

MARCH 2024

COUNTY LINES

\$5.00

Celebrating 47 Years of Publishing!

COUNTY LINES
MAGAZINE

515 S. Franklin St., Ste. 100 • West Chester, PA 19382

PRSR STD
US POSTAGE PD
PERMIT # 582
West Chester, PA

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



WOMEN LEADERS ISSUE

Datebook Calendar



MAIN STREET CABINET

Design and sale of quality cabinetry & countertops



5064 West Chester Pike Newtown Square, PA 610-325-5500
111 E. Main Street Moorestown, NJ 856-234-3400
www.mainstreetcabinet.com

#1 DEALER IN USA!
PLATO
WOODWORK, INC.



Welcome to our State-of-the-Art Implant Surgery Center

“Dental Implant Surgery is, of course, surgery and best performed by an experienced ORAL SURGEON, with specialized training and education”

- ▶ Dr. Famiglio has Over 30 Years Experience
- ▶ Top 1% in Dental Implant Surgeons in the U.S.
- ▶ General Anesthesia/Sedation Available
- ▶ ADVANCED 3D Technology
- ▶ Zirconium (Non-Metal) Implants Available

DR. PETER M. FAMIGLIO
Brandywine
ORAL SURGERY

25 Dowlin Forge Road | Exton, PA 19341
213 Reeceville Road | Coatesville, PA 19320

610.363.7000

BrandywineOralSurgery.com

Board Certified Oral & Maxillofacial Surgeon, Peter M. Famiglio D.M.D.



**Forbes ranks Patti #1 Top Women Wealth Advisor in the State
and #12 Top Women Wealth Advisor in the Nation!**



**EY Entrepreneur
Of The Year®**
2023 Award Winner



NATIONALLY ACCLAIMED for Her Wisdom in Wealth Management...
LOCALLY RECOGNIZED for Her Care and Service to the Community...

PATTI CURRENTLY SERVES AS A BOARD OF DIRECTOR FOR CHESTER COUNTY HOSPITAL AND HEALTH SYSTEM, YMCA OF GREATER BRANDYWINE AND CONNECT THRU CANCER. SHE IS A FORMER BOARD MEMBER OF THE CHESTER COUNTY ECONOMIC DEVELOPMENT COUNCIL, AND SEEDCO (APPROVING SBA LOANS).

1045 ANDREW DRIVE, SUITE A
WEST CHESTER, PA 19380
610.429.9050

KeyFinancialInc.com



KEY FINANCIAL, INC.
Wealth Management With Wisdom & Care

Securities offered through **Osaic Wealth, Inc.** member FINRA/SIPC. Investment advisory services offered through Key Financial Inc. **Osaic Wealth Inc.** is separately owned and other entities and/or marketing names, products or services referenced here are independent of **Osaic Wealth Inc.**

The Barron's Hall of Fame acknowledges advisors who have appeared in Barron's annual Top 100 Advisor rankings for 10+ years. The Hall of Fame honors advisors who exemplify long-term success and commitment to their clients. Rankings and recognition from Barron's are no guarantee of future investment success and do not ensure that a current or prospective client will experience a higher level of performance results and such rankings should not be construed as an endorsement of the advisor. Please see www.barrons.com for more information.

The Ernst and Young Entrepreneur Of The Year® Award has recognized the endeavors of exceptional men and women who create the products and services that keep our worldwide economy moving forward.

The Forbes ranking of America's Top Wealth advisors, is based on an algorithm of qualitative and quantitative data, rating thousands of wealth advisors with a minimum of seven years of experience and weighing factors like revenue trends, assets under management, compliance records, industry experience and best practices learned through telephone and in-person interviews. There is no fee in exchange for rankings. Forbes "Best In State Wealth Advisors 2023" list (Feb. 2023). The ranking for this list by SHOOK Research is based on due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including assets under management and revenue generated for their firms. Forbes is a trademark of Forbes Media LLC. All rights reserved. Rankings and recognition from Forbes/SHOOK Research are no guarantee of future investment success and do not ensure that a current or prospective client will experience a higher level of performance results and such rankings should not be construed as an endorsement of the advisor.

Third party rankings and recognitions are no guarantee of future investment success and do not ensure that a client or prospective client will experience a higher level of performance or results. These ratings should not be construed as an endorsement of the advisor by any client nor are they representative of any one client's evaluation.



from the
EDITOR

This March, *County Lines* is publishing our first Women Leaders issue. Inspired by Women's History Month, but more so by the extraordinary women leaders in our community, we've created an issue focused on women in a variety of important contexts.

Our cover feature highlights eight women who've become leaders in a wide range of fields: Dr. Lorraine Bernotsky, West Chester University's incoming president; Patti Brennan of Key Financial, Inc.; Molly Giordano of the Delaware Art Museum; Congresswoman Chrissy Houlahan; Dr. Janice Nevin of ChristianaCare; Aimee Olexy of Talula's Table and more; Sandra Riper of Sunset Hill Jewelers; and Karen Simmons of the Chester County Community Foundation. Each has a compelling story and offers advice for future women leaders.

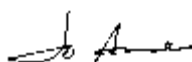
In Brandywine Stories, Malcolm Johnstone shares short profiles of four women who've had an outsized role in shaping our history, including Pennsylvania's first female governor. Beth Krallis looks at the impact of "Women in Nonprofits and Philanthropy," where 75% of the workforce is female. And we add "Resources to Support Women and Girls," listing key local nonprofits, perfect for volunteering and supporting.

In "Sisters Are Doing It for Themselves," Main Point Books' Shelley Laurence recommends books about statesmanship, spycraft, activism and more. Liz Tarditi writes "Elevating Every Glass: Celebrating Women Leaders in Wine and Spirits" to give us a fun way to toast women leaders. And Brandywine Table's Courtney Diener-Stokes checks in with the Rodale Institute's Maria Rodale and her new direction in organic food, along with some healthy recipes.

Local medical experts share "Differences in Women's Health," specifically for the underdiagnosis of autistic girls, overrepresentation of women with migraines, and lesser known symptoms of heart attacks in women.

Our "Datebook Calendar" compiles the top fundraisers for the year, while our guide to summer camps helps with plans for the kiddos, and our Best Local Events identifies the best things to do in March.

Thank you for reading.


