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Kitchen Renovation in Malvern, PA

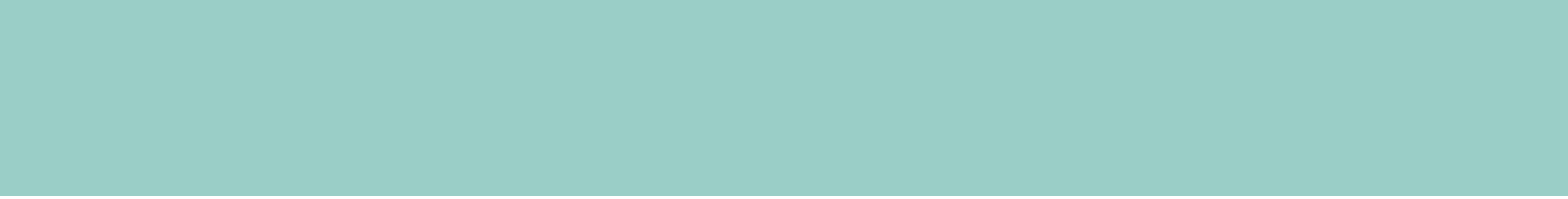
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Best in Show • Cutest Pet Contest
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NEW LISTING

East Marlborough Township

Located in the award-winning Unionville-Chadds Ford School District and set on 2.6 acres, this fabulous 4 BR, 4.1 BA home boasts approximately 6,500 square feet of living space. The home's design, construction, workmanship and finishes are of the highest caliber. Featured are a superior Kitchen, walls of raised panel wainscoting, arched access ways, superior moldings, gorgeous quarter sawn oak flooring, multiple fireplaces - the list goes on! The main level's Primary Bedroom Suite is complete with a stunning bathroom, large walk-in closets, and an adjoining Home Office with a fireplace. There are 3 attached garage spaces plus a separate 2 car garage with additional storage above. The home features energy efficient geothermal heating and cooling and has been immaculately maintained!
\$1,880,000



Bittersweet Drive | Pocopson Township

Set on 7.3 exceedingly private acres in Pocopson Township, sits this spectacular, Tudor style home featuring a wonderful main level Primary 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!
\$3,750,000



NEW LISTING

West Pikeland Township

Set on 4.3 acres sits this charming 4 BR, 3.1 BA, 1800's stone home. The home has a wonderful floor plan with a a Great Room, Kitchen and large Family Room with a cozy fireplace on the main level. Many of the rooms in the house have exposed stone walls along with exposed beams. You will love the covered porch with its long view and a private outside dining area, both off the Family Room. Chefs will enjoy the Kitchen with plenty of work space and high end, newer appliances. The Primary Suite is like something out of a designer magazine and all of the baths are beautifully updated. The home's mechanicals include a newer Buderus furnace and air conditioner. Located in the sought-after Downingtown Area School District, this could be your family's dream home!
\$988,000





NEW LISTING

West Bradford Township

Located just outside the charming village of Marshallton and in the sought after Downingtown School District. This 4 bedroom, 2 full bath, 1 half bath home offers graceful living, inside and outside, in all seasons. Located at the end of quiet Spring Oak Drive, the private lot backs up to large acreage protected by a conservation easement. The well cared for home features a new heating and cooling system, updated kitchen and bathrooms, hardwood floors, efficient windows, cozy family room, attached two car garage, expansive deck, covered patio, beautiful lawns and landscaping, established trees, and a delightfully tranquil coy pond with waterfalls. This wonderful home has it all – superior quality, great schools, and stellar location!
\$665,000





from the
EDITOR

For August we're enjoying summer's end — in the garden, with our pets, sampling local towns, staying healthy and planning for autumn.

Area gardeners get an alert from Natural Lands' Kirsten Werner about the upcoming ban on burning bush (yes, banned plants), plus better choices of native plants in "Plant This, Not That."

Pet lovers can decide if their furry friends can make it in the show ring. Shannon Montgomery interviewed experts in "The Road To Best In Show" to learn more. And help us pick a winner for our "Cutest Pet Contest" by voting on Facebook in August.

Getting restless? Then revisit Chester County's neighbor, writes Cara Corridoni in "Summer's End: A Low-Key Guide to Family Fun in Delaware County." Enjoy an afternoon doing something new — and still make it back home before the pool closes.

For a shorter getaway, try a half-day escape or mini-retreat. In "Rekindling Your Glow," Emily Hart suggests taking a pause from life's frenetic pace can connect us with each other and reconnect with our more serene selves.

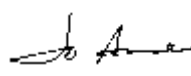
There's more health news in "Medical Features," where local experts Dr. Jennifer McDonald offers tips for pesky preschool illnesses, Dr. Alhambra Frarey reviews and updates contraception methods, and Dr. Steven Applebaum explains the hot topic of gut health. Plus Dr. A. Vijay Mudgil shares updates on cataract surgery in "Being Well."

Painting, sculpting, woodworking, knitting, singing, dancing. You'll find many area seniors who are hardly retiring. Read "In Local Senior Communities, Creative Juices Are Flowing," and check our "Guide To 55+ and Retirement Communities."

Brandywine Table's Courtney Diener-Stokes visits West Chester's 28-year-old Grower's Market and finds it's way more fun than the grocery store. Try a favorite recipe from a vendor.

And finally, in "Mark Your Calendar," Marci Tomassone looks ahead to the fall with horse races, dog shows, restaurant festivals and more. Plus August's Best Local Events.

Thank you for reading.


Jo Anne Durako
Editor

COUNTY LINES MAGAZINE

August 2023

Volume XLVI Number 12

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
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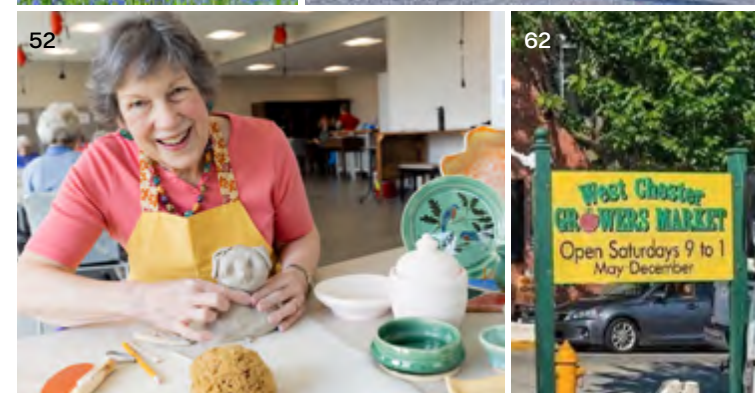
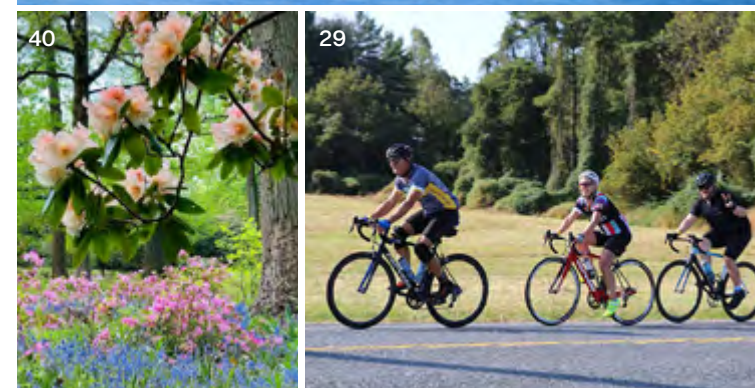
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Modern Cataract Surgery: Advancements and Considerations

IT'S SAFE, EFFECTIVE AND MAY FREE YOU FROM WEARING GLASSES.

A.Vijay Mudgil, MD, Mudgil Eye Associates

CATARACTS — CLOUDY AREAS ON THE LENS OF your eye — are very common. Over half of Americans 80 or older are affected by them. Although cataracts are undetectable at first, later you may notice your vision is blurry, hazy, less colorful, and you may have trouble reading or be sensitive to light. Your eye doctor can diagnose cataracts with a dilated eye exam and recommend surgery.

The good news is cataract surgery — the most commonly performed operation in the U.S. — has come a long way in recent years, thanks to technological advancements and innovative techniques. Modern cataract surgery offers options to improve vision and reduce the need for glasses. Patients should be aware of their options in cataract surgery, along with the associated risks.

Here are three new options in modern cataract surgery.

1. New Intraocular Lenses (IOLs). Traditionally, cataract surgery involved removing the cloudy lens of the eye and replacing it with a monofocal IOL (an artificial lens), providing fixed focus for one distance, typically improving distance vision. But patients still required glasses for near and intermediate vision, and patients with astigmatism still required glasses for all distances.

New toric and multifocal artificial lenses have revolutionized cataract surgery by addressing these limitations. Toric IOLs correct astigmatism (when the cornea is irregularly shaped, resulting in blurred vision at all distances). The design of these new lenses provides sharper vision and reduces the need for corrective lenses.

Multifocal IOLs offer patients the ability to see at multiple distances. These lenses allow simultaneous focus of both near and distant objects, resulting in the maximum freedom from glasses. Often these patients

no longer need glasses for driving, using computers or close reading. Today, there are also toric multifocal artificial lenses that combine both these benefits.

2. Laser Cataract Surgery. Laser cataract surgery is a groundbreaking technique that enhances precision and safety during cataract surgery and offers several advantages over traditional manual surgery. The laser softens the cataract, allowing gentler and more efficient surgical removal, which may lead to reduced surgical trauma. The laser also allows the surgeon to create highly accurate and reproducible incisions in the eye to reduce astigmatism and improve the position of the artificial lens (IOL).

3. Dropless Cataract Surgery. Dropless cataract surgery is a recent development to reduce or eliminate post-operative eyedrops. Traditionally, patients were prescribed multiple eyedrops after surgery to prevent infection, reduce inflammation and promote healing. The dropless approach involves delivering the necessary medications directly into or around the eye at the end of surgery. This may eliminate the patient's eyedrop burden afterwards. It's not suitable for all cases, so discuss the benefits and risks with your surgeon.

Risks of Surgery. Although cataract surgery ranks as one of the safest surgical procedures, there are risks. Although relatively rare, risks include infection, bleeding, swelling, retinal detachment, elevated eye pressure and corneal edema.

Some specific risks associated with advanced cataract surgery options include:

- **Toric IOLs:** Slight risk of rotational misalignment, which can affect visual outcomes and require surgical realignment of the lens.
- **Multifocal IOLs:** Glare, halos or decreased contrast sensitivity, particularly in low-light conditions, for some patients.
- **Laser cataract surgery:** A small risk of complications related to laser use, such as a tear in the lens capsule.

All these risks are mitigated by rigorous training and expertise of the surgeon.

Modern cataract surgery has witnessed significant advancements, offering patients improved vision, safety and reduced dependence on glasses. Toric and multifocal IOLs provide personalized solutions for astigmatism correction and enhanced vision at multiple distances. Laser cataract surgery enables more precise and predictable outcomes, while dropless cataract surgery simplifies care after surgery.

It's still important for patients to be aware of the risks and limitations associated with these advanced techniques and consult with their surgeon to make informed decisions about their cataract treatment. ♦

A. Vijay Mudgil, MD, founder of Mudgil Eye Associates, has practiced in West Chester for over 20 years. He's a fellowship-trained ophthalmologist and former assistant professor at the world-renowned Wilmer Ophthalmological Institute at Johns Hopkins Hospital and has been ranked a Top Doctor and #1 ophthalmologist for many years. He enjoys spending his free time with his wife and two Malpoo dogs. Mudgil.com.



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Orthopaedics at Chester County Hospital

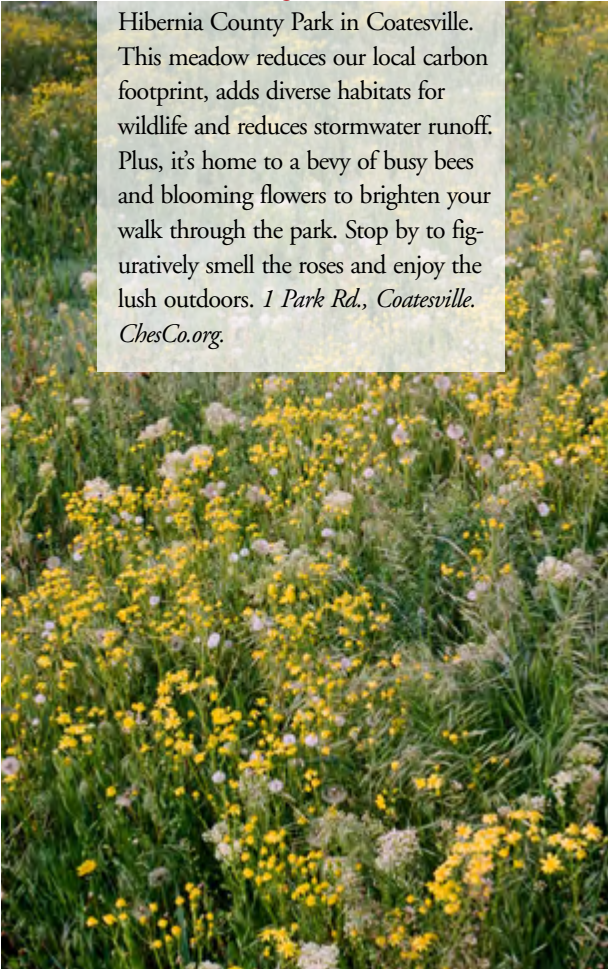


[Good to Know] Just a few things we'd thought you'd like to know this month

Hollywood Hotel. West Chester's **Hotel Warner** was recognized this year as one of the top 25 time-honored hotels in film and television by Historic Hotels of America. The hotel began as an opulent 1930s theater and won the award for its 50+ years of showing films. It's recognized along with such notable sites as The Plaza in NYC and The Fairmont Hotel San Francisco. Grab a seat at the Marquee Bar and imagine the Hollywood stardust. *120 N. High St., West Chester. [HotelWarner.com](https://www.hotelwarner.com).*



Flourishing Fields. Nature lovers celebrate! There's a new five-acre **wildflower and grass meadow** in Hibernia County Park in Coatesville. This meadow reduces our local carbon footprint, adds diverse habitats for wildlife and reduces stormwater runoff. Plus, it's home to a bevy of busy bees and blooming flowers to brighten your walk through the park. Stop by to figuratively smell the roses and enjoy the lush outdoors. *1 Park Rd., Coatesville. [Chesco.org](https://www.chesco.org).*



Free Fixes. Favorite shirt torn? New microwave on the fritz? Instead of dumping your stuff in a landfill, stop by the **Downingtown** or **Phoenixville Repair Cafes** to get things fixed for free! Repair cafes have knowledgeable volunteers who will help you fix your things. So next time it's trash night, take a second look at your broken belongings and plan a trip to a repair cafe. Save the planet and your wallet. *On Facebook @RepairCafeDowningtown. [PhoenixvilleRepairCafe.com](https://www.phoenixvillerepaircafe.com).*




Last-Call Camps. Fear not, parents. There's still time for **summer camp** and a last chance for play before back-to-school shopping trips. Choose a full day with iCore Fitness's ninja and parkour camp in West Chester, a half-day photography camp in Limerick or a few hours at Willowdale Chapel's Sunday Fun Nights in Kennett Square. Enjoy more fun before summer ends! *iCore.ninja. [Photography-Workshop.net](https://www.photography-workshop.net). [WillowdaleChapel.org](https://www.willowdalechapel.org).*

Pawsitive Pup. Kudos to *County Lines'* 2022 Cutest Pet Photo Contest winner, Ingrid, for becoming **Collie Club of America's Shining Star Ambassador**. This award recognizes Ingrid as the best collie community service dog. Her owner, John DeSantis, enjoys sharing the joy of Ingrid's company with everyone, from Barclay Friends: Senior Living to Radnor High School. Ingrid is a busy pup, so keep up with her plans to have some furry fun. *On Instagram @IngridTheMostFamousDogInChesCo.*





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August Picks

Our Picks for top events this month

Musikfest 2023

August 3-13



It's a short road trip to Bethlehem, site of one of the nation's largest non-gated music festivals, coming alive with the sound of all genres of music. Tickets are required for national headliners such as: Walk the Moon, AJR, Goo Goo Dolls, Train ... the list goes on. You'll also enjoy great food, vendors at the Marketplace, art activities and more. Check the website for free concerts. Visit Musikfest.org for lineup and tickets.

