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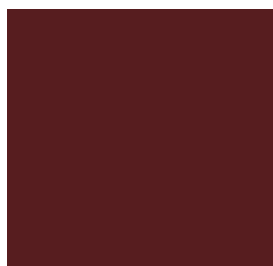
COUNTY LINES

Your guide to unique places, interesting events, fine dining, great shopping
and the special lifestyle of Southeastern Pennsylvania and Northern Delaware

Celebrating
44
YEARS
of publication



Delco Has Its Day • Pets & Back to Work
Big Wedding Venues • SIW Veggies
55+ & Senior Guide • Post-Pandemic Health Tips



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Fox Hill Farm | East Marlborough Township

Fox Hill Farm is set on 80.2 bucolic acres complete with a fabulous house, pool, pond, tennis court, barn, indoor and outdoor arenas plus a dressage ring, and cross-country course. The Archer & Buchanan designed home of 10,000 square feet represents the epitome of gracious country living. The 7 bedroom, 5.4 bath stone home features rare details like Italian marble floors and 200 year old wood floors from a French chateau. The workmanship in this home is spectacular! The large Kitchen features high-end appliances and marble counters. The Master Suite is really special! The Lower Level has a large Wine Cellar, Exercise Room, Theater, and Game Room. The Barn and Indoor Arena offer 27 stalls. Great equestrian community and located in the nationally ranked Unionville-Chadds Ford School District!

\$6,875,000



Bittersweet Drive | Pocopson Township

Set on 7.3 exceedingly private acres in Pocopson Township, sits this spectacular 18,000 square foot, tutor style home featuring a spectacular main level Master Suite with "His" and "Her" bathrooms, Walk-in Closets, a private Office, and a large Bedroom. The home boasts 5 Bedrooms, 8.3 Bathrooms plus a four room guest/in-law suite easily accessed by way of the home's three level elevator. The main level Living Room, Dining Room, incredible Kitchen, and stellar Family Room must be seen to be appreciated! All of the Bedrooms enjoy En-Suite Bathrooms. The Lower Level features an amazing Wine Cellar, Theater, Game Room and second Family Room. This fabulous property is located with easy access to Wilmington plus set in the nationally ranked Unionville-Chadds Ford School District!

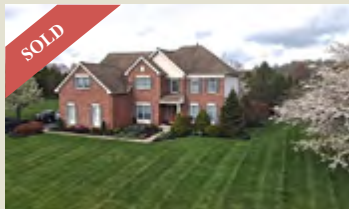
\$4,995,000



Newlin Township

Indian Deep Farm has been a local landmark for over 200 years! Set on 22.4 acres, the home consists of five bedrooms, 2.1 Bathrooms - a section of the home could be a self-contained Living Unit! The farm consists of a two bedroom Tenant House, an impressive six stall Barn, ten Paddocks, and various outbuildings. Convenient location and located in nationally ranked Unionville-Chadds Ford School District!

\$1,725,000



Newlin Township

5 BR, 4.1 BA | 19 Ac. | Private Pool
Archer/Buchanan Design | Unionville Sch.
6 Stall Barn w/Apt. | Near ChesLen Preserve
\$1,675,000



East Bradford Township

You must see these 23.1 beautiful acres that are perfect for an investor or someone seeking to build their dream home or farm! The land is high, level, open ground close to the Borough of West Chester. The property could be divided into a possibility of seven attractive lots. West Chester School District and convenient to shopping and major commuting routes. Please call us for additional details.

\$1,085,000



East Fallowfield Township

4 BR, 3.1 BA | 8.9 Private Acres
Owner Built! | Possible In-Law Suite
Large 4 Stall Barn | Three Paddocks
\$750,000

East Bradford Township

1 BR, 1.0 BA | Bradford Square
Gas Fireplace | Ground Level
Stainless Appliances & New Granite
\$199,900

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from the EDITOR

Yay, August! Say buh-bye to the pandemic (we hope).

Event calendars are filling up, so start reading our “Best Things to Do” and “Family Fun.” Associate Editor Marci Tomassone shares those plus her picks for the fall in “Mark Your Calendar.”

THE highlight of August is “Citadel Country Spirit USA.” In its 3rd year—2020 was postponed—the festival features Brantley Gilbert, Miranda Lambert and Chris Young, some of the 20 country music acts performing live!

August is also time to review your family’s health. We checked in with local experts to bring you Dr. Jacquelyn Detweiler’s “Back to School Health Checklist,” Yun Jung Lee’s “Pandemic and Teens’ Mental Health,” and Dr. Janet Jacapraro’s “Seniors Health Post-Pandemic.”

For more on seniors, read Ed Malet’s “Competition for the Ageless” to learn how senior communities are challenging residents with everything from walking programs to pickleball. Find out about other 55+ and retirement communities in our guide.

In our town focus, we visit the diverse community of Delaware County. Learn more about Mare’s hometown in “Delco Is Having Its Day.”

Returning to work? Remember your pets that faithfully saw you through quarantining. Assistant Editor Madison Meinel offers tips in “Prep Your Pets for Post-Pandemic Life.” We also feature our Cutest Pet semi-finalists competing on Facebook in August.

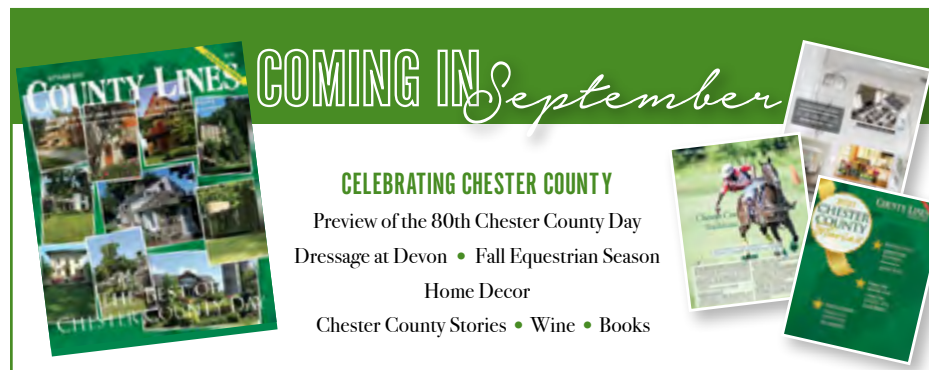
And birds? Kirsten Werner of Natural Lands reminds us of the importance of insects and caterpillars in “Building an Insect Factory,” to attract birds. She also explains the role of native plants to attract birds to our yards.

Foodies can enjoy Alyssa Thayer’s look at how SIW Vegetables is “Cultivating Community” through its Field to Fork series. And we revisit summer quenchers in the republished 2015 article “Beer Cocktails? Yep, Perfect for Summer Sipping” by Jamie Robinson of the former Boxcar Brewing Company.

Feeling ready for August now?

Thank you for reading this issue!

Jo Anne Durako
Editor



COUNTY LINES MAGAZINE

August 2021

Volumes XLIV Number 12

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Cover photo from Summer 2019 Citadel Country Spirit USA

JUST LISTED!

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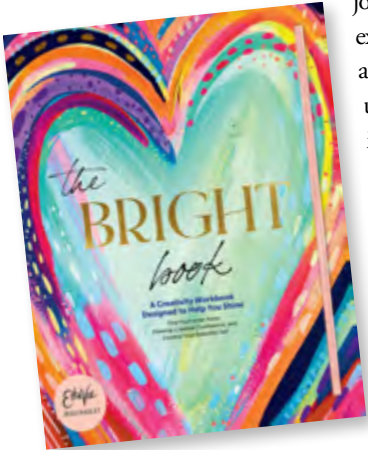
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[Good to Know] Just a few things we'd thought you'd like to know this month

Get Creative. Journal your way to creativity with *The Bright Book*—a workbook designed to help you shine. Created by artist and author Jessi Rauler and published by local publishing house Schiffer Publishing, this guided art



journal helps emerging artists explore a range of art materials and techniques to find their unique style. Get to know your inner artist with engaging journal prompts, art tips, lessons, advice and inspirational quotes. Grab a copy at your local bookstore and embrace your creative side!

Back to Normal! Trevor Noah, *The Daily Show* TV host and award-winning comedian, is bringing some much needed laughter to the area with his *Back to Abnormal Tour*. After postponing shows last year, Noah is ready to share new material with fans across the country. Mark your calendar for October 16th (more dates coming soon) at Wells Fargo Center for a night filled with jokes, drinks and an abnormally good time. *Wells Fargo Center*. LiveNationEntertainment.com.



Sleuthing Around. Break out of the escape room craze and spend your Fridays and Saturdays discovering clues with *Sleuthound*, a new solve-a-crime adventure franchise in West Chester. Recruit a crew of crime fighting friends and race against the clock (90 minutes) to solve the mystery while exploring downtown. New plots are created every 2–3 weeks, like the current mystery “Stuck in the 80s.” Catch the villain and turn them into the authorities for a chance to win fun prizes. More at Sleuthound.com.


Big Bark. The Newark, DE-based pet therapy nonprofit *PAWS for People* added two more stars to their impressive list of accomplishments. The group recently took on the role of National Dog Show Therapy Ambassadors with plans to participate in upcoming events for the show. Plus, six therapy teams are helping keep Valley Forge National Historical Park safe and clean after completing their Bark Ranger certification. These programs help PAWS enhance their therapy skills. And that's nothing to woof at! PawsForPeople.org.



PHOTO BY DOUG MANLEY

Listen Up. Need something new to listen to on your morning walk or commute back to the office? Check out *Kindred Podcast*, hosted and produced by Delaware Valley natives and sisters Kate & Jenn. Dig deep into your relationship with nature and animals with episodes like “The Trap King,” featuring a discussion with Sterling Davis, nonprofit founder, and how cats have helped him recover from early childhood abuse. Tune in weekly and connect to the world around you. KindredPodcast.co.






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August Picks Our Picks for top events this month

Sip & Stroll at Brandywine Zoo

August 4, 18

Sip, stroll and learn while enjoying beer and touring the zoo after hours at fun animal encounters and activities for all ages. Limited number of tickets. Beer sold separately. *Brandywine Park, 1001 North Park Dr. Wilmington. 5 p.m. to 7 p.m. \$7-\$10. 302-571-7747; BrandywineZoo.org.*



Summer Dining in Media

Through September, Wednesdays & Second Saturdays

State and Olive Streets in downtown Media will be closed to allow restaurants to offer a socially distanced outdoor dining experience. First seatings begin at 5:30 p.m. Although not required, reservations are encouraged. Visit the website for details. *VisitMedia.com.*

Summer Concerts at The Farmhouse

August 1, 13 & 14, September 10

Drive-in concerts are back at the parking lot at People's Light. These outdoor concerts are the perfect way to enjoy warm weather and live music with friends and family. Summer fare and beverages can be pre-ordered from The Farmhouse. *Aug. 1, Orrin Evans, 1 p.m.; Aug. 13 & 14, Jill Sobule, Fri., 6:30 p.m., Sat., 2 p.m.; Sept. 10, Sunny War with David Sickmen of Hackensaw Boys, 6:30 p.m. 39 Conestoga Rd., Malvern. Tickets \$75 per car. 610-644-3500; PeoplesLight.org.*



72nd Annual Goshen Country Fair

August 2-7

An old-fashioned fair with agricultural exhibits, rides, music, entertainment and games like Bingo and Tug-Of-War. Benefits the Volunteer Goshen Fire Company. *1320 Park Ave., West Chester. Gates open 6 p.m., Mon.-Fri.; Sat. at 5 with reduced tickets for rides until 7 p.m. 610-430-1554; GoshenCountryFair.org.*



Growing Roots Partners Presents Craft & Mercantile

August 20, September 17

A curated evening of local artisans, this monthly night market features a rotating line-up of more than 20 local crafters, live music, food trucks and more. *Weatherstone Town Center, 240 Windgate Dr., Chester Springs. 5 p.m. to 8 p.m. Free, but please book in advance. GrowingRootsPartners.com.*



best Things To Do

Some events are on hold for now, but there are still plenty of fun things to do in our area. Please be sure to check websites often for the latest updates.

FAMILY FUN

THROUGH AUGUST,
Wednesdays

DE Museum of Natural History Hands on Science. Hands on Science with DMNH at Winterthur Museum & Library, with fascinating specimens, incredible animals and astonishing science experiments. 4840 Kennett Pk., Wilmington. 10 am. \$25 per family. 302-658-9111; DelMNH.org.

THROUGH SEPTEMBER 30

"Big Time: Life in an Endangered Age" at The Philadelphia Zoo. A new multisensory experience featuring 24 life-size, animatronic dinosaurs. Feel transported back to prehistoric times. Visit website to reserve a spot. 3400 W. Girard Ave., Philadelphia. \$6-\$24. PhiladelphiaZoo.org.



THROUGH OCTOBER 11

Garden Railway at Morris Arboretum. Model trains zip around an outdoor quarter-mile track that's surrounded by miniature replicas of "Wonders of the World." See the Eiffel Tower, Hagia Sophia, the Egyptian Pyramids, the Wall of China and more. 100 E. Northwestern Ave., Philadelphia. Mon-Fri, 10 to 5; Sat-Sun, 9 to 5. \$10-\$20. 215-247-5777; MorrisArboretum.org.



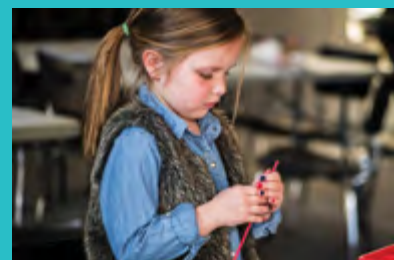
THROUGH OCTOBER 31

Brandywine Valley Adventure Pass. The Greater Wilmington Convention & Visitors Bureau is introducing a pass enabling visitors to create their own itinerary and gain admission at a discount to the attractions they select. The all-digital format allows attractions to customize their pricing and offerings. VisitWilmingtonDE.com.



THROUGH DECEMBER

Science Saturdays at Hagley Museum & Library. Visitors of all ages are invited to discover solutions to science and engineering challenges. Science Saturdays are drop-in activities, so stop by during the event hours. 298 Buck Rd. Noon to 4. \$5-\$9. 302-658-2400; Hagley.org.



ONGOING

Behind the Steam: A Collection Exploration Speaker Series at Marshall Steam Museum. Join this virtual event every month for the next year as they take a close look at a special item in the collection and then Zoom out for a larger discussion with experts and enthusiasts. 3000 Creek Rd., Yorklyn, DE. 7 pm. \$5; \$30 for the year. 302-239-2385; AuburnHeights.org.

AUGUST 8

Touch A Truck Day. Kids love to see and touch different models of cars and trucks. Chester County Gov. Services Complex, 601 Westtown Rd., West Chester. Noon to 4 pm. Pkg. \$2. 610-436-9010; West-Chester.com.

ART, CRAFT & ANTIQUES

THROUGH OCTOBER 5

First Sundays

CCArts Outdoor Market at the Center for the Creative Arts. A blend of a farmers market and an artisan show, featuring handmade products from local vendors as well as musical performances and a food truck. Held rain or shine. 410 Upper Snuff Mill Row and Rt. 82, Yorklyn, DE. 302-239-2434; CCArts.org.

JULY 31-AUGUST 1

PA Guild of Craftsmen Fine Craft Fair. Shop for beautiful original fine works directly from the fine artisan-members of the Pennsylvania Guild of Craftsmen. Chase Center on the Waterfront, 815 Justison St., Wilmington. Sat, 10 to 5; Sun, 10 to 4. \$5. 610-570-2343; PACrafts.org.

SEPTEMBER 3-5

43rd 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 unique, beautiful wares. Benefits the park's Amphitheater Foundation. 1441 Harrisburg Pk., Lancaster. Fri-Sat, 10 to 6; Sun, 10 to 5. \$10-\$15. 717-291-4835; LongsPark.org.



SEPTEMBER 11-12

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.

BOOKS

AUGUST 4-SEPTEMBER 2

Wellington Square Bookshop. Classics Book Club in the Town Square: Aug. 4, "Age of Innocence" by Edith Wharton; Sept. 1, "The Optimist's Daughter" by Eudora Welty. **Non-Fiction Book Club:** Aug. 5, "The Moment of

Lift: How Empowering Women Changes the World," by Melinda Gates; Sept. 2, "The Seine: The River that Made Paris" by Elaine Sciolino. **Fiction Book Club:** Aug. 18-19, "The Silent Patient" by Alex Michaelides. 549 Wellington Sq., Exton. See website for times. 610-458-1144; WellingtonSquareBooks.com.

