Delaware Museum of Natural History is the place to make your naturally wonderful memories. Science buffs, nature lovers or those looking for a fun and social venue will enjoy a place with open exhibit galleries plus live animal presentations or bird shows. Choose from three galleries, naturally lit atrium and outdoor spaces, including a butterfly garden, patio and meadow. Exclusive catering (Toscana). 200 guests. 4840 Kennett Pk., Wilmington. 302.658.9111, x301; DelMNH.org.



Hagley Museum and Library

For history and charm that's the opposite of a plain vanilla hotel ballroom, consider the original home of the du Pont family, set on 235 acres of meadows, stately trees and heirloom gardens along the scenic Brandywine River. Hagley Museum's main wedding venue, the 1888 Soda House built from Brandywine blue rock, features a rustic exterior and a modern interior, while the E.I. du Pont Gardens, Hagley Barn or a tent on the property offer other options. The elegant du Pont mansion, restored mill, gardens and river provide elegant backdrops in every season for your photos. Preferred caterers. 200 guests. 200 Hagley Creek Rd., Wilmington. 302.658.2400; Hagley.org.



Winterthur Museum & Country Estate

A truly glamorous and romantic setting, Winterthur's 1,000 acres of rolling meadows, 60 acres of exquisite gardens and historic Henry Francis du Pont mansion offer ten choices for indoor or outdoor weddings and ten times more photo locations. From historic rooms to contemporary pavilions to outdoor gardens with fountains, patios, reflecting pools and more, you can create a stunning backdrop for your special day. Choose the grand Reception Atrium, the enchanting Reflecting Pool or set up a tent on the Clenny Run Lawn. Admission to the grounds for the weekend. In-house catering (Restaurant Associates). 350 guests. 5105 Kennett Pk., Winterthur, DE. 302.888.4910; WinterthurWedding.com. ♦



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The Inn at Osprey Point

In the village of Rock Hall on Maryland's Eastern Shore, is 30 acres of landscapes and water views for weddings and receptions along the Chesapeake Bay. The Inn features 18 rooms. 20786 Rock Hall Ave., Rock Hall, MD. 410.639.2194; OspreyPoint.com.

The Inn at Swarthmore

Say "I do" in the Amphitheatre—a top 10 Most Beautiful College Campus Wedding Venue—or the Gathering Room at Swarthmore College, then invite guests to stay the night in 40 guest rooms or suites. 10 S. Chester Rd., Swarthmore. 610.543.7500; TheInnAtSwat.com.

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Have a beautiful ceremony, indoors or out, and a reception in The Greathouse—with interesting architecture, lovely views—or, for a smaller gathering, The Farmhouse Restaurant. Onsite catering/beverages. 192 guests; cocktail reception 225. 514 McCue Rd., Avondale. 610.268.2235; LochNairn.com.

Ballroom at Ellis Preserve

Historical Greek Revival building in a pastoral setting, with a grand ballroom, state-of-the-art lighting system, outdoor patio, expansive bridal suite, and outdoor setting for ceremonies. Exclusive caterer. 250 with dancing; 600 no dancing. 3821 West Chester Pk., Newtown Square. 215.627.5100; FinleyCatering.com.

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The Washington at Historic Yellow Springs

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CUTEST PET CONTEST!

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

* Check the rules on our website!



Dobby & Rocky



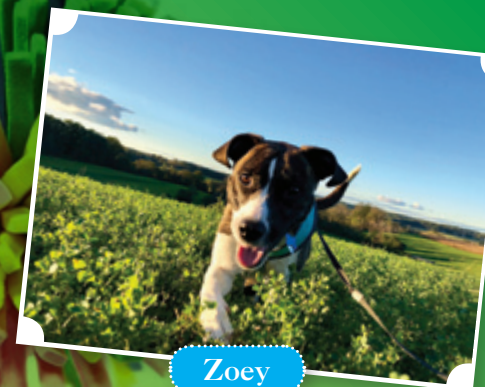
Molly



Frankie



Pigpen



Zoey



Ginger



Broc & Maddie



Auggie



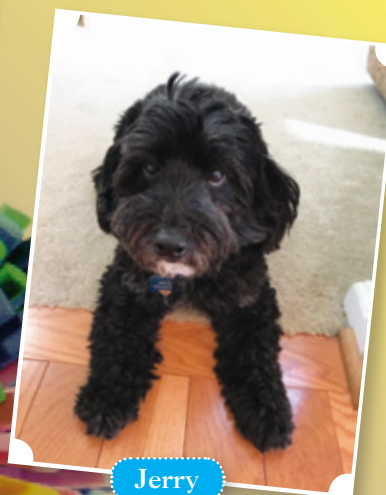
Lucy & Beau



Charlie



Shiloh



Jerry



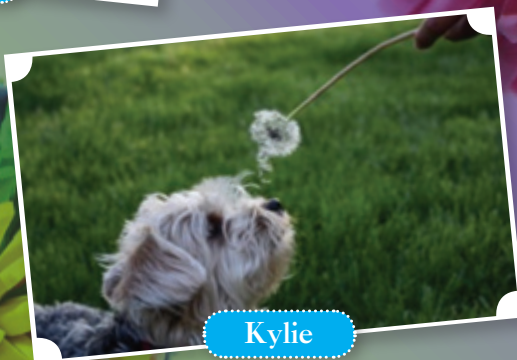
Liberty



Fiona Marie Izzi



Newt



Kylie



Charlie

Want a cuddly kitty or perky puppy of your very own? At local rescues like the Brandywine Valley SPCA and Main Line Animal Rescue, pets want loving, forever homes just as much as you want to give them one. Your new best friend is waiting for you! Visit BVSPCA.org and MLAR.org and **ADOPT** today.



I'VE BEEN AN ANIMAL LOVER ALL MY life. I've bottle-fed orphaned kittens, volunteered at animal shelters, and always had at least one cat or dog around to snuggle. Our family even nursed an injured opossum joey one summer, and I glow with pride remembering it crawling off to its new home under our backyard shed.

So when it came time to get a new kitten for my new apartment, I went where animal lovers go.

Animal shelters are the go-to spots for pets. In 2017–2018, 44% of households with dogs and 47% of those with cats adopted those pets from a shelter—up from 35% and 43%, respectively, just five years earlier. And with celebrity advocates like Meghan Markle championing pet adoption (she brought rescue dog Bogart to the U.K. and is rumored to have adopted another with Prince Harry), we'll likely see those numbers grow.



Adoption saves lives, and we're lucky to live in an area with so many people and rescues passionate about helping animals!

WHY ADOPT?

According to the ASPCA, about 6.5 million animals enter U.S. animal shelters every year, but only 3.2 million are adopted. That's a lot of animals left looking for forever homes! And unfortunately for many of those animals, there's no happy ending. "Adopting is so important because 56% of dogs and 71% of cats that enter shelters are euthanized," says Beth Steinmetz of the Pet Adoption and Lifecare Society. If more people were to adopt, rather than buy from commercial breeders or puppy mills, fewer animals would find themselves in shelters. "When you 'adopt don't shop,' you're helping to break the cycle of animal overpopulation," says Susan Chew of Main Line Animal Rescue.



Main Line Animal Rescue

Overall, adoption helps give an animal a second chance for a happy life with a loving family. "It's an incredibly rewarding experience to see an animal get adopted," says Linda Torelli of the Brandywine Valley SPCA. "When you adopt from a shelter, you save a life."

HOW TO ADOPT

Adoption procedures vary depending on the rescue, but here are some things to expect.

Most animal rescues require you to have a vet reference and records if you've adopted before or if you have other pets at home. Personal references may also be required.

You'll fill out an adoption application and speak with a representative from the rescue about your home and the conditions the pet will live in. Many rescues require a fenced yard if you're adopting a dog—so your new pet stays safe and secure in its new home.

Your new pet has likely been spayed/neutered, is up-to-date on vaccines and in many cases, is microchipped. If you adopt a kitten or puppy too young to be spayed/neutered, many rescues require a deposit that's returned after the surgery.

There's likely an adoption fee—averaging around \$60–\$100 for cats and up to \$350–\$450 for puppies. Because many rescues are nonprofits, these fees help cover food and medical expenses for your pet as well as for the care of all their animals.

TRADITIONAL ANIMAL RESCUES

If you want to meet and interact with a variety of animals at one time, an animal rescue with a physical shelter is a great choice. And there are a lot to choose from.

Main Line Animal Rescue (MLAR) in Phoenixville is a nonprofit and recent affiliate of the Pennsylvania SPCA that cares for nearly 1,000 animals annually. It has an on-site medical clinic, animal behaviorist, plus training classes and programs—all to help their animals overcome obstacles that may prevent them from being adopted.

"Things as simple as helping a shy dog gain confidence, or teaching a one-year-old dog who jumps on people to keep all four feet on the floor, make a big difference in their 'adoptability,'" says Susan Chew of MLAR.

With over 400 volunteers, several fundraising events and plenty of outreach work, MLAR is making their pawprint on our community.

Closer to West Chester, the Brandywine Valley SPCA (formerly the Chester County SPCA) cares for almost 14,000 animals annually. A no-kill, nonprofit, BVSPCA welcomes school groups and clubs to come help, hosts week-long summer camps for kids called Critter Camp, and has a variety of "safety net programs" to help current pet-owners with financial hardship. For example, their pet food pantry provides pet food at low or no cost.

The community's continued support is key. "We don't do the work alone," says Linda Torelli of the BVSPCA. "We do the work with the community. And their help is essential."