Home & Garden Tour at Stoneleigh

August 26

Dazzling displays of native plants, ancient trees and landscape designs by the Olmsted Brothers are highlighted on this guided exploration of Stoneleigh. The spectacular Tudor Revival Main House is also included in the tour, so don't miss this opportunity for a peek inside the former home of three prominent Main Line families. 1829 E. County Line Rd., Villanova. 10:30 a.m. \$10-\$15. NatLands.org.



Delaware Burger Battle

August 26

A charity food festival where Delaware's competitive chefs compete for trophies while you fill your belly, place your vote and raise money for worthy causes. Ticket includes all beverages at this rain or shine event. Benefits Food Bank of Delaware and Delaware Restaurant Foundation's ProStart program. Rockford Tower, Rockford Park, 2000 Lookout Dr., Wilmington. Noon to 3:30. Pay one price to sample burgers all day, \$15.50-\$62.50. DEBurgerBattle.com.



Unity in Our Community Block Party

August 26



Celebrate the end of summer at this free event filled with food and refreshments, kids and teens activities, arts and crafts, music and dance, dunk tank, inflatable hoop zone and more. Plus a collection of school bookbags for children in need (visit BagsInBulk.com to buy bookbags). Bring your stuffed bookbag to the event or drop it off at Radnor Township Bldg., 301 Iven Ave., Radnor. Party held on Highland Ave., Wayne. Noon to 4. Rain date, Aug. 27. RadnorRecreation.com.

6th Annual 5K Trail Run for Thorncroft

August 31

Experience a community health and wellness celebration, perfect for the beginner to experienced mover. Join a 5K Trail Run and One-Mile Move-As-You-Please for the Farm followed by live music, food trucks, complimentary beer garden and health and wellness vendors. 190 Line Rd., Malvern. 6 p.m. \$25-\$35. Thorncroft.org.

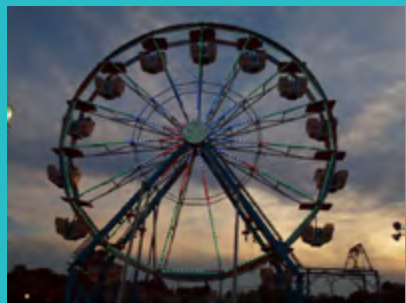


best Local Events

THROUGH AUGUST 5

74th Annual Goshen Country Fair.

An old-fashioned fair with agricultural exhibits, entertainment, games of chance, amusement rides and delicious food. Check out the dog show on Monday, the goat show on Wednesday, and you'll want to be there for the BBQ chicken dinner on Saturday. Benefits the Volunteer Goshen Fire Co. *Fair Grounds, 1320 Park Ave., West Chester. Gates open 6 pm, Mon to Fri; Sat at 5 with reduced tickets for rides until 7. GoshenCountryFair.org.*



THROUGH AUGUST

Disney 100 — The Exhibition. Created for the 100-year celebration of The Walt Disney Company, the world premiere exhibition features rarely seen original artworks and artifacts, costumes, props and memorabilia. *Franklin Institute, 222 N. 20th St., Philadelphia. Daily 9:30 to 5. \$25. FI.edu.*

THROUGH AUGUST

Kalmar Nyckel, Tall Ship of Delaware. Find adventure and outdoor fun, maritime history and cultural events with an-



nual community festivals. *Aug. 12, Underground Railroad Superhero Fun Day, noon to 4. Copeland Maritime Center at the Kalmar Nyckel Shipyard, 1124 E. 7th St. KalmarNyckel.org.*

THROUGH OCTOBER 31

Brandywine Treasure Trail Passport.

Gather family and friends and let the Brandywine Treasure Trail Passport guide you to a memorable summer weekend escape, providing access to 12 of Wilmington's and the Brandywine Valley's top attractions. \$49–\$99. *VisitWilmingtonDE.com.*

THROUGH NOVEMBER

First Sundays

Steamin' Day at Marshall Steam Museum. Climb into an antique automobile or board one of the trains and experience what it was like to travel at the turn of the 20th century. Enjoy kids activities and crafts, then tour the 1897 mansion that was home to three generations of the Marshall family. *Auburn Heights, 3000 Creek Rd., Yorklyn, DE. 12:30 to 4:30 pm. \$4–\$12. AuburnHeights.org.*



AUGUST 1

Touch A Truck Day — Night Out Against Crime.

Emergency responders are on hand (ambulances, fire trucks, police cars) as well as games, rides, food trucks, face painting and more. *West Chester Henderson High School, 400 Montgomery Ave. 6 to 8 pm. West-Chester.com.*

AUGUST 11-13

Pirates and Wenches Weekend.

A town-wide theme party you will not soon forget! Bring your boat and anchor out on the Chesapeake Bay or raft up with your mates. There's plenty of live entertainment and pirate performers, costume contests, treasure hunts, kids' activities, pirate ghost tours, merchants,

rum tastings, a beach party, the Buccaneer's Ball and more merriment on Main Street. *Rock Hall, MD. Visit RockHallPirates.com.*



AUGUST 11-12

Annual Goschenhoppen Folk Festival.

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



AUGUST 21

Eagleview Town Center Movie Night.

Bring blankets and snacks and join the magic of movie night in Eagleview Town Center. On this night see *Puss In Boots: The Last Wish*. *Eagleview Town Center, 565 Wellington Sq., Exton. 7 to 9 pm. Free. EagleviewTownCenter.com.*



ART, CRAFTS & ANTIQUES.....

AUGUST 4-27

Delaware Valley Art League Summer Exhibit. Featuring 30 pieces from award-winning DVAL artists. Opening reception Aug. 4, 5 to 7 pm. Media Arts Council, 11 E. State St., Media. Thurs–Fri, 11 to 3; Sat, 10 to 5; Sun, noon to 4. *DelawareValleyArtLeague.com.*



AUGUST 18

Craft & Mercantile at River Station Downtowntown.

A good time is guaranteed to be had by all with a curated evening of local artisans, food and entertainment under the stars and twinkle lights. Weatherstone Town Center, 240 Windgate Dr., Chester Springs. 4:30 to 8:30 pm. *GrowingRootsPartners.com.*

SEPTEMBER 1-3

45th Annual Long's Park Art Festival.

Long's Park transforms into a beautiful outdoor gallery filled with more than 200 juried artisans offering their unique wares. Enjoy diverse local culinary meals and appetizers as well as wine and craft beer. Benefits the park's Amphitheater Foundation. 1441 Harrisburg Pk., Lancaster. Fri–Sat, 10 to 6; Sun, 10 to 5. \$10–\$15. 717-291-4835; *LongsPark.org.*



BOOKS.....

AUGUST 2-17

Wellington Square Bookshop. *Aug. 2, Classics Book Club: Fahrenheit 451* by Ray Bradbury, 2 pm. *Aug. 3, NonFiction Book Group: A Death in Belmont* by Sebastian Junger, 7 pm. *Aug. 16 & 17, Fiction Book Group: The Beach at Summerly* by Beatriz Williams, Wed & Thurs, 2 pm, Thurs, 7 pm. 549 Wellington Sq., Exton. *WellingtonSquareBooks.com.*

AUGUST 15

Main Point Book Club. *Aug. 15, Fiction*

Book Group: *Booth* by Karen Joy Fowler, 1 pm. 116 N. Wayne Ave., Wayne. *MainPoint-Books.com.*

CAR SHOWS.....

AUGUST 26

12th Annual Chesapeake City Car Show.

Streets closed and lined with antique cars and food vendors. 98 Bohemia Ave., Chesapeake City. 8 to 3. *Facebook.com/ChesapeakeCityCarShow.*

SEPTEMBER 1

9th Annual Car Show in Oxford. One of downtown Oxford's biggest events, with the ca-



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capacity for just over 200 cars, trucks and bikes on the streets. 13 S. 3rd St., Oxford. 3 to 8 pm. OxfordMainstreet.com.

EQUESTRIAN
THROUGH SEPTEMBER
Fridays & Sundays
Brandywine Polo. Spectators picnic and tailgate at the grounds. 232 Polo Rd., Toughkenamon. Friday Twilight Polo—gates open at 5; match at 5:30. Sun, gates open at 1:30; match at 3, \$15–\$20. Cancelled for rain or extreme heat. 610-268-8692; BrandywinePolo.com.



SEPTEMBER 2–4
80th Annual Ludwig's Corner Horse Show & Country Fair. A Chester County tradition over Labor Day weekend, featuring lots of activities, including pony rides, Mounted Parade of Hounds, pet parade, live music, a car show, the country carnival and, of course, the horse show, beginning at 8 am daily. Ludwig's Corner Horse Show Grounds, 1326 Pottstown Pk., Glenmoore. Midway is open 11 to 4. \$10/carload. LudwigsHorseShow.com.



FESTIVALS
AUGUST 4–6, AUGUST 25–27
Chesapeake Bay and Ocean City, MD



Balloon Festivals. Presented by Triple Creek Productions, featuring over 20 hot air balloons, crafts, art and food vendors offering a wide array of meals. Triple Creek wines are also available. Live music and DJs, a Kids Zone with six inflatables for all ages, a petting zoo, face painting, hayrides and slide. **Aug. 4–6,** Cedar Lane Regional Park, 1100 Cedar Ln., Bel Air (Harford County), MD. **Aug. 25–27,** 12637 Ocean Gateway, Ocean City, MD. Daily 4 to 9:30 pm. \$25; 15 and under, free. ChesapeakeBayBalloonFestival.com.

AUGUST 20–27
August Quarterly Festival Celebration. The nation's oldest African American festival celebrating freedom of religion and speech and the right of assembly. Tubman-Garrett Riverfront Park at the Riverfront, Rosa Park Dr. and Market St., Wilmington. 1 to 7 pm. AugustQuarterly.org.

FOOD & BREWS
THROUGH SEPTEMBER 1
Wednesdays
West Chester TAPS. Enjoy a borough-wide happy hour where you can unwind and relax with friends every Wednesday from 4 to 7 pm. Participating locations have select \$4 beers, \$5 wines and \$6 cocktails in addition to half-price appetizers. Visit DowntownWestChester.com for locations.



THROUGH SEPTEMBER 21
Thursdays
Sculpture Garden Happy Hour at Delaware Art Museum. Summer series features live music, local brews, lawn games, wine, cocktails and food vendors. 2301 Kentmere Pkwy. N. Terrace Copeland, Sculpture Garden. 5 to 7:30 pm. Free. DelArt.org.

THROUGH OCTOBER
Sundays
Brothers on the Brandywine Seasonal Beer Garden. Bring your own chair or inner tube to cool off in the river at Brandywine Outfitters. Enjoy live music and food trucks as you sip craft beers. 2100 Strasburg Rd., Coatesville. 1 pm to dusk. BrothersKershner.com/Beer-Garden.

Local Farm Markets

Artisan Exchange, 208 Carter Dr. Unit 13 B, West Chester. Sat, 10 to 1. ArtisanExchange.net.
***Berwyn Farmers Market,** 573 E. Lancaster Ave. in Handel's parking lot. Sun, 10 to 1. CulinaryHarvest.com.
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 Mkt., Eagleview Town Ctr., 570 Wellington Sq., Exton. Thurs, 3 to 6:30. GrowingRootsPartners.com.
Kennett Square Farmers Mkt., 401 Birch St. Fri, 3 to 6. KSQFarmersMarket.com.
Lancaster County Farmers Mkt., 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.
New Garden Growers Market, 8934 Gap Newport Pk., Landenberg. Sat, 9 to noon. Facebook.com/NewGardenGrowersMarket.
Newtown Square Farmers Mkt., 3625 Chapel Rd. Fri, 3 to 6. Facebook.com/NewtownSquareFarmersMarket.
Phoenixville Farmers Market, 200 Mill St. Sat, 9 to noon; seniors, 9–9:30. PhoenixvilleFarmersMarket.org.
Pottstown Farmers Mkt., 100 E. High St. Every other Sat starting May 14, 9–1. PottstownFarm.org.
Rodney Square Farmers Market, 10th & N. Market St., Wilmington. Wed, 10 to 2. 302-425-0196.
***Royersford Farmers Market,** 2nd Ave. across from Victory Park. Sat, 9 to noon. RoyersfordRecreation.com.
Swarthmore Farmers Market, 121 Park Ave., next to Swarthmore Borough Hall Sat, 9 to noon. SwarthmoreFarmersMarket.org.
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.
West Reading Farmers Mkt., 598 Penn Ave. Sun, 9 to 1. GrowingRootsPartners.com.
Westtown Amish Market, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7; Sat, 8 to 4. WestChesterAmishMarket.com.
** New Markets*

AUGUST 4
78th Annual Rotary Club of Annapolis Crab Feast. Get your fill of Maryland's famous blue crabs — plus vegetable crab soup, corn on the cob, beef barbecue sandwiches, hot dogs, draft beer and more. Benefits local community and cultural organizations. Navy-Marine Corps Memorial Stadium, 550 Taylor Ave., Annapolis. 5 to 8 pm. AnnapolisRotary.org/CrabFeast.

AUGUST 4, SEPTEMBER 15
Wilmington & Western Railroad — Brews on Board. Local craft brews are served aboard the train for your tasting pleasure on a leisurely 2-hour round-trip through the Red Clay Valley. Must be 21. Board at Greenbank Station, 2201 Newport Gap Pk., Wilmington. 7 pm. \$80–\$160. WWRR.com.

AUGUST 17, SEPTEMBER 21
Sip & Stroll at Brandywine Zoo. Go a little wild at the family-friendly event. You'll sip, stroll and learn while enjoying beer and touring the zoo after hours. Fun animal encounters and activities for all ages. Limited number of tickets. Beer sold separately. Brandywine Park, 1001 N. Park Dr., Wilmington. 5 to 7. BrandywineZoo.org.

AUGUST 24
2023 Summer Pop-up Biergarten at

Historic Sugartown. BYO chairs and picnic blankets. Locust Lane Craft Brewery and Chaddsford Winery offer beverages, and food trucks will be cooking up some delicious food. Music by Shake Down. 260 Spring Rd., Malvern. 5 to 8. \$10; under 18, free. HistoricSugartown.org.



GARDENS
THROUGH SEPTEMBER 24
Festival of Fountains at Longwood. Stroll through the gardens with brilliantly blooming annuals and perennials and discover a starlit getaway with the Illuminated Fountain Performances and live music in the beer garden. 1001 Longwood Rd., Kennett Square. Thurs–Sat, 9:15 pm. \$18–\$25. LongwoodGardens.org.

MUSEUMS.....
AUGUST 5, 12, 19, 26
Open House Days: Historic Cooking and Collections Curiosities at Pottsgrove Manor. View select 18th-century items from the collection and ask questions of the curator, and find historic summer delights in the reproduction kitchen from period receipts. 100 W. King St., Pottstown. 11 to 3. \$2 donation. MontgomeryCountyPA.gov.

MUSIC & ENTERTAINMENT
THROUGH AUGUST
Delaware County Summer Festival. Free concerts in Rose Tree Park's scenic outdoor amphitheater, offering everything from Classical to Cajun, Motown to Broadway, Doo Wop to Rock & Pop and everything in between. Visit website for a list of concerts. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. Free. DelcoPA.gov/Departments/Parks/SummerFestival.html.





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THROUGH SEPTEMBER

Longwood Gardens Summer Performance Series. *Aug. 6*, Béla Fleck: My Bluegrass Heart; *Aug. 16*, Sutton Foster; *Aug. 23*, Secret Agent 23 Skidoo. 1001 Longwood Rd., Kennett Square. Times and tickets, LongwoodGardens.org.

