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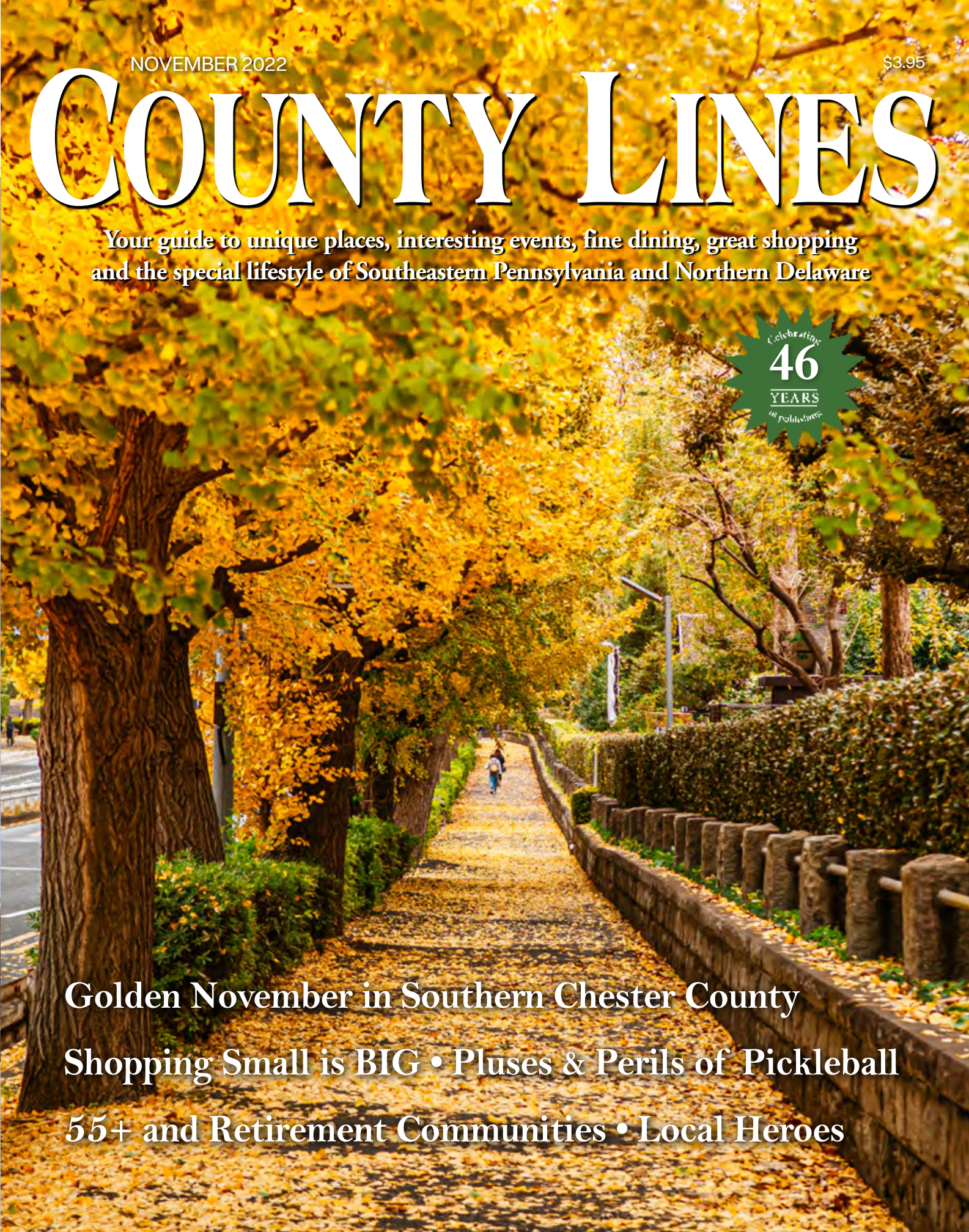
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55+ and Retirement Communities • Local Heroes



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Unionville

Rarely does a farm of this quality come on the market in the midst of Unionville's famed equestrian community and priced well below the owner's total investment. Set on 53.8 acres along a very quiet road, sits the well loved farm, featuring a 4 bedroom, 3.2 bathroom, c.1799 brick home. This stately property includes a large pool with a beautiful, spacious new pool house complete with a guest bedroom and fabulous bathroom. Additionally, there is a four stall stable and a one bedroom apartment over the the feed and tack rooms. There is also a four bay shed garage and an incredible machine shed with four oversize bays. The property has numerous pastures and paddocks, several with sheds, as well as two ponds. The property is an easy commute to Wilmington. Unionville Schools.

\$4,250,000



Coventryville Area

Coventry Forge Farm is a quintessentially historic Chester County country estate, replete with an 18th century stone farmhouse, a fully updated cottage, a studio along the meandering and trout filled French Creek, a 9-stall barn and 23.4 acres of pastures and open space to enjoy. Surrounded on three sides by the 535 acre Warwick County Park and in an area of numerous deed restricted properties, this farm is situated in a highly protected area and close to the the Horseshoe Trail. The property is of extreme historic significance. In 1717, Samuel Nutt built this home and the Coventry Forge on the property. This iron works was the first constructed in Chester County and only the second in Pennsylvania. Additionally, there are two garages offering a total of four parking spaces. In Owen J. Roberts Schools and close to Rt. 23 and 100.

\$1,499,000



Springdale Farm, Pennsbury Township

Springdale Farm (c.1703) has been tastefully restored and completely modernized. On the National Register, and set on 11.67 private acres, the 4BR, 4.1BA stone home features an incredible Kitchen and a fabulous main suite with luxurious bath. The 3 family bedrooms have en-suite baths. Details include several fireplaces, original floors, interior stone walls, and exposed beams. There is also a one bedroom guest house and a detached office! The grounds include stone walls, views, and privacy.

\$2,350,000



Bittersweet Drive | Pocopson Township

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

\$4,200,000



Kennett Square

Constructed in 1860 by legendary Bayard Taylor, Cedarcroft's late owner took great pains to ensure the significant architectural features of the home were well maintained. The Living Room, Library, and Dining Room all feature 13' ceilings, stunning wood flooring, incredible moldings, and fireplaces. Upstairs is a Master Suite with a fireplace, private bath, and large closet/dressing area. There is another large bedroom with a fireplace and five additional bedrooms. Additional restoration required.

\$1,380,000



Chadds Ford

The Happy Hill estate is set on a long, private road and its location guarantees privacy. The stately home is a well constructed Manor House featuring spectacular walnut moldings, stained glass, and museum quality mantels. Gardeners will love the Pennsylvania champion trees like Yellow Buckeye and Cucumber Magnolia. The property is a "diamond in the rough" as work is required to return the property to its former grandeur but the home's stellar location and great bones make it an excellent investment!

\$1,350,000

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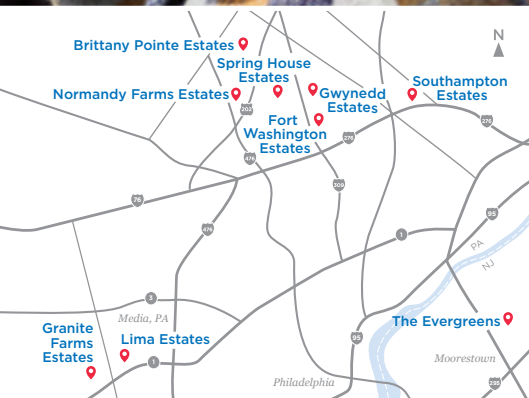
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from the
EDITOR

Ah, November! At *County Lines*, we're filled with gratitude for all our area has to offer. And here are a few reasons why.

In "Golden November in Southern Chester County," Carol Metzker explores a favorite part of the Brandywine Valley and concludes there's no better time for a day trip or a visit to a favorite haunt. And birders can explore a place where flocks of eagles now gather. "Bald Eagles of Conowingo" tells where to watch them soar in northern Maryland.

If you're looking for fun, try a Philadelphia tradition — "The 21st Annual National Dog Show." It's as much a part of Thanksgiving as turkey trots and pumpkin pie. Theater-lovers should check out the holiday show at Uptown! Knauer Performing Arts Center — *The Butterfingers Angel* — a Christmas story with "the expansiveness and big heart of the classics," writes Carol Flannery in "Theater Spotlight." And pickleball players should read Dr. Nick DiNubile's advice in "The Pluses and Perils of Pickleball" to help stay out of the doctor's office.

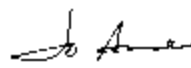
In this month of giving thanks, Shannon Montgomery shines a light on the Chester County fire-fighters in our "Local Heroes" feature. Lydia Reiss and Peighton Schwalm remind us to be grateful for small businesses in "Shopping Small is a Big Thing." Learn how area towns mark Small Business Saturday, November 26.

We take a look at some very special centenarians in "Living to and Beyond 100," to get some life advice. See our "Guide to 55+ and Retirement Communities" for more on seniors.

If you're holiday-busy, Brandywine Table's Alyssa Thayer offers help with meals from Home-Cooked in Paoli in "Simpler Suppers." And our Thanksgiving Wine and Beer Pairings charts will solve your libation deliberations.

As always, we have the Best Local Events and tons for Family Fun.

Thank you for reading. And Happy Thanksgiving!


Jo Anne Durako
Editor

COUNTY LINES MAGAZINE

November 2022

Volume XLVI Number 3

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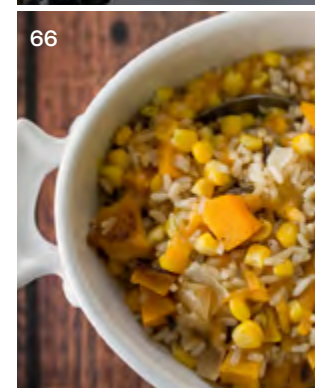
CONTENTS

VOLUME 46, NUMBER 3 • NOVEMBER 2022

COUNTY LINES
MAGAZINE



36



66



30



28



34

- 28 **THEATER SPOTLIGHT**
Uptown! Knauer Performing Arts Center
Carol Flannery
- 30 **THE 21st ANNUAL NATIONAL DOG SHOW**
A local tradition returns this Thanksgiving
Elizabeth Hughes
- 32 **LOCAL HEROES: CHESTER COUNTY FIREFIGHTERS**
Local firefighters risk their lives to keep our communities safe
Shannon Montgomery
- 34 **BALD EAGLES OF CONOWINGO**
Feast for the birds ... and for photographers
Edwin Malet
- 36 **GOLDEN NOVEMBER IN SOUTHERN CHESTER COUNTY**
Tour, taste and shop
Carol Metzker
- 42 **SMALL BUT MIGHTY**
Plant native shrubs in small landscapes
Liesl Barkman, Jenkins Arboretum & Gardens
- 46 **HOLIDAY GIFT GUIDE**
Get an early start on your holiday shopping
- 48 **SHOPPING SMALL IS A BIG THING**
Support small business this holiday season
Lydia Reiss & Peighton Schwalm
- 50 **LIVING TO AND BEYOND 100**
Advice from centenarians
Edwin Malet
- 53 **GUIDE TO 55+ RETIREMENT COMMUNITIES**
Edited by Marci Tomassone
- 62 **THE PLUSES AND PERILS OF PICKLEBALL**
Nicholas DiNubile, M.D.
- 64 **WINE & BEER PAIRINGS FOR THANKSGIVING**
Pairing tips from the experts
- 66 **BRANDYWINE TABLE**
One local business is creating meals and holidays that are simple, delicious and kid-approved.
Alyssa Thayer

departments

15 **GOOD TO KNOW**
17 **NOVEMBER PICKS**

18 **BEST LOCAL EVENTS**
65 **FOOD NEWS**

70 **INDEX**

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[Good to Know]

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

Milestone Mural. You've likely seen the women's suffrage mural on East Market Street. Now there's a new addition to West Chester's growing public art scene. WCU student Noah Burns has elevated the



town with his striking art-work marking the 200th anniversary of the **Friends Association**, a nonprofit assisting those affected by homelessness. Painted on the exterior of the Friends Association building, the mural reflects the nonprofit's mission by depicting protection and family while adding vibrancy to 113 W. Chestnut St., West Chester. FriendsAssoc.org.

Viva la Pumpkin. Your love for pumpkin season doesn't have to die after Halloween! Impress Thanksgiving guests with this eye-catching addition to your home ... you guessed it, **pumpkin decor**. But not your typical carved pumpkins. These trendy decorations are made of materials ranging from knits to rattan to corn husks, making this a perfect DIY project. And the best part is you don't need to worry about an expiration date. SohoInteriorDesign.com.

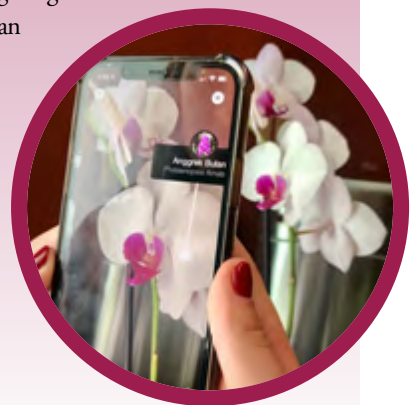


Promoting PA. Former West Chester resident Cat Janisko has gone viral on TikTok as [@PennsylvaniaJunkie](https://www.tiktok.com/@PennsylvaniaJunkie). With over 10 million views and 250,000 followers, she's sharing her love of all things PA. Her TikTok page highlights PA's quirks and gems, ranging from poking fun at strange names (Schuylkill, Manayunk) to a favorite breakfast spot (just happens to be West Chester's Market Street Grill) to a canoe-and-dine on the Brandywine (a fun guided canoe experience). So, Sheetz or Wawa? [TikTok.com/@PennsylvaniaJunkie](https://www.tiktok.com/@PennsylvaniaJunkie).

Vote the Future. It's a big election year, especially for Westtown Township. In November 8's general election, the ballot will ask Westtown residents to vote to preserve the future of iconic **Crebilly Farm** (at Routes 202 & 926). By voting "yes" to a small tax increase, Westtowners can protect 312 acres of open space while preventing residential sprawl, decreasing traffic congestion and avoiding higher taxes for general services. Non-Westtown residents can support this green cause by donating at VoteYesCrebilly.com.



Plant Perfection. Struggling to keep your indoor plant babies alive during winter? **Plant-care apps** let you join a community of knowledgeable and helpful plant lovers. These apps do more than OG plant-ID apps by using your camera to help diagnose issues like improper lighting or temperature. You can even set "water me!" reminders so another green friend doesn't bite the dust. (It's okay, we've all been there.) Not sure which app? Check recommendations on Mashable.com.



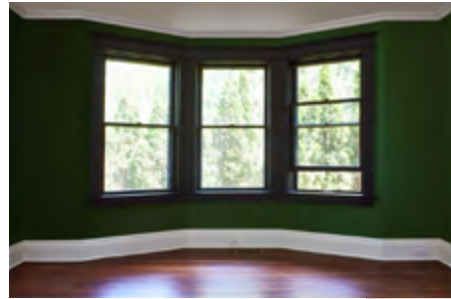
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November Picks Our Picks for top events this month

10th Annual PSPCA Bark & Whine Gala

November 5

Join the most important fundraising event of the year and a night to celebrate the Rescue's mission with cocktails, dinner, music and dancing. Support by purchasing a Bark in the Box, take part in the silent auction or make a donation. *2300 S. Swanson St., Philadelphia. 6:30 to 11. For tickets visit PSPCA.org.*



Notable Fall Fête

November 15

Enjoy boutique shopping, lunch with friends and the speaker, Sydney Grims, Director of Business Development, Fearless Restaurants. Proceeds support the community educational programs of the Philadelphia Orchestra. *Merion Cricket Club, 325 Montgomery Ave., Haverford. 10:30 a.m. to 2:30 p.m. \$85. 267-968-7956.*



People's Light Presents *Alice in Wonderland: A Musical Panto*

November 16-January 1

The holiday tradition is back! Alice Liddle stumbles upon a strange book in the library and ends up in a mysterious, magical place. Cheer the heroes, boo the villains and help Alice find her way home in this panto-tastic take on Lewis Carroll's madcap classic. Best enjoyed by ages 5 to 105. *39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.*



Flight on Ice

November 18-February 28



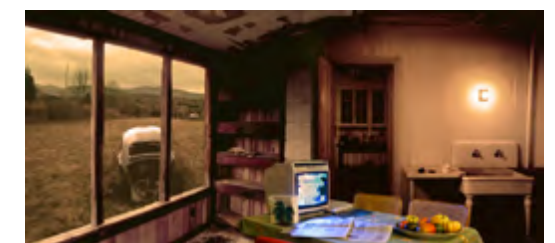
This pop-up outdoor "real" ice skating rink brings a season full of family fun, including ice skating sessions, fire pit lounge areas, heated private event tents, nightly programming featuring local entertainers and DJs, theme nights, and food and beverages. A portion of proceeds are donated to the Delaware County Veterans

Memorial Association. *4901 West Chester Pk., Newtown Square. Wed.-Thurs., 4 to 8 p.m.; Fri., 3 to 10 p.m.; Sat., 11 a.m. to 10 p.m.; Sun., 11 a.m. to 8 p.m. For tickets visit FlightOnIce.com.*

27th Annual Art Ability Exhibition & Sale

November 25-January 29

Artists with disabilities display and sell their work in this show featuring 400 pieces of art, sculpture and jewelry by 200 artists from around the globe. Benefits Bryn Mawr Rehab Hospital and artists with disabilities. *Bryn Mawr Rehab Hospital, 414 Paoli Pk., Malvern. Preview weekend Nov. 5, at 3, 4 and 5 p.m.; Nov. 6, 2, 3 and 4 p.m. You must pre-register for these tours. Fundraising dinner on Nov. 10, Phoenixville Foundry, 2 N. Main St., Phoenixville, 6:30 p.m., \$250. One.BidPal.net/ArtAbility22.*



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FAMILY FUN

THROUGH DECEMBER 19

West Chester Railroad. Fall Foliage Express: *Nov. 7*—enjoy a brisk fall afternoon ride along the picturesque Chester Creek Valley. **Santa Express:** *Nov. 20–Dec. 19*—join Santa for a journey through the Chester Creek Valley. **Christmas Tree Train:** *Nov. 28, Dec. 5, 12*—take the train to Wiggins Tree Farm. Trains depart the station at 203 E. Market St., West Chester. Visit website for times and tickets. \$10–\$30. WestChesterRR.net.