AUGUST 17, 24

Main Point Books. Aug. 17, "Homeland Elegies" by Ayad Akhtar. Aug. 24, "Clock Star Rose Spine" a poetry collection by Fran Wilde. 116 N. Wayne Ave., Wayne. See website for times. 484-580-6978; MainPointBooks.com.

CAR SHOWS

AUGUST 28

Chesapeake City Car Show. The Chesapeake City Lion's Club hosts this event to raise money for their various Maryland charities. All years, makes and models of collector vehicles are welcome, including motorcycles and boats. 8 to 3. Facebook.com/ChesapeakeCityCarShow.



SEPTEMBER 3

Downtown Oxford 7th Annual Car Show. Details are still evolving. Check website for updates in August. 4 to 7 pm. DowntownOxfordPA.org/Downtown-Events/Car-Show.

SEPTEMBER 10-12

23rd Annual Radnor Hunt Concours d'Elegance. Sept. 10, Welcome Barbecue, 6:30 pm; Sept. 11, The Bill O'Connell Memorial Road Rally, 8:30 to noon, cocktails followed by the Art Show Preview & Silent Auction, 6 pm, dinner and dancing with live music, 7:30; Sept. 12, Radnor Hunt Concours d'Elegance, 9 to 4. Benefits Thorncroft Equestrian Center. 826 Providence Rd., Malvern. Visit website for tickets, RadnorConcours.org.



EQUESTRIAN

THROUGH SEPTEMBER 26

Fridays & Sundays

Brandywine Polo. Pack a picnic, your favorite beverages and invite your friends. Lawn seating available, bring chairs or blanket. Full tournament schedule listed on website. 232 Polo Rd., Toughkenamon. Friday Twilight Polo—gates open at 5; match at 5:30. Sun, gates open at 1:30; match at 3, \$15-\$20. Cancelled for rain or extreme heat. 610-268-8692; BrandywinePolo.com.

AUGUST 14

Pickering Hunt Pony Club Hunter/Jumper Show. A fun, schooling show hosted by PHPC that offers a competitive, yet low-stress atmosphere for both horse and rider. Benefits the pony club. Ludwig's Corner Horse Show Grounds, 1326 Pottstown Pk., Glenmoore.

SEPTEMBER 4-6

78th Annual Ludwig's Corner Horse Show & Country Fair. A Chester County tradition over Labor Day weekend, featuring lots of activities including pony rides, Mounted Parade of Hounds, pet parade, live music, a car show, the

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Local Farm Markets

Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 1. Order online for delivery or pickup. ArtisanExchange.net.

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

Devon Yard Farmers Market, 25 S. Waterloo Rd., Devon. Wed, 11 to 2 from May 12. GrowingRootsPartners.com.

Downingtown Farmers Market, Kerr Park next to Veteran's Memorial, Pennsylvania Ave. Sat, 9 to noon. 610-836-1391; GrowingRootsPartners.com.

Eagleview Farmers Market, Eagleview Town Center, Exton. Thurs, 3 to 6. 610-836-1391; GrowingRootsPartners.com.

Kennett Square Farmers Market, The Creamery, 401 Birch St. Fri, 3 to 6. 610-444-8188; KSQFarmersMarket.com.

Lancaster County Farmers Market, 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. Check Facebook to phone for pickup. 610-688-9856; LancasterCountyFarmersMarket.com.

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

Pete's Produce Farm, 1225 E. Street Rd., West Chester. Daily 9 to 5; high risk customers, 8 to 9. 610-399-3711; PetesProduceFarm.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 10 to noon; seniors, 9-9:30. Curbside pick-up, if req. by Fri, noon. PhoenixvilleFarmersMarket.org.

Pottstown Farmers Mkt., 100 E. High St. Opening every other Sat, from May 15, 9-1. 484-948-6061; PottstownFarm.org.

Swarthmore Farmers Market, 121 Park Ave. Sat, 9 to noon. 215-733-9599; SwarthmoreFarmersMarket.org.

Thornbury Farmers Mkt. & CSA, 1256 Thornbury Rd. Fri-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 Market, Chestnut & Church Sts. Sat, 9 to 1. Can pre-order. Some vendors pre-package. 610-436-9010; WestChesterGrowersMarket.com.

Westtown Amish Market, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7; Sat, 8 to 4. 610-492-5700; WestChesterAmishMarket.com.

country carnival and, of course, the horse show which begins at 8 am daily. Ludwig's Corner Horse Show Grounds, 1326 Pottstown Pk., Glenmoore. Midway is open 11 to 4. \$10/carload. 610-458-3344; LudwigsHorseShow.com.

FESTIVALS

SEPTEMBER 11-12
Mushroom Festival in Kennett Square. Enjoy tasty mushroom dishes, exhibits, cooking demos, antique and classic car show, a run/walk and kids entertainment. 600 S. Broad St. lot. Fri, community parade, 6 to 10; Sat, 9 to 7; Sun, 10 to 5. \$2. 610-444-8188; MushroomFestival.org.

FILM

JULY 30, AUGUST 27
Summer Movie Nights at Oakbourne Park. Bring a lawn chair or blanket and enjoy free movies. Participants will be asked to distance from other family groups. *July 30*, "Field of Dreams;" *Aug. 27*, "Up." Movies start at dusk. Free. 610-692-1930; WesttownPA.org.

FOOD & BREWS

THROUGH SEPTEMBER 16
Thursdays
Happy Hour at Delaware Art Museum. Summer series features live music, local brews, wine, cocktails, food vendors. Visit website for a complete schedule. 2301 Kentmere Pkwy., Wilmington. N. Terrace Copeland, Sculpture Garden. Free. 302-571-9590; DelArt.org.

THROUGH SEPTEMBER
Wednesdays & Second Saturdays
Summer Dining in Media. State and Olive Streets in downtown Media will be closed to allow restaurants to offer a socially distanced outdoor dining experience. First seatings begin at 5:30 p.m. and although not required, reservations are encouraged. Visit the website for details. VisitMedia.com.

THROUGH OCTOBER
Food Truck Tuesdays in King of Prussia. Eat to beat the heat at food trucks in King of Prussia this summer. This roving food truck series, features live music, yard games and multiple food trucks offering great lunch items. Locations TBA. 11:30 to 1:30. See website for details. VisitKOP.com.

AUGUST 12
Faunbrook Bed & Breakfast Harvest Dinner. Join your friends at Faunbrook Bed and Breakfast for an incredible al fresco dining experience filled with live music, local wine, beer and delicious bites. 699 W. Rosedale Ave.,

West Chester. 6 to 9 pm. \$95. 610-436-5788; Faunbrook.com.



FUNDRAISERS

ONGOING
Tredyffrin Historic Preservation Trust Presents "As History Goes On." A non-event fundraiser to meet construction costs of the Jones Log Barn and programming needs of the History Center. To donate, call 610-644-6759 or visit TredyffrinHistory.org.

AUGUST 21
Brandywine in White. A unique, elegant pop-up summer evening where guests dress in white, bring a picnic basket dinner, wine and



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Mark Your CALENDAR

Edited by Marci Tomassone

HEADING INTO FALL, WE LOOK FORWARD TO the events we've been missing. Take a look at these, check our events listings monthly and on our website, and be sure to double check venue websites before heading out.

SEPTEMBER

4-6, **78th Annual 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.

10, **Fete En Blanc,** Showcases the best of Pottstown including their ever-expanding diverse local restaurant scene. Smith Family Plaza, 100 E. High St., Pottstown. FeteEnBlancPottstown.com.

10-12, **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.

10-12, **Chester County Balloon Festival.** Fun for all ages with rides, food trucks, a balloon glow rodeo, live music and so much more. Willowdale Steeplechase Grounds, 101 E. Street Rd., Kennett Square. CCBalloonFest.com.



Chester County Balloon Festival

16-19, **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.



Plantation Field Horse Trials & Fair.

17, 18, **Invitational Vintage Grand Prix.** Cars compete in an individually timed event in Coatesville, over 50 rare and unique historic cars/motorcycles on display, merchants, food trucks, a beer garden and new Friday night cruise-in event. 484-787-6408; CoatesvilleGrandPrix.com.

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



Invitational Vintage Grand Prix

25, **Exton Park Community Day.** Lots of activities for the whole family, music, food trucks and fireworks at dusk. Exton Park, 132 Church Farm La., Exton. WestWhiteland.org.

28-Oct. 3, **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.

OCTOBER

Through October, **Crush Cancer Wine Tour of Chester County.** A month-long tour of local wineries, breweries, distilleries and dining establishments throughout Chester County. Benefits Abramson Cancer Center at Chester County Hospital. 610-431-5329; 2CrushCancer.com; ChesterCountyHospital.org.

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

2, **80th Chester County Day Tour.** Begin the day at the Foxhunt then tour the southwest quadrant of Chester County. Benefits Chester County Hospital. 610-431-5301; ChesterCountyHospital.org.

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

2-9, **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.



Delco Arts Week

7 & 9, **King of Prussia Beerfest Royale.** Craft and international beer, live bands and KOP's finest food. Under grand tents, outdoors at the King of Prussia Mall. KOPBeerfest.com.

14-16, **The Great Pumpkin Event.** Watch 60 carvers participate in this traditional pumpkin carve and show. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. 610-388-7376; ChaddsFordHistory.org.

28, **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

Through December, **People's Light Presents "A Christmas Carol."** The holiday show at People's Light is something we all look forward to. Be sure to check website for exact dates, times and tickets. PeoplesLight.org.

4, **Main Line Notable Kitchen Tour & Chef Tastings.** This popular self-guided tour of the Main Line's unique kitchens benefits The Philadelphia Orchestra. NotableKitchens.com.



Main Line Notable Kitchen Tour & Chef Tastings

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

7, **87th Running of PA Hunt Cup.** Timber racing, tailgating, carriages. Benefits Chester County Food Bank. Rt. 926 & Newark Rd., Unionville. 610-220-3742; PAHuntCup.org.



87th Running of PA Hunt Cup

20-21, **Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best In Show. Nov. 17 is The National Dog Show, broadcasted nationwide on Thanksgiving Day. Greater Philadelphia Expo Center, 100 Station Ave., Oaks. 484-362-2682; NDS.NationalDogShow.com. ♦

Citadel Country Spirit USA

BACK FOR YEAR THREE!

August 27–29, Ludwig's Corner Horse Show Grounds



IT'S BACK! CITADEL COUNTRY SPIRIT USA, CHESTER County's three-day country music festival in the Brandywine Valley is back for year three. Mark your calendar for August 27–29 to head to Ludwig's Corner Horse Show Grounds. Better yet, buy your tickets now for this year's festival.

Country music fans are hoping this third year for the festival is yet another charmer. Its inaugural year in 2018—with headliners Brad Paisley, Alabama and Toby Keith—drew rave reviews from fans, sponsors and community partners along with over 20 thousand fans who enjoyed three perfect days and nights of music. The 2019 show, featuring Little Big Town and Old Dominion, attracted more fans to the scenic 33-acre site.

The 2020 show was postponed until this year due to the pandemic, and the 2021 event will have limited capacity. Also expect a few changes to the site to accommodate social distancing options.

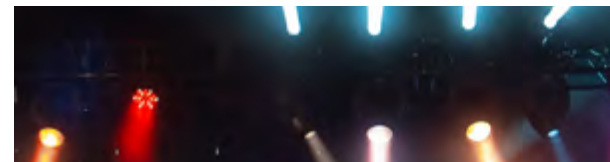
This year's headliners are Brantley Gilbert, Miranda Lambert and Chris Young performing on the GMC Sierra Stage. Maddie & Tae along with Lily Rose were recently added to the lineup for Saturday. Over three days, you can hear 20 country music acts performing live on two stages—14 nationally recognized artists on the main stage and popular up-and-comers on the Citadel Rising Star Stage.

Citadel Federal Credit Union is the event's title sponsor again this year. "After a year of unknowns and difficulty, we're thrilled to be part of an event like Citadel Country Spirit USA that will once again allow us to build strength, and to do it together," said Jeff March, Citadel's president and CEO.

While music is the main attraction, concert-goers will be treated to a country music celebration, activities, food vendors and libations to please every palate.

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

Join the fun—cowboy hats and boots optional! ♦



IF YOU GO

When: August 27–29

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

Tickets: 3-day passes from \$249; single-day tickets from \$89, plus fees. Purchase Reserved, Pit and General Admission passes. Passes purchased for 2020 will be honored.

Information & Tickets: CountrySpirit.com, 800-514-3849

DELCO is HAVING ITS DAY

A DIVERSE COUNTY, FROM PHILLY TO THE
MAIN LINE TO THE DELAWARE BORDER

Laurel Anderson

IF YOU DIDN'T KNOW ABOUT DELAWARE COUNTY before its recent moment in the spotlight created by the HBO series "Mare of Easttown," you've likely recently been schooled on Delco lore. The extensive coverage of this pop culture phenomenon could not be ignored.

Maybe you've tried your hand (or your mouth) at the regional accent that British actress Kate Winslet mastered, with its distinctive vowel sounds in the words own, know, home, phone, hoagie, plus of course wudder. Surely you chuckled watching the "Saturday Night Live" pitch-perfect parody "Murdur Durder."

With its own grizzled lady detective, the "Hoagie Broadchurch" series introduced a new and broader audience to the delicacies

of Delco, featuring the classics from Wawa—coffee, hoagies and wrappers strewn across the series' sets. Even the costume designer drew inspiration from the local convenience store's customers, as several stories have reported.

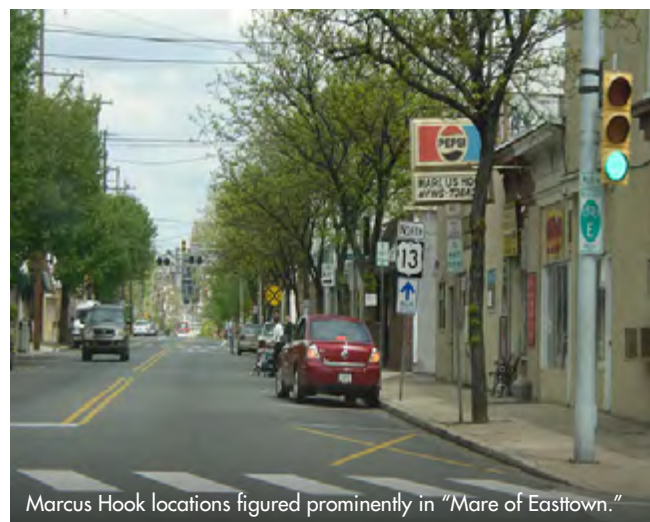
And capitalizing on the free advertising, Wawa, which is headquartered in Media, introduced a limited edition Mare of Easttown spicy cheesesteak (beefsteak, spicy pepper relish, cheddar cheese sauce). Sadly it was available only at Delco's 40-some Wawas for a fabled week in June.

TOUR LOCATIONS

Although "Mare" series creator Brad Ingelsby featured both Chester and Delaware County locations—Phoenixville, Coatesville and a few Philly spots, too—it was Delco that was the breakout star this spring. So much so that fans have actually caused disturbances at some of the show's locations. And since there's no "Sex and the City" guided bus tours of the locations on this HBO series, it's a DIY affair.