AUGUST 3–SEPTEMBER 3

American Music Theatre. *Aug. 1*, Donnie Osmond; *Aug. 2*, Melissa Etheridge; *Aug. 3*, Ted Nugent; *Aug. 6*, Air Supply; *Aug. 11*, The Original Kenny Rogers Band featuring Don Gatlin; *Aug. 12*, American Harmony: The Lettermen & The Association; *Aug. 19*, Johnny Mathis: The Voice of Romance Tour; *Aug. 20*, The Righteous Brothers: Bill Medley and Bucky Heard; *Aug. 25*, Grand Funk Railroad; *Aug. 26*, The Doo Wop Project; *Aug. 27*, The Marshall Tucker Band with Special Guest Blackhawk; *Sept. 1–3*, Pennsylvania Gospel Music Festival. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, AMTShows.com.



AUGUST 1, 15, 29

Eagleview Town Center Summer Concert Series. *Aug. 1*, Incendio with special guest Kuf & Christine; *Aug. 15*, Miko Marks with special guest Brittany Ann Tranbaugh; *Aug. 29*, Mellow Fever. Eagleview Town Center, 565 Wellington Sq., Exton. 7 to 9 pm. Free. EagleviewTownCenter.com.

AUGUST 3–SEPTEMBER 7

Live Music at King of Prussia Town Center. *Aug. 3*, One Hot Mess Duo; *Aug. 10*, Kat Rivers Duo; *Aug. 17*, Anthony Costello; *Aug. 24*, Adam McHue; *Aug. 31*, Sunshine Jones; Concerts through Oct. 26. 155 Village Dr. (in front of Davio's), King of Prussia. 6 to 8 pm. KingOfPrussia-TownCenter.com.

AUGUST 5–24

Kennett Flash. *Aug. 5*, Winslow: An Evening of The Eagles; *Aug. 11*, An Evening with Jeffrey Gaines; *Aug. 12*, Leon Timbo Trio (rooftop concert); *Aug. 19*, Total Mass Retain: YES Tribute Band; *Aug. 24*, Better Than Bacon Improv: Bacon Gives Back, a charity fundraiser for Kennett Area Community Service. 102 Sycamore Alley, Kennett Square. Times and tickets, 484-732-8295; KennettFlash.org.

AUGUST 5–SEPTEMBER 8

Bryn Mawr Twilight Concerts. *Aug. 5*, Livingston Taylor; *Aug. 12*, Terrance Simien & The

Zydeco Experience; *Aug. 19*, Susan Werner; *Aug. 26*, Dar Williams; *Sept. 1*, Carsie Blanton & Marielle Kraft; *Sept. 8*, Jon McLaughlin. Bryn Mawr Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. \$15. 610-864-4303; BrynMawrTwilightConcerts.com.



AUGUST 5–SEPTEMBER 16

Upper Merion Concerts Under the Stars. *Aug. 5*, Don McCloskey with Hoots & Hellmouth; *Aug. 12*, Donna the Buffalo; *Aug. 17*, Start Making Sense (Talking Heads tribute); *Aug. 26*, Al Stewart & The Empty Pockets; *Sept. 2*, Splintered Sunlight (Grateful Dead Tribute); *Sept. 16*, Easy Star All Stars. Concerts, 6 pm, beer garden opens, 5, food trucks onsite. Township Bldg. Park, 175 W. Valley Forge Rd., King of Prussia. UMTownship.org.

AUGUST 6, 20

West Goshen Summer Concert Series. *Aug. 6*, Motown hits with Wilson Lambert's Blue Philly Magic; *Aug. 20*, Party tunes with Whiskey Logic. Guests are asked to bring a dry good item for West Chester Food Cupboard. West Goshen Community Park, N. Five Points and Fern Hill Rds., West Chester. In the event of rain, concerts at Stetson Middle School Auditorium, 1060 Wilmington Pk., West Chester. 6:30. Free. WestGoshen.org.



AUGUST 6–27

Long's Park Summer Music Series. *Aug. 6*, Jupiter & Okwess; *Aug. 13*, Con Brio; *Aug. 20*, Dave Alvin & Jimmie Dale Gilmore with The Guilty Ones; *Aug. 27*, Lost Bayou Ramblers. Long's Park Amphitheater, Rt. 30 & Harrisburg Pk., Lancaster. 7:30 pm. LongsPark.org.

AUGUST 12

94th Annual Old Fiddler's Picnic. Explore the entertainment, food trucks, kids activities and crafts by dancing the day away at this time-honored event held at Hibernia Park, 1 Park Rd., Coatesville. 10 to 4. Free. BrandywineValley.com.



AUGUST 12

Friends of Glen Providence Park — Arts in the Park. Gong with the Didge: Sacred Sounds on the didgeridoo with Harold Smith. Enjoy an afternoon performance on the lawn at 550 W. State St., Media. 5 to 6:30. Free. GlenProvidencePark.org.



AUGUST 13, 20

Miller Park Summer Concert Series. *Aug. 13*, Jess Zimmerman Band; *Aug. 20*, Chico's Vibe. Food trucks and 50/50 raffle at concerts. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6 pm. Free. WestWhiteland.org.

AUGUST 17

Summer Concert in Charlestown Park. Christine Havilla and Gypsy Fuzz perform at Charlestown Township Park, 100 Academic Way, Phoenixville. 6:30 to 8:30. Free. Charlestown.PA.US.

AUGUST 19

Porch Performance at Pennypacker Mills. Bring a chair and enjoy the Montgomery County Concert Band perform Sousa marching

West Chester University
Fall Events



August 23–27
Move-in for students

August 28
First day of classes

September 22
Criteria Jazz Ensemble Concert
Emilie K. Asplundh Concert Hall, 7:30

September 24
WCU Wind Ensemble &
Wind Symphony Concert
Emilie K. Asplundh Concert Hall, 3 pm

September 24
WCU Chamber Orchestra Concert
Swope Music Bldg., 8:15 pm

September 29–October 1
Homecoming & Family Weekend
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music and patriotic songs in this all-American summer concert. Mansion open for tours prior to the performance. 5 Haldeman Rd., Schwenksville. 4 pm. Free. MontCoPA.org.

AUGUST 19, SEPTEMBER 16

Rhythm & Brews in Phoenixville. Come on down for some brews, tunes and take part in a cornhole tournament. Main & Bridge St. parking lot, Phoenixville. 5 to 10 pm. PhoenixvilleChamber.org.

AUGUST 31

Summer in the Park Concert at Wilson Farm Park. Tim Williams Band. Wilson Farm Park, 500 Lee Rd., Chesterbrook. 7 pm. Free. Tredyffrin.org/Departments/Parks.

OUTDOOR ACTIVITIES

THROUGH AUGUST 30

Wednesdays

Summer Nights at Hagley Museum & Library. Bring a picnic to enjoy at the pavilion on Workers' Hill. Dogfish Head craft beer and Woodside Farm Creamery ice cream are avail-

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able for purchase. 200 Hagley Creek Rd., Wilmington. 5 to 8 pm. \$5. Hagley.org.



THROUGH SEPTEMBER

Third Thursdays

Auburn Heights After Hours. Come out to the Marshall Steam Museum for scenic views, craft brews and games, food trucks, featured groups and fun activities. Friendly, leashed dogs welcome. 3000 Creek Rd., Yorklyn, DE. 5 to 8 pm. \$3–\$6. AuburnHeights.org.

THEATER.....

THROUGH AUGUST 27

The Sound Of Music at The Candlelight Theatre. The final collaboration between Rodgers & Hammerstein features all of the cherished songs. 2208 Millers Rd., Wilmington. Times and tickets, 302-475-2313; Candlelight-TheatreDelaware.org.



THROUGH SEPTEMBER 16

Dutch Apple Dinner Theatre. Through Aug. 5, Newsies; Aug. 11–Sept. 16, Guys and Dolls. 510 Centerville Rd., Lancaster. Times and tickets, 717-898-1900; DutchApple.com.

THROUGH OCTOBER 28

Bird-in-Hand Stage. Ryan & Friends: Never Speechless, a variety show with comedy routine and song parodies. 2760 #A Old Philadelphia Pk., Bird-in-Hand. Times and tickets, 717-768-1568; Bird-In-Hand.com/Stage.



AUGUST 2-27

True West at People's Light. An exploration of duality, masculinity and the myths of the American west. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.

AUGUST 17-27

Tarzan at Media Theatre. This is the stage version of the beloved Disney hit. 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.

TOWNS, TALKS & TOURS.....

THROUGH SEPTEMBER

Wednesdays

Dining Under the Stars in Media. Stroll. Shop. Dine. Restaurants set up tables on State Street, which is closed from Jackson to Orange for this summer-long outdoor dining event. Check VisitMediaPA.com for restaurants.



THROUGH OCTOBER 9

Phoenixville Inside Out. Dine outside or enjoy a drink with friends, explore the boutiques and retail stores or take in a show. Businesses will set up in the closed sidewalk and roadway between Starr and Main Sts., and from Main to Gay Sts. beginning at 2 pm on Fri, ending 7 am Mon. The Main and Bridge Street parking lot will be closed during the road closure. PhoenixvilleFirst.org.



THROUGH OCTOBER 19

Third Thursdays on State Street in Kennett Square. Enjoy outdoor dining, extended



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shopping hours, live music, children's activities, pop-up vendors and more. The 100 blocks of E. and W. State St., in addition the 100 blocks of N. and S. Union St., will be closed to traffic from 5 to 10 pm. KennettCollaborative.org.

THROUGH OCTOBER 29
Open-Air Market in West Chester. West Chester has plenty of outdoor dining and shopping options. Gay Street (between Matlack St. and New St.) will be closed to vehicles Friday morning through Monday morning. Restaurants and retail alike will line the street, so residents and visitors have more space to shop, eat and explore the town. DowntownWestChester.com.



AUGUST 3, 10, 17
Town Tours & Village Walks. Enjoy these

summer strolls through historic neighborhoods, hamlets, villages and sites throughout the Chester County. *Aug. 3*, historic farms in Upper Uwchlan Township; *Aug. 10*, Yeager's Farm & Market, East Pikeland Township; *Aug. 17*, Historic Yellow Springs in West Pikeland Township; Barns Repurposed. Tours run from 5:30 to 7:30 pm. More at ChesCoPlanning.org.



AUGUST 4, 12, 17
1st Fridays, 2nd Saturdays, 3rd Thursdays. First Fridays: *Aug. 4, Lancaster City*, 717-509-ARTS; VisitLancasterCity.com. *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: *Aug. 12*, Media, MediaArtsCouncil.org.
Third Thursday Malvern Stroll: *Aug. 17*, MalvernBusiness.com.

AUGUST 20
Kennett Underground Railroad Tour. Visit documented Underground Railroad sites, historic homes and Quaker meetinghouses while learning about local abolitionists and anti-slavery activity in the Kennett Square area. Kennett Underground Railroad Center, 120 N. Union St., Kennett Square. 1:30 to 3. \$35. KennettUndergroundRR.org. ♦

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Send a description of your activity to Info@ValleyDel.com by the first of the month preceding publication.
For more events visit:
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Rekindling Your Glow

Emily Hart

AT THE CREST OF A LAVENDER-COVERED HILL, 20 people rested after a nature walk. They scribbled and doodled in pretty journals. Carried by a perfumed breeze, a wooden flute's melody invited them to wander to The Owl's Nest — an indoor space of light, wood and stone in a renovated historic barn. There the group engaged in yoga and dance-inspired movement before meditating or sleeping to a sound bath of crystal singing bowls. Taking a pause from life's frenetic pace, they slowed to connect with each other and reconnect with more serene selves.

Originators of the half-day retreat were Charlotte Rosen, of Movement Designed to Feel Good and keeper of The Owl's Nest; Ruthie Kõlle, clinical and folk herbalist and owner of Mother Hylde; and Carol Metzker, sound therapist and longtime advocate for survivors of trauma.

Sensitive to the impact of stress on the body, mind and spirit, the group discussed recent observations, concluding individuals and the community seemed overwhelmed, unfocused and disconnected from themselves and others. People struggled with exhaustion, loneliness and loss at degrees similar to pain carried by survivors of trauma — as though they'd lost some of their light. The outcome of that conversation was special collaborative sessions to help community members rekindle their glow.

This summer organizers began offering half-day escapes and shorter sessions designed to bring about relief and wellness. Mini-retreats invite participants' senses and muscles to reawaken, move and bring a unified self back to the present.

Research supports that there are many health benefits from the events' activities. Taking a break — even a short one — is beneficial. For example, the National Institutes of Health found yoga improves mental/emotional health, sleep and balance. Being in nature reduces blood pressure, heart rate and muscle tension (University of Minnesota). And Harvard Medical School's "Music as Medicine" shows how music can improve mood, mem-

ory, balance and coordination, as well as decrease heart and breathing rates, blood pressure and anxiety.

Do participants focus on blood pressure and heart rate or simply enjoy the respite? "One thing is certain," says Metzker. "Everyone leaves with a glow."

Learn more at Movement Designed to Feel Good, CharlotteRosen.com. ♦



PHOTO CREDIT: ALENA VASKO

The Owl's Nest

Plant This, Not That



Common buttonbush (*Cephalanthus occidentalis*)

PHOTO CREDIT: DAVID KORBONITS

BURNING BUSH IS JUST ONE OF THE INVASIVE SPECIES TO REMOVE AND REPLACE ON YOUR PROPERTY.

Kirsten L. Werner, Natural Lands

LATE LAST YEAR, THE PENNSYLVANIA Department of Agriculture announced plans to ban the sale of burning bush, *Euonymus alatus*.

Burning bush is an invasive species, meaning it's not native to our region and spreads without any natural checks.

The plant originates from northeastern Asia and was brought to North America around 1860 as an ornamental shrub. Popular for its bright red fall foliage, the plant is spread by birds that carry berries into the woodlands where it crowds out native species, upsetting the forest ecosystem.

While burning bush will enjoy a grace period until January 2025, when the ban takes effect, landowners can act now to remove and replace these shrubs on their property with native species. Not only will making the swap prevent invasive spread, the alternatives suggested in this article will improve the biodiversity in your landscape. They'll attract beneficial insects that in turn feed birds and small mammals.

Consider replacing any burning bush on your property with —

- Red twig dogwood (*Cornus sericea*), which offers striking scarlet stems, as its name implies.
- Winterberry holly (*Ilex verticillata*), which has green leaves that drop away in winter, leaving a display of bright red berries that persist until songbirds gobble them up.

- Southern arrowwood (*Viburnum dentatum*), which sports clusters of white flowers in spring and fall color ranging from yellow to red. It's the host plant of the blue azure butterfly.
- Wahoo (*Euonymus atropurpureus*) or hearts-a-bustin (*Euonymus americanus*), which both have red berries (note: berries are edible by birds, but poisonous to humans).



Red chokeberry (*Aronia arbutifolia*)



Carolina silverbell (*Halesia carolina*)

PHOTOS CREDIT: SAMANTHA NESTORY



Hearts-a-bustin (*Euonymus americanus*)



Highbush blueberry (*Vaccinium corymbosum*)

PHOTO CREDIT: LAURA CRUZ

Rather than having your property provide a home to invasive species, plant these beneficial native species in their place.	
Instead of this	Plant this
Norway maple (<i>Acer platanoides</i>)	red maple (<i>Acer rubrum</i>) white oak (<i>Quercus alba</i>) black oak (<i>Quercus velutina</i>)
Callery pear (<i>Pyrus calleryana</i>)	flowering dogwood (<i>Cornus florida</i>) Carolina silverbell (<i>Halesia carolina</i>) shadbush (<i>Amelanchier arborea</i>) blackhaw viburnum (<i>Viburnum prunifolium</i>)
Burning bush (<i>Euonymus alatus</i>)	red-osier dogwood (<i>Cornus sericea</i>) southern arrowwood (<i>Viburnum dentatum</i>) highbush blueberry (<i>Vaccinium corymbosum</i>)
Japanese barberry (<i>Berberis thunbergii</i>)	silky dogwood (<i>Cornus amomum</i>) red chokeberry (<i>Aronia arbutifolia</i>) Virginia sweetspire (<i>Itea virginica</i>)
Butterfly bush (<i>Buddleia davidii</i>)	common buttonbush (<i>Cephalanthus occidentalis</i>) sweet pepperbush (<i>Clethra alnifolia</i>) American elderberry (<i>Sambucus canadensis</i>)
Privet (<i>Ligustrum</i> spp.)	winterberry (<i>Ilex verticillata</i>) northern bayberry (<i>Myrica pennsylvanica</i>) highbush blueberry (<i>Vaccinium corymbosum</i>)
Silvergrass (<i>Miscanthus</i> spp.)	big bluestem (<i>Andropogon gerardii</i>) broom sedge (<i>Andropogon virginicus</i>) switch grass (<i>Panicum virgatum</i>)
English ivy (<i>Hedera helix</i>)	Allegheny spurge (<i>Pachysandra procumbens</i>) Appalachian barren-strawberry (<i>Geum fragaroides</i>) golden ragwort (<i>Packera aurea</i>) largeflower valerian (<i>Valeriana pauciflora</i>)



Southern arrowwood (*Viburnum dentatum*)



Golden ragwort (*Packera aurea*)



Winterberry (*Ilex verticillata*)

Other recently banned plants in Pennsylvania include Callery pear (*Pyrus calleryana*), Asian and European privet species (*Ligustrum sinense*, *Ligustrum japonicum* and *Ligustrum vulgare*) and Japanese barberry (*Berberis thunbergia*).

