

COUNTY LINES

MAGAZINE

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AUGUST 2018

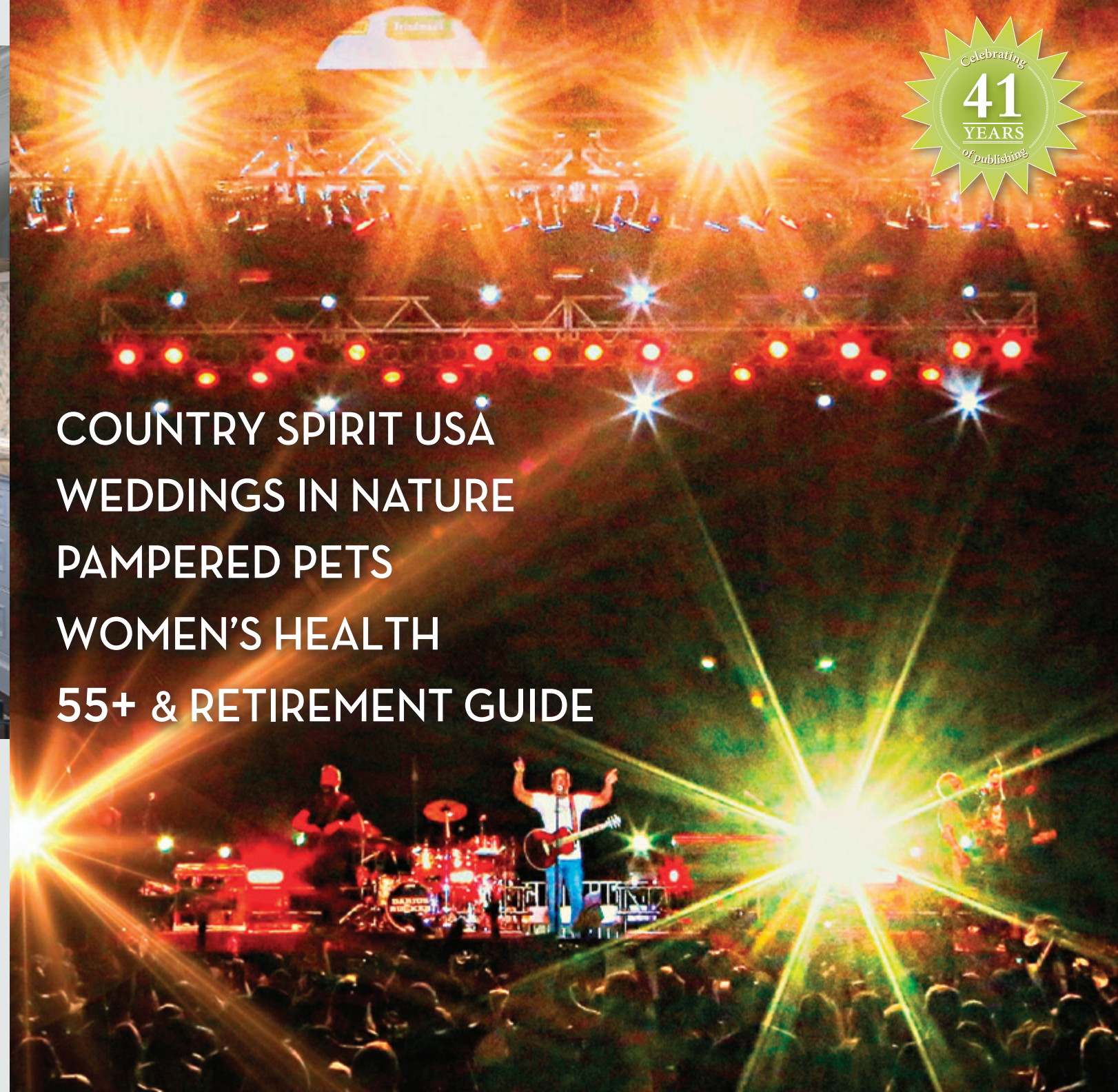
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COUNTY LINES

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



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WEDDINGS IN NATURE
PAMPERED PETS
WOMEN'S HEALTH
55+ & RETIREMENT GUIDE



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The Forbes ranking of America's Top Wealth Advisors, is based on an algorithm of qualitative and quantitative data, rating thousands of wealth advisors with a minimum of seven years of experience and weighing factors like revenue trends, assets under management, compliance records, industry experience and best practices learned through telephone and in-person interviews. There is no fee in exchange for rankings.

The "Barron's Winner's Circle Top 1200" is a select group of individuals who are screened on a number of different criteria. Among the factors that advisors are assessed include their assets under management, revenues, the quality of service provided to clients, and their adherence to high standards of industry regulatory compliance. Portfolio performance is not a factor. Please see Barrons.com for more information.

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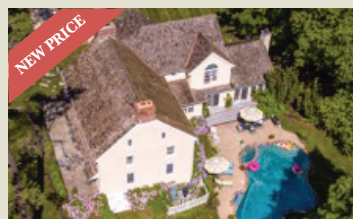
Chester Springs

63 Acres | Converted Barn | Pool
Par 3 Golf Hole | Apple Orchard
Pond | Hiking Trails | Subdivision Possible
\$3,900,000



Chester Springs

6 BR, 5.1 BA | 22.8 Acres
Pool | Tennis Court | Pond
Stream | Close to Ludwigs Corner
\$2,499,000



Unionville

6 BR, 4.1 BA | 74 Acres | Updated
Private Pool | Amazing Barn
Excellent Equestrian Facility
\$1,799,000



Chester Springs

4 BR, 2.1 BA | 39.6 Acres
Gorgeous Landscaping | Ponds
Serene & Private | Preserved Views
\$1,488,000



Chester Springs

5 residences | Perfect Family Compound
Historic Mill | Scenic Waterfall
Retirement Paradise
\$1,250,000



Chester Springs

4 BR, 4.1 BA | 20.1 Acres
In-Law Suite | 3 Car Garage
Gourmet Kitchen | Stunning Property
\$1,249,000



Unionville Area

5 BR, 5.2 BA | 31.6 Acres
Private | Separate Apt | Barn
Riding Ring | Cheshire Hunt
\$1,249,000



West Chester

6 BR, 3.0 BA | 0.23 Acres | 2 Fireplaces
3-Car Garage | Open Floor Plan
Original Details | Finished Lower Level
\$1,150,000



West Chester

4 BR, 3.0 BA | 5.1 Acres
Stunning Home | Pool | 3 Car Garage
Unionville-Chadds Ford Schools
\$1,099,000



Unionville Schools

4 BR, 3.1 BA | 12.8 Acres
2 BR Cottage | Fabulous Views
6 Stall Stable | Unionville Schools
\$1,050,000



Unionville Schools

5 BR, 5.1 BA | On Cul-de-Sac
Each Bedroom has own Full Bath
Finished Lower Level | Unionville Schools
\$959,000



Downingtown Schools

4 BR, 5 BA | Barn Conversion
Volumes of Space | Gourmet Kitchen
Fabulous Master Suite | Barn & Pastures
\$950,000



Chester Springs

4 BR, 2.1 BA | 14.90 Acres
Charles T. Okie Design | Guest Cottage
Beautiful Details | Privately Set
\$850,000



Landenberg

5 BR, 4.1 BA | .70 Acres | 5,246 SF
Gourmet Kitchen | Stunning Family Rm
Spacious Finished Lower Level
\$648,000



Chadds Ford

4 BR, 2.1 BA | 1.09 Acres | Quiet
Great Floorplan | Commuter Convenient
Unionville-Chadds Ford Schools
\$634,900



Cochranville

4 BR, 4.1 BA | 1.90 Acres
Open Floor Plan | Custom Kitchen
Finished Lower Lvl | Stunning Living Rm
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from the
EDITOR

It's August again. To mark this long summer month, we bring you ways to enjoy the good life. To start, our Best Local Events section is bursting with things to do this month, and our Mark Your Calendar feature has even more fall fun. We shine a spotlight on *Woody Sez* at People's Light and West Chester's annual Criterium bike race.

But the big new thing is the Citadel County Spirit USA music festival at Ludwig's Corner on August 24–26, with over 20 performers on two stages in three days. Get psyched by our cover image of the sister concert in Sonoma County. And get your tickets *now*!

Emily Hart takes you to Malvern to visit people behind the businesses that make that town special, including a stop at David Campli Photography for a homemade pizzelle/business card.

For tips on maintaining good health for a good life, read our Closer Look at Women's Health feature. Local medical experts examine travel during pregnancy, social media and teen girls, making sleep a priority, and treating arthritis.

We also look at dementia and its growing impact on seniors. Ed Malet writes "What Can You Do to Cope?," exploring in-home and residential services. Check our Guide to 55+ and Retirement Communities and Services for more options.

On a happier note, Mary Dolan explores just how pampered our pets are and some new goods and services available for our fur babies. Help us choose the winner in our annual Cutest Pet contest. See the semi-finalists' adorable photos and vote for your favorite on Facebook.

At the crossroads of "tastes good" and "good for you," fermentation is Laura Brennan's topic in Brandywine Table as she covers kombucha, kimchi, kefir plus the wonders of SCOBY (you have to read about it).

Finally, in "Weddings in Nature Settings" we look at local venues—from parks to farms to hunt clubs—to see what Mother Nature provided as a backdrop for the big day.

It is a good life here in *County Lines* Country!

Thank you for reading.


Jo Anne Durako
Editor



COMING IN SEPTEMBER!

CELEBRATING CHESTER COUNTY
Preview of the 78th Chester County Day
Dressage at Devon • Fall Equestrian Season
Fall Style • Home Décor • Books • Wine
Home of the Month • Worth Knowing

COUNTY LINES
MAGAZINE

August 2018
Volume XLII, Number 12

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2018
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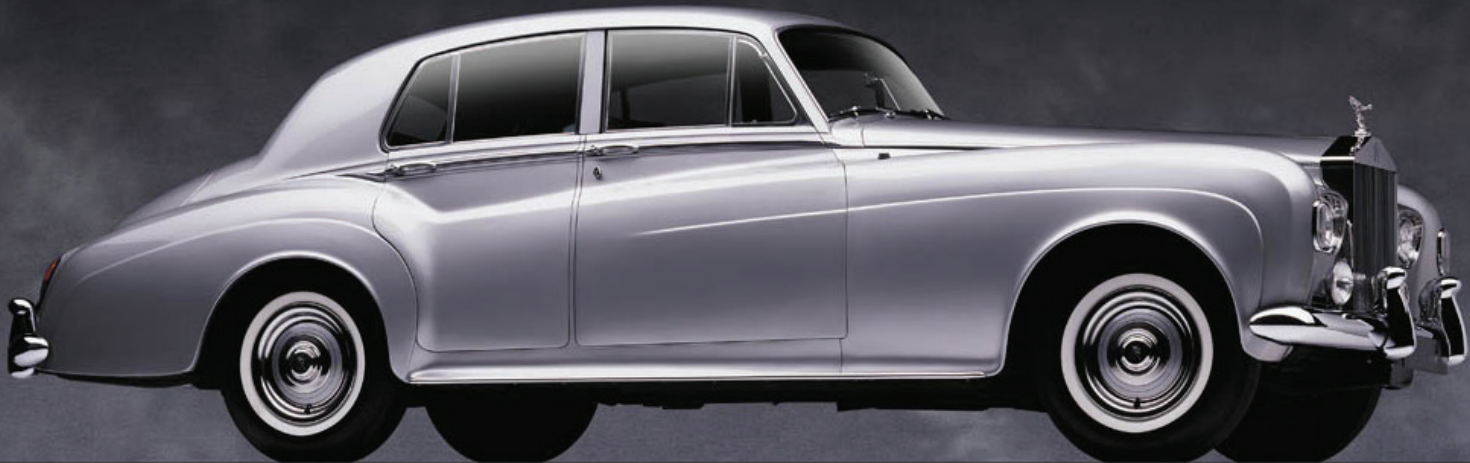


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Cover photo from Country Summer 2018, sister event to Citadel Country Spirit USA. Top photo by Martin Reardon Photography.

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

Healthy You/Healthy Planet. Need some extra motivation to go on your morning jog? Swedes get going through a new fitness craze called “**plogging**” that’s spread to the U.S. From the Swedish phrase for “pick-up,” plogging encourages people to pick up trash along their jogging route to clean up local streets.



Grab a bag and bring some eco-minded friends to help keep Chester County clean, all while burning some calories. Dog-walkers can join in, too, and add to the 10,000 Instagram posts at #plogging. More at BusinessInsider.com.

Celebrate DOGust 1. Pet vets and volunteers don’t speak dog, so when a pup arrives at a shelter, there’s no way to know its birthday. That’s why August 1 is **DOGust 1**, the universal birthday for shelter dogs. A special day is needed for sheltered strays who come in with an unknown history. Visit a shelter like our local Brandywine Valley SPCA or Main Line Animal Rescue to adopt a good boy or girl today. Just remember to have a cake and presents waiting at home! BVSPCA.org; MLAR.org.



Dog Selfies. Take a break from your usual Facebook, Twitter and Instagram check-ins and visit the new social media platform called **Petzbe**, designed exclusively for pets—no humans allowed, except for posts like “How I Met My Human.” See what local pets are doing and upload your important daily activities like sniffing in the garden or sleeping in the shade. Show your furry friends your new coat after a trip to the groomers. Get your human to download the app at Petzbe.com.

Don’t Wait. Vaccinate. Before the new school year starts, add **vaccines** to your summer to-do list. Vaccine-preventable diseases can be very serious, especially in young children, and getting a vaccine is safe and easy in the hands of a professional! Get all vaxes up to date this summer when you don’t have to take the kiddos out of school for an appointment. Chester County Health Department has info on immunization at Chesco.org/Health.



Game on the Green. Looking to practice your golf swing? Overlook the lush vistas of Pickering Valley’s golf course in Phoenixville for Ladies’ Night Golf, starting August 29. Learn proper stance and position while perfecting both short and long game techniques. Bring your clubs and some friends to practice with a pro on the 18-hole course. Compete to see who pays for the night’s drinks! Classes, \$205. 450 S. Whitehorse Rd., Phoenixville. Schedule at ChesterCountyNightSchool.com.



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[August Picks] Our Picks for top events this month

Goschenhoppen Folk Festival

August 10–11



Experience authentic Pennsylvania German folklife from the 18th and 19th centuries. This year's festival theme is *Gemacht von Hand* (made by hand). You can visit with friendly farm animals, take wagon rides on a horse-drawn wagon and enjoy traditional tasty refreshments such as fast-nachts, shoofly pie, elderberry pie, homemade root beer and raspberry schrub. *Henry Antes Plantation, 318 Colonial Rd., Perkiomenville. Fri., noon to 8 p.m.; Sat., 10 a.m. to 6 p.m. \$3–\$12. 215-234-8953; Goschenhoppen.org.*

40th Annual Long's Park Art Festival

August 31–September 2

Come out to one of America's top 50 art festivals, held at beautiful Long's Park in Lancaster County. Stroll around the park's lake while enjoying more than 200 juried artisans plus food, craft beers and wines. Benefits the park's Amphitheater Foundation. *1441 Harrisburg Pk., Lancaster. Fri. & Sat., 10 a.m. to 6 p.m.; Sun., 10 a.m. to 5 p.m. \$12. The festival is held rain or shine. 717-291-4835; LongsPark.org.*



Brandywine in White

August 18

The Brandywine Valley's Pop-Up BYO Summer Gala, held at a secret location, benefits Neighbors for Crebilly, LLC. Guests wear their trendiest white outfits, provide their own picnic basket dinner, wine, centerpiece, candles and ambiance. The location will be revealed the morning of August 16. *5:30 to 10 p.m. \$35–\$40. Facebook.com/BrandywineInWhite.*

Annual Dog Days of Summer

August 23

The Land Conservancy for Southern Chester County invites you to bring out your four-legged "fur babies" for a fun evening in a beautiful, natural setting. The event features a pet costume contest, guided hikes in the preserve, doggie pools, an "ask the vet" table, search and rescue demonstrations, games and adoptable animals.



Stateline Woods Preserve, 814 Merrybell La., Kennett Square. 6 to 8 p.m. Free. 610-347-0347; TLCforSCC.org.

Bethlehem Musikfest

August 2–12

Treat yourself to a short road trip to Bethlehem, site of the nation's largest non-gated music festival, coming alive with the sound of all genres of music. Tickets are required for national headliners such as Kesha, Dierks Bentley, Daughtry, Jim Gaffigan, Trombone Shorty's Voodoo Threax-down Tour ... the list goes on. Check the website for free concerts. For a complete lineup and to purchase tickets, visit *Musikfest.org*.



best Local Events

FAMILY FUN

THROUGH SEPTEMBER 3
Brandywine Treasure Trail Passport. Valid for one general admission visit at each of the 12 area sites. Individual Passports start at \$45, Family Passports (2 adults and up to 3 children), \$95. For a list of attractions, VisitWilmingtonDE.com.