Jo Anne Durako
Editor



COMING IN April

OUTDOOR LIVING ISSUE

Building Your Outdoor Oasis
Lancaster Focus • Home of the Month
Celebrating 225 Years of West Chester
Beavers • Cricket • Tattoos



COUNTY LINES MAGAZINE

March 2024

Volume XLVII Number 7

PUBLISHER
Edwin Malet

EDITOR
Jo Anne Durako

ART DIRECTOR
Harvey Walls

ASSOCIATE EDITOR
Marc Tomassone

ASSISTANT EDITOR
Shannon Montgomery

FOOD EDITOR
Courtney H. Diener-Stokes

ACCOUNT EXECUTIVES
Susan Gillespie
Kim Ross
Scott Armstrong

BUSINESS MANAGER
Debra M. French

CONTRIBUTING WRITERS
Laurel Anderson / Cara Corridoni
Emily Hart / Elizabeth Hughes
Shelley Laurence / Carol Metzker
Liz Tarditi

CONTRIBUTING PHOTOGRAPHERS
Brenda Carpenter
Wil Moore / Timlyn Vaughan

INTERNS
Abigail Banks
Eric Monaghan

CONTACT US AT
ValleyDel Publications, Inc.
515 S. Franklin St., Ste. 100
West Chester, PA 19382.
610-918-9300. Info@ValleyDel.com

Issue: \$5.00
Subscriptions: \$36/print; \$12/digital
Advertising: 610-918-9300

TO GET OUR NEWSLETTER
Send an email to Info@ValleyDel.com

To find County Lines, check our website's "Get A Copy" page, pick one up at Main Point Books, Wellington Square Bookshop, Reads & Company and specialty food markets, or visit advertisers listed in the Index.



County Lines Vols. XLVII No. 7. Copyright, 2024 by ValleyDel Publications. All rights reserved. *County Lines* and *County Lines Magazine* (ISSN 0195-4121) are registered names of ValleyDel Publications, Inc. Use of these names without the consent of ValleyDel Publications, Inc. may subject the infringer to penalty and suit as provided by law.


**BERKSHIRE
HATHAWAY**
HomeServices
Fox & Roach, REALTORS®
610-431-1100

A member of the franchise system of BHH Affiliates, LLC

HOLLY GROSS GROUP

Residential • Farms • Land • Commercial

Holly Gross Stephen Gross Stewart Gross
Jenny Cassidy Michael Mummert Herb Schwabe

CALL 610-430-3030 • HollyGrossGroup.com
Licensed in PA, DE, MD



We are one of the top producing realtors in the tri-state area.
We get results for our clients.
(And we would love to work with you, too!)



Newlin Township
\$3,750,000
Last List Price



Newlin Township
\$1,750,000
Last List Price



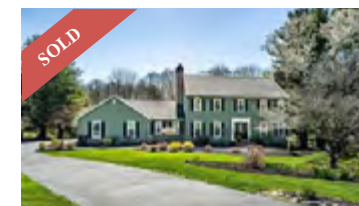
East Marlborough Township
\$1,695,000
Last List Price



East Marlborough Township
\$990,000
Last List Price



West Pikeland Township
\$988,000
Last List Price



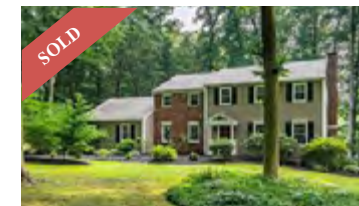
Pocopson Township
\$985,000
Last List Price



East Marlborough Township
\$895,000
Last List Price



Honey Brook Township
\$689,000
Last List Price



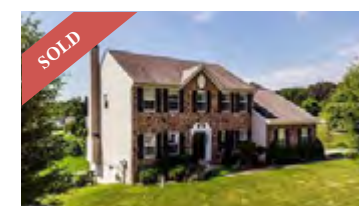
Newlin Township
\$665,000
Last List Price



West Marlborough Township
\$610,000
Last List Price



West Nantmeal Township
\$398,000
Last List Price



West Clan Township
\$389,000
Last List Price

WALTER J. COOK JEWELER

Established 1946



C A S U A L E L E G A N C E

36 Chestnut Road | Paoli, PA 19301 | 610.644.5347

walterjcookjeweler.com

CONTENTS

Volume 47, Number 7 • March 2024

COUNTY LINES
MAGAZINE



- 18 SISTERS ARE DOING IT FOR THEMSELVES**
Read about women who are changing the world.
Shelley Laurence, Main Point Books
- 20 BRANDYWINE STORIES**
Four women who shaped Chester County and Pennsylvania.
Malcolm Johnstone
- 22 WOMEN IN NONPROFITS AND PHILANTHROPY**
Giving their time, talent and treasures to causes they love.
Beth Krallis
- 23 RESOURCES TO SUPPORT WOMEN AND GIRLS**
A guide to local resources.
- 24 DATEBOOK CALENDAR**
We'll help you plan something to attend every month.
Edited by Marci Tomassone
- 33 WOMEN LEADERS**
Eight exceptional women share their stories and advice for future leaders.
- 43 DIFFERENCES IN WOMEN'S HEALTH**
• Girls Have Autism, Too
• More Than Just a Headache: Migraine and Women
• How Women Can Stay Heart-Healthy
- 53 SUMMER CAMPS**
Our guide to help you keep your kids energized, engaged and happy all summer long.
Edited by Marci Tomassone
- 58 ELEVATING EVERY GLASS: CELEBRATING WOMEN LEADERS IN WINE AND SPIRITS**
Another way of celebrating Women's History Month.
Liz Tarditi
- 62 BRANDYWINE TABLE**
Journey into the heart of Maria Rodale's garden.
Courtney H. Diener-Stokes

departments

9 GOOD TO KNOW
11 MARCH PICKS

12 BEST LOCAL EVENTS
61 FOOD NEWS

66 INDEX



Setting the standard since 1978

Complete design services and fine craftsmanship
Custom barns, arenas, garages and living quarters

1-888-354-4740 | www.kingbarns.com

A library card opens up a galaxy of possibilities! Sign up - it's FREE and EASY!

✓ Books and expert reading recommendations

✓ Free family museum passes

✓ Job, career, and personal finance resources

✓ Access to free databases and reference questions answered

✓ Virtual and in-person programs, digital media labs, STEM kits & Library of Things

✓ 24/7 online access to digital books, magazines & more

✓ Free Internet access, WIFI and computers

www.ccls.org

18 Convenient library locations in Chester County:

• Atglen • Avon Grove • Chester County (Exton) • Chester Springs • Coatesville • Downingtown • Easttown • Henrietta Hankin (Chester Springs) • Honey Brook • Kennett • Malvern • Oxford • Paoli • Parkesburg • Phoenixville • Spring City • Tredyffrin • West Chester



[Good to Know]

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

Dash Through the Snow. Bundle up and mark your calendars for Saturday, March 2 — the third annual **Snowball Shuffle** is here! Held in Exton's Eagleview Town Center, this event includes a 5K race and 1-mile walk. The race is hosted by the non-



profit Communities That Care of Greater Downingtown, an organization that uses prevention programs to increase positive mental health for young people. Run for fun at this fundraiser! More at DTownCTC.org.

Farm Fame. The Cochran family's **300-year-old Chester County farm** was honored during the 2024 PA Farm Show as part of this year's Century Farm Awards Ceremony. Just six families were recognized for keeping their farm in the family for over 100 years, and the Cochrans' is the second in Pennsylvania to have received this Tricentennial title. Located *not* coincidentally in Cochranville, the farm today retains 120 acres of original land. PennWatch.org.