For more than just cats and dogs, Greenmore Farm Animal Rescue in West Grove and LaMancha Animal Rescue in Unionville are ready to help. On over six acres with a seven-stall horse stable, four fenced pastures, several sheds, a chicken coop and a kennel for dogs, Greenmore Farm saves dogs as well as horses, donkeys, rabbits and the occasional peacock. And LaMancha's 45 acres have housed horses, dogs, cats, goats, cows and even an emu or two.

FOSTERING AND FOSTER-BASED RESCUES

While most shelters have programs for volunteers to become fosters, for some animal rescues fostering serves as the framework for their mission.

So what is fostering?



Pet Adoption and Lifecare Society (PALS)

Some animals may need special care away from a shelter—if they’ve just given birth and are still nursing, recovering from being sick or injured, or need to be socialized to trust humans before being adopted. In these cases, foster volunteers generously open their homes, caring for these animals and giving them a home until they can be adopted.

But for foster-based shelters like **All 4 Paws** and **Finding Shelter Animal Rescue** that don’t have a physical shelter, fosters and foster homes are needed for all their animals. “We’re always looking for more foster homes,” says Kristen Geddes of All 4 Paws. “The number of foster homes we have available directly affects the number of animals we are able to save.”

All 4 Paws is a nonprofit, no-kill rescue based in Malvern rescuing around 1,000 animals annually—many from high-kill shelters—and placing them in foster homes. Potential adopters work with All 4 Paws staff, volunteers and fosters to meet their available pets.

In the King of Prussia area, Finding Shelter Animal Rescue is another foster-based, nonprofit, no-kill rescue, rehabilitating and re-homing dogs and cats in need. Finding Shelter even offers an in-house professional dog-trainer for the rescue’s dogs, and offers free, lifetime phone consultations with all Finding Shelter adopters.

AND A CAT CAFÉ, TOO!

The cat café craze that took off in Japan made its way to the U.S.—and all the way to Kennett Square.



Treetops Kitty Café

ADOPTION CENTERS

All 4 Paws
Chester Springs
610-731-1086; All4PawsRescue.com

Brandywine Valley SPCA
West Chester
1212 Phoenixville Pk., West Chester
484-302-0865; BVSPCA.org

New Castle
600 South St., New Castle, DE
302-516-1000; BVSPCA.org

Finding Shelter Animal Rescue
Southeastern, PA
FindingShelter.org

Greenmore Farm Animal Rescue
246 Clonmell-Upland Rd., West Grove
GreenmoreRescue.org

LaMancha Animal Rescue
855 Doe Run Rd., Coatesville
LamanchaAnimalRescue.org

Main Line Animal Rescue
1149 Pike Springs Rd., Phoenixville
610-933-0606; MLAR.org

Pet Adoption and Lifecare Society (PALS)
610-299-1860; AdoptAPet.com/PALS/

Treetops Kitty Café
305 W. State St., Kennett Square
610-925-2908; TreetopsKittyCafe.com



Treetops Kitty Café

Treetops Kitty Café is dedicated to rescuing cats from high-kill shelters and giving them a safe place to play until they’re adopted. A small donation is required to enter, and drinks and packaged snacks are available for purchase, with the proceeds going to operating costs and animal care. So drink some coffee as you play with the cats, or check out their events open to the public—kids craft mornings, wine glass painting and story times.

Another option is **Black Cat Café** in Devon, owned and operated by the **Pet Adoption and Lifecare Society (PALS)**. Though not a traditional cat café, it does serve homemade food and drinks with the proceeds benefitting PALS. There’s a gift shop with adoptable cats and kittens if you need your cuteness fix!

PALS works with cats only, and in addition to the Black Cat Café, has adoption centers at local Pet Valu stores in Wayne, Ardmore and Newtown Square. Be on the lookout for Berkley, their cat ambassador, who walks on a leash and helps raise awareness in the community about cat rescue.

Adopting is a second chance, and who doesn’t want to help cute fur babies have a better life? With so many great animal rescues in your backyard, you’re sure to find your new four-legged best friend! ♦

PHOTOS COURTESY OF MERCEDES THOMAS AND THE ANIMAL RESCUES



Brandywine Valley SPCA



Pet Adoption and Lifecare Society (PALS).

A CLOSER LOOK at WOMEN'S HEALTH

Health Professionals Share their Advice



EACH AUGUST WE TAKE A CLOSER LOOK AT HEALTH ISSUES AFFECTING women and ask local experts to share best practices, latest developments and their advice on four key issues.

This year Dr. Diane Spatz, of Children's Hospital of Philadelphia, explains the many reasons that breastfeeding is still the best option and how to help new mothers succeed. Dr. Joannie Yeh, a pediatrician with Nemours duPont Pediatrics Media, explores anemia and how to tell if it's affecting your teen ... or you. And although lung cancer is often thought to be a man's disease, Dr. John Kucharczuk of Penn Medicine tells us it's the leading cause of death in women, but there's plenty that women can do to protect themselves. Finally, Tower Health's Dr. Christine Cho explains what women who experience hair loss can do.

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



Breastfeeding Is Still Best

A LITTLE KNOWLEDGE AND SOME HELP
CAN MAKE BREASTFEEDING EASIER.

Dr. Diane L. Spatz, *Children's Hospital of Philadelphia*

MOST PEOPLE KNOW THE IMPORTANCE OF BREASTFEEDING. In fact, the World Health Organization recommends exclusive breastfeeding for the first six months of an infant's life, with continued breastfeeding for one to two years. In the United States, the Centers for Disease Control and Prevention has found that over 83% of infants are breastfed at birth. Yet breastfeeding rates fall, with only half still breastfeeding at six months and a little over one-third at one year (CDC Breastfeeding Report Card).

Perhaps knowing more about the benefits and where to get help can nudge local breastfeeding statistics in a positive direction.

WHY BREASTFEED?

Breastfeeding your child has many benefits for a new mother, her family and her child. A simple economic benefit is that breastfeeding is very cost-effective, while infant formula is expensive. A family could spend \$2,000 to \$4,000 in one year buying formula. Yet breastfeeding adds little to a family's budget, except for some additions for mom's healthy diet (about 400 calories more a day).

Breast milk is also easier for your baby to digest—it's a customized diet that changes as your baby grows. And breastfeeding is also positive for our environment—no manufacturing, shipping or trash.

But more important, breastfeeding protects the mother against

reproductive cancers (breast, ovarian, endometrial). And it's also highly effective in mobilizing fat stores from pregnancy and helping mothers return to pre-pregnant weight more quickly. Plus breastfeeding is good for mothers' heart and bone health.

Add to that the immense benefits to your new child. Breastfeeding protects infants from dying and significantly reduces the risk of Sudden Infant Death. Those who are breastfed are healthier both as infants and adults. Breastfeeding also greatly reduces the chance of infants getting infections—respiratory, gastrointestinal and ear infections.

For infants born early or in need of intensive care, human milk is a life-saving medical intervention. For hospitalized infants, human milk

Diane L. Spatz, Ph.D., RN-Board Certified, Fellow in the American Academy of Nursing, is a professor of Perinatal Nursing and Helen M. Shearer Professor of Nutrition at the University of Pennsylvania School of Nursing and researcher in the Lactation Program at the Children's Hospital of Philadelphia. She received her degrees from the University of Pennsylvania School of Nursing and is the recipient of numerous awards including being an "Edge Runner" of the American Academy of Nursing.



Continued on page 77



Is Your Teenager Just Tired or Could it be Anemia?

ANEMIA IS THE MOST COMMON BLOOD CONDITION, AFFECTING MORE THAN THREE MILLION AMERICANS. Dr. Joannie T. Yeh, *Main Line Health*

DR. YEH: “HI MRS. SMITH AND TANYA, DO YOU HAVE any questions or concerns during your well visit today?”
Tanya, the 15 year old: “No.”

Mrs. Smith: “Well, actually, Tanya seems very pale and tired to me. I’m worried that she has anemia because I am anemic, too.”

This is a very typical conversation in my office. While many people can be at risk for anemia due to poor diet, intestinal disorders, infections, chronic diseases and other issues, teenage girls and women who experience heavy periods are at higher risk than most. While the general prevalence of anemia in the United States is 5.6%, the prevalence among women of reproductive age—ages 15 to 49—is 13.3%.

ANEMIA 101

Anemia occurs when the number of red blood cells in the body is too low. Red blood cells carry hemoglobin, an iron-rich protein that attaches to and delivers oxygen throughout the body. Without enough oxygen, the body can’t function properly, which affects the heart, brain and other vital organs.

There are three primary categories of anemia—blood loss, low or abnormal production of red blood cells, and the body’s destruction of red blood cells. With blood loss, this can be caused by bleeding in the gastrointestinal tract, or in many cases, heavy menstruation. Issues with red blood cell production may be related to an infection or virus, or a nutritional deficiency such as iron or vitamin B12. There


are instances when anemia is caused by a more serious condition, such as kidney disease or cancer, but the most common cause worldwide is iron deficiency anemia.

RECOGNIZING THE SYMPTOMS

The symptoms of anemia vary, and may include any of the following:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Fatigue • Weakness • Persistent or severe dizziness • Moodiness • Weight loss • Pale or yellow skin • Pale or yellow eyes | <ul style="list-style-type: none"> • Cold hands or feet • Headaches • Shortness of breath • Fast or irregular heartbeat • Chest pain • Pounding or “whooshing” in your ears |
|---|---|

Joannie T. Yeh, M.D., is a pediatrician with Nemours duPont Pediatrics Media. Her practice is located at Riddle Hospital, part of Main Line Health. Dr. Yeh received her medical degree from the University of Illinois at Chicago, and completed her residency at Nemours Alfred I. duPont Hospital in Wilmington. She is a member of the American Academy of Pediatrics, and is fluent in English, Chinese and Mandarin. MainLineHealth.org.