THROUGH SEPTEMBER 23, Sundays
West Chester Railroad Summer Picnic Specials. Take a relaxing 90-minute ride through the scenic countryside between West Chester and Glen Mills. Pack a lunch or purchase one from their on-board snack bar to have during the stop at the Glen Mills train station picnic grove. Market St. Station, 230 E. Market St., West Chester. Noon. \$13–\$15. 610-430-2233; WestChesterRR.net.

THROUGH SEPTEMBER, Thursdays
Brandywine Zoo—Story Time at the Zoo. Enjoy fun animal stories in the otter circle in the main zoo followed by crafts or live animal presentations. 1001 N. Park Dr., Wilmington. Open daily, 10 to 4. \$5–\$7. 302-571-7747; BrandywineZoo.org.

THROUGH OCTOBER 8
Morris Arboretum's Summer Garden Railway. Track features loops and tunnels with 15 different rail lines and two cable cars, nine bridges and model trains. 100 E. North-western Ave., Phila. Through Sept. 3, Mon–Fri, 10 to 4; Sat, Sun, 10 to 5; Wed til 8. Through Oct. 8, weekends only. \$9–\$17. 215-247-5777; MorrisArboretum.org.

AUGUST 2, SEPTEMBER 6
Swingin' Summer Thursdays in West Chester. Great food, live music, clowns, artists, magicians, jugglers and more. Gay St. between High & Darlington Sts. or High & Matlack Sts. 6:30 to 9. 610-436-9010; DowntownWestChester.com.

AUGUST 7
6th Annual National Night Out Against Crime. The Borough Police Dept. invites families to enjoy live entertainment, refreshments, kids activities, police displays, fire and EMS vehicles. Henderson High School, 400 Montgomery Ave., West Chester. 6 to 9. 610-696-2700; West-Chester.com.

AUGUST 7–NOVEMBER 1
Landis Valley Museum. Aug. 7, Oct. 18, 25, Nov. 1, Hands On History Days, experience chores, historic crafts and a school lesson. Sept. 2, Ice Cream Sunday features wagon rides, kids activities and free ice cream sundaes. For times and admission visit LandisValleyMuseum.org.

AUGUST 10–11
Goschenhoppen Folk Festival. See August Picks.

AUGUST 12
Touch A Truck Day. See different models of cars and trucks—dump trucks, cement mixers, fire trucks, new cars. Chester County Gov. Services Complex, 601 Westtown Rd., West Chester. Noon to 4. Parking \$2. 610-436-9010; West-Chester.com.

AUGUST 19
American Helicopter Museum Celebrates World Helicopter Day. Celebrating rotary wing flight by raising awareness of helicopters' contributions to society. 1220 American Blvd., West Chester. Noon to 4. \$8–\$10. Helicopter rides, \$60. 610-436-9600; AmericanHelicopter.Museum.

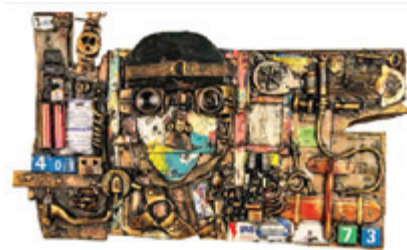


AUGUST 26
Bugs and Butterflies at Tyler Arboretum. Watch monarch tagging demonstrations, visit the arthropods from the Philadelphia Insectarium and the Butterfly Pavilion then get up close to a real beehive. 515 Painter Rd., Media. 10 to 2. \$9–\$15. 610-566-9134; TylerArboretum.org.

SEPTEMBER 1
Back to School Science Day at Colonial Pennsylvania Plantation. Conduct your own scientific experiments—dye a handkerchief using indigo and madder root, churn butter and discover how baking is like chemistry. 3900 N. Sandy Flash Dr., Newtown Square. 11 to 4. \$6–\$10. 610-566-1725; ColonialPlantation.org.

ART, CRAFTS & ANTIQUES

THROUGH OCTOBER 13
GoggleWorks Center for the Arts. Through Aug. 26, "Permanent Residency." Sept. 7–Oct. 13, "Made in Cuba," Julio César Cepeda Duque created pieces of Cuban reality, inspired by fragments of daily routine on the island. 201 Washington St., Reading. Daily 9 to 9. Free. 610-374-4600; Goggleworks.org.



AUGUST 31–SEPTEMBER 2
Long's Park Art Festival. See August Picks.

SEPTEMBER 8–9
Brandywine Festival of the Arts. A Delaware tradition spanning over half a century, featuring arts and crafts from all over the country. 1001 North Park Dr., Wilmington. \$5. 302-419-6648; BrandywineArts.com.

BOOKS

AUGUST 2, 15–16
Wellington Square Bookshop. Aug. 2, *The Perfect Horse: The Daring U.S. Mission to Rescue the Priceless Stallions Kidnapped by the Nazis*, by Elizabeth Letts, 7 to 9. Aug. 15–16, *Miss Kopp's Midnight Confessions* by Amy Stewart, Wed & Thurs, 2 to 4; Thurs, 7 to 9. 549 Wellington Square, Exton. 610-458-1144; WellingtonSquareBooks.com.

AUTO SHOW

AUGUST 12
New Hope Automobile Show. One of the oldest shows in the country and a showplace for enthusiasts, owners and spectators with great food and music. Benefits scholarships at New Hope-Solebury High School and Fox Chase Cancer Center. New Hope-Solebury High School, 180



W. Bridge St., New Hope. 9 to 4. \$5–\$10. 215-862-5655; NewHopeAutoShow.com.

EQUESTRIAN

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



FESTIVALS & FAIRS

THROUGH AUGUST 4
69th Annual Goshen Country Fair. An old-fashioned fair with agricultural exhibits, rides and entertainment. Benefits the Volunteer Goshen Fire Company. Gates open 6 pm. Fair Grounds, Park Ave., off West Chester Pk. 610-430-1554; GoshenCountryFair.org.

AUGUST 10–12
Pirates & Wenches Weekend in Rock Hall, MD. A town-wide theme party you won't forget with fun for the whole family. live entertainment, costume contests, a treasure hunt, beach party, kids activities and more. Visit RockHallPirates.com.



AUGUST 23
TLCs Dog Days of Summer. See August Picks.

AUGUST 25
East Goshen Food Truck and Music Festival. Plenty of food trucks with tasty food and desserts, bands, performers and kids activities. East Goshen Township Park, 1661 Paoli Pk., West Chester. 4 to 8 pm. Free. 610-692-7171; EastGoshen.org.

AUGUST 26
The August Quarterly Festival Celebration 2018. The nation's oldest African-American festival celebrating freedom of religion and speech and the right of assembly. Tubman-Garrett Riverfront Park, Rosa Parks Dr., Wilmington. 302-655-5231; AugustQuarterly.org.

FOOD & DRINK

AUGUST 25
Delaware Burger Battle 2018. Delaware's top chefs put their best burgers forward. Benefits



Ministry of Caring's Emmanuel Dining Room. Cauffiel House, 1016 Philadelphia Pk., Wilmington. Noon to 3. Tickets good for all restaurant booths. DEBurgerBattle.com.

AUGUST 25
2018 Lancaster Craft Beerfest. The best breweries locally and from across the country, food trucks and live music. Lancaster Square and Binns Park, 100 block of N. Queen St., Lancaster. Two sessions: noon to 3 and 4 to 7:30 pm. \$45; designated driver, \$12. LancasterCraftBeerFest.com.

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AUGUST 18

Brandywine in White. See *August Picks*.

AUGUST 25

3rd Annual West Chester Summer Soiree.

Always held at a surprise location, attendees wear white, bring their own food and drinks to raise money for the Charles A. Melton Arts and Education Center, The Chester County Family Academy and Kidneeds. Live entertainment and lots of fun. Tickets \$75. 7 pm. Location will be announced on Aug. 25. WCSummerSoiree.org.



MOVIE NIGHTS.....

THROUGH AUGUST

Chester County Library System Movie Nights & Movie Marathons. Movies for all ages in many genres are showing at a library near you. Some even offer snacks and activities. Check out their events website for a complete listing. CCLS.org/31/Events-Calendar.

AUGUST 6, 13, 20

Uptown! Knauer Performing Arts Center.

Classic Movie Mondays: *Aug. 6, Thelma & Louise; Aug. 13, Iron Giant; Aug. 20, Easy Rider.* 226 N. High St., West Chester. 7 pm. \$10. UptownWestChester.org.

AUGUST 9

Movie Night at Charles A. Melton Center.

501 E. Miner St., West Chester. Dusk. Free. See website for details. West-Chester.com.

AUGUST 16

King of Prussia Town Center Outdoor

Movie Night. *Little Giants.* 155 Village Dr., King of Prussia. 8 pm. Free. 484-231-1762; KingOfPrussia-TownCenter.com.

AUGUST 17, SEPTEMBER 21

Westtown Township Movie Nights at Oak-

bourne Park. *Aug. 17, Star Wars: A New Hope; Sept. 21, High Noon.* 1014 S. Concord Rd., Westtown. 8 pm. Free. WesttownPA.org.

MUSEUMS.....

THROUGH SEPTEMBER 3

Delaware Museum of Natural History.

"Mystery of the Mayan Medallion"—discover Palenque, Mexico, where an archaeological team mysteriously disappeared while investigating rumors of a priceless jade medallion buried in the ruins. 4840 Kennett Pk., Wilmington. Mon–

Sat, 9:30 to 4:30; Sun, noon to 4:30. \$3–\$9. 302-658-9111; DelMNH.org.



THROUGH SEPTEMBER 9

Delaware Art Museum. *Through Sept. 2,*

"African American Art: Migration and Modernism." *Through Sept. 9,* "Danny Lyon: Memories of the Southern Civil Rights Movement" and "The Montgomery Bus Boycott: Drawings by Harvey Dinnerstein and Burton Silverman." 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8, free after 4; Fri–Sun, 10 to 4. \$6–\$12, free, Sun. 302-571-9590; DelArt.org.

THROUGH OCTOBER 28

Brandywine River Museum of Art. *Through October 21,* "Natural Wonders: The Sub-

Local Farm Markets

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

Bryn Mawr Farmers Mkt., Lancaster Ave. at Bryn Mawr train station parking lot. *Sat, 10 to noon.* FarmToCity.org.

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

East Goshen Farmers Mkt., E. Goshen Park, 1580 Paoli Pk. *Thurs, 3 to 7.* EastGoshen.org.

Eagleview Farmers Mkt., Eagleview Town Crt., Wellington Sq., Exton. *Thurs, 2 to 6.* 610-836-1391; GrowingRootsPartners.com.

Jennersville Mkt., 352 N. Jennersville Rd. *Wed, 3 to 7.* 610-345-1763; Facebook.com/JennersvilleFarmersMarket.

Kennett Square Farmers Mkt., 101 E. State St. *Fri, 3 to 7.* 610-444-8188; HistoricKennettSquare.com.

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

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

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

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

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

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

Pottstown Farmers Mkt., 300 E. High St. *Thurs–Fri, noon to 7; Sat–Sun, 9 to 5.* 610-323-5400; PottstownFarm.org.

SIW Farmers Mkt., 4317 S. Creek Rd., Chadds Ford. *Daily, 8 to 6.* 610-388-7491; SIW-Vegetables.blogspot.com.

Swarthmore Farmers Mkt., 432 Dartmouth Ave. *Sat, 9:30 to 1:30.* SwarthmoreFarmersMarket.org.

Thornbury Farmers Mkt. & CSA, 1256 Thornbury Rd. *Fri, 9 to 5; Sat–Sun, 11 to 5.* ThornburyFarmCSA.com.

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

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

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

lime in Contemporary Art." *Through Oct. 28,* "The Serious and the Smirk: Portraits from the Collection." 1 Hoffmans Mill Rd., Chadds Ford. Daily 9:30 to 5. \$6–\$18. 610-388-2700; Brandywine.org.

THROUGH DECEMBER

Chester County Historical Society. "Many

Nations/Chester County." 225 N. High St., West Chester. Tues–Sat, 9:30 to 4:30. \$4–\$8. 610-692-4800; ChesterCoHistorical.org.

THROUGH DECEMBER 31

The National Constitution Center. "Hamilton: the Constitutional Clashes that Shaped

a Nation." Independence Mall, 525 Arch St., Philadelphia. Mon–Sat, 9:30 to 5; Sun, noon to 5. \$11–\$14.50. ConstitutionCenter.org.



THROUGH JANUARY 6, 2019

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Through Aug. 5, "Truths of the Trade: Slavery and the Winterthur Collection." *Through Jan. 6*, "Follies: Architectural Whimsy in the Garden." 5105 Kennett Pk., Winterthur. Tues–Sun, 10 to 5. \$15–\$30. 302-888-4600; Winterthur.org.

AUGUST 4, 18, SEPTEMBER 1
Wine & Cheese Tours at Wharton Esherick Museum. Tour the Studio then enjoy local wine, cheese and light fare on the deck. Res. required. 1520 Horseshoe Trail, Malvern. 4 to 6. \$25–\$30. 610-644-5822; WhartonEsherickMuseum.org.



MUSIC & ENTERTAINMENT.....
THROUGH AUGUST 24
Uptown! Knauer Performing Arts Center. *Aug. 9*, The World Famous Glenn Miller Orchestra; *Aug. 24*, Dueling Pianos. 226 N. High St. UptownWestChester.org.

THROUGH AUGUST 31
Summer Music Series in Phoenixville. Every Friday (other than First Fridays) enjoy a variety of music acts including bands and singer-songwriter performances in downtown Phoenixville. 6 to 9. PhoenixvilleFirst.org.

THROUGH OCTOBER
Longwood Gardens Summer Concert Series. *Through Oct.*, live music in the beer garden, 6 to 9; *Aug. 2–4*, The Brandywiners present *Music Man*, see *Theater*; *Aug. 14*, Ladysmith Black Mambazo; *Aug. 17*, Steve Riley and the Mamou Playboys; *Aug. 19*, Scott Bradley's Post-modern Jukebox; *Aug. 21*, Bollywood Boulevard: A Journey Through Hindi Cinema; *Aug. 26*, The Dan Zanes Trio with Claudia Eliaz and Pauline Jean; *Aug. 28*, The Wood Brothers. 1001 Longwood Rd., Kennett Square. 610-388-1000; LongwoodGardens.org.



AUGUST 1–12
Delaware County Summer Festival. *Aug. 1*, Bryn Mawr Mainliners; *Aug. 2*, Yellow Brick Road; *Aug. 3*, Reggae Thunder: Stones & Dylan; *Aug. 4*, The Ebonys; *Aug. 5*, The Bigt House Band; *Aug. 8*, 22 Park Avenue; *Aug. 9*, US Army Field Band & Soldiers Chorus; *Aug. 10*, Barefoot Bobby & The Breakers; *Aug. 11*, Blackbird Society Orchestra; *Aug. 12*, The Core: Clapton. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. 7:30. Free. 610-891-4455; Co.Delaware.PA.US.



AUGUST 1, 8
Summer Concerts at Anson B. Nixon Park. *Aug. 1*, Apache Trails, folk, Americana, roots, blues; *Aug. 8*, Radio Free Honduras, Latin folk rock. Waterworks Dr., Kennett Square. 7 pm. Free. 610-444-1416; AnsonBNixonPark.org.

AUGUST 2–12
Bethlehem Musikfest. See *August Picks*.

AUGUST 3–5
The 21st Annual Riverfront Blues Festival. The blues are back! An outdoor music festival at Tubman-Garrett Riverfront Park, Rosa Parks Dr., Wilmington. Check website for a complete lineup. \$25–\$80. 302-576-2139; RiverfrontBluesFest.com.

AUGUST 4, 5
The Chesco Pops Orchestra 2018 Summer Concerts. "Classics at the Pops." *Aug. 4*, Fugett Middle School, 500 Ellis La., West Chester, 7 pm; *Aug. 5*, Phoenixville Area Middle School, 1330 Main St. 3 pm. \$15–\$20; children free. 610-594-9178; ChesCo-Pops.org.

AUGUST 5
Upper Merion Concerts Under the Stars. The Legendary IIs Sont Partis Band. Beer Garden at 5, concert at 6 pm. Township Bldg. Park, 175 W. Valley Forge Rd., King of Prussia. 484-636-3899; UMTownship.org.

AUGUST 5, 19
Miller Park Summer Concert Series. *Aug. 5*, The Janis Nowlan Band; *Aug. 19*, Rob Snyder. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6:30. Free. 610-363-9525; WestWhiteLand.org.

AUGUST 7–28
Eagleview Town Center Concerts on the Square. *Aug. 7*, Wildrivers and Tumbleweed; *Aug. 14*, mystery guest with special guests David Jacobs-Strain and Bob Beach; *Aug. 21*, Greg Sover and Dalton & The Sheriffs; *Aug. 28*, Nik Greeley & The Operators, with fireworks after the show. 540 Wellington Square, Eagleview, Exton. 7 pm. Free. EagleviewTownCenter.com.