“To see how easily these invasive plants spread into natural areas, just hike into the woods anywhere around here. Our land stewardship staff and volunteers spend thousands of hours every year trying to control invasive species on our preserves,” said Gary Gimbert, Natural Lands’ vice president of stewardship. “When they take hold, they create a monoculture. Native species can’t compete, which means the animals and insects that depend on the natives struggle for food and shelter.”

Gimbert added, “Hopefully people will begin to realize that plants don’t care about property boundaries. So, if it’s in your yard, it’s also going to end up in forests and fields.”

Do the right thing, and plant native species on your property. ♦

Natural Lands is dedicated to preserving and nurturing nature’s wonders while creating opportunities for joy and discovery in the outdoors for everyone. As the region’s oldest and largest land conservation organization, it has preserved more than 125,000 acres, including 42 nature preserves and one public garden totaling more than 23,000 acres. Nearly five million people live within five miles of land under the organization’s protection. Land for life, nature for all. NatLands.org.

Mark Your Calendar

Edited by Marci Tomassone

IT’S TIME TO GET OUT YOUR CALENDAR AND MAKE note of the remarkable events coming up this fall. We’ve gathered a few suggestions for you here so you can start filling in the spaces. Be sure to check our monthly events listings in the magazine, on our website and twice-monthly Events Newsletter for so many more fabulous things to do in the coming months.

September

8–10, **Radnor Hunt Concours d’Elegance.** Nationally recognized motor car exhibition and other car events. Benefits Thorncroft Equestrian Center and local Boy Scouts troop. Radnor Hunt, 826 Providence Rd., Malvern. [RadnorConcours.org](#).

9–10, **38th Annual Mushroom Festival in Kennett Square.** A huge festival featuring tasty mushroom dishes, exhibits, cooking demos, antique and classic cars, a run/walk and kids entertainment. Benefits local nonprofit organizations. [MushroomFestival.org](#).

14–16, **7th Annual Coatesville Invitational Vintage Grand Prix.** Three days of festivities culminating in a vintage auto and motorcycle Grand Prix. Enjoy music, vendors, food and beer garden. Benefits the City of Coatesville. [CoatesvilleGrandPrix.com](#).



16, **21st Up On The Roof in West Chester.** Great food, beer and wine on the rooftop of the Chestnut Street Garage. Supports cleaning, flower beautification and marketing of Downtown West Chester. 14 E. Chestnut St. [WCDForg/UpOnTheRoof](#).

16, **Pints in the Square Craft Brew Fest and 5K.** Live music, food vendors, local and regional craft breweries and a timed 5K walk/run. Benefits the Newtown Square Fire Company. [PintsInTheSquare.com](#).

17, **42nd Annual Chester County Restaurant Festival.** This major foodie event is full of entertainment, information booths, local artisans and tons of delicious food from around Chester County. [West-Chester.com](#).

21–24, **Plantation Field Horse Trials & Fair.** Top international riders compete in dressage, cross-country and show jumping. 387 Green Valley Rd., Unionville. [PlantationFieldHorseTrials.com](#).



23, **Bike The Brandywine.** Ride three scenic loops that take in the beautiful Brandywine Creek Greenway and surrounding countryside. Benefits Brandywine Conservancy. [Brandywine.org/Conservancy/Bike-Brandywine](#).

23–24, **Kennett Arts Festival.** Something for everyone: over 100 artists, live music, children’s activities and a selection of local food vendors, including beer and wine. Benefits Kennett Library. [KennettArts.com](#).

30–Oct. 8, **Delco Arts Week.** Over 30 arts and cultural attractions, including an art studio tour, theater, ballet, music and classes for all ages. [DelcoArts.org](#).

October

6, **Fall Gallery Walk in West Chester.** Explore the vibrant art scene in downtown West Chester. This evening is free and open

to the public with free, on-street metered parking starting at 4 pm. DowntownWestChester.com.

7, **82nd Chester County Day Tour.** Begin the day at the Foxhunt, then tour the beautiful homes of Chester County. Benefits Chester County Hospital. ChesterCountyHospital.org.

7, **Kennett Square Brewfest.** Enjoy 90 regional micro-brewers offering samples. Food from local restaurants. Benefits Kennett Collaborative. 600 S. Broad St. KennettBrewfest.com.



7, **Beats & Brews.** Jam out, drink up and give back some love to Binky Lee. The annual bash includes live music, craft brews, fantastic food options and sunset socializing. Benefits Binky Lee Preserve, 1445 Pikeland Rd., Chester Springs. NatLands.org.



8, **Rotary Club of West Chester Chili Cook-Off.** Over 70 chili-cooking teams line the streets and compete for prizes in several categories. Benefits local nonprofits. Gay St., West Chester. WestChesterChiliCookOff.com.

14, **Radnor Hunt Horse Trials.** Celebrate over 50 years of eventing and giving back to the community, including dressage, show jumping and cross country with a new Modified Division. Radnor Hunt Club, 826 Providence Rd., Malvern. RadnorHuntHorseTrials.org.

19, **West Chester Preservation Awards.** The West Chester Downtown Foundation created this awards program to recognize and honor projects that help highlight and preserve West Chester's historic character. Winners announced at the Chester County History Center, 225 N. High St., West Chester. WCDF.org.

21, **Willistown Conservation Trust Run-a-Muck Countryside Bash.** Celebrate Willistown's conserved lands. Run the 5K or muck (walk) the cross-country trail. Enjoy food, beer, wine, a bonfire and live music. Proceeds support the preservation of the Willistown countryside! WCTrust.org/Run-A-Muck.



19–21, **The Great Pumpkin Event.** A three-day "Chadds Ford tradition" where over 70 giant pumpkins are carved and lit by local artists. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. ChaddsFordHistory.org.



November

5, **89th Running of PA Hunt Cup.** Timber racing, tailgating, carriages. Benefits Chester County Food Bank. Rt. 926 & Newark Rd., Unionville. PAHuntCup.org.



9, **Harvest—Unite for HER Chef and Wine Tasting Event.** Chefs serve up a farm-to-table tasting event. Benefits Unite for HER, serving local women affected by breast cancer. Phoenixville Foundry, 2 N. Main St., Phoenixville. UniteForHER.org/Harvest.

10–12, **Delaware Antiques Show.** Featuring more than 60 distinguished dealers in American antiques and decorative arts. Supports key educational initiatives at the museum. The Chase Center on the Riverfront, 815 Justison St., Wilmington. Winterthur.org.

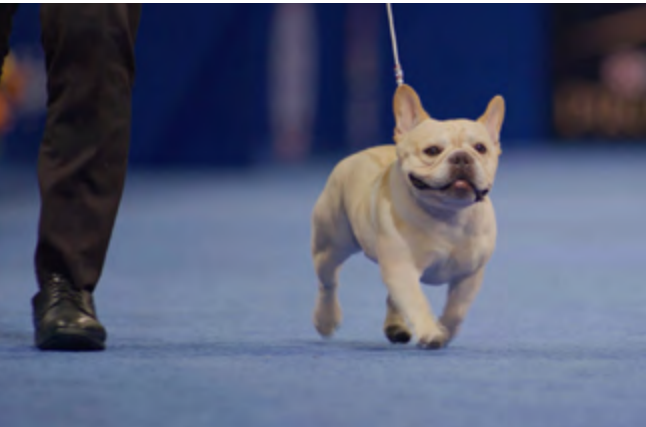
15–December 31, **Peoples Light Presents "A Christmas**



Carol." The signature adaptation of Charles Dickens' classic is back with a fresh approach, infused with original music and traditional English carols. 39 Conestoga Rd., Malvern. PeoplesLight.org.

17–19, **Philadelphia Marathon, Half Marathon and Kids Fun Run.** Benefits the American Assoc. for Cancer Research. 22nd St. & Ben Franklin Pkwy., Phila. PhiladelphiaMarathon.com.

18–19, **Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best in Show. Broadcast from the Greater Philadelphia Expo Center, 100 Station Ave., Oaks and aired on Thanksgiving Day. 484-362-2682; NDS.NationalDogShow.com. ♦



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A photograph of a smartphone held in a hand. The screen displays the County Lines Events Newsletter, which features various local events and a sign-up button.

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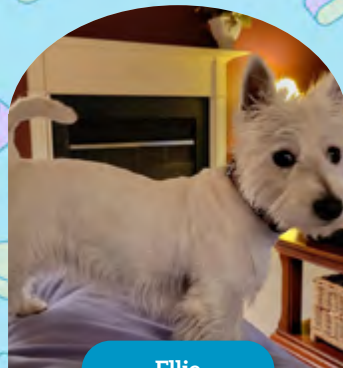
CUTEST Pet Contest

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

***Check the rules on our website:**
CountyLinesMagazine.com



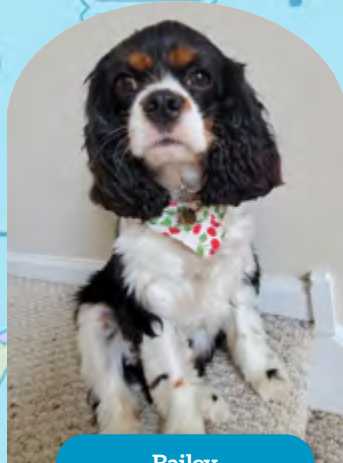
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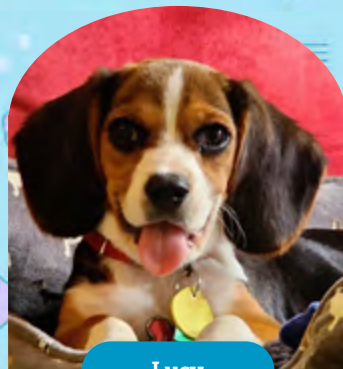
Ellie



Bella



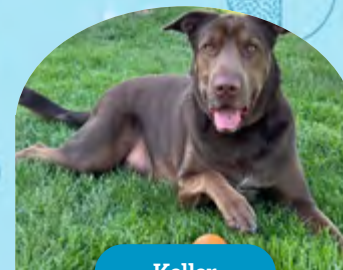
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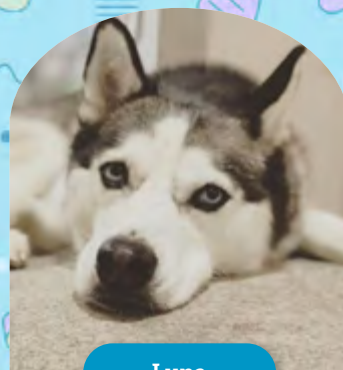
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Mr. Charlie Wooster



Indy



Myke Spyke



Rocky "The Rock" Johnson



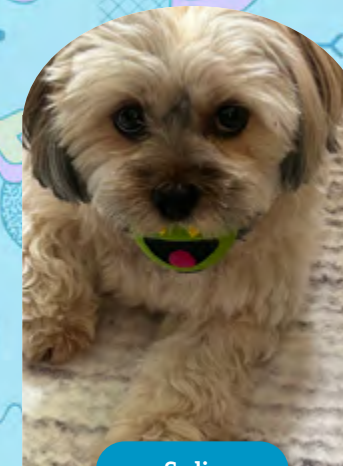
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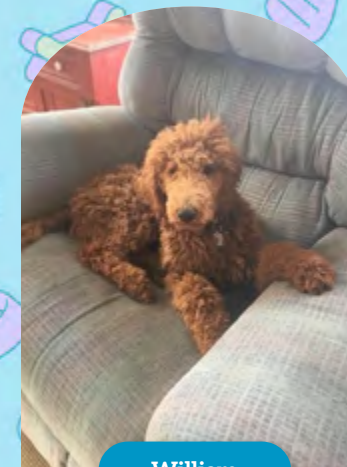
Jackson



Midnight Moon



Sadie



William



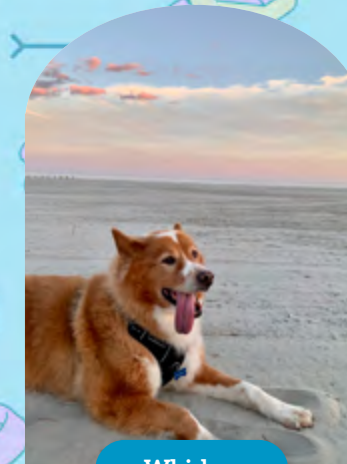
Mac & Annie



Moose



Lucy



Whiskey



Stitch

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

The Road to Best in Show



PHOTO CREDIT: STEVE DONAHUE/SEE SPOT RUN PHOTOGRAPHY

PHOTO CREDIT: STEVE DONAHUE/SEE SPOT RUN PHOTOGRAPHY

DOES YOUR PET HAVE WHAT IT TAKES?

Shannon Montgomery

WE ALL THINK OUR DOG IS THE BEST — and in my opinion, we’re all right about that. But have you ever wanted to prove it? Get someone else to say your dog is the best? If you’ve seen dog shows on TV or watched Eugene Levy’s film *Best in Show*, maybe you wondered, “Could my dog do that?”

MY DOG AS BEST IN SHOW?

Dog shows, as it turns out, are serious business. It’s not just about which dog is the cutest or best behaved (yours). These shows evaluate dogs based on their *conformation*, meaning how closely they conform to specific breed standards — more than just beloved pets.

To find out more, we talked to David Frei, one of the nation’s foremost dog show experts who cohosts the National Dog Show, held in nearby Oaks and aired on NBC each Thanksgiving. Frei says showing your dog is a major commitment: “You’ve got to devote time, energy and some expense to the sport.”

Think you and your dog have what it takes? We spoke with Frei and other experts to find out how to get started on the dog show circuit — and perhaps take home that coveted blue ribbon.

PEDIGREE PUPS

When we talk about conformation, that means competitions for purebred dogs — breeds that have acknowledged standards. To compete in a purebred dog show, your dog must be registered with the American Kennel Club — you should have received a registration form from your breeder.

The AKC is the largest registry of purebred dogs in the U.S. and hosts hundreds of shows throughout the year, ranging from specialty club shows (featuring only one breed or group) to large, all-breed shows like the National Dog Show and Westminster Dog Show in New York City. If this doesn’t sound like your pooch, there are other shows and events you can enter — see the sidebar for details. *Note:* There are other kennel clubs that hold dog shows, like the Conti-

nental Kennel Club and United Kennel Club, with similar rules and requirements. Check online for details.

If you don’t have your dog yet and want to be part of the dog show circuit, get one from a reputable breeder that breeds dogs specifically for conformation showing. Be aware of any conditions before you agree to purchase a show dog. Some breeders may require you to sign a contract obliging you to show the dog, while others might request coownership so they can breed your dog in adulthood.

Next, be sure your dog qualifies. That means your dog must be an AKC-recognized breed and have no disqualifying faults as stated by the official breed standards (like lack of ridge in a Rhodesian ridgeback or blue eyes in an Alaskan malamute). Disqualifying faults vary from breed to breed — find your breed’s standards at [AKC.org/Dog-Breeds](https://www.akc.org/dog-breeds).