Lung Cancer—What Women Should Know

IT’S THE LEADING CAUSE OF DEATH IN WOMEN AND ON THE RISE AMONG WOMEN WHO HAVE NEVER SMOKED. BUT THERE’S STILL PLENTY THAT WOMEN CAN DO TO GET AHEAD OF LUNG CANCER. Dr. John C. Kucharczuk, *Penn Medicine*

LUNG CANCER HAS A REPUTATION FOR BEING A MAN’S disease—a male smoker’s disease, specifically—and for targeting smokers and former smokers when it does occasionally cross gender lines.

While these stereotypes have never been entirely true, they’ve also never been further from the truth. According to the American Lung Association, lung cancer diagnoses have risen a startling 87% among women over the past 41 years while dropping 35% among men over the same period. The overall number of cases remains fairly steady.

Shaking up stereotypes even further, between 60% and 70% of women diagnosed with lung cancer today are lifelong non-smokers—by contrast, only 1 in 12 men with lung cancer have never smoked. So while men still make up the majority of lung cancer diagnoses—almost 60%—the gender gap is narrowing, with lung cancer’s sights seemingly set on women with no obvious behavioral “reason” for the disease.

For men and women alike, these shocking statistics beg the question *why*?

WHY IS LUNG CANCER INCREASING IN WOMEN?

“No one knows,” says John C. Kucharczuk, M.D., Chief of the Division of Thoracic Surgery at Penn Medicine. “It could be hormonal. It could be attributed to high degrees of exposure to second-hand smoke. Some data suggests that among non-smoking females


who develop lung cancer, there are chances of a genetic mutation. At this point, there’s no conclusive data.”

But there are preventative measures, diagnosis tools and ever-evolving treatments that can help women—and the men who love them—see past these scary stats.

“Many women respond better to lung cancer treatment than men,” Dr. Kucharczuk explains, highlighting yet another area where gender might have a bearing on lung cancer and related outcomes.

“Female smokers and non-smokers with cancer have a lot of therapy options, ranging from surgery to radiation to chemotherapy to a combination of them all, as well as newer molecular-based treatments or immuno-therapies. For some non-smokers with suspected genetic abnormalities, targeted therapies have made a big difference,” he continues.

John C. Kucharczuk, M.D., is Chief, Division of Thoracic Surgery and oversees the Lung Cancer Program at Penn Medicine. He specializes in the diagnosis and treatment of benign and malignant diseases of the chest, including lung cancer, esophageal cancer, mesothelioma and mediastinal tumors. He sees patients at the Perelman Center for Advanced Medicine in Philadelphia and Chester County Hospital in West Chester.



Continued on page 79

Help for Women Who Experience Hair Loss

THERE ARE MORE OPTIONS THAN YOU THINK.

Dr. Christine Cho, *Tower Health MedSpa*

ALTHOUGH MANY PEOPLE THINK HAIR LOSS OCCURS only in men, women can experience it, too. You may be surprised that about a third of women experience hair loss at some point. For post-menopausal women, that increases to about two-thirds who find their hair thinning or discover bald spots.

Hair loss can be frustrating, especially for women, and affect well-being and quality of life. Fortunately there are treatments that can help.

TYPES OF HAIR LOSS

To understand hair loss in women, it's important to know the several common types that occur. Female pattern baldness is the most common, affecting about 30 million women in the United States. Also known as androgenic alopecia, it's caused by excessive androgens—often referred to as male hormones and important in both sexes for regulating hair growth. This type of hair loss in women starts with gradual thinning at the part line, followed by hair loss at the top of the head. It most commonly affects post-menopausal women but may appear at any age after puberty.

Hair loss in women can be caused by any number of factors, including physical or emotional stress, medical conditions (such as hypothyroidism or hyperthyroidism), nutritional deficiencies, treatment with chemotherapy agents or autoimmune disease.

The major types of hair loss in women include:

- Those with **autoimmune causes**, with the immune system attacking hair follicles and prompting hair loss that occurs with one or more circular patches that overlap. This is often brought on by stress.
- Those occurring after a **stressful experience** such as surgery, childbirth or a serious illness. Stress can push a large percentage of hair follicles into the resting phase.
- Those that happen during the **first phase of hair's growth cycle**. Rapid hair loss can be caused by certain drugs used for chemotherapy or from exposure to toxic chemicals.

It's noteworthy that some women have a genetic predisposition for hair loss, and the risk increases with age. And interestingly, the

Christine Cho, D.O., is a Double Board Certified, Fellowship Trained, Plastic and Reconstructive Certified physician at Tower Health where she discusses each of her patient's goals and expectations to offer a range of options customized to their specific needs. She is certified by the American Osteopathic Board of Surgery and is a member of the American Academy of Cosmetic Surgery, American College of Osteopathic Surgeons, and American Society for Laser Medicine and & Surgery, Inc. Learn more at THPlasticSurgeryAndMedSpa.org.



Continued on page 79

Vacation at home this summer.




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Getting Older Made Simple:

From Selling Your House to Joining a LifeCare Community

Edwin Malet

RETIREMENT, YOU THOUGHT, WOULD BE SIMPLE. BUT it turns out there are options. Where will you live? What will you do for money? What will you do if you have health issues?

SELLING YOUR HOME

If you've owned your home, you've likely had a mortgage. The value of paying interest on your mortgage loan is decreasing, as it typically does when your income also decreases. The deductibility for tax purposes isn't as attractive. Plus, any remaining mortgage payment, if there is one, will leave your heirs with an expense on an unused asset—your empty home. You'd rather that not be the case.

Selling your home ought to be considered. After all, your family has moved away and a smaller place may be more attractive.

THINKING SMALLER

There are a number of communities—typically they're listed as 55+ or 62+—that cater to seniors who still want to own. Consider, for example, *Hershey's Mill*, an established gated community in West Chester, with walking trails, tennis courts, pickle ball courts, adjacent to a golf club. Management is responsible for maintenance, so get rid of your mower, rakes, shovels and other tools in your garage!

There are several similar communities, for example, *Springton Lake Village* and *Watson Run*. And, if the maintenance-free aspect is appealing, you might consider going “full condo”—*Westtown Reserve*, *Paoli Pointe* and *Windsor at Glen Mills* are options.

But whether your next home is a house or condominium, choosing one will likely tie up cash for your down payment. And you'll still have a mortgage and the responsibilities of home ownership to consider, though maybe less than at your current home.

THINKING RENTAL

An alternative to buying is renting. The advantage with this option is the access it provides to the equity that you've been building in your home. The sale of your home will likely result in a cash nest egg.

Some of the proceeds from selling your home should be saved, obviously—you may have 25 or more years to plan for—and a financial planner can provide options. Mutual funds, stock, another property But you'll still need a place to live. Maybe you'll want to rent.

For example, *Canvas Valley Forge*, targeted at seniors, offers apartments on a rental basis. You'll also have to post a security deposit, pay a one-time amenity fee and so on. You must sign a lease, but you can convert to a month-to-month rental after a year. For that, you get a pool, gym, game rooms ... ample common spaces and facilities.

There are several similar senior rental communities available in *County Lines* country: *Lancashire Terrace*, *Meridian at Eagleview* or *Harrison Hill*, for example. The residents of these senior communities are reputedly “like-minded,” meaning they're less noisy, less rowdy than at apartment complexes with college students.

THINKING HELP

Whether renting or owning, in an age-restricted community or otherwise, your lifestyle might be called “independent living.” An independent living community provides some services—typically meals, transportation, maintenance—and may stand ready to transfer you to a “personal care” or an “assisted living” arrangement if the need arises.

The assisted living designation is another level on the continuum of care and involves certain types of care that a personal care facility—



between independent and assisted living—doesn't provide. Higher still in terms of levels of care is a “skilled nursing facility,” formerly known as a nursing home, where a resident would get care on a 24-hour basis.

Practically speaking, the differences in types of communities depends on how much service you need and want. As you'd expect, costs increase with the level of care, so assisted living costs more than independent living.

THINKING MORE HELP

Perhaps you have difficulty climbing stairs, lifting groceries, balancing on a ladder. Perhaps you can't dress yourself easily and want or need assistance with the activities of daily life—that's part of assisted living.

The cost of assisted living may go as high as \$10,000 per month, as compared with, say, \$3,000 per month for independent living. For the higher fees, you get a greater variety of services: housekeeping, meals, transportation, activities, 24-hour support and access to health care, and more.

The Hickman is a personal care community in downtown West Chester that follows a monthly rental model. The monthly rental fee includes room, board and several amenities. There's also a one-time community fee when a person moves in, and fees for additional personal care begins at \$15 per day. If a person decides to move within the first two months at the community, the community fee is refunded on a sliding scale.

Calling itself “supportive independent living,” *Friends Home* in Kennett offers a variety of activities. It requires about a month's rent upfront, but, during the first three months, it will refund half if things don't work out. If you're



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unsure, under its “Give It a Try” program, you can try Friends Home for a month at cost.

Or consider Brightview Senior Living at Devon in Wayne. In its assisted living facility—it also offers independent living and dementia care—it offers many amenities, such as a cafe, theater, fitness center, library, community store and more. Offering monthly rentals, its non-refundable community fee is only about a month’s “rent.”

Barclay Friends is rebuilding following a

fire in November 2017. It offers residential living (like independent living), personal care (but not assisted living), and memory care. When they open again, projected for 2020, the plan is for a 75% refundable entrance fee. That’s permanent.