NOVEMBER 5–DECEMBER 18

Public Tours at Wolf Sanctuary of PA. Gray wolves roam their natural landscape once more. Take a guided public tour to see some of the packs, hear their stories and learn about wolf conservation and biology. 465 Speedwell Forge Rd., Lititz. Sat–Sun, from noon; Tues & Thurs, from 10 am. Res. req., \$13–\$15. WolfSanctuaryPA.org.



NOVEMBER 19–DECEMBER 24

Train Rides with Santa on Strasburg Railroad. Santa's aboard the historic steam train on weekends to greet families as they travel down the tracks to Paradise, PA and back. Kids 11 and under receive a gift from Santa. 301 Gap Rd., Strasburg. Visit website for times and tickets. StrasburgRailroad.com.



NOVEMBER 25

Kennett Square's Holiday Light Parade and Tree Lighting. Enjoy dancers, a DJ playing holiday tunes, floats festooned with lights and the traditional Christmas tree lighting with Santa and Mrs. Claus. State St., downtown Kennett Square. 6:15 pm. Historic-KennettSquare.com.

NOVEMBER 25–JANUARY 8

Brandywine Railroad. A holiday favorite since 1972, the Brandywine Railroad offers something for everyone with its dazzling array of both toy and scale model trains, running on 2,000 feet of track with more than 1,000 pieces. New this year, an area depicting the Brandywine Conservancy's Laurels Preserve has been incorporated into the display. 1 Hoffman's Mill Rd., Chadds Ford. Daily, 9:30 to 5. \$6–\$18. Brandywine.org.

NOVEMBER 26 & DECEMBER 10

Celebrate the Holidays in Down-ingtown. *Nov. 26*, Tree Lighting Ceremony with refreshments, music, face painting, crafts, games and Santa. Log House Field next to the Gazebo. 6 pm. *Dec. 10*, the hometown Christmas parade features local bands, dancers, scouts and the arrival of Santa Claus. Starts at Beaver Creek Elementary School and travels Rt. 30 to East Ward Elementary. 3 pm. DTownChristmas.com.



NOVEMBER 27

Santa Claus is Comin' to Town — in Media. Begin with a Block Party at Vet Square between State & Baker Sts., 2:30. Then the Fun Run/Walk at 4:15 at State St.

and Veterans Square. Finally, Santa leads the way for the parade at 5 pm, on a four-mile route through Media. Map available on website. Please contribute non-perishable food donations to the Media Food Bank or unwrapped, new toy for CityTeam, benefitting local families. SantaParade.Media.com.

DECEMBER 2 & 3

Christmas Celebrations in Wayne. *Dec. 2*, enjoy carriage rides on S. Wayne & Runnymede Aves., carolers, open houses along N. Wayne Ave., tree lighting at 7:30 pm and Santa's arrival. *Dec. 3*, Radnor Memorial Library Elves for Shelves Fun Run and 5K at 8 am and the Santa Parade, 9:45 am down Lancaster Ave. with Santa pictures on the veranda of Rosalie Restaurant, Wayne Hotel, 139 E. Lancaster Ave., Wayne. WayneBusiness.com.

DECEMBER 3

Coatesville Christmas Parade. Lively event with bands, floats, antique cars, cartoon characters and entertainment. Business Rt. 30, Strode Ave. to 11th St. Starts at 10 am. CoatesvilleChristmasParade.com.

DECEMBER 4

Chester County History Center Hosts Breakfast with Santa. Children, and those who bring them, enjoy a buffet breakfast with Santa. Registration required. 225 N. High St., West Chester. 9:30 to 11 am. \$15. WestChester.com.

DECEMBER 10

American Helicopter Museum Presents SantaFest 2022. Santa arrives via helicopter at 11am ready to hear children's wish lists in the colorful Santa's Workshop. Bring your cameras to take pictures with Santa and Mrs. Claus. SantaFest will feature holiday-themed crafts and holiday movies in the theater. Friends from Paws for People will be there, too. 1220 American Blvd., West Chester. 10 to 3. \$7–\$10. AmericanHelicopter.Museum.



HOLIDAY HAPPENINGS

NOVEMBER 12

Holiday Market at The Saturday Club. Shop local small businesses, artisans and entrepreneurs at this annual market at the historic Clubhouse, 117 W. Wayne Ave., Wayne. 10 to 2. Free. SaturdayClub.org.

NOVEMBER 12 & 13

Haverford Guild of Craftsmen Holiday Art & Fine Craft Show. Support local artists of-fering a wide variety of handcrafted work at Haverford Community Recreation and Environmental Center, 9000 Parkview Dr., Haverford. 10 to 5. HaverfordGuild.org.

NOVEMBER 15–DECEMBER 30

Holiday Season at Nemours Estate. The Christmas decorations at the Nemours Estate mansion are often inspired by the architecture of the home, the customs of the du Ponts or French tradition. Nemours Mansion, 850 Alapocas Dr., Wilmington. Tues–Sun, 10 to 5. \$10–\$20. NemoursEstate.org.

NOVEMBER 15–DECEMBER 31

Historic Odessa Foundation's 34th Annual Christmas Exhibiton. The Corbit-Sharp House becomes wonderfully adapted into scenes based upon *Oliver Twist* or *The Parish Boy's Progress* by Charles Dickens. 201 Main St., Odessa, DE. Tues–Sat, 10 to 4:30; Sun, 1 to 4:30. \$8–\$10. HistoricOdessa.org.

NOVEMBER 18

Craft + Mercantile Holiday Market. A curated evening celebrating local artisans, food and entertainment with live music, food, entertainment, gingerbread cookie decorating and s'mores station and more. Eagleview Town Ctr., 570 Wellington Sq., Exton. 5 to 8 pm. Free. GrowingRootsPartners.com.

NOVEMBER 18–20

Delaware Hospice Festival of Trees. Beautifully decorated trees and wreaths plus events, a festival marketplace, live entertainment and activities make the weekend truly special. Brantwyn Estate, 600 Rockland Rd., Wilmington. \$25. Fri, noon to 4; Sat & Sun, 10 to 4. Free. 302-235-6000; DelawareHospice.org.

NOVEMBER 18–JANUARY 8

A Longwood Christmas. Celebrate botanical splendor and the beauty and bounty of the natural world. Stroll amid floating floral designs and festive trees indoors. Outside, marvel at botanically-inspired light displays, treehouses and new features that are sure to delight. 1001 Longwood Rd., Kennett Square. \$16–\$30. Timed tickets req. LongwoodGardens.org.

NOVEMBER 19–JANUARY 8

Yuletide at Winterthur. Explore Henry

Francis du Pont's mansion, enjoy a concert and a glass of wine, ride on Mrs. Claus's Tram, eat brunch with Santa and more. This year's tour includes several trees inspired by Christmas trees seen at the White House, in conjunction with



the exhibition, "Jacqueline Kennedy and H. F. du Pont: From Winterthur to the White House." 5105 Kennett Pk. (Rt. 52), Winterthur. Mon–Sun, 10 to 5:30. Timed tickets required. \$6–\$20. 800-448-3883; Winterthur.org.

NOVEMBER 25–JANUARY 1

Holidays at Hagley. Hagley celebrates the holiday season with the theme, "Home for the Holidays: A Celebration of Family." Hagley's Library & Soda House, 298 Buck Rd., Wilmington. Daily, 10 to 5. \$8–\$15. Hagley.org.

NOVEMBER 26

Christmas on King in Malvern. Mark your

Nov 30 - Dec 23

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Local Farm Markets

Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 1. ArtisanExchange.net.

Bryn Mawr Farmers Market, Lancaster Ave. Bryn Mawr train station lot. Sat, 9 to 1. FarmToCityMarkets.com.

Market at Coverdale Farm Preserve, 543 Way Rd., Greenville, DE. Fri, 2 to 7; Sat, 10 to 5; Sun, 11 to 3. DelNature.org.

Downingtown Farmers Market, Kerr Park, Log House Field, 28 E. Pennsylvania Ave. Sat, 9 to 1. GrowingRootsPartners.com.

Eagleview Farmers Market, Eagleview Town Center, 570 Wellington Sq., Exton. Thurs, 3 to 6:30. GrowingRootsPartners.com.

Kennett Square Farmers Market, 401 Birch St. Fri, 3 to 6. KSQFarmersMarket.com.

Lancaster County Farmers Market, 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. LancasterCountyFarmersMarket.com.

Malvern Farmers Market, Burke Park, 26 S. Warren Ave. Sat, 9 to 1. 484-753-6363; GrowingRootsPartners.com.

Media Farmers Market, Edgemont St. between Front & State Sts. Sun, 10 to 1. FarmToCityMarkets.com.

Newtown Square Farmers Market, 3625 Chapel Rd. Fri., 3 to 6. Facebook.com/NewtownSquareFarmersMarket.

Pete's Produce Farm, 1225 E. Street Rd., West Chester. Mon-Sat, 9 to 6; Sun, 9 to 5:30. Closing Nov. 3. PetesProduceFarm.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 10 to noon; seniors, 9-9:30. PhoenixvilleFarmersMarket.org.

Rodney Square Farmers Market, 10th & N. Market St., Wilmington. Wed, 10 to 2. InWilmDE.com/Events/Downtown-Farmers-Market-at-Rodney-Square.

Thornbury Farmers Mkt. & CSA, 1256 Thornbury Rd., West Chester. Sat, 9 to 6; 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. WestChesterGrowersMarket.com.

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

calendars and check website for more details. MalvernBusiness.com.

NOVEMBER 26-DECEMBER 7

Feel The Holiday Spirit in Phoenixville. *Nov. 26*, Small Business Saturday, all day; *Nov. 27*, Artist Sunday, all day; *Dec. 2*, First Friday Holiday Edition and tree lighting, 6 to 8 pm; *Dec. 7*, Luminaria Shopping Night, 5 to 8 pm. PhoenixvilleFirst.org.



DECEMBER 1-4

Brandywine Museum of Art Annual Holiday Critter Sale. Critters are delightful, distinctive ornaments and tabletop decorations that are handmade using natural materials, each with its own unique personality and expression—no two are exactly the same. Chadds Ford Historical Society, 1736 Creek Rd., Chadds Ford. Thurs-Sat, 10 to 5; Sun, 10 to 3. Brandywine.org.

DECEMBER 2-4

Hibernia County Park Mansion Candlelight Tours. The three-story mansion is fully restored and furnished with original artwork and furniture. Walk through the halls and rooms by candlelight as you are told the stories and tales of this inronmaster's home. 1 Park Ave., Coatesville. Sun, 1 & 3 pm. Free. Chesco.org.



DECEMBER 3

58th Annual Christmas in Odessa Holiday House Tour. A self-guided walking tour of private homes and public buildings, many dating from the 18th and 19th centuries, decorated for the holidays. Fresh greens sale at the Fieldstone Stable, 202 Main St., Odessa, DE. Sponsored by the Women's Club of Odessa as a fundraiser for local student scholarships. 10 to 5. \$30. ChristmasInOdessa.com.

DECEMBER 3

Holiday Home Tour in Strasburg. Eight lovely homes will be decorated for the season as well as the Shroy House—built in 1803—and some local churches. Many homes are in downtown Strasburg, making it an easy walking tour. StrasburgHeritageSociety.org.

DECEMBER 3

Phoenixville's Annual Candlelight Holiday Tour. Decorated homes and churches, crafts, music, refreshments. Benefits Ann's Heart, The Clinic, Phoenixville Area Senior Center, Firebird

Children's Theatre and Phoenixville Children's Library. \$25. 4 to 8. 610-933-9181; PhxHolidayTour.weebly.com.

DECEMBER 3 & 4, 10 & 11

Kennett Square Holiday Village Market. Shop dozens of curated artisan and vintage vendors while enjoying live music, festive cocktails, food trucks and more. The Creamery, 401 Birch St., Kennett Square. 11 to 5. KennettHolidayVillage.com.

DECEMBER 3-18

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Home Tour and Holiday Door Tour. *Dec. 3*, the Holiday Home Tour will showcase eight homes in the borough, a tour of First Presbyterian Church and a free ornament from Clayborn Pottery & Textiles Open House. 10 to 3, \$40. *Dec. 3–18*, the Holiday Door Tour is a self-guided tour of West Chester doors and porches decorated in holiday finery. Ticket includes a raffle and scavenger hunt. Donation requested. Benefits the library and community. WCPublicLibrary.org.

DECEMBER 10
Annual Firebird Festival in Phoenixville. A festival of arts and culture celebrating the town through the mythology of the Phoenix. Festivities start downtown with music and entertainment at 5 pm. Then the lighting of the Phoenix happens at 8 pm at Veteran's Memorial Park, 192 Mowere Rd. 5 to 10 pm. Visit website for parking info. FirebirdFestival.com.

ART, CRAFTS & ANTIQUES
NOVEMBER 7-27
18th Annual Scenes of the Schuylkill Art Show. Enjoy a night of art, awards and cocktails. Supporters of the river and trail will be recognized at an awards ceremony. The evening will also include a silent auction. Benefits Schuylkill River Greenways. Montgomery

County Community College West Campus, North Hall Gallery, 16 W. High St., Pottstown. SchuylkillRiver.org/ArtShow.
NOVEMBER 10-13
Winterthur's 58th Annual Delaware Antiques Show. The in-person show features more than 60 distinguished dealers in American antiques and decorative arts. Benefits Winterthur. Preview Party, Thurs, 5 to 9, tickets start at \$125. Chase Center, 815 Justison St., Wilmington. Fri–Sat, 11 to 6; Sun, 11 to 5. \$25. Winterthur.org.



NOVEMBER 11-12
Unionville High School 46th Annual Art Gala. Approximately 70 artists express their talents through diverse media. A silent auction

features beautiful artwork donated by artists in the show, and select regional activities and outings will also be offered. Unionville High School Auditorium, 750 Unionville Rd., Kennett Square. Fri, 6 to 9; Sat, 11 to 4. Free. UnionvilleArtGala.com.
NOVEMBER 11-13
Historic Yellow Springs – Fine Arts and Craft Show 2022. This juried show features handmade works from local artists including jewelry, ceramics, fiber arts, wood, sculpture, paintings, drawings and more in both the Lincoln and the Washington buildings. 1685 Art School Rd., Chester Springs. Opening Reception Fri, 5 to 8 pm. Sat, 10 to 5; Sun, 10 to 4. \$5. YellowSprings.org.
NOVEMBER 11-13
Plein Air Brandywine Valley. An open air painting competition, exhibition and sale featuring 60 fine artists interpreting the beauty of the Brandywine Valley. Benefits Children's Beach House. Opening reception Fri, 6 to 9 pm, \$100. Show continues Sat–Sun, 10 to 4. Winterthur Museum, Garden & Library, 5105 Kennett Pk., Winterthur, DE.
NOVEMBER 19-20
Antiques at Kimberton 2022 Fall Show. This show has been in existence since the mid-

1960s and is still going strong, offering over 70 dealers in 10,000 sq. ft. at the Kimberton Fire Hall, 2276 Kimberton Rd., Phoenixville. Sat, 9 to 5; Sun, 11 to 4. \$6–\$7. AntiquesAtKimberton.com.
BOOKS
NOVEMBER 16 & 17
Wellington Square Bookshop. Fiction Book Club: “Marley” by Jon Clinch. Check website for times. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.
NOVEMBER 15
Main Point Book Club. Fiction Book Club: “Build Your House Around My Body” by Violet Kupersmijth. 116 N. Wayne Ave., Wayne. For times, MainPointBooks.com.
NOVEMBER 17
DelArt Readers Book Club. Held onsite and virtual, this community-led event meets monthly to discuss, debate, celebrate and share works of fiction and nonfiction. 2301 Kentmere Pkwy., Wilmington. 6 to 8 pm. Free. DelArt.org.
DANCE
DECEMBER 10
Schuylkill Valley Regional Dance Company's 51st Nutcracker Ballet. Come warm your hearts and ignite your spirits in this treas-

ured holiday classic for the whole family. Featuring over 50 dancers and professional guest artists. Phoenixville Middle School Theatre, 1000 Purple Pride Pkwy., Phoenixville. \$17–\$22. Times and tickets, SVRDC.org
EQUESTRIAN EVENTS
NOVEMBER 6
88th Running of the Pennsylvania Hunt Cup. A timber steeplechase race with a distance of 4 miles and 22 fences. Enjoy vendors, a carriage parade and, new this year, tailgating under tents. North of Rt. 926 and Newark Rd., Unionville. Gates open, 10:30. \$75 in advance (visit website); \$100 on the day. Benefits Chester Co. Food Bank. PAHuntCup.org.
FOOD & BREWS
DECEMBER 3
Valley Forge Beer & Cider Festival. Pop-



ular local breweries and cideries will be on hand as well as producers from across the country plus food trucks. Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Times and tickets, ValleyForgeBeerFest.com.
NOVEMBER 5
Pints on the Preserve. Bring a chair or picnic blanket and enjoy a get-together with friends and family on the Lenfest Center's back deck or the covered pavilion. East Branch Brewing Company will be pouring suds—snacks available. 1199 Cannery Rd., Coatesville. 2 to 7. \$50. NatLands.org.
NOVEMBER 6
2nd Annual Good Food Fest. Growing Roots Partners along with Kimberton Whole Foods present a celebration of good food with a





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focus on the people who grow, make, raise and produce it. Kimberton Fairgrounds, 762 Pike Springs Rd., Phoenixville. 11 to 4. \$8. Kids under 12, free. GoodFarmsGoodFood.com.