AUGUST 11
Wyebrook Summer Fest. Bring your lawn chair or blanket for a full day of music, great food from several food trucks, Victory Beer available for sale (this is also a BYO event) and lots of fun. Wyebrook Farm, 150 Wyebrook Rd., Honey Brook. Rain or shine from 11 to 6, gates open at 10. \$30, under 12, free. WyebrookFarm.com.

AUGUST 11
90th Chester County Old Fiddlers' Picnic. Old-time country music with hundreds of musicians. Kids activities, mansion tours, food and craft vendors. Rain date Aug. 12. Hibernia County Park, Cedar Knoll Rd., West Caln Township. 10 to 4. \$5 parking fee. 610-383-3812; ChesCo.org/CCParks.

AUGUST 16
Music at Marshall Square Park. Come to

the gazebo in Marshall Square Park for a picnic concert. Visit the website for performers. 248 E. Marshall St. 6:30 pm. Free. 610-436-9010; MarshallSquarePark.org.

AUGUST 18
Kennett Symphony at Longwood Gardens. "Symphony Under the Stars," enjoy Mendelssohn's *A Midsummer Night's Dream*, Edvard Grieg's *Peer Gynt Suite*, and favorites from Disney and *Harry Potter*. 1001 Longwood Rd., Kennett Square. 7:30. \$40–\$50. 610-444-6363; KennettSymphony.org.

OUTDOOR ACTIVITIES.....
THROUGH AUGUST 29, Wednesdays
Bike & Hike & Brews at Hagley Museum & Library. Stroll, jog or cycle the three-mile loop then, on selected evenings, enjoy Dogfish Head craft beers. Bring a picnic or dine at the Belin House Organic Cafe. Rt. 141, Wilmington. 5 to 8 pm. \$3. 302-658-2400; Hagley.org.

THEATER.....
THROUGH OCTOBER 27
Bird-in-Hand Stage—The Home Game, a son's journey and a father's hope. *Magic & Wonder: Dream—Nothing is Impossible*, all-new variety show where nothing is impossible. 2650 Old Philadelphia Pk., Bird-in-Hand. Mon–

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www.historicodessa.org www.cantwells-tavern.com

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Sat, 1 and 7 pm. \$17–\$57. 800-790-4069; Bird-in-Hand.com/Stage.



AUGUST 1–26

Woody Sez. See article in this issue.

AUGUST 2–4

Brandywiners, Ltd.—The Music Man. Meredith Willson's wonderful musical about fast-talking Professor Harold Hill. Longwood Gardens Open Air Theatre, 1001 Longwood Rd., Kennett Square. 8 pm. \$15–\$30 includes admission to Longwood beginning on the day of performance plus a fountain display following the show. 800-338-6965; Brandywiners.org.

AUGUST 4–5, 25–26

Hedgerow Theatre Company Summer Semester Camp Performances. Aug. 4–5, *Alice in Wonderland*; Aug. 25–26, *Shrek The Musical, Jr.* Hedgerow Theatre, 64 Rose Valley Rd., Rose Valley. 2 & 5 pm. \$15. 610-565-4211; HedgerowTheatre.org.

TOWNS, TALKS & TOURS.....

THROUGH DECEMBER

Best Kept Secrets Tours. Enjoy special events, demos, gifts, refreshments and more on these shopping tours to off-the-beaten track small businesses. Offered in 15 counties in PA, MD & VA. Tickets \$10. Visit their website to get in on the next tour! BestKeptSecretsTour.com.

THROUGH SEPTEMBER 26, Wednesdays
Stroll, Shop, Dine—Dining Under the Stars in Media. Restaurants offer outdoor dining along State Street, with entertainment and children's activities on each block. 5 to 11 pm. 610-566-5039; VisitMediaPA.com.

AUGUST 2–30

Town Tours & Village Walks. Stroll through historic neighborhoods, hamlets, villages and sites. Aug. 2, The Phoenix Column: A Bridge to the Future; Aug. 9, Agricultural Antiques & Modern Machines; Aug. 16, Fricks Lock: Birth of a Canal Village; Aug. 23, Supper & Lecture at the Springs — The Mills of Chester County; Aug. 30, The Evolution of Power and Fabric Production at Bondsville! Tours 5:30 pm. Free. Some require registration. 610-344-6923; ChesCo.org/Planning/TownTours.

AUGUST 3, 11, 16

First Fridays, Second Saturdays, Third Thursdays. Aug. 3, First Fridays: *Kennett Square Art*

Stroll, 610-444-8188; HistoricKennettSquare.com. *Lancaster City*, 717-509-ARTS; VisitLancasterCity.com. *Oxford*, 610-998-9494; DowntownOxfordPA.org. *West Chester*, 610-738-3350; West-Chester.com. *Wilmington Art Loop*, 302-576-2135; CityFestWilm.com. Aug. 11, *Second Saturday Arts Stroll: Media*, 484-445-4161; MediaArtsCouncil.org. Aug. 16, *Malvern Stroll*, MalvernBusiness.com.

AUGUST 11

Bus Tour of the Battle of Paoli. Tour the battlefield then on to Waynesborough (Anthony Wayne's Home) for an hour tour, as well as St. Peter's Church in the Great Valley then south towards The Malvern Pass to General Warren and other stops along the path the British used. Meet at Paoli Battlefield, Monument & Wayne Aves., Malvern. 9 am. \$49. Register at their website, PBPFI.org/Historical-Bus-Tour. ♦

Stay in the know with everything going on in County Lines country. Sign up for our Events Newsletter (sent twice monthly) at Newsletter@ValleyDel.com

Send a description of your activity to Info@ValleyDel.com by the first of the month preceding publication.

For more events visit:

CountyLinesMagazine.com

MARK YOUR Calendar!

Marci Tomassone

Full is a busy time in *County Lines* country. Here are just a few of the many events you'll find right in our own backyard. Check our website, sign up for our events newsletter or pick up a copy of the magazine to get updates throughout the season.

SEPTEMBER

1–3 75th 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; LudwigHorseShow.com.



7–9 22nd Radnor Hunt Concours d'Elegance. Nationally recognized motor car exhibition and other car events. Radnor Hunt, 826 Providence Rd., Malvern. 610-644-4439; RadnorConcours.org.

8 Historic Odessa Brewfest. Craft beer, live music, locally sourced food, vendors. 201 Main St., Odessa, DE. 302-378-4119; OdessaBrewfest.com.



9 Malvern Harvest Oktoberfest. Crafters and artists, music, food, a beer garden and the popular **Bark in the Park**, promoting pet adoption. King St., Malvern. Malvern-Festivals.com.

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

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

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

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

20–23 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.

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



25–30 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.

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

29 Tredyffrin Historic Preservation Trust's Historic House Tour. Guides provide insights on design, historic preservation and restoration. 610-644-6759; TredyffrinHistory.org.



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MARK YOUR Calendar!

OCTOBER

4-6 King of Prussia Beerfest Royale. Craft and international beer, live bands and KOP's finest food. Under grand tents, outdoors at King of Prussia Mall. *KOPBeerfest.com*.

5-7 Delaware Auto Show. See the latest 2019 models all in one place. Chase Center on the Waterfront, 815 Justison St., Wilmington. 302-324-2543; *DelawareAutoShow.com*.

6 78th Chester County Day Tour. Walking tour of Marshall Square Park area in West Chester Borough and the northwest quadrant of Chester County. Benefits Chester County Hospital. 610-431-5301; *ChesterCountyHospital.org*.



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

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



7 Radnor Fall Harvest & Great Pumpkin Patch. Tractor and pony rides, pumpkin patches and painting, hay scramble, moon bounces, music. The Willows, 490 Darby-Paoli Rd., Radnor. 610-688-5600; *Radnor.com*.

13 21st Kennett Square Brewfest. Enjoy 90 regional micro-brewers offering samples. Food from local restaurants. 600 S. Broad St. 610-444-8188; *KennettBrewFest.com*.

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

18-20 The Great Pumpkin Event. 60 carvers participate in this traditional pumpkin carve and show. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. 610-388-7376; *ChaddsFord-History.org*.

20-21 Pumpkin Days at Tyler Arboretum. Traditional autumn festival with lots of activities, food, crafts, wagon rides, music—all things fall. 515 Painter Rd., Media. 610-566-9134; *TylerArboretum.org*.



NOVEMBER

1-4 The Philadelphia Museum of Art Contemporary Craft Show. This premier show and sale includes 195 of the finest and most dynamic craft artists in the country. PA Convention Center, 12th & Arch Sts., Philadelphia. 215-684-7930; *PMACraftShow.org*.



4 84th Running of PA Hunt Cup. Timber racing, tailgating, carriages. Benefits Chester County Food Bank, Work to Ride and Upland Country Day School. Rt. 926 & Newark Rd., Unionville. 484-888-6619; *PAHuntCup.org*.

14-JAN. 6 People's Light—Cinderella: A Musical Panto. Celebrate 15 years of People's Light tradition with their most popular panto. 39 Conestoga Rd., Malvern. 610-644-3500; *PeoplesLight.org*.

14-JAN. 13 Media Theatre—The Wizard of Oz. This two-act Broadway musical includes all the great songs. 104 E. State St., Media. 610-891-0100; *MediaTheatre.org*.

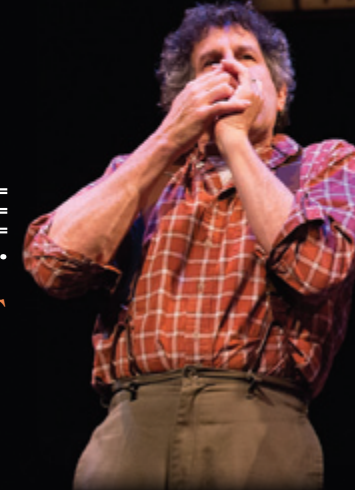
17-18 Kennel Club of Philadelphia National Dog Show. Top breed dogs contend for Best In Show. Nov. 18 is The National Dog Show, which is broadcast nationwide on Thanksgiving Day. Greater Phila. Expo Center, 100 Station Ave., Oaks. 484-362-2682; *NDS.NationalDogShow.com*. ♦

THEATER
SPOTLIGHT

WOODY SEZ:

THE LIFE & MUSIC
OF WOODY GUTHRIE

AT PEOPLE'S LIGHT
August 1-26



Americans of all ages adore Woody Guthrie's classic folk songs—"This Land is Your Land" is even taught in schools. So why don't more people know the full, fascinating portrait of the man behind the guitar?

David M. Lutken, who stars as Guthrie in *Woody Sez* and co-created the production, wants to change that. "It's his personal history," Lutken explains, "his restless, tragic, prodigal, triumphant, gut-wrenching and defiant life that gives astonishing depth and dimension to his achievements and his famous obscurity."

Guthrie is revered as a folk poet who gave voice to a working class devastated by the Great Depression, the Dust Bowl and World War II, wielding his guitar that famously proclaimed: "This Machine Kills Fascists." His influence extended well beyond his death in 1967, inspiring an entire songwriting tradition from Bob Dylan to Ani DiFranco.

First produced at People's Light in 2014 and returning by popular demand, *Woody Sez* is comprised almost entirely of Guthrie's own words and shares the often-forgotten story of Guthrie himself. Featuring four actors, 15 instruments and 25 of Guthrie's songs ("The Ballad of Tom Joad," "Bound for Glory" and more), the production captures his jaunty defiance and quiet moral force as he traveled the country in the mid-20th century.

Woody Sez has roots in a children's play Lutken created based on an outline from Guthrie's manager, Harold Levanthal. In the early 2000s, Lutken developed the material into an adult version with Nick Corley, Darcie Deaville, Helen J. Russell and Andy Teirstein, and the finished work has since delighted audiences around the world.

IF YOU GO:

Where: People's Light, 39 Conestoga Rd., Malvern

When: August 1-26

Tickets: \$29 and up, available online at PeoplesLight.org and by phoning 610-644-3500

Coming Soon: *Such Things as Vampires*

"The music of Woody Guthrie is rebellious, heartfelt and joyous," says Zak Berkman, People's Light Producing Director. "His call to arms came with an embrace. And there's no one better to give that embrace than David Lutken. He's an American treasure who brings Guthrie's spirit to life in ways our passionate and thoughtful audience will relish."

Local musicians and music-lovers alike are invited to join the cast of *Woody Sez* for hootenannies following the Thursday performances on August 9th, 16th and 23rd. Bring your instruments and jam! Plus, there's a Relaxed Performance at 2 p.m., Sunday, August 19th. ♦

~ Brie Knight & Levi Gray



Andy Teirstein, Darcie Deaville, Helen J. Russell and David M. Lutken

PHOTOS COURTESY MARK GARVIN, 2014 PRODUCTION OF WOODY SEZ: THE LIFE AND MUSIC OF WOODY GUTHRIE

CITADEL COUNTRY SPIRIT USA

August 24–26 at Ludwig's Corner Horse Show Grounds

THE PLACE TO BE IN SUMMER 2018

GET IN THE SPIRIT FOR THE NEXT BIG NEW THING to come to Chester County this summer—Citadel Country Spirit USA. The three-day inaugural event brings the best of country music with a high-energy festival atmosphere to the Brandywine Valley on August 24–26.

Fresh from their fifth year of producing Country Summer, northern California's biggest country music festival held in scenic Sonoma County, Impact Entertainment is joining Chester County's Brandywine Valley (our conference and visitors bureau) to bring 20 musical acts on two stages over three days to Ludwig's Corner.

Hear major headliners Alabama, Toby Keith and Brad Paisley as they join dozens of other country stars, along with local talent. Winners of the local Rising Star competition have the chance to perform at the festival.

During the past month, fans voted on the Rising Star finalists—Stephanie Grace of Douglasville, Erin Kelly of Allentown, Johnni Levi of Douglasville, Brian McConnell of West Chester, The Jess Zimmerman Band of Elverson and Derek Crider of Hamilton, NJ—to choose which three performers would join the all-star line-up during the three day festival. Jeff March, president and CEO of Citadel Federal Credit Union said, "Our goal is to give local talent the opportunity to shine at this spectacular event."

More than two years of planning will culminate in what Impact Entertainment's executive producer Alan Jacoby hopes will become "the Mid-Atlantic region's foremost annual country music festival." It's a fitting sister festival to the Santa Rosa event that draws 30,000 fans over three days.

Chester County Brandywine Valley's executive director Susan Hamley says, "We want to entice new audiences to come here for the first time and encourage them to come back time and time again to experience all that Chester County has to offer."

Title sponsor Citadel Federal Credit Union test drove the concert concept this past October with Citadel Palooza, a one-day country music festival held in Pottstown. Like last year's concert, the August festival will donate a portion of the ticket sales to The Children's Hospital of Pennsylvania.

In addition to top tier talent, the festival offers amenities like locker rentals to stash your stuff, on site ATMs, phone charging valet service, shuttle service and western-themed activities like mechanical bull-riding. Other sponsors—Sierra Nevada beer, Barefoot Wine, Jose Cuervo Saloon—and plenty of food vendors will help keep the party spirit alive. ♦

Three-day passes from \$249 and single-day tickets from \$89 are on sale now through CitadelCountrySpiritUSA.com and Etix.com. No video cameras, pets or outside booze. Shirts required. Cowboy hats and boots optional.





SHOULDER TO SHOULDER WHEEL TO WHEEL

The Criterium Returns to the Streets of West Chester, August 11

FEEL THE RUSH OF WIND THROUGH THE STREETS as pro racers fly by at speeds of over 35 m.p.h. at West Chester's annual Benchmark Twilight Cycling Classic on August 11, sponsored by The Benchmark Federal Credit Union. Get ready for a day of full throttled fun and the visceral magic of bike racing!

The day kicks off at 3:30 with the West Chester Dental Arts Kids' race, where kids, 3–10, show off their cycling prowess and then head for the Kids' Zone for shaved ice and obstacle courses. Next up is the Tolsdorf Trike Challenge, a double elimination tag team tricycle race where riders revisit their childhood on adult-sized tricycles. Then switch back to two-wheel fun and cheer on Chester

County locals cycling shoulder to shoulder through familiar streets in The Rothman Institute Amateur Criterium.

For the main event, professional cyclists from around the world strap on their helmets to tackle eight blocks of sharp 90-degree turns on borough streets just feet away from spectators. Witness a whirl of wheels as cyclists ride through a 40K course for women and 75K for men, competing for thousands of dollars in prize money. The Brumbaugh Wealth Management Pro Women's Criterium and The Iron Hill Pro Men's Criterium are among the most challenging races in the pro criterium circuit—a uniquely American-style of bike racing. Watch months of training come to life on the borough's main streets.



Come out and join the crowd to enjoy beer, music and the party atmosphere. Stand by the track and see the adrenaline-fueled action unfold—just be careful of the corners where crashes often occur. At the Community Festival guests can find a wide assortment of vendors' booths and a non-stop street fair.