There are, in fact, over 160 assisted living or personal care communities in *County Lines* country. Most offer a choice—“all-inclusive” or “fee-for-service”—as to how you pay for the assistance services required.

Typically, the all-inclusive model is less expensive if a resident uses all of a community’s services. Most residents do. But the fee-for-service model is less expensive for those who don’t require as many services.

For assisted living, entrance fees are relatively low: generally, about one or two months’ rent. That is, unless you join a “Life-Care Community” (LCC) or a “Continuing Care Retirement Community” (CCRC). An LCC or CCRC are more expensive.

THINKING ABOUT FOREVER

Essentially, when you enter an LCC or CCRC, you commit to it, both for housing and health care. For example, if you enter as an independent living resident, as your needs change, you’ll move to a personal care, assisted living or skilled nursing facility on the same property.

The advantage of an LCC or CCRC is that all your healthcare services are provided in one location. A change in your health might require movement from one building to another, but you wouldn’t have to search anew for housing or healthcare. You can stay in the same community. And your health care providers would have the benefit of ready access to the other team members.

Dunwoody Village is an example of an LCC. An entrance fee, from \$89,500 to \$525,000, depending on housing, and a monthly fee, from about \$4,000 to \$6,500, is charged. But the entrance fee is refundable, up to a point. If you leave Dunwoody during the first 50 month, the refund goes down at 2% per month.

Wellington at Hershey’s Mill, on the other hand, is a CCRC based on a rental model: minimal up-front costs. It offers independent living all the way up through skilled nursing and rehabilitation services.

Where you live, how you live and how much it costs is basically up to you. There are options—from rental to ownership to a community where your housing is bundled with assistance services. Each has advantages, and the terminology can be daunting.

All choices, however, require planning. Hopefully, this article helps you begin to think about the right option for you. ♦

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Shipley Manor



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Canvas



Brightview Devon



Willow Valley Communities

Guide to 55+ and Senior Communities

55+ COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

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

Pennsylvania

EXTON

Meridian at Eagleview
484-873-8110; MeridianEagleview.com

GLEN MILLS

Ivy Creek
610-981-2740; SeniorLivingInStyle.com

KING OF PRUSSIA

Canvas Valley Forge
844-400-6435; CanvasValleyForge.com

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

MEDIA

Springton Lake Village
610-356-7297; SpringtonLakeVillage.com

LANCASTER

Lancashire Terrace Retirement Comm.
610-430-6900; LancashireTerrace.com
A 55+ community that's a great retirement value, offering the county's only all-lease, all-cottage senior living. They provide a full activities calendar along with a fitness center for wellness. Retire in a safe, care-free and friend-filled environment that will leave you wondering why you waited so long to make the move! Call them for a tour and lunch on them.

PHOENIXVILLE

Coldstream Crossing
610-321-1977; ColdstreamCrossing.com

WEST CHESTER

Harrison Hill Apartments
610-430-6900; HarrisonHillApts.com
Harrison Hill's 5-stories offer 114 apartment homes comprised of one bedrooms and one bedrooms with dens. The grounds feature a community patio, a walking trail, gazebo and dog park. Residents enjoy coffee and each other's company at "Monday Mingles," holiday barbecues and pizza parties, games in the activities rooms and once-a-week free transportation to set destinations. Call for details and to schedule a tour.

Hershey's Mill
610-436-8900; HersheysMill55Plus.com
Thinking of downsizing or relocating to a 55-plus community in the Delaware Valley? Hershey's Mill is situated around an 18-hole championship private golf club. This premier community also offers Tiger Turf coated tennis courts, pickle ball, bocce courts, shuffleboard and horseshoes, as well as miles of walking trails. This gated community has a

55+ and Retirement Communities

manned main gate 24/7. Visit their Community Open House Day, Oct. 20th.

COMMUNITIES FOR THE INDEPENDENT, WITH CONTINUING CARE AND LIFE CARE COMMUNITIES

Many seniors are currently independent, but want or need, for themselves or their spouse, to live with support—moving from independent living to assisted living, followed by skilled nursing

and several kinds of specialized facilities. When the sequence is combined on a single campus, it's called a continuing care community or life care community. Those listed have strong "independent living" programs.

Pennsylvania DEVON

Brightview Devon

484-519-0097; BrightviewDevon.com

Brightview Devon is a new premier resort-

style independent living, personal care and dementia care community conveniently located at 301 E. Conestoga Road in Wayne. Offering an all-inclusive rental lifestyle with no large entrance fee, residents of Brightview Devon can enjoy vibrant living on site, explore the surrounding area and more, while having access to an experienced team of professionals if and when it's needed.

The Devon Senior Living

610-263-2300; TheDevonSeniorLiving.com

Located in a beautiful, peaceful, rustic country setting, only minutes from area hospitals, restaurants and shopping centers. They offer Personal Care services, as well as award-winning Alzheimer's/Memory Care and short-term stays and feature distinct services and amenities in a comfortable, home-like setting, at 445 N. Valley Forge Rd.

DOWNINGTOWN

St. Martha Villa for Independent & Retirement Living

610-873-5300; Villa.StMRehab.org

Since 2003, St. Martha Villa has proudly served the Chester County community by providing exceptional service to independent and personal care residents. Activities serve a wide range of interests, which include pet therapy, gardening, musical events and daily mass. St. Martha Villa shares its campus with St. Martha Center for Rehabilitation and Healthcare.

EXTON

Exton Senior Living

610-594-0200; ExtonSeniorLiving.com

GLEN MILLS

Glen Mills Senior Living

610-358-4900; GlenMillsSeniorLiving.com

Voted "Best Assisted Living in Delaware County," providing personal care for residents for over 19 years. Located only minutes from area hospitals, restaurants and shopping centers, they have a seasoned team of caregivers, providing the additional support needed to maintain independence while receiving the individualized care that suits residents' needs. The community provides 24-hour nursing supervision, short-term stays and rehabilitation services.

HONEY BROOK

Heatherwood Retirement

610-273-9301; HeatherwoodRetire.com



Pleasant View Retirement Community



Spring Mill Senior Living

KENNETT SQUARE

Friends Home in Kennett

610-444-2577; FriendsHomeInKennett.org

Options for seniors include Supportive Independent Living, Personal Care Services and Skilled Nursing care for more intense care. All meals, housekeeping and laundry are included. They practice the Montessori Method of Care throughout the community and are a member of Leading Age & Friends Services Alliance. Friends Home in Kennett—where friends become family.

Kendal-Crosslands Communities

844-907-1800; KCC.Kendal.org

Customizable cottages and apartments adjacent to Longwood Gardens on an over 500-acre, accredited arboretum campus. Two LifePlan Communities and two 50+ neighborhoods. Amenities: several indoor and outdoor pools, art studios, gardens, hiking trails, dog park, tennis courts, therapy, fitness, multiple dining venues, two libraries and putting greens, all with 5-star rated healthcare. Member of Leading Age, FSA and accredited by CARF-CCAC.

LANCASTER

Willow Valley Communities

866-454-2922; WillowValleyCommunities.org

Willow Valley Communities' residents pursue passions through innovative award-winning amenities: an 80,000-square-foot Cultural Center with fitness and aquatics centers, Day Spa, Art Gallery, 500-seat Performing Arts Theater, the 30,000-square-foot Clubhouse, with bowling alley, vintage arcade, outdoor pool, tennis courts, golf simulator, and 11 culinary venues. Willow Valley Communities' meticulous 210 acres, just minutes from Lancaster City, also offers Lifecare.

ELEVATE YOUR LIFESTYLE!



At **Spring Mill Senior Living** we believe that every day should be enhanced with lifestyles that are designed with our residents and their families in mind - that's why we have six unique programs to bring new experiences to the experienced! Dine out every day, celebrate with activities and events, and let us make a great impression with housekeeping and maintenance included. All our community is missing is you!

Schedule Your FREE Lunch & Tour!

SPRING MILL **610.482.4424**
SpringMillSeniorLiving.com
3000 Balfour Circle
Phoenixville, PA 19460

By Discovery Senior Living **PERSONAL CARE | MEMORY CARE**

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www.GlenMillsSeniorLiving.com
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Kendal-Crosslands Communities



Glen Mills Senior Living



St. Martha Villa



Dunwoody Village



Friends Home in Kennett



Barclay Friends

LITITZ

Luther Acres

600 E. Main St., Lititz
St. John's Herr Estate, 200 Luther Ln.,
Columbia

Spang Crest, 945 Duke St., Lebanon
717-388-0274; Luthercare.org

Luthercare's three senior living communities offer a full complement of lifestyles, services, amenities and programs that empower residents to live healthy, more socially-connected lives. Explore the many options at their communities, from independent living cottages and apartments to supportive personal care and more. Here, you decide how you want to live without worrying about the future.

MALVERN

Echo Lake

484-568-4777
LivingAtEchoLake.com; SageLife.com

They're open! Retirement living, reinvented. At the leading edge of the "aging well" movement, Echo Lake has a comprehensive fitness and wellness center, innovative dining built around the latest trends in nutrition and a catalog of programming that dares you to explore ... think cruise ship, think country club, think spa ... and then, let your imagination run wild.

MANHEIM

Pleasant View Retirement Community

717-665-2445; PleasantViewRC.org
Nestled in the rolling hills of northern

Lancaster County, Pleasant View blends a relaxing carefree lifestyle with opportunities to explore passions and interests. Because Pleasant View is so highly regarded and popular, it is expanding—West Lawn on the main campus and The Lofts in picturesque Lititz. Please call to learn more.