E-mazing! Attention book lovers! **Chester County Library System** hit an amazing record of 1.1 million digital e-book copies borrowed in 2023, over 25% of their total materials checked out. The library offers their readers a true digital experience, with 24/7 access to available e-books, audiobooks and more. To browse their large selection of digital copies, download Libby by OverDrive — a free app offering a range of media including e-books, audiobooks, magazines and more. CCLS.org.

Supporting Survivors. Breast cancer survivors interested in becoming peer mentors to support those newly diagnosed can join the **Delaware Breast Cancer Coalition** and give back to their community. The Coalition, which has a large network of survivors supporting one another, offers in-person and Zoom mentor training to provide one-on-one mentorship. Help raise awareness of breast health issues and increase access to care and education. To register, visit DEBreastCancer.org.



Paperback Pastries. West Chester welcomes a new shop for readers and foodies alike. **The Bookstore Bakery** combines the owners Jonathan's and Jessica's love for literature and baking in a passion project offering books along with treats from a Culinary Institute of America-trained baker. Stop by and grab a vegan banana muffin, egg tart or homemade iced chai plus a best seller. 145 W. Gay St., West Chester. [@BookstoreBakeryWC](https://www.instagram.com/BookstoreBakeryWC).



Passion. Process. Perfection.



484.593.0334 • WWW.ECTBUILDERS.COM

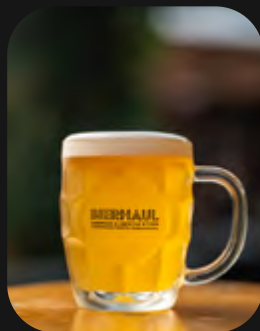


First come
first served
to Delco's
premier bier
experience.

Booking large private events,
email: Cindy@bierhaul.com



PA's Only Authentic
European Beer Garden



341 Thornton Rd, Thornton, PA • 610-550-3440 • www.Bierhaul.com

March Picks

Our Picks for top events this month

The Philadelphia Flower Show

March 1-10



This year's theme, "United by Flowers," celebrates the unique and colorful community born out of our shared love and appreciation of gardening and the connections and impact created on our everyday lives. Preview

party, *Mar. 1*, opening cocktail party, bringing together designers, florists, philanthropists and fans, 6 to 9 p.m., \$750. *PA Convention Center, 1101 Arch St., Phila. Mar. 2-9, 10 a.m. to 8 p.m.; Mar. 10, 10 a.m. to 6 p.m. \$25-\$49. TheFlowerShow.com.*

School of Rock at Media Theatre

March 6-30

A charismatic music teacher breathes new life into his young students' lives when he convinces them to form a rock band in this stage adaptation of a new-age story of rock & roll with music by Andrew Lloyd Weber. Young actors at the helm make this play a perfect musical for all audiences. *The Media Theatre, 104 E. State St., Media. Times and tickets, MediaTheatre.org.*



Greater Philadelphia Pet Expo

March 8-10

Fun for the whole family with special attractions including The Dynamo Disc Dogs, Rainforest Reptile Shows, The International Cat Association Cat Show, Piggyville and more. *The Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Fri., Family Night, 3 to 8 p.m.; Sat., 10 a.m. to 7 p.m.; Sun., 10 a.m. to 5 p.m. \$5-\$15. FamilyPetShows.com.*



"Jamie Wyeth: Unsettled" at the Brandywine Museum of Art

March 17-June 9

This exhibition traces a persistent vein of intriguing, often disconcerting imagery over the career of renowned local artist Jamie Wyeth, featuring more than 50

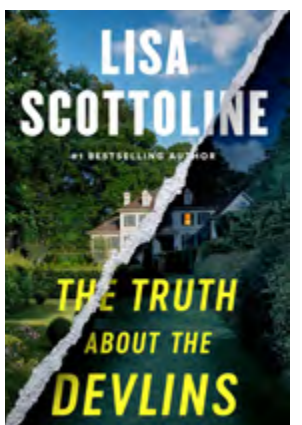


works drawn from museum and private collections across the country. *Rt. 1, Chadds Ford. Wed.-Mon., 9:30 a.m. to 4:30 p.m. \$8-\$20. Brandywine.org.*

Lisa Scottoline, *The Truth About The Devlins* Book Launch

March 24

Lisa Scottoline hosts her book launch celebration at the historic Colonial Theatre. Her latest pulse-pounding domestic thriller is about family, justice and the lies that tear us apart. *227 Bridge St., Phoenixville. 2 to 3 p.m. A ticketed event. Visit ReadsAndCompany.com.*



best Local Events

FAMILY FUN

THROUGH MARCH 3
SALT Performing Arts Presents *Finding Nemo Jr.* A musical adaptation of the beloved 2003 Pixar movie. *1645 Art School Rd., Chester Springs.* Times and tickets, 610-488-2585; SALTPA.com.

THROUGH AUGUST

The Franklin Institute Presents *The Art of the Brick*. An exhibit by artist Nathan Sawaya is a critically acclaimed collection of inspiring artworks made exclusively from one of the most recognizable toys in the world: the LEGO brick. *Franklin Institute, 222 N. 20th St., Philadelphia.* Daily 9:30 to 5. \$39–\$43. FI.edu.



MARCH 2 & 3
Delaware Mineralogical Society's Mineral & Fossil Show. The show features exhibits of mineral, lapidary and fossil specimens, fine dealers of minerals, fossils, gems, jewelry and lapidary supplies, demonstrations and a children's table. *DoubleTree by Hilton, 4727 Concord Pk., Wilmington.* Sat, 10 to 5; Sun, 11 to 5. \$3–\$6. DMSRocks.org.



MARCH 3 & 10
An Afternoon on Broadway! at Media Theatre. Select members of the Media Theatre Youth Ensemble and professional vocalists are showcased performing standards

from Gershwin, Porter and Kern, Rodgers & Hammerstein and Andrew Lloyd Webber. *The Media Theatre, 104 E. State St., Media.* Mar. 3, 1 pm; Mar. 10, 3 pm. Times and tickets, 610-891-0100; MediaTheatre.org.

MARCH 8 & 22
DelArt Story & Studio. Children ages 18 months to 4 years join other young artists on a creative playdate at the museum. They start with a story time in Kids' Corner and then head over to the Children's Studio to create their own work of art. *Delaware Art Museum, 2301 Kentmere Pkwy., Wilmington.* 10:30 to 11:30. \$5. DelArt.org.

MARCH 10
Pennsylvania's 343rd Birthday Celebration at Brandywine Battlefield Park. Join in for the annual kickoff to the season—Charter Day! Enjoy free admission while you visit and learn about William Penn's Charter for Pennsylvania with historical interpreters, demonstrations and more. *1491 Baltimore Pk., Chadds Ford.* Noon to 4. Free. BrandywineBattlefield.org.