This year's event is expected to draw the largest crowd in West Chester Criterium history. Bring the whole family out to show your support for this community event. Work up an appetite and head for your favorite West Chester restaurant.

Check out the rest of the day's activities at GreaterWestChester.com/events. ♦

~Erin Ahlefeld & Cole Pokropowicz



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Story by Emily Hart
Photos by David Campli Photography

Stop in and visit some of the businesses that make Malvern special.

WANDER THROUGH MALVERN. THE SHOPS ARE enticing. Restaurants and farmers' markets beckon.

Look into the windows of the minds of the people who infuse their passions and personalities into new and long-time loved establishments.

BIENVENUE, BENVENUTO

One glance into [UpHome Ltd](#) on King Street and you'll find yourself sashaying through the front door. Beyond French antiques and home accessories, the shop offers an enchanting experience. A trip to UpHome is like opening the shutters of a guest house in Provence to gaze upon olive groves and listen to clock tower chimes wafting by on a warm breeze.

That's precisely what Linda Ritter, proprietor of UpHome Ltd, envisioned years ago. Provence was "love at first sight," Ritter reminisced. She and husband Bryce began visiting annually in 1999 and dreamed of creating a shop that brought the feeling of Provence to Malvern. They realized that dream in UpHome in 2003.

Ritter imported French scents of rosemary and pine in soaps and diffusers. She re-created the casual, peaceful look of Provençal homes through linen pillows in muted colors. She shared the region's cuisine through flavors of mustards and olive oils. Evoking the impression of shopping in Avignon or Gourdes, she adopted the tradition of greeting visitors and allowing them to explore before telling the story of an item—a French wine-tasting table or basket used for harvesting grapes—where they lingered.

UpHome transports Ritter and customers. "On gray days I look across the shop and see a shutter or door. I can almost feel the sunshine of Provence."

For a taste of Italy, a glimpse of the Caribbean and more, cross King Street to [David Campli Photography](#). Whether Campli is photographing a family at the beach, a high school senior by a green and orange Caribbean window, or newlyweds at their reception, he puts himself into his work. Each portrait and angle of his business reflects the artist, traveler and man who loves family and his Italian heritage.

Campli surprises visitors to his studio with a signature gift—homemade pizzelles. Made from his Italian grandmother's recipe, his waffle cookies are as delicious as any to be found. More memorable than most business cards, the pizzelles are stamped with the name and logo, David Campli Photography.

LOOKING IN

Climb the porch steps and peek into another spectacular window-front at [Gallery 222](#). Owner and curator Andrea Strang has transformed an old home, a passion for art and enthusiasm for entertaining into a vibrant space for exhibits and events.

A drawing class led to ten years of classes, studio tours and trips to galleries. "Eventually I found myself buying art," said Strang. "I realized I was hooked." She opened Gallery 222 to help others experience those joys.

Her favorite part of her job is visiting artists' studios to select pieces to sell. "It's like Christmas when new pieces arrive later," she said. "After works are delivered and an artist has left, I open the boxes. It's exciting!"

Sometimes, she admitted, she is sorry to see works go after a reception or exhibit. She gestured toward a large richly colored painting of a tree by Monique Sarkessian—"So sometimes I buy it myself."

LOOKING OUT

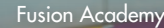
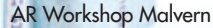
Sometimes the best way to spy Lisa O'Neill is to look outside the window. The owner of [Growing Roots Partners](#) is sometimes found at a farm, an outdoor market or an evening event that she's organized and produced.

With a love for nutritional food and farms, O'Neill connects community members each week at the Malvern Farmers Market with fresh new tastes such as kohlrabi and fava greens, in addition to favorites: carrots, peas and potatoes.

"A potato isn't just a potato," asserted O'Neill. "Produce that's grown locally and eaten the day it's harvested has better nutritional value than something picked weeks ago. It's also part of a bigger picture. When folks come to the Farmers Market, talk to farmers and learn about food, they develop a respect for farmers and their work."

The benefits of her partnerships are many—farmers' livelihoods, families' nutri-





proprietor, David Campbell

338 EAST KING ST. MALVERN
CAMPLIPHOTO.COM | 610.889.0189

tion, and as anyone who's bitten into a true vine-ripened tomato will attest, tastes that are unsurpassed.

WELCOME TO TOWN

A newcomer to King Street is [AR Workshop Malvern](#). Co-owner Gemma Hrevatis brings enjoyment of Do-It-Yourself woodworking, a nursing background that lends itself to helping people, and a special philosophy to the DIY studio in the heart of town.

The seed for the business was planted when she learned to make a wooden sign to hang above a newborn's crib. The project became the first of many. And the sign's poem by Erin Hanson became her philosophy for coaching DIY students who were making signs, centerpieces or window decorations: "'What if I fall?' Oh but my darling, What if you fly?"

Meet another newcomer David Cambridge, head of school, at the newest site of [Fusion Academy](#). The nontraditional year-round school, grades 6–12, that opened its doors in June has a one-to-one student-to-teacher ratio. Cambridge has a passion for connecting people and their passions to bring out the potential in all.

A student with aspirations to become a veterinarian takes science classes from a teacher with a Ph.D. who taught veterinary nurses. Another pursuing a career in dance finishes her assignments in a social homework café. Students whose needs aren't fulfilled at traditional schools get excited through a teacher's energy over a subject and respond to flexible schedules and teaching techniques. In time, these students thrive.

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For more information go to **REMEMBERPAOLI.ORG**

The image is a promotional flyer for Jimmy's BBQ. At the top left is a logo consisting of a red and white checkered square containing a black silhouette of a pig. To the right of this logo, the text 'JIMMY'S BBQ' is written in a large, bold, white, sans-serif font. Below this, in a smaller white font, is the address '309 LANCASTER AVENUE | MALVERN, PA'. The background of the flyer is black. In the center, the text 'Jimmy's BBQ prepares traditional Memphis style BBQ. All meats are smoked on premises. Stop by for genuine, slow cooked BBQ!' is written in a white, sans-serif font. Below this text, the phrase 'EAT IN or TAKE OUT' is written in a large, bold, white, sans-serif font, followed by 'BYOB/CATERING' in a large, bold, red, sans-serif font. At the bottom of the flyer is a large, detailed, grayscale illustration of a pig, facing right. The pig has a curly tail and is standing on all fours. At the very bottom, the address '309 Lancaster Ave. • Malvern, PA 19355' and the phone number '610-879-8805 • JimmysBBQ.com' are written in a white, sans-serif font.

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PA 100172





Christopher's

At the end of a day, stop into a neighborhood restaurant where the food is delicious and the atmosphere is family-friendly: **Christopher's**. Co-owner Molly Todd ensures that everyone feels comfortable and welcome there. "We make it the place they want to be," she said.

The Todds—Molly in the hospitality and business end of the business and brother chefs Chris and Cody behind the menu, tantalizing food combinations and smoked barbecue that come from the kitchen—make customers and staff an extension of their family.

"Numerous couples who had their first date at the restaurant now come with their kids," said Molly. "We hope someday they bring their kids here, too."

Peer in. In Malvern you're sure to find spectacular views. ♦

Learn more at MalvernBusiness.com.



Not Your Typical Backyard



I chose Sage.

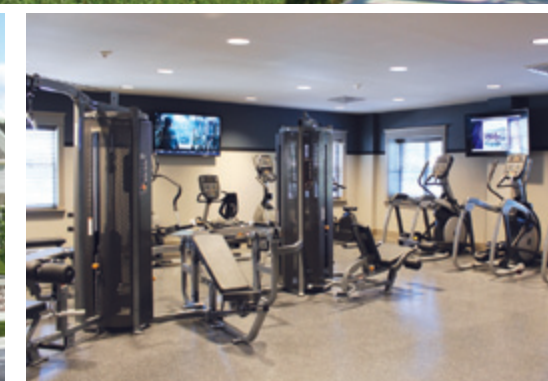
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Weddings in Nature Settings

Mother Nature provides an amazing array of options for your big day! From public parks to former mansions, hunt clubs to farms, find the right outdoor space for your “I do!” moment.

OAKBOURNE MANSION

This spacious 93-acre Westtown Township-operated park boasts an elegant 18-room 1880s Victorian mansion with dark paneling and stained glass windows, but is best known for its towering water tower, the perfect backdrop for wedding ceremonies and memorable photos. Ample outdoor space in the arboretum, under large trees—including majestic London plane trees—provides a variety of sites for the ceremony and a reception under a tent (250p). *Indoor space for 100p with dancing, 125 seated. 10-hour rentals. Choice of vendors. 10 p.m. for last call and DJ. 1014 S. Concord Rd., Westtown, 610-692-1930; OakbourneMansion.org.*



PHOTO: PAT FUREY PHOTOGRAPHY

PARQUE AT RIDLEY CREEK

Nothing says a wedding in nature like a venue in 2600-acre Ridley Creek State Park. Anchored by an impressive stone Tudor mansion (Hunting Hill, a wedding gift built in the early 1900s) and surrounded by Olmsted-designed gardens filled with picturesque features—gazebo, stone walls, reflecting pond, fountain, patios—this serene setting offers indoor and outdoor options galore. With its landscape renovated last year, the formal yet romantic gardens afford a variety of backdrops for the ceremony and reception. *April – third week in November; 150p; last call at 9 p.m. Peachtree Catering (exclusive). 351 Gradyville Rd., Newtown Square. 484-580-8260; Parque-Peachtree.com.*



PHILANDER CHASE KNOX ESTATE

For some history in a nature setting, The Philander Chase Knox Estate provides an oasis of natural beauty for your rustic, elegant event amid 3500 acres of rolling meadows and towering trees just over the Knox Covered Bridge in Valley Forge National Historic Park. The only venue in the Park, this restored estate includes views of the covered bridge, plus the greenhouse ruins, spring house, root cellar, covered bridge and Valley Creek. A state-of-the-art fabric-lined, backlit, carpeted tent set with reclaimed-barn-wood tables and cross-back chairs is another setting with more views of the manicured lawn and wildflowers. *200p. Robert Ryan Caterers (exclusive). 151 Library Ln., Malvern. 610-647-4711; info@valleyforgeparkevents.com.*



PHOTO: ASHELY ERRINGTON PHOTOGRAPHY

RADNOR HUNT CLUB

Capture the elegance and tradition of hunt country at a setting that embodies a sense of place and history. With spectacular views of the rolling Chester County countryside, dotted with grazing horses, crisscrossed with stone walls and alongside a working stable, the Radnor Hunt Club's 100-acre property is surrounded by 6000 preserved acres in beautiful Willistown Township. The historic brick clubhouse has two ballrooms and spacious covered and uncovered patios plus open lawn leading to the stunning “wedding tree,” a towering Kentucky coffee tree. Perfect for vintage, equestrian themes. *175p seated, 160p buffet. J. Scott Catering (exclusive for non-members). 826 Providence Rd., Malvern. 610-644-4439; RadnorHunt.org/Weddings.*

PHOTO: ASYA PHOTOGRAPHY



THE CARRIAGE HOUSE AT ROCKWOOD PARK

The restored and expanded 150-year-old Carriage House on the original 19th-century Gothic Revival Rockwood estate enjoys a secluded spot in 162-acre Rockwood Park (well-known for its summer ice cream festival), just north of Wilmington. Five areas of various sizes are available for weddings and receptions, including the popular Walled Garden. Beautifully maintained garden spaces—typical of an English garden estate—provide picture-perfect settings highlighted by antiques pink roses and lush foliage, while stone walls and rustic wood beams enhance the indoor options. *225p. BYOB. The Greenery Caterers (exclusive). 610 Shipley Rd., Wilmington. 302-472-2433; GreeneryCaterers.com.*



THORNBURY FARM

Be one with nature at 180-acre Thornbury Farm, a working farm and CSA with roots dating back to a 1600s log cabin, 1709 stone house and the historic Battle of the Brandywine. Ceremonies take place under the pergola or post and beam wooden “chapel” near the tent with dance floor. There's a covered patio with beehive oven, partially restored 1740s barn with pipe organ, picturesque stonewalls, a covered space for Plan B-weather changes, a decked-out she-shed bridal suite, and farm animals happy to join the fun. Open space for lawn games and good times. *200p+; Approved caterers. 1256 Thornbury Rd., West Chester. 610-793-2933; ThornburyFarmCSA.com.*



TERRAIN GARDENS AT DEVON YARDS

Celebrate nature as only Terrain Gardens can at the newest venue on the Main Line—a bespoke location that will be the Anthropologie girl's dream—booking for fall 2018. With its distinctive pairing of a horticultural setting with farm-to-table cuisine, seasonally decorated spaces, and in-house floral and design services, this venue will feel like a dream garden. Four unique event spaces—bridal suite, covered garden porch, reception room and a ceremony space in a secluded garden hide-away with covered pergola, surrounded by manicured lawns, espalier trees, and porches. Mother Nature, done by Terrain. *150p. On-site caterers. 138 Lancaster Ave., Devon. ShopTerrain.com/Devon.*





MORE UNIQUE PLACES FOR WEDDINGS

BY THE WATER

Thousand Acre Farm

Waterfront views, a barn and a convenient location in Delaware by Thousand Acre Marsh with a view of Reedy Point Bridge and the Chesapeake and Delaware Canal. *80p inside (more in tents outside). 260 S. Reedy Point Rd., Middletown, DE. 443-922-6637; ThousandAcreFarm.com.*

The Inn at Osprey Point

In the village of Rock Hall on Maryland's Eastern Shore, is 30 acres of landscapes and water views for weddings and receptions along the Chesapeake Bay. *The Inn features 18 rooms. 20786 Rock Hall Ave., Rock Hall, MD. 410-639-2194; OspreyPoint.com.*

Independence Seaport Museum

A backdrop of shimmering water from the Delaware River and the Ben Franklin Bridge. *Max outdoor: 225p; max indoor reception: 270p. 211 S. Columbus Blvd. & Walnut St. Philadelphia. 215-413-8655; PhillySeaport.org.*

WITH HISTORY

The Ballroom at Vickers Restaurant

Adjacent to a 1820s farmhouse sits a ballroom perfect for weddings and rehearsal dinners, with brass chandeliers, custom millwork, French doors and a garden patio. *50–130p; private rooms for 15–40p. 192 E. Welsh Pool Rd., Exton. 610-363-7998; VickersRestaurant.com.*

The Washington at Historic Yellow Springs

Indoor reception space at The Washington and three outdoor ceremony locations in this historic town—fit any unique wedding. *150p. I/O. 1701 Art School Rd., Chester Springs. 610-827-7414; Washington.YellowSprings.org.*

West Laurel Hill

Choose the spacious, sun-filled Conservatory (120p) with outside porch or the more intimate Atrium (40p) on the rolling hills of this unique historic site. *225 Belmont Ave., Bala Cynwyd. 610-668-9900; WestLaurelHill.com.*

STAY OVERNIGHT

Faunbrook Bed & Breakfast

Perfect for intimate weddings or receptions with the option of exclusive use of all seven guestrooms in this charming Victorian mansion. *Up to 100 p. 699 W. Rosedale Ave., West Chester. 610-436-5788; Faunbrook.com.*

General Warren

Historic 1745 country inn, known for its custom service, with lawn and gardens for outdoor ceremonies and receptions. *15–125p, rehearsal dinners for 75p, private dining rooms, guests suites. 9 Old Lancaster Rd., Malvern. 610-296-3637; GeneralWarren.com.*

The Inn at Swarthmore

Say “I do” in the Amphitheatre—a top 10 Most Beautiful College Campus Wedding Venues—or the Gathering Room at Swarthmore College, then invite guests to stay the night in one of the 40 guestrooms or suites. *10 S. Chester Rd., Swarthmore. 610-543-7500; TheInnAtSwat.com.*

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Beyond the Ballroom


THE
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AT ROCKWOOD
PARK



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WEST LAUREL HILL

225 BELMONT AVENUE | BALA CYNWYD, PA 19004

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!



Blazer



Miss Ida



Lucky



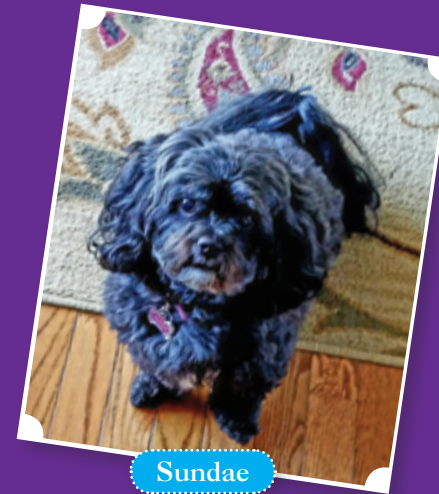
Munchkin



Cody



Louie



Sundae



Calvin



Natasha



Callie & Beau



Harry



Missy



Gypsy



Lamb



Princess Sparkles



Dixie



Millie



Spooky



Dobby

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.