NEWTOWN SQUARE

Dunwoody Village

610-359-4400; Dunwoody.org
Since 1974, Dunwoody Village has set the standard in comfortable retirement living. With a convenient location in Newtown Square, residents enjoy a variety of amenities, including fine dining, fitness services and superb cultural offerings, as well as the peace of mind that Five-Star Healthcare offers.

White Horse Village

610-558-5000; WhiteHorseVillage.org
White Horse Village, a community of friendly, vibrant people age 62 and older, sits on 96 acres neighboring a state park, yet is only minutes away from cultural activities. Amenities include a wellness center with indoor pool/spa, bocce courts, library, billiards room, arts studio and wood shop. Skilled nursing, personal care, memory support and outpatient services are on-site.

NORTH WALES

Kyffin Grove

267-460-8100
KyffinGrove.com; SageLife.com

A perfect location—a campus of coordinated care. Kyffin Grove offers customized care and innovative memory care, beautiful surroundings and a cozy, intimate setting. Call to find out more.

PAOLI

Daylesford Crossing

610-640-4000
DaylesfordCrossing.com; SageLife.com
Daylesford Crossing is one of the Main Line's favorite supportive living communities ... completely personalized care, uniquely sophisticated surroundings and unparalleled hospitality. With 78 supportive living and specialized memory care apartments, Daylesford Crossing is perfectly located right in the heart of the western Main Line. Call to find out more.

PHOENIXVILLE

Spring Mill Senior Living

610-933-7675
SpringMillSeniorLiving.com
Welcome home to one of the most highly sought after senior living community in the area, offering exceptional personal care and memory care. With gourmet dining, events, daily activities, extra-large apartment homes with stone balconies and patios, Spring Mill is truly a great choice in senior living. Long tenured professional team members are available 24 hours a day to ensure that you live without worry. They'll take care of everything for you.



A Remarkable Way of Life *Remarkably within your reach.*

You may have heard that The Highlands at Wyomissing enjoys a distinctive reputation. We are a vibrant community with a standard of excellence ... a resort-like campus where you can pursue your lifestyle and discover fulfilling retirement. What you may not know is that there are various residences offering just the right space at just the right price. Call today to discover a remarkable value on a remarkable lifestyle.

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55+



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If you're planning a local or long distance move, across town or across the country, then do what smart senior citizens and other residents have done for years and call **TLC Moving Services, LLC** at 610-268-3243.

These professionals will pack your items with the utmost care, arrange to have them moved by a reliable moving company, then unpack them and place them in your new home where you desire. If you are downsizing, they can help you arrange a sale of your goods or assist you in donating to the charity of your choice.

Once out of your old home, they can clean-up and make repairs so the house is ready for the new owners, or to be put on the market.

If moving is in your plans, then your first move is to call **TLC Moving Services, LLC**. Put these professionals to work for you and call **Caen Stroud** at 610-268-3243.

CaenStroud@msn.com

www.tlcmovingservicesllc.com

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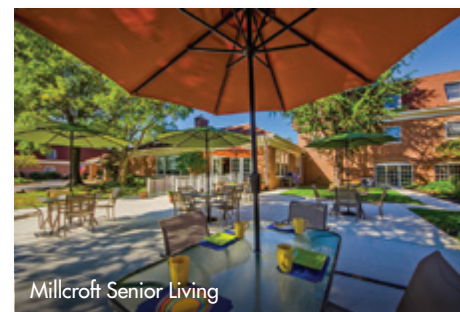
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Millcroft Senior Living



The Highlands at Wyomissing

VALLEY FORGE

Shannondell at Valley Forge

610-728-5200; Shannondell.com

WALLINGFORD

Plush Mills

610-690-1630; SageLife.com

Plush Mills is different. You see it when you walk through the door; the upscale décor, the comfortable atmosphere and the feeling that this is a place where people know what it means to live well. With 157 independent and supportive living apartments, Plush Mills is just the right size—big enough to count on, small enough to care. Call to find out more.

WEST CHESTER

Barclay Friends

610-696-5211; BF.Kendal.org

Barclay Friends, a Continuing Care Community, is a Kendal Affiliate. With five gardens surrounding the community, they cultivate the arts and gardens through music, visual arts, and horticultural therapy. Their highly regarded services include post-acute rehabilitation and nursing care, and they are Medicare and Medicaid certified. Coming in spring of 2020: residential living, get-away stays, personal care and memory care!

WYOMISSING

The Highlands at Wyomissing

610-775-2300; TheHighlands.org

The Highlands at Wyomissing is a non-profit Type A (LifeCare) Continuing Care Retirement Community situated on 113 acres next



Space. Light. Serenity.

From the moment you enter Kendal-Crosslands Communities, you feel a sense of tranquility. And there is so much more here and in the surrounding area to awaken all of your senses. You'll find opportunities to attend classes, enjoy concerts, frequent art galleries, explore botanical gardens and discover many local museums. Our location allows easy access to East Coast cities from Maine to Miami, to the Delaware and New Jersey beaches, and to the world beyond via Philadelphia International Airport. And in this Life Plan Community, you'll have peace of mind knowing you have a continuum of care should you ever need it.

KCC.Kendal.org | 866.920.8184

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Communities

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Not-for-Profit Life Plan Communities serving older adults in the Quaker Tradition.





Forwood Manor



Foulk Manor South



The Devon Senior Living

HersheysMill55Plus.com



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1-4pm**

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1500 Greenhill Road • West Chester, PA 19380

to beautiful Wyomissing Park. The Highlands offers 239 residential apartments of various sizes, 40 spacious two- and three-bedroom villas, 66 studio and one-bedroom apartments in Personal Care and 80 beds in the Skilled Nursing Center.

Delaware

NEWARK

Millcroft Senior Living

302-366-0160; FiveStarSeniorLiving.com

With more than three decades of attentive, friendly service, Millcroft is a senior living community offering spacious and comfortable independent living and assisted living apartments, as well as skilled nursing care, rehabilitation services, and respite/short stays, all in one beautifully landscaped campus with a highly skilled 24-hour staff.

WILMINGTON

Forwood Manor

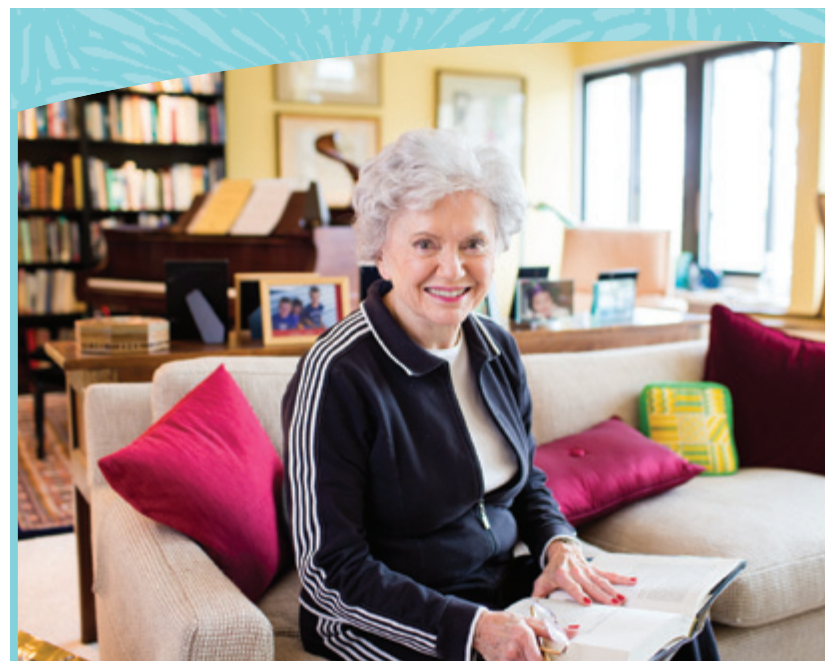
302-529-1600; ForwoodManorDE.com

Located on 13 beautifully landscaped acres in Wilmington, Forwood Manor is a full-service senior living community offering some of the finest in independent living and assisted living residences, as well as skilled nursing care, rehabilitation services, and respite/short stays—all featuring friendly service by highly skilled 24-hour staff.

Foulk Manor North

302-478-4296; FoulkManorNorth.com

Located in the heart of North Wilmington, Foulk Manor North is convenient to local shopping, restaurants and entertainment. They offer complete Senior Care for Independent Living, Assisted Living, Memory Care and Skilled Nursing. Ten-acre grounds have gardens, a screened in porch and walking trails. Call for details and to schedule a tour.



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become family.



A MISSION TO SERVE

This vibrant, senior community provides for the needs of older men and women with Independent Living, Personal Care, and Skilled Nursing. Residents enjoy a homey, comfortable atmosphere with a Quaker mission.

AN ADAPTABLE APPROACH & A HEART FOR COMMUNITY

Rather than having residents adapt to Friends Home, we work to adapt our environment to their individual interests and needs. In addition, residents actively participate in various intergenerational programs throughout the community and enjoy giving back.

Friends Home
120 Years in Kennett

147 W. State Street, Kennett Square
610.444.8785 | FHKennett.org

Independent Living | Supportive Independent Living
Personal Care | Skilled Nursing



55+ and Retirement Communities

Foulk Manor South

302-655-6249

FoulkManorSouth.com

Foulk Manor South is a luxurious senior living community that offers spacious and comfortable assisted living apartments, Five Star's award-winning Bridge to Rediscovery program for people with Alzheimer's and other types of dementia, and respite/short stays. They also offer intermediate care as a long-term skilled nursing option.

ShIPLEY Manor

302-477-8813; FiveStarSeniorLiving.com

ShIPLEY Manor has 24-hour, five-star service in a cottage or an apartment. You'll love their warmth, hospitality, dining and dedication to your health and wellness. Most of all, you'll love being a part of their family, from independent living, assisted living to skilled nursing and rehabilitation.