FUNDRAISERS.....

NOVEMBER 3
Unite for HER — 10th Annual Chef and Wine Tasting Event. A farm-to-table event, featuring culinary creations from over 25 top chefs, paired with special offerings from wineries, breweries and spirit vendors. Auctions, a wine grab and live music. Phoenixville Foundry, 2 N. Main St., Phoenixville. 5:30 pm. \$175–\$250. UniteForHer.org/Harvest.



NOVEMBER 3
Wine, Wit & Wisdom. *New York Times* best selling author Jasmine Guillory is featured at this annual event benefitting Phoenixville Li-

brary. The event will include a silent auction, fine wine and food. RiverCrest Golf Club & Preserve, 100 Rivercrest Dr., Phoenixville. 6 to 9. \$125. For tickets and registration, PhoenixvilleLibrary.org/Wine-Wit-Wisdom.

NOVEMBER 5
Living Beyond Breast Cancer's Annual Black-tie Gala—The Butterfly Ball. One of LBBC's most important events. Loews Philadelphia Hotel, 1200 Market St., Philadelphia. \$400. LBBC.org.

NOVEMBER 5
Railroad Museum of Pennsylvania 19th Annual 1940s Swing Dance. Jump, Jive & Swing to the big band playing live among the historic trains. Dress to impress in your best 1940s vintage attire or military uniform and enjoy light refreshments. Benefits the museum. 300 Gap Rd., Strasburg. 7 to 10. \$20–\$25. RRMuseumPA.org.

NOVEMBER 5
5th Annual Phoenixville Bed Races. Race teams will build, decorate and race beds on wheels to raise funds for two Phoenixville organizations that provide shelter for the homeless and to win the title of “Fastest Bed.” Start at Reeves Park, 2nd Ave. & Main St. 11 a.m, race begins at noon. PXVBedRaces.org.

NOVEMBER 5
40th Annual French & Pickering's Annual Auction Party. Enjoy cocktails, auctions and delicious food. Benefits French & Pickering Creeks Conservation Trust. Stonewall Golf Club, Bulltown Rd., Elverson. 6 pm. Tickets \$125 and up. FrenchAndPickering.org.

NOVEMBER 19
Phoenixville Chamber of Commerce Charity Gala—“An Evening in Old Vegas.” Dinner, dancing and silent auction with great items. Rivercrest Golf Club & Preserve, 100 Golf Club Dr. 5:30. \$150. Visit website to register. PhoenixvilleChamber.org.

DECEMBER 3
2022 West Chester Charity Ball. Friends Association celebrates 200 years of serving families in our community. For 34 years the West Chester Charity Ball has helped in the Association's mission to end homelessness in Chester County for families with children. Enjoy dinner, music, dancing, auctions and more. West Chester Golf & Country Club, 111 W. Ashbridge St., West Chester. 6 pm. For tickets, FriendsAssoc.org/Charity-Ball-2022.

MUSEUMS
THROUGH NOVEMBER 27
Star Trek Comes to the American He-

licopter Museum. “*Star Trek* Screen-Used Props and Costumes” offers a unique collection of artifacts that span decades, including costumes, weapons, communicators and pieces of the starship Enterprise. 1220 American Blvd., West Chester. Thurs–Sat, 10 to 5; Sun, noon to 5. \$25. AmericanHelicopter.Museum.

THROUGH FEBRUARY 19
Delaware Art Museum. *Through Jan. 2,* “Wes Memeger: The Square and Other Concerns.” *Through Feb. 19,* “A Marriage of Arts & Crafts: Evelyn & William De Morgan.” 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri–Sun, 10 to 4. \$6–\$12, Sun, free. 302-571-9590; DelArt.org.

THROUGH JANUARY 8
Brandywine River Museum of Art. “Fragile Earth: The Naturalist Impulse in Contemporary Art.” 1 Hoffman's Mill Rd., Chadds Ford. Wed–Mon, 10 to 4. \$6–\$18. Brandywine.org.

THROUGH JANUARY 8
Winterthur Museum. “Jacqueline Kennedy and Henry Francis du Pont: From Winterthur to the White House,” the collaboration between First Lady Jacqueline Kennedy and Henry Francis du Pont to restore the White House interiors. 5105 Kennett Pk., Winterthur, DE. Tues–Sun, 10 to 5. \$8–\$22. Winterthur.org.

THROUGH JANUARY 29
The Barnes Foundation. “Modigliani Up Close”—Explore how the iconic artist created his paintings and sculpture. 2025 Benjamin Franklin Pkwy., Philadelphia. Thurs–Mon, 11 to 5. \$28–\$30. BarnesFoundation.org.

MUSIC & ENTERTAINMENT
NOVEMBER 3–DECEMBER 23
Uptown! at Knauer Performing Arts Center. *Nov. 3,* 7 Bridges: The Ultimate Eagles Experience; *Nov. 5,* Kun-Yang Lin/Dancers; *Nov. 11,* Better Than Bacon Improv Comedy; *Nov. 12,* Jazz Cocktail Hour Presents Bessie Smith Sings the Blues: Miche Braden & The Aaron Graves Jazz Ensemble; *Nov. 13,* Sherry Wilson Butler & the Hot Saints of Jazz; *Nov. 30–Dec. 23,* *The Butterfingers Angel* (see article in this issue). 226 N. High St., West Chester. Times and tickets, UptownWestChester.org.

NOVEMBER 4
WCU Live! Presents The Great DuBois. A fast-paced, high energy circus show for all ages and the most unique 2-person circus show you will ever see. Emilie K. Asplundh Concert Hall, 700 S. High St., West Chester. 8 pm. \$15–\$25. WCUA.edu/WCULive.

NOVEMBER 4–29
The Keswick Theatre Presents. *Nov. 4 & 5,* The Hooters 40th Anniversary Tour; *Nov.*

10, Somebody Feed Phil: An Evening With Phil Rosenthal; *Nov. 11,* Paul Reiser; *Nov. 12,* In Conversation with The Sopranos; *Nov. 18,* Dena Blizzard; *Nov. 20,* W.A.S.P. with Armored Saint; *Nov. 25,* The Machine Performs Pink Floyd; *Nov. 27,* Ingrid Michaelson: Its Almost Christmas Tour; *Nov. 29,* Steve O: Bucket List Tour. 291 N. Keswick Ave., Glenside. Times and tickets, KeswickTheatre.com.



NOVEMBER 5
Delaware Art Museum Jazz Piano Series. Solo concert featuring jazz pianist Suzanne Ortiz. Playing on the Museum's Steinway Grand Piano, performances will consist of the artists' favorite works and life stories. 2301 Kentmere Pkwy., Wilmington. 8 to 10. \$25. DelArt.org.

NOVEMBER 5 & 6
Kennett Symphony Concerts. *Nov. 5,* “Schubert & Champagne,” with seating around the orchestra, food and drink is available throughout the performance, Mendenhall Inn, 323 Kennett Pk., Mendenhall. 11 am, \$50. *Nov. 6,* Masterworks 1, Unionville High School, 740 Unionville Rd., Kennett Square, 3 pm, \$10–\$58. KennettSymphony.org.

NOVEMBER 5–26
At The Grand in Wilmington. *Nov. 5,* The Rock Orchestra kicks off their 6th season in Copeland Hall with An Evening of The Eagles; *Nov. 5,* Ottmar Liebert & Luna Negra at The Baby Grand; *Nov. 13,* Maz Jobrani, Live & Dry; *Nov. 16,* Jake Shimabukuro; *Nov. 18–20,* First State Ballet Theatre: Up Front On Market; *Nov. 20,* Dark Star Orchestra; *Nov. 26,* Evil Woman: The American ELO Presents The Electric Light. 818 N. Market St., Wilmington. TheGrandWilmington.org.

NOVEMBER 6 & DECEMBER 10
Chester County Choral Society. *Nov. 6,* the Chamber Ensemble presents “Songs of Devotion” at Church of the Loving Shepherd, 1066 S. New St., West Chester. *Dec. 10,* performing

Carols and Lullabies featuring Spanish language carols and a variety of Christmas and Hannukah pieces. Church of the Good Samaritan, 212 W. Lancaster Ave., Paoli, 7:30, \$5–\$20. ChesCoChoral.org.



NOVEMBER 8–DECEMBER 30
American Music Theatre Presents The 2022 Christmas Show: Home for the Holidays. This live, original musical experience features a new cast delivering the same high-quality, Broadway-caliber performances as in years past. It's an unforgettable experience that's bound to leave you and your family in the Christmas spirit. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, 888-729-4718; AMTShows.com.

NOVEMBER 16
Bruce Hornsby and the Noisemakers. The 13-time Grammy nominee whose 23 albums have sold over 11 million copies worldwide, has appeared on records including releases with Bob Dylan, the Grateful Dead, Stevie Nicks, Bonnie Raitt, Sting, Willie Nelson and more. The Colonial Theatre, 227 Bridge St., Phoenixville. 7:30. \$89.50. TheColonialTheatre.com.

NOVEMBER 19
Kennett Symphony Children's Chorus in Residence at West Chester University. The concert will feature the four singing groups within the Children's Chorus, ranging from K–Gr. 12. Madeleine Wing Adler Theater, 817 S. High St., West Chester. Noon. Donations accepted at door. KSCCMusic.org.

DECEMBER 2 & 3
Lancaster Symphony Orchestra Performs Handel's Messiah. Handel's legendary oratorio hails the season of peace and goodwill. The Lancaster Symphony Chorus and sensational soloists join the LSO in this festive favorite. First Presbyterian Church, 140 E. Orange St., Lancaster. Fri, 7:30; Sat, 2 & 7 pm. \$39–\$79. LancasterSymphony.org.

OUTDOOR ACTIVITIES
NOVEMBER 19–20
Philadelphia Marathon, Half Marathon and Kids Fun Run. *Nov. 19,* Half Marathon, 7 am, \$140; Kids Fun Run, noon, \$15; *Nov. 20,* Marathon at 7 am, \$155. Benefits the American Assoc. for Cancer Research. 22nd St. & Ben Franklin Pkwy., Phila. PhiladelphiaMarathon.com.

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NOVEMBER 26
Burn Off the Bird 5K. Held annually on the Saturday after Thanksgiving, the Jaycees 5K Race & 1-mile Fun Run begin and end at Franklin Commons, 400 Franklin Ave., Phoenixville. Benefits the Phoenixville Jaycees Foundation to fund community events. 9 to 10:30 am. Phoenixville.org.

THEATER.....
THROUGH DECEMBER 31
The Christmas Tree Ship at Bird-in-Hand Stage. A ship. A storm. And a Christmas tale of heroic proportions. One family's unsinkable mission to save Christmas. 2760 Old Philadelphia Pk., Bird-in-Hand. \$18-\$42. Check website for times. 717-768-1568; Bird-in-Hand.com/Stage.

NOVEMBER 16-JANUARY 8
The Sound of Music at Media Theatre. The final collaboration between Rodgers & Hammerstein and one of the world's most beloved musicals. 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.

NOVEMBER 17-DECEMBER 31
White Christmas at Fulton Theatre. Come out for this timeless show based on the classic film. The Fulton, 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.

NOVEMBER 18-DECEMBER 23
Irving Berlin's White Christmas at The Candlelight Theatre. A show filled with laughter, romance, spectacular dance numbers and unforgettable songs. 2208 Millers Rd., Wilmington. Times and tickets, 302-475-2313; CandlelightTheatreDelaware.org.
NOVEMBER 19 & 20
Firebird Theatre's Holiday Show: Into The Woods JR & Jingle Arrgh the Way. Family-friendly shows produced and performed by members of the local youth community theatre organization. The Colonial Theatre, 227 Bridge St., Phoenixville. Sat, 7 pm; Sun, noon. \$6-\$16. TheColonialTheatre.com.

NOVEMBER 30-DECEMBER 18
Plaid Tidings at Delaware Theatre Company. An Off-Broadway musical that combines favorite tunes from the '50s and '60s with traditional holiday songs. 200 Water St., Wilmington. Times and tickets, 302-594-1100; DelawareTheatre.org.

DECEMBER 3-28
Elf Jr. at Media Theatre. Buddy embarks on a journey to New York City to find his birth father and discover his true identity. 104 E. State St., Media. Sat, 11 am; Sun, noon. \$17-\$22. 610-891-0100; MediaTheatre.org.

TOWNS, TALKS & TOURS.....
NOVEMBER 4, 12, 17
1st Fridays, 2nd Saturdays, 3rd Thursdays.
First Fridays: Nov. 4, Lancaster City, 717-509-ARTS; VisitLancasterCity.com. **Oxford,** 610-998-9494; DowntownOxfordPA.org. **Phoenixville,** 610-933-3253; PhoenixvilleFirst.org. **West Chester,** 610-738-3350; DowntownWestChester.com. **Wilmington Art Loop,** 302-576-2135; CityFestWilm.com.
Second Saturday Virtual Arts Stroll: Nov. 12, Media, 484-445-4161; MediaArtsCouncil.org.
Third Thursday Malvern Stroll: Nov. 17, MalvernBusiness.com. ♦

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Send a description of your activity to Info@ValleyDel.com by the first of the month preceding publication.
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Uptown! Knauer Performing Arts Center

THIS HOLIDAY SEASON, EXPECT THE UNEXPECTED.

“**T**HE *BUTTERFINGERS ANGEL*, *MARY & JOSEPH, Herod The Nut, And The Slaughter Of 12 Hit Carols In A Pear Tree*. That’s the full title. I kid you not,” says Carmen Khan, the new Artistic Director at Uptown! Knauer Performing Arts Center in West Chester.

Opening November 30, the holiday show is Khan’s first production in the new season at Uptown, so she wanted to offer something that reflects the true spirit of the holidays, yet was fresh and with a different viewpoint. “We’re the newest theater kids on the block,” Khan says, “so we wanted to move away from typical holiday productions, but still tell a story that has the expansiveness and big heart of the classics.”

The Butterfingers Angel is by William Gibson (Tony Award-winner for *The Miracle Worker*) and features a cast of 12 local actors plus local talent on the creative team as well, with Domenick Scudera directing.

Khan recognizes the opportunity here in Chester County. “The local talent pool is wide and deep,” she notes, “and we’re thrilled that we have the chance to collaborate with these passionate theater makers. Audiences will be delighted to see some of their favorites back on stage and will discover new talent!”

The heartwarming holiday story is about the young Angel Gabriel, who’s charged with announcing to Mary that she’s about to become a mother. Mary is free-spirited and has other plans for

her future, with no intention of marrying anyone, let alone Joseph, a man she barely knows. A flustered Gabriel can barely hold on to his trumpet and is forever dropping the prompt book from which he’s desperately trying to direct the entire Nativity narrative. King Herod needs to weigh in, as does a pageant of others — Tree, Three Kings, Sheep, Donkey, a Lout or two — all with opinions on just how this sacred occasion should be progressing along the road to Bethlehem.

Although not a musical, there are spontaneous outbursts of traditional Christmas music at all the “right” moments. The play stays on course telling the story of Christmas, but from a sometimes antic, always original and joyful point of view.

The Butterfingers Angel marks the first in a three-play season at Uptown. In February, the season continues with *The Mountaintop* by Katori Hall, followed in April by *The Adventures of Tom Sawyer* by Laura Eason.

“Producing a new theater season can be especially daunting these days, but this region is very supportive of the arts. We want audiences to be astonished when they walk into Uptown this November,” says Khan. “This first play has it all. The set for *The Butterfingers Angel* is brilliant (no sneak peeks here, sorry!). We’re investing in enhanced lighting, and the costumes and sound are going to be just as beautiful. It’s funny, entertaining, full of the Christmas music we all adore, and delivers a message of great hope. We’re ready!”