PAMPERED PETS!

Mary Irene Dolan

Pet Businesses to Treat and Care for Your Fur Babies

WE LOVE OUR PETS. WE SPOIL THEM WITH COUNTLESS toys and treats. Play with them and take them for early morning walks, even if we're not morning people. Take pictures of them and go so far as to involve professionals—read our August 2017 article about pet photographers and portrait painters to understand.

And when we go on vacation, we send our pets to lavish kennels and daycare where they have just as much fun, if not more, than we do on our trip.

With all this attention and money spent on our animal companions, it's no wonder pet businesses are booming. Luckily, we're here to help you sniff out the interesting, creative and special ones in our area!

SHOPPING AROUND TOWN

Drive down any major road or through shopping centers and you can't go far without passing a national chain pet store—or even a big local pet retailer like our photo contest prize-sponsor **Concord Pet Foods & Supplies**. But if you look closer, you may spot some one-of-a-kind, animal-approved gems tucked away in Chester County's shopping towns.

There's recently opened **All the Dogs in West Chester**. This doggie-tested shop sells everything from collars, toys, healthy treats, beds, blankets and even organic skincare for your canine friends. Many of their fan favorites are locally produced in PA—from Philly-based Mika & Sammy's dehydrated dog treats to custom-made bandanas courtesy of store manager Cori Hoffman's mom Judi in West Chester.

In addition to favoring local and made in the USA items, this shop cares about their environmental paw-prints. "We're dedicated to sourcing planet-friendly gear and toys made from sustainable or recycled materials," says Cori. So you can feel good about the health of your dog as well as the planet.

In Phoenixville, bring your pooch to **Maddie's Castle Pet Boutique** for goodies like their popular coconut milk Doggie Ice Cream, made in-store by owner Diane Klein. The bakery awaits with treats from Chadds Ford's **Giggy Bites** including iced cookies, birthday cakes, "pupcakes" and "liver muffins." Your dog will think "yum!" even if you don't. And you can dress up your pet in a locally made flower collar or bowtie so you can say "aww!"

Cats are catered to with an extensive selection of trusted food brands, toys, collars and more, plus you'll find essentials for birds and



All the Dogs in West Chester

small pets. Check out the human gift section for pet owners who never have enough canine- and feline-themed drinkware, picture frames and pillows.

SPECIAL DELIVERY

Want to make your pet feel like it's Christmas every month without leaving your house? A quick Google search takes you to pet subscription box services galore! Choose seriously adorable monthly bundles sent to your doorstep from **BarkBox** for dogs, **KitNipBox** for cats or **Rescue Box** to help pets in need. Then watch your dog destroy the pretty packaging—or your cat cozy up in it. (Watch videos on YouTube.)



Maddie's Castle Pet Boutique in Phoenixville

Closer to home, **Veronica's Doggie Delights** ships her "Droolin' Good Box" straight out of West Chester with samples of her all-natural, preservative-free dog treats, available for individual purchase online. And if your pooch has an allergy, no worries! Veronica's can

accommodate almost any dog with gluten free, grain free and dehydrated varieties for the pickiest chewers.

PET PAMPERING

Though they may struggle and resist bath time and nail trimming, pets can

enjoy a little TLC as much as anyone in the right hands. A soothing spa bath, hair cut or massage from a pro can help relax your four-legged pals and improve their mood, especially in times of stress or change. Plus you'll get to ooh and ahh at their spiffy new 'do.

At **K9 Couture Pet Grooming** in Kennett Square, your dog or cat has loads of natural and organic options to choose from, like a Full Service Groom, Bath & Brush or Puppies 1st Groom for newcomers.

If they can't stop shedding all over your furniture, opt for a DeShedding treatment with Furminator shampoo, conditioner and brush out. If their skin is sensitive, the Hypoallergenic Spa package with dead mineral mud bath conditioner

of the jungle" like The Lion Cut from **The Main Lion Cat Grooming Salon** in Paoli. Let your feline friend be transformed from common house cat to royalty—a.k.a. their true form—with a creative hair cut that includes shampooing, hand drying, nail trimming, and ear and eye cleaning.



BarkBox

Pick from variations of The Lion, Liger and Tiger or go further with the Dragon Cut to turn your cat into an adorable mythical beast minus the fire breathing. Not enough? Try Feline Frosting add-ons like colorful soft claws to curb unwanted scratching, semi-permanent tail color, spiral tail sculpting and more for any special occasion like Halloween.

For our equine friends' special occasions—think Devon Horse Show—**Olivia's Braiding and Clipping** helps them get show ready with beautiful mane braiding and trimming.



KitNipBox

might be just the thing. And if they're feeling extra sassy, treat them to K9's fun add-on services like pet-safe temporary tattoos and nail polish for the princes and princesses at heart.

Speaking of sassy, nothing says "I'm king



A happy customer at K9 Couture Pet Grooming



Royalty treatment at The Main Lion Cat Grooming Salon



Olivia's Braiding & Clipping



Bath time at K9 Couture



Creative grooming at The Main Lion



Fluid Motion Equine & Canine Massage
PHOTO BY KAREN L. LUDMAN PHOTOGRAPHY

Groomer Olivia Shiner travels with just a ladder and braiding bag to her horse clients in Chester County and works her magic on their manes—offering mane pulling, shortening, training braids and show braids on both the mane and tail.

A rider herself, Olivia first started braiding her own horses at local shows, then got good enough to start her business. "I've spent thousands of hours practicing better ways to braid, groom, ride and everything in between," she says. Her job, though physically demanding, has been very rewarding for herself, her equine clients and their owners.

After the stress of a horse or dog show, many animals benefit from therapeutic massage. Mary Beth Moran of Fluid Motion Equine & Canine Massage uses her licensed massage therapy skills to help relax, soothe and treat pain that agility

dogs and show horses may have during their career.

Moran also works with companion animals, elderly, injured or sick animals, as well as animals going through difficult transitions—moving to a new home or being adopted out of a shelter—giving them a special healing treat. Since her service is mobile, dogs and horses in greater Chester County, northern Delaware and northeastern Maryland can reap the benefits!

PRESERVING MEMORIES

No one ever wants to say goodbye to their furry friends, but when the time comes there are services to help pet parents do just that.

For those taking care of a sick pet or experiencing a loss, Day by Day Pet Care-giver Support offers many no-cost services—everything from a 24/7 hotline and

individual counseling to Facebook and Yahoo chat groups and monthly in-person support groups in PA, DE, NJ and VA.

"By providing empathy and ongoing support, our team is able to help pet parents become more informed caregivers and cope with the grief that follows a loss," says Founder Kathryn Jennings.

And Kathryn understands how important that support is. The nonprofit was created to honor the lives of the Jennings family's beloved miniature schnauzers Pookie Poo, Hallie Boo and Sallie Lou—who all faced health challenges—and to help other families have access to customizable types of help so they don't have to go through caregiving and grief alone.

Similarly, there's no one-size-fits all solution when a pet passes. To find the right fit, the team at Pet Memorial Services offers options to say goodbye and pay tribute

to your fur baby. Vice President Matthew Gale says, "The types of services you need are individual to you. Our compassionate staff of fellow animal lovers is here to help you to honor your beloved pet in the perfect way."

That perfect way could be individual or communal cremation, an attended service in the West Chester funeral parlor for extra goodbye time, or a beautiful urn, photo-etched memorial or keepsake jewelry piece to keep your pet close.

If a proper burial feels right, West Laurel Hill's newly opened The Laurels Pet Cemetery could be what you need. On the same beautiful grounds in Bala Cynwyd as their cemetery for human loved ones, The Laurels offers burial and cremation packages to suit your needs for your pet.

And in an effort to be eco-friendly, their water-based Aquamation alternative to flame cremation uses one-tenth of the carbon footprint of traditional practices. Wild animals everywhere will thank you! ♦



Doggie Dining at Levante Brewing

Doggie Dining

Take your pup out to dinner with you, and order something special for your four-legged friend! Our area is home to many dog-friendly restaurants that allow leashed pups on outdoor seating areas, some offering special doggie menus. Here's just a few.

APPETITES ON MAIN – Exton

* Try different bite-sized options on their Doggie Menu

CHRISTOPHER'S: A NEIGHBORHOOD PLACE – Malvern

FOUR DOGS TAVERN – West Chester

* Ask about their Pup Burger

IRON HILL BREWERY – Media, Phoenixville, West Chester, Wilmington & more

LEVANTE BREWING – West Chester
OLIVE TREE MEDITERRANEAN GRILL – Downingtown

RED STAR CRAFT HOUSE – Exton

SIDE BAR & RESTAURANT – West Chester

SLYFOX BREWERY – Phoenixville

STARBUCKS – Nationally

* The Secret Menu has a whipped cream "Puppuccino" cup

TALULA'S TABLE – Kennett Square

TIMOTHY'S RIVERFRONT GRILL – Wilmington

WORLD OF BEER – Exton

Find more at BringFido.com.

Kitty Cafés

Want to hang out with a cup of coffee and pet adorable rescue cats? Our area is home to two kitty cafes where you can meet, greet and potentially adopt a kitty of your own, while enjoying café fare!

KAWAII KITTY CAFÉ – Philadelphia

TREETOPS KITTY CAFÉ – Kennett Square

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A CLOSER LOOK at WOMEN'S HEALTH

Health Professionals Share their Advice



LOCAL EXPERTS ONCE AGAIN SHARE THEIR EXPERTISE ON A RANGE OF TOPICS for this Closer Look at Women's Health Issues, reminding us of best practices, latest developments and their advice on four key issues.

Dr. Manuel Ferreira of Chester County Ob/GYN provides travel guidelines and advice for healthy pregnant women. From Nemours/Alfred I. duPont Hospital for Children, Dr. Meghan Tuohy Walls discusses why teenage girls are particularly susceptible to social media and what parents can do about it.

In "Focusing on Sleep Can Make a Difference in a Woman's Health," Dr. Kristine M. Leaman, from All About Women - Tower Health Medical Group, explains why sleep should be a priority. And Dr. Eric Levicoff of the Rothman Institute covers some basics of arthritis, a particular problem for women.

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

Travel During Pregnancy

UP UNTIL ABOUT 36 WEEKS, MOST HEALTHY PREGNANT WOMEN CAN CONTINUE TO ENJOY TRAVELING.

Dr. Manuel Ferreira, *Chester County Ob/Gyn*

FOR MOST WOMEN TRAVELING DURING PREGNANCY is completely safe and a good way to relax and unwind before the arrival of their new baby. In most uncomplicated pregnancies, it's possible to travel safely until you reach approximately your 36th week.

After the 36th week mark, travel may still be safe, but it's best to consult with your doctor before your trip. In complicated and high risk pregnancies—including conditions such as preeclampsia, premature rupture of membranes, preterm labor and if you're carrying more than one fetus—travel is generally not recommended as these pregnancies typically require close surveillance and frequent doctor's office visits.

The best time to travel while pregnant is during the second trimester because most common pregnancy difficulties occur during the first and third trimesters. During the second trimester most women have a return of energy, relief from morning sickness, and enough mobility to easily get around—all helpful for enjoying your trip.

EXTRA PLANNING

When planning a trip there are a few extra things to do to help ensure safe and comfortable travel. Before your trip, schedule an office visit with your obstetrician to discuss whether travel is safe and whether your doctor has any concerns with your travel plans. Your doctor may also take this time to remind you of such things as not lifting heavy luggage.

It's also a good idea to ask for a copy of your medical records to take with you, especially if you'll be traveling later in pregnancy and will be far from home. Ask your doctor if you should locate a hospital or clinic near your destination.

Make sure you pack any medications you may need for your trip, both prescribed and over-the-counter medications (pain relievers, prenatal vitamins, allergy medicine, hemorrhoid cream, etc.). Packing extra snacks and water is another precaution in case you're delayed.

Consider purchasing travel insurance so that if complications arise that prevent you from traveling, you'll be protected.

TYPES OF TRAVEL

When you travel by car, be sure to wear your seatbelt every time you ride in a car. The seatbelt should be buckled low on your hip

Manuel Ferreira, M.D., is a physician at Chester County Ob/Gyn, with locations in West Chester, Kennett Square, Downingtown and West Grove. Dr. Ferreira received his medical degree from Temple University School of Medicine and completed his residency at Pennsylvania Hospital in Philadelphia. His areas of expertise include obstetrics and gynecology. He's on the medical staff at Chester County Hospital.



Continued on page 66

The Workings of Social Media and Teen Girls

TEENAGE GIRLS ARE ESPECIALLY SUSCEPTIBLE TO SOCIAL MEDIA. WHAT CAN PARENTS DO ABOUT IT?

Dr. Meghan Tuohy Walls,
Nemours/Alfred I. duPont Hospital for Children

SOcial media is everywhere in the lives of teens, especially for girls. Teenage girls are using social media apps and websites daily—often many times a day. Recent studies show Snap Chat and Instagram are the most used of the vast array of apps available to today's teens.

Almost 80% of teens surveyed by Common Sense Media admitted to checking their phones every hour. And 72% feel the need to respond to messages immediately. About half of the teens polled think they're addicted to their mobile devices.

Social media works to reach every brain craving, while letting teens build social interactions and see new content on a regular basis.

WHY SOCIAL MEDIA?

It's no surprise that social media is attractive to adolescents. It offers bright colors, novel material and constant social interactions. But, of course, it also comes with significant pitfalls—teasing, bullying, and the false perception of perfection.

As part of its development, the teen brain is constantly seeking novel experiences—driving fast, making choices to try substances, being curious about sex and attractive individuals. This developing brain gets a bad rap, though. The same teen brain that encourages behavior that can be risky is also learning from mistakes, solving problems, and figuring out how to be an adult during important formative years.

Social media certainly can serve positive purposes for teens including connecting with peers, allowing exploration of new posi-

tive content and ideas, and forging friendships. It also can help the development of social interactions. Not surprisingly, social media is often where conversation and development of some romantic relationships begin.

Another interesting and less often discussed teen use of social media is to obtain health information that often provides them with appropriate information they may not seek otherwise.

WHAT ARE SOME NEGATIVE EFFECTS?

Of course, the positive social interactions and learning are not the only effects on teens. Social media gets plenty of negative press related to bullying, and there are even some claims that social media interactions have driven teens (especially girls) to take their own lives. Some preliminary research suggests that for

Meghan Tuohy Walls, Psy.D., is a pediatric psychologist at Nemours/Alfred I. duPont Hospital for Children and Nemours duPont Pediatrics, with a focus on the primary care setting. She also spends time working in the community via a grant, with efforts aimed at young child social/emotional wellness and school readiness. She completed her fellowship at Nemours, specializing in children with obesity, and her residency at Nationwide Children's Hospital in Columbus, Ohio, working with children with chronic illness.



Continued on page 66

Focusing on Sleep Can Make a Difference in a Woman's Health

TOO MANY THINGS CAN GET IN THE WAY OF SLEEP. YOU NEED TO MAKE IT A PRIORITY.

Dr. Kristine M. Leaman,
Tower Health Medical Group

ALTHOUGH ADULTS SHOULD SLEEP SEVEN TO NINE hours per night for optimal health, more than a third of U.S. adults report insufficient sleep—less than seven hours of sleep daily. Many people often cut corners on sleep—waking up early and staying up late—to accommodate busy work schedules, activities outside work, child-rearing and household responsibilities. In addition to insufficient sleep, millions of people also experience sleep disruption or disorders.

Studies show that women experience more difficulty sleeping and suffer from more sleep disorders than men do. In fact, women are about twice as likely to have trouble falling asleep as men, and this problem increases with age.

Hormone changes during a woman's menstrual cycle, during pregnancy and during perimenopause (the transition into menopause) can impact a woman's body and interrupt her sleep cycle. It's important for women to be aware that these changes occur, to understand their effects and to know what can be done to treat them.

Sleep deprivation can compromise the immune system, and that can cause you to be more susceptible to viruses and bacterial infections as well as to long-term health issues such as heart disease and diabetes. Lack of sleep or poor sleep can lead to irritability, depression, anxiety and memory loss, and can also increase the chance of accidents and decrease your productivity.

In short, neglecting sleep is not a recommended practice, because sleep is as important to your health as a well-balanced diet and

regular exercise. Sleep is vital because during sleep, the body rests and the brain recharges while toxins are cleaned from the brain and memories are sorted.

WOMEN AND SLEEP

Hormone changes during a woman's menstrual cycle can affect sleep. As levels of estrogen, progesterone and serotonin rise and fall, these changes can alter a woman's sleep cycle, making it harder for her to fall asleep or sleep through the night.