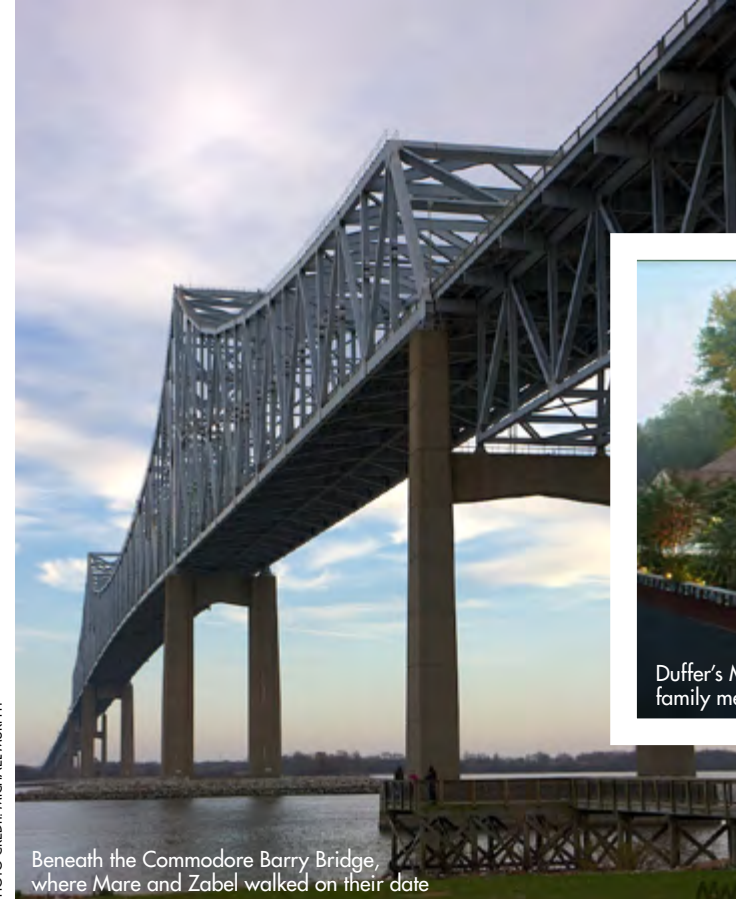
Police have had to patrol the Wallingford neighborhood and house that was used as Mare's home on the series. In addition to drive-bys and selfies in front of the private home, some fanatic fans have trespassed on the property and reportedly even peered in the front window. Less has been heard about fan interest in the McMenamin house on Creek Road in Chadds Ford.

"Mare" fans have also cruised the public streets in Marcus Hook and Chester looking for shooting locations, re-enacted the river walk Mare and Zabel took under the Commodore Barry Bridge, and visited the store in Boothwyn (yes, it's Aquarium World) where Mare bought the gift for her grandson.



Marcus Hook locations figured prominently in "Mare of Easttown."

PHOTO CREDIT: MICHAEL MURPHY



Beneath the Commodore Barry Bridge, where Mare and Zabel walked on their date



Duffer's Mill in Chichester was the scene of a family meal before Frank and Faye's wedding.

Those who want to create their own "Mare" eating and drinking tour can head for the bar in Linwood or the Start Hotel Bar in Marcus Hook, New English Style Pizza location also in Marcus Hook, the Cascata Caffè that stood in for the Delrasso's family restaurant, Duffer's Mill in Chichester, and the '50s-style blue-booth diner in Essington where Mare interviewed a source. (It's no Llanerch Diner from "Silver Linings Playbook" but still ...)

And, if you need more Delco details, stream the March 2021 Delco-inspired movie, "Last Call," starring Jeremy Piven and written and produced by local real estate developer Greg Lingo. See the sidebar for more pop culture connections.

Yes, Delco is having a moment.

OTHER TOWNS TO TOUR

To get a sense of Delco's range, move from the gritty streets of blue collar towns to another type of movie-set worthy location—the charming borough of Swarthmore, home to equally picturesque Swarthmore College.

Founded in 1864, this "Little Ivy" college has been ranked as the #1 Liberal Arts College in the country six times by *US News & World Report*. (It's hit the #3 spot the past few years, after Williams and Amherst Colleges.) Notable alums include authors James Michener and Jonathan Franzen, astronaut Sally Ride, presidential candidate Michael Dukakis and suffragist Alice Paul.

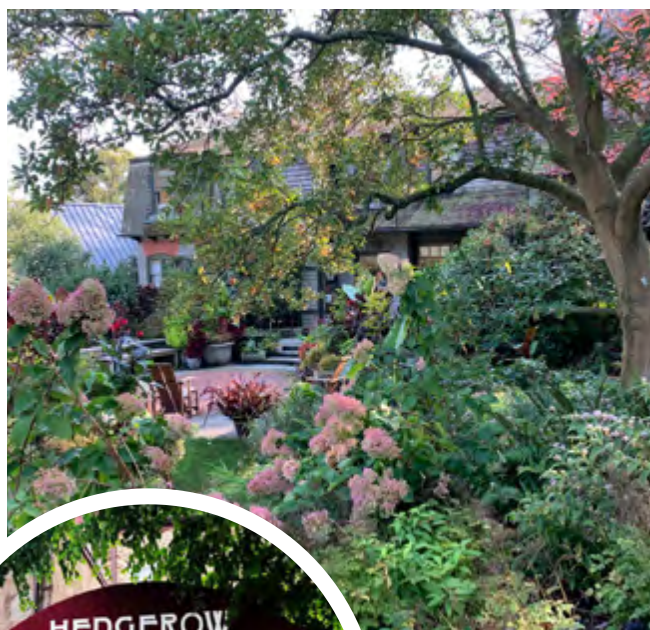
Part of what makes Swarthmore College worth a visit, and earning it a nod from *Travel+Leisure* as one of the most beautiful campuses in the country, is that its 425 acres are all part of Scott

Swarthmore is a different kind of movie-set worthy Delco town.





Swarthmore College campus is on the Scott Arboretum



Watch professional soccer in Subaru Park in Chester, along the Delaware River by the Commodore Barry Bridge

Arboretum. This “garden of ideas” promises to “sustain the body, enchant the eye, and soothe the spirit,” dawn to dusk, 365 days a year. Intrigued?

You can join a staff-led tour at the arboretum (like August 17th’s lunchtime tour of What’s New in the Garden) or do Gentle Flow Yoga on Zoom on August 6 and 20. Walking and hiking trails allow you to wander and see the many varieties of plants that thrive in our area—plenty of native species here—or enroll in programs for hands-on workshops, lectures and classes in the gardens.

Visit on Thursday, August 12, when Swarthmore Town Center presents this summer’s Nights in the Ville, when part of Park Avenue is closed for al fresco dining, stores are open late, and live music, kids-zones and guest breweries are featured. Want to stay over? The on-campus Inn at Swarthmore is an obvious choice.

For a slightly larger, lively town atmosphere less than five miles to the northwest, we suggest a visit to one of our perennial favorites—Media, Delco’s county seat and the country’s first Fair Trade Town. Our July issue highlighted some of the major attractions of Media, with its much-copied summer dining in the streets program. Dining options all year long range from dim sum (Tom’s and Dim Sum Mania) to authentic Middle Eastern (Desert Rose) to sushi (Azie) to Irish (Sligo) to Indian (Shere E Punjab), plus plenty of Italian (Ariano, Spasso, Fellini Café), and the ever-present brewpubs (Brick & Brew, Iron Hill) and BYOBs (Rye).

ENTERTAINMENT OPTIONS

Delco’s entertainment options are as diverse as its towns, ranging from live theater to MLS soccer and beyond.

We look forward to the reopening of the iconic 1927 Media Theatre, a landmark on State Street and home to Delco’s only professional musical theater. Not only is your evening enhanced by the wealth of pre-theater dining options, but there’s a live orchestra playing in the pit.

In nearby Rose Tree, Hedgerow Theatre Company announced its new artistic director, artist, producer and inclusion champion, Marcie Bramucci, who aims to make Hedgerow an artistic home for invention and possibility. This small theater has a mighty legacy as the creative playground of such storied playwrights as Bertolt Brecht, Henrik Ibsen, Eugene O’Neill and George Bernard Shaw who workshopped iconic works there.

For a different kind of drama, head to the riverside stadium of Major League Soccer’s Philadelphia Union in Chester (near the site of the bridge scene in “Mare”). The renamed Subaru Park (former Talen Energy Stadium) will host four of the five games scheduled for August at home (on the 1st, 4th, 18th & 21st). The Union had a 9-game winning streak earlier in the season and won the 2020 Supporters’ Shield (awarded to the team with the best record in the regular season). If you ever played soccer or watched your kid from the sidelines, catch a Union game this season.

MORE REGIONAL DINING

Beyond the diversity displayed in Media’s many dining options, Delco tempts your taste buds with everything from the greenhouse chic of Terrain Garden Café in Glen Mills to the hot dog haven of Jimmy John’s Pipin’ Hot Sandwiches in Chadds Ford and Delco institution Charlie’s Hamburgers in Folsom, dating back to 1935.

So what’s happening now? Well, the drink of summer may be Sunfest Strawberry Lemonade Shandy, another collaboration between Wawa and local 2SP Brewing. This drinkable, low-ABV, pink quencher sports a dude surfing on a hoagie on its aqua can. Find yours at Pennsylvania Wawas that sell beer, plus Delaware, New Jersey and Maryland’s Eastern Shore and toast local institutions.

Need some food with that beer? How about the winner of the Best Cheesesteak in the Delaware Valley? That’s at Parkside’s Phil & Jim’s Steaks & Hoagies, the 2021 Cheesesteak Madness Champion. Now under new ownership (Dan and Gia Miller and Costa Miller), this spot bested the best in the region in a March

Madness-style competition based on steak, cheese, bread, extras and overall experience. Order the 12- or 18-inch size or a “travel hoagie” for your next flight and drive you seatmates crazy.

Need another classic option? Try the Original Thunderbird in Broomall, family-owned and operated since 1956 and specializing in the cheesesteak, hoagie, pizza and wings food groups. And buy the merch.

A final tasting note, and a tad more upscale, Penns Wood Winery in Chadds Ford boasts award-winning wines using 100% PA- grown grapes. Founded in 2001, the winery produces premium wines, recently winning top marks at the 2021 PA Sommelier Judgement for best red (2017 cabernet sauvignon reserve) and best white (2020 sauvignon blanc) wines. Visit the vineyard for tours and tasting or other events including paint and sip happy hour (August 6) or yoga in the vineyard (August 8 & 22). Penns Woods wines are available in area bars and restaurants, so drink local!

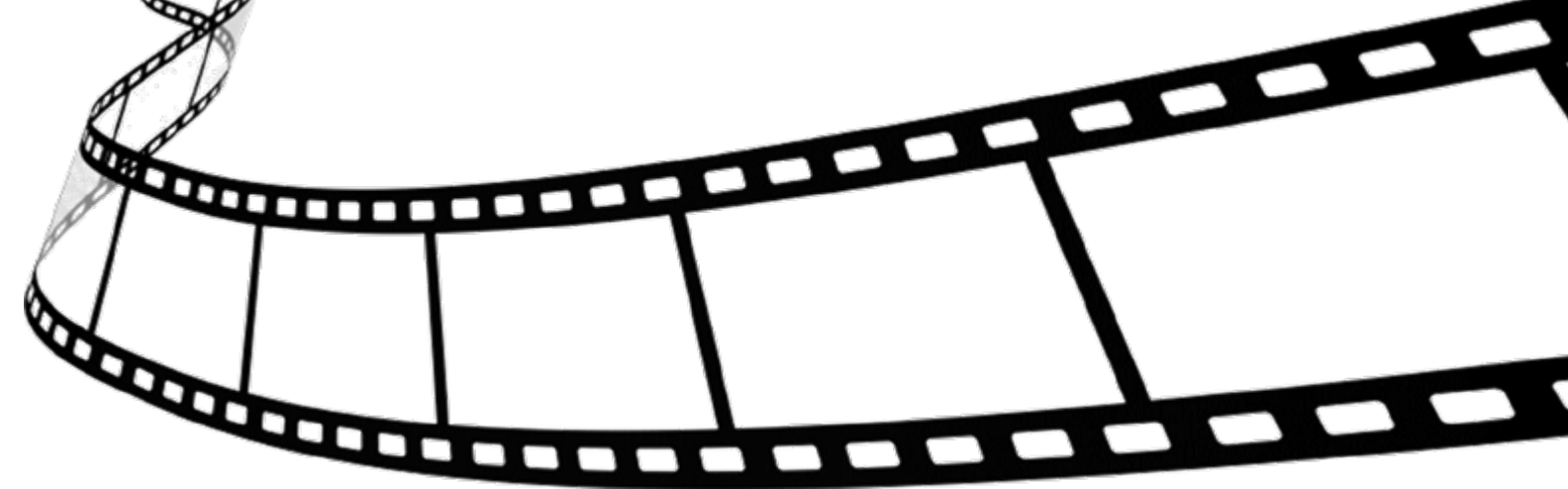
And celebrate Delco. It’s clearly Delco’s time. ♦



Sunfest Shandy from Wawa and 2SP Brewing. To see the dude surfing on a hoagie, flip the can to the other side.



Best Cheesesteak in the Delaware Valley at Phil & Jim’s Steaks & Hoagies in Parkside



DELCO *is FAR FROM CAMERA-SHY*

Before “Mare of Easttown,” Delaware County had other moments in the spotlight. Directors, writers and actors hailing from Delco have all found inspiration in their hometown and have shared a glimpse into their personal histories with their fans.

View Delco through the camera lens in these films and TV shows shot on location. See if you can spot places you know.

FILMS

- ☐ **Last Call (2021)**
Start streaming the latest addition to Delco’s filmography—“Last Call.” The movie centers on a neighborhood bar, Callahan’s Tavern, in Upper Darby and stars Jeremy Piven, two-time Oscar nominee Bruce Dern, along with two actors with local roots—Jamie Kennedy and Cheri Oteri.
- ☐ **Creed II (2018)**
Fans of “Rocky” will enjoy the sibling franchise Creed, which packs just as much of a punch. The sequel, “Creed II,” filmed all the boxing matches and indoor training montages locally in Aston’s Sun Center Studios.
- ☐ **Silver Linings Playbook (2012)**
A crowd favorite, “Silver Linings Playbook” is a must-see in the area. Watch for the famous diner scene with Bradley Cooper (Philly native) and Jennifer Lawrence, set in the beloved Ulanerch Diner. After you’ve finished the film, head to the diner and recreate the scene for yourself.
- ☐ **Backwards (2012)**
Written by Haverford-native Sarah Megan Thomas, this sports/romance film is the first feature film on women’s Olympic rowing. Thomas embraced her roots by filming the majority of the movie in Wayne and Radnor.
- ☐ **The Happening (2008)**
Directed by PA-Native M. Night Shyamalan, this psychological thriller follows a group of four (Mark Wahlberg, Zooey Deschanel, John Leguizamo and Betty Buckley) as they try to escape an inexplicable natural disaster. Keep an eye out for scenes set in Ridley Creek State Park.
- ☐ **TAPS (1981)**
Filmed in Wayne, this drama stars big names like Timothy Hutton, Tom Cruise and Sean Penn as students trying to protect their school, Bunker Hill Military Academy, from demolition. The real-life setting is the Valley Forge Military Academy in Wayne.
- ☐ **Grease (1978)**
Sing along with John Travolta and Olivia Newton John while counting the similarities between Rydell High and Radnor High School. Although the movie wasn’t filmed at Radnor High, the director, Randal Kleiser, drew inspiration from his alma mater—compare the name, school colors and layout.

TV SHOWS

- ☐ **Servant (Apple TV+)**
Give yourself a scare with Apple TV’s psychological horror, “Servant.” The show, set in Bethel Township, is produced by M. Night Shyamalan and stars Rupert Grint, a.k.a Ron from Harry Potter.
- ☐ **The Goldbergs (ABC)**
Revel in the nostalgia of “The Goldbergs,” especially the episode featuring Barry’s bachelor party, complete with a recreation of Delco’s Pulsations Nightclub.
- ☐ **FAMOUS FACES**
- ☐ **Tina Fey**
Almost everyone is familiar with actress/comedian and Delco darling Tina Fey but if you need a refresher try binging “30 Rock,” streaming “Mean Girls” or doing some light reading with her book “Bossypants.”
- ☐ **Wanda Sykes**
Emmy Award-winning actress and comedian Wanda Sykes, known for her work on “The Chris Rock Show,” “The New Adventures of Old Christine” and “Curb Your Enthusiasm,” splits her time between the glitz of Hollywood and small town charm of Media.
- ☐ **Jamie Kennedy**
Born in Upper Darby, Kennedy is a stand-up comedian and actor. You might recognize him as Randy Meeks in the “Scream” franchise or as Eli James in the CBS drama “Ghost Whisperer.” His most recent role includes the film “Last Call” (mentioned above).
- ☐ **Cheri Oteri**
Joining Jamie Kennedy in “Last Call,” and also born and raised in Upper Darby, is Cheryl Oteri. Comedian/actress Oteri was a regular cast member on “Saturday Night Live” from 1995 to 2000.
- ☐ **Heather Donahue**
And yet another Upper Darbian, Heather Donahue is an American writer, businesswoman and retired actress best known for her role as “Heather” in the 1999 hit film “The Blair Witch Project.”