Then check that your dog will be at least 6 months or older by the day of the show, unless there’s a special Puppy class (for pups 4 to 6 months old). Your dog can’t be “altered” (spayed or neutered), must be in sound health and be up to date on vaccinations (see *County Lines*’ August 2022 issue for more on pet vaccines).

Finally, consider your dog’s personality and whether your dog is suited for showing. Your dog should be confident and comfortable

in a busy situation — friendly but calm around strangers and lots of other dogs. “Dog shows are a reflection of us as real people with real dogs,” says Frei. “If you’re properly inspired, you need to make sure your dog is, too.”

PREP YOUR POOCH ... AND YOURSELF

Once you’ve ensured your pup is eligible to compete, it’s time to prepare — both your dog and yourself! Frei recommends finding a mentor to show you the ropes. A good mentor is an invaluable resource and can give advice, recommend handlers and groomers, and give honest opinions and feedback — including whether your dog is actually “show quality.”

A good place to start is to ask your breeder or veterinarian. Or make connections by joining the national parent club for your breed or a local all-breed kennel club. Frei suggests going to dog shows and talking to owners and handlers there as well.

“Ask questions, but do it unobtrusively — people are often on a tight schedule,” Frei says. “Most will have patience and time to talk to you about their breed. It’s their pride and joy, their family.” Another option is the AKC New Exhibitor Mentor Program, designed

to connect experienced handlers and breeders with newcomers. Learn more at [AKC.org/Sports/Conformation/Mentor-Program](https://www.akc.org/Sports/Conformation/Mentor-Program).

In addition, a crucial step in show prep is to take conformation handling classes. Even if your dog is well trained, preparing for a dog show is a special skillset. Register for classes at your local kennel club or the Dog Training Center of Chester County in Exton. Scott Sensenig, who teaches show handling classes there, says when it comes to dog shows, “There are a lot of nuances that people don’t see.”

In show handling classes, you and your dog will learn exactly what’s expected in the ring. “You need to learn how to stack [pose] your dog properly, how to move your dog, how to hold the leash, how to step off,”

Sensenig explains. “People always tell me, ‘There’s a lot more to this than I thought.’”

If you find show handling isn’t for you, consider hiring a professional handler. But that can get expensive.

In addition to classes, it’s important to socialize your dog often and with as many people and dogs as possible. Your dog must also be used to being handled by strangers — judges will touch your dog extensively, including the tail and inside the mouth. Smaller breeds will stand on a table to be judged, so practice this with your dog. Your dog also needs to be extremely comfortable around other dogs and in a loud, busy environment, like a show ring with an audience.

Another important aspect of dog-show prep is grooming. Some breeds require

more upkeep than others — some are “wash and wear,” while others need a strict regimen to maintain their coat. If your dog falls in the latter category (like terriers or long-coated breeds), find a professional groomer who knows how to groom for the show ring. Your breeder or mentor may have recommendations. Plus, all dogs need clean teeth and well-tended nails as well, so desensitize your pup to this type of grooming early on.

A great way to prepare yourself for dog shows is to attend them in person. Familiarize yourself with what happens at a show, from arrival to awards and everything in between. It’s also a place to make connections with other owners, breeders and handlers. Observe how they act and handle their dogs both inside and outside the ring — especially professional handlers.

And, consider entering your dog in match shows. These are informal, educational shows that can be practice runs before a competitive event. Seasoned handlers, judges and fellow dog owners will be happy to provide guidance and feedback.

SHOW DAY

After all the preparation and training, you’ll finally be ready to enter your first show. Although shows may differ a bit, here’s a quick overview of what to expect.

To begin, find the type of show you and your dog can enter. All-breed shows offer competitions for over 175 AKC-recognized dog breeds and varieties — like the National Dog Show. Specialty shows are restricted to a specific breed or varieties of breed. For example, the Bulldog Club of America Specialty is only for bulldogs, and the Poodle Club of America’s specialty show is open to the three types of poodle (standard, miniature, toy). Group shows are limited to one of the AKC’s seven groups — Sporting, Hound, Working, Terrier, Toy, Non-Sporting or Herding.

Most dogs are competing for the title of AKC Champion. To become a champion, a dog needs to win 15 total points at shows, including two “major” wins (three- to five-point wins) and awarded by at least three



Claire the Scottish deerhound, 2021 & 2022 Best in Show at the National Dog Show

“The most important benefits of being involved in dog sports include the quality family time spent at a dog show and the valuable life lessons for both kids and adults.

different judges. The number of points awarded at a show depends on the number of dogs (males) and bitches (yes, this is the official term for female dogs) competing in that breed. The more entrants, the more points you can win, with a maximum of five.

Males and females compete separately within their breeds in seven classes — Puppy, Twelve-to-Eighteen Months, Novice, Amateur-Owner-Handler, Bred by Exhibitor, American-Bred and Open. After the classes are judged, first-place winners compete again to see who is the best of the winners. Only the best male (Winner’s Dog) and female (Winner’s Bitch) receive points.

Winner’s Dog and Winner’s Bitch then compete with champions for Best of Breed. After the Best of Breed competition, three awards are typically given. Best of Breed is the dog judged as best in the breed category and may be awarded Grand Champion points (if already a champion). Best of Winners is the better of the Winner’s Dog and Winner’s Bitch. Best of Opposite Sex is the best dog that’s the opposite sex of the Best of Breed winner and may also be awarded Grand Champion points.

In an all-breed show, Best in Breed winners will advance to group competition. Four places are awarded in each group, but only first-place winners will advance to Best in Show competition. Among the seven group winners, only one is awarded Best in Show — the highest award at a dog show, complete with bragging rights.

As you can see, showing your dog is a lot of work, and it’s not for everyone. Yet it can be incredibly rewarding. We asked the Wilmington Kennel Club, which hosts dog shows and other events throughout the year, why it’s worth it.

“The most important benefits of being involved in dog sports are things that are not obvious,” the club explains. “The quality family time spent with a day at the dog show. The valuable life lessons for both kids and adults, not only in good sportsmanship but also in putting the needs and comfort of your dog above your own. But of all of these, the thing we cherish the most are the people we’ve met and the friendships we’ve made over the years.”

Ready to enter your dog in a show? We wish you the best of luck! ♦



Mixed-Breeds, All-Breeds, All Year

Don't forget about our feline friends and mixed-breed buddies which can compete in AKC Obedience, Rally, Fast CAT and Agility competitions. They deserve the spotlight too! Check out these **mixed-breed friendly pet shows** for your furry friends.

1. Want community-centered fun? The **Goshen Country Fair** (July 31–August 5) and their annual dog show benefit the Goshen Fire Company. Dogs can compete and win prizes in two of the eight fun categories. Prizes awarded first to third to the smallest and largest dogs, cutest puppies, most glorious golden oldies, best girl and boy rescues, quickest sitters and the pups with the waggiest tails. *1320 Park Ave., West Chester. GoshenCountryFair.org.*

2. The **Wilmington Kennel Club** offers contests to showcase your pup's skills. Events include several Rally and Obedience Trials (owner and dog on obstacle course together), Agility Trials in May (dog alone on timed obstacle course) and Fast CATs (Coursing Ability Tests, not speedy kittens) in August with a timed 100-yard dash. And all year round, try Obedience Show & Gos on second Saturdays. *2035 Sunset Lake Rd., Newark, DE. WilmingtonKennelClub.org.*

3. Join the **Bryn Mawr Kennel Club** in Ludwig's Corner for their 126th & 127th shows next June. One of the oldest AKC-recognized clubs, the club has held shows annually since 1992, selecting winners based on performances in Obedience and Rally competitions. Enjoy food, concessions and summertime weather. Tickets \$5/adult, kids under 12, free. *1325 Pottstown Pk., Glenmoore. On Facebook @BrynMawrKennelClub.*

4. Pet shows aren't just for dogs! The **Mid Atlantic Regional Cat Show** will be held in the Exton Square Mall on September 9 and 10. Watch as household cats win best in show for cleanliness, grooming, clean ears and judge interactions. With six rings running at the same time each day, there's plenty of cute kittens to keep up with. *260 Exton Square Pkwy., Exton. TICAMA.org.*

5. Looking for something bigger? The Cat Fanciers Association (CFA) was established in 1906 and has been organizing cat shows ever since, including the annual **CFA International Cat Show & Expo**, this year in Cleveland, Ohio. With over 1,000 cats, spectators can enjoy two days of competitions, performances, adoptions, shopping and more. Show off your feline friend this October. *1 I-X Center Dr., Cleveland, OH. CFA.org.*





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Summer's End:

A Low-Key Guide to Family Fun in Delaware County

BY AUGUST, IT'S JUST TOO HOT TO PLAN.

Cara Corridoni

THERE ARE VACATIONS AND STAYCATIONS, weekend getaways and overnight trips. But by the end of summer, your family may have exhausted them all. Your journeys have been booked and spent, your excursions complete and your everyday rituals of pool and camp are starting to lose their luster. By this time of the summer, even a day trip can seem like too much of an excursion, while a staycation (“Booooring!” You can already hear the kids.) is completely out of the question.

It's the perfect time to revisit our neighbor to the south, Delaware County. With many destinations less than an hour away, there's no need to make a day of it to drive to Delco. No need to pack a lunch or a cooler — unless you want to.

Keep it simple. Pick one spot, have an enjoyable afternoon doing something new and different, and still make it back home before the pool closes.

FUN AND GAMES

Summer may be all about days spent at the pool, but at some point, around the beginning of August, the water becomes a little too warm, and the idea of another afternoon baking under the beating sun begins to lose its appeal.



Rose Tree Park



Marple Sports Arena



Sproul Lanes



It's the perfect time to revisit our neighbor to the south, Delaware County. With many destinations less than an hour away, there's no need to make a day of it to drive to Delco. No need to pack a lunch or a cooler — unless you want to.



Game on State



Philadelphia Union



Butterfly House at Tyler Arboretum

Before the kiddos opt for an afternoon of video games or YouTube shorts, go retro. These activities, though not entirely communal, at least require some collective cheering.

When the days get too hot to venture outside at all, throw on your favorite neon T-shirt and head over to [Marple Sports Arena](#) in Broomall for a little roller-skating fun. For much of the summer, camps dominate this popular family destination, but on select Saturdays through August, summer skates can still be found. Embrace your inner '80s child, lace up those roller skates and get ready to shoot the duck. (You may need to check out YouTube to understand.)

Feel safer with your feet on solid ground? Then get the family's competitive juices

flowing at [Sproul Lanes](#) in Springfield. Delaware County's largest bowling alley has 36 lanes, so there's almost always an opening. Bonus: the lanes were renovated in 2019 after 60 years of operation. Today you'll enjoy upgraded lanes and ball returns, plus murals of Philadelphia behind the pins.

For another retro yet still-new experience, check out [Game on State](#), a modern twist on an old-school arcade. Choose from arcade classics like pinball, Donkey Kong or Centipede, or opt for ultra-modern play at the VR play spot. And if that's not enough to keep the late-summer whining at bay, sample the onsite candy store with over 350 types of sweets to choose from. It's

no wonder Game on State is known as "everybody's arcade." Play is unlimited; access is by the hour.

While nostalgia can be fun, so can trying something new. Baseball has long dominated American summers, yet it might be time to make room for the world's game — soccer. Major League Soccer reported record attendance last year that likely will grow with the addition of phenom Lionel Messi heading to Miami.

For a local soccer match, just head south to the Chester Riverfront, where the [Philadelphia Union](#), formed in 2008, has been steadily growing a dedicated hometown fanbase. Games are action-packed, and the 18,500-seat stadium delivers a more

intimate feel than other local professional arenas. Do plan ahead. Tickets are harder to come by since the Union claimed the Eastern Conference Championship last year.

OUT AND ABOUT

By August, it's hard not to start wishing for cooler temps to come to the rescue (and the return of school, if you're a parent). But don't rush summer's end just yet. The natural world has so much to show you.

First, make a plan to stop by [Tyler Arboretum](#) in Media. One of the country's oldest public gardens, Tyler Arboretum has 650 acres of protected land to explore. By late summer, you'll find the season's wildflowers in full bloom. Longtime volunteer and wildflower expert Dick Cloud leads a tour of the season's best blooms on Saturday afternoons. Registration is required, and the two-hour tour may not be suitable for younger children, but for those with an interest in native plants, it's a must.

If you do have younger kids, plan instead to stop at the Butterfly House, which is full of activity in summer. Also fun is Lucille's Edible Garden, which hosts a Tasting Station on Sundays in August (no registration needed). Just stop by with an open mind and an empty belly.

When your day is done and your flower knowledge tucked away, cross to the other side of Media for an evening at beautiful [Rose Tree Park](#). With 120 acres, Rose Tree Park is not your average neighborhood park. There are woodlands, a 100-member community garden, a collection of historic buildings and more than enough space to lay out the ultimate picnic spread.

But it's the music that draws people to the park in the summer. Each week from mid-June to mid-August, Rose Tree Park hosts five nights of free concerts. That's right, every Wednesday through Sunday, catch a new band at the park's outdoor amphitheater. Concerts usually begin at 7:30 p.m. and range from funk to classical to reggae and rock. Check the park website for the full lineup.

Another option is the [Newlin Grist Mill](#) in Glen Mills. My family actually visited as a



Newlin Grist Mill



Bryn Mawr Film Institute

PHOTO CREDIT: BRYN MAWR FILM INSTITUTE

field trip destination earlier this year. While we were there, the big waterwheel was being rebuilt (still is), so the mill wasn't running. This gave us an inside look at the period-appropriate repair work on the more than 300-year-old mill — no power tools here! There's also a functioning blacksmith and 8.5 miles of trails through the 160-acre park. For birders, the mill holds a monthly bird walk, and in September, there's the Archaeology Festival. Tours of the Grist Mill are \$6/person. Trails and other events are free.

QUIET MOMENTS

Summer can be noisy. Music drifts from outdoor stages or tunes are cranked

up to peak volume. The shrill laughter of children rings from parks and swimming pools. Normally, you don't mind. But by August, when the afternoon sun is at its peak, nothing sounds better than a little quiet time and the cooling white noise of air conditioning.

A favorite low-noise summer option is to duck into a [local library](#), and Delaware County has 28 of them. Besides a summer's worth (or 40) of pool reads, you'll also find countless activities for kids and adults alike — from "Take and Make Craft Kits" to family story times to Swarthmore Public Library's biweekly Stitches needlework club. This month Media-Upper Provi-



For those with budding artists in the family, consider a trip to the Rockdale Art Center in Aston. On Wednesday evenings in August, the Center holds Exploring Arts classes for kids ages 5 to 10.



Swarthmore Public Library



Rockdale Art Center

dence Free Library is welcoming Magician Mike Rose, the Helen Kate Furness Library has Coloring for Grownups, and the Folcroft Public Library is hosting a free movie matinee.

For those with budding artists in the family, consider a trip to the [Rockdale Art Center](#) in Aston. On Wednesday evenings in August, the Center holds Exploring Arts classes for kids ages 5 to 10. Each week introduces a new project and art style for the kids to explore, including drawing, painting and sculpture. Or book in-person independent studio time. You bring the vision, and for \$25 a session, you'll get what you need to bring that vision to life — including studio space, art supplies and the guidance of a teaching artist. (Note: space must be reserved at least 24 hours in advance.)