Some women experience heat intolerance during hormone changes, which can impact sleep as well. During pregnancy, heat intolerance as well as additional weight gain and the position of the fetus can affect a woman's sleep cycle. In these situations, staying hydrated and making small changes such as not wearing heavy pajamas and using a fan or air conditioner for comfort can make a

Kristine M. Leaman, M.D., is a physician with All About Women - Tower Health Medical Group, specializing in gynecology and the da Vinci® Surgical System. She is a North American Menopause Society (NAMS) certified menopause practitioner. Dr. Leaman completed residencies at Lancaster General Hospital and Reading Hospital before joining Tower Health Medical Group.



Continued on page 67



Avoiding and Treating Arthritis

SINCE WOMEN ARE MORE OFTEN AFFECTED BY ARTHRITIS THAN MEN, IT PAYS TO BE INFORMED.

Dr. Eric Levicoff, *Rothman Institute*

ARTHRITIS IS AN EXTREMELY COMMON HEALTH PROBLEM, annually affecting more than 23% of the population over 18 and over 50% of those older than 65. Studies show that women are more commonly affected than men, with 26% of all women over 18 reporting doctor-diagnosed arthritis, compared with 19% of men.

While we're not quite sure why women are more affected by arthritis than men, some clinicians point to hormones and genetics. Female joints tend to be more elastic than male joints, and that elasticity can allow more movement within the joint leading to higher rates of cartilage wear. Also, there's an increased incidence of arthritis in women after menopause, leading some to consider hormonal differences as a contributor to increased incidence in females. While women report more cases of most types of arthritis than men, the difference is most pronounced for osteoarthritis of the knees. Rheumatoid arthritis is less common than osteoarthritis, but even that affects women twice as frequently as men.

So, women need to be aware of ways to avoid and treat arthritis.

WHAT IS ARTHRITIS?

Basically, arthritis is a deterioration of articular cartilage, or loss of the padding that covers bones in your joints, such as knees and hips. This cartilage padding provides a cushion that protects your bones and joints during daily activities.

And while knees and hips are the most commonly affected joints, arthritis can involve any joint—ankles, shoulders, hands, wrists and feet. When the padding wears down, your bones endure higher degrees of stress—causing inflammation, swelling and pain.

The two main types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis, the more common type, usually affects large joints (hips and knees) more than smaller joints, and typically results from wear and tear.

Rheumatoid arthritis, on the other hand, is an autoimmune disorder in which the immune system mistakenly thinks tissues of the joints are foreign to the body and attacks them, resulting in erosion of the cartilage even without wear and tear. Rheumatoid arthritis can affect people of any age (even children) and usually affects smaller joints (hands and wrists) as well as larger joints.

Eric Levicoff, M.D., is board certified in Orthopaedic Surgery and an Assistant Professor at Jefferson Medical College. He received his medical degree from Jefferson Medical College, completed his residency at the University of Pittsburgh Medical Center, and was a fellow at the renowned Scripps Clinic in San Diego. Dr. Levicoff is an expert in hip and knee reconstructive surgery, and has a strong background in managing acute and chronic orthopaedic injuries.



Continued on page 67



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Tel Hai's Adult Day Services



The Hickman's Garden



The Summit's Mandela Art Class



4th of July at The Devon Senior Living

Dementia: What Can You Do To Cope?

Edwin Malet

THERE'S A RANGE OF OPTIONS AVAILABLE.

CAN'T CONCENTRATE? FORGETTING THINGS? FEELING confused? It could be the very normal impact of age-related memory issues.

Or it could be more serious—perhaps the onset of dementia: a group of conditions related to memory and judgment. One in 10 people over 65 have dementia, which covers a broad range of symptoms that affect everyday activities.

If you think you have dementia, or think a loved one has it, the first thing to do is see a doctor. Many area hospitals maintain teams that specialize in dementia diagnosis and area senior communities specialize in dementia care.

WHAT IS DEMENTIA?

Basically, dementia is the loss of brain cells that results in decreased cognitive skills that interfere with daily living. Diagnosis is complex, and there's no single, definitive test.

Very few types of dementia can be reversed and cured. If the symptoms are caused by a vitamin or nutritional deficiency (including B12 deficiency), the result of alcoholism, drug or chemical exposure, a fluid build-up in the brain's ventricles (an offshoot of thyroid disease), or tumors, it's worth finding out to determine if the condition can be reversed.

It's much more likely, however, that you or your loved one have one of the other much more common kinds of dementia. Alzheimer's Disease, caused by deposits in the brain, is the most common cause, accounting for about 70% of all dementia cases.

The second most common cause is vascular dementia. In essence, the blood vessels supplying the brain become clogged.

And there is a third, fourth, fifth ... cause. Most causes have no cure. When all is said and done, the brain, and its many functions—memory, language, perception, judgment—are in inevitable, irreversible decline.

CARE AT HOME

In the early stages, you'll likely want to care for your loved one who's suffering from dementia at home. Often, because you're busy or as the situation becomes more serious, you'll seek assistance—perhaps with companionship and handling medicines, meals and personal care.

There are service providers to help with these tasks, such as Visiting Angels, Bayada Home Health Care, Senior Helpers, Home Instead and

others. Important considerations for choosing an outside service are safety, reliability and caring staff.

Even home care becomes a 24/7 job. At some level, you'll trust only yourself to provide the care. Until you can't. That's why most will eventually choose to place a loved one with a service for at least part of the day.

IN TRANSITION

Our area offers many options for non-residential dementia services. One option is Tel Hai in Honey Brook, which is accessible by Chester County Rover transportation services.

From 6:30 a.m. until 7 p.m., participants in Tel Hai's Adult Services program are supervised—on at least a 1:7 ratio—and can be served three meals and engage in therapeutic activities, exercise and games. Four participants, for example, were playing a Wii bowling game when I visited with Tel Hai's Director Tammy Jacobs. One player was exceptional, achieving a score up in the 200s and was cheered by an audience of 15 or so.

Program participants may also choose conversation with others in Tel Hai's secure courtyard. Or a participant may prefer a quiet room: there's one with a large fish tank and another with a “magic window”—showing a 45-minute DVD in a loop of pastoral scenes that are particularly comforting. And, occasionally, accompanied by staff, participants will take a field trip to the country.

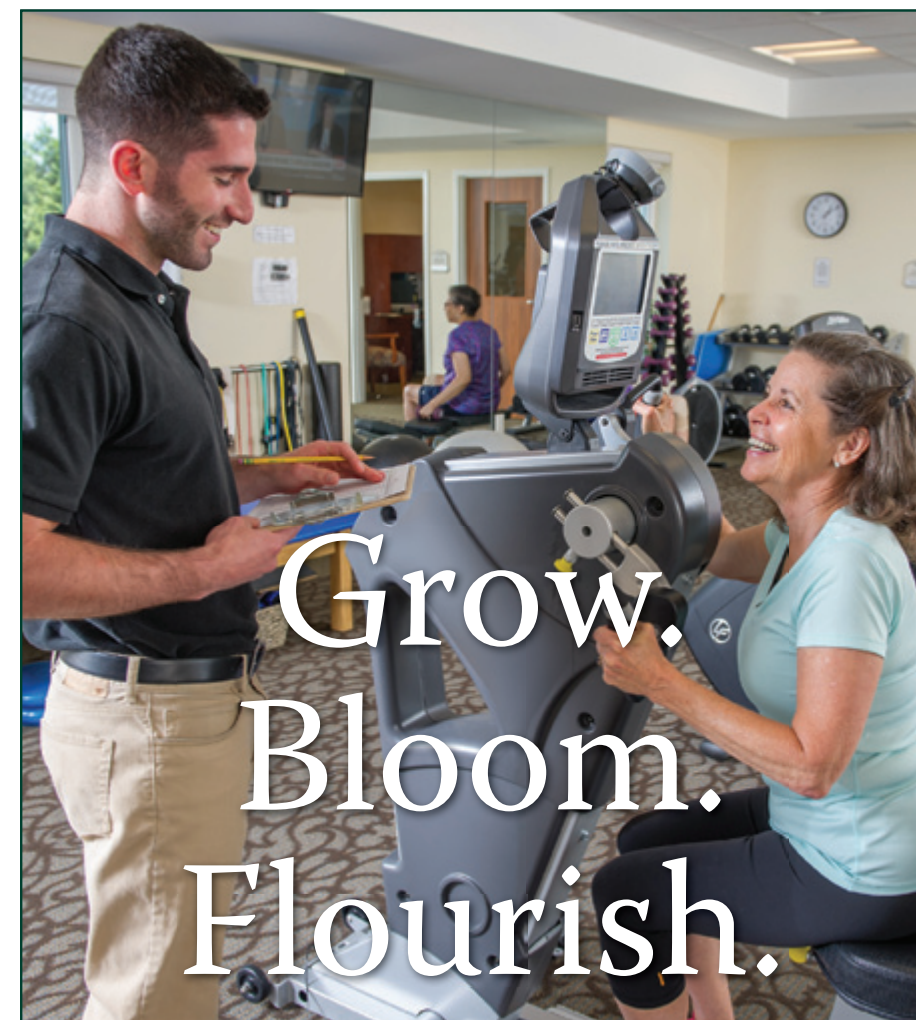
Adult Services costs are about half that of residential care. You can choose a flexible day-by-day option. And, at the end of the day, your loved one can come home.

THE MEMORY CARE UNIT

Later, though, as the disease progresses, it may be best to move to a senior community and, within that, to a Memory Care Unit (MCU).

Often, the MCU is behind a secure door within the senior community. That door is likely security coded for the residents' safety. With dementia, a resident may forget where he is, or sometimes, who he is. Eventually, he may be at risk for “elopement” or wandering off.

That risk that your loved one can't be left alone at home—and family members can



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no longer cope—is likely why an MCU will be considered the safest option.

There are many MCU offerings in *County Lines* country: about 20 in Chester County, more in Delaware, Lancaster and New Castle counties, where they are state licensed.

Rates vary, of course, but generally range between \$6500 and \$8500 per month: about 20% more than living outside the MCU in the Personal Care population. In general, memory care residents require more attention, services and labor.

LIFE IN THE MCU

The next question is what sort of care is available behind the secure door? The quarters are similar to those found in most senior communities and are sometimes luxurious. Those I visited, all part of larger senior communities, felt spacious—a large bedroom, sink, bath, kitchenette, often with a fridge and cupboards for snacks.

Residents can bring some of their own furnishings. Linsey Cheshire, Director of Sales and Marketing at Devon Senior Living, says, residents should “feel at home.”

The typical MCU has about 25–30 residents, but the number varies. The Summit, in Hockessin, Delaware, for example, has more than 50 residents on two floors. The conditions of residents will also vary, depending on the stage of their disease. Ideally, the “neighborhood” will consist of interesting, considerate, lively, but relatively quiet, folks.

Residents generally get three meals a day and snacks. The food is excellent, and your loved one will be well nourished. There’s almost always a television, plus books, radios, musical instruments, arts and craft supplies. Often, residents can participate in activities of the non-MCU part of the community—song, dance, art, classes, games—though an assistant will have to accompany them.

Most MCUs have an outdoor garden: secure, of course. Another popular feature is a multi-sensory environment room—huge, colorful tubes of bubbles, aroma makers, massage cushions, low light level—like the one at The Hickman in West Chester. The Director of Advancement, Charles Alfree,



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showed me around the relaxing space. The Summit also has a multi-sensory room with low lights, soft music and the aroma of lavender. It's an innovation of Roxanne Wilson, Program Director.

FAMILY AND STAFF

There's also the staff to consider when choosing a program. By regulation, the dementia staff at Devon Senior Living receive annual training. There are similar requirements at Tel Hai, The Summit, The Hickman and Quarryville Presbyterian Retirement Community.

Demands on the staff are great. Staff at quality programs are very conscious of the residents' condition, and they love their work and think of their residents as family. They try to be happy, pleasant, all smiles.

In general, family and friends can, and should, visit. Usually, family members can take the resident out of the unit. One daughter always shows up at The Hickman to put her mother to bed. Another will take her loved one to the park or a museum.

More generally, families visit about once or several times a week and feel the time is well-spent. The residential environment is a welcome respite from the 24 hours a day of work and worry that preceded admission. ♦

MEDICATIONS

Although most forms of dementia are not curable, there are medications that may help manage the underlying symptoms.

Cholinesterase inhibitors—Aricept, Exelon Namzeric and others—are examples of F.D.A.-approved drugs for Alzheimer's disease. These stimulate arousal, attention, learning, memory and motivation. Unfortunately, cholinesterase inhibitors have side effects: reduced heart rate and blood pressure, increased secretion (sweat, saliva, tears, mucus), constriction of the airways and pupils.

Antidepressants, anxiety drugs, sedatives, hypnotics and antipsychotic medicines may also help some patients. All may have side effects.

You should discuss these options with your physician.

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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 the 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 are designed to make retirement healthier and more enjoyable.

Pennsylvania

DOWNINGTOWN

Ashbridge Manor

610-269-8800; AshbridgeManor.com

The Woods at Rock Raymond

484-784-2100; WoodsAtRockRaymond.com

EXTON

Meridian at Eagleview

484-873-8110; MeridianEagleview.com

GLEN MILLS

Ivy Creek

610-981-2740

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GORDONVILLE

Watson Run

717-575-4059; BerksHomes.com

KENNETT SQUARE

Cartmel & Coniston (Kendal)

800-216-1920; KCC.Kendal.org

KING OF PRUSSIA

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844-279-9865; CanvasValleyForge.com

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MEDIA

Springton Lake Village

610-356-7297

SpringtonLakeVillage.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. The grounds feature a community patio, a walking trail, gazebo and dog park. Residents enjoy coffee and each other's company at "Monday Mingles," holiday barbecues and pizza parties, games in the activities rooms and once-a-week free transportation to set destinations. Call for details and to schedule a tour.

Hershey's Mill

610-436-8900; HersheysMill55Plus.com

Westtown Reserve

215-910-3064; WesttownReserve.com

WEST GROVE

Jennersville Farm

610-368-5549; WalshAndAssociates.net

Delaware

WILMINGTON

Methodist Country House

302-654-5101

PUMH.org

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Riddle Village



Kyffin Grove



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Harrison Hill Apartments



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Spring Mill Senior Living



Daylesford Crossing



Surrey Services for Seniors

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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 plan community. Those listed have strong "independent living" programs.

Pennsylvania

COLLEGEVILLE

The Landing at Collegeville

484-268-5233; AtriaSeniorLiving.com

DEVON

The Devon Senior Living

610-263-2300; TheDevonSeniorLiving.com
Located in a beautiful, peaceful, rustic country setting, only minutes from area hospitals, restaurants and shopping centers. They offer Personal Care services, as well as award-winning Alzheimer's/Memory Care and short-term stays and feature distinct services and amenities in a comfortable, home-like setting, at 445 N. Valley Forge Rd.

DOWNINGTOWN

St. Martha Villa for Independent & Retirement Living

610-873-5300; Villa.StMRehab.org
Since 2003, St. Martha Villa has proudly served the Chester County community by providing exceptional service to independent and personal care residents. Activities serve a wide range of interests, which include pet therapy, gardening, musical events and daily mass. St. Martha Villa shares its campus with St. Martha Center for Rehabilitation and Healthcare.

EXTON

Exton Senior Living

610-594-0200; ExtonSeniorLiving.com

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Glen Mills Senior Living

610-358-4900

GlenMillsSeniorLiving.com

Voted "Best Assisted Living in Delaware County," providing personal care for resi-

dents for over 17 years. Located only minutes from area hospitals, restaurants and shopping centers, they have a seasoned team of caregivers, providing the additional support needed to maintain independence while receiving the individualized care that suits residents' needs. The community provides 24-hour nursing supervision, short-term stays and rehabilitation services.

HAVERFORD

The Quadrangle

610-642-3000; SunriseSeniorLiving.com

HONEY BROOK

Heatherwood Retirement

610-273-9301

HeatherwoodRetire.com

Tel Hai Retirement Community

610-273-9333; TelHai.org

KENNETT SQUARE

Friends Home in Kennett

610-444-2577; FriendsHomeInKennett.org

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www.GlenMillsSeniorLiving.com
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Kendal-Crosslands Communities

844-907-1800; KCC.Kendal.org

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LANCASTER

Quarryville Presbyterian Retirement Community

888-786-7331

Quarryville.com

Quarryville is an independent, continuing care retirement community, serving, equipping and enriching residents for nearly 70 years in Lancaster County. Quarryville offers residential living, personal care, memory support and skilled nursing. They provide the necessities and niceties of senior living through spacious apartments, award-winning cottages, vibrant activities and their Commons building, featuring an indoor pool, walking track and fitness center.

Willow Valley Communities

866-454-2922

WillowValleyCommunities.org

For more than 30 years, Willow Valley has been dedicated to helping people pursue exceptional lives. Their mission is simple: to inspire each person to embrace the possibilities of a “life lived forward.” Located

on 210 meticulously maintained acres, they offer the security of Lifecare, the guarantee of long-term care, should it be needed, at no additional cost. Willow Valley is a place to engage, to learn and to enjoy.