Are you ready to be surprised this holiday season? Then come see the show with the surprising name. ♦ ~ Carol Flannery

IF YOU GO

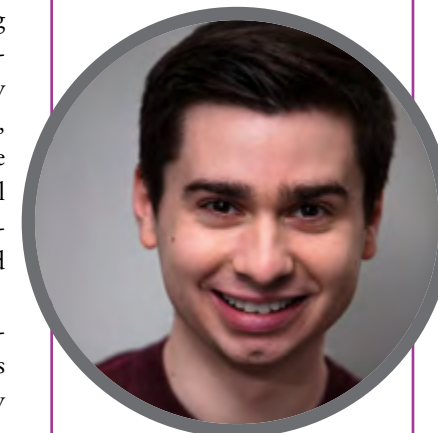
What: *The Butterfingers Angel*...

Where: Uptown! Knauer Performing Arts Center, 226 N. High St., West Chester

When: Nov. 30 through Dec. 23

How: Subscriptions and single tickets on sale now

Information: 610-356-2787; UptownWestChester.org



DJ Gleason, Cast (Angel)



Jenna Kuerzi, Cast (Mary)



Neill Hartley, Cast (Joseph)



Spotlight on Carmen Khan

An accomplished actor, educator, writer, producer, director and arts executive, Carmen Khan has made Uptown! Knauer Performing Arts Center her new artistic home.

A little background: Originally from London, Khan moved to the U.S., where she continued teaching and earned her master’s degree in acting at The Catholic University of America. She performed with The Hip Pocket Theatre (Ft. Worth, TX) and People’s Light (Malvern, PA), and became Co-Artistic Director at The Laughingstock Theatre, Artistic Director at The Red Heel Theatre, and Founder, Artistic Director and Executive Director of Philadelphia Shakespeare Theatre, where she created award-winning theater and education programming for 25 years.

She’s also a 32-year resident of West Chester. After commuting to Philadelphia for 25 years, she can now walk to work.

In early 2022, Uptown decided to bring on its first Artistic Director to create a professional regional theater housed in a performing arts center. Ready for a new adventure, Khan signed on and is producing the new theater season while growing Uptown’s music, dance, comedy and film offerings to create a robust performing arts calendar.

When asked about her vision for Uptown, Khan says, “We aspire to *expand*. We want our audience to leave every performance feeling the world is a little bigger place than when they came in. To expand the theater’s reach and relevance and influence in the community. To expand West Chester’s sense of what is possible — what kind of a town we can be. I see Uptown as a vibrant arts institution and a destination for community and culture in the region.”

Carmen Khan invites you to experience the power of the arts.

The 21st Annual National Dog Show

A LOCAL TRADITION RETURNS THIS THANKSGIVING

Elizabeth Hughes

THE NATIONAL DOG SHOW, AIRING ON NBC each year following the Macy's Thanksgiving Day Parade, is as much a part of Thanksgiving as turkey trots and pumpkin pie. From dog show drinking games to the #DogsUntil2 social media campaign (encouraging dog lovers to demand control of the TV remote until Best in Show is awarded at 2 p.m.), there's no denying these furry celebs have captured our attention.

The show has become a Philadelphia-area tradition over the past 20 years, and we have everything you need to know for this year's event. Bone up on its surprising origins and the three new breeds competing for Best in Show this year — though they're all the best in our hearts!

BETTER THAN THE MOVIE

Though the tradition of watching the National Dog Show on Thanksgiving Day may feel as old as the nearly 100-year-old Macy's parade, it actually got its start two decades ago, following the release of the critically acclaimed mockumentary *Best in Show*.

Modeled after the famous Westminster Kennel Club Dog Show at Madison Square Garden, the Eugene Levy/Catherine O'Hara film centers on the fictional Mayflower Kennel Club Dog Show. Writer and director Christopher Guest (*This Is Spinal Tap*, *For Your Consideration*) chose to set the movie in Philadelphia instead of New York.

Following a movie night with neighbors, an NBC executive came up with the idea of a major dog show on Thanksgiving Day following the Macy's parade. And so, the National Dog Show was born.

Hosted by the Kennel Club of Philadelphia, with its own dog show history dating back to 1879, the two-hour special debuted in 2002 to an audience of over 20 million, a loyal viewership that keeps returning even 20 years later.

FOUR-LEGGED LEGACY

Today, the annual National Dog Show features over 2,000 canine contestants representing more than 180 breeds in an AKC-sanctioned (that's the American Kennel Club for the uninitiated) competition. These purebred pups compete in a "ladder" elimination process for the titles Best in Breed, Best in Group and the coveted Best in Show.

This tradition-rich, all-breed show is one of only two remaining in America that is "benched" — dogs are displayed to the public throughout the day, so visitors can meet them and their handlers to learn about the breeds.

"To me, the benching area is a sacred space," says cohost Mary Carillo. "The fact there could be hundreds and hundreds of dogs, all being so good, so pleasant, so happy to be there ... As a longtime

dog owner, I marvel at the fact that so many dogs could be in the same space and be so amiable about it all."

The show takes place over two days at the Greater Philadelphia Expo Center in Oaks. Saturday's show, known as the National Dog Show Presented by Purina, airs five days later on Thanksgiving Day as a two-hour special on NBC.

TWO-LEGGED VIPS

Almost as iconic as the dogs are the human faces and voices of the National Dog Show. John O'Hurley has hosted the show since its inception. Though best known for his role as J. Peterman on *Seinfeld*, O'Hurley is also a *Dancing with the Stars* champion, Broadway musical star and former *Family Feud* host. Most important, he's a genuine dog lover, having written several books about them — one adapted into a children's musical.

"I can't believe 21 years now they have kept this going on, and it's becoming an enormous family tradition in America — especially in Philadelphia," says O'Hurley. "It's my favorite day of the year, the chance to be able to go to Philadelphia and spend the entire day with 2,000 of the best dogs in the country, and every one of them gets along."

Expert analyst David Frei has also been with the National Dog Show since its start. Host of the Westminster Kennel Club Dog Show for 27 years, he's the perfect fit for Philly's beloved dog show. And, he was hilariously parodied by actor Jim Piddock in *Best in Show*. Asked about the movie hundreds of times, Frei chuckles and calls it "fair satire."

Although Mary Carillo may be newer to the National Dog Show than her cohosts, she brings experience as both a sportscaster (2018 Sports Broadcasting Hall of Fame inductee) and lifelong dog owner to the show.

BRILLIANT NEW BREEDS

This year's National Dog Show features three new breeds, newly recognized by the AKC.

New to the Herding group, the Mudi is an extremely versatile, intelligent, all-purpose Hungarian farm dog. Their courage is useful for working the most stubborn livestock, and they're loyal protectors of property and family without being overly aggressive.

The Toy group welcomes the Russian Toy, a small, lively dog defined by long legs, fine bones and lean muscles. They're active and cheerful, with keen intelligence and a desire to please. They love to be close to their human companions, though they can be aloof to strangers.

Finally, the Bracco Italiano is the newest member of the Sporting group. One of the oldest pointing breeds, they were first introduced into the U.S. in the 1990s. They're known for their powerful appearance — lean limbs, well-developed muscles and a sculpted head. Reliable and easy to train, they're versatile hunting dogs.

Between feasting on turkey and watching football, be sure to tune in to the 2022 National Dog Show this Thanksgiving, November 24. We'll certainly be watching!

Or better yet, go to the show in person! ♦

IF YOU GO:

When: Live, November 19–20. Two-hour broadcast on NBC, November 24, noon to 2 p.m.

Where: Greater Philadelphia Expo Center, 100 Station Ave., Oaks

Tickets: Adults \$16, children \$7, 3 and under free

Info: NationalDogShow.com



PHOTO BY STEVE DONAHUE/SEE SPOT RUN PHOTOGRAPHY



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2



3



4

1. Hosts John O'Hurley, David Frei and Mary Carillo
2. Russian Toy
3. Bracco Italiano
4. Claire the Scottish Deerhound, 2020 & 2021 Best in Show winner

PHOTOS BY SIMON BRUTY/NATIONAL DOG SHOW



1 2

Local Heroes: Chester County Firefighters

LOCAL FIREFIGHTERS RISK THEIR LIVES TO KEEP OUR COMMUNITIES SAFE

Shannon Montgomery

AMERICA'S FIRE DEPARTMENTS ARE IN CRISIS. Fire companies and departments across the country are experiencing a major decline in membership.

Nowhere is this crisis more evident than in Pennsylvania, which still relies on a model of primarily volunteer firefighters that dates back to the 1700s, when Benjamin Franklin founded the first volunteer fire department in Philadelphia. The National Volunteer Fire Council reports that Pennsylvania has an estimated 36,000 to 38,000 firefighters today, compared with 360,000 in 1975.

This year, we're shining a spotlight on Chester County's firefighters. Faced with declining numbers of volunteers and dramatic growth in service calls, these brave men and women rise to the occasion and keep our homes and neighborhoods safe.

WEST CHESTER FIRE DEPARTMENT

The West Chester Fire Department — comprised of the First West Chester, Good Will and Fame Fire Companies — is one of the few remaining all-volunteer fire departments in the region, a proud tradition dating back to 1799. The department's 150 active members, along with many more contributing members, respond to over 1,200 calls for service a year across their 27-square-mile coverage area, encompassing six municipalities.

Chief Steve Perna is currently in his 27th year of volunteer fire service. He remembers how he got started as a teen: "A friend in high

school was part of the local fire company. He asked me to come with him one time, and the fire service has had a hold on me ever since."

When asked how the department has managed to stay all-volunteer for over 200 years, Perna attributes this largely to their location. Many students at West Chester University volunteer, and the department has a state-of-the-art training facility in West Goshen. "We've been very fortunate that we truly haven't seen the volunteer [crisis] up until the last two years," Perna says, who adds the department is constantly looking for new ways to recruit members.

Perna is very proud of his members. "We have many repeat generations of firefighters — grandfathers and fathers passing it on to their sons and daughters," he says. "It's great to see." He also praises the department's female firefighters, about 10% of the department — compared with about 8% nationally.

"The biggest thing any first responder sees is a tremendous amount of tragedy," Perna says. "But every once in a while, we get to see amazing feats of humanity — delivering a baby outside of a hospital, bringing someone back to life from cardiac arrest." These moments make it all worthwhile.

GOSHEN FIRE COMPANY

The Goshen Fire Company started in 1950 in a small garage in East Goshen with a single fire truck. Today, the company's two stations, housing 15 pieces of fire equipment, respond to over 4,000 calls per year. The company is comprised of about 55 volunteer firefighters and 24 full- and part-time career firefighters.

Gerry DiNunzio has been a volunteer firefighter since 1987. Like many others, he got started because of his family: "My dad was a fireman, so it was a natural transition," he explains. He currently

serves as President of the Chester County Fire Chiefs Association and was Deputy Chief of the Goshen Fire Company for six years.

"Firefighting is very rewarding," DiNunzio says. "Being able to give back to the community — the ability to help people and see their reactions" is what keeps him coming back year after year. It's clear that serving the community is important to him — as well as volunteering with the fire company, DiNunzio has been an officer with the West Chester Police Department since 2004.

LONGWOOD FIRE COMPANY

The Longwood Fire Company was established in 1921 by Pierre du Pont, not surprisingly to protect his gardens, now Longwood Gardens. The fire company has been in its current location in Kennett Square since 1954 and has expanded to serve the surrounding area, including East Marlborough, Pennsbury and Pocopson Township. In the last 25 years, the company has quadrupled in size to over 60 members.

Chief A.J. McCarthy has been with the Longwood Fire Company since 1987, starting as a junior member when he was a teenager and moving up the ranks to become the volunteer fire chief in 2011. In 2017, he was asked to work full time, and so he retired from the West Chester Police Department — where he'd served as a patrolman for 13 years — and became the company's first career fire chief.

For McCarthy, fighting fires also runs in the family — his grandfather, father and uncles were all firefighters. He recalls growing up surrounded by family and friends working as first responders. "I always had a strong interest in fire service, since I was a young kid," he says. "Growing up, I was always around a police car or fire truck."

McCarthy admits that Longwood is "not immune to the volunteer crisis," but is proud of the steps being taken to increase their numbers. This year the Kennett Area Fire and Emergency Services Regional Commission, which oversees three fire companies serving six municipalities, funded a \$250,000 volunteer incentive program for the next two years.

PHOENIXVILLE FIRE DEPARTMENT

The Phoenixville Fire Department, founded in 1874, serves over 18,000 residents in the roughly four-square-mile borough, a much denser population than most of Chester County. "There's more of an urban feel in Phoenixville, meaning there's a possibility of a major fire event happening," says Chief Eamon Brazunas, who came on board in 2022.

Fortunately, the department opened a state-of-the-art facility in August — the Paradise Street station with living quarters for up to 10 and six drive-through bays. "This was a major investment — we're getting arguably one of the better stations in the region, if not the state," Brazunas says.

Though new to the Phoenixville Fire Department, Brazunas is no stranger to firefighting. He started volunteering with the Berwyn Fire Company in 1998, where he still volunteers, and was Radnor Fire Company's full-time Executive Director for nearly 14 years.

Phoenixville's department consists of 36 volunteer firefighters, 30 part-time staff and three full-timers: Chief Brazunas and two captains. While the department is always recruiting volunteers, Brazunas and the borough leadership recognize that increasing paid staff is key to preventing gaps in coverage. "At the end of the day, people need to come to grips with the fact that we need to finance fire and emergency services."

Brazunas encourages volunteering locally. "If you're looking to get involved in your community and do something meaningful, there's no better way to do it," he says. "There is no higher calling."

GET INVOLVED

Pennsylvania has more volunteer fire departments than anywhere else in America. Of the state's 2,448 fire companies, 2,354 are all volunteer.

A major reason for the volunteer crisis is the time commitment. In many families, both parents work full-time and simply don't have time to volunteer. "It's not like volunteering with any other organization. It has to be part of your life," Longwood's McCarthy explains. "You're going to spend at least 20 hours a week training, answering calls and maintaining equipment."

Yet volunteering with your local fire company is extremely rewarding. "It gives you a sense of community," West Chester's Perna explains. "The fire department becomes a second family."

Goshen's DiNunzio agrees. "Most people do it to give back to the community," he says. "It's also exciting and a unique level of training not many folks have."

Most important, it's an integral part of any community and necessary to keep us all safe. "When you call 911, you're looking for someone to come," McCarthy explains. "If we don't get enough staffing, you'll pick up the phone, and no one will come."

If you're interested in getting involved with your local fire department, call or email them today. Find them at ChesCo.org/3549/Find-Your-Fire-Company. ♦

Chester County Hero Fund

When first responders are injured or lose their life in the line of duty, their families are often left in debt and without support.

Established in 2001, the Chester County Hero Fund provides financial assistance to surviving spouses, children and families of first responders — including firefighters, emergency medical technicians, paramedics and police officers — who are seriously injured or die in the line of duty.

The fund is supported by contributions from donors and support from fundraisers like the Chester County Balloon Festival and the annual Ride for Heroes. To contribute, visit ChesterCountyHeroFund.com.

- 1. Phoenixville Fire Department PHOTO BY REGINA JELSKI
- 2. Goshen Fire Company



TOP PHOTO BY RADAR CONTACT PHOTOGRAPHY. BOTTOM PHOTO BY JOE SUBOLEFSKY.

Bald Eagles of Conowingo

FEAST FOR THE BIRDS ... AND FOR PHOTOGRAPHERS

Edwin Malet

IN CASE YOU HAVEN'T BEEN PAYING ATTENTION to bird population statistics, the bald eagle, our national bird, is back in a big way.

Before Europeans arrived in North America, there may have been 400,000 such birds here. But when the Endangered Species Act was passed in 1973, there were fewer than a thousand left, the decline attributed primarily to the effects of the pesticide DDT, which was then banned.

Now the population has rebounded. Delisted as an endangered species in 2007, over 300,000 bald eagles are believed to live in the lower 48 states, with a substantial number in our area.

Wow! Applause for the conservationists!

CONOWINGO DAM

On a fall or winter's day, visitors to the Conowingo Dam in northern Maryland can see a major settlement of bald eagles. Built in 1928 and now owned by Constellation Energy, the Conowingo Dam spans the Susquehanna River, 12 miles south of Chester County's southwest tip. U.S. Route 1 runs right over the dam, from Cecil to Harford Counties.

David Marcheskie, Constellation's Communication Manager, reports that the number of eagles in the dam's vicinity is definitely growing. In the winter of 2018, about 230 bald eagles were counted, including local, over-wintering and migrating birds. That's more than twice the summer numbers. Eagle nests alone have tripled around the dam since 2010.

Bald eagles build their huge nests — the largest in North America — called aeries, about 5 to 6 feet in diameter and 2 to 4 feet in height. Eagles generally return to the same nest year after year, adding twigs, sticks and grass each season. The aeries are usually built in tall trees in sight of the river. Visitors can see eagles in their nests, perched on branches or power-line towers, or swooping over the river, fishing for their prey.

Many of the bald eagles — the flocks of birds at the dam also include cormorants, gulls, herons, ospreys and about 220 other species — are permanent residents, but in November, they're joined

PHOTO BY JOE SUBOLEFSKY



by eagles migrating south, mainly from the upper Susquehanna River, New York state and Canada.

The birds feast at the dam's mouth, mostly on shad, herring, eels and other fish, which are expelled from the dam's giant turbines. The effluent from the dams remains unfrozen in winter, which is why the eagles congregate there to hunt.