Somerford House Assisted Living

Somerford Place Memory Care

302-266-9255

SomerfordHouseNewark.com

Offering assisted-living apartments and the award-winning Bridge to Rediscovery program for people with Dementia. Residents enjoy many services and amenities, including restaurant-style dining, 24-hour staff, social, educational and recreational activities, exercise/wellness programs, beauty salon, library, transportation, laundry and housekeeping.

SERVICES FOR SENIORS

Some seniors require a range of services, from legal advice and long-term care planning to making sure their personal belongings are moved with the utmost care.

OWM Law

Phoenixville: 610-917-9347

Pottstown: 610-323-2800; OWMLaw.com

OWM Law's Certified Elder Law Attorneys, Kathleen Martin and Rebecca Hobbs (*Certified by the National Elder Law Foundation) are both accredited with the Department of Veteran Affairs and members of NAELA and PAELA. Their practice includes long term care planning, medicaid planning and applications, asset protection planning, veterans benefits, guardianships, special needs planning, trusts, estate planning and more.

Ruggiero Law Offices LLC

610-889-0288

PaoliLaw.com

At Ruggiero Law Offices LLC, their mission is to be creative problem solvers and indispensable advisors. Caring, comprehensive advice is provided in their offices, your home or care facility in the areas of estate planning, elder law, estate administration, business law and real estate. Work with them to provide for your future generations and give you peace of mind.

TLC Moving Services

610-268-3243; TLCMovingServicesllc.com

TLC provides a personalized and friendly service specializing in house and retirement home moves. They offer you a personalized, economical and worry-free service that specializes in planning, packaging, unpacking, sale of personal property, handyman services, appraisals and donations. ♦

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Join over 400 of the finest people in Pennsylvania when you choose from 36 new, carefully crafted apartment homes on the main campus. You'll find open floorplans, fine appointments, underground parking, and all the amenities with breathtaking views of Northern Lancaster County farmlands.

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PLEASANT VIEW
COMMUNITIES

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SAVING LAND SAVES MONEY

Kirsten Werner, Natural Lands

PRESERVING QUALITY OF PLACE REAPS ECONOMIC BENEFITS FOR CHESTER COUNTY.

THEY SAY MONEY DOESN'T GROW ON TREES. Perhaps not literally, but the parks, farms and forests of Chester County account for millions of dollars each year in savings, earnings and avoided costs.

Exactly 30 years ago, Chester County became the first in the region to formally set aside funds for a rigorous open space preservation program through a \$50 million bond referendum. Today, about 28.8% of land—that's 140,000 acres—has been preserved as protected open space in Chester County ... more land than the area of Philadelphia!

More than just offering us scenic views, the County's open spaces are economic powerhouses. Preserved land contributes to our local economies and property values and helps us save on everything from health care to recreation. It improves the air we breathe and the water we drink, reducing the cost of providing these basic services. And protecting open space avoids the increased taxes that would be needed if the land were lost to development.

These benefits were documented in a new study, *Return on Environment: The Economic Value of Protected Open Space in Chester County**, which was unveiled by the Chester County Commissioners during an Open Space Summit this past May.

OPEN SPACE AND HIGHER HOME VALUES

Home values in Chester County are a testament to residents' prioritizing quality of place. Homeowners are willing to pay a premium to live near parks, nature preserves and other protected open spaces. As a result, protected open space in Chester County adds to the value of its housing stock. Houses located within a half-mile of protected open space are worth \$11,000 more, on average, than those farther away.



Natural Lands' Bryn Coed Preserve
PHOTO COURTESY MARK WILLIAMS



Hybernica Park
PHOTO COURTESY CAROL SLOCUM



PHOTO COURTESY WILLISTOWN CONSERVATION TRUST

Homeowners near Natural Lands' ChesLen Preserve can attest to this boost in home value. The nearly 1,300-acre property in Newlin Township offers sweeping views of the Brandywine Valley along its many miles of public hiking trails. According to the *Return on Environment* study, homes within a half-mile of ChesLen are worth an additional \$42,900 per home for a cumulative increase in market value of \$12.4 million!

OPEN SPACE ADDS \$1.65 BILLION TO THE VALUE OF CHESTER COUNTY'S HOUSING STOCK.

PROTECTED OPEN SPACE GENERATES \$27.4 MILLION ANNUALLY IN PROPERTY TAX REVENUES BECAUSE IT BOOSTS HOME VALUES.

MOTHER NATURE'S FILTER AND SPONGE

Chester County's open spaces aren't just beautiful, they're hard working. Our fields and forests help filter our water, clean our air, reduce flooding, slow stormwater and store carbon—every day, free of charge. If the County's protected open spaces were lost to development, we would need to

PROTECTED OPEN SPACES CONTRIBUTE \$97 MILLION IN ANNUAL COST SAVINGS AND ECONOMIC GAINS THROUGH ENVIRONMENTAL SERVICES.

IF THE CARBON CURRENTLY STORED IN TREES ON PROTECTED OPEN SPACE WERE RELEASED INTO THE AIR, IT WOULD COST \$120 MILLION TO MITIGATE THE INCREASED EMISSIONS.

spend millions of dollars every year to replicate the vital environmental services they provide.

A WALK A DAY ...

Chester County's protected open spaces invite exploration and enjoyment. They keep us fit, feeling good and out of the doctor's office. By helping us stay physically active, the County's trails, parks and playgrounds help lower the incidence of cardiovascular disease, diabetes, depression, certain cancers and obesity. What's more, if we had to pay for the recreational opportunities that local open spaces provide free of charge, we'd spend millions.

For example, the 106-acre Anson B. Nixon Park in Kennett Square is used by

BY SERVING AS FREE PLACES TO EXERCISE, PROTECTED OPEN SPACES SAVE RESIDENTS \$124 MILLION ANNUALLY.

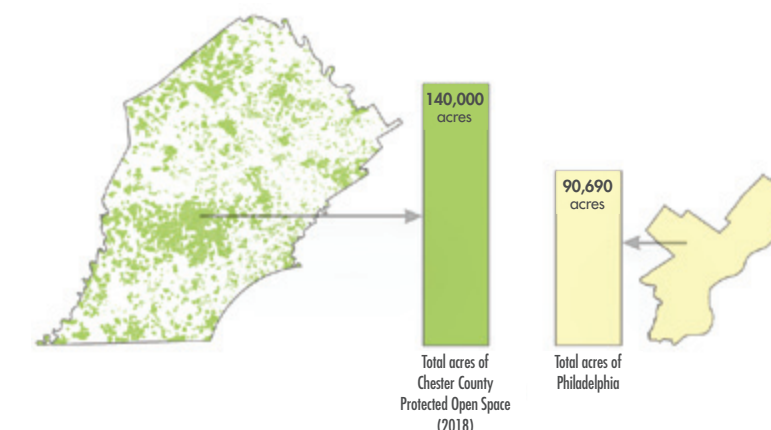
EVERY YEAR, \$172 MILLION IN MEDICAL COSTS ARE AVOIDED THANKS TO OPEN SPACES.

more than 170,000 visitors annually. They're drawn to the park's extensive walking trails, playground areas and outdoor space. Each year \$1.53 million accrue to these park users as a result of not having to travel elsewhere for recreation.

ROAD TRIP-WORTHY DESTINATIONS

The secret is out. Chester County's preserves, farms and trails are destinations that attract tourists who spend money when they visit. The County's agriculture industry is going strong thanks in part to protected farmland. The sale of farm products—feed crops, dairy products, produce—generates revenue as well as creating and sustaining jobs.

What's more, Chester County's quality of place plays an important role in the ability of companies located here to attract and retain top talent. In choosing to locate their businesses in the County, these companies bring the jobs and the tax base—and the economic diversity—that's the lifeblood of a healthy local economy.



The amount of protected open space in Chester County is greater than the size of Philadelphia.

*The *Return on Environment* study was conducted by Econsult Solutions, Inc., an economic consulting group, and commissioned by Chester County departments, land conservancies, municipal representatives and economic development agencies. Find it at ChesCoPlanning.org/openspace/roe.cfm.

"From our beginnings 44 years ago, CTDI has always been proud that Chester County is home to our global headquarters," said Jerry Parsons, chairman and CEO of CTDI, a global communications engineering company in West Chester. "We know that beautiful and abundant open space adds to the unmatched quality of living and the outstanding working environment that Chester County provides."

OVERALL, SPENDING THAT RESULTS FROM PROTECTED OPEN SPACE TOTALS \$238 MILLION.

PROTECTED OPEN SPACES CONTRIBUTE AN ESTIMATED 1,800 JOBS TO THE ECONOMY, WHICH GENERATE \$69 MILLION IN SALARIES.

HIDDEN COSTS OF DEVELOPMENT

It's less expensive to preserve land than to develop it. When open space is turned into residential development, municipalities have to offer increased services such as police

and fire protection, road maintenance, sewer systems and new schools.

These costs are avoided when land is instead protected as open space. In contrast, farms and other protected open spaces provide more tax revenue for local governments than they require in service expenditures.

It's simple, really. When we save the County's land, we all save money ... in fact, we make money! And we preserve a quality of life in which we can grow and thrive.

"When rapid growth began chipping away at Chester County's beautiful green spaces and farmland—at a rate of 30,000

FOR EVERY \$1 RECEIVED FROM FARMLAND AND OPEN SPACE TAXES, LOCAL GOVERNMENTS SPEND 7 CENTS ON SERVICES.