And finally, while delving deep into Delco culture, we suggest you skip the popcorn and instead go full Delco with a pie from Pica’s—featured in Dave Portnoy’s Barstool Pizza Review.





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Go Big At These Wedding Venues

With so many weddings put on hold or postponed, and postponed again, during this past year, couples are now ready for a grand, big celebration and to share their love surrounded by all the people they've missed—their extended family and plenty of friends.

Whether you're planning for the first time, rescheduling your original date or planning the party that wouldn't fit in your intimate pandemic space or backyard, these local venues are ready to make your dream wedding a reality.

DuPont Country Club

Nestled in the historic Brandywine Valley, the DuPont Country Club pairs beautiful grounds, elegant décor and award-winning cuisine to create a memorable wedding day. The ceremony can take place inside one of their ballrooms—The Crystal Ballroom or Christiana Ballroom—with beautiful details like crystal chandeliers and pendent fixtures with custom ironwork finishes. Your big day can expand into extra room on their tented outdoor terrace with plenty of spots for photo ops in front of the historic Brantwyn Estate. Relax knowing their team of creative professionals are ready to customize any detail to fit your heart's desire. Capacity: 250 guests.

1001 Rockland Rd., Wilmington. 302.654.4435; DupontCountryClub.com.



Farmhouse at People's Light

Forever starts at The Farmhouse, a premier venue set in the award-winning perennial English gardens at People's Light campus. Celebrate your special day in the rustic charm of their recently renovated ballroom and indoor pavilion, complete with beautiful cathedral ceilings and hardwood floors. The storybook farmhouse provides a perfect space for an elegant and all-inclusive wedding. From a customized ceremony at their charming on-site ceremony space to a sparkler send-off sure to leave a lasting memory, you'll enjoy every moment. A dedicated team of culinary professionals and event coordinators can handle all the special details. Onsite catering by executive Chef Scott. Capacity: 175 guests.

39 Conestoga Rd., Malvern. 610.647.1631; FarmhousePeoplesLight.com.



Finley Catering

With exquisite food and a choice of four stunning venues, Finley Catering has been creating unforgettable weddings for over 40 years. Enjoy the height of luxury at The Crystal Tea Room, offering a beautiful setting for large weddings, complete with an intricately carved ceiling, mahogany wood tones and distinct historic character. Or choose a place steeped in tradition at the Union Trust, with arched windows, wraparound mezzanine and a regal atmosphere. For a true classic consider the Ballroom at the Ben, with a sweeping balcony overlooking the iconic ballroom. Closer to Chester County, the Ballroom at Ellis Preserve offers a serene backdrop of lush foliage and stately Greek revival décor. Minimum 120 guests; maximum capacity: 1,000 guests. Several locations. 215.640.0285; FinleyCatering.com.

Normandy Farm Hotel

Say "I do" to rustic charm at Normandy Farm Hotel, the oldest restored barn in America. Couples can celebrate their love on beautifully landscaped grounds with a waterfront gazebo as a memorable backdrop for the ceremony. Move the party inside to the Normandy Grand Ballroom, spanning over six thousand square feet with an expansive dance floor to host your grand affair. This landmark location features historic stables, silos and barns for uniquely authentic photo backdrops. Whether your style is elegant country chic or modern Cinderella-inspired, this setting provides a perfect place to start your life together. Let the team at Normandy Farm make your vision a reality and put your personal touch on this special day. Catering services provided by in-house restaurant, The Farmers Daughter, and hotel rooms available for overnight stays. Capacity: 350 guests.

1401 Morris Rd., Blue Bell. 215.616.8500; NormandyFarm.com.



Phoenixville Country Club

Located on the edge of Valley Forge National Historic Park, Phoenixville Country Club offers an idyllic setting filled with history, charm and picturesque views of the countryside. Hold your ceremony outdoors on the green or inside the spacious ballroom with large picture windows overlooking meticulously manicured fairways.

Let your guests toast your love at a cocktail hour in the 18th-century farmhouse and terrace, then dance the night away under the elegant chandeliers in the grand ballroom. Use their wedding packages to delegate the hard work of planning so you can relax and focus on your special day. Offering a variety of weddings from an intimate gathering of 75 guests to an elegant reception of 150 guests.

355 Country Club Rd., Phoenixville. 610.933.3727; PhoenixvilleCC.com.



White Manor Country Club

Dating back to 1711, White Manor Country Club invites couples to spend their special day surrounded by panoramic rolling hills and elegant architecture. This scenic wedding venue boasts several event spaces perfect for creating timeless memories. The grand ballroom is complete with crystal chandeliers and large built-in dance floor with room for 250 family and friends. For outdoor weddings, consider the romantic terrace with draping string lights and stunning views of the golf course, redesigned by award-winning course designer Bobby Weed. Enjoy a beautifully appointed bridal suit with well-lit vanities and Champions Lounge with pool tables, shuffleboard and golf simulator for the groomsmen. Outdoor weddings 100 guests; indoor weddings 250 guests.

831 Providence Rd., Malvern. 610.647.1070. WhiteManorCC.com.



More Wedding Venues

Bayard House

Located steps away from the C&D Canal, The Bayard House is a scenic location ready to host your rehearsal dinner and small wedding. Set in an 18th-century house, this elegant seafood spot offers delicious dishes and stunning water views. 11 Bohemia Ave., Chesapeake City, MD. 410.885.5040. BayardHouse.com.

Delaware Museum of Nature and Science

Delaware Museum of Natural History is currently closed for a renovation of its galleries and public spaces, reopening as the Delaware Museum of Nature and Science in 2022. Rent the Museum for an evening wedding and your guests will stroll through diverse ecosystems in Delaware and around the world. 100 guests: limited availability for up to 200. 4840 Kennett Pk., Wilmington. 302.658.9111. DELMNH.org.

Faunbrook

Faunbrook B&B is a perfect location for weddings and events for 2 to 100 guests, offering afternoon, one-night and wedding weekend options. The 1860s Victorian mansion offers picturesque views on two acres of wooded land on the south side of West Chester and is ideal for weddings, showers, rehearsal dinners, business meetings or quiet getaways. 699 W. Rosedale Ave., West Chester. 610.436.5788. Faunbrook.com.

Pietro's Prime

An upscale yet casual Steakhouse and Martini Bar located in the heart of downtown West Chester, Pietro's Prime is a prime location for your rehearsal dinner, shower or small wedding. The private dining room or outside patio offer a perfect atmosphere for your special occasion for up to 55 guests seated or 75 in a cocktail-style setting. 125 W. Market St., West Chester. 484.760.6100. PietrosPrime.com.

Thornbury Farm

Enjoy stunning views of historic battlefields and rolling hills—beautiful for weddings—at this charming historic farm two miles south of West Chester, accommodating up to 250 guests. The covered patio hosts a Chapel area and a large beehive oven. The enclosed patio, with grand piano and organ, can be used year-round. 1256 Thornbury Rd., West Chester. 610.793.2933. ThornburyFarm.com.

BE GREEN. DO GOOD.

Forget something blue. Instead do something green by donating leftover wedding flowers and food. Collect your bridal bouquets and centerpieces and donate your blooms to Petals Please, an organization that brings joy to local seniors through the beauty of flowers. And donate buffet food to Exton's Chester County Food Bank, which accepts perishables. Start your life as a married couple by giving back to your community.



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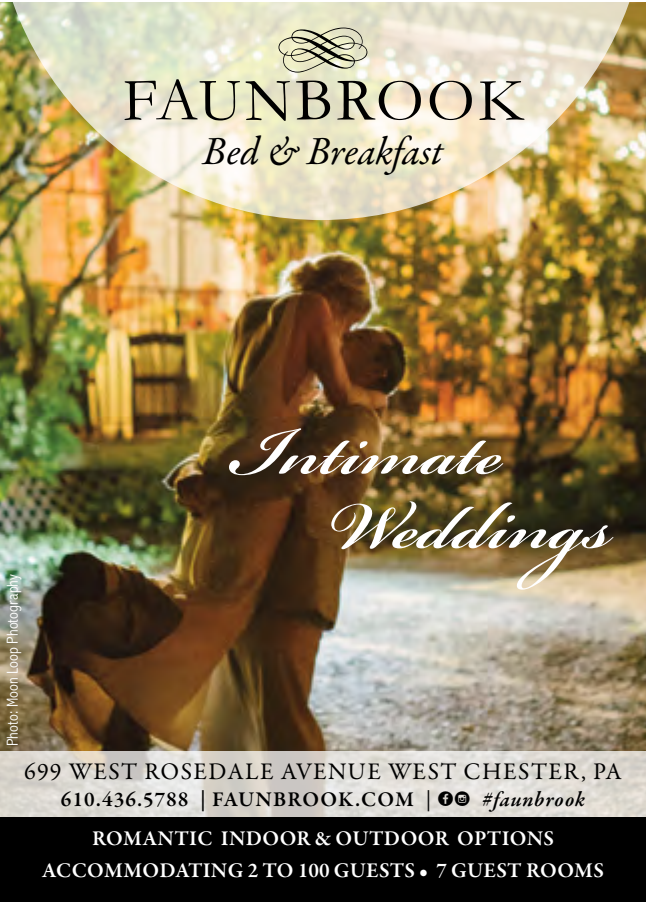


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Cutest Pet Contest

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!



Erwin



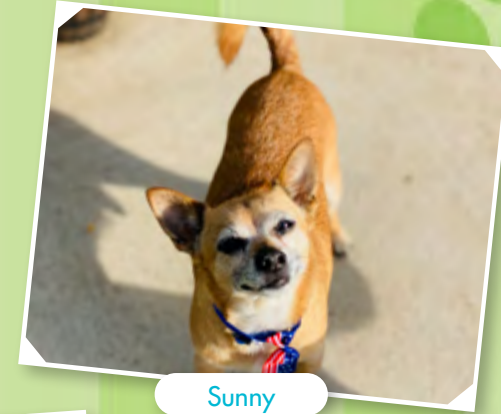
Boogie



Goldie



Ivy Olive



Sunny



Zeke



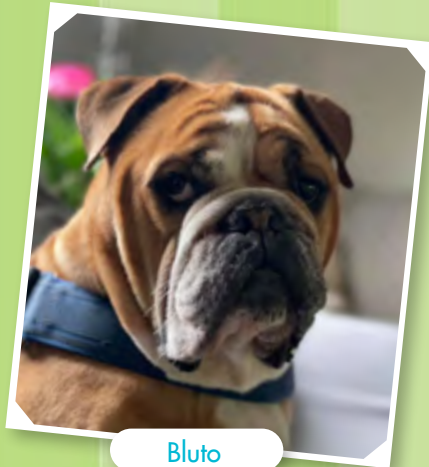
Napa and Sprout



Olive



Goose



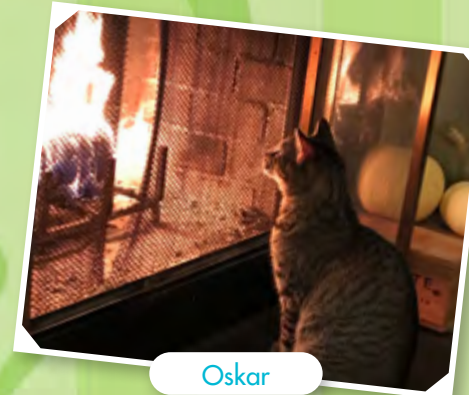
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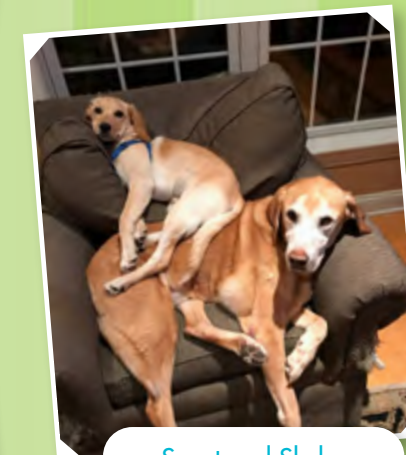
Cali and Maylee



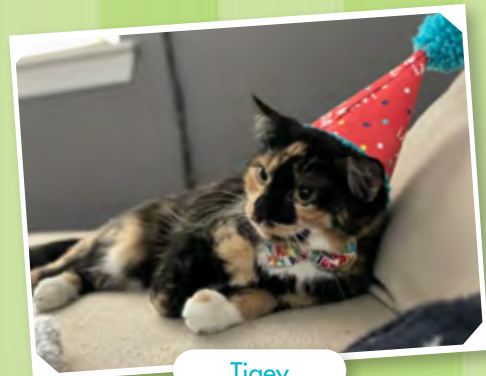
Dusty



Oskar



Scout and Skyler



Tigey



Lucie



Sammy



Cyrus

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, lifelong 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.

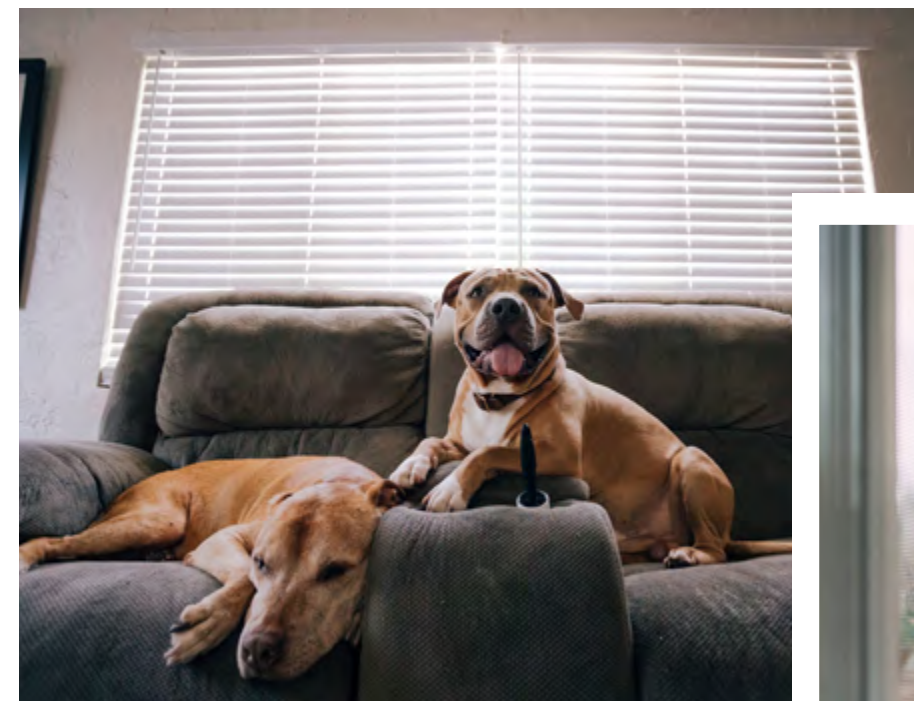


Prep Your Pets for Post-Pandemic Life



IF YOU'RE
HEADING BACK
TO THE OFFICE,
ARE YOUR PETS
READY?

Madison Meinel



DURING THE PAST YEAR, MANY OF US HAVE looked for comfort and connection during lockdown. And for more than 12 million households that came in the form of a new pet, according to the American Pet Product Association.

These family additions, dubbed “Pandemic Pets,” have been strong support systems and companions during a very uncertain year. But now that offices are reopening and normalcy is slowing returning, it’s time to reverse the roles and ensure your pets are prepped and ready for those long days at home ... without you.

So before you slip back into your work clothes and mentally prepare to make the commute back to the office, check out these tips from local pet owners and pet experts for best practices on keeping your furry family members happy, healthy and adjusted to the new normal.*

START SLOW

After spending every waking minute with your pets by your side, it might be time to restore a sense of independence. For your pet, that is.