EAGLES ON THE RISE

Watching the majestic bald eagles, you can't help but admire the spectacle. To begin, the eagles are enormous. A mature bird's wingspan, with long trailing feathers, can reach eight feet wide. The body is thick and muscular, especially the legs, ending with a broad white tail. The yellow talons are about three inches long. A curved yellow beak and alert yellow eyes seem fierce on its "bald" head — actually covered by white feathers.



PHOTO BY JOE SUBOLEFSKY

In October and November, you may see an eagle grab another by its talons in mid-air. It's called cartwheeling and is part of their mating ritual. The two spin and glide, falling toward the surface, separating before they hit, and then returning to their nest — males and females look alike, though the females are larger. Eagles mate for life, share nest-building, preen and touch their bills. It's beautiful to see.

Young eagles are entirely brown and grey — likely for camouflage — and don't develop their classic white heads until their fifth year. At birth, the eaglets are grey, slightly pink, covered in down. At about 5 weeks, their plumage emerges, until about 10 weeks, when they become fully feathered. Their beaks and eyes also change, from an initial dark brown, ultimately to yellow. Their white heads and tails announce that the bird is ready to breed.

HUNTING AT CONOWINGO DAM

The eagles present as a picture of patient calm, sitting on a high branch or power tower, overseeing the river. Then they lift off, with tremendously powerful wings. Soaring high, surfing the thermals, then swooping down to the water surface. When an eagle spies a fish, it slows slightly, advances its talons, snares its quarry, then resumes its flight, weighed down only slightly by the fish dangling below.

That is, if they're not lazy, which they can be around the Conowingo chum. Dennis Kirkwood, Harford County Birder's Club past president and Maryland Ornitholog-

ical Society board member, has watched the bald eagles' numbers grow from year to year. He says they prefer to scavenge, much like vultures. They also seem clumsy with their meals, frequently dropping the fish they've caught. And they don't like to swim.

In general, Kirkwood views the eagles as "lazy," inept hunters. He observes their success rate is about 1 in 20, as compared with, say, an osprey, with a much better rate of 1 in 3.

Even when the dam's sirens go off, indicating a coming water release, attracting the likes of gulls and cormorants from downstream, the eagles are generally complacent. Kirkwood's take is that they'll await "easy pickings."



PHOTO BY RADAR CONTACT PHOTOGRAPHY

TO SEE THE BALD EAGLES

The best bald eagle viewing is on weekdays in late October through December at the Conowingo Dam. Stop at the Visitor Center, 4948 Conowingo Rd., Darlington, MD, open 9 to 5 on weekdays, 11 to 3 on weekends (closed major holidays).

Photographers and other observers tend to gather at Fisherman's Park on the Harford County (south) side of the dam in Darlington (Cecil County is on the north side). For photographers, we suggest getting there very early, at sun-up, if only to beat the crowds. They're "shoulder-to-shoulder," says Kirkwood. And dress warmly!

Calendar note: November 26 is the Harford Bird Club's Conowingo Dam Gull & Eagle Watch Day. ♦



Golden November in Southern Chester County

TOUR, TASTE AND SHOP

Carol Metzker

A TRAY OF FRESH, GOLDEN BROWN, almond chocolate chip biscotti floats through the door into Farmer and Co. I've already ordered a mocha, but my mouth waters. The barista says cookies are made in-house and biscotti is baked by OsoSweet — owned and operated by the deliveryman's daughter, Chef Tess. I add to my order. In a moment I'm savoring treats in a charming upstairs library with large windows overlooking a lovely, sprawling tree.

November is golden in Chester County — autumn leaves, warm baked goods, chrysanthemums and more. There's no better month for exploring the southern tip's great new offerings, taking a day trip or spending an afternoon at a favorite haunt.



1. Hilltop Flower Company



2. Bierhaul



3. Toot Sweets

WHAT'S NEW

Cross the threshold of a stone storefront on East State Street in Kennett Square. One look at the interior — plum ceiling, sage walls, and French blue and rust-hued cabinets — and the exquisite blooms. There's no doubt that new [Hilltop Flower Company](#) was started by a former Longwood Gardens horticulturalist and a graphic designer.

Business partners Dannie Wright and Amanda Burka have created something truly special here. While there's a retail footprint for lovely home goods, garden supplies, floral gifts and more, the shop is centered around space to design whimsical and romantic bouquets, arrangements and wedding decorations.

Many of the seasonal and dried flowers including heirloom varieties come from Wright's flower farm in Oxford: pink baby-blue-eyes, yellow pompom craspedia (billy buttons) and orange gomphrena (globe amaranths) to name but a few of the more unusual choices.

Worked up an appetite? Watch your crepes being made at Kennett's casual [Crazy Deli Crepe Café](#), open since September. Apple cinnamon with caramel sauce is perfect for fall. Cookies and cream with Nutella is always in season.

Or are you ready for a frothy mug? Head to new [Bierhaul](#) in Glen Mills for a curated beer list — lagers, porters, ales — and food, including grilled cheese with lobster, fries with malt aioli and ... soft pretzels! Would it be a German beer hall without them? Hang out in the *garten*, where kids enjoy the play area while you sink your teeth into bier-braised bratwurst.

This year candy shop [Toot Sweets](#) celebrated a grand reopening in Oxford. Its familiar, bright lemon and lime exterior is still so beckoning that Willy Wonka couldn't resist this new location (with more space). Bulk candies and novelties for kids of all ages abound — taffy, Skittles, gumballs and more by the pound. Any day is a festival with cotton candy: classic pink, blue raspberry or green pickle. For more fun, try Oreo cowtails — chocolate-covered caramels with creamy vanilla centers. If you dare, try a novelty soda: sweet corn, buffalo wing or "toxic waste."

LET'S MAKE IT A DAY

Just one of the great things about trips to southern Chester County is the scenery. Drive past rolling hills with orchards and farmland between stops in small towns and villages — Unionville, Kennett



4. Farmer and Co.

Square, Oxford, Marshallton and others. They're close enough that you can interchange any of the suggested shops or sights to tailor a trip to your tastes.

UNIONVILLE

Rev yourself up at [Farmer and Co.](#) The café with market offers goods from local artists, artisans and growers. Enjoy a salmon sandwich and latte at a large table in the cozy board room or at an outdoor picnic table. After falling in love with the supersized yellow, green and red coffee cups, take home Pat Mooberry's pottery. Buy Hilltop Flower Company's fresh bouquets — sunset orange roses and blue forget-me-nots or vivid red-orange ranunculus in spring. Find artisan pasta in the front room, where refrigerator cases hold locally grown sunflower sprouts, or seasonal produce from the old house's back garden. Like the low, comfortable chairs in the library? Head next door to Kinloch.

Set your perfect holiday table at a work of art from [Kinloch Woodworking, Ltd.](#) The gleam of polished wood, the mesmerizing



5. Kinloch Woodworking, Ltd.

grain and silky feel of a table's, bench's or cabinet's surface invites you to linger.

Spend a few minutes at the walking path across the street from the café, Kinloch and charming [Catherine's Restaurant](#). Enjoy pretty fall foliage and bird calls.

KENNETT SQUARE

Minutes away, make Kennett Square another stop or its own destination. In addition to Hilltop Flower Company and Crazy Deli Crepes, see sites of interest in the borough center and on the outskirts.

An unexpected little gem is a seasonal pop-up holiday shop at [Grateful Gardens and the Arts](#) (pop-up at 293 W. Street Rd.). Overlooking land where fox hunts were once a regular event and a neighbor still takes a biweekly spin on her horse-drawn cart, the farmhouse's enclosed front porch becomes a cute shop with local and international crafts. Select Nepalese mittens, leather purses from Spain and Pendleton blankets. Leave with soft, local mohair socks



6. Grateful Gardens and the Arts

for family, Chilly Dog's knitted sweaters for pups, soft sheep booties for your best baby and a Glory Fibers hand-painted pillow or silk jacket for yourself or someone extra special.

Find tasty sustenance at nearby [Sovana Bistro](#), which is back in business and better than ever. The wood-roasted local mushrooms are a "must" on a trip to Kennett, as is the artisanal cheese plate spotlighting samples from around the globe, including from local Doe Run Farm.

OXFORD & POINTS SOUTH

Spend an invigorating or relaxing day around Oxford, starting with a self-guided tour. Camera buffs, pack your lenses for the historic walking tour to capture the 1868 Dickey Building's quaint clock, 1902 Oxford Train Station, architectural gingerbread of Victorian homes and engaging murals. Another colorful option in fall: drive the covered bridge tour.

Shop for fine, fair trade holiday chocolates at [Neuchatel Chocolates](#), offering sensational chocolate-covered sweet local blackberries



7. Neuchatel Chocolates

in season, Limoncello truffles and a vast selection of other delectable truffles. Ask if holiday panettone is in yet — golden loaves with chocolate chips go fast.

Wind your way north by Route 1. Veer onto Newark Road to stop at New London's irresistible artisan shop [Rooted](#). Charm, wonderful gifts, home touches and clothing spill from the delightful old brick house onto the wraparound porch. Discover perhaps the most exquisite molded soap on the planet by Miche Scott from Honeybrook, jigsaw puzzles depicting the world migration of butterflies, ginger-colored twisted tapers and pumpkin spice-scented glass candles. Dip into the small freezer for a decadent ice cream sandwich from West Chester's iSwich Gourmet to eat by the lawn's antique clawfoot tub filled with plants. All sorts of delicious ice cream flavors rest between the chewy brownie cookies, but the treasure with white chocolate ganache, mint flecks and dark chocolate chips might be the tastiest pick.

Minutes away in Avondale is [Va La Vineyards](#), with pleasing tastings and pairings. Amber-colored Prima Donna wine is a Thanks-



8. Rooted

giving favorite, but consider also taking home deep red Mahogany and Silk for early Christmas gatherings. Pick up Va La wine glasses, goat cheese in golden honey and wine-related treats.

For a romantic candlelit dinner, end the day at [The Farmhouse](#) restaurant. Every artifact in the old home tells a story. Food and service are superb.

Looking forward to 2023, land surrounding The Farmhouse — formerly Loch Nairn Golf Course — becomes Smedley Preserve.

COME FULL CIRCLE TO CHADDS FORD

Pop into the Chadds Ford Barn Shops where several small businesses reside, including [OsoSweet Bakery Café](#). Two years old now



9. OsoSweet Bakery Café

— a leap of faith taken during the pandemic that has paid off — the business is known best for its scones. Chef Tess — who went to school in Unionville before ending up at the Culinary Institute of America — has regular customers from all corners of the county.

Shortly after the bakery opened, a man came in and asked for one of everything, according to Tess. “When we asked for clarification — ‘One of each kind of scone?’ — he said no, that’d he take one of every baked good. Now he and his daughter come in every Sunday to get baked goods for their family,” she said.

There’s a reason we visit southern Chester County again and again — it shines! ♦




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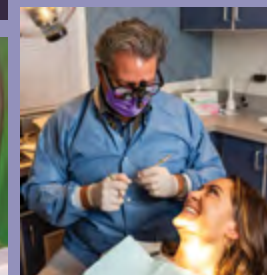
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PHOTO BY LAURA DUCESCHI



1



2

Small BUT MIGHTY

PLANT NATIVE SHRUBS AS AN ALTERNATIVE TO TREES IN SMALL LANDSCAPES

Liesl Barkman,
Jenkins Arboretum & Gardens

WHEN I THINK OF MY CHILDHOOD HOME, I picture the large shady silver maple (*Acer saccharinum*) I sat under on hot August days. Sadly, most places I've lived since leaving home could not accommodate a tree that size. But I've found alternatives.

Every property has its limitations, and finding a plant that can thrive in a smaller yard can be a challenge. Some trees, like flowering dogwood (*Cornus florida*) and eastern redbud (*Cercis canadensis*), maintain a smaller understory height, but still take up more space than many home gardeners would prefer.

For gardeners who want to have the impact of a large tree but are tight on space, native shrubs offer an easily maintained, beautiful and ecologically beneficial alternative for smaller spaces. Happily, homeowners have a variety of shrubs to choose from when designing their landscape.

Here are a few suggestions to add beauty and value to your yard during the autumn season.

AESTHETIC VALUE

Shrubs contribute ornamental value to the yard, lending character and shape as they mature. Shrubs can display a range of colors — their pleasant greens in the spring and summer often change into reds, purples, yellows and oranges in the fall. When they bloom, their flowers offer vibrant splashes of color, and many have the added bonus of pleasant fragrances or ornamental fruits.

A native counterpart to a popular landscape plant, smooth hydrangea (*Hydrangea arborescens*) sports blooms that emerge in summer. The lace-cap flowers are valuable to pollinators and are visually appealing around the home.

For a pop of color, Kalms St. John's Wort (*Hypericum kalmianum*) is a great option. This shrub is known for its contained, low-growth habit, perfect for small gardens. It's a pollinator powerhouse in mid-summer, with bees covering its yellow blooms. Finches will feed on its seeds throughout the late summer and fall.

Summersweet clethra (*Clethra alnifolia*) is another eye-catching plant with fragrant, long white spires of flowers in mid-summer. It's a popular pollinator plant, always covered in bees and butterflies, and it provides brown fruit in the late summer and fall that serves as a valuable food source for birds through the winter. In the fall, its leaves turn a pleasant golden color.

ECOLOGICAL BENEFIT

Native shrubs are more than just a pretty face. These ecological all-stars also provide habitat for birds and mammals within their dense foliage and branches. And their flowers often provide nectar and pollen to a variety of pollinators, such as bees, butterflies, wasps, moths and hummingbirds. From late summer through the winter, many shrubs also provide nutritious seeds and fruit to wildlife around the home.

1. Kalms St. John's Wort (*Hypericum kalmianum*)
2. Summersweet clethra (*Clethra alnifolia*)
3. Arrowwood Viburnum (*Viburnum dentatum*)



3

PHOTO BY JOHN M HAGSTROM



4

Arrowwood viburnum (*Viburnum dentatum*) is one shrub with a particularly high ecological value. This ornamental native shrub attracts pollinators to its delicate white blooms and hosts larval species, such as the spring azure butterfly, on its flowers. Throughout the fall, the shrub's foliage deepens into a vibrant reddish color, and it produces nutrient-dense, blue-colored berries that birds love.

Another great shrub with high ecological value is our native black chokeberry (*Aronia melanocarpa*). This shrub is often used for wetland restoration projects and provides ecological value as a larval host to many moths and butterflies. Its white clustered blooms appear in late spring, and the foliage turns a reddish-purple color in the fall. Its dark-colored fruits develop in the winter and provide food for birds throughout the season.

For a lankier option, consider serviceberry (*Amelanchier canadensis*), a tall shrub known for its delicate vase structure. It's a larval host to both the tiger swallowtail and viceroy butterfly and provides pollinator value with its vibrant white spring flowers. In late spring, birds rely on the blue-colored berries for nutrition.

EASY MAINTENANCE

Shrubs have the additional benefit of being simple to maintain. Due to their lower height, they can be tended from the ground, making them easy to prune as they develop. They typically don't require the same level of leaf clean-up as most overstory trees and, thanks to their more fibrous root system, they're not prone to disturbing pavement like many trees do as they age.

One easy to maintain shrub is Virginia sweetspire (*Itea virginica*), with delicately arching branches. This plant blooms in late spring with a light fragrance from its white spire flowers. As the seasons change to fall, the foliage turns a vibrant reddish-orange color. It's great for a home landscape, tolerating poor soils and retaining an arched shape.

A relative of witch hazel, dwarf fothergilla (*Fothergilla gardenii*) flowers in early to mid-spring, providing early food for pollinators with its white pom-pom blooms. In the fall, the foliage develops a stunning palette of yellows, oranges and maroons that are arguably



5



6

4. The airy flowers of serviceberry (*Amelanchier canadensis*)
5. Virginia sweetspire (*Itea virginica*)
6. Dwarf fothergilla (*Fothergilla gardenii*)

showier than the flower. This shrub is particularly low maintenance and keeps a compact form.

All these plants — and many more — are readily available at native plant nurseries in the region, including the Garden Shop at Jenkins Arboretum & Gardens. No matter the size of your garden, native shrubs will add beauty, ecological benefits and easy maintenance to your landscape. ♦

IMAGES COURTESY OF JENKINS ARBORETUM & GARDENS

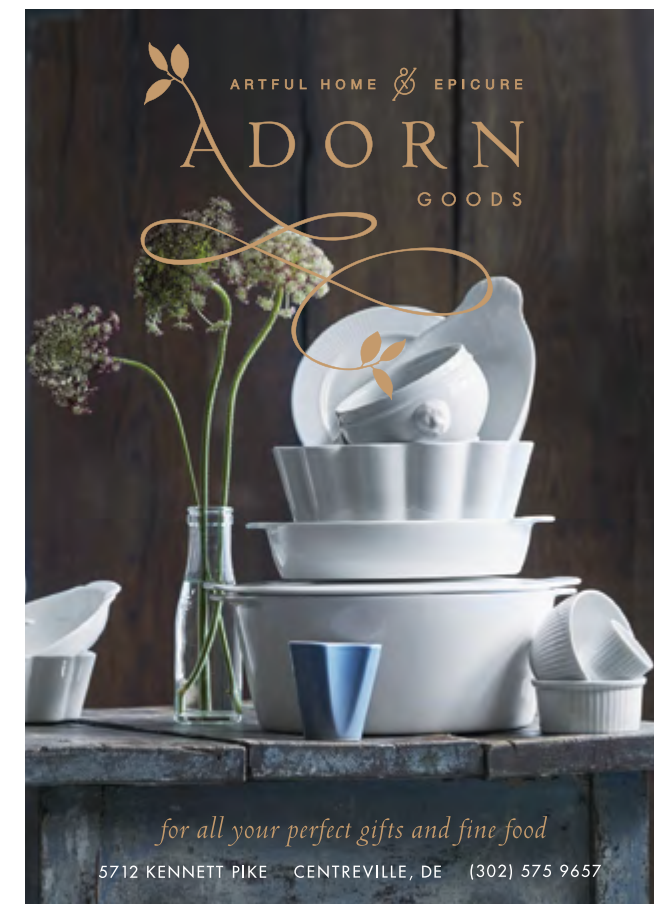
Jenkins Arboretum & Gardens is a 48-acre public garden showcasing native flora of the eastern United States and a world-class collection of rhododendrons and azaleas. The gardens are open every day of the year and are always free. 631 Berwyn Baptist Rd., Devon. Plan your visit by visiting Jenkins online at JenkinsArboretum.org.