MALVERN

Echo Lake

LivingAtEchoLake.com; SageLife.com

Opening December 2018. Retirement living, redesigned. At the leading edge of the “aging well” movement, Echo Lake will include a huge fitness and wellness center, innovative dining built around the latest trends in nutrition and a catalog of programming that dares you to explore ... think cruise ship, think country club, think spa ... and then, let your imagination run wild.

MANHEIM

Pleasant View Retirement Community

717-665-2445

PleasantViewRC.org

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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.



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Kendal-Crosslands Communities



Glen Mills Senior Living



St. Martha Villa

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

A warm and welcoming retirement community on 96 picturesque acres by a state park and surrounded by gardens, wood-

lands and meadows. Amenities include wellness center with indoor pool and spa, putting green, bocce and shuffleboard courts, library, dining venues, performing arts, enrichment programs, transportation and more. On-site Healthcare Center with skilled nursing, assisted living and memory support. Member, Leading Age. Accredited by CARF-CCAC. Quality First Participant.

NORTH WALES

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267-460-8100

KyffinGrove.com; SageLife.com

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PAOLI

Daylesford Crossing

610-640-4000

DaylesfordCrossing.com; SageLife.com

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apartments, Daylesford Crossing is located right in the heart of the upper Main Line. Call to find out more.

Highgate at Paoli Pointe

610-296-7100

GenesisHCC.com/HighgateAtPaoli

PHOENIXVILLE

Spring Mill Senior Living

610-933-7675

SpringMillSeniorLiving.com

Welcome home to an exceptional community offering exceptional personal care and memory care neighborhoods. Wake up inspired each morning with a wealth of activities, services and support at your doorstep. Enjoy restaurant-style dining, health and wellness programs, events, transportation, housekeeping and more. Live carefree and let them take care of everything for you. It's their pleasure.

ROSEMONT

Rosemont Presbyterian Village

610-527-6500; PresbyInspiredLife.org

VALLEY FORGE

Shannondell at Valley Forge

610-728-5200; Shannondell.com

WALLINGFORD

Plush Mills

610-690-1630; SageLife.com

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

WEST CHESTER

Barclay Friends

610-696-5211; BF.Kendal.org

The Hickman

484-207-0446; TheHickman.org

Wellington At Hershey's Mill

484-653-1200; WellingtonRetirement.com

WEST GROVE

Jenner's Pond

484-748-0582; JennersPond.org

WYOMISSING

The Highlands at Wyomissing

610-775-2300; TheHighlands.org

Delaware

GREENVILLE

Stonegates Retirement Community

302-658-6200

Stonegates.com

HOCKESSIN

The Summit

302-235-3120

TheSummitRetirement.com

WILMINGTON

Methodist Country House

800-991-9257

ACTSRetirement.org

Foulk Manor South

302-655-6249

FoulkManorSouth.com

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

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www.FoulkManorSouth.com

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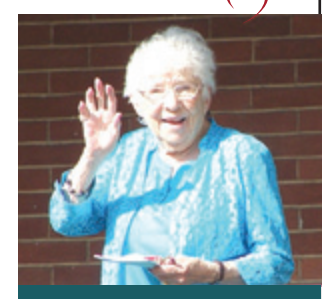
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Phone: (610) 444-2577 | Fax: (610) 444-9129 | www.friendshomeinkennett.org





Quarryville Retirement Community



Friends Home in Kennett



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Surrey Services for Seniors

Devon, Berwyn, Broomall,

Havertown, Media

610-647-6404; SurreyServices.org

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TLCMovingServicesllc.com ♦

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Something Special is Coming

Ivy Creek Gracious Retirement Living



Glen Mills' newest and best independent retirement community, Ivy Creek is opening soon! Our community will operate on a month-to-month rental basis with no hidden costs, expenses, or add-ons, so residents can enjoy their retirement worry-free. Our management teams will be here for you any time, day or night, so you can rest easy feeling comfortable, safe and secure. We'll take time to get to know each of our residents by participating in activities and pouring several rounds of coffee at mealtime, which allows us to know who has a new grandchild, burned-out light bulb, or who will be having guests for dinner.

We'll provide three delicious well balanced home-cooked meals each day. Our food is truly made from scratch which is prepared by our talented in-house chefs who use the freshest seasonal ingredients daily. Each meal will be served restaurant-style right to your table along with a smile from our friendly staff. Our menu will offer a variety of nutritional choices at every meal, snacks and beverages are available

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Ivy Creek's staff and management will support our resident's desire for a fulfilling, fun, and active lifestyle. Whether it is gardening, painting, dining, or dancing, we offer our residents the opportunity for fun. With hot air balloon excursions and fine art performances, our residents are never short the chance to try something new and exciting.

When completed, Ivy Creek will offer a total of 142 units with over 50 floor plan varieties, which include studio, one and two bedroom suites so there is an option for everyone. Each apartment will include individual climate control, large bathroom(s) with walk-in showers, a kitchenette with a full-sized refrigerator, cable television service, all utilities except personal phone, and an emergency call system that goes directly to our live-in management teams. Our community will include a beauty/barber shop, library, fitness center, activity room, billiards and game

room, movie theater, chapel and a business center, which allow our residents the chance to socialize with friends and neighbors every day. Meals, transportation, and housekeeping are also included in the monthly rent.

Ivy Creek is operated by Hawthorn Senior Living who have successfully managed state-of-the-art retirement communities in the United States and Canada for over 47 years. When it comes to their retirement communities, they take pride in the fact that their philosophy and mission has remained the same: "You never go wrong doing the right thing...and that always means putting people first."

Ivy Creek is located at 300 Franklin Drive in Glen Mills. Our construction is nearly completed and we are filling fast! Early reservations are being taken now. For more information on our gracious retirement lifestyle and to arrange your sneak preview tour, please call

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bones and below your belly. The shoulder strap should be positioned off to the side of your belly and across the center of your chest.

Plan to break up long car trips with frequent stops to use the restroom and stretch your legs. Sitting or not moving for long periods can increase your risk for deep vein thrombosis.

For airplane travel, always keep your due date in mind when booking your trip. In an uncomplicated pregnancy travel up to 36 weeks is generally safe. Airlines, however, may have their own restrictions on flying, so check with the airline before making your reservation. Because international flights may have an even earlier cutoff point than 36 weeks, be sure to check that, too.

Another consideration is booking your seat. You may prefer to book an aisle seat, especially for longer flights, as this allows you to get up and move about the cabin more easily (if deemed safe by the pilot). Plan to stretch your legs and move around at least every two hours.

Again, always wear your seatbelt when seated. Avoid any foods or drinks that may produce gas (such as carbonated drinks), as gas expands in lower cabin pressures and this may cause abdominal discomfort. Be sure to bring any necessary over-the-counter medications for reflux and gas in your carry-on bag and wear non-restrictive clothing to be more comfortable.

When traveling by cruise ship, make sure there are medical personnel on board the ship

throughout your entire trip—you'll want a doctor or nurse onboard. For a cruise, be sure to discuss with your ob-gyn which medications are safe for motion sickness during pregnancy. Some cruise lines restrict travel to before the 24th week, so check before booking.

Given the close quarters of cruise ships, viral infections are much more common and can be transmitted by eating food, drinking liquids or touching contaminated surfaces. While on board be sure to wash your hands frequently. Viruses, such as Norovirus, can cause severe nausea, vomiting and dehydration. If you experience diarrhea and vomiting at the same time, increase your fluid intake and seek medical care aboard the ship.

INTERNATIONAL TRAVEL

International trips are safe but require a bit more planning. Consult your ob-gyn to see if there are any specific concerns related to your destination. For example, mosquito-borne illnesses—such as malaria and Zika—may be prevalent in certain areas. Travel to these areas should be avoided during pregnancy. Also discuss if you should find an English-speaking doctor at your destination.

Check the Center for Disease Control (CDC) website before your trip—it's a valuable source of current information. Review your vaccination history, as well, since certain vaccines may be required for travel. Your

ob-gyn and an infectious disease physician who specializes in travel medicine can ensure you're up-to-date, and if necessary, can confirm if you can be safely vaccinated while pregnant prior to travel.

In addition, if traveling to developing countries, safe drinking water and undercooked foods may be additional concerns. Hepatitis A and listeriosis may be spread by contaminated food and water and may cause serious pregnancy complications. Avoid food from questionable sources.

SYMPTOMS ALERT

If any of the following symptoms occur during your trip, seek immediate medical attention:

- Vaginal bleeding
- Pelvic or abdominal pain
- Water breaks
- Headaches that don't go away, changes in your vision, swelling of your face or hands
- Severe vomiting or diarrhea
- Signs of deep vein thrombosis (DVT)

Travel during pregnancy is safe for most women. Planning for your trip is important and should include consulting your doctor. For more information, visit the CDC's website and search for "Pregnant Travelers" or visit the American College of Obstetricians and Gynecologists' website ACOG.org.

Bon voyage! ♦

using the phone. If you plan to check your teen's daily phone use, tell her! Honesty helps keep the door open for discussion of inappropriate use.

• **Secure Your Teen's Phone:** Make sure her phone is protected with secure passwords and protected Internet. You can also secure her phone and computer by putting parent controls on devices via apps such as NetNanny, Quostodio and Family Time.

• **Know the Hidden Apps:** Some apps help kids hide information, texts, videos, etc. Find out what those apps are—they're constantly changing, so you may need to do research. Some recent apps include: Vault, KeepSafe, Best Secret Folder and Hide It Pro.

STILL CONCERNED?

If you're ever concerned about your teen's

Internet use or overuse, talk to her* directly. If you believe she's experiencing mental health concerns (anxiety, depression), talk to her pediatrician or a local behavioral health provider who can help your family navigate treatment options.

*Of course, these concerns about social media also apply to your sons. ♦

Focusing on Sleep *-continued from page 47*

difference. Women who experience severe cramps that disrupt sleep should talk with their physician about treatment options.

During perimenopause and menopause, women often experience sleep disruption caused by hot flashes and night sweats—about 75% to 85% of women report sleep problems during this time. Changes in estrogen levels, particularly for perimenopausal women in their 40s, can prompt these symptoms. Very often, perimenopausal women wake early in the morning and have trouble getting back to sleep.

INCREASING YOUR CHANCES OF A GOOD NIGHT'S SLEEP

There are things women can do to increase their chances of a better night's sleep. For example, creating a consistent schedule with a regular wake-up time and regular bedtime, seven days a week, is an important step. Eating healthy foods and avoiding caffeine, alcohol and large meals before bedtime will also help.

Exercise can also enhance sleep. Women who exercise are much more likely to be tired at the end of the day, which increases their chances of a restful night's sleep. Practicing meditation or yoga may also help some women improve their sleep.

As you may know, electronic screens can contribute to sleep problems. Televisions, phones, electronic tablets and computers emit a blue light that can affect your level of melatonin and reduce the likelihood of falling asleep. If your partner is using a screen, wear a sleep mask to avoid the blue light.

Being conscious of your comfort level and making sure the room is quiet and is a cool temperature can improve your chances of falling asleep as well.

WHEN TO TALK WITH YOUR PHYSICIAN

Women should talk to their physician if they feel sleep deprivation or lack of restful sleep is affecting their quality of life, including their ability to work, exercise, or find time for friends and family.

It's important to rule out medical conditions—including depression or anxiety—as the cause of sleep problems and interruptions. Talk to your doctor about the medications you take—for allergies, high blood pressure, asthma—because some can affect your sleep. In cases of perimenopause and menopause, your physician may suggest hormone replacement therapy.

Sometimes, there may be an underlying medical condition that prompts a physician to refer

a patient to a sleep center or lab for a clinical study. Centers that specialize in sleep disorders will spend time learning about your symptoms and how your disrupted sleep affects your life.

Overnight sleep studies may be done, and the tests conducted while you sleep provide information on your condition. Several local hospitals and clinics operate sleep labs that conduct tests for conditions such as insomnia, narcolepsy, restless legs syndrome or sleep apnea.

Quantity of sleep is not the same as quality of sleep. For example, if you're in bed for eight hours but your partner's snoring keeps you awake, you may not be getting the quality of sleep you need. It's important to discuss your symptoms, your lifestyle and your home environment with your physician.

Understanding the effects of hormone changes, environmental factors and lifestyle habits can help women enjoy a good night's sleep. Studies show that a person who makes a commitment to sleep often notices an increase in productivity, motivation, creativity and the quality of their relationships.

A good night's sleep can make a world of difference in your health, your life and your family's life. ♦

Treating Arthritis *-continued from page 48*

CAN I AVOID ARTHRITIS?

While arthritis is very common, there are measures you can take to help prevent or slow the progression of cartilage loss. An ounce of prevention applies here.

Perhaps most important is remaining active. While that may initially seem counterintuitive, getting regular exercise helps strengthen bones and keep muscles strong. The muscles surrounding your joints can help absorb a lot of impact, protecting those joints from harm.

Both weight-bearing activities (walking and jogging) and non-weight-bearing activities (swimming and cycling) can help keep muscles in shape. Core strengthening programs (yoga and pilates) are also important in maintaining your overall fitness, balance and flexibility.

Maintaining an exercise program is also critical to maintaining a healthy weight, thus reducing the amount of stress on joints. Due to the way we're built and the way we walk as humans, losing 10 pounds can result in a net decrease of 50 to 70

pounds of force that our hips and knees endure with every step!

DO I HAVE ARTHRITIS?

The most common symptom of arthritis is joint pain, which is commonly accompanied by swelling. Sometimes there's a feeling of locking, catching or even instability or weakness in the joints.

When symptoms become bad enough to limit your activities, it's a good idea to see a physi-

Social Media and Teen Girls *-continued from page 46*

teens vulnerable to suicide, social media can heighten the risks.

Bullying and other negative interactions on social media can also negatively affect mood among teens. Some teens experience increased feelings of depression or anxiety after using social media. Recently, researchers coined the term "Facebook depression" for teens who spend a lot of time on social media and then develop symptoms consistent with clinical depression.

Since teen years are a time of susceptibility, vulnerability and identity seeking, it makes sense that teenage girls are seeking out role models—both physically and in other ways. And so many teens follow celebrities, athletes and models on social media. But because celebrities and models often use Photoshop and image-enhancing filters to perfect their photos, the social media posts present the effect of perfection—every post shows a slim, toned, stylishly dressed person with perfect

hair and make up.

Social media offers these celebs and models—or so-called influencers—money to advertise products. And for a reason: their followers are striving to be like them. Some research suggests that teen girls who view these kinds of photos feel more poorly about themselves and have lower self-esteem.

Social media also leads to less sleep and teenage girls *already* get far less sleep than recommended because of busy schedules filled with homework, sports, activities, plus early school start times. In a recent study, not only were teens getting less sleep when using social media, but nighttime social media use resulted in poorer sleep quality.

In addition, the Internet is vast and there are risks on social media related to predators and people who are not who they say they are. Teenage girls may particularly be at risk, as these individuals often seek them out.

WHAT SHOULD PARENTS DO?

Once your daughter becomes a teenager, there are steps you can take to help her keep herself safe and knowledgeable on social media. Here are a few.

- **Be a Good Model:** Make sure you aren't overusing your own phone or on Facebook at 11 p.m. Show your teen what appropriate social media use looks like.
- **Start the Conversation:** Talk about what your teen should do if she sees inappropriate content on social media, if she's bullied, or is upset by something. Always discuss safety and the rules around communicating with strangers.
- **Create a Family Media Contract:** Decide such things as how much time can your teen spend on her phone. What apps can she use? When will the whole family put away their phones? What happens if the rules are broken? Have specific time-based consequences for mis-

cian. Primary care doctors, orthopedists, rheumatologists and sports medicine specialists, among others, can evaluate, diagnose and treat many forms of arthritis. In addition to listening to symptoms and performing a physical exam, your doctor may order tests such as x-rays, MRIs or bloodwork to help determine if you have arthritis.

HOW IS ARTHRITIS TREATED?

The challenge in treating arthritis is that cartilage is a very fickle substance. Unlike skin and many other organs in the body, cartilage lacks the blood flow critical for healing. So when cartilage erodes, it doesn't grow back.

In addition, while doctors and researchers are working hard for solutions, the ability to replace cartilage is limited. Consequently, the main treatment of arthritic joint pain is to relieve symptoms.

Much of the pain and swelling caused by arthritis comes from inflammation in the joints, and so many treatments focus on eliminating inflammation. Things such as ice, anti-inflammatory medications (Ibuprofen and Naproxen) and brief periods of rest are all effective ways to calm down inflammation and reduce pain.

In some cases, braces and physical therapy can help decrease stress and strain on joints, reduce

pain and increase flexibility.

For rheumatoid arthritis, new medicines can very effectively limit the immune system's attack on the joints and significantly reduce or, in some cases, eliminate the progression of cartilage loss.

For some, symptoms evolve to the point that more aggressive measure must be considered. Painful inflamed joints often respond well to localized injections of corticosteroid or hyaluronic acid.