MARCH 13
The Grand Presents Daniel Tiger's Neighborhood Live. Daniel Tiger and all of his friends are hopping back on board Trolley and coming to Wilmington. Join Daniel, O the Owl, Miss Elaina, Katerina Kittycat, Prince Wednesday and more familiar friends for a brand-new adventure. *The Grand Wilmington, 818 N. Market St., Wilmington.* Times and tickets, TheGrandWilmington.org.

MARCH 22
Teen Flashlight Egg Hunt. Radnor Recreation invites teens (12 and up) to participate in a flashlight egg hunt along a portion of the Radnor Trail. Event hub and parking at *Wayne Art Center, 413 Maplewood Ave., Wayne.* Win special prizes, play games and enjoy snacks and goodies. Pre-registration req. 8 pm. Free. Rain date, March 23. Visit RadnorRecreation.com.

MARCH 23
Ryerss Farm Easter Egg Hunt. Spend time with your family, friends and the Ryerss community while hunting Easter eggs, winning prizes and visiting the animals and having your picture taken with the Easter Bunny. Benefits Ryerss Farm for Aged Equines. *1710 Ridge Rd., Pottstown.* 10 to noon. \$10/car. RyerssFarm.org



APRIL 9
WCU Live! Presents Tamagawa University Taiko Drumming & Dance. Nearly 30 drummers and dancers from Tamagawa University make a return appearance on campus for an athletic and graceful appearance that includes thundering taiko drumming and Japanese folkloric dance. *Emilie K. Asplundh Concert Hall, University Ave. & S. High St., West Chester.* 7 pm. \$20–\$27. 610-436-2266; WCUPA.edu/live.



ART, CRAFTS & ANTQUES.....

MARCH 16–17

Antiques at Kimberton. Featuring over 65 quality dealers specializing in primitives, architectural salvage, home and garden finds, and more. Greater Philadelphia Expo Center at Oaks, 100 Station Ave., Oaks. Sat, 9 to 5; Sun, 11 to 4. \$7. AntiquesAtKimberton.com.



BOAT SHOWS.....

THROUGH MARCH 3

The Atlantic City Boat Show. Celebrate life on the water. Climb aboard hundreds of boats for every budget and lifestyle. Atlantic City Convention Center, 1 Convention Blvd., Atlantic City, NJ. Wed–Fri, noon to 8; Sat, 10 to 8; Sun, 10 to 6. \$20. ACBoatShow.com.

BOOKS.....

MARCH 7–21

Wellington Square Bookshop. NonFiction Book Group: Mar. 7, *Revolutionary: Samuel Adams* by Stacy Schiff, 7 pm. Fiction Book Group: Mar. 20 & 21, *Who is Maud Dixon* by Alexandra Andrews, Wed, 2 pm, Thurs, 2 & 7 pm. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.

MARCH 19, 28

Main Point Book Club. Mar. 19, Fiction Book Group: *Trespases* by Louise Kennedy, 1 pm. Mar. 28, NonFiction Book Group: *Monsters: A Fan's Dilemma* by Claire Dederer, 7 pm. 116 N. Wayne Ave., Wayne. MainPointBooks.com.

BRIDAL

MARCH 17

Chester County Wedding Connection Spring Showcase. Over 35 local wedding vendors, refreshments and an opportunity to win one of 4 grand prizes. The Washington at Historic Yellow Springs, 1685 Art School Rd., Chester Springs. 1 to 3. \$5/couple. ChesterCountyWeddingConnection.com.

DANCE.....

MARCH 8–10

National Ballet Competition at The Grand Opera House. Competitors from all over the country perform for an international panel of dance professionals. 818 N. Market St., Wilmington. Free. NationalBalletCompetition.org.

FILM.....

MARCH 7

17th Annual Trail Creek Outfitters Wild & Scenic Film Festival. Enjoy an evening of environmental and adventure films hosted by



BUCKS COUNTY

Designer House & Gardens

Sycamore Lane Farm

1421 Route 113, Perkasie, Pennsylvania

April 28 - May 26, 2024

Make plans to tour our 48th designer house.

This historic 45-acre property, with multiple outer buildings, has just received a complete update and is ready for its next chapter!

For Preview Gala Tickets, Tour Tickets, or for more information:
BucksCountyDesignerHouse.org 215.345.2191

Honorary Chairs

Joan and Don Parlee, MD

Gold Sponsors

Angela and Dick Clark
Johnson & Johnson

Proceeds benefit Doylestown Health and mission of the VIA.

Doylestown Health

Trail Creek Outfitters. Benefits Stroud Water Research Center and Brandywine Red Clay Alliance. Upland Country Day School, 420 W. Street Rd., Kennett Square. Doors open at 6 pm. for light refreshments, films begin at 7 pm. \$45, includes food and drink. StroudCenter.org.

FOOD & BREWS.....
THROUGH MARCH 3
Restaurant Week in Annapolis, MD. Take a daytrip to Annapolis where participating restaurants will offer prix fixe menus for you to enjoy for breakfast, lunch and dinner. Visit DowntownAnnapolisPartnership.org.

APRIL 6
7th Annual Rails and Ales at The Railroad Museum of Pennsylvania. Annual craft beer tasting event is held among the historic trains, with around 20 craft breweries in attendance, as well as four or five food trucks. Benefits the Museum. 300 Gap Rd., Strasburg. 5:30 to 9. \$15–\$50. RailsAndAles.org.



FUNDRAISERS
See Datebook Calendar in this issue.

GARDENS.....
THROUGH MARCH 24
Winter Wonder at Longwood Gardens. Relish the beauty of winter both indoors and out. Stroll through a beautiful indoor winter wonderland with a tropical twist. Outdoors, experience the serenity of winter with subtle hues throughout the landscape. 1001 Longwood Rd., Kennett Square. Wed–Mon, 10 to 5. \$13–\$25. LongwoodGardens.org.

MUSEUMS.....
THROUGH JUNE 30
Delaware Art Museum. “The Artistic Legacy of James E. Newton: Poetic Roots,” an exhibition by Anna Bogatin Ott. 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri–Sun, 10 to 4. \$6–\$12, Sun, free. 302-571-9590; DelArt.org.



hibition by Anna Bogatin Ott. 2301 Kentmere Pkwy., Wilmington. Wed, 10 to 4; Thurs, 10 to 8; Fri–Sun, 10 to 4. \$6–\$12, Sun, free. 302-571-9590; DelArt.org.

THROUGH SEPTEMBER 15
Brandywine Museum of Art. “Every Leaf & Twig: Andrew Wyeth’s Botanical Imagination.” 1 Hoffman’s Mill Rd., Chadds Ford. Wed–Mon, 9:30 to 4:30. \$8–\$20. Brandywine.org.



ONGOING
Winterthur Museum. “Outside In: Nature-inspired Design at Winterthur.” In partnership with the DE Museum of Natural History, the exhibition brings selections from their collection of natural specimens together with collections drawn from Winterthur, demonstrating the connection between nature and the decorative arts. 5105 Kennett Pk., Winterthur, DE. Tues–Sun, 10 to 5. \$8–\$25. Winterthur.org.