FOR EVERY \$1 RECEIVED FROM RESIDENTIAL DEVELOPMENTS THROUGH TAXES, LOCAL GOVERNMENTS SPEND \$1.11 ON SERVICES.


acres between 1982 and 1987—it became evident to everyone that something needed to be done to stop it," said Chester County Commissioner Kathi Cozzone at the Open Space Summit. "Chester County was the first in the region to formally set aside funds for a rigorous open space preservation program. Over the years we have become the envy of the state—and the nation—in how we manage our growth with our preservation.

"We have always known that preserving land is valuable ... now, with this *Return on Environment* report, we know the real value." ♦

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Four Chimneys Farm

A FRENCH HUNTING LODGE IN UNIONVILLE

Laurel Anderson

“THE HOUSE WAS AN ENIGMA” SAYS ONE OF THE current owners of a unique home built in 1978 and set on almost 50 lush acres of prime equestrian country near Unionville. Neighbors knew the property belonged to the owner of Nero, a champion pacer in the late 1970s that won more races in the U.S. than any other pacer or trotter in history and set records still standing today.

But area residents knew little else—even when the next owners bought and renamed the property Four Chimneys Farm.

“The home was behind tall trees, hidden from the road. And neither owner was very sociable,” continues the current owner.

“When we got to see it, almost 20 years ago, it was a surprise. No stone colonial with small rooms in a predictable layout,” the owner says.

He admitted, though, that a part of him imagined a new Chester County life in modest, almost Quakerly style: two people, two dogs, two horses on 12 acres, with a Pennsylvania bank barn.

NOT YOUR AVERAGE CHESTER COUNTY HOUSE

In contrast, this house has grand interior spaces—soaring ceilings with exposed beams in the great room and comprising almost 5000 total square feet, plus a large barn, dressage ring and indoor riding arena. In addition to the unique French hunting lodge design, the home boasted other special features, such as recycled 18th-century stone and massive structural beams from the former Kane Farm.

Yet there remained traces of the enigmatic house—dark floors, dark beams, small windows, unnecessary walls and overgrown trees blocking the sunset views over the property.

Fortunately, the current owners could envision transforming the raw materials into a bright, light-filled, inviting home with open space and great flow, redesigned for entertaining and enjoying all the property had to offer. Floors were lightened using reclaimed barn wood, beams were painted white, larger windows were installed, and walls came down around the updated kitchen to evolve into a reflection of the couple’s bright California style.

TRANSFORMATION

The stunning sense of space greets you as you enter through the antique door to an open foyer. Take in the unobstructed view through a wall of French doors out to the pool area and sunset views of the rolling hills.

Step down to the great room to experience the scale of this space with 30-foot beamed ceilings, impressive stone fireplace and interior stone walls—a room now with an airy feeling.

A second stone fireplace adorns the formal dining room, with views through antique leaded windows to the front motor court, and other views of the teak arbor, perfect for al fresco dining.

The open, well-designed chef’s kitchen includes top-of-the-line appliances and conveniences like two sinks and dishwashers. The adjacent breakfast bar and sitting area enjoy more views of the park-like gardens. Pantries and a mudroom round out the space.

On the opposite side of the great room are the library and master suite. The cozy, wood-paneled library includes another fireplace, wet bar and views of the horse pastures.





With fireplace number four, the convenient first-floor master suite enjoys great light with expansive views of the pool, terrace and fields of grazing horses.

Completely updated, the master bath includes a large glass shower and soaking tub looking out on the grounds and a stately weeping cherry.

OTHER FLOORS

Accessed by a pair of spiral staircases flanking the great room, the second floor is comprised of two private guest wings, separated by a balcony that affords close-up views of the massive beams as well as a peek into the great room. The two wings include three bedrooms, each with its own charms, but all with views of the countryside. Two updated, marble-floor bathrooms complete this level.

The partially finished lower level has a large, carpeted home office with walls of built-ins, along with a wine cellar and half-bath. While part of this level is currently used for storage, it holds great potential for a home gym, media room or more.

EQUESTRIAN AMENITIES

A paradise for both horses and dogs—the resident dogs have never worn leashes—Four Chimneys Farm is an equestrian delight. The almost 50 acres support nine fields with seven turn-out sheds, an outdoor sand dressage ring, and a 70-by-200-foot competition-quality indoor arena. A 13-stall barn with finished tack room, heated wash stall and an attached guest/groom's studio apartment, plus a tractor/hay shed and tool building complete this turnkey equine center for competitive training, fox hunting or pleasure riding.

Riders will enjoy miles of interconnected trails to explore, including those on ChesLen Preserve, just across the road. Hunters will enjoy hacking to nearby Cheshire Hunt. And everyone will enjoy the serenity of the farm.

This is truly a unique opportunity to own a legendary estate! ♦

For more about this unique 50-acre equestrian property, under conservation easement and Act 319, in the Unionville-Chadds Ford School District, contact Margot Mohr Teetor, RE/MAX Preferred, 610-719-1700; 610-476-4910 (cell), visit MargotMohrTeetor.com, or watch the video at <http://bit.do/eVKGb>.



Breastfeeding ...continued from page 49

protects them from illness, protects their bowels and brain as well as helping them get discharged sooner from the hospital.

As an added bonus, research has found that breastfeeding makes children smarter. Infants who receive human milk have brains with more white and gray matter and overall bigger brains, which correlates with higher IQ and better development outcomes.

And the impact of breastfeeding is long lasting, influencing a child's health into adulthood. Adults who were breastfed as children have healthier hearts, less intestinal problems (Chron's disease, irritable bowel syndrome), lower cholesterol and lower blood pressure.

Quite simply, breast milk is the best food for your baby.

BEGINNING BREASTFEEDING

Ideally, a baby should get nothing but breast milk for the first six months. That's the best start to your child's life. Continuing to breastfeed for at least a full year has even more far-reaching health benefits for you and your child.

Since pregnant women start making milk in the second trimester, by birth, there's a milk supply to feed your infant. The first milk—called colostrum—is like a medication or vaccine. There's only a small amount, but it's very powerful.

Right after birth it's important to hold your baby skin-to-skin as many hours of the day as possible. Doing this will naturally awaken feeding cues and prompt breastfeeding.

Maternity nurses or lactation consultants can help new mothers get the basics right—positioning the baby, checking that the baby has latched on properly. A good start in the hospital sets the mother and baby up for success.

Yes, the first two weeks of breastfeeding can be hard work, but it won't be like that forever! Because a newborn may require feeding every 2 to 3 hours, most new moms won't have time or energy for much more. Those first 3 to 5 days are a critical period to develop a good milk supply, so make sure the breasts get frequent stimulation and emptying from feeding or pumping. If your baby is having

lots of dirty diapers, this tells you that breastfeeding is going well.

A new mother's only jobs should be to eat, sleep and breastfeed. Before delivery, the mother's family and support group should assume all the other household duties so the mother can focus on feeding and making milk for her baby.

If you're separated from your baby, pump early and pump often! Pump within the first hour of your child's birth and pump every 2 to 3 hours for 8 or more pumping sessions in a 24-hour period. It's worth investing in a hospital grade pump rental to make this easier and to ensure a great milk supply. Pump rental is less expensive than formula.

There are a few situations in which breastfeeding is not recommended: a mother who has HIV, being treated for cancer with chemotherapy or radiation, or using illegal substances. Although most medications are safe for breastfeeding, check with your doctor. Also, a mother who had a mastectomy cannot make milk for her child, and one who had breast reduction or augmentation may not

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be able to produce a complete milk supply. An option for these mothers is to seek human milk from other sources after considering risks. Follow professional recommendations and don't buy milk on the Internet!

BREASTFEEDING CHALLENGES

If you're having pain while breastfeeding, get help! In over 90% of cases, pain is caused by the baby not being attached properly to the breast. Have a health care professional observe you breastfeeding to make sure your baby is latched properly.

If your doctor is concerned with your baby's weight loss after birth or that your baby is not gaining weight quickly enough, it may be recommended that you supplement

your baby with formula. If so, it's important to start pumping with a high-quality breast pump to make sure you develop and maintain a full milk supply. The first two weeks are critical to establish a robust milk supply.

Although not that common, a breastfeeding mom can develop mastitis, so it is important to be aware of the symptoms. If you develop a high fever, your breast is red and painful to the touch, and you feel like you have the flu, call your health care provider.

GETTING HELP

Find out if your insurance covers home visits from a lactation professional. Or contact a breastfeeding peer counselor, or go to

a local breastfeeding support group. Moms who hang out with other breastfeeding moms are more likely to keep breastfeeding. Plus, you make new friends while learning from one another.

For more resources, there's a National Breastfeeding Helpline (800-994-9662) and helpful website at WomensHealth.gov/Breastfeeding.

BREASTFEEDING BOND

Breastfeeding may not always be easy, and it may not initially feel natural. Mothers and their families should understand how important it is to make this early investment in breastfeeding and seek help if they run into challenges. ♦

Anemia ...continued from page 50

With so many teenagers exhausted by hectic schedules and poor sleep habits—and potentially moody as a result of hormones and other factors—how are parents to know when their daughter is anemic rather than simply exhibiting typical teenage behavior or other problems?

DIAGNOSING ANEMIA

When anemia is suspected, a doctor might begin by asking the patient a lot of questions about specific symptoms, diet and genetic diseases in the family. The next step might be to check the vital signs such as blood pressure and heart rate, and carefully examine the skin, eyes, heart, pulses and abdomen. The exam might be followed by a blood test to measure hemoglobin and other important levels.

In some medical offices, the hemoglobin level (a protein to check for anemia) can be measured with a simple prick of a finger. For Tanya, who vehemently denies her mom's concerns, her level was normal and her mom was reassured.