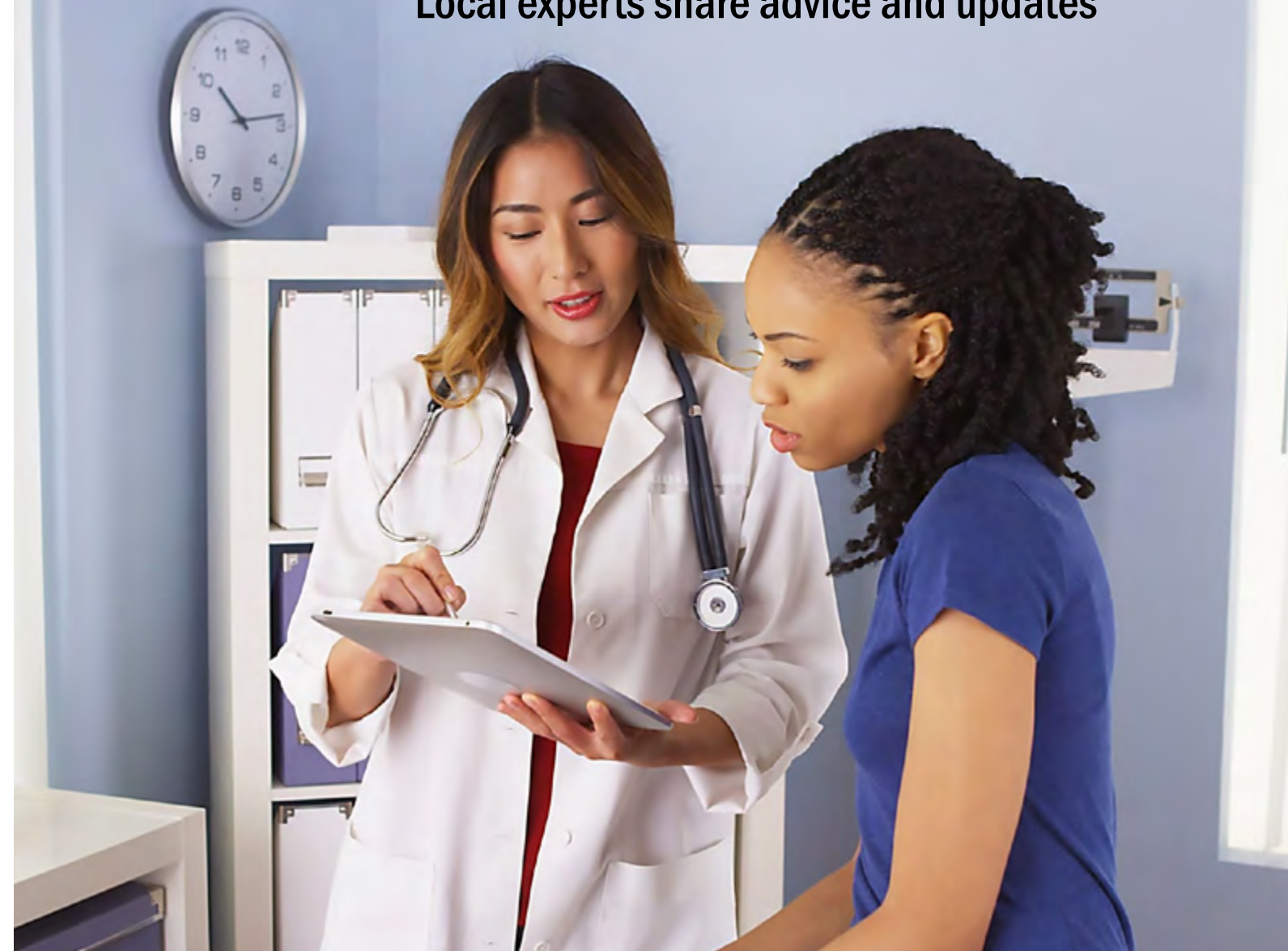
For more entertainment, you can catch the latest summer blockbuster at the nearest AMC with reclining seats (Springfield, if you are so inclined). Better yet, head over to the beautiful Seville Theater at the county's edge in Bryn Mawr and get a double escape — one of time and place. Built in 1926, the Seville Theater, now known as the [Bryn Mawr Film Institute](#), was rescued from life as a gym in 2004 and has since been presenting the community a refreshing combination of independent, foreign, classic and big-name films. Visit their website for listings of films and showtimes.

After getting your fill of a season, it's always tempting to wish for the start of the next. Swapping autumn's dwindling leaves for the cozy comfort of winter's holiday season or the bleak days of winter's end for spring's warming temps and expanding daylight. Summer is no different. In late spring, we beg for the start of summer break and a cool dip in the pool — right up until the heat becomes too much. Soon back-to-school shopping and cool fall nights beckon.

But before succumbing to the siren calls, try and squeeze at least one memory more out of summer's bounty. ♦

Medical Features

Local experts share advice and updates



AS THE SUMMER WINDS DOWN, IT'S TIME TO TAKE STOCK of your health. To help, we checked in with three local physicians to learn more about topics that are top of mind with our readers.

For parents of young children, Dr. Jennifer McDonald from Children's Hospital of Philadelphia offers tips for pesky preschool illnesses — conjunctivitis, lice, and hand, foot and mouth disease. Dr. Alhambra Frarey from Planned Parenthood of Southeastern Pennsylvania reviews and updates contraception methods, including several currently in development. And Dr. Steven Applebaum from Suburban Hospital explains the hot topic of gut health and the microbiome.

Here's to your health!



Child Care and Preschool Illnesses: What You Should Know

When sharing doesn't always mean caring

Jennifer L. McDonald DO, FAAP,
CHOP Primary Care, West Grove

SENDING YOUR CHILD TO DAYCARE OR PRESCHOOL is one of the most difficult decisions a parent can make. Families know high-quality early education and child care for young children improves their physical and cognitive wellbeing. Currently in the United States, there are over eight million children attending daycare and preschool centers.

And yet along with that child care choice comes an increased exposure to illness, commonly known as “daycare germs.” It’s very normal for young children to experience six to 12 infections in just their first year of child care. While these exposures and illnesses play an important role in shaping your child’s immune system, frequent sicknesses can also be frustrating.

It’s helpful to know what to look for. Here are a few tips for some of the peskier daycare and preschool illnesses.

CONJUNCTIVITIS

One of the most common daycare illnesses is conjunctivitis, commonly known as “pink eye.” It’s identified by redness and swelling of the inside of the eyelids and the tissue covering the white part of the eye.

There are several causes of conjunctivitis, including bacteria, viruses, allergies and chemicals. Most of these conditions result in red or pink eyes that may be itchy or painful. Other symptoms include drainage from eyes, crusting of eyelashes, excessive tearing or sensitivity to light.

It may be difficult for your doctor to differentiate between the multiple causes of conjunctivitis. The type of conjunctivitis a child has will determine its contagiousness and treatment. Bacterial conjunctivitis is common in daycare and preschool settings and can be spread by hands in direct contact with drainage

Continued on page 49

Jennifer L. McDonald, DO, FAAP, is the Medical Director of CHOP Primary Care, West Grove. Dr. McDonald attended medical school at Philadelphia College of Osteopathic Medicine and completed her residency in pediatrics at Al du Pont Hospital for Children/Thomas Jefferson University before becoming an attending physician in pediatrics at Children’s Hospital of Philadelphia in 2005. Her areas of expertise include breastfeeding, newborn care and sports medicine. CHOP.edu.



Contraception

Updated information for contemporary medical practice and patient options

Alhambra Frarey, MD, MPHA
Planned Parenthood of Southeastern Pennsylvania

“WHAT IS THE OPTIMAL NUMBER OF CHILDREN to have?”

Since 1978, according to Gallup polls, Americans estimate the ideal number of children to have in a family at about 2.7. To achieve that result, the person who will have those children must spend a total of about three years trying to become pregnant, pregnant and postpartum. While three years may seem like a long time, that leaves an additional 30 years when that person needs to prevent pregnancy.

The good news is that modern contraception is very effective. The 68% of people who consistently and correctly use contraception account for only 5% of unintended pregnancies. Consequently, contraception represents a contemporary success story.

There is, however, recent evidence indicating that contraceptive counseling by healthcare providers in some cases may be biased due to patient age, race or socioeconomic status. As a consequence, patients may end up avoiding much-needed contraceptive care. With this knowledge, physicians must focus on listening to our patients, especially those who have historically been underserved.

Healthcare providers should start with patient-centered counseling. Successful contraceptive practice requires that physicians fully appreciate the unique circumstances facing each patient. Physicians who prescribe contraception must adopt and implement an evidence-based, shared decision-making framework to support every patient.

With that in mind, here are few updates on available contraception methods.

SCHEDULE-REGULATED BIRTH CONTROL

Hormonal birth control pills – These remain the most commonly used form of reversible contraception in the U.S. The FDA

Continued on page 49

Dr. Alhambra Frarey is the Chief Medical Officer for Planned Parenthood of Southeastern Pennsylvania and an obstetrician-gynecologist in Philadelphia. She completed medical school and her residency at the University of Kansas and completed her Complex Family Planning Fellowship at the University of Pennsylvania. She’s been in practice for more than a decade. PlannedParenthood.org.





All About Gut Health

Or, What's the Gut Got to Do with It?

Steven Applebaum, DO,
Roxborough Memorial Hospital

THE GUT, WHICH REFERS TO EVERYTHING IN the digestive tract from the mouth to the body's exit region, has been in the news a lot lately as an important part of our overall health. Its responsibilities are numerous — splitting our food into nutrients, extracting crucial vitamins, beginning drug processing, preventing bad bacteria overgrowth and eliminating waste. In short, the gut is a complex biologic ecosystem, and gut health is well worth learning more about.

Another term important for understanding gut health is “microbiome,” the community of organisms — about 100 trillion microorganisms of bacteria, fungi, protozoa and viruses — that live in the gut. Weighing in at about five pounds, the gut is an essential part of our overall good health, and the microorganisms in the gut affect several vital systems in the body, including the brain, heart, lungs and skin.

Here's a short overview of how this key system operates.

THE FAR-RANGING IMPACT OF GUT HEALTH

The gut is where brain chemicals, like the happy brain chemicals serotonin and dopamine, are made. In addition, the calming brain

chemical of gamma-aminobutyric acid (GABA) is also part of this gut-brain relationship. Likewise, depression, anxiety, sleep, mood and behavior are all influenced to some extent by the essential gut and its health.

Cholesterol is also made in the gut. The fiber in your diet is processed in the gut into good cholesterol, known as high-density lipoproteins (HDL). These good cholesterol protect against bad cholesterol (LDL, or the low-density counterparts) and keep arteries healthy, ward off heart attacks and strokes, and reduce diabetes risk.

Continued on page 50

Steven Applebaum, DO, is a board-certified family medicine physician with over 20 years of experience. He received his medical degree from Lake Erie College of Osteopathic Medicine and completed his residency at Montgomery Family Practice and Bryn Mawr Family Practice. He's a member of the American Academy of Family Physicians, the Urgent Care Association of America and the Pennsylvania Academy of Family Physicians. SuburbanHosp.org.



Preschool Illnesses *Continued from page 46*

from an infected eye or by touching contaminated surfaces.

Most children with conjunctivitis improve without medication, but antibiotics may shorten the course of infection. Good hand hygiene as well as sanitizing objects commonly touched by kids' hands and faces are the best methods of controlling the spread of conjunctivitis. Washing linens (remember the pillowcases and their favorite stuffed animal) and clothes is one of the best ways to keep pink eye under control in your home.

HEAD LICE

Head lice is a common daycare occurrence that can be difficult to control. Lice are tiny insects that live among human hair and feed on blood from the scalp. You may either find live lice or their eggs (nits) on your child's scalp. Sometimes the nits are hard to see and are often confused for dandruff.

Lice bites can make your child's scalp irritated and itchy and can result in frequent scratching, which may ultimately lead to scalp infection. Unfortunately, head lice are easily spread from person to person, especially in the child care setting. Most cases occur from sharing bed linens, hats, hair brushes and combs.

Parents can — and should — check for lice at home when their child has an itchy scalp. Lice will frequently be discovered on the scalp, behind the ears and at the nape of the neck. The best way to check is to use a fine-tooth comb on wet and conditioned hair, checking the scalp and hair in sections.

Contraception *Continued from page 47*

has in recent years authorized products with newer hormone formulations, such as Slynd and Nextstellis.

Slynd is a progestin-only pill, which means it's safe for patients who can't use estrogen. Notably, the FDA is currently considering an over-the-counter progestin pill that could become available in the coming months. This would significantly improve access to contraception for many people. Nextstellis combines two hormones — an estrogen called estetrol (E4) and a progestin called drospirenone (DRSP). The estrogen

Head lice can be treated by removing them by hand or by using medication. Your doctor may recommend an over-the-counter shampoo, but for some resistant cases, an oral medication might be warranted. It's always important to follow the directions carefully when treating your child for lice, and consult your physician for any concerns.

To get rid of head lice and their eggs, and to help prevent them from coming back, follow these simple tips:

- wear long hair up in a ponytail or bun,
- wash all items in contact with your child's head (bed linens, stuffed animals, clothing) in very hot water and then put them in the hot cycle of the dryer, and
- vacuum carpets and upholstered furniture and then throw away the vacuum bag.

And remember to check all members of the family for lice and treat when appropriate!

HAND, FOOT AND MOUTH

Although the name sounds strange, hand, foot and mouth disease (HFMD) is a common childhood viral illness that's frequently found in child care centers. It's caused by multiple viruses, but predominately is a result of coxsackievirus infection.

The symptoms of HFMD include fever, sore throat and runny nose, but also feature a rash with tiny blisters that might appear on multiple parts of the body — gums, back of throat, inner cheeks, palms of hands, soles of feet and buttocks, to name a

few. From the time a child is exposed to the virus, it can take anywhere from three to six days for the first symptoms to show up.

There's no specific treatment for HFMD illness, but home care includes fever and pain control as well as avoiding dehydration by increasing fluid intake. Symptoms are worse (and children are most contagious) in the first few days of illness but generally improve over a week. On occasion with some HFMD illness, children may experience peeling of the skin of the fingers and toes and even losing fingernails or toenails.

HFMD is primarily spread to others through direct contact with infected respiratory droplets. The best prevention is to teach your children to cover their mouths and noses when sneezing or coughing and to wash their hands after using tissues or having contact with droplets.

Toys or other objects (toothbrush, eating utensils, etc.) that may have come into contact with your child's saliva should be cleaned and sanitized. Disinfecting surfaces that your child touches frequently and minimizing kissing and sharing cups may be helpful to prevent another family member from getting the virus.

So, if it seems like your daycare child or preschooler is getting sick all the time, it's because they probably are. And that's OK. Teaching your kids from an early age about the importance of hand washing will help your family fight the battle against daycare germs. ♦

is plant-based, rather than the synthetic hormones found in other pills.

IUDs — These are a long-term, reversible option lasting anywhere from three to 12 years, depending on the product used. IUDs are inserted into the uterus and can be removed at any time.

There are five types of IUDs currently available in the U.S., with additional options under development. As some patients express concern about the discomfort they may experience during IUD insertion, practitioners can offer the opportunity for

pain control. Research has established that the use of local anesthesia can help improve patient experience during IUD insertion.

Vaginal ring — Nuva Ring has been available for many years. Recent research supports the use of one ring for up to 42 days for pregnancy prevention, resulting in fewer trips to the pharmacy. A newer ring, Annovera, was authorized in 2018 and is effective for up to 13 consecutive cycles.

Contraceptive injections — Commonly called Depo-Provera, this method requires an injection every three months.

Although most people have historically gone to their healthcare provider's office to obtain the injection, self-administered options gained popularity during the Covid pandemic. This self-injection method is safe and effective, and improves the continued use of this method.

'AT THE TIME' BIRTH CONTROL

Birth control can also be used at the time of intercourse. For example, a new, non-hormonal vaginal gel, Phexxi, can be inserted up to an hour before intercourse. A new diaphragm, Caya, in contrast to prior versions, does not require fitting by a doctor. And, condoms are still the only contraceptive method that also prevents sexually transmitted infections.

Emergency contraception is an option available following intercourse when another method failed or was not used. The "morning after" pill, Levonorgestrel, is avail-

able over the counter. It's most effective when taken within 72 hours of intercourse but can be used up to 120 hours afterward. Another pill, Ella, is more effective up to 120 hours after intercourse, though it requires a prescription. The most effective emergency contraception is an IUD, which, when inserted within 120 hours following unprotected intercourse, is 99% effective.

IN DEVELOPMENT

New forms of contraception are currently being evaluated in clinical trials and may come to market in the not-too-distant future. One such product is Ovaprene, a non-hormonal vaginal ring that combines a knitted barrier with a non-hormonal agent to impede sperm.