MUSIC & ENTERTAINMENT
MARCH 1-21
Uptown! Knauer Performing Arts Center. **Mar. 1,** West Chester Jazz Orchestra with Joanna Pascale; **Mar. 2,** Whammer Jammer: J Geils Tribute Band; **Mar. 4,** Sing Street; **Mar. 7,** Better Than Bacon–Improv Comedy; **Mar. 10,** West Chester Dance Works 2024 Spring Concert; **Mar. 15,** Cormorant’s Fancye; **Mar. 17,** Whiskey Rovers; **Mar. 21,** Young Dubliners; **Mar. 22,** Tommy Froelich Album Release Party “Ches-ter County Bound” with Paul Wilkinson. 226 N. High St., West Chester. Times and tickets, UptownWestChester.org.



Local Farm Markets

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

Bryn Mawr Farmers Market, Lancaster Ave. Bryn Mawr train station lot. Sat, 9 to 1. Beg. Jan. 6 through Mar, 1st, 3rd & 5th Sat, 10 to noon. FarmToCityMarkets.com.

Downingtown Farmers Market, Kerr Park, 28 E. Pennsylvania Ave. Sat, 9 to 1. Beg. Jan. 13 through Apr. 27, 2nd & 4th Sat. 10 to noon. GrowingRootsPartners.com.

Eagleview Farmers Mkt., Eagleview Town Ctr., 570 Wellington Sq., Exton. Thurs, 3 to 6:30. Beg. Jan. 4 through Apr. 18, 1st & 3rd Thurs. 11 to 1. GrowingRootsPartners.com.

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

Lancaster Central Market, 23 N. Market St. Tues, Fri & Sat, 6 to 3. CentralMarketLancaster.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. Beg. Jan. 6 through Apr. 20, 1st & 3rd Sat, 10 to noon. GrowingRootsPartners.com.

Media Farmers Market, Edgemont St. between Front & State Sts. Beg. Dec. 3 through Apr, 1st & 3rd Sun, 10 to noon. FarmToCityMarkets.com.

Phoenixville Farmers Market, 200 Mill St. Sat, 10 to noon. Beg. Jan. 6 through Mar, 1st, 3rd & 5th Sat, 10 to noon. PhoenixvilleFarmersMarket.org.

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

West Chester Growers Mkt., Chestnut & Church Sts. Through Dec., Sat, 9 to 1. Jan. 6 through Apr. 20, 1st, 3rd & 5th Sat, 10 to noon. WestChesterGrowersMarket.com.

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



MARCH 1-23
Longwood Gardens Indoor Performance Series. **Mar. 1,** Time for Three; **Mar. 8,** Veronica Swift; **Mar. 10,** Emily Ballentine Erb; **Mar. 14,** Martha Redbone Roots Project; **Mar. 15,** JigJam; **Mar. 22,** “Romance in the Garden.” Franck and Rachmaninoff; **Mar. 23,** Monty Alexander. 1001 Longwood Rd., Kennett Square. LongwoodGarden.org.

MARCH 2-APRIL 3
At The Grand in Wilmington. **Mar. 2,** The Joni Project—Tribute to Joni Mitchell; **Mar. 16,** The Irish Comedy Tour; **Mar. 24,** Gaelic Storm and High Kings; **Mar. 29,** Anthony Rodia: Totally Relatable Tour; **Apr. 3,** One Night of Queen performed by Gary Mullen and The Works. 818 N. Market St., Wilmington. Times and tickets, TheGrandWilmington.org.

MARCH 2-APRIL 4
The Keswick Theatre. **Mar. 2,** The Irish Tenors; **Mar. 6,** The Wolfe Tones; **Mar. 7,** Modi Rosenfeld; **Mar. 8,** The Moody Blues’ John Lodge; **Mar. 9,** Spyro Gyra; **Mar. 13,** Masters of Illusion; **Mar. 15,** An Evening with William H. Macy; **Mar. 16,** An Evening with Judge Reinhold; **Mar. 22,** The Robert Cray Band; **Mar. 24,** KK’s Priest; **Mar. 27,** A Night Of Journey Music Beyond Frontiers; **Mar. 29,** Gaelic Storm & The High Kings; **Mar. 30,** Blackberry Smoke; **Apr. 4,** An Evening with David Sedaris. 291 N. Keswick Ave., Glenside. Times and tickets, KeswickTheatre.com.



MARCH 2-30
American Music Theatre. **Mar. 2,** Lee Brice: Me & My Guitar; **Mar. 3,** TUSK: The Ultimate Fleetwood Mac Tribute, **Mar. 5,** TESLA with special guest Kurt Deimer; **Mar. 8,** Dwight Yoakam; **Mar. 15,** Masters of Illusion; **Mar. 16,** The Oak Ridge Boys; **Mar. 23,** Clint Black: 35th Anniversary of “Killin’ Time;” **Mar. 24,** Nickel Creek with special guest Monica Martin; **Mar. 28,** Blackberry Smoke; **Mar. 29 & 30,** Celtic Woman. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, AMTShows.com.



MARCH 2-APRIL 6
The Colonial Theatre Presents. **Mar. 2,** Total Mass Retain: YES Tribute Band; **Mar. 6,** Marc Broussard: Carencro 20th Anniversary Tour; **Mar. 9,** The Seven Wonders: A Live Tribute to Fleetwood Mac; **Mar. 14,** An Evening with Brandy

Clark and Hayes Carll; **Mar. 22,** Hush: An Immersive Speakeasy Experience; **Mar. 23,** Der-vish; **Mar. 30,** Luke O’Brien Presents Old Friends: A Look Back at a Musical Journey and A Presentation of the New; **Apr. 6,** The British Legends rock bands. 227 Bridge St., Phoenixville. Times and tickets, 610-917-1228; TheColonialTheatre.com.


MARCH 3
Delaware County Symphony Concert. Music from “South of the Border.” Neumann University, Meagher Theatre, 1 Neumann Dr., Aston. 3 pm. \$17–\$20. DCSMusic.org.

MARCH 8 & 9
Lancaster Symphony Orchestra Con- cert: Vivaldi’s Four Seasons. Featuring violinist William Hagen. Gardner Theatre, Lancaster Country Day School, 725 Hamilton Rd., Lancaster. Times and tickets, 717-291-6440. LancasterSymphony.org.

THEATER.....
THROUGH MARCH 10
Always Patsy Kline at Delaware Theatre Company. This crowd-pleasing musical, full of



Horse Barns • Riding Arenas • Bank Barns
Garages • Agricultural Buildings



White Horse Construction, Inc
Parkesburg, Pa 19365 ph: 610-593-5559
www.WHhorsebarns.com

How to Achieve a Gold Medal Garden...

Start with High Performance Plants from Mostardi!

We stock flowers, shrubs and trees that are recommended by the Pennsylvania Horticultural Society's "Gold Medal Award" program.

- Gorgeous Colors
- Exceptional Values
- High Quality
- Superior Performance

Expect the best from Mostardi plants. They are good as gold!