If the level is low, which could be indicative of anemia, if the physician has some other concerns, or if the prick test is not available in the office, the patient will be

directed to the lab for further testing. Typically, a complete blood count (CBC) will be ordered to check the levels of red blood cells, white blood cells, hemoglobin, size of the red blood cells, and platelets.

Sometimes iron and vitamin levels may be ordered as well. And in some cases, additional tests may be ordered to identify or rule out other diseases.

TREATMENT

Treatment for anemia depends on the cause. For teenage girls and women who are anemic due to heavy menstrual flow, doctors will often recommend taking birth control pills to lighten the menstrual flow.

If anemia is due to a nutritional deficiency, then a change in diet or taking nutritional supplements can be the answer. In more complicated cases, the physician might suggest a visit to a hematologist—a physician who specializes in blood disorders.

WHEN TO SEEK IMMEDIATE CARE

Be sure to contact your child's doctor right away when there is shortness of breath, severe dizziness, irregular heartbeat or yellowing of the skin or eyes.

PREVENTION

By far, the two most common causes of anemia in teenage girls are nutritional deficiencies and heavy menstrual cycles. In terms of prevention, we should all be eating a well-balanced diet that provides the nutrients our bodies need to function properly. Eat iron-rich foods such as red meat, pork, poultry, seafood and dark leafy greens like spinach, kale, collard greens and Swiss chard.

Vegetarians and vegans can turn to iron fortified foods, nutritional yeast—a non-meat source of vitamin B12—and sometimes vitamin supplements, whole-grain breads, pasta, rice, and multi-grain cereal or bran flakes.

A healthy lifestyle can be the best form of prevention for many medical problems.

The best way to approach suspected anemia is identification of diagnosis. While the cause of fatigue in teenagers can very well be related to too many activities and too little sleep—including late night social media sessions—if you're concerned that your daughter might have anemia, make an appointment with your child's primary care physician for a thorough evaluation. ♦

Lung Cancer ...continued from page 51

And so, lung cancer survival rates are higher among women than men.

It's a lot to absorb about a condition famous for its daunting complexities—starting with its reputation for being fatal. Search “lung cancer in women” online, and brace for news that it's the leading cause of deaths among females. While true, that statistic doesn't paint the full picture.

“You have to be careful with statistics like this one, because lung cancer isn't the most common cancer among women,” Dr. Kucharczuk points out. “The prevalence of breast cancer, for example, is higher than the prevalence of lung cancer. That said, lung cancer is more likely to be fatal.”

BREATHE IN THE BASICS

Lung cancer comes in several forms, with non-small cell lung cancer accounting for almost 85% of all cases. Non-small cell lung cancer takes one of two forms:

Squamous cell carcinoma is a cancer of the lung airways. Linked to smoking, it's on the decline as smoking rates fall. Today, squamous cell carcinoma makes up 25% to 30% of all lung cancers.

More common than squamous cell is **adenocarcinoma**. Manifesting in the outer regions of the lung, adenocarcinoma also has ties to current and former smokers, but is the lung cancer type that's prevalent among non-smoking females, too.

Bronchoalveolar carcinoma (BAC), formerly a third type of non-small cell lung cancer, is now considered a type of adenocarcinoma. It, too, is increasingly common among younger, female non-

smokers—not just in the United States but worldwide.

HOW CAN WOMEN PROTECT THEMSELVES?

If you're a former smoker, talk to your primary care physician, even if it's been years since your last puff. “Even if you smoked decades ago, or briefly during teenage or college years, ask your primary care physician whether you qualify for a screening,” Dr. Kucharczuk says.

About 8 million Americans are eligible for annual low-dose CT scan screenings. They range from smokers and former smokers to adults who've had prolonged exposure to radon gas, asbestos, air pollution, and secondhand smoke.

Women who don't qualify for a lung cancer screening shouldn't panic. While lung cancer among non-smokers is rising, it's not an epidemic. Learn the symptoms of lung cancer and see a doctor right away if they occur.

“One way lung cancer presents is through reoccurring coughs or pneumonia. If you're treated by antibiotics for either of these conditions and don't get better, there's a chance it's an early indicator,” Dr. Kucharczuk explains.

Shortness of breath, hoarseness, chronic bronchitis, chest pain, bone pain and unexplained weight loss are other early lung cancer symptoms.

Finally, women and men alike can prevent the likelihood of lung cancer for the next generation of women by discouraging them smoking, even socially.

“Statistics show that a lot of young adolescent women smoke. This is a real problem given rates of lung cancer in female ex-smokers. Do everything you can to keep your daughters and granddaughters from smoking, even experimentally or casually,” he says.

WHAT IF LUNG CANCER TARGETS A WOMAN I LOVE?

The earlier lung cancer is diagnosed and treated, the better chance of successful outcomes. But the quality and combination of treatment you receive is equally critical. Look for a treatment center with a highly integrated set of offerings, including advanced radiation therapies and forward-leaning immunotherapy and molecular-based treatments.

“At Penn Medicine, we have an integrated thoracic oncology program that I lead,” Dr. Kucharczuk explains. “It's a group of radiation therapists, oncologists, pulmonologists, chest-specific radiographers and dedicated pulmonary cardiologists. All provide oversight and guidance for lung cancer care.”

He also points to the benefits of a care provider with services in close proximity to your home—a factor that can improve outcomes.

And while the changing face of lung cancer can be scary, he underscores the fact that lifetime non-smokers shouldn't panic.

“Avoid smoking and secondhand smoke. Follow recommended guidelines. Get screened if you qualify for a CT scan, and rest assured that while lung cancer is on the rise, the number of lifetime non-smokers developing lung disease is still fairly small overall.” ♦

Hair Loss ...continued from page 52

most common causes of hair loss are similar for men and women. In both sexes, hair loss from androgen activity occurs because of genetically determined shortening of the hair's growth phase and a lengthening of time between shedding of hair and new hair growth.

WHAT TO DO

If you're experiencing hair loss, see your doctor as soon as you notice your hair is

thinning or changing in its quality or texture. Why so soon? Because there are several treatment options and medications that can help slow or stop your hair loss before it advances.

To determine the appropriate treatment, your doctor will talk to you about your medical history and do a thorough examination. Examining the scalp is important because viewing the pattern of baldness—whether it's in patches or diffused—helps determine the type of hair loss.

Your doctor may want to look at your scalp under a microscope, take a scalp biopsy or order lab work to determine if a medical condition or nutritional deficiency might be leading to your hair loss. Lab work will also help assess hormone levels to determine if there's excessive androgen production from such causes as an androgen secreting tumor.

Before making a diagnosis, your doctor will consider factors such as:

- The types of food you eat.

- The medications or supplements you take.
- If you're experiencing stress at time of your hair loss.
- The kind of hairstyles and hair products you use.
- If you have a habit of pulling out your hair. (A medical condition called trichotillomania causes people to do this.)
- If you have a family history of female or male pattern baldness.

TREATMENT OPTIONS

There are several options for addressing hair loss. A first option is often medications, such as anti-androgens and oral contraceptives, and over-the-counter solutions that stimulate hair growth when applied directly to the scalp. You may have heard of minoxidil or Rogaine. Iron supplements may help women who have iron deficiency leading to hair loss, and anti-dandruff shampoos that contain ketoconazole and zinc pyrithione may also help with hair loss.

Other treatments include FDA-approved light treatment with the HairMax Lasercomb, a low-light laser for female pattern baldness. The Theradome LH80 Pro Helmet has also been approved.

Platelet rich plasma (PRP) is being used as a preventative and treatment plan for hair loss associated with female pattern baldness and autoimmune conditions. Women who have had several PRP treatments typically experience thickened hair and improved hair quality in three to six months. Your doctor may combine PRP with a drug-free hair growth oral supplement.

Another treatment option that originated in the 1950s is a hair transplant, in which follicles are taken from the back of the scalp (usually a good hair bearing area) and transplanted as units to areas in need of hair. This treatment requires patience—it takes up to a year to see the outcome of the transplant due to the growth and shedding phase of the transplanted follicles.

Women also can consider wigs or exten-

sions if they don't want to take medication or seek medical treatments.

PREVENTION

Women often ask if there's a way to prevent hair loss. While there's no specific treatment plan to prevent hair loss, women can improve their chances of avoiding hair loss by having regular exams with their primary care provider. These exams may detect underlying medical conditions—such as nutritional deficiencies and hormone imbalances—that can perpetuate hair loss.

Your choices of hair products and hairstyles also may help prevent hair loss. Avoid chemicals or harsh dyes on your hair and avoid hairstyles such as tight ponytails or certain types of braids that can put stress on your hair.

Hair loss can be frustrating, but take heart: There are treatment options available. Speaking with your doctor about your concerns and having them addressed early and regularly will help ensure that your hair—and you—are as healthy as possible. ♦



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



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A Cook's Tour. Honor the legacy of Anthony Bourdain and follow in his footsteps along the new **Anthony Bourdain Food Trail** in New Jersey. The trail features 10 eateries Bourdain visited in an episode of his food and travel show, *Parts Unknown*. At each restaurant, be on the lookout for a plaque with an image of Bourdain peeking over the top of his sunglasses. A great way to celebrate the life of this New Jersey food icon! *FoodAndWine.com*.

Let them eat cake! You've heard of gender reveal cakes, but now it looks like people are finding other reasons to celebrate with cake of many color options and unusual messages. From college acceptances (college colors), to vasectomy announcements, to—with a twist on the original gender reveal—the gender transition cake, **cake reveals** seem to be more than a passing fad. Work with a local bakery for your creative new cake messages!



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