FemBloc, a permanent contraception method performed in a medical office, is currently in Phase III trials. It involves a device that delivers a polymer to the fallopian tubes that gradually scars and

blocks the tubes. This method requires follow-up at three months to confirm a successful result.

Men may soon be able to take greater responsibility for preventing pregnancy. Testosterone transdermal gels are currently in Phase II testing. Available data indicate that daily use is 97% effective for suppressing sperm production. Early testing of an oral hormonal birth control pill for men has shown no serious adverse side effects.

To summarize, when paired with public policies prioritizing access to contraception, a variety of modern contraceptive methods can be used to prevent unwanted pregnancy. Bills pending in the Pennsylvania legislature would mandate expanded contraceptive access as well as guarantee insurance coverage.

For more information about the method that would work best for you, talk with your healthcare provider. ♦

Gastritis, or inflammation of the stomach lining, can escalate into continued inflammation, leading to open sores or ulcers in the stomach or GI tract, also known as peptic ulcer disease. A more common condition, gastroesophageal reflux disease (GERD) refers to the reverse flow of stomach acid upwards into the esophagus, causing irritation and inflammation (aka heartburn). More signs of poor gut health.

Gastrointestinal-related abdominal pain can result from food intolerances and sensitivities, gallstones, inflammatory bowel disease (IBD), irritable bowel syndrome (IBS) and diverticulitis. Inflammatory bowel diseases, such as Crohn's disease and ulcerative colitis, are also signs of poor gut health. Irritable bowel syndrome, which also causes pain, is thought to be involved in gut hypersensitivity, abnormal gut movements, gut-brain connection abnormalities and microbiome imbalance.

So, it's definitely worthwhile to protect your gut!

IMPROVING GUT HEALTH

While genetics influence the gut microbiome, there are many things you can do to improve your gut health. Dietary changes and lifestyle habits are simple places to start. Remember, begin by making incremental changes, eating in moderation and tailoring your changes to specific needs.

At a minimum, eat a balanced diet, including a variety of colors of foods. These colors reflect the many good compounds in the foods, such as vitamins, minerals, antioxidants and phytochemicals, all of which support a good gut microbiome. Choose different colors of berries, citrus fruits, leafy greens, bell peppers, carrots, sweet potatoes, tomatoes, eggplants, beets and cauliflower, for example.

Whole grains (brown rice, whole wheat, whole grain bread and pasta) provide good fiber for your diet and your gut. Increased fiber along with adequate hydration promote regular bowel move-

ments, aid digestion and improve the overall gut microbiome.

Legumes (beans, lentils, chickpeas) are a great non-meat source of protein. And oregano, cinnamon, turmeric, garlic and ginger are not just for flavor, but are anti-inflammatory and anti-microbial. The bacteria in fermented foods (yogurt, sauerkraut, kombucha) are also beneficial for the gut. In general, limit highly processed foods and foods high in added sugars in favor of adding more whole, unprocessed foods.

Beyond diet, decreasing alcohol and managing your stress with exercise, deep breathing, meditation and therapy are gut-friendly choices. These promote the gut's role in maintaining a healthy immune system.

The gut microbiome is a world all its own. Understanding the key factors for gut health will help create a balanced microbiome, contribute to better overall health and result in a longer life. ♦

Gut Health *Continued from page 48*

Did you know that common respiratory conditions (such as asthma and allergies) decrease with a healthy gut? Or that there's Gut Associated Lung Tissue (GALT), an essential component of the whole-body immune system that helps discriminate between harmful and harmless bacteria that affect us all?

There's a positive gut-skin relationship, as well. A healthy gut is necessary for skin health because the gut processes vitamins, minerals and fatty acids needed for good skin. A properly functioning gut prevents common skin diseases such as acne, eczema, infections and cancers.

And another gut health fact: vitamin B12 is absorbed in the gut and maintains feeling in your hands and feet.

DIET, LIFESTYLE AND ENVIRONMENT

Like a fingerprint or iris, each person's gut microbiome is different and is affected by their specific genes. While the genes you're born with are a major factor in gut

health, remember that diet, lifestyle and environment — all of which are within your control — are also key.

Low-calorie diets that include fiber, fruits, vegetables and whole grains promote improved gut health. These foods facilitate immune-protective effects and boost longevity. On the other hand, a high-fat, processed food diet with added sugars can promote cancers because these foods grow harmful bacteria and reduce microbiome diversity.

In addition to a poor diet, a stressful life impairs your gut health. Exposure to pollutants, heavy metals, pesticides, poor sanitation, contaminated water, inadequate hygiene and certain food additives can also harm your intestines. And, of course, alcohol and smoking can cause stress, inflammation and cellular damage, all leading to problems with the gut as well.


SIGNS OF POOR GUT HEALTH

Your gut may give you signals that all is not well. Persistent digestive problems like bloating, gas, diarrhea, constipation, acid


diseases or abdominal pain can be signs of poor gut health and are worth discussing with your healthcare provider.

Gut inflammation, microbiome imbalance and lack of beneficial fiber all contribute to stool changes. As a result, in an unhealthy gut some foods may require excess water to be broken down, causing loose, watery stools. On the other hand, the breakdown of foods that don't require water (such as foods that are high in fiber or have hard shells, like sweetcorn) can result in difficulty passing or infrequent stools.

Poor gut health can also break down the mucus layer in the stomach that protects the lining from the very acidic gastric chemicals produced there for food digestion. When this mucus layer is not intact, excess acid-related diseases are possible. In addition, prolonged use of nonsteroidal anti-inflammatory drugs (NSAIDs), alcohol, some autoimmune diseases and severe stomach irritation (sometimes leading to stomach ulcers or worse) can cause excess stomach acid.




SAVING LIVES TAKES HEART




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In Local Senior Communities, Creative Juices are Flowing

GET INSPIRED!

Edwin Malet



Residents at Kendal-Crosslands Communities paint a mural

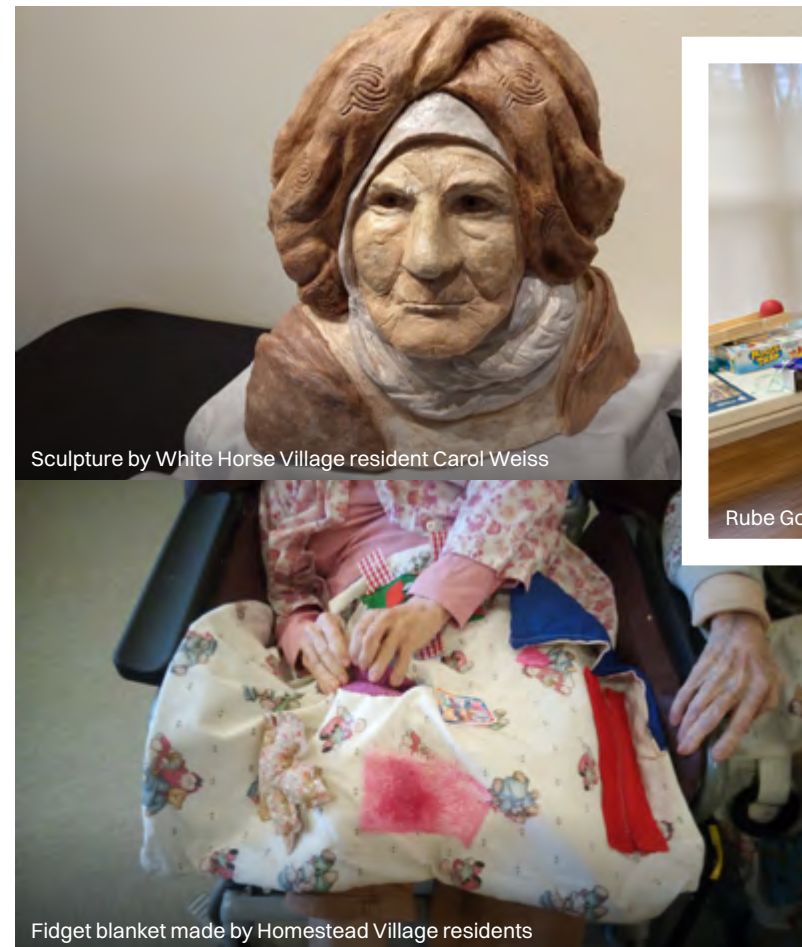
“ONE MORNING I STUCK MY head into the White Horse Village art room to say ‘hello’ and was immediately pulled in by the sculpture teacher, who gave me some clay and told me to sit down and make a sleeping cat. Although I had no experience with clay after the age of seven, I did have many years of looking at a sleeping cat or two. I found I enjoyed working with the texture of clay and fell in love with the ability to create in three dimensions.”

A retired academic, Carol Weiss was a novice then, but she’s since become a prolific creator. Her home today is filled with clay and stone sculptures. So much so, she’s running out of room for her work!

CREATIVITY UNLEASHED

Carol is one of hundreds of artists, each discovering and pursuing interests in area senior communities. These active seniors are hard at work sculpting, painting, glass-working, wood-working, filmmaking, jewelry-making, knitting and designing fashions. The performing arts — theater, dance, singing, music — also have their devotees. Anything, it seems, to stimulate and grow creativity.

For instance, in the SageLife communities — including Plush Mills, Daylesford Crossing, Echo Lake — residents were challenged to “build a Rube Goldberg obstacle course.” Plush Mills, which won first place, designed an obstacle course that began with a rope pull, led through dominoes and several falling books, then shot through a sluice contraption ... well, you’d have to see it. (Check their website.)



Sculpture by White Horse Village resident Carol Weiss

Fidget blanket made by Homestead Village residents



Rube Goldberg machine at Plush Mills

Activities at The Hickman include such things as movie nights, weekday matinees, book clubs and a popular weekly knitting class led by a remarkable 100-year-old resident.

Across Chester County and into Lancaster County, community members at Homestead Village donate their time and talent to support a wide variety of artistic events. They’ve crafted table centerpieces, decorated apartment building hallways, created patriotic stars presented to veterans, and made “fidget blankets” — colorful quilted blankets that provide sensory interaction for skilled nursing residents.

One resident at Riddle Village LifeCare Retirement Community, Pedro Navarro, has been filming ... from the air! Sending his model airplanes aloft, he created a musical video to accompany his aerial shots.

ART TAUGHT AND ON DISPLAY

Many senior communities plan a full schedule of artistic activities, along with

providing space to display the creations. For instance, Tel Hai Retirement Community features a ceramic center, gallery and textile arts room. In its Clark Gallery, residents display their art for the public.

Art classes are also conducted at Glen Mills and Exton Senior Living, where artwork will be on display in September on Grandparents Day. At Riddle Village, residents’ art is exhibited outside a dining venue and rotated monthly. Garden Spot Village offers a variety of classes and features residents’ art in the Village’s gift and art shop.

At Arbor Terrace, residents conduct painting classes and painting parties, showing their works on Facebook. Also on display there are flower arrangements, jewelry and other crafts.

Many at Barclay Friends engage in free painting, often depicting scenery and landscapes. The front hallway at Barclay Friends is typically used to show residents’ pieces.

The Lima Estates community also hosts a monthly art gallery, combining its art,

photography, jewelry, knitting and wood-working with works of local artists. On occasion, there are receptions held for local artists as well.

And, later this summer, residents of the Kendal-Crosslands Communities will conduct a painting studio in which they’ll hold workshops featuring several media to explore.

CERAMICS, KNITWARE, WOOD AND JEWELRY

Residents at Brethren Village are working in a broad range of media. Using the community’s own kiln, they’re making ceramic Christmas trees to sell at a bazaar in December. Working with the Lancaster Guild, glass-working — stained glass, fused glass and fused-glass jewelry — is another popular creative outlet. Others use the woodshop to craft wooden cars and trivets, in addition to working on larger items like benches and furniture. Basket-weaving is yet another type of popular craft.

Charles Bates at White Horse Village works on making dollhouses, cabinets, stools and tables, with some of his carvings dating back 30 years. He’s rarely shown his work, though much of it is donated to good causes.

Nine experienced craftsmen work in Homestead Village’s woodshop. Recently they’ve created bookshelves for the community’s library, furniture for the common area and a stand for a weather station. This handy group has also fixed mailboxes, chess



Dollhouse by White Horse Village resident Charles Bates

boards, antique cameras and a twin bed and chairs. Another Homestead group creates knitware — hats, scarves, fingerless gloves, neck warmers and other items, which are sold to provide funds for residents who've outlived their financial assets.

A new kiln and throwing wheel have captured imaginations and sparked creativity at the Dunwoody Village community. In fact, one of the residents has taken several courses and now leads Dunwoody's courses in pottery.

PERFORMING AND OTHER ARTS

The creative activities are not limited to the visual arts. Residents also engage in spoken or musical arts, with some resulting in performances. And, yes, sometimes you can even dance to it.

At Dunwoody Village, for example, one resident performed compositions by Schubert. Another, a retired literature professor from Villanova, offered a six-week course in Irish literature. And yet another volunteered as a docent at the Philadelphia Art Museum.

Many communities support choral presentations. The Homestead Harmony



Performance by the Riddle Village Singers

Chorale, of Homestead Village, performs in December and May. Lima Estates has a choir. The choral and theater group at Riddle Village performs twice per year, and a resident organist offers concerts about once a month there.

At Kendal-Crosslands, resident poet Many reads the poetry of Rumi, Hafiz and Kabir and explores the connections between 800-year-old Sufi poetry, healing processes, contemporary culture — and oneself.

It may not be exactly what everyone considers art, but at Brethren Village the Rock'n Seniors Dance Club — and at Lima Estates, it's Jukebox Saturday Night — they're line dancing!

OBSERVING AND ENJOYING THE PROFESSIONALS

And, to experience the works of professional artists, many senior communities host local performances for residents to attend.

For example, this summer, Kendal-Crosslands is hosting an impressive lineup of talent: Tony Vacca, a melodic percussionist with four decades of experience with African music; John Flynn, a singer-songwriter; Poor Man's Gambit, a popular Irish-American group; and Zoe Mulford, playing guitar and banjo, best known for "The President Sang Amazing Grace."

On the last Sunday of each month, residents at The Hickman are treated to a summer music series hosted by the West Chester Music Academy. Musical performances, ranging from jazz and opera to rock and classical music, are performed on residents' birthdays.

White Horse Village provides an array of entertaining performances — choral and instrumental concerts as well as a speaker series. Willow Valley Communities offer an assortment of opportunities — classes, presentations, performances, theater — to its residents. Concerts are often held near the outdoor pavilion at Garden Spot Village. And a classical music committee at Lima Estates selects and hosts a variety of famous local performers.

A shuttle is used by Brethren Village to transport residents to the Fulton Theatre in Lancaster City and other venues. Similarly, residents of Homestead Village are offered transportation to local concerts, theaters and museums.

In short, the residents of senior communities are enjoying and engaging with the arts. They're committing thoughts to canvas and clay, fashioning crafts of wood and stones, making music, singing and dancing.

The cat may be asleep, but the residents aren't. In fact, they're letting their creative juices flow! ♦



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

Cochranville

Honeycroft Village

484-643-3078; CedarKnollBuilders.com

see our ad on page 58

Honeycroft Village is a 55+ lock and leave active-lifestyle community located in the bucolic countryside of southern Chester

County. Featuring 60 acres of open space, convenient sidewalks and beautiful street lighting, residents enjoy a state-of-the-art clubhouse, fitness center, heated indoor pool and spa, lawn care and snow removal. Honeycroft Village has everything you need to start making your dreams a reality.

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 65

"Harrison Hill is more than a community — it's a neighborhood!" Residents enjoy the company of others during Monday Mingle, holiday festivities, barbecues, games and more. Harrison Hill's 5 stories offer 114 apartment homes comprised of one bedroom and one bedroom with dens, all with walk-in showers.

Hershey's Mill

484-502-1175; HersheysMill55Plus.com

see our ad on page 17

Hershey's Mill, a gated 55+ community, is situated around an 18-hole championship private golf club featuring casual and formal dining. The community also offers Tiger Turf coated tennis courts, pickleball, bocce courts, winter paddle ball, shuffleboard and horseshoes, as well as miles of walking trails and protected interior paved

roads for biking. Visit during their Community Open House on Oct. 15th from 1 to 4 p.m.