Distinctive Plants • Home & Garden Accents

MOSTARDI

N U R S E R Y

4033 West Chester Pike (Rte.3)
Newtown Square, PA 19073
610-356-8035 • www.mostardi.com

down-home country humor and heartfelt emotion, is based on the true story of the friendship between Patsy and a devoted fan. 200 Water St., Wilmington. Times and tickets, 302-594-1100; DelawareTheatre.org.

THROUGH MARCH 24
the ripple, the wave that carried me home at People's Light. By Christina Anderson. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.

THROUGH MARCH 30
Dutch Apple Theatre Presents The Addams Family. America's quirkiest family comes to life on stage. 510 Centerville Rd., Lancaster. Times and tickets, 717-898-1900; DutchApple.com.

MARCH 1-24
9 to 5 at Fulton Theatre. Three female coworkers concoct a plan to get even with their boss. 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.

MARCH 16-APRIL 21
The Mystery of Edwin Drood at The Candlelight Theatre. Based on Charles Dickens' final unfinished novel, this hilarious whodunit was a smash on Broadway. 2208 Millers Rd., Wilmington. Times and tickets, 302-475-2313; CandlelightTheatreDelaware.org.

TOWNS, TALKS & TOURS

MARCH 1
1st Fridays
Lancaster City, 717-509-ARTS; VisitLancaster-City.com. *Oxford*, 610-998-9494; OxfordMain-Street.com; *Phoenixville*, 610-933-3253; PhoenixvilleFirst.org. *West Chester*, 610-738-3350; DowntownWestChester.com. *Wilmington Art Loop*, 302-576-2135; CityFestWilm.com.

MARCH 20
"Where We Ate". Fond memories of restaurants in Phoenixville, such as the Vale-Rio Diner, The Bull Tavern and Trio to name a few. Hosted by the Historical Society of Phoenixville, Owners and staff on hand with audience participation. First United Methodist Church, 865 Main St., Phoenixville. 7:30. Free. HSPA-PA.org. ♦

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

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

For more events visit:

CountyLinesMagazine.com

LIFT & LEVEL

YOUR EXISTING CONCRETE



BEFORE **AFTER**

Since 1980

KEYSTONE

GUN-KRETE LLC

CONCRETE PUMPING

717-768-3641

KeystoneGun-Krete.com

DON'T REPLACE. LIFT & SAVE!

We Lift Commercial & Residential:


- Sidewalks
- Pool Decks
- Patios
- Porches
- Garage Floors

Raise your glass!



Choose your favorites from more than 10,000 exceptional wines and spirits. Simply visit your local Fine Wine & Good Spirits Premium Collection store or shop online at **FineWineAndGoodSpirits.com**.

FINE WINE & GOOD SPIRITS



Rebecca Lukens (1794 – 1854)

THE NATIONAL

IRON & STEEL

HERITAGE MUSEUM


A Science Museum

In A Historical Setting


Full-size steel products Historic buildings
Interactive exhibits Videos & Photos

Steelmuseum.org
610-384-9282
50 South 1st Avenue, Coatesville, PA 19320

Chester Valley Golf Club



Redefining life on, and off, the green.



1923

- GOLF
- POOL
- TENNIS
- PICKLEBALL
- PADDLEBALL
- DINING & SOCIAL

Let's find the membership that's right for you.

(610) 647-4006 EXT. 11 | WWW.CHESTERVALLEYGC.ORG
430 SWEDES FORD RD, MALVERN



Sisters Are Doing It For Themselves

READ ABOUT WOMEN WHO ARE CHANGING THE WORLD.

Shelley Laurence, Main Point Books

NARETHA FRANKLIN'S WORDS, "WE GOT DOCTORS, lawyers, politicians too," and there are books about them all! When it comes to equality between the sexes, the road is long. But as women take charge, more and more of their tales are being told.

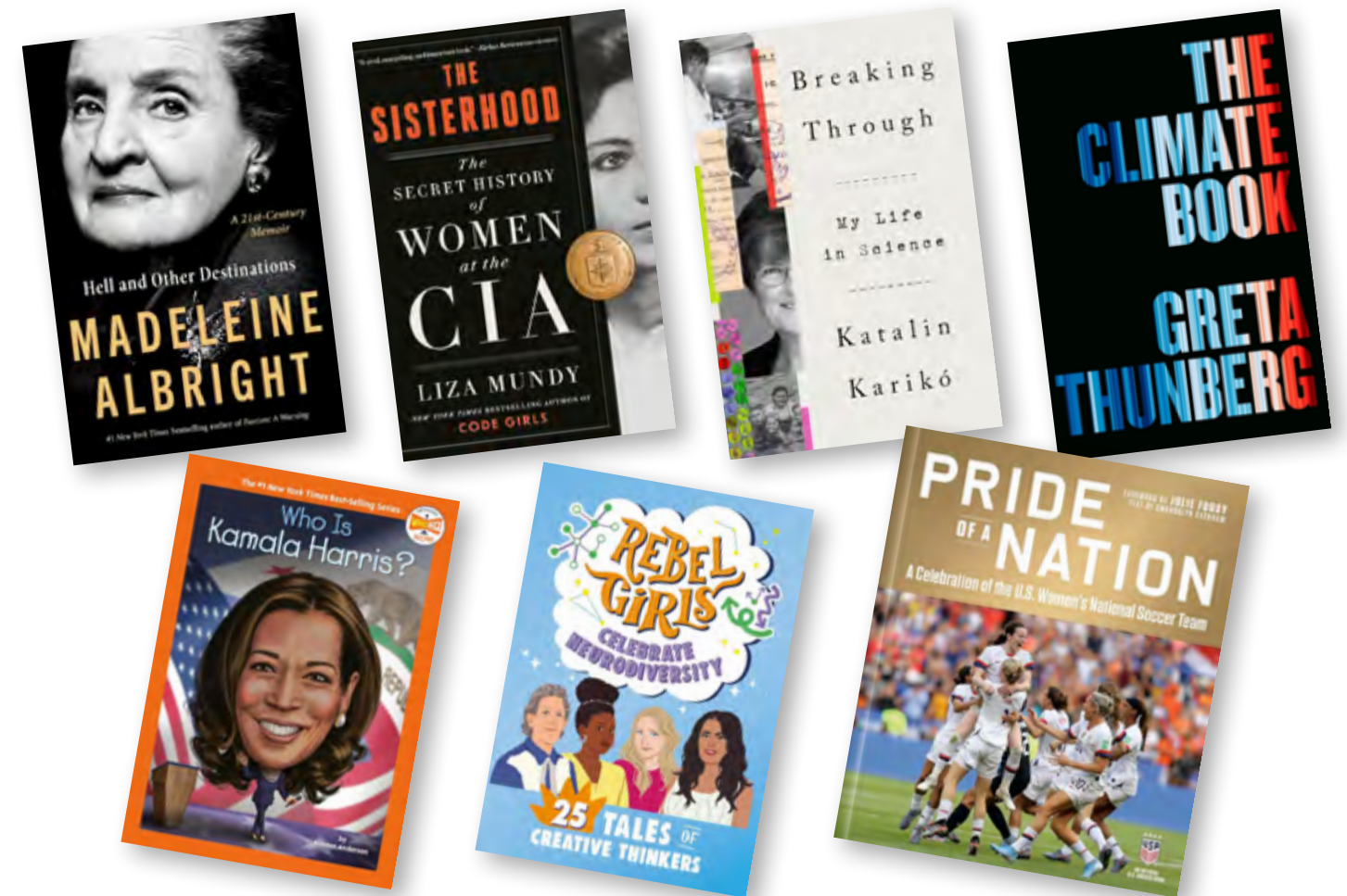
Here's a sampling of some of their page-turning stories.