Corticosteroid, or cortisone, is a powerful anti-inflammatory that can be delivered directly into a painful joint to reduce swelling, inflammation and pain. Placing the medicine directly into the joint with a needle can help maximize the strength of the treatment and limit side effects sometimes seen with oral medications.

Similarly, painful joints can be injected with hyaluronic acid, a molecule found naturally in and around cartilage cells and the joint fluid that typically lubricates the joint. These injections can reduce pain by reducing inflammation and increasing the viscosity of the joint fluid, easing symptoms.

WHAT ARE OTHER OPTIONS?

Current studies involve two other types of injections called platelet rich plasma (PRP) and

stem cell treatments. These types of injections use your body's own healing potential to improve joint function, reduce pain and potentially regenerate cartilage. Because these injections are not yet approved by the FDA for treating arthritis, they are considered experimental. While there's hope these types of "biological" treatments will help fight arthritis, data on effectiveness and overall safety is limited.

Finally, if severe symptoms persist and substantially limit your activity and quality of life, surgery can replace arthritic joints. Joint replacement surgery is an effective, definitive treatment for end-stage arthritis, but should be considered only after all other appropriate nonsurgical treatments have failed or are deemed inappropriate.

Surgery is an elective procedure, merely another option for those who can't get relief from other measures. Before choosing joint replacement surgery, you must receive a full and comprehensive examination by an orthopedic specialist as well as the appropriate medical doctors to determine whether surgery is appropriate. Risks and benefits of the surgery, recovery time and later rehabilitation and expectations should be completely understood to ensure the best possible outcome. ♦

Food News

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

Slushie, Not Slushy.

Enjoy the good kind of slushie as you chill out this summer at one of **Chaddsford Winery's** Wine Slushie Weekends. Try a featured flavor offered on August 4 and 5, or sample all



four with a Slushie Flight for \$15. Using seasonal ingredients mixed with various vinos, slushie flavors include confections like peach Bellini, black raspberry, sour apple and prickly peach. Single servings and flights make you forget the other kind of slush. 632 Baltimore Pk., Chaddsford. More at Chaddsford.com.

Kids in the Kitchen.

Sign up your budding chefs and cheffettes (age 8–11) for **Kitchen Workshop's** cooking or baking summer camp. Only 10 campers per week, so kiddos get one-on-one help from a sous chef. From cupcakes to pizza and Bundt cakes to baklava, kids will master tasty new recipes. Plus, they'll learn cooking techniques, kitchen tools and safety along with some reading, math and chemistry. A \$320 fee includes supplies and food. 21 Plank Ave., Paoli. More info at KitchenWorkshop.com.

Al Fresco August.

Enjoy a meal in the summer sun on Friday, August 31 to mark **National Eat Outside Day**. Celebrate earlier in the week at **Media's Dining Under the Stars** for al fresco dining on warm-weather Wednesdays featuring 20+ local restaurants. Or, visit **Kennett Square's Third Thursday** on State Street for outdoor dining, shopping and live music on August 16 and September 20. And just about any day or night offers al fresco dining options on the **side-walks of West Chester**.



Pour One for Me.

Looking for a hoppy and tropical beer to quench your summer thirst? Try **Pour House IPA**, Victory Brewing Company's fifth and latest signature beer collaboration brewed exclusively for The Pour House. This drinkable IPA is a cloudy brew flavored heavily with tropical hops. It's available by the pint for \$5 at all three



The Pour House locations, including Exton. 116 Pottstown Pk., Exton. PJsPourHouse.com.

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Fermented Foods

AT THE CROSSROADS OF “TASTES GOOD” AND “GOOD FOR YOU.”

Laura Muzzi Brennan

I NEVER THOUGHT I'D SEE THE DAY WHEN SAUERKRAUT was cool. But that day has dawned. Everyone from chefs and slow food advocates to medical doctors are singing the praises of the humble cabbage dish and its cohort of fermented friends.

Why the fuss? In a nutshell: fermented foods not only boast complex flavors, they also boost gut health and in turn your immune system.

Some fermented foods are so familiar—yogurt, vinegar, beer, chocolate—we forget they're fermented. Others like the 3 Ks—kimchi, kombucha, kefir—are steadily making their way onto mainstream grocery store shelves and restaurant menus.

What's more, with a little patience, they're easy to make at home, a point **Chef David Freitag** emphasized when I signed up for his fermentation class through Main Line School Night.

By day, Freitag is a chef at the Exton Whole Foods' seafood department. By night, he brews mead and kombucha, bakes sourdough bread and transforms cabbage and herbs into lavender sauerkraut. Long before he started teaching he was sharing information with a rapidly growing community of DIY fermentors.

The easiest way to understand fermenting, says Freitag, is to learn from Sandor Katz whose books include *Wild Fermentation* and *The Art of Fermentation*. To paraphrase Katz, fermentation happens when good bacteria/yeast/mold consume sugars and create acids that preserve food from bad bacteria and encourage the growth of good bacteria.



Chef David Freitag's fermentation class

Fermentation may occur naturally, as in the case of sauerkraut and kimchi (Korean spicy, sour vegetable dish) where salt activates bacteria found on the vegetables' surface. Or it may need a nudge from a “starter,” either an heirloom culture or a commercially produced one.

Sweet tea, for example, gets transformed into kombucha by the addition of an heirloom culture called a SCOBY (Symbiotic Colony of Bacteria and Yeast). Wine becomes vinegar when a “mother” gets involved. (Mothers and SCOBYs both look like mini freeform gummy Frisbees, but mothers contain no yeast.)

You can purchase starters at food co-ops, organic markets and bakers' supply shops. But Chef Freitag pointed my fellow students and me to some unexpected places, namely Craigslist where I found three people selling SCOBY. There's also a group called Friends of Carl who will send you a sourdough starter for the price of a self-addressed stamp envelope. (For the record, Oregonian Carl Griffith shared the 150-year-old starter nurtured and preserved by his family with anyone who asked.)

Other good resources for obtaining starters or just connecting with fellow fermentors: Meetup.com, your local foodie Facebook page and Pickle.com, where *Ferment Your Vegetables* author and Philly resident Amanda Feifer shares recipes and advertises classes. You can also reach out to Chef Freitag at PhillyFerments@gmail.com.

As I immersed myself in the fermenting world, I couldn't help but see parallels to parenting: you give your child a good start, nurture them along the way, and in time, you'll be rewarded.

Yogurt

Note from Chef Freitag: Your basic yogurt consists of nothing more than milk and a starter. You can, however, add such things as vanilla, fruit and sweeteners. Usually, you'll want to wait to add these until the yogurt is ready to serve. The starter you use will dictate what the final product will be. If there's a yogurt you're fond of—as long as it has live active cultures—you can use that as a starter. You can also purchase pure strain starters in powdered form. Using the store-bought yogurt or the pure strains will allow you to make only two or three generations out before you need to get more of the original again. As an alternative, there are heirloom varieties that let you continually produce a consistent product without having to buy a new starter.



Yogurt maker or small glass jars

- 1 qt. cow, sheep or goat milk (whole milk yields the thickest yogurt)
- 2 Tb. of your favorite yogurt or powdered starter

Heat 1 qt. milk to about 185° for at least 5 minutes. Stir to prevent scalding.

Note: The longer you hold the temperature at 185°, the thicker the yogurt becomes. If you are adding vanilla, add it now.

Allow milk to cool to 110°. In a separate bowl, mix ½ C. of the milk with your starter to create “inoculated milk.” If you're using powdered starter, follow the directions on the package.

Take the inoculated milk and add back into the remainder of your milk. Pour the mixture into your yogurt maker or into glass jars and maintain the yogurt at a temperature of 110° for 6–8 hours.

If you aren't using a yogurt maker, place the jars in an oven that's been heated on the lowest setting (about 250°) and then turned off but with the light left on. Or, wrap the jars in towels soaked in hot water and pack them in a cooler to keep the heat in. The longer you let the yogurt sit at a high temperature, the more tart it will become.

After 6–8 hours, chill. If adding fruit, mix it in immediately before eating.

Makes 1 quart.

Kombucha

Note from Chef Freitag: Kombucha is a fermented sweet tea that's made by combining water, tea, sugar and SCOBY (Symbiotic Colony of Bacteria and Yeast). This fermentation takes about a week. The ideal temperature is 80–85°, if you keep the kombucha warmer than room temperature, it will be fine. Always use plain black caffeinated tea (although I often add a little mint tea). Don't use flavored teas as their oils can cause issues. Every batch will make a new layer of SCOBY at the top of the jar. You only need a golf ball size SCOBY (roughly ¼” thick) to do the fermentation. You can share, candy or compost your extra SCOBY. Note that the larger the SCOBY, the quicker the fermentation.

Fermentation in Kennett Square

Make room, mushroom! You're not the only food putting Kennett Square on the map.

Kennett's weekly farmers market hosts a lineup of vendors (below) who produce fermented foods ranging from sourdough to sauerkraut. What's more, plans are in the works for an October fermentation festival with demos, tastings and all sorts of probiotic hijinks. For up-to-date info on the market and festival, HistoricKennettSquare.com/Events/Kennett-Square-Farmers-Market.

Brandywine Valley Bread: Naturally leavened sourdough breads (rustic baguettes, boules and sandwich loaves) made with organic and local grains. At market every Friday.

Cucina Verde: Small-batch lacto-fermented sauerkrauts. At market 2nd and 4th Fridays.

Inspired Brews: Small-batch seasonally inspired kombucha with ingredients sourced from local farms. Flavors include strawberry rhubarb, gingery, elderflower lemonade. At market 2nd and 4th Fridays.

Fiddle Creek Dairy: Greek and Swiss style yogurt made with whole milk from the microdairy's herd of grass-fed Jersey cows that graze on 33 acres. At market 1st, 3rd and 5th Fridays.

Keepwell Vinegar: Naturally fermented vinegars made with local sugar sources. Flavors include maple, black garlic, sorghum molasses, wildflower honey, bitter lemon and ramp. At market 1st Fridays.

Rex Farms Orchard/Big Hill Ciderworks: Farm-to-bottle hard ciders in modern, heritage and sour styles. At market every Friday.

Victory Brewing: Year-round and seasonally inspired craft beers in a variety of styles including IPAs and lagers. At market 1st Fridays.



½ gallon jar

1 qt. water

½ C. sugar (raw sugar is best although any table sugar will work)

5 black tea bags

1 mint tea bag, if using

SCOBY from a previous batch

1 C. kombucha from a previous homemade batch or

1 C. store-bought unflavored kombucha

In a large saucepan, boil water. Add sugar and tea bags. Turn off heat. Stir to dissolve sugar and steep tea for at least 10 minutes. Remove tea bags and allow tea to come to room temperature.



Students learn about fermentation in the Main Line School Night class.



Place SCOBY and 1 C. kombucha from previous batch into a wide-mouthed ½ gallon jar. Add the sweet tea mixture and water as needed to reach the level where the jar starts to narrow at the top. Cover the jar opening with paper towel or cheese cloth so the kombucha can breathe. Place in a warm place, such as the top of your refrigerator.

After 5 days, taste a small amount of the kombucha. It should start to taste a bit acidic. When it's slightly less tart than you'd like, it's time to start a new batch. Take 1 C. from this batch and start again.

Note: If you want to take a break from making kombucha, make a fresh batch and store it in the refrigerator or in a cooler place in your house. When you want to make more, use this as a starting liquid and make a fresh batch.

Decant the kombucha into sealable jars or bottles. If you want to add flavorings, such as fruit juice or ginger, do so at this point.

Leave bottles out for another 1–2 days so they can carbonate. Refrigerate. Drink within 1–2 months.

Sauerkraut

Note from Chef Freitag: This recipe uses one of the oldest methods of preserving vegetables. It consists of salting shredded vegetables and allowing the naturally occurring “good” bacteria to acidify the solution. The salty, acidic solution prevents unwanted bacteria from growing while the good bacteria synthesizes B and C vitamins through the fermentation process. Cabbage is at the center of this simple recipe, but you can add an array of vegetables and seasonings. Generally, you want a salt solution of 2–5%, so use 1–3 Tb. salt per pound of vegetables. (If you're making a brine, rather than just tossing salt and vegetables together, use 1–3 Tb. per quart of water.) In deciding how much salt to use, consider your taste as well as the fact that less salt = faster fermentation and shorter shelf life, while more salt = slower fermentation and longer shelf life.



1 qt. canning jar

Medium head of cabbage

1–3 Tb. sea, kosher or pickling salt (never iodized salt)

Shred cabbage into a large mixing bowl. Mix in salt. Bruise the cabbage using a wooden spoon, your hands or a rolling pin. Doing this breaks down the cell walls.

You'll notice liquid being expressed from the cabbage. You may let it rest in the bowl, covered, to allow more brine to form or go straight to packing it in the jar.

When packing into the jar, press cabbage down enough to squeeze out all the air pockets. Ideally, there will have been enough brine formation to completely cover the cabbage. Add a weight such as a small glass bowl, a nonreactive stone (not limestone or marble) or a small Ziploc bag filled with brine to help hold down the loose pieces of cabbage.

Place the lid on the jar, but do not screw on tightly. Place jar on a bowl or plate to catch the overflow brine. Since the bacteria produce large amounts of CO2 during fermentation, the loose lid allows gases to escape but prevents air from entering the jar.

Wait overnight and press down again. If there's not enough brine to cover the cabbage, mix up some separately and add it to the top. While fermentation is most active, you may need to press down the cabbage daily to work out the air bubbles. If necessary, add brine at any point to keep cabbage covered.

After a week or so, taste the sauerkraut. If you like the flavor and texture, refrigerate it. If not, taste it every few days until it achieves the flavor and texture you like.

It will last in the refrigerator for months, even up to a year.

If you notice any mold or sliminess at any point, just scrape it off the top. Under the brine, everything will be fine.

Makes 1 quart.

Beet-hued Cured Salmon

A few months ago, I tasted cured salmon whose garnet hue came from grated beets. I was hooked and had to try making it at home. This recipe is a hybrid of Bon Appetit's twist on Jessica Koslow's recipe and Mary Karlin's gravlax recipe in Mastering Fermentation. Karlin explains that for traditional gravlax, the salmon is cured with only salt and sugar, but she adds whey, a fermenting agent, to make the flesh firm enough for slicing.

1 C. organic whole milk plain yogurt (I used Seven Stars)

1½ lbs. thick salmon fillet, skin on, pin bones removed,
cut into 2 equal pieces

3 Tb. unrefined fine sea salt

3 Tb. raw unrefined cane sugar

Zest from one medium lemon

1½ tsp. white or black peppercorns, crushed

⅓–½ C. roughly chopped fresh dill

1 beet, peeled and coarsely grated

Line a fine mesh sieve with cheesecloth or paper towel and set it over a bowl. Put yogurt in cheesecloth and drain in the refrigerator for a 1–2 hours. The liquid that drains out is the whey.



Set aside 3 Tb. to use and save the rest for another use or discard. The remaining strained yogurt cheese (labneh) is delicious drizzled with olive oil and herbs (mint, dill, your choice) and served with pita wedges.

Set salmon on a parchment-lined baking sheet, skin side down. In a small bowl, mix salt, sugar, lemon zest and crushed peppercorns. Rub mixture over salmon flesh, pressing it in. I also spread a little on the skin as well. Sprinkle flesh with 3 Tb. whey.

Mix dill and beets together and spread on top of flesh. Place one piece of salmon on top of the other so their flesh sides are touching

each other. Fold the parchment paper over the salmon and wrap tightly with plastic wrap.

Place another baking sheet on top and weigh it down with canned goods. Refrigerate for two to three days, turning the salmon twice a day.

Wipe off seasonings and beet-dill mixture.

Slice and serve with any of the following: rye bread, bagels, cream cheese, sour cream, crème fraiche, chopped dill, chopped onion, chopped egg and capers.

Serves 8–10 as an appetizer on party bread or bagels. ♦

Laura traces her love of all things culinary to the first time she leafed through her mother's Betty Crocker's Cooky Book—which still occupies a place of honor among her 700+ cook-books. A passionate supporter of local food, she co-founded a farmers market, judges area food contests, and anticipates restaurant openings with the excitement most people reserve for winning a Mega Millions jackpot.



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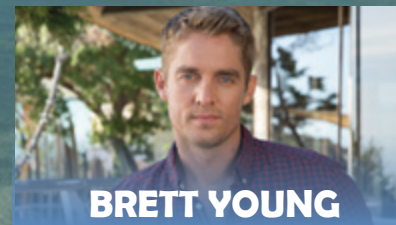
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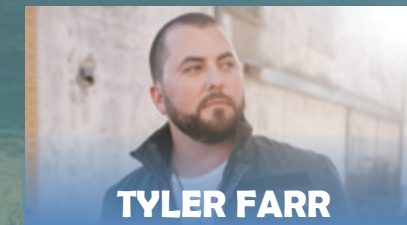
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