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HOLIDAY Gift Guide

1. Unique Jewelry & Gifts

Tranquility Necklace by Susan Rodgers. Sterling silver, labradorite and emerald.

Shop Small Business Saturday, November 26, 10 to 5

The 5 Senses, West Chester

[ad on page 45](#)

2. Unique Holiday Gifts

Shop for one-of-a-kind artisan gifts: basketry, ceramics, fiber, glass, jewelry, painting, paper craft, photography, sculpture, wood ... and more!

Holiday Art & Fine Craft Show, November 12 & 13, 10 to 5

Haverford Guild of Craftsmen, Haverford

[ad on page 20](#)

3. Mini Poinsettias

Liven up your gift list with holiday greenery from local plant experts.

Mostardi Nursery, Newtown Square

[ad on page 45](#)

4. Holiday Chocolates

Chocolate-lovers will love this shop, making life sweeter since 1986. From chocolate assortments to gourmet gift baskets overflowing with decadent treats! Gift one ... Keep one!

Shop Small Business Saturday, November 26, 10 to 5

Christopher Chocolates, Newtown Square

[ad on page 69](#)

5. Holiday Sparkle

Set in platinum, this magnificent natural Thai ruby and diamond ring is the perfect choice for the love of your life.

Walter J. Cook Jeweler, Paoli

[ad on page 12](#)

6. Local Artisan Wood Boards & Bowls with Copper Accents

Curated holiday entertaining and gifts for everyone on your list.

Open House, November 12

Adorn Goods, Centreville

[ad on page 45](#)

7. Holiday Wreaths

Shop Matlack for unique gifts, greenhouse treasures and floral designs for every occasion.

Holiday Preview, November 18 & 19

Matlack Florist, West Chester

[ad on page 24](#)



①



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⑦



Shopping SMALL is a BIG Thing



Windows of Wayne

SUPPORT SMALL BUSINESSES THIS HOLIDAY SEASON ... AND BEYOND

Lydia Reiss & Peighton Schwalm

SHOPPING SMALL FOR THE HOLIDAYS IS THE right thing to do. And it's also a fun thing to do in our area. Local towns get into the spirit of the season by hosting a full range of holiday happenings (more on those in our December issue) along with creating special shopping opportunities beyond Small Business Saturday on November 26.

Be sure to visit Brandywine Valley towns this season and enjoy everything from twinkling lights to holiday decoration competitions to great shopping deals and giveaways. Check out what area towns have planned this shopping season so you can find just what you're looking for and get everyone on your list something memorable.

Let us be your guide.

COATESVILLE'S POP-UPS AND MORE

Hoping to bring holiday cheer to local businesses, the City of Coatesville plans to support small businesses by sponsoring retail pop-ups this holiday season. Plus, on December 2 at Gateway Park, stay in the shop-small mood by visiting the Pavilion of Trees, part of the city's tree-lighting ceremony that includes community-sponsored decorated Christmas trees. Support the local shopping spirit!

SHOP WHAT'S NEW IN KENNETT SQUARE

In the warm glow of seasonal decorations, explore Kennett Square's new small business delights. Mrs. Robinson's Sweets and Treats, Hilltop Flower Co. and Sophisticated Bling join the many trendy shops along State Street ready to help with all your holiday buying needs. After you've worked up an appetite, head for Kennett Chicken or Crazy Deli Crepes Cafe, new additions to the many dining options in this foodie town.

MALVERN'S HOLIDAY HAPPENINGS

"Christmas on King" festivities kick off the holiday season in Malvern on Small Business Saturday, a full day of holiday cheer. Shop 'til you drop on the half-mile stretch of King Street, home to many charming, locally owned shops. Need a shopping break? Stroll over to the tree lighting in nearby Burke Park. Plus catch extra holiday fun earlier on that Saturday, with street performances, music, food trucks and more. Remember Third Thursdays host special themed strolls through town — the Gratitude Stroll on November 17 and Sip and Stroll on December 15.

SHOP STATE STREET IN MEDIA

There's something magical happening throughout the season in Media, Everybody's Hometown, as America's First Fair Trade Town will be brightly lit and alive for the holidays. Shop for the perfect gift at Media's unique, independently owned shops on Small Business Saturday, November 26, while munching on complimentary kettle corn. Bring the kids on Sunday, November 27 for Santa's Parade, Block Party and Fun Run.

"GREETINGS" FROM NEWTOWN SQUARE

Newtown Square is marking the season by streaming 70 decorative banners along Route 3 (West Chester Pike) welcoming visitors with a warm "Season's Greetings!" Support small businesses there as you "Shop the Square" by visiting locally owned specialty shops. And make plans to join the noontime Holiday Party open to the public at the Finley Ballroom in Ellis Preserve on December 8.

LIGHT UP THE FUN IN PHOENIXVILLE

Kick off the holidays in downtown Phoenixville by celebrating Small Business Saturday all day long. Browse the shops and boutiques for special gifts and maybe something for yourself. Next up on November 27 is Artist Sunday — a nationwide art shopping event with local, professional artists. Visit again to see the town sparkle and shine during the annual Luminaria

Shopping Night (December 7). Keep up your shopping stamina with a stop at one (or two) of the local restaurants and bars serving everything from Greek to Irish to Italian food. Or lift your spirits at the almost dozen area breweries and distilleries.

WINDOWS OF WAYNE

Shop your heart out this holiday season in downtown Wayne. Beginning on Small Business Saturday (November 26) and every Saturday in December, enjoy free parking as you stroll the streets and browse the decorated storefronts and restaurant displays vying to win the "Windows of Wayne" competition. Extended store hours make it even easier to find the perfect gift. Check for more specials and updates on Wayne's Facebook and Instagram.

WEST CHESTER LIGHTS UP

Don't know what to buy for everyone on your list this year? Find all your gift-giving needs for friends, family, pets and more while enjoying holiday cheer on the streets of downtown West Chester. Small businesses are featured for a full weekend, starting on Black Friday, then Small Business Saturday through that Sunday, November 25–27. Retail stores will give away free, reusable bags for guilt-free shopping — with more giveaways to come! Free parking on Small Business Saturday (and certain other days) lets visitors conveniently sip, shop and dine downtown under thousands of twinkling lights, part of the "Chester County Hospital Lights Up Holiday Weekends in West Chester." ♦



Why Buy Local?

What would our communities be like without the quaint shops, family-owned restaurants and locally owned boutiques?

Think about that when you're shopping this holiday season, a vital time for small businesses. When you shop at small businesses, you're not only supporting independent store owners but your town and entire community as well. All those mom-and-pop shops and independent business owners help shape and support our communities by providing unique products and services you won't find at bigger, chain businesses.

And local business owners are paying more local taxes than national shops in the malls. So keep your money circulating in your community to support public schools, parks, roads and services, like fire departments. About 48% of the cost of each purchase at local independent businesses is recirculated locally, compared with less than 14% for purchases at chain stores.

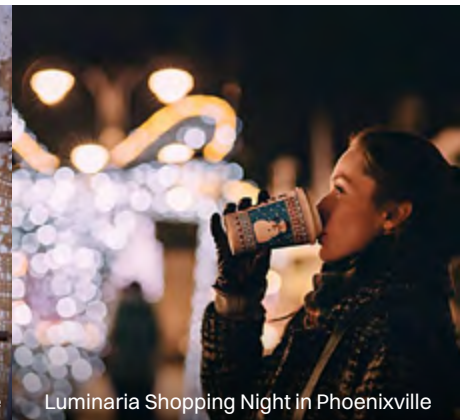
Help your town thrive this season by shopping for all your holiday gifts and needs at local businesses near you. As they say, it's buy local or bye-bye local!



Pavilion of Trees in Coatesville



Holiday Village ornaments in Kennett Square



Luminaria Shopping Night in Phoenixville

PHOTO BY VERONICA CHAVEZ

Living To And Beyond 100

ADVICE FROM CENTENARIANS

Edwin Malet



Irene Jones



Wyn Norris

A FEW OF US HAVE LIVED long enough to have the necessary life experience to give useful advice. After living through the Great Depression, two World Wars and a few more, the moon landing, 9/11 attacks, the Covid pandemic ... maybe these centenarians are worth listening to.

Here are some reflections that area residents shared with us about their lives.

FORMER ROCKETTE AT 100

Born in Connecticut in 1922, Irene Jones was an avid dancer her entire life. She made a career with several dance companies including the Radio City Music Hall Rockettes. Irene credits dance as her secret to longevity — that and eating healthy, avoiding stress and being happy.

Irene married her husband Jay and had one child. Today she's thrilled to be the grandmother of two and great-grandmother of five. Her family, Irene declares, is her greatest achievement.

To younger generations, she advises, "Sleep well, be conscientious, make friends that will always be there for you, and don't smoke." At her current home, [Arbor Terrace Willis-town](#), Irene thanks the "compassionate caregivers that take care of me every day."

THREE FARM GIRLS HIT (AND PASS) 100

Winifred "Wyn" Norris celebrated her 100th birthday on Valentine's Day at the [Hickman Friends Senior Living](#). Born in the small farming town of Jackson, Pennsylvania, Wyn recalls the post office was in a neighbor's home and her mother taught in a one-room schoolhouse.

In high school, Wyn met Paul and married him in 1946 — she says it was her "best decision." As a military test pilot, Paul led Wyn around the world: Louisiana, Arizona, Japan ... Through the many moves of military life, Wyn was "the force that held the world together," says her daughter. "She adapts easily and is quite content as long as her favorite snacks — Fritos and chocolate — are at hand."

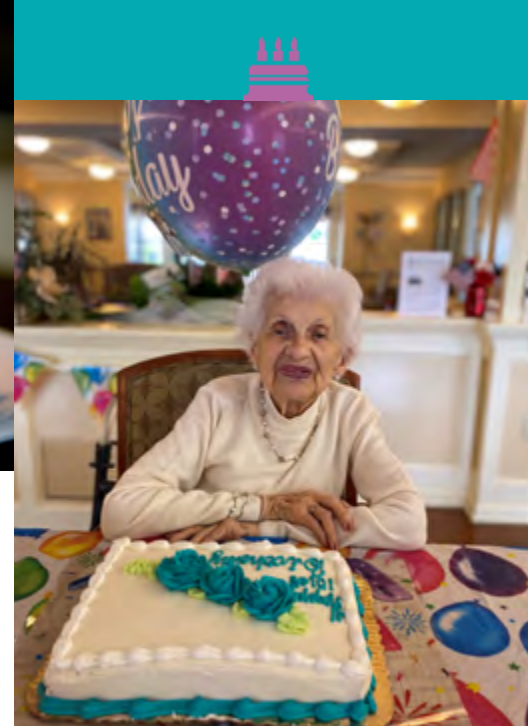
Today, Wyn is blessed with three children, seven grandchildren and five great-grandchildren, who call her "GG" for Great-Grandmom.

Ultimately, Paul and Wyn settled in West Chester. As lifelong members of the Baptist Church of West Chester, Wyn volunteered for decades, true to her mother's mantra to "be useful and be kind."

September 6th was Dorothy "Dottie" Hey's 100th birthday. As a child, Dottie lived on a farm in Quakertown and recalls racing across the cornfield to the tiny schoolhouse when the school bell rang. When she was 8, Dottie moved to Philadelphia, where her father ran Huss and Sons Bakery, and Dottie took orders from customers and babysat her siblings. She graduated from Olney High School and went to night college for engineering.

Dottie always loved having a big family. She raised five children, and now enjoys 11 grandchildren and 16 great-grandchildren.

In her early 70s, Dottie became a resident of [White Horse Village](#), initially teaching water aerobics classes there. Now her days consist of attending exercise class, lunch with friends, talking on the phone and never missing the 11 o'clock news. She attributes her long life to staying in touch



Louella Strantz



Don Solenberger



Mary Sohler

“Mary's love story includes meeting her husband at Harvard. The couple had three sons. "One of my greatest accomplishments."

with friends and family and maintaining a daily routine.

Louella Strantz grew up on a dairy and corn farm in Conestoga, the sixth of nine children. She remembers getting electricity and lights for the first time and attending a one-room schoolhouse. After graduating from Columbia High School, she was married to Walter Strantz for over 50 years. Although she worked a short time, she mainly stayed home with her children, involved in PTA and church work. Louella was a great seamstress who also loved to crochet and make clothing for the children. An avid walker and gardener, she mowed her own grass until she was 92!

Now a resident at Homestead Village, Louella never talks poorly of anyone and is described as a sweet and kind spirit, loved by the staff and residents there.

INVESTMENT MANAGER AT 100

Born in Drexel Hill, Donald Solenberger turned 100 earlier this year. He attended the George School and was married to his

wife Ann for 58 years. They had two children and added three granddaughters and two great-granddaughters. After three years at the University of Pennsylvania, Don went into the Army during the war. After his service, he graduated from Penn.

Don worked in business investments and held 14 state licenses over 50 years. His hobbies include playing tennis, following politics and keeping up with current events. He also enjoys watching football and basketball.

Now settled at [Riddle Village](#), Don says being 100 "is truly remarkable." He savors memories from when he was younger, like sledding down 69th Street in Upper Darby, which at that time was a pine forest. Don says wistfully, "Those were the days."

BORN ACTRESS TURNS 101

Mary Sohler was born in Cambridge, Massachusetts in 1921. She's an avid reader and spent many happy summers at her family home on the coast of Maine. Before moving to [The Mansion at Rosemont](#) in 2021, Mary lived in Malvern.

In high school, Mary was part of the Concord Players, a community theater where her mother was an actress and comedian. Mary loved seeing her mother on stage and now hopes for a role of her own at her new community's next play.

Mary attended the Eastern School of Music and then Radcliffe College, where she majored in music. Although Mary never played in public, she continued to play "for personal enjoyment."

Mary's love story includes meeting her husband at Harvard. The couple had three sons. "One of my greatest accomplishments," Mary says, was raising them.

AT 102, THEY'RE STILL WALKING, STILL SWIMMING

Marjorie Snyder, 102, lived most of her life in Bucks County before moving to Wallingford to be close to her daughter.

She credits her longevity mostly "to luck." But her daily long walks, a habit she's continued since moving to [Plush Mills Senior Living](#) several years ago, may have something to do with it.



Marjorie Snyder



Eleanor Parsons



Helen McHenry

That exercise routine and a twice-daily “scoop of ice cream” she enjoys are just two ingredients in her recipe for a long, happy life.

When Eleanor Parsons turned 100 in July 2020, in the midst of the pandemic, her family coordinated a drive-by celebration at **Dunwoody Village**. Now, at 102, she attributes her longevity in part to being a swimmer. “I used to swim at Dunwoody even before I moved in,” she said. Her advice? “Just keep moving. Stay interested in things.”

Eleanor lived in Devon, has two sons, three grandchildren and four great-grandchildren. She had a career in real estate, having owned an apartment house with ten rental apartments. And she enjoyed volunteering at St. David’s Episcopal Church and the West Chester YMCA.

For her 90th birthday, her sons asked what their mom wanted. Eleanor said she wanted a trip down the Colorado River, and so they took her. Says her son, “Mom has always been very determined and a wonderful role model for all in her family.”

HAPPY HOMEMAKER AT 103

Born in Wilkes-Barre, Helen McHenry turned 103 in September. She still walks to the dining room at **Lima Estates** every night for dinner.



Ida DeCastro

Helen met her husband Bob after World War II. They met in November, were engaged on Valentine’s Day and married in June. The couple settled in Springfield, where they raised two children. Today, Helen is a grandmother of five and great-grandmother of ten.

In addition to being a “happy homemaker,” Helen went to work at Mac and Sam’s, a family business in Clifton. She has fond memories of her involvement in St. Matthew Lutheran Church, the Springfield Athletic League, playing bridge, bowling and socializing at the Rolling Green Country Club.

“I have no secret that I can share as to why I’m living this long,” Helen laughs. “I just get up every day, climb out of bed and thank the good Lord to be here.”

Helen did say that living independently is a job at her age. She must keep active both mentally and physically. Helen follows her own advice by rocking in her rocker and reading a good book.