"It took me quite a long time to develop a voice, and now that I have it, I am not going to be silent." That's former Secretary of State Madeleine Albright. In her revealing, funny and inspiring story, *Hell and Other Destinations: A 21st-Century Memoir*, Albright examines the challenge of continuing one's career way past the normal retirement age. After years in public service, Albright blazed her own trail — and gave voice to millions who want respect, regardless of gender, background or age.

If I asked you to describe a spy, you'd probably picture a man in a black suit. But did you know women are the real backbone of the CIA? It's true. *The Sisterhood: The Secret History of Women at*

the CIA by Liza Mundy chronicles these unlikely spies. Many began as clerks or secretaries and rose to become some of the agency's top operatives. They were successful, in part, because women were considered unimportant and were able to move around Europe without raising suspicions. Steve Coll, author of *Ghost Wars*, calls *The Sisterhood* "a rip-roaring read about spy-craft and the CIA's inner workings ... an inspiring group portrait of extraordinary CIA women whose careers are multisided profiles in courage."

Women are also blazing new trails in medicine and saving lives in the process. Nowhere is that more evident than in *Breaking Through: My Life In Science* by Katalin Karikó. Her decades of research, some of it at the University of Pennsylvania, led to the Covid-19 vaccines and earned her the 2023 Nobel Prize in Physiology or Medicine. Karikó's journey was anything but easy. The daughter of a butcher in postwar communist Hungary, she grew up in a house that lacked running water. But her dogged determination brought her to the United States as a postdoctoral fellow in 1985 with \$1,200 hidden in her child's teddy bear and a big dream.



Despite many hardships, she persevered. Bonnie Garmus, author of *Lessons in Chemistry*, says Karikó's memoir is "riveting ... the true story of a brilliant biochemist who never gave up or and gave in."

Then there's Greta Thunberg. Thunberg rose to prominence in 2018, when she started a school strike for the climate outside the Swedish Parliament. Today, she's a climate change activist known around the world. Her latest salvo, *The Climate Book*, amasses knowledge from nearly a hundred experts. *Publisher's Weekly* raves, calling it "Impassioned ... Thunberg gathers essays from scientists, journalists and activists, starting with lucid and accessible explanations of the science of global warming and its possible effects ... A comprehensive and articulate shock to the system."

Want to introduce the younger set to some amazing women leaders? Check out the *Who Was* series. You can start with *Who Is Kamala Harris?* by Kirsten Anderson. It's meant for kids 8 through 12 and showcases the defining moments of Harris's life that made her the first woman and the first African American and South Asian American person to be elected to the vice presidency. Her story is bound to inspire any young woman who dreams big.

For those who think a bit differently, there's *Rebel Girls Celebrate Neurodiversity: 25 Tales of Creative Thinkers*. Rebel

Girls is a global empowerment brand, dedicated to raising a confident generation of girls. This book features the likes of Madeline Stuart, the first professional model with Down syndrome, Salma Hayek, an award-winning actor with dyslexia, and Temple Grandin, whose autism led to new and compassionate ways of interacting with animals.

Got a sports fanatic in the family? Give them the first official history of the U.S. Women's National Soccer Team. *Pride of a Nation: A Celebration of the U.S. Women's National Soccer Team*, by Gwendolyn Oxenham and Julie Foudy, includes all the big names: Mia Hamm, Brandi Chastain, Abby Wambach, Megan Rapinoe. There are stories and action photos honoring the athleticism and unshakable spirit of the charismatic pioneers who planted the U.S. women's soccer flag and fought a fierce fight for equal pay.

Women are changing the world, and books reflect their impact. Stop by your local, independent bookstore for a book about extraordinary women who are making a difference. ♦

Shelley Laurence is a bookseller at Main Point Books, an independent bookstore with a handpicked selection for every member of the family. Check out their events, book groups and children's activities at MainPointBooks.com or on Facebook, Instagram and Twitter. Order online for delivery or pickup. 484-580-6978; 116 N. Wayne Ave., Wayne.

Four Women Who Shaped Chester County and Pennsylvania

Malcolm Johnstone

FIRST LADY AND GOVERNOR OF PENNSYLVANIA ■ *Hannah Callowhill Penn (1671–1726)*



Hannah Callowhill Penn

When William Penn died in 1718, his widow, Hannah Callowhill Penn, became governor of what was then the Province of Pennsylvania. She's the only woman to have served in that position in Pennsylvania. She also became owner of Penn's extensive estates and managed his many business affairs.

William ensured his much younger widow would remain in charge by naming her his successor in his will, an unprecedented action at the time. Hannah was prepared for success when, in his final years and in declining health, William taught her the skills needed by having her manage projects with his oversight. By the time of William's death, Hannah was in full command of business and politics, despite being unsuccessfully challenged by William, Jr., a son from Penn's first marriage.

Among Hannah's many accomplishments were settling a land dispute with Lord Baltimore of Maryland that kept Philadelphia within Pennsylvania and managing sales of farmland in the Welsh Tract, where West Chester would eventually be located. Among her many honors was being the first woman granted the status of Honorary Citizen of the United States. Callowhill Street in Philadelphia is named for her.

Hannah's portrait was hung at the state house in 2014. Former Governor Tom Corbett proclaimed, "The wisdom of her leadership and strength of her character mark her as the first women to lead what has become the Keystone State in our nation. She is an example of women's leadership in Pennsylvania long before we were an independent nation."

FIRST WOMAN STATE REPRESENTATIVE ■ *Patricia Ann Crawford (1928–2008)*



Patricia Ann Crawford

In 1969, the regional population in the Brandywine Valley expanded to require establishing a new representative district in the Commonwealth, resulting in creating the 156th district in Chester County. At the time, Chester County's elected officials were exclusively male. Yet even absent a precedent, there was an opportunity for diversity at the ballot box.

The person to meet that opportunity was Patricia Ann Crawford, a woman active in local and state politics, well versed in election strategies and with ample experience with local voters. A graduate of what's now West Chester University, she was well known within Chester County's Republican Party

and stayed connected with the powerbrokers of the day.