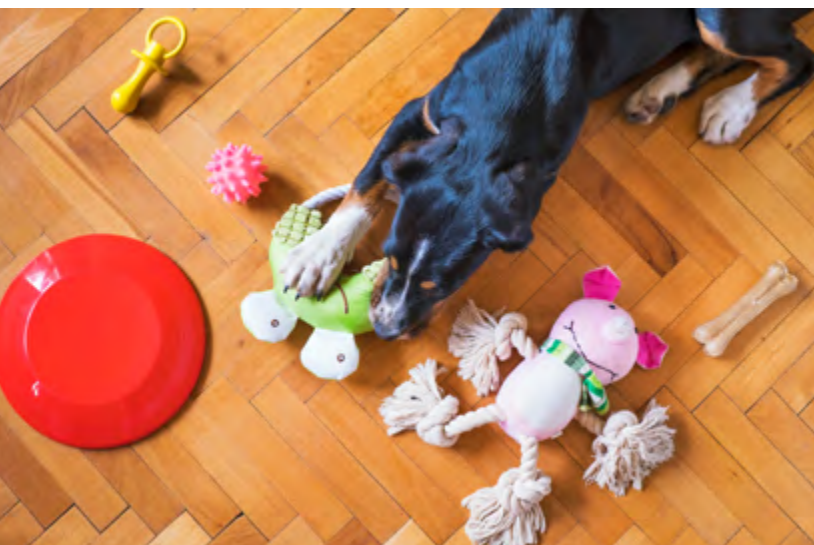
With pet adoptions surging in 2020, many families became the proud owners of rescue cats and dogs and were able to keep an eye on them during the work-from-home year.

But now for those beginning the transition of leaving their pets home alone, keep in mind that many rescues have a history of being left behind by previous owners. Your rescue may struggle with being left alone by you for long periods, out of fear of being abandoned again.

“Broadly speaking, [rescues] need to be watched for at least the first month,” says Zack Miller, local rescue dog owner. “A lot of them are used to being on the streets, so they tend to be more of a flight risk.” Beginning the process of leaving your rescue pet home alone can trigger past abandonment issues, so it’s important to keep



**Note: Our optimism got the better of us last summer when we published “The Dog Days of Summer Are (Not Completely) Over” in our August 2020 issue. Find more tips in that article online at [CountyLinesMagazine.com](https://www.countylinesmagazine.com).*



a close eye on them during the transition and adjust based on their reactions.

To combat these anxieties, encourage your pet to spend time in their own bed or outside in a fenced yard to help break that attached-at-the-hip behavior. Use this technique as a steppingstone to help get your pet used to being by themselves while still being close enough to help if anything goes awry.

Nichola Redmond, Site Director at Main Line Animal Rescue, recommends a gentle transition. “Some dogs haven’t had to experience the ebb and flow of typical everyday life,” she says. “To help them adjust, start by establishing where your pet is going to stay when you’re gone and give them time to get familiar with the area.”

If your dog normally spent time in a crate or behind a pet gate while you were away at work, re-introduce the space by having them take their naps there. “Just make sure the crate is large enough for them to stand, turn around and stay comfortable for extended periods of time,” reminds Redmond. The crate should look more like a dog den rather than a pet prison. Include some toys for your pet to chew on, plus food and water to keep them fed and hydrated throughout the day.

CREATE A SCHEDULE

For some of us, our routine has changed drastically. Family mealtimes may have been pushed back or more walks with pets were part of the daily schedule to avoid being stuck inside all day. Whatever the old pandemic normal, it’s time to get your pet’s routine ready for the new normal.

For pets that joined your family during the pandemic, your new work schedule will be completely new rather than simply going back to normal. If you can, start even more slowly by changing one thing at a time to help your pet adjust.

If your pet’s eating schedule became more relaxed during the past year, start introducing set feeding times that will continue when you return to work. “Using an automatic feeder, we’ve set up a specific lunch time, so our dog has something to look forward to when we’re not around,” says Miller.

Resist the urge to walk or play with your pets during hours you would normally be away. Instead create scheduled play times and walk times for before and after work. Throwing the ball around in the backyard or going for a nice long walk before heading out the door will help burn some of your pet’s energy, so they’re tired out before you leave.

No matter how hard it may be, especially with those puppy dog eyes peering up at you, sticking to a schedule will benefit both your pet and you in the long run.

PRACTICE MAKES PERFECT

Most jobs will give you some notice before you must return to the office. Don’t delay the inevitable. Instead, use this valuable time to help train your pet for post-pandemic times.

Start by leaving your home for short periods, even just 15–30 minutes. Then gradually increase your away-time each time you go out. If your neighbors are close by, alert them of your practice sessions in case of any excessive barking or other mischief.

Make your departure ritual short and simple—the bigger deal you make of leaving, the more anxiety your pet will have. Animals can pick up on their owner’s emotions, so the calmer and more relaxed you are, the better chance your four-legged friend will be too.

Pets that were around for your pre-pandemic routine may have an easier time adjusting. Animals have a remarkable ability to pick up on details in your daily schedule. So, if you had a set routine before you left for work, start introducing those rituals again when you leave for shorter excursions.

Dr. James Paine, Owner and Veterinarian at Applebrook Inn, urges owners to trust their gut. “What’s difficult about predicting anxiety with pets is that it can happen suddenly,” he says. “Keep an eye out for any subtle changes in your pet’s behavior so you can catch them early on.”

A helpful way to discover pet behavior while you’re gone is to invest in a camera like the Furbo Wifi Dog Camera. Set it up before you leave, and watch for signs of anxiety like barking, shaking, pacing and chewing.

If your pet can self-soothe in the first 5–10 minutes, they’ll most likely be fine during the transition period. But if your pet continues to show signs of anxiety during the entire time you’re gone, it might be helpful to contact a professional for extra help (see sidebar).

Remember, this transition will come with a learning curve for both you and your pet. “This process is time consuming,” says Dr. Paine. “But it will help you discover what your pet is comfortable with.” Take their reactions into consideration and adjust the routine until you figure out something that works for both of you.

TREATS AND TRICKS

Another technique to help remove anxiety and stress associated with your departure is with treats and tricks.

If your dog is used to having background noise in the house, consider leaving on the TV or playing music to help distract them. “I’ve noticed that classical music helps my dogs stay calm, so now I turn it on before I leave,” says Katherine Baker, local pet owner.

Another option is giving your pet small treats and toys to play with before you leave. The Miller family lays all their dog’s toys on the floor to help keep him occupied throughout the day.

And Dr. Paine suggest using food distributing treats that have longevity, like dog-friendly puzzle toys. Try using the Kong toy filled with peanut butter or kibble and let your pet figure out how to get the snack out.

Another low budget option is a white bone that can be chewed on for hours at a time. Or the high budget option is the Furbo Wifi Dog Treat camera that lets you schedule times for treats to be dispensed—all from your phone. Plus there’s the added bonus of keeping an eye on your pet with the built-in camera.

And finally whenever you return home, praise your pet for their good behavior and let them know just how much you missed them with some extra treats and kisses.

With these tips in mind, your pet’s anxiety will be manageable in no time and you’ll both be able to enjoy this next phase of life together. ♦



Helping Paws

If you find your pet needs a little extra help getting back on track, check out more advanced ideas for a smoother transition.

🐾 **DOG WALKER:** Notice your pet getting antsy halfway through the day? Consider hiring a dog walker for mid-day walks to burn off some energy.

🐾 **DOGGY DAY CARE:** For dogs that need a bit more supervision, try doggy day care, offering playtime, supervision, and care for your pets while you’re at work. A bonus is more social time with other dogs and humans.

🐾 **PET-FRIENDLY OFFICE:** Pets at work may sound too good to be true but pet-friendly offices are on the rise. Check your company policy on pets. Maybe you and your furry friend can make the commute together.

🐾 **OUTSIDE TIME:** Give your pet some outside freedom (in a fenced yard) with the Petsafe Electronic Smartdoor. Your pet wears the Smartkey on their collar and the door reads the key’s signal to unlock the door whenever your pet is ready to go in or out.

🐾 **HIGH-TECH TOY:** Keep your pet entertained with the iFetch Mini Automatic Ball Launcher. Once the launcher is plugged in all you have to do is drop the ball in and let the machine toss it for you. Soon your dog will learn how (or you can teach your pet) to drop the ball in him or herself for totally independent play.

🐾 **TRAINER:** Re-training your pet can feel like an overwhelming task but luckily there are professionals willing to help. Hire a trainer for more personalized tips and best practices for communicating with your pet.

🐾 **ANIMAL PSYCHOLOGIST:** Some pets might have more anxiety than others or struggle with self-soothing. In this case, reaching out to an animal psychologist to discuss medication or other tools will help your pet and peace of mind.

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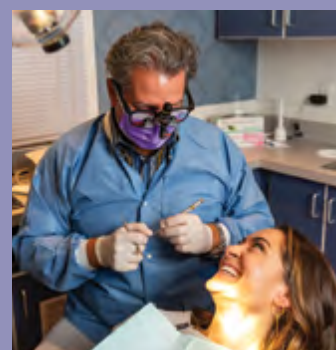


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Managing Post-Covid Health Care



AT LAST, THE WORST OF THE PANDEMIC IS behind us! Now we're left with a different set of health concerns to address for family members.

We turned to local experts to find out what we should prioritize. CHOP's Dr. Jacquelyn Detweiler shares a "Back to School Health Checklist," Embark at the Main Line's Yun Jung Lee looks at the "Pandemic and Teens' Mental Health," and Penn Medicine's Dr. Janet Jacapraro lays out health checks in "Seniors Health Post-Pandemic."

It's the new normal. Best to be ready and stay healthy!



Back to School Health Checklist

IT'S NOT TOO EARLY TO GET READY.

Jacquelyn Detweiler, DO, FAAP
CHOP Primary Care, Kennett Square

YES IT'S STILL SUMMER, AND MANY OF US ARE enjoying vacations and the chance to catch up with friends and family we haven't seen since before the COVID-19 pandemic began.

The start of the new school year is far from our thoughts. Yet it's important to help your child start the school year at their best so they can thrive and reach their full potential.

This Back to School Health Checklist will help you prepare your child to be in their best health and ready to learn on the first day back to school.

GENERAL HEALTH

A yearly physical exam gives parents and kids the opportunity to assess growth progress and discuss health problems or concerns with their trusted healthcare provider.

In addition, students who plan to play sports in school are required to have a pre-participation form completed before the start of the sport season. This sports checkup will help identify any risks your child may have related to playing a sport.

Also, be sure to let your provider know about any new or recent injuries or health problems of your child, as well as any serious health problems in your family.

MENTAL HEALTH

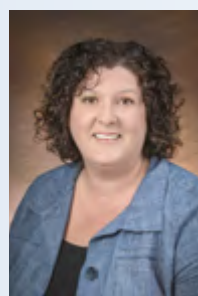
It's common for both parents and students to feel anxious at the start of a school year. Whether your child is starting a new school or a new grade level, return to the school schedule and responsibility of classes can be stressful.

This may be especially so for students who were in virtual classes due to the pandemic. They may be nervous returning to an in-person traditional school day.

Parents can help ease the transition by talking about what to expect on the first day back, what the school day will look like, what may be the same at school and what may be different this school year.

Continued on page 62

Jacquelyn Detweiler, DO, FAAP, is an attending physician at CHOP Primary Care, Kennett Square, with expertise in newborn and infant care, breast feeding, adolescent care, school and behavioral problems, and teen mental health. A graduate of the Philadelphia College of Osteopathic Medicine, she's worked at CHOP since 2015 and believes her osteopathic education gives her a holistic approach toward patient care.



Pandemic & Teens' Mental Health

SOCIAL DISTANCING AND PUBLIC HEALTH MEASURES TOOK A TOLL ON TEENS.

Yun Jung Lee, M.A., ATR-BC, LPC, Embark at Main Line

THE COVID-19 PANDEMIC DISRUPTED OUR LIVES in many ways and, sadly, teens and pre-teens have been especially hard hit. Since many mental health issues that develop during adolescence, if untreated, can continue and affect overall quality of life, this issue is particularly important to address.

Mental health experts have expressed concern about the toll this past year has taken on the mental health of young people in the United States. With in-person classes being closed for months for most students—both at the end of the 2019–2020 and most of the 2020–2021 school years—there has been an increased number of teens showing signs of anxiety and depression.

The resulting emotional and psychological pain associated with these conditions can lead some teens to decide to self-medicate with substances such as alcohol and illegal drugs or engage in other risky behaviors.

Even before the pandemic hit in 2020, the country faced challenges in adequately addressing the mental health needs of adolescents. According to the Centers for Disease Control and Prevention, more than 1 in 3 high school students had experienced persistent feelings of sadness or hopelessness in 2019, a 40% increase since 2009. Also in 2019, approximately 1 in 6 youths reported making a suicide plan, a 44% increase since 2009.

Since the pandemic, adolescent emergency room visits and hospitalizations have also increased significantly. CDC statistics indi-

cate that mental health-related emergency department visits among adolescents aged 12 to 17 increased 31% in 2020 compared to the previous year—a startling one-year jump.

CONTRIBUTING FACTORS

"Covid was an extra thing, it just made me kind of collapse." "I became really lonely. It was really hard to keep up with virtual learning. Eventually I just gave up and I don't have any motivation." "It's hard to talk about my emotions with my parents. They are already stressed out."

These are a few examples of what clinicians have been hearing from teens who sought treatment since the pandemic's start.

At the beginning of the pandemic in 2020, health care profes-

Continued on page 63

Yun Jung Lee, M.A., ATR-BC, LPC is a Registered & Board-Certified Art Psychotherapist, Licensed Professional Counselor and Certified adoption therapist currently working as a clinical director at Embark at Main Line in Berwyn. She graduated from MCP Hanemann University (now Drexel University) with Master's of Creative Arts in Therapy and has over 20 years of clinical experience working with youth and family.





Seniors' Health Post-Pandemic

HEALTH CHECKS IN THE NEW NORMAL

Interview with Janet Jacapraro, M.D., Penn Medicine

AFTER MORE THAN ONE YEAR OF FOLLOWING stringent guidelines to protect themselves, the elderly population is eager to return to some sense of normalcy. Unfortunately, fears and anxiety about how to do that, paired with the physical and mental toll the restrictions have had on their wellbeing, are holding them back.

Recent studies have found that adults aged 65 and older have reported a significant decrease in activity level, sleep quality and wellbeing during the COVID-19 pandemic. The research further shares that depression among this population was a strong contributing factor to these declines, in addition to causing reduced cognitive functioning.

According to Janet Jacapraro, M.D., an Internal Medicine physician at Penn Primary Care and Integrative Medicine Whiteland, social distancing was certainly a key issue for older adults. "Many seniors don't have access to technology or are unable to use it proficiently. Because of that barrier, it's been really difficult for a lot of older adults to keep socially connected with loved ones."

She went on to explain, "Even things like ordering groceries and meals, which many of us started to do online, was a challenge for some seniors. Meeting with their medical providers was also technology-dependent for a long time, as many practices were offering only telemedicine visits except for emergencies."

"Physical and mental health problems, along with sleep deprivation and stress, can contribute to cognitive decline. All of those things have been exacerbated as part of this pandemic," says Dr. Jacapraro. People who have cognitive difficulties have had a harder time adjusting to new rules and regulations. She adds, "It's hard for somebody living with dementia to adhere to wearing a mask, maintaining six feet of distance, and remembering to wash their hands frequently."

REDUCED PHYSICAL ACTIVITY AND NUTRITION CHANGES

Not only does isolation and social distancing affect a person's mental health, it impacts their physical health as well. For seniors,

Continued on page 63

Dr. Jacapraro received her medical degree from University of Maryland School of Medicine and completed her residency at Johns Hopkins Bayview Medical Center. She is board certified in internal medicine and sees patients at Penn Primary Care and Integrative Medicine, Whiteland.



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EXERCISE VS. FITNESS
VS. SPORTS AT LOCAL
SENIOR COMMUNITIES

Edwin Malet



BY NOW MOST OF US ARE aware of the benefits of exercise. And those benefits are even more important as we age.

Yet like too many folks, most seniors haven't been keeping their activity level as high as experts advise. The Mayo Clinic, for example, recommends at least 150 minutes per week of moderate exercise, plus strength training twice a week. Rocking in a chair doesn't count. Nor does bragging about grandchildren.

Getting fit needn't be painful or produce injury, though. Make sure your exercise choices are low-impact to spare your joints—no jumping, hopping or running, nor sports like basketball or football, either. And, of course, consult your physician before any major increase in your activity level.

Exercise should be fun as well. And it should become more fun as you get better at your chosen activity. For the really exciting stuff ... well, we'll get to that later.

STARTING SLOW

Assuming you're not (yet) what's generally considered to be in shape, your first efforts will have to be modest. Walking, swimming, maybe bicycling, possibly some light resistance training. Some may add yoga, tai chi or another stretching routine.

In general you'll find our local senior communities support these fitness goals. For example, at Friends Home in Kennett, residents can join the Walking Club. Whether it's venturing through the streets of Kennett Square or in local parks, residents look forward to the club's outings. The pace depends on the group of residents who attend on a given day.