AND NOW SHE’S 104

Ida DeCastro was born in 1918 in Manhattan, where she spent most of her life. The best advice Ida received was “simply to take one day at a time, and that’s just what I do.” She tries “not to worry about things too much.”

As a young woman, Ida worked at Woolworth’s as a “Million Dollar Girl” — that’s what Woolworth’s called their female employees then. Later, in 1940, she met and married Herman, with whom Ida raised three children.

Three years ago, Ida moved to **Glen Mills Senior Living** and was there for only a few months when the pandemic started. It was a huge adjustment to be quarantined, but the “staff were great, and we made it through.” She’s made many friends and especially enjoys the pinochle club and happy hours.

At *County Lines*, we’re wishing all our centenarians a happy birthday, and hoping for many more to come. ♦



Guide to 55+ and Retirement Communities

55+ COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

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

PENNSYLVANIA

Exton

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

Glen Mills

Ivy Creek
610-981-2740; SeniorLivingInStyle.com

King of Prussia

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

Media

Springton Lake Village
610-356-7297
SpringtonLakeVillage.com

West Chester

Harrison Hill Apartments
610-430-6900; HarrisonHillApts.com
see our ad on page 60

“Harrison Hill is more than a community — it’s a neighborhood!” Residents enjoy the company of others during Monday Mingle, holiday festivities, chili fests, ice cream socials, barbecues, games and more. Harrison Hill’s 5 stories offer 114 apartment homes comprised of one bedroom and one bedroom with dens.

Hershey’s Mill
610-436-8900; HersheysMill55Plus.com

INDEPENDENT LIVING COMMUNITIES, WITH CONTINUING CARE AND LIFE CARE COMMUNITIES

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

PENNSYLVANIA

Ambler

The 501 at Mattison Estate
215-461-4880
The501.com; SageLife.com

see our ad on page 71

Offering Independent Living, Assisted Living and Memory Care. A short walk to downtown Ambler, it's a location nestled next to Lindenwold Castle. It's your access to walking trails and neighborhoods—and a bustling borough with its own restaurants, nightlife and shopping. And that's all just outside the walls. Inside, you get access to countless amenities, dining options, fitness facilities and so much more. It's senior living where you can do something new and different every day, and never repeat yourself.

Cornwall

Cornwall Manor
717-273-2647; CornwallManor.org
see our ad on page 59

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

Exton

Arbor Terrace Exton
484-265-9610; ArborTerraceExton.com

Downingtown

St. Martha Villa for Independent & Retirement Living
610-873-5300; Villa.StMRehab.org

Exton

Exton Senior Living
610-594-0200; ExtonSeniorLiving.com

Glen Mills

Glen Mills Senior Living
610-358-4900; GlenMillsSeniorLiving.com

Kennett Square

Friends Home in Kennett
610-444-2577; FriendsHomeInKennett.org
Kendal-Crosslands Communities
844-907-1800; KCC.Kendal.org
see our ad on page 56

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

King of Prussia

Anthology of King of Prussia
484-390-5307; AnthologyKingOfPrussia.com
see our ad on page 7

Anthology of King of Prussia invites active seniors to enjoy a vibrant lifestyle just minutes from Town Center in King of Prussia.

It's a new kind of senior living experience, where you'll find a variety of options for dining, entertainment and shopping. Call or visit their website to learn how to save up to \$10,000.

Lancaster

Homestead Village
717-397-4831
DiscoverFarmstead.org
see our ad on page 14

Situated on 90 beautiful, tree-lined acres, Homestead Village has a charming small-neighborhood feel, and is just minutes from the vibrant cultural opportunities of downtown Lancaster. Residential options include cottages, villas and spacious carriage homes. Apartments at Homestead Village are dual-licensed for personal care, so residents can get extra help, if needed, without an extra move. New Luxury Apartments at The Townstead, now available to reserve, coming in 2024.

Willow Valley Communities
717-464-6800
WillowValleyCommunities.org

Lansdale

Meadowood Senior Living
484-998-4444; Meadowood.net
see our ad on page 61

At Meadowood, residents don't retire. They rewire. There's always something to do on the lush, 135-acre campus. From



Kendal-Crosslands Communities



Echo Lake



Daylesford Crossing



White Horse Village



Cornwall Manor



Luthercare



Anthology of King of Prussia



Dunwoody Village



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KCC.Kendal.org | 866.920.8184

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Communities

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gourmet dining to state-of-the-art fitness to their luxury residences, you'll enjoy the life you've always deserved. As an active adult Life Plan Community, they also offer exceptional healthcare services for every stage of the aging process.

Malvern

Echo Lake

484-568-4777

LivingAtEchoLake.com; SageLife.com

see our ad on page 71

The Main Line's newest retirement community—retirement living, reinvented. At the leading edge of the “aging well” movement, Echo Lake has a comprehensive fitness and wellness center, innovative dining built around the latest trends in nutrition and a catalog of programming that dares you to explore ... think resort, think country club, think spa ... then let your imagination run wild. Independent Living, Assisted Living, Memory Care.

Manheim

Pleasant View Retirement Community

717-665-2445; *PleasantViewRC.org*

Multiple Locations

Acts Retirement-Life Communities

888-521-3651

AboutActs.com/CountyLinesMag

see our ad on page 8

Acts Retirement-Life Communities is celebrating 50 years of providing gracious living options, superb on-campus amenities and a maintenance-free, amenity-filled lifestyle that allows them to enjoy all the things they love most without all the worries. Best of all, Acts Life Care lets residents pay for future care in today's dollars should their needs change.

LutherCare

Lititz

St. John's Herr Estate, Columbia

Spang Crest, Lebanon

717-626-8376; *LutherCare.org*

see our ad on page 11

LutherCare's senior living communities in Lititz and Columbia (Lancaster County, PA) and Lebanon (Lebanon County, PA) offer a full network of services, amenities, con-



The 501 at Mattison Estate



Acts Retirement Life Communities



Homestead Village



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Retirement Community**

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Freedom Village at Brandywine



Meadowood Senior Living



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veniences and programs. Residents enjoy a maintenance-free lifestyle in comfortable and stylish apartments and cottages in a variety of sizes and designs. Here, residents enjoy an active retirement and have peace of mind for the future.

Newtown Square

Dunwoody Village
610-359-4400; Dunwoody.org
see our ad on page 57

Dunwoody Village is a continuing care retirement community located in a suburban setting on 83 picturesque acres that offers residents Independent Living, Personal Care, Skilled Nursing and Memory Support, as well as Rehabilitation and Home Care to both residents and the outside community. Call to learn about the \$24-million expansion and renovation of the Community Building and join their waiting list.

White Horse Village
610-558-5000
WhiteHorseVillage.org
see our ad on page 41

White Horse Village is a friendly and vibrant senior living community situated on 96 picturesque acres neighboring a state park. First-class amenities include a tavern, dining venues, fitness center, pool/

spa, bocce, art studio, woodshop, hiking trails, library and a highly rated Health-care Center. Enjoy gardening, arts and entertainment, and new friendships. Ask about their new spacious Coach Homes.

Paoli

Daylesford Crossing
610-640-4000; DaylesfordCrossing.com
SageLife.com
see our ad on page 71

Daylesford Crossing is one of the Main Line's favorite supportive living communities ... completely personalized care, uniquely sophisticated surroundings and unparalleled hospitality. Boutique sized, with 78 supportive living and specialized memory care apartments, Daylesford Crossing is perfectly located right in the heart of the western Main Line. Personal Care and Memory Care.

Phoenixville

Spring Mill Senior Living
610-933-7675
SpringMillSeniorLiving.com

Rosemont

The Mansion at Rosemont
610-632-5835;
TheMansionatRosemont.org
see our ad on page 60

The Mansion at Rosemont is a premier boutique Life Plan Community set amid the lush grounds of the historic Beupre Estate in the heart of the Main Line. Boasting unmatched architectural beauty in addition to newly renovated apartment homes and cottages, the only thing more beautiful than the community itself is the warmth of the people who call it home.

Valley Forge

Shannondell at Valley Forge
610-728-5200; Shannondell.com

Wallingford

Plush Mills
610-690-1630; PlushMills.com
see our ad on page 71

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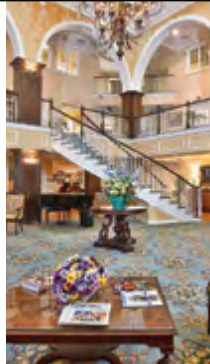
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Freedom Village at Brandywine

484-288-2601; FVBrandywine.com

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West Chester

Barclay Friends

610-696-5211; BFKendal.org

The Hickman Friends Senior Community of West Chester

484-760-6300; TheHickman.org

Wellington at Hershey's Mill

484-653-1200

SeniorLifestyle.com/Property/Pennsylvania/Wellington-At-Hersheys-Mill/

Wyomissing

The Highlands at Wyomissing

610-775-2300; TheHighlands.org

DELAWARE

Newark

Millcroft Senior Living

302-366-0160;

FiveStarSeniorLiving.com

Rehoboth

The Lodge at Truitt Homestead

302-727-0936; TruittLodge.com

Wilmington

Forwood Manor

302-529-1600; ForwoodManorDE.com

Foulk Manor North

302-478-4296; FoulkManorNorth.com

Foulk Manor South

302-655-6249; FoulkManorSouth.com

Shipley Manor

302-477-8813;

FiveStarSeniorLiving.com

Somerford House Assisted Living

302-266-9255

SomerfordHouseNewark.com ♦

Please visit our online Guide at
CountyLinesMagazine.com

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The Pluses & Perils of Pickleball

Nicholas DiNubile, M.D.

PICKLEBALL IS ALL THE RAGE. Each day, more people, across all age groups, are heading to pickleball courts. With over 4.8 million participants nationwide in 2022 and 39.3% growth over the last two years, pickleball has become the fastest-growing sport in America, according to the Sports & Fitness Industry Association (SFIA).

For those who don't remember the details of the July *County Lines* article, "Hooked on Pickleball," here's a brief origin story. The sport had an accidental start in the summer of 1965 on Bainbridge Island, Washington, when Joel Pritchard and two friends returned from golf, only to find their families sitting around, bored. Unsuccessful at attempts to set up a badminton game, Pritchard challenged the kids to improvise and come up with their own game. They lowered the badminton court net and began experimenting with different types of balls and rackets.

And just like that, a new sport was born! Pickleball is now played with a paddle

and large plastic Wiffle ball on a badminton-sized court (mini tennis court) with a slightly modified tennis net. It combines elements of tennis, badminton and ping-pong and can be played as doubles or singles. It's fast moving, fun and beyond what the Pritchard family could never have imagined!

GROWING POPULARITY

So, why has pickleball suddenly become so popular? After a period of slow growth since its 1965 invention, the game suddenly exploded in recent years.

Racket sports in general have become somewhat more popular, but tennis can be challenging and frustrating for a beginner. Pickleball, though, has a much shorter learning curve and almost anyone can be playing and enjoying the game on day one.

Initially, mostly seniors and mature athletes played, but younger and younger fans have taken a bite of the pickle. According to SFIA, growth from 2020 to 2021 was fastest among players under 24 (21%).

And both men and women are taking it up in droves.

Pickleball has been shown to be a wonderful workout. Recent studies have placed pickleball in the moderate-intensity-level exercise category, conferring numerous fitness-related health benefits. Playing pickleball will also improve balance and hand-eye coordination. It's also extremely social, another important factor in healthy aging and improved longevity.

The pandemic helped fuel the growth of this relatively new sport. Unlike many team sports and gym workouts, racket sports allowed for social distancing and were considered safe not only outdoors but indoors as well.

PLUSES AND PERILS

As with all sports, there are pluses and minuses in terms of your health. Pickleball clearly has activated a large segment of the population, which is wonderful. This increased activity will lead to improved health and longevity.



Wear appropriate footwear to prevent falls.



Consider protective eyewear to avoid serious injury.

Racket sports (especially tennis) have been shown by two recent, large scientific studies to be the best overall activity and sport in terms of improved longevity. The reasons are many — improved fitness, strength, agility and even fall prevention. Plus the social element, which has been shown to be a critical part of healthy aging.

The downside of pickleball mania is a significant increase in injuries. In my orthopedic office, I'm seeing more and more pickleball players every week. My specialty is knee disorders, but there are a wide range of injuries that can occur. And many are preventable.

Common orthopedic injuries for pickleball include strains and sprains (especially ankles), contusions, knee injuries (including meniscus and ACL tears), shoulder tendinitis and rotator cuff problems, elbow tendinitis, muscle pulls (especially calves) and even fractures from falls. Wrist fractures are far more common in females, most likely related to weakened bones from osteopenia and osteoporosis, more prevalent in adult women. Even serious eye injuries can occur.

Certainly, the benefits of pickleball far outweigh the risks, which can easily be mitigated with simple preventive measures. Here are my recommendations for staying out of the sports medicine office and on the pickleball courts:

- **Warm up and stretch.** Even before you step onto the court, warm up for a few minutes to break a sweat. Try jumping jacks or run in place. This warmup

greatly reduces the risk of muscle or tendon injuries. Next, do both passive and active stretching of key muscle groups including shoulder, forearm/elbow, lower back, hamstrings and calves. Stretching is especially important for older athletes and anyone who's had prior injuries. Once on the court, do some light hitting for a few minutes before starting the game.

- **Maintain overall fitness.** Your general fitness protects against injuries and improves your athletic performance. Never rely exclusively on your sport for overall fitness. Your weekly workouts should include equal amounts of cardiovascular/aerobic training, strength training (including core) and stretching/flexibility. Balance exercises, such as yoga tree pose or yoga sessions, help with agility and preventing falls.

- **Wear proper footwear.** Wear sneakers specific for each racket sport. Running shoes are not appropriate because they don't have enough side-to-side stability. You'll risk ankle sprains or falls. Go to a local tennis shop for proper footwear and sizing. Also, unlike tennis, pickleball can be played if it's raining lightly or if the court is wet — this is something I don't recommend because of the risk of slipping and falls. And because pickleball may be played on paddle tennis courts, which have a gritty surface, it's much easier to twist your knee.

- **Use protective eyewear.** Invest in protective goggles. Rallies and volleys in pickleball can be close up and fast. Although serious eye injuries are more common in tennis than pickleball, they can occur and can be

catastrophic. This is especially true for beginners or those who haven't yet developed great hand-eye coordination. I strongly recommend protective eyewear.

- **Get checked.** For anyone with medical conditions, check with your primary care physician to be cleared medically to participate in any new sport or fitness activity. This will significantly lower your risk of medical issues that send you to the emergency room.

Pickleball is here to stay. There are now professional leagues and tournaments, and even LeBron James and Tom Brady recently invested in new Major League Pickleball teams. I've seen my patients who sustained pickleball-related injuries be very eager to get back to the new sport they love. And that's all a very good thing.

If you're looking for a new fun activity with plenty of health benefits and social interaction, give pickleball a try! Learn more at USAPickleball.org. ♦

Nicholas DiNubile, M.D., is an orthopedic surgeon with Premier Orthopedics, specializing in sports medicine and knee disorders. He's written the best-selling Frame-Work series of health and wellness books,

served on the President's Council on Physical Fitness and Sports, and has advised two U.S. Presidents in matters of health policy. He's also an avid tennis player and is certified by U.S. Professional Tennis Association (USPTA). His office is in Havertown. More at DrNick.com.



FOR THE
WINE CONNOISSEUR

APPETIZER	1ST COURSE	2ND COURSE	DESSERT
Cheese, crackers, cured meats	Soups, salads, vegetables	Turkey, ham, dark meats	Cheesecake, apple pie, pecan pie
SPARKLING A brut-style wine pairs with fried or fatty appetizers.	PINOT GRIGIO The dry, fruity citrus flavors match with salads.	CHARDONNAY Rich, full-bodied and oak-aged flavors match earthy dishes.	RIESLING Ranging from dry to sweet, pair it with fruit-focused desserts.
MOSCATO Sweet with a fizz, the bubbles cleanse the palate.	SAUVIGNON BLANC Citrus, melon and grassy notes pair well with lighter first course dishes or greens.	ROSÉ Dry or sweet, its fruitiness complements and doesn't overpower rich, savory holiday foods.	TAWNY PORT Rich nuttiness that matches pecan, almond or hazelnut desserts.
VINHO VERDE Effervescent, crisp and light notes match salty foods.	GEWÜRZTRAMINER Dry or sweet, floral, spice and apricot aromas pair with rich soups or sweet potatoes.	ZINFANDEL Rich, fruit-forward notes match well-seasoned meats.	LATE HARVEST Very sweet and pairs well with confectionary desserts.

Please enjoy responsibly.