Crawford actively began campaigning within the new district and soon became the first woman to be elected to the State House of Representatives, serving three consecutive terms, from 1968 to 1976. Her political career continued to grow, and she went on to serve as Pennsylvania's Deputy Secretary of the Commonwealth as well as on the Crime Victim's Compensation Board.

Notably, Crawford's service in the House of Representatives paved the way there for four more women (so far): Elinor Z. Taylor, Barbara McIlvaine Smith, Carolyn Comitta and Dianne Herrin.

DURING WOMEN'S HISTORY MONTH THIS MARCH, we celebrate four women who made an impact on our region. Each has a distinguished story: three made political change that transformed our lives, and the fourth became a leader in historic preservation and transformed our communities. Each woman is a champion of her time and shaped our area by instilling positive values that remain with us today.

These four are inspirations for women seeking to make a difference. The short profiles serve only as an introduction to their significant contributions. We hope they will inspire you to learn more.

JUDGE AND TRAILBLAZER ■ *Genevieve Blatt (1913–1996)*



Genevieve Blatt

Considered the "first lady of Pennsylvania politics," Judge Genevieve Blatt was the first woman elected to a statewide office in 1954 and the first to serve as an appellate judge on Pennsylvania's Commonwealth Court in 1972 (she was later elected to the judgeship after her initial appointment). Her election set the stage for other women, and today seven of the 15 Chester County Judges are women.

A 1937 graduate of the University of Pittsburgh law school, Blatt also became the first woman to blaze a trail for girls to compete in interscholastic athletics through her landmark ruling that high school sports teams in Pennsylvania, including at private schools, could no longer discriminate on the basis of gender.

Notable women who followed her onto the bench include Paula Francisco Ott, who, in 1991, became the first woman judge and eventually the first female President Judge in Chester County. In 2020, Deborah "Deb" Ryan became the first female District Attorney for Chester County and was elected judge in 2023.

Also noteworthy: by 1988, two African American women began serving on the bench where only men had sat before — Juanita Kidd Stout was elected to the Pennsylvania Supreme Court and Doris Smith-Ribner to the Commonwealth Court. After over 50 years of public service, Blatt retired from the bench in 1993.

MASTER OF HISTORIC PRESERVATION ■ *Alice Kent Schooler (1927–1997)*



Alice Kent Schooler

As the first female architectural historian of Chester County, Alice Kent Schooler pioneered best practices for historic preservation in West Chester and surrounding communities.

Schooler surveyed hundreds of West Chester's historic structures that were used to establish local historic districts recognized by the National Trust for Historic Preservation. The surveys, many conducted with volunteers and which included details about architectural significance and its connection to the community, are an invaluable resource for maintaining the authentic integrity of old buildings. Schooler's work, which continued when she was hired by John Milner Architects as an architectural historian in 1974, is used by architects and historians today.

Her 1985 book, *Livable West Chester: An Architectural Overview*, explores the borough's architectural styles, detailing why they're important to understanding our historic communities.

A frequent lecturer, Schooler advocated for keeping all historic architectural features — whether High Style or vernacular common styles — that reflect the local culture, an important principle for creating historical understanding within communities. It also set a standard to avoid artificially applying design features influenced by so-called "Colonial Revitalization" practices or to "Victorianize" a streetscape in a way that's not reflective of authentic historical features.* ♦

**Information provided, in part, from publications by Jane Dorchester and the Chester County History Center.*

Malcolm Johnstone is the Community Engagement Officer for Arts, Culture and Historic Preservation for the Cultural Alliance of Chester County, an initiative of the Chester County Community Foundation. His column raises awareness of Chester County's rich heritage as we journey to 2026: the year the U.S. celebrates the 250th anniversary of our nation's independence.



Women in Nonprofits and Philanthropy

GIVING THEIR TIME, TALENT AND
TREASURES TO CAUSES THEY LOVE

Beth Krallis



THE NONPROFIT SPACE IS A professional field with a tremendous number of talented women. In fact, in the United States, nonprofits and philanthropy are dominated by women. An estimated 75% of the nonprofit workforce in the U.S. is made up of women.

Why such a super majority, you may ask? The answer is both simple and complex.

In many cases, nonprofits draw women into causes that interest them and match their core values. The majority of nonprofits serve children, the elderly, veterans, animals and some of the neediest members of society as they provide essential services like healthcare, education, housing and more. In addition, social justice nonprofits work to eliminate inequitable conditions in our society, while arts,

Wculture and heritage nonprofits preserve, protect, educate, communicate and create.

In short, nonprofit work enables women to make the world a better place by positively contributing to society each and every day. What an empowering way to earn a living!

Many women provide direct programs and services, and many also have careers in the business side of nonprofits, including development, communications, marketing, finance and human resources. Working among value-driven, like-minded women is a unique opportunity within the nonprofit sector, which in turn promotes organizational camaraderie difficult for some to find in other sectors.

Nonprofits also rely on volunteers to orchestrate events, perform office functions and solicit donations. Volunteering requires a strong work ethic, time management, multitasking, problem solving and teamwork. Since many women are philanthropists at heart, it's no surprise they want to give their time, talents and treasure to support causes they care about.



Participants in Get on Board training

Nonprofits are fueled in large part by philanthropists. As women gain financial power, diverse female voices are strongly influencing philanthropic decision making. High-net-worth female donors with substantial wealth are key drivers of this trend. Female philanthropists who currently lead the way include Melinda Gates, Oprah Winfrey, Dolly Parton, MacKenzie Scott and Beyoncé Knowles-Carter.

Women are increasingly stepping out from the shadows to claim their positions as influencers and leaders, willing to be named and recognized for their giving and community impact. Please join them. ♦

To become more involved in philanthropy, volunteering, board service and nonprofits overall, contact local nonprofit groups directly or the Chester County Community Foundation at ChesCoCF.org.



West Chester Downtown Foundation fundraiser, Up on the Roof

Resources to Support Women and Girls

THROUGHOUT THIS ISSUE, WE'VE shared the stories of inspiring women — in leadership, in history, in business and philanthropy — all of whom have made a difference in their communities. Now it's your turn.

Our region is home to many nonprofit organizations impacting the lives of women and girls. Listed below are just a few that do good work in our community.

During Women's History Month and all year long, consider volunteering at or contributing to these organizations. And find more on our website, CountyLinesMagazine.com.



Black Women of Chester County in Action: Positively impacting the economic wellbeing and health of Black women and girls in Chester County. *P.O. Box 825, Downingtown. BWCCA.org.*

Community Youth & Women's Alliance: Improving the spiritual, mental, social and physical condition of women and children within the Coatesville community. *423 E. Lincoln Hwy., Coatesville. 610-384-9591; CYWA.org.*

DE Breast Cancer Coalition: Offering programs and services for those affected by breast cancer. *100 W. 10th St., Ste. 209, Wilmington. 302-778-1102; DEBreastCancer.org.*

Domestic Violence Center of Chester County: Programs, intervention and advocacy to combat domestic violence. *Offices in Coatesville, Kennett Square, Phoenixville and Oxford. 610-431-3546; DVCCCPA.org.*