Bardclay Friends in West Chester has a Going Fit group of wellness advisers. The activities offered include things like aerobic fitness classes "to the beat of popular music," says Faith Woodward, Director of Marketing and Admissions. It may seem "more like a dance party."

At some communities the residents themselves take the lead on choosing fitness options, especially where there's land and on-site facilities. Much of the fitness activity at Kendal-Crosslands, for example, is resident-organized. Their residents will kayak, ride bicycles, play water volleyball, conduct putting green contests and hike the community's seven miles of trails.

Still, the staff do get involved. Kendal-Crosslands' Director of Communications and Public Relations, Michele Berardi, reports that their Vitalize 360 program is thriving. A life coach helps establish and track goals, both athletic and mental, for residents who then



Kendal-Crosslands



Riddle Village



Lima Estates and Granite Farms Estates

work toward those personal goals with daily walks and hikes, outdoor fitness classes and outdoor pool activities. Mindfulness classes, tai chi, spiritual groups and other activities offered by Kendal-Crosslands also may help "to keep the mind and soul healthy."

PICKING UP STEAM

Yet many seniors want something more challenging. They not only want to go faster, sport bigger muscles, move more easily and gracefully, but aspire to do something that's even more fun!

Again, we find many senior communities offering that level of activity on their campuses.

Echo Lake, a Sage Life facility in Malvern, has a sports simulation lounge, a fitness center and walking trails. In the simulation lounge, residents can practice golf swings, skeet shooting or play a round of "Best Ball" golf. Echo Lake also has pickleball and bocce courts beside its 25-acre lake, making the campus sound a bit like summer camp!

For the fitness minded, Media's Riddle Village has a fitness center (open 24/7), an indoor swimming pool and a full-time fitness and wellness coordinator leading classes in yoga, balance, stretching, water fitness and meditation. Residents also enjoy their time at a bocce ball court, shuffleboard court and putting green. The community promotes participation in these activities by scheduling competitive tournaments. Kristen Lampana, Director of Marketing, says that bocce ball "is probably the most popular."

In Newtown Square, Dunwoody Village similarly offers classes, according to its Community Relations Coordinator Monica Knauss, and it also encourages competition, socialization and interaction. Classes include morning stretch, strength class, pilates/yoga, balance and tai chi. The residents also walk on Dunwoody's nearly two miles of trails or inside on walkways where distances are marked to encourage residents to track their progress and steps.

But that's only part of the story. Dunwoody encourages residents to take up sports like pickleball, bocce, bowling and golf. Dunwoody resident Peter Hubbard,



Dunwoody Village



Kendal-Crosslands



Riddle Village



Lima Estates and Granite Farms Estates





Dunwoody Village



Hershey's Mill



a former tennis competitor, now plays pickleball at the local YMCA during the week and on campus every Saturday. About seven play at Dunwoody, mixing their partners, in what Hubbard describes as a “very social” and “friendly game.” Still, you must be in good shape for their level of play.

Eileen Hooper, another active Dunwoody resident, is on their sports committee. She participates in golf—putting, that is—and the other activities, including ping pong, shuffleboard and croquet. On Fridays, Dunwoody has contests, awarding plaques to the winners.

DRIVING IT HOME

Acts Retirement-Life Communities’ two facilities in *County Lines* country—*Lima Estates* and *Granite Farms Estates*—are both known for their extensive fitness and athletic programs. These two communities include fitness centers, heated pools and hot tubs, as well as fitness classes. Residents participate in strength training, low-impact aerobics, balance, stretching, line dancing, chair exercise and aquatic exercise classes.

There are also walking trails at both facilities, as well as organized walking programs, including “virtual” walking of a long trail or road where residents keep track of the minutes, miles or steps they do each

day. Residents can select a trail somewhere in the U.S. and track the miles until they complete their virtual trail.

Residents of either community can also avail themselves of bocce courts, putting greens, shuffleboard courts, ping pong, table shuffleboard and other facilities and equipment. Tournaments, both within the community and between communities, are scheduled in corn hole, billiards, Wii bowling, water volleyball and other sports.

Both communities have Cyber Cycle equipment (combining a stationary bike with virtual reality, competition and videogames) and have competed in several Cyber Cycle Challenges with other Acts Communities as well as on the Cyber Cycle Worldwide Challenges.

Residents also participate in an annual OlympiActs, competing against other communities in our region in various events. In essence, they are stoking your competitive spirit!

Among the senior communities in *County Lines* country, *Hershey's Mill* provides perhaps the widest opportunity for sports. “Sports have really exploded at the Mill,” declares Jack Keeley, its Director of Advertising.

Keeley enjoys playing pickleball on Hershey's Mill's eight courts. He reports

there's competition scheduled every day on the pickleball courts, and there's typically several players waiting for a turn.

Hershey's Mill's bocce tournament, with 72 people involved, is extremely popular, lasting all summer. On campus, Hershey's Mill also offers four courts for tennis, two courts for bocce ball, two for shuffleboard and two for horseshoes. Its cycling club just came back from a 25-mile ride at Jim Thorpe, PA. Many resident cyclists often use the Mill's five-mile circuit course. For swimmers, there's a pool with lap lanes and diving area.

And Hershey's Mill has access to a nearby championship par-71, 18-hole golf club with multiple tees for various levels of play, along with a practice facility including chipping, putting and a driving range.

Phew! You can get winded just thinking about it!

The bottom line is that sometimes you should exercise for your health. And that's certainly a good reason—to live longer, to live free of disabilities. On the other hand, sometimes you just want to have fun. You don't get fit just to get fit. You strive to be fit so that you can play! And compete! Luckily many of our local senior communities are making that possible. ♦



Guide to 55+ and Retirement 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

Media

Springton Lake Village

610-356-7297; SpringtonLakeVillage.com

Lancaster

Lancashire Terrace Retirement Comm.

610-430-6900; LancashireTerrace.com

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. Residents enjoy the company of others at “Monday Mingle,” holiday festivities, chili fests, ice cream socials, games and more. Harrison Hill also offers once-a-week free transportation to set destinations.

Hershey's Mill

610-436-8900; HersheysMill55Plus.com

Hershey's Mill, a gated 55+ community, is situated around an 18-hole championship private golf club featuring casual and formal dining. The premier community also offers Tiger Turf coated tennis courts, pickleball, bocce courts, winter paddle ball,

shuffleboard and horseshoes, as well as miles of walking trails and protected interior paved roads for biking. Visit during their Community Open House on Oct. 17th from 1 to 4 p.m.

INDEPENDENT LIVING COMMUNITIES, 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

Multiple Locations

ACTS Retirement-Life Communities

888-521-3651

AboutActs.com/CountyLinesMag

For nearly 50 years, ACTS Retirement-Life Communities have provided Pennsylvania seniors with gracious living options, superb on-campus amenities, and a maintenance-free, resort-like lifestyle that allows them to enjoy all the things they love most without all the worries. Best of all, ACTS Life Care® lets residents pay for future care in today's dollars should their needs ever change.

Cornwall

Cornwall Manor

717-273-2647; CornwallManor.org

Cornwall Manor is a not-for-profit community located in historic Cornwall, PA. Providing a fulfilling lifestyle for individuals 60+ since 1949, their community is located in a natural wooded setting with a variety of independent homes and apartments, on-site health care, top notch amenities and services and maintenance-free living. You owe it to yourself to visit Cornwall Manor.

Exton

Arbor Terrace Exton

484-265-9610; ArborTerraceExton.com

Arbor Terrace Exton is a brand new personal care and memory care community for seniors, opened April 2021. Their campus offers impeccably designed living spaces, and safe and engaging outdoor spaces to enjoy and explore. Amenities include concierge services, easy access to transportation, and housekeeping visits. Ask about the founder's club incentives for new depositors.

Devon

Brightview Devon

484-519-0097; BrightviewDevon.com

Downingtown

St. Martha Villa for Independent & Retirement Living

610-873-5300; Villa.StMRehab.org

Exton

Exton Senior Living

610-594-0200; ExtonSeniorLiving.com

Glen Mills

Glen Mills Senior Living

610-358-4900; GlenMillsSeniorLiving.com

Honey Brook

Heatherwood Retirement

610-273-9301; HeatherwoodRetire.com

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.

King of Prussia

Anthology of King of Prussia

484-392-5011; AnthologyKingOfPrussia.com



Kendal-Crosslands Communities



Echo Lake



Daylesford Crossing



Harrison Hill Apartments



Cornwall Manor



Luther Acres



Anthology of King of Prussia



Dunwoody Village



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Kyffin Grove



Hershey's Mill

Anthology of King of Prussia is now open. Tucked among 122 acres at The Village at Valley Forge, a new mixed-use community in Montgomery County, Anthology of King of Prussia invites residents to enjoy a rich and vibrant lifestyle. Contact them today and learn about their limited time savings options of up to \$10,000.

Lancaster

Willow Valley Communities

866-454-2922; WillowValleyCommunities.org

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
The Main Line's newest retirement community—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 resort, think country club, think spa ... then let your imagination run wild. Independent Living, Assisted Living, Memory Care.

Manheim

Pleasant View Retirement Community

717-665-2445; PleasantViewRC.org

Media

Riddle Village

610-891-3700; RiddleVillage.org
Riddle Village is a Lifecare community that offers amenities including a fitness center, putting green, indoor parking, personal trainer, four unique restaurants, a flexible dining program and much more. Riddle Village has 10 spacious apartment styles ranging from studios to three-bedroom apartments.

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

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. Personal Care and Memory Care.

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. Boutique sized, with 78 supportive living and specialized memory care apartments, Daylesford Crossing is perfectly located right in the heart of the western Main Line. Personal Care and Memory Care.

Phoenixville

Spring Mill Senior Living

610-933-7675
SpringMillSeniorLiving.com

Valley Forge

Shannondell at Valley Forge

610-728-5200; Shannondell.com



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Supportive Senior Living
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or to schedule a personal tour.

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WWW.KESHER-ISRAEL.ORG
1000 Pottstown Pike, West Chester, PA
610-696-7210



Wallingford

Plush Mills

610-690-1630; SageLife.com
Plush Mills is different. You feel it when you walk through the door—upscale décor, 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. Independent Living and Personal Care.

West Chester

Barclay Friends

610-696-5211; BEKendal.org

Wyomissing

The Highlands at Wyomissing

610-775-2300; TheHighlands.org

DELAWARE

Newark

Millcroft Senior Living

302-366-0160; FiveStarSeniorLiving.com

Wilmington

Forwood Manor

302-529-1600; ForwoodManorDE.com

Foulk Manor North

302-478-4296; FoulkManorNorth.com

Foulk Manor South

302-655-6249
FoulkManorSouth.com

Shipley Manor

302-477-8813; FiveStarSeniorLiving.com

Somerford House Assisted Living

302-266-9255
SomerfordHouseNewark.com

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.

Paoli

Ruggiero Law Offices LLC

610-889-0288; PaoliLaw.com
At Ruggiero Law Offices LLC, the mission is to be creative problem solvers for families. Caring, comprehensive advice in the areas of estate planning, Medicaid planning, elder law and estate administration is provided in the office, home or care facility. Having an updated Power of Attorney and Will, or doing Medicaid planning is an important step before a move to a retirement community. ♦

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CountyLinesMagazine.com



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Building an Insect Factory

TO ATTRACT BIRDS AND BUTTERFLIES

Kirsten Werner, Natural Lands



Eastern Bluebird
PHOTO CREDIT: GREG GRIMSHAW

TEN YEARS AGO A PAIR OF RED-SHOULDERED HAWKS built a nest in a tall white pine at the southern edge of Hildacy Preserve. Under the watchful, binoculars-aided eyes of Preserve Manager Mike Coll, the raptors successfully fledged young. Every year since, those same adult hawks have mated, nested and reared young at this 55-acre oasis of nature in the midst of suburbia.

Why?

“It’s because we’ve turned Hildacy into a giant insect factory,” says Mike. “By intentionally planting a diversity of native trees, shrubs, grasses and perennial flowers, we’re giving insects the food sources they need. The vast majority of birds feed insects to their young. And even when they aren’t eating bugs, they’re eating things that eat bugs, like mice, squirrels, frogs—all of which are prey species for raptors like red-shouldered hawks.”

Here’s how we did it—and how you can do the same where you live.

KNOW YOUR NATIVES

Native plant species are key to ecosystem restoration. This is easy to understand if you understand the food web.

Plants capture energy from the sun and turn it into food. Insects eat plants. Animals eat plants and also insects. Bigger animals eat smaller animals.

But insects are picky when it comes to their greens. They’ll only eat species that have evolved alongside them ... otherwise known as native plants.

Caterpillars are the best creatures on the planet at converting plant energy, which is why so many birds—96% of North American land birds, in fact—prefer them to other types of insects.

Dr. Doug Tallamy, professor of entomology and wildlife ecology at the University of Delaware and a Natural Lands board member, uses chickadees to illustrate this preference for caterpillars. He studied breeding chickadees by setting up cameras at their nest boxes. He determined that a pair of chickadees must access 6,000 to 9,000 caterpillars to rear just one clutch of young.

“We all have chickadees at our feeders so we think they eat seeds. And they do eat seeds, all winter long,” Tallamy said during one of the many presentations he gives across the country. “But when they’re making babies, they don’t eat seeds. They eat caterpillars and feed caterpillars to their young. And that means if you don’t have enough caterpillars in your yard, you’re certainly not going to have chickadees.”

And you won’t have enough caterpillars if you don’t have the right plants.



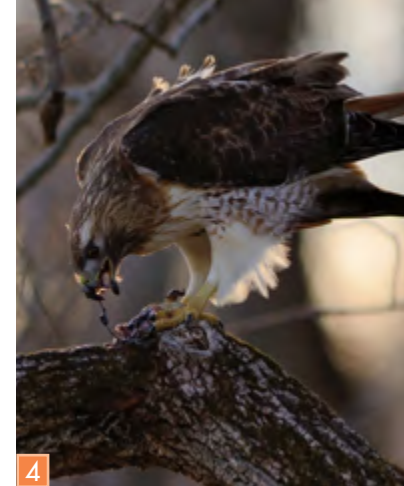
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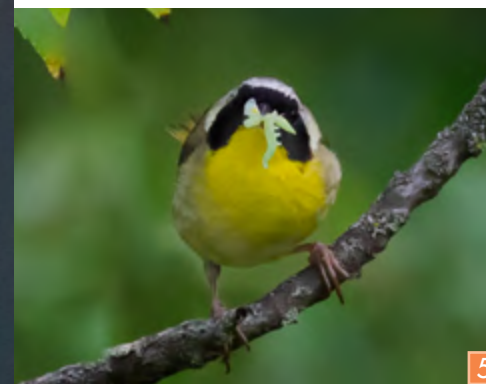
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POWERHOUSE PLANTS

Dr. Tallamy is the lead author of a new study published in *Nature* that systematically identifies the most critical plants needed to sustain food webs across the United States. His research finds that only a few “powerhouse” plants support the majority of Lepidoptera, the order of insects that includes butterflies and moths. About 90% of what caterpillars eat is created by just 14% of native plant species, with a mere 5% of plants producing 75% of the food.

Native oaks, willows, birches and wild cherry trees are on Tallamy’s powerhouse list, along with goldenrods, asters and perennial sunflowers.

Mike Coll has been adding these species along with many other natives to the Hildacy Preserve. More than 1,500 native trees have been planted in the last decade, along with hundreds of native shrub species. Many acres of meadows have been converted to native grasses. Even the wetland areas have been planted with native species of plants that thrive in anaerobic soil conditions.

MAKING SPACE

Of course, planting native species isn’t the entire equation. Invasive plants—species introduced from other parts of the world that lack natural predators and grow

unchecked—are all too adept at crowding out their native cousins.

Planting natives can actually help control invasives. Creating an incredibly dense tapestry where every possible space is occupied by myriad native plants leaves far fewer places for weeds to take hold and grow.

In 2018 Mike installed a meadow around the office building at Hildacy Preserve. He used a mix of native grasses and perennial herbaceous plants, and over-seeded them to create a thick carpet. He mows the meadow annually and spot-treats invasives like Japanese honeysuckle and mile-a-minute weed.

LAWN AS A WASTELAND

The meadow around the headquarters building replaced several acres of lawn. Now, instead of what was essentially an ecological wasteland, the native plants provide food for caterpillars and other insects, nectar sources for butterflies and hummingbirds, and seeds for short-tailed shrew and meadow jumping mice among others.