Happy Holidays

FINE WINE & GOOD SPIRITS

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For the Beer Fan

PAIRINGS FOR THANKSGIVING

APPETIZER Choose a light beer with a clean finish, nothing too hoppy or heavy	WIT BEER Light, floral, spice notes	PILSNER Refreshing taste; pairs well with cheeses	LIGHT LAGER Lower in alcohol
1ST COURSE Choose Belgian-style beers with fruity, spicy notes that pair well with salads and veggies; cuts into bitterness	SAISON Low alcohol	BELGIAN IPA OR BELGIAN TRIPEL	SOUR Not a Belgian-style but recommended for those with fruitier palates
2ND COURSE Choose lagers, like Schwarzbier or Vienna-style beers with caramel/malt flavors*	OKTOBERFEST Medium to full bodied lager, varies from pale/amber/dark brown. Choose a malty lager	VIENNA LAGER Copper to reddish brown ale	SCHWARZBIER Dark lager
DESSERT Choose sweet, dark or malted beers	PORTER Dark brown ale brewed with chocolate malts or brown malts	STOUT Roasted, bittersweet, coffee-like flavor	PUMPKIN ALE Sweet, malt, works with desserts
			SOURS For extra fruity sweetness with dessert

**Note: The caramelization process of beers pairs with the caramelization process of preparing meats.*

Recommendations from Dave Phelps, the head brewer at Will's + Bill's Brewery, Berwyn

Food News

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




Real Delicious. Expect authentic apple flavor and naturally sweetened, hand-made hard ciders sourced primarily from Chester County farms at **Chester County Ciders** in West Chester. Like the cider commonly quaffed in Colonial America, this version is similar to what Ben Franklin would drink, says cidery cofounder Josh Lasensky. Taste for yourself and sample crafted ciders like the Gold Rush, Twenty Ton Press and Northern Spy. 207 S. Bolmar St., West Chester. ChesterCountyCiders.com.

Top Pick. You may have heard that West Chester's **Andiario** snagged a spot in the *NY Times* Top 50 Restaurant List. Acclaimed chef Anthony Andiario put the town on the culinary map in 2018 when he opened his intimate, upscale restaurant showcasing eclectic dishes prepared with local ingredients, like radicchio served over chestnut crepes with porchetta. The changing menu (weekly) highlights the best available seasonal ingredients. Reserve a table before the New Yorkers do! *Prix fixe dinners, \$75. 106 W. Gay St., West Chester. Andiario.com.*



Pickle Your Fancy. Love pickles? You'll want to taste this tangy topper because it's that big of a dill. Prepare **Pickle De Gallo** for the perfect Friendsgiving party dip. Stir up a batch with dill pickles, sweet onion, seedless cucumbers, red bell peppers, garlic, salt and pickle brine. Experiment by adding more of your favorite veggies to personalize the flavor. This pickle salsa can be eaten alone, as a dip with chips, or served along with other appetizers like deviled eggs. FoodieWithFamily.com.

Delaware Delights. With a highly anticipated fall opening, **Chancery Market Food Hall and Bar** promises to become Wilmington's hot new dining venue for world-class chefs and international tastings, featuring NYC's famous fried chicken spot Fuku. Sample a range of culinary concepts, from vegan quick-service to Indian street staples curated by an award-winning rising star, Chef Akhtar Nawab. The outdoor space includes communal fireplaces, outdoor games and room for live entertainment, making this food hub a worthy downtown dining destination! 1313 N. Market St., Wilmington. TheChanceryMarket.com.



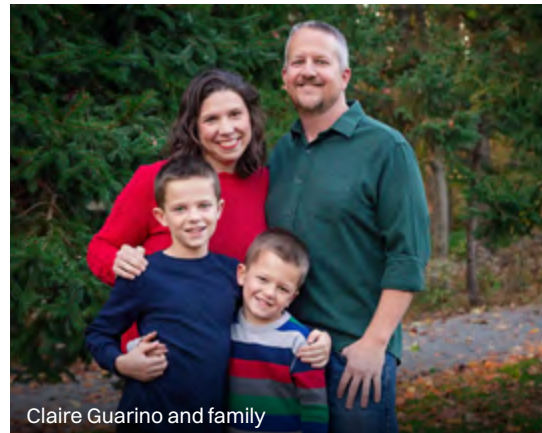
Shine On. If you're serious about your health, visit **Shine Nutrition** in West Chester and get your autumn glow on with a Shine smoothie. This nutrition club serves up more than 50 unique options, like Andes Mint, Elvis Peanut Butter Banana and Pumpkin Cheesecake smoothies. Or choose energy boosting teas and healthy snacks — peanut butter balls, anyone? Health bartenders and coaches are eager to help you meet your wellness goals. 127 N. Church St., West Chester. [Facebook.com/ShineNutritionWestChester](https://www.facebook.com/ShineNutritionWestChester).



Simpler Suppers

LOCAL BUSINESS CREATES MEALS
AND HOLIDAYS THAT ARE DELICIOUS,
SIMPLE AND KID-APPROVED.

Alyssa Thayer



Claire Guarino and family

DINNERTIME CAN EASILY MORPH INTO A DREADED time when the conditions are right. Fatigue from the day, lack of time and strong opinions from kiddos all work together to create the perfect storm.

“Our whole business is trying to take the stress out of mealtimes, whether it’s a Tuesday night in October with dance or soccer, or Thanksgiving Day and you’re serving a picky relative,” says Claire Guarino, owner of **HomeCooked** in Paoli.

Claire came up with the idea while living with her now-husband in California. She was working long hours and marathon training, and that left little room for anything else. “By the time I got back from work, I was too tired to cook,” she remembers.

Claire came across a healthy meal-prep service and decided to give it a try. “It’s amazing how a simple change like eating less-processed, made-from-scratch meals can have such a positive change on your life,” she recalls. The couple traded their sodium-laden takeout for roasted salmon and veggies, and it changed their lives.

Inspired by this experience, Claire left her corporate job to bring a similar concept back to her native Pennsylvania. In 2006 she chose a location just across from the Paoli Train Station, and “HomeCooked” was born.

Claire says their food is mostly ready-to-cook, rather than ready-to-eat, which sets it apart from the prepared foods you find at the local grocery store. Their chicken fajitas come with pre-sliced peppers and butcher-trimmed meat, and it all comes spiced and inside a

pan with specific cooking instructions. “Yes, we are selling food, but really we are selling convenience,” she says.

While many customers order for themselves, the meals have also gained popularity as the ultimate gift for new parents or someone going through chemo or surgery. “That is one thing I have learned more than anything,” she says. “There are so many good people in the world, and they want to help their loved ones.” Often folks don’t know how to help, so the ability to give quality, pre-prepared meals is very welcomed.

Other than a few mainstays, the monthly menus rotate with the season. “Warm turkey chili in the fall and fancier hors d’oeuvres for Christmas Eve,” says Claire. Holidays have become an increasingly large part of their business, and Claire says their goal is to help people enjoy the day rather than getting up at the crack of dawn and collapsing into bed at night. “We do all the prep, but our clients can take all the credit,” she laughs.

Whether you’re gearing up for a DIY holiday or planning to get a little help, we’ve gathered some tips, tricks and recipes to help you make it simple, tasty and family-friendly.



Sweet Potato Casserole



Butternut Squash Wild Rice Casserole

Pasta e Fagioli Stew (Slow-Cooker, Stove or Pressure Cooker)

This simple meal is especially satisfying on chilly fall evenings. The best part is it can be prepped and added to a slow cooker early in the day and be ready to serve to hungry mouths at dinnertime.

Serves 4-6

- 2 C. petite diced tomatoes with juice
- 3 C. cooked ground beef
(cook 1.5-2 lbs. and drain any grease)
- 1 C. kidney beans (cooked/canned and drained)
- 1 C. cannellini beans, or any white bean
(cooked/canned and drained)
- 1 C. each of chopped onion, celery & carrots
- 1 T. olive oil
- 1 C. beef stock
- ½ tsp. salt + dash of pepper
- 2½ tsp. dried parsley
- 2 C. chef’s choice marinara sauce
- ½ lb. elbow macaroni/mini shells or any small pasta



Combine and stir all ingredients except the pasta in your preferred cooking vessel (large Dutch oven, slow cooker or pressure cooker) and follow directions below for cooking.

Before serving, cook pasta per package directions for al dente (soft but not fully cooked). Drizzle some olive oil on it to avoid sticking and set aside. Add pasta to the rest of the stew 5 minutes prior to serving.

Stovetop: Cook mix over medium-high heat. Bring to a boil, stirring occasionally. Reduce heat to low and simmer uncovered for 35-45 minutes. Stir occasionally.

Slow Cooker: Cook on low 5-6 hours or high for 2-3 hours.

Pressure Cooker: Cook on high pressure for 18 minutes. When finished cooking, do a quick release.

Five minutes prior to serving, stir in the cooked pasta. Serve with bread and a sprinkle of Parmesan cheese on top.

Family Style

Mealtimes for families can be stressful on the best of days, and the expectations around the holidays only add to the pressure. Follow these tips and tricks to give yourself the best chance of success.

Helping Hands - The pride that comes from being part of the process can’t be underestimated. Bookmark recipes and specific steps ahead of time that are age-appropriate for your youngster, like mashing potatoes or assembling desserts. HomeCooked even offers pie and cookie kits with easy-to-follow directions.

Special Settings - Another way to involve kids is by having them arrange a unique centerpiece using art or natural elements (branches, gourds and pinecones), or hand-drawn placemats and place cards. Older kids might enjoy creating napkin art using video tutorials.

Taste Tests - Experts say it can take 12 tries before kids will accept new food, so putting a food on the holiday table and expecting instant success may be a setup for disappointment. One strategy is to start making and trying foods in the weeks leading up to the holiday.

New & Known - One key to Thanksgiving (and really any meal) success is to have a few tried-and-true items paired with a few new items. That way, you know your kids will at least eat something, while also encouraging them to branch out a bit.

Energy Out and In - Make sure there’s a plan for all the kiddos to get out of the house and use up their energy before the big meal. Whether it’s a local turkey trot or a simple backyard game, getting that extra energy out will make for happier, hungrier little diners.

Let It Be Light - The most important thing we can do as parents and hosts of children is to tweak our expectations. Kids will be kids. There will be some “yucks,” and there may be some spills. The more these hiccups are expected and accepted, the less likely they are to ruin the meal.

Slow-Cooker Buffalo Chicken Sandwiches with Blue Cheese Spread

This is a perfect dish for times when you’re feeding a crowd, watching a game or just need an easy dinner!

Serves 6

- 2 lbs. boneless and skinless chicken, breasts or thighs
- 1.5 C. hot sauce (we recommend Frank’s brand)
- 1 C. your favorite ranch dressing
- ¾ C. blue cheese crumbles
- 1 T. lemon juice
- ⅓ C. cream cheese, softened
- Dash of pepper
- 6 crusty rolls (hamburger or ciabatta style)



Combine the chicken, hot sauce and ranch dressing in your preferred cooking vessel — a large saucepan with a lid, slow cooker or pressure cooker.

Stovetop: Cook covered over low heat for 2–3 hours (the longer the better for more flavor and tenderness, and internal temperature of chicken should reach 165°).

Slow Cooker: Cook covered on low heat for 5–6 hours, making sure chicken reaches 165°.

Pressure Cooker: Cook on high pressure for 25 minutes then natural release.

Using two forks, pull the chicken apart into shreds.

Blue Cheese Spread:

In a small bowl, combine and stir together the blue cheese, lemon juice, cream cheese and pepper until thoroughly mixed.

Pile cooked, shredded chicken onto buns, making sure not to pick up too much liquid unless you like more heat. Spread the top half of the bun with the blue cheese spread. Enjoy.



Raspberry Chipotle Pork Tenderloin

One of the best ways to enjoy eating at home is to try new recipes and keep things fresh. This sweet, spicy and scrumptious dinner checks all the boxes.

Serves 4–5

- 1 T. olive oil
- 2 pork tenderloins, 10–12 oz. each, trimmed of fat
- 1 tsp. fresh garlic, diced
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- ½ tsp. salt
- ½ tsp. pepper
- ¾ C. seedless raspberry preserves
- 2 T. apple cider vinegar
- 1–2 tsp. pureed chipotle peppers in adobo sauce*
- ¾ lb. egg noodles (cook and add butter for serving)

Cooking spray

Preheat oven to 400°. Drizzle olive oil over the pork. Mix garlic, thyme, rosemary, salt and pepper in a small bowl. Massage the herb mix onto the tenderloins, and set aside.

In a small bowl, combine the preserves, apple cider vinegar and chipotle puree, and set aside.

Spray a baking dish with cooking spray. Lay the tenderloins flat in the dish. Bake in preheated oven for 10 minutes. Flip pork over and drizzle with half of the raspberry sauce. Cook for an additional 10–15 minutes, until reaching an internal temperature of 155°.

Let pork rest for 5 minutes and then slice it. Warm the remaining sauce and drizzle onto pork. Serve over buttered egg noodles. Enjoy with a green veggie.

*Canned chipotle peppers in adobo can be found in a small can in the international grocery section. Puree or finely chop the peppers in the sauce for this recipe. Add 1 teaspoon for mild/moderate spice or 2 teaspoons for spicy! Store extra in your fridge or freeze in small portions.

Chewy Ginger Cookies with Lemon Drizzle

Ginger cookies are an old holiday favorite, but the addition of the lemon drizzle and chopped candied ginger gives these a delightful zing. Make them as a family, or make the dough ahead of time and freeze it in a log for an easy slice-and-go option later.

Makes 36

- 1 stick + 3 T. unsalted butter (¾ C.), softened
- 1 C. brown sugar
- 1 large egg
- ¼ C. molasses
- 2 tsp. baking soda
- 1 tsp. cinnamon
- ¼ tsp. black pepper
- 2¾ C. all purpose flour
- ½ C. candied ginger, diced into small ¼" size pieces



For the drizzle:

- 1 C. powdered sugar
- Zest from ½ lemon (gives a fresh flavor punch!)
- 1 T. lemon juice
- 1 T. water

Preheat oven to 350°.

Cream butter and brown sugar until smooth. Add egg and molasses and mix.

Add baking soda, cinnamon, black pepper and flour and mix. Mix in diced candied ginger pieces until fully incorporated.

Spoon 1" balls of dough onto parchment-lined baking sheets, leaving 2" between each ball.

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Bake cookies for 9–11 minutes. Let cookies rest for 2 minutes and then transfer them to a wire rack to cool.

Make drizzle: Combine powdered sugar, lemon zest and lemon juice, and stir with a fork. Add water a few drops at a time until the consistency becomes drizzle-like (a thin icing that's not runny). If too runny, add more powdered sugar.

Once cookies have cooled, drizzle the glaze over them, going back and forth in thin strips.

Store cookies in air-tight containers with wax paper in between layers. Dough can be frozen prior to baking for up to 2 months.

**To freeze dough, either freeze as one large round (then simply thaw the whole thing to shape) or shape into small balls before freezing (which allows you to do a few at a time if you'd like). Either way works, just make sure the dough has been allowed to thaw for 10–15 minutes before baking.

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



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Adorn Goods.....	45	Freedom Village at Brandywine.....	59	Penn Medicine /	
Anthology Senior Living.....	7	Harper & Sons Property Maintenance.....	20	Chester County Hospital.....	9
Artisan Exchange.....	41	Harrison Hill Apartments.....	60	Plush Mills.....	71
Ball & Ball.....	27	Haverford Guild of Craftsmen		SV Dental.....	21
Berkshire Hathaway Fox Roach /		Holiday Art & Fine Craft Show.....	20	Sage Life.....	71
Holly Gross Group.....	5	Heritage Design Interiors, Inc.....	23	Suburban Community Hospital.....	70
Bird-In-Hand Stage.....	26	Homestead Village.....	14	Sugarbridge Kitchens	
Boyle's Floor & Window Designs.....	16	Kendal-Crosslands Communities.....	56	& Baths.....	back cover
Chester County Choral Society.....	26	Kennett Center for		Toninos Pizza & Pasta Co.....	69
Christopher Chocolates /		Advanced Dentistry.....	41	Toot Valley Farm.....	24
Fine Foods.....	69	Kent County, MD Tourism.....	6	Uptown! Knauer Performing	
Compass Realty /		Key Financial, Inc.....	3	Arts Center.....	19
Debi Sugarman Team.....	16	Keystone Turbine Services.....	4	Walter J. Cook Jeweler.....	12
Cornwall Manor.....	59	King Construction.....	22	Welcome Neighbor.....	70
Daylesford Crossing.....	71	Kitchen Tune-Up.....	27	White Horse Village.....	41
Dunwoody Village.....	57	LutherCare Communities.....	11		
Echo Lake.....	71	Mansion at Rosemont.....	60		
Finley Catering.....	2	Matlack Florist.....	24		
The 5 Senses.....	45	Meadowood Senior Living.....	61		

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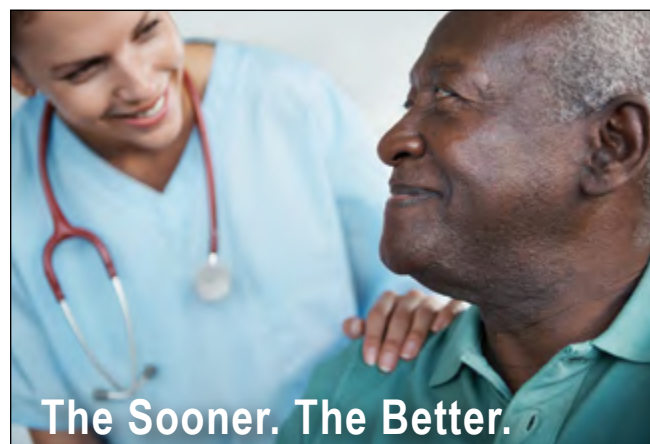
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