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

PENNSYLVANIA

Ambler

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

Cornwall

Cornwall Manor
717-273-2647; *CornwallManor.org*
see our ad on page 21

Cornwall Manor is a not-for-profit community located in historic Cornwall. 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; *FHKennett.org*
see our ad on page 23

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

Kendal-Crosslands Communities
844-907-1800; *KCC.Kendal.org*
see our ad on page 22

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*

Lancaster

Homestead Village
717-397-4831
DiscoverFarmstead.org; DiscoverTownstead.org
see our ad on page 7

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*

Malvern

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

Manheim

Pleasant View Retirement Community
717-665-2445; *PleasantViewRC.org*

Media

Riddle Village
610-891-3700; *RiddleVillage.org*
see our ad on page 58

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

Multiple Locations

Acts Retirement—Life Communities
888-521-3651
AboutActs.com/CountyLinesMag
see our ad on page 4

For more than 50 years, Acts Retirement-Life Communities have provided residents gracious living options and a maintenance-free, amenity-filled lifestyle that allows them to celebrate the good life 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*



Kendal-Crosslands Communities



Riddle Village



Cornwall Manor



Friends Home in Kennett



Dunwoody Village



Harrison Hill Apartments

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Riddle Village




RiddleVillage.org | (610) 891-3700 | 1048 West Baltimore Pike, Media, PA 19063



Hershey's Mill



Homestead Village

Newtown Square

Dunwoody Village

610-359-4400; Dunwoody.org

see our ad on page 60

Dunwoody Village is a five-star rated 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. Plan for tomorrow by getting on the waiting list today.

White Horse Village

610-558-5000; WhiteHorseVillage.org

Paoli

Daylesford Crossing

610-640-4000; DaylesfordCrossing.com

SageLife.com

Phoenixville

Spring Mill Senior Living

610-933-7675

SpringMillSeniorLiving.com

Rosemont

The Mansion at Rosemont

610-632-5835; TheMansionatRosemont.org

Valley Forge

Shannondell at Valley Forge

610-728-5200; Shannondell.com

Wallingford

Plush Mills

610-690-1630; PlushMills.com

West Brandywine

Freedom Village at Brandywine

484-288-2601; FVBrandywine.com

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484-760-6300; TheHickman.org

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484-653-1200
SeniorLifestyle.com/Property/Pennsylvania/Wellington-At-Hersheys-Mill/

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610-775-2300; TheHighlands.org

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[Food News]

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

Prime Steak. Great news for *Top Chef* fans. Season 5 fan-favorite Chef Fabio Viviani is coming to West Chester and bringing his new steak and seafood restaurant **9Prime** with him! Moving into the grand former First National Bank building on High Street, 9Prime will serve up luxury in both their dishes and atmosphere for a premier steak-house experience, opening this fall. *9 N. High St., West Chester. 9PrimeWestChester.com.*



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National Bank building on High Street, 9Prime will serve up luxury in both their dishes and atmosphere for a premier steak-house experience, opening this fall. *9 N. High St., West Chester. 9PrimeWestChester.com.*

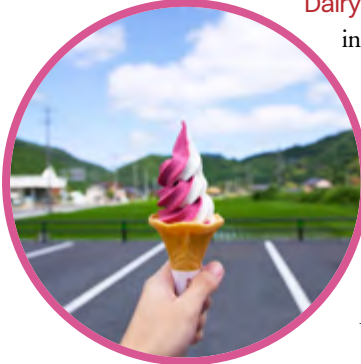
Boosted Bucha. Trade in that morning coffee for some **Baba's Turbo Squirrel** energy-boosted kombucha. Inspired by her grandmother's recipes, Olga Sorsano founded the Phoenixville-based Baba's Bucha in 2015 and has now launched a natural energy drink. Turbo Squirrel provides the same caffeine hit as an average cup of coffee, plus increases energy, focus and endurance. With flavors like Reishi Lemon, Cordyceps Ginger and Passion Fruit Lion's Mane, each drink offers unique taste and perks. BabasBrew.com.



PHOTO CREDIT: KC TINARI

Trendy Tequila. Kudos to West Chester's Saloon 151 on the debut of their new venture, **The Tequila Bar**. Conveniently located next door (former Star of India space), The Tequila Bar offers a uniquely open and modern ambiance. Riding recent tequila and mezcal trends, the bar shares Saloon 151's food menu, but pivots from their whiskey-based drinks to agave-based cocktails like Mezcal Old Fashioneds and Tequila Coladas. Stop by and grab a glass! *151 W. Gay St., West Chester. Saloon151.com.*

State Scoops. Pennsylvania's 6th annual Scooped: An Ice Cream Trail is back this summer with two Chester County creameries on the tasty trail. **Bailly's Dairy of Pocopson Meadow Farm** in West Chester and **Milky Way Farm** in Chester Springs are among the 42 statewide spots on this year's list. Visit just six participating creameries before September 9 and win a stainless steel "Scooped" ice cream scooper! BaillysDairyFarm.com. MilkyWayFarm.com.



Brews on Tap. Thirsty? Beer coming right up! The creators of Hatfield's Imprint Beer Co., known for fruited sours and pastry stouts, plan to open **Serum Kitchen & Taphouse** in West Chester this fall. Can't wait that long? The **Downtown Wilmington Brewfest** is back at Chelsea Tavern on Saturday, August 12, noon to 7 p.m., offering over 100 beers from dozens of local breweries, plus live music, food trucks and friendly competitions. Tickets \$12-\$55. SerumKitchenAndTaphouse.com. BrewFestWilm.com.



Brandywine Table

Market Series: West Chester Growers Market

LOCAL LOVE EMANATES FROM THE 28-YEAR-OLD MARKET

Courtney H. Diener-Stokes

A TOPPING FOR AN ARUGULA SALAD WAS ON LIZ Bradley's mind when she recently picked up some rosemary lemon chèvre at Amazing Acres Goat Dairy's stand at the West Chester Growers Market.

A married mom of two children from East Goshen, Bradley likes supporting local artisans by shopping at the market. She also values that it gives her kids a chance to see who grows or makes the food they eat, which gives them a better understanding of where it comes from. "They can ask questions and take their time," Bradley says. "It's way more fun than the grocery store."

Amazing Acres, owned by Lynne and Will Reid, is one of 30 vendors currently making up West Chester's 28-year-old market held on Saturdays from 9 a.m. to 1 p.m. at North Church and West Chestnut Sts. In what will be their first full year at the market, the Reid's are one of the newer additions to the lineup that includes a range of offerings from locally grown fruits and vegetables to honey and flavored oils along with coffee, cheese, plants, meats, baked goods and hard spirits.

Sky Breads Bakery from Wilmington is one of the longtime vendors at the market, currently in their 25th season. Andy O'Neill, whose father, Patrick, founded the business, sells their hard-crust European breads, soft-crust sandwich bread, cookies, granolas and pastries. Their seven-grain

sourdough and three-seeded whole wheat breads are their biggest sellers. O'Neill was happy to report that business has been steady, if not better, at the market these days. "I think Covid improved business a lot, because a lot of the new customers stayed," O'Neill says.

A few stands down, Adam Lauer, owner of Forgedale Fungi, was selling his farmed and foraged specialty mushrooms. Dan Miksiewicz, a fan of Forgedale's mushrooms, enjoys the versatility of cooking with fungi. "You can throw them in anything from stir-fries and cheesesteaks to pasta dishes," Miksiewicz says.

The cooperative market is overseen by a board of 10 members that includes vendor Don Irvine, the founder and president of Tally Ho craft roasted coffee based in West Chester. He says the community loves the market because of its easy access given its central location downtown. The quality of the food products and good prices are other draws. Irvine shared some of the keys to the market's longevity. "We have really great vendors, and it's a great town to be in," Irvine says. "The town support is really important."

In this month's column, vendors from the market shared favorite summertime recipes for you to try. They will serve as a wonderful opportunity to feature your market finds. Read on!



Forgedale Fungi's Eggplant Mushroom Burgers

This recipe offers a wonderful plant-based burger option that features shiitake and oyster mushrooms. Liquid smoke is among the ingredients to add a smoky profile. Pairs perfectly with a topping of your favorite melted cheese and other burger toppings for dinner on the deck.

Makes 8-10 patties



- 1 lb. eggplant, peeled and sliced into ½-inch disks
- 3 tsp. olive oil
- Salt and pepper to taste
- ½ lb. oyster mushrooms
- ½ lb. shiitake mushrooms
- 2 tsp. fresh parsley
- 2 cloves garlic
- ½ C. grated Pecorino Romano
- 1 C. standard breadcrumbs
- 1 C. Panko bread crumbs
- 2 eggs, beaten
- 2 tsp. Worcestershire sauce
- 2 T. soy sauce
- 1 tsp. liquid smoke
- 1 tsp. Dijon mustard

Preheat the oven to 400°. Brush eggplant disks with olive oil on both sides and sprinkle with salt and pepper. Place in a single layer on a foil-lined pan. Bake for 30 minutes or until eggplant becomes soft.

While the eggplant bakes, finely chop the mushrooms, parsley and garlic. If you use a food processor, avoid processing so finely that the mixture becomes a paste.

Remove eggplant from the oven and reduce heat to 350°. Let eggplant cool for a few minutes and then transfer to a large bowl.

Add mushroom mixture, cheese, bread crumbs, eggs and seasonings to the bowl. Stir until eggplant flesh breaks apart and everything is well combined.

Use your hands to scoop and form 8 to 10 palm-sized patties. Place patties on a greased baking sheet and bake for 15-20 minutes, flipping halfway through.

Refrigerate leftovers in a sealed container for up to two days.

Artisan Exchange Weekly Market

If you get an early start at the West Chester Growers Market, you'll have time to make your way over to the Artisan Exchange outdoor market afterward, open from 10 a.m. to 1 p.m. on Saturdays. After you stock up on seasonal produce at the Growers Market, Artisan Exchange's market is a great destination to pick up more specialty food items.

Almost every vendor produces at the Artisan Exchange in their own rental space or in the commercial kitchen that's rented by the hour. You can find an array of hand-crafted foods from cheese, nut butters and baked goods, to coffee, craft spirits and teas.

Visiting the market offers a neat opportunity to see many of the newest food offerings coming out of West Chester. Check the weekly Facebook event that lists the featured lunch menu and vendor list for each market day. Mezzaluna Pizza served up wood-fired pizza this summer as one of the market's feature lunches.

One thing that makes the market unique is their wide selection of international cuisine, including empanadas from Buenos Aires Empanadas, hand-cut tortilla chips, salsa and guacamole from Cocina Dorada, West African cuisines from Sallamin Foods International, Irish cakes from MacDougall's Irish Victory Cakes and Thai food from Uban Thai.

Located at 208 Carter Drive in West Chester. You can find out more at: ArtisanExchange.com.

Amazing Acres' Bacon-Wrapped Goat Cheese-Stuffed Jalapeños

All you need are three ingredients for this tasty appetizer, and they can all be found at the West Chester Growers' Market. Featuring Fromagina, the mild flavor of this fresh goat cheese offsets the heat of the jalapeño. These wraps, also known as poppers, make a perfect backyard party snack or can serve as a hearty lead-up to dinner. Pairs well with cocktail hour.

Makes 16 poppers



Lynne Reid of Amazing Acres



Andy O'Neill of Sky Breads Bakery



Adam Lauer of Forgedale Fungi

8 jalapeño peppers
6 oz. Amazing Acres fromagina
8 slices bacon
Soaked toothpicks (optional)

Preheat the oven to 400°, unless you plan to cook them on the grill. If cooking in the oven, place a wire rack on top of a large-rimmed baking sheet and set aside.

Slice each jalapeño in half, lengthwise. Use a spoon to scrape out the seeds and membranes. Stuff each jalapeño half with an equal amount of the Fromagina.

Cut the slices of bacon in half and tightly wrap one half around each cheese-stuffed jalapeño half. Secure with a toothpick if needed.

Place the bacon-wrapped jalapeños on the wire rack you previously placed on the baking sheet and put in the oven. Bake for 20–25 minutes, until the bacon reaches desired crispness. Or, you can cook on the grill over high heat until the bacon is crispy, turning often, about 10 minutes.

Refrigerate in a sealed container for up to three days.

Oatmeal Cookies by Sky Bread Bakery

You have a choice of featuring chocolate chips or raisins in this hearty oat-based cookie that's soft on the inside and slightly crispy on the outside. Pair with vanilla ice cream at your backyard cookout for a casual dessert.

Makes about 2 dozen standard or 8 monster-sized cookies



1¼ sticks of lightly salted butter, softened
1¼ C. brown sugar
½ tsp. molasses
1 large egg
¼ C. water
2 C. organic whole wheat flour
1⅔ C. rolled oats
½ tsp. salt
½ tsp. baking powder
1½ C. chocolate chips or raisins (your choice)

Local Growers and Makers You Can Find

Founded in 1995, the West Chester Growers Market is still going strong in the heart of downtown. You can find ingredients for all of your summer cooking needs, whether crafting a menu for dinner in the backyard or a picnic in the park. The market has a diverse selection of fresh, seasonal and locally grown fruits, vegetables and herbs, bread and baked goods, honey and maple products, meats, cheese and more.

The vibe at the market is a friendly and welcoming one, where growers and makers are eager and open to talking about the food or products they offer. As a cooperative market, every vendor has a say in the direction of the market and vendors who participate. The result is a close-knit family of vendors, some of whom have been there for over two decades.

The year-round market is open on Saturdays from 9 a.m. to 1 p.m. through December at the corner of North Church and West Chestnut Streets. From January through April, you can visit the market on 1st, 3rd and 5th Saturdays of the month. To learn more visit WestChester-GrowersMarket.com.

Preheat oven to 325°

In a large bowl, cream together the butter, brown sugar and molasses. Beat the mixture until smooth.

In a separate bowl, combine the egg and water. Gradually add to the butter mixture and beat to incorporate. Continue to beat until the mixture is fluffy and is noticeably lighter in color.

In another separate bowl, combine the flour, oats, salt and baking powder.

Fold dry ingredients into butter mixture, being careful not to overmix. Fold in the raisins or chocolate chips.

Roll into balls (large or small depending on size of cookie you prefer) and flatten into either one-inch or three-inch disks on parchment paper.

Bake for about 15–17 minutes for a standard cookie and 18–20 minutes for a monster cookie (until the edges are firm and the bottom is lightly browned). Do not remove the cookies from the baking sheet until completely cooled to avoid breaking.

Store in an airtight container for up to three days unrefrigerated.

Avocado Toast with Chèvre

Gwendolyn Smith, founder of The Wandering Hearth food blog, is a regular customer of Amazing Acres, and she's particularly fond of their chèvre. She concocted this avocado toast recipe that lets you put the arugula or baby greens in your garden to good use. The peppery arugula and radish

add a crunch, the avocado adds a creaminess, and the sourdough bread adds a chewiness that all comes together in this perfect summer lunch to enjoy outdoors on the patio. Pair with a glass of your favored iced tea.

Serves 1



1 oz. Amazing Acres chèvre (savory or plain)
1 slice fresh sourdough bread
½ ripe avocado, sliced

Kosher salt
Freshly ground black pepper
Pinch of crushed red chili flakes
Extra virgin olive oil
½ C. arugula or baby greens
1 radish, sliced

Spread the chèvre on the sourdough bread (toast first if desired).

Evenly add the avocado slices on top of the chèvre. Sprinkle with kosher salt, freshly ground black pepper and a pinch of chili flakes. Drizzle lightly with extra virgin olive oil.

Toss the arugula or greens and radish with a light drizzle of olive oil. Add to the top of the toast. Storage not recommended. ♦

Courtney Diener-Stokes is an award-winning journalist, author, food writer, photographer and food stylist. Most recently she co-authored the Kimberton Whole Foods Cookbook and Farmhouse Manna: Nourishing Recipes and Rituals for Head, Heart, Hands & Soul. She lives in the Oley Valley countryside with her husband, three children, two Babydoll Southdown sheep, a flock of bantam chickens and a Bernedoodle named Daisy.



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