A 2018 study by the National Science Foundation on residential lawns confirmed what ecologists have known for years. The researchers found that America’s love affair with turf is contributing to a continental-scale ecological homogenization. Add to that the amount of fossil fuels needed to

1. Juvenile Red-Tailed Hawk
PHOTO CREDIT: RONALD ZIGLE
2. Red-winged Blackbird
PHOTO CREDIT: RANDY RICHARD
3. Chestnut-sided Warbler
PHOTO CREDIT: BILL MOSES
4. Red-tailed Hawk
PHOTO CREDIT: BILL MOSES
5. Common Yellowthroat
PHOTO CREDIT: GREG GRIMSHAW
6. Baltimore Oriole
PHOTO CREDIT: GREG GRIMSHAW

keep those lawns tidy, and the gallons of water needed to keep them green, and it’s easy to see why environmentalists advocate reducing turfgrass whenever possible.

At Hildacy, Mike knew swapping meadow for lawn would have a positive impact on the overall ecology of the preserve. Recently, a pair of eastern screech owls raised a clutch of babies in a nest box that had gone unused for years.

Eastern screech owls generally breed within two miles of the place they were born, which means Hildacy may become home to generations of these petite predators. If so, Mike will have his binoculars at the ready to watch their progress. ♦

Natural Lands is dedicated to preserving and nurturing nature’s wonders while creating opportunities for joy and discovery in the outdoors. As the region’s oldest and largest land conservation nonprofit, member-supported Natural Lands has preserved more than 125,000 acres, including 43 nature preserves and one public garden totaling more than 23,000 acres. Nearly 5 million people live within 5 miles of land under its protection. Land for life, nature for all. NatLands.org.

Reach out to the school's guidance counselor and ask about visiting the school before the first day to help your child be more comfortable. You may even have a friend join you so you can all explore together.

Remind your child of the things they enjoy about going to school (seeing friends, a certain teacher, a favorite class). Stress those positive memories.

For younger children, practice separating ahead of time by leaving kids with a caregiver. It's best to adopt a simple goodbye routine that's short, sweet and reassuring.

VACCINATIONS

Make sure your child is up-to-date with all immunizations for their safety and the safety of their classmates. Vaccines save children from unnecessary pain, illness and death.

In Pennsylvania, there are mandatory vaccines your child needs to attend school. Check with your healthcare provider for both required and recommended shots.

- Flu vaccine: The CDC recommends yearly vaccination for everyone above 6 months of age. Vaccination reduces the risk of your child contracting the influenza virus, which can cause serious illness.
- COVID-19 vaccine: The AAP (American Academy of Pediatrics) recommends teens 12 and older get vaccinated against COVID-19 to reduce the risk of contracting and spreading the virus.

If you are hesitant about vaccinating your child, please reach out to your child's physician to discuss these concerns.

MEDICATIONS AND MEDICAL CONDITIONS

It's important to keep schools informed of any potentially serious medical conditions your child may have. Make sure all emergency contact information is correct.

Remember to refill emergency inhalers, epi-pens, insulin and any other medications needed in case of an emergency at school.

If your child has asthma, diabetes, allergies requiring an epi-pen, or any other health condition that requires regular medication

and monitoring, remember to submit an updated medication/medical action plan form to the school nurse before the first day of school. The information should include necessary medications, when and in what circumstances they should be taken, and instructions on side effects and what should be done if any issues arise.

It's also a good idea to inform the school nurse of any prescription medications your child takes at home and any other medical conditions they may have, including mental health concerns. This will help the school nurse understand your child's needs and provide the best medical care.

SICK AT SCHOOL? HAVE A PLAN

Many parents work, and a call from the school nurse causes stress and anxiety, as well as a disruption to the work day. Caring for your child when they are sick or need to be picked up from school takes planning and preparation. Identify a trusted family member or friend who can step in when there's an emergency and you can't be there.

Due to COVID-19, many schools may have changed their "sick" policy, so be sure to check with your child's school and be aware of any new rules.

SLEEP

Many parents ease up on the sleep routine during the summer. But because getting enough quality sleep can help with your child's academic success, it's important to transition kids back to a regular bedtime a few weeks before school starts. Remember it takes time to adjust to a new sleep schedule.

Sleep benchmarks call for school-aged kids getting 10–12 hours of sleep per night while teens require 9–10 hours.

Some sleep tips: Remove screens from the bedroom at night, keep kids active during the day, adopt a calming bedtime routine, cut out sugar and caffeine-laden snacks or energy drinks before bedtime and limit late-afternoon naps.

NUTRITION

Including breakfast in your child's day has many health benefits for their growing

bodies and developing brains. Studies have shown eating a healthy breakfast increases performance and focus at school. Mornings can be hectic so consider meal prep the night before and some grab-and-go options as well. Whole-grain breads, cold cereals, oatmeal, yogurt, fruit, protein bars or smoothies are all easy ways to ensure a healthy start to the day.

BACKPACK BURDENS

The AAP advises that a child's backpack should weigh no more than 20 percent of their body weight to reduce the chance of back pain or injury. A lightweight backpack design with two wide, padded shoulder straps and a padded back is recommended. A backpack that's too heavy can cause pain and strain the muscles.

VISION

Nearsightedness, farsightedness, astigmatism and other vision problems can cause barriers to learning, and lead to behavioral and attention issues. Since vision changes frequently between ages 6 to 18, comprehensive yearly eye exams are important to your child's ability to thrive in the classroom.

Young children may not be able to recognize their vision problems. Watch for squinting, eye rubbing and complaints of headaches—all may indicate sight issues.

DENTAL HEALTH

The AAP also recommends your child see the dentist every six months for preventative care. Pain from cavities can distract your child from learning or keep them home from school.

PRE-TEEN GIRLS

What if your daughter gets her period for the first time at school?

Plan ahead by discussing the possibility and educate her on how to take feminine products to school and proper feminine hygiene when away from home. Encourage her to reach out to the school nurse as well.

A little bit of planning will ensure your child a smooth transition and healthy start to the new school year! ♦

sionals saw many teens having anxiety about getting infected by COVID-19 themselves, along with being fearful of their friends and family becoming ill from the virus. There was also uncertainty about what school would look like and how everyone would be safe.

During subsequent months, this building anxiety can lead to a chronic stress reaction, and without the usual releases. Teens couldn't go to school and weren't able to access their healthy stress outlets to improve their mood. Such outlets as after-school activities, playing sports, hanging out with friends and getting support from school staff—like school counselors—were not available during quarantine. Consequently, the risk of developing and worsening symptoms of anxiety, depression and other mental illnesses was exacerbated.

Many adolescents reported having difficulty even talking about their concerns with their parents. And to complicate matters, parents were also severely affected by the pandemic, with their own emotional and financial worries.

Teens also reported that the emotional toll and unsettling experiences were too overwhelming for them to process and to express. Months of social isolation too often led to feelings of loneliness, sadness and helplessness.

LONG-TERM EFFECTS

Adolescence is a period where young people are starting to explore their own boundaries and sense of identity by trying new things, figuring out their place among peers and within their communities. But as a matter of public health safety during the pandemic, teens were limited or barred completely from many growth opportunities. As a result, typical child development milestones have been affected.

Seniors *Continued from page 48*

especially, physical activity is important to maintaining mobility and independence. The less active they are, the less active they are able to be. "When community gyms closed, it became more difficult for many

On the positive side, some teens have come through this past year with a sense of resiliency. Those fortunate ones have identified ways to cope and deal with these stressors. This type of empowering experience can boost adolescents' ability to build resilience and can provide strength to navigate uncertain and stressful situations in the future.

However, adolescents are still vulnerable and many need additional support and external interventions to ensure healthy brain development and stability.

Parents can support their teen by doing such things as —

- Demonstrating ways to practice self-care and inviting their teens to join them.
- Maintaining open communication and validating their teen's experiences.
- Encouraging and providing support to establish routine and structure in their lives.
- Brainstorming creative and safe ways for teens to continue to engage with peers.

Plus it's important to remember to create a space for joy and conversation so all young people can once again be a part of the social fabric of life.

SIGNS OF DISTRESS

Parents must be vigilant in recognizing signs of distress in their teens. While it's normal for anyone to experience anxiety during uncertain times, if you notice your teen experiencing difficulty functioning, they may need special attention and support from a professional counselor.

Parents should be on the lookout for signs of distress such as —

- Changes in mood that are unusual for your child, such as irritability, feeling hopeless and helplessness.
- Trouble maintaining relationships and

engaging with friends and family.

- Loss of interest in activities that your teen previously enjoyed.
- Trouble falling or staying asleep, or trouble getting out of bed.

Parents must be vigilant in recognizing signs of distress in their teens.

- Changes in appetite such as restricting food intake or eating all the time.
- Trouble attending school or declining academic effort.
- Trouble taking care of personal hygiene.
- Engaging in self-destructive behavior such as self-harm or using illegal drugs or alcohol.
- Thoughts of death or suicide or talking about them.

If you're concerned about your teen's mental health, you should talk immediately to your teen's primary care physician. A doctor can provide an assessment and help you with other resources when necessary.

Local mental health organizations offer a variety of structured treatments and levels of care for adolescents and young adults. You'll find such services as assessment, medication management, outpatient services, partial hospitalization, in-home therapy and short-term residential and wilderness programs. And, as the pandemic has demonstrated, telemedicine can be a great help with mental health issues.

Among these many options, you can find the right kind of help should your child need it. ♦

seniors to stay mobile and independent," says Dr. Jacaparo.

Nutritional changes further exacerbated the plight of the elderly population during this time. Many seniors had limited

access to grocery stores—especially if they were dependent on loved ones or public transportation.

"If visits to the grocery store were limited, older adults required shelf-stable foods

rather than fresh produce and unprocessed foods. This change in diet can be associated with dysregulation of blood sugar, increased cholesterol, fatigue and decreased physical activity, sleep disruption and mood instability,” says Dr. Jacpraro.

IMPACT ON CAREGIVERS

Senior citizens are not the only ones who have been affected by these limitations and have had their health decline. An article by Alicia Bayne published in CDC Founda-



tion, found that “caregivers reported fear and anxiety as they struggled to balance their own physical and mental health needs with those of the loved ones in their care.”

Dr. Jacpraro urges caregivers to first and foremost take care of themselves. “You can’t care for someone else if you’re not caring for yourself.” In addition, she recommends that caregivers should be supportive and willing to help—whether it’s providing transportation to doctor’s appointments, making sure medications are up to date, or being able to listen and validate the feelings that seniors are having.

STEPS TO HEALTH AND WELLNESS

Despite the many tolls this pandemic has had on our senior population both mentally and emotionally, there are ways to combat these effects. Dr. Jacpraro, recommends to first reconnect with your medical provider. It’s important to get up-to-date with vaccinations and health screenings as well as medications.

She also points out that it’s time to get physically active again if you haven’t been. “For older patients, it’s really important to start low and go slow. Meaning, if you used to walk two miles a day, you don’t necessarily need to begin again at that level. You can start walking five minutes a day and then work your way up.” Physical activity will help keep seniors independent and mobile, and it will help with sleep quality and mood regulation.

Lastly, Dr. Jacpraro suggests renewing social contacts again. Whether it’s going to a worship service or reconnecting with family in person or virtually, these connections are essential.

If you believe you can begin to make these changes on your own, go for it. But if it’s too much, seniors should reach out to their primary care provider. “The primary care provider can tailor a plan in the context of medical issues and life circumstances that will help get seniors back to where they were, and at their own pace.” ♦

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BEER COCKTAILS?

Yep, perfect for summer sipping.

Jamie Robinson, Boxcar Brewing Company

THE GROWING INTEREST IN FLAVORFUL, LOW-ALCOHOL BEERS—LIKE SESSION BEERS—HAS PAVED THE WAY FOR BEER COCKTAILS.

IN MY YOUNGER AND MORE INCORRIGIBLE YEARS, my relationship with beer—and alcohol in general—was focused primarily on availability. It wasn't a question of *what* to drink, but simply *if* I'd be drinking. Ah, the days when evenings were spent in the comfort of a friend's basement slowly sipping on a bottle of fine whiskey or in a local field frantically attempting to empty all 24 cans before being chased away by an irate farmer.

One drink I remember from that period was what we called “po-mosas” or poor man's mimosas. This beer cocktail was a creative concoction of malt liquor cut with the cheapest orange juice available. Perhaps it was our attempt to bring some class to 40 ounces of flavorless booze, or more likely legitimizing daytime drinking by adding a breakfast ingredient to our early morning imbibing.

Whatever the reasoning, that was my first and crudest exposure to the wonderful world of beer mixology.

As the palate matures, with it comes a greater appreciation for flavor combinations. Experimenting with both subtle and bold ways to manipulate brewed beverages opens up a world of possibilities.

While I don't claim to be a professional mixologist, nor believe there's a right or wrong way to enjoy your favorite beverages, I do want to share some of my mature experiences as a professional brewer and shed light on some options for tasty beer cocktails—their origins, popularity and recipes—with a focus on summer sipping.

Breakfast Drink of Champions

Since we must start somewhere, why not with breakfast?

Perhaps the best-known and most popular morning drink is the Bloody Mary, the mainstay of brunch menus everywhere. Far less known is its lighter, beer-based cousin, the **Michelada**. Although many variations exist throughout Mexico and Latin America, most versions of the drink use beer, lime juice, spices, peppers and various sauces—teriyaki, Worcestershire, hot sauce and the like. This drink is often served in a chilled, salt-rimmed glass and, like its popular cousin, is said to be ideal for nursing a hangover.

The story behind this spicy, flavor-rich beer cocktail traces back to Club Deportivo Potosino in Mexico. It was there Michel Esper would order his beer in a special cup called a chabela, with lime, salt, ice and a straw, as a kind of beer lemonade. Soon other customers began ordering the drink as “Michel's lemonade,” which eventually became michelada. Variations of this drink use clamato—a tomato and clam juice mixture.

In the last few years, versions of these drinks have been produced and pre-packaged by large breweries. In my opinion, there's no substitute for fresh ingredients and certainly no substitute for a professional bartender, educated and well seasoned in his craft.

Michelada is made with lime, peppers, spices and salt over ice.

Perfect Quencher

Later in the day when you're looking for something to slake a summer thirst, the answer is another beer cocktail, the **Shandy**!

Although a wide variety of ready-made shandies have come to market in the last ten or so years, I've yet to find one that does justice to a fresh one. The true art behind this drink is all in the ingredients, flavor profiles and balance.

At the most basic level, a shandy is beer mixed with a soft drink—carbonated lemonade, ginger beer, ginger ale—or with apple or orange juice, mixed in about equal proportions. The mixing yields a lower alcohol content, which some folks prefer to adjust upward by increasing the proportion of beer, using hard cider lemonade, or adding a shot of limoncello liqueur.

Multiple versions of the origin of this drink exist, but most agree the name is a shortened variation of the British term, shandy-gaff, referring to beer cut with ginger beer or ginger ale and dating back to around 1853.

Shandies today in the U.S. are much closer to German Radlers, a beer cocktail said to first be mixed when a group of cyclists enjoying a refreshing beverage after a ride realized the beer supply wouldn't last the day. Their solution was to mix the remaining brew with a lemonade-like drink to stretch the supply.

Recipes for shandies are limited only by your imagination and access to ingredients. The *Epicurious* recipe uses homemade lemonade and sprigs of mint, *Buzzfeed* had 23 recipes online, and those in search of sour taste add grapefruit juice. Customization is encouraged.

The version currently served at Boxcar Brewpub is a variation of both the English



Summer Hoedown is made with watermelon.

and German styles. After extensive and enjoyable experimentation, we found a combination that hit the sweet spot, so to speak: using our Passenger Ale—an English Mild Ale—mixed with sparkling lemonade and garnished with an orange wedge. The freshness this cocktail provides is far superior to any pre-packaged imitators.

When creating your own shandy recipe, remember that the flavor profile of the base beer ultimately decides the type and amount of non-alcoholic mixers used. And it's wise to steer clear of mixers with artificial flavors and sweeteners. No diet ginger ale or fake lemon!

Whatever your taste buds fancy, a shandy can be a refreshing alternative way to enjoy your favorite brews with a bit of a twist under a sweltering summer sun.

More Inspiration

Micholadas and shandies are only the tip of the brew-based beverage iceberg. I recommend you make this summer memorable by exploring and inventing your own beer cocktails.

Start with the **Snakebite**, a drink popularized in England using lager-style beer mixed with hard apple cider (thus, not a shandy). Then try the **Summer Hoedown**, a wheat beer and watermelon combination—light, flavorful and refreshing. The perfect way to use that other half of a big watermelon.

Perhaps a **Stout Float**—a beverage/dessert hybrid pairing vanilla ice cream with the rich coffee or chocolate flavors of your favorite stout—appeals. Or for another hangover

chaser, mix up a **Red Eye**, from the Tom Cruise movie *Cocktail*, with beer, tomato juice and Tobasco or try the variation that uses beer, tomato juice, vodka and an egg.

Whatever your preference, beer cocktails bring a fresh perspective and new life to one of man's oldest fermented beverages. Experimenting with juice, fruit or spice additions can be almost as rewarding and challenging post-fermentation as it can be pre-fermentation.

These beer variations may encourage those who ordinarily opt for white wine or a non-beer cocktail to try beer in a unique way. This taste experience may just make a beer believer out of a wine spritzer-drinking skeptic.

I certainly don't miss the days of the “po-mosa,” but I do value them as a gateway to appreciating the art of beer mixology. I hope you give one a try! Cheers! ♦

Founder and owner of Boxcar Brewing Company, Jamie Robinson has grown the company from the original brewery to include a brewpub at 142 E. Market St., both in West Chester. The two-story entertainment venue and brewpub allows Boxcar to pair their locally brewed products with signature pub food. Boxcar's flagship brew, *The Passenger*, took Gold and Bronze medals (2010 & 2012) for Best English Mild Ale in the U.S. Open Beer Championship. Other favorites: *Mango Ginger Pale Ale* and *1492 APA*.



Summer Shandy is often made with carbonated lemonade.

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[Food News]

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

Best Around. Cheers to **Penns Woods Winery** in Chadds Ford for winning two of three awards at the 2021 Pennsylvania Sommelier Judgement. Out of 13 Pennsylvania wineries, Penns Woods won for producing the state's best red and white wines. Stop by the family-owned vineyard for a weekend wine tasting or pick up a bottle of their award-winning 2017 Cabernet Sauvignon Reserve or 2020 Sauvignon Blanc. Taste and judge for yourself! 124 Beaver Valley Rd., Chadds Ford. PennsWoodsWinery.com.



Artistic Eats. Big things are coming to the **Philadelphia Museum of Art** including a complete rebranding of their museum cafes. Constellation Culinary Group, the museum's exclusive food and beverage partner, is working with regionally based chefs—including guest chefs like James Beard Award Nominee Tova du Plessis—plus artisans, bakers and brewers to serve local goods at the Café, Espresso Bar and newly renovated Balcony Café. Inspiring art and delicious food—what more could you want? 2600 Benjamin Franklin Pkwy, Phila. PhilaMuseum.org.



Perfect Pair. There's no more classic pairing than pretzels and beer, and two PA-based companies—**Tröegs Independent Brewing** and **Unique Snacks**—are exploring the combinations. This local duo teamed up to create a new campaign, **Better Together**, to celebrate Pennsylvania's rich agricultural history. Try delicious combos like Tröeg's Lucky Holler Hazy IPA with Unique Snack's sourdough craft beer pretzel rings or the Tröegenator Double Bock paired with extra dark chocolate pretzel splits. Coming August 30th to local retailers. Troegs.com. UniqueSnacks.com.

Back in Time. Newtown Square is getting a blast from the past with a new **Nifty Fifty's** location. The retro diner, founded in Delaware County, announced its sixth location, this one on West Chester Pike. Customers can "taste the memories" as they dig into diner faves like an extra cheesy bacon cheeseburger paired with a cinnamon bun sundae or caramel Oreo explosion milkshake. Check social media for updates on the grand opening. 3524 West Chester Pk., Newtown Square. NiftyFiftys.com.



Peachy Keen. Celebrate August, **National Peach Month**, with a slew of sweet holidays like **National Eat a Peach Day** on August 22nd. Find your perfect peach at your local farmer's market and indulge in that juicy bite. Just make sure to pick up some extras for the pie you're going to bake on August 24th for **National Peach Pie Day**. Whether you're plucking them right from the branch or baking them into a pie, find time to enjoy this seasonal delight! AnyDayGuide.com.



Cultivating Community

HOW ONE CHESTER COUNTY FARM IS BRINGING LOCAL FOOD, CHEFS AND PEOPLE TOGETHER.

Alyssa Thayer

IT'S A WARM SUMMER NIGHT IN THE LUSH, ROLLING hills of the Brandywine Valley. The doors of a historic 17th-century barn are propped open revealing long communal tables lined with beautiful rustic settings. Delectable smells waft from large grills and festive strings lights drape the sky.

This magical evening is part of the Field to Fork series put on by **SIW Vegetables** in Chadds Ford. The dinners pair farm-fresh ingredients with local chefs for a multi-course culinary experience. "It gives a chance for chefs to show off their skills outside of a restaurant environment," says H. G. Haskell III, owner, farmer and idea machine behind the whole SIW operation.

The property (Hill Girt Farm) was originally purchased in 1910 to be used as a Guernsey dairy farm. By 1986 the cows had been sold and HG graduated with a degree in agriculture business—it was time for him to create his own vision for the land.

"I was sure I didn't want to be a dairy farmer," he chuckles, "that's a 365 day a year job." So, he decided to grow vegetables instead. In year one, the farm grew just 5 varieties of vegetables on 6 acres. Now, they're growing 50 varieties on 50 acres.

Since taking over, HG has continued to innovate and expand—



Innovation spurred H. G. Haskell III, owner of SIW Vegetables, to create a good food destination.

opening a seasonal farmstand, running a weekly CSA and hosting the Field to Fork dinners in the barn. And when someone has a new idea or asks to collaborate, the answer is almost always "yes."

When a member of the SIW Veggie Recipe Facebook Group mentioned a love of burdock root, HG bought the seeds and added burdock to the growing plan. When Chefs Gerald Allen and Natalie Eguez lost work due to the pandemic, they became a permanent part of the SIW family, creating weekly smoked dinners that could be pre-ordered and picked up at the farmstand.

The Field to Fork dinners are an extension of that same ethos of building community and connecting people to their food. "They started as annual potluck dinners for our CSA members to celebrate the end of the season," says HG.

Even as the Field to Fork dinners became more established, and the chefs higher profile, the dinners never lost their original purpose or communal feel. The dishes are served family-style and the menu is dictated by whatever is available on the farm.

The recipes in this month's column share that same mission—they are delicious, use what's in season, and are best enjoyed among good company. Cheers!



Chef Gerald Allen at the grill



Open through Halloween, selling fresh produce, artisan local food, potted succulents and more



Field to Fork dinners bring local chefs, seasonal ingredients and food fans together.

Backyard Summer Recipes

Gerald says the best part of the weekly smoked dinners is that they provide him with a creative outlet. This inspiration makes its way onto the plate with bold, flavorful sauces and rubs that can pretty much go on anything.

Chermoula Sauce

Originally from Morocco, this flavorful herb sauce can be used as a marinade or condiment. According to Gerald, it's perfect with "anything summery" including grilled meats, fish and grilled veggies.



- 1 C. fresh cilantro leaves, chopped
- 1 C. fresh flat-leaf parsley leaves, chopped
- 1 tsp. fresh thyme leaves
- 2 tsp. fresh ginger, grated
- 2 cloves garlic, chopped
- ¼ tsp. kosher salt
- ½ tsp. Aleppo chili flakes
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- 1 tsp. rice wine vinegar
- ½ lemon, zested and juiced
- ½ C. extra-virgin olive oil

Combine all the ingredients, except olive oil, using one of the following methods: grind with mortar and pestle (most traditional), mince finely by hand, or chop with a food processor. *Note:* Blenders are *not* the best tool for this job since the goal is to chop not blend.

Once everything has been minced/ground into a uniform mixture, transfer to a bowl and stir in the olive oil.

Makes 1 cup of sauce.

Note: As tempting as it is to just add the oil right into the food processor with the herbs and aromatics, Gerald warns against doing that because it changes the taste and texture of the sauce.

Watermelon and Heirloom Tomato Salad with Feta

- ½ small/medium watermelon, cubed
- 1 heirloom tomato, sliced or cut into wedges
- ½ C. basil leaves, chopped
- 3 Tb. olive oil
- 2 Tb. red wine vinegar

Perfect Picks:

Late summer is showtime for PA produce. Crowd-pleasers like melons, corn and tomatoes top market tables begging to be brought home and enjoyed.

Here are a few tips and tricks to help you select and store the best of the bunch:

Watermelon – A ripe watermelon should feel heavy for its size, sound hollow when you knock, and have a yellow patch, indicating it was ripened in the field. The rind should be hard and not too shiny.

Cantaloupe – A ripe cantaloupe should smell fragrant and be firm but not hard. It should also be a nice shade of light tan, not green, with visibly raised ridges all over the skin. It shouldn't have any remnant of the stem since it separates easily from the vine when harvested ripe.

Tomatoes – There's nothing quite like a vine-ripened tomato. Ones found at the grocery store are often picked before peak ripeness to allow for longer storage and easier handling. HG recommends getting them as locally as possible, and that of course includes your own backyard! Storage: keep them at room temperature on a sill or counter, never in the fridge, as the cooler temperature can turn the texture mealy.

Corn – Although newer varieties of corn may be stored for slightly longer, HG recommends eating sweet corn ASAP after it's harvested. As time elapses, sugars from the corn become starchier, affecting the taste and texture. Slow that process by storing in the fridge. SIW harvests corn multiple times a day to keep the farmstand stocked with the freshest ears possible.

Peaches – A golden yellow hue means the fruit has been allowed to sweeten up in the sun. The skin should be wrinkle-free and have some give when pressed. Look for a sign or ask your market/farmers which have been tree-ripened, because there's really no comparison. Allow to ripen fully on the counter before storing uncovered and unwashed in the crisper drawer of the fridge.

Fresh Herbs – Fresh herbs are one of the best parts of summer cooking, whether you buy them at a market or get them from your CSA. To keep them from wilting, store soft herbs (parsley, mint, cilantro) upright, with stems in a water glass and a plastic bag over top. Store hard herbs (rosemary, thyme, oregano) in the fridge in a dry bag with a slightly damp towel wrapped around the ends.

Lima Beans – While HG acknowledges that lima beans aren't usually on the top of most people's shopping list, SIW's exceptionally fresh and unique heirloom varieties might change your mind. He says they are best when freshly picked, not overly big, and only need to cook for 1 minute in boiling water.

- 5 oz. block feta, cubed
- ½ tsp. flake sea salt
- ½ tsp. fresh cracked black pepper

In a large bowl add watermelon, tomatoes, basil, olive oil, vinegar, and feta. Toss to combine.

Plate mixed salad, add mixture on top, then top with salt and pepper to taste.

Serves 2.



Charred Zucchini, Squash Blossom and Heirloom Tomato Salad

This recipe brings the best of summer into one salad. Can't find squash blossoms (sometimes harder to get in late in the summer)? No problem—the flavors and textures will still be sensational without them.

- 2 medium-sized zucchinis, halved or quartered
- 6 squash blossoms
- 2 Tb. olive oil
- 1 heirloom tomato, sliced or cut into wedges
- Salt and pepper to taste (or 2 tsp. Gerald's famous Spud Spice, recipe available online)
- 1 Tb. of Chermoula Sauce



Start with a cast-iron skillet on medium-high heat. In a bowl, toss the zucchini, squash blossoms and olive oil together. First sear the zucchini for about 1 minute on first side, then add squash blossoms. Flip to sear zucchini on other side for 1 minute or until crispy. Once cooled, season with Spud Spice or salt and pepper. Lay each item onto a plate or shallow bowl and top with Chermoula Sauce. Serves 2. *Note:* For the “Spud Spice” that Gerald says will change your life, head to our website's post for August's Brandywine Table.

Smoky Grilled Chicken Thighs

While most of us don't have an industrial-size smoker at home, adding some smoked paprika (aka pimenton) to your dry rub can help develop some of that rich smoky flavor we know and love. Dry rubs, just like sauces, are great because you can make a whole bunch and use it on just about any protein!



Spice Rub:

- 2 Tb. smoked paprika
- ½ tsp. hot paprika
- 1 Tb. salt
- 2 tsp. garlic powder
- 2 tsp. cumin
- 2 tsp. ground pepper (black or red will work)
- 1 Tb. brown sugar

Chicken:

- 4-lb. bone-in chicken thighs
- ½ C. parsley, roughly chopped

Make dry rub first by mixing all ingredients together and storing in an airtight container. (Rub will last at room temperature for up to a month and is great on seafood, poultry or grilled eggplant.)

Rinse chicken and pat dry. Place onto a large tray and sprinkle liberally with dry rub mixture. Flip the chicken over and repeat on the other side. Once well coated with seasoning (should be mostly a red/rust color), cover and refrigerate for at least 2 hours or up to 6 hours.

Pull chicken from the fridge and allow to warm to room temperature (15 minutes).

Preheat the grill to 400° F. Place chicken on the hot grill skin-side-down and cook over medium heat for 10 minutes (if working with a gas grill, keep flames directly under chicken a bit lower to avoid flare ups, as the sugar in rub will burn). Carefully flip each piece and grill for 10 minutes more or until internal temperature reaches 165° F.

Pull chicken off the grill, finish with a pinch or two of coarse salt and allow it to rest for 10–15 minutes before serving.

Top with chopped parsley once the chicken has cooled slightly.

Serve with any of your favorite grilled summer veggies.

Serves 6–8.

Don't Forget the Figs ...

We'd be remiss not to mention SIW's figs as part of this piece. They are a true labor of love since HG admits the farm sits about 100 miles too far north for the trees to truly thrive. But that doesn't stop him from trying. This delicious recipe is from Field to Fork veteran Ari Miller, chef/owner of Philly's Musi & Frizwit.

Cardamom-Scented Malabi with Fresh Figs

Malabi is a traditional Israeli milk pudding that provides a creamy accompaniment to the fresh figs.



- ½ C. heavy cream
- 3½ Tb. cornstarch
- 1½ C. whole milk
- 4 Tb. sugar
- 8 cardamom pods, crushed

- ¼ tsp. vanilla extract
- Pinch of kosher salt
- 2 fresh figs, sliced into halves or thirds

Whisk together cream and cornstarch in a small bowl to form a slurry and set aside. Add milk, sugar, cardamom, vanilla and a pinch of salt to the saucepan and heat over medium flame till just before it simmers. Strain out cardamom pods and return to low heat.

Whisk in the cream and cornstarch mixture and return heat to medium. Continue to whisk constantly until the mixture thickens to the consistency of pudding.

Turn out mixture into single-serving ramekins, slice or rip figs into halves or thirds and rest on top of the malabi, gently pushing it into the surface.

Cover with plastic wrap and place in the fridge to cool and set (at least 45 minutes).

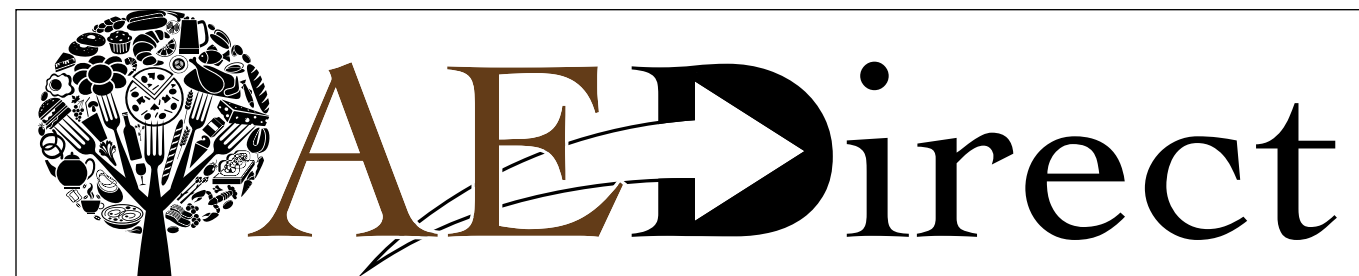
Garnish with something nice, like a drizzle of honey or some crushed tea biscuits.

Serves 8. ♦

Alyssa Thayer found her love of food at an early age, frolicking around her mother's organic farm and eating her weight in berries and snap peas each summer. She is a self-proclaimed urban farm girl, whose mission is to bring inspired ideas to life, passionate people together, and good food to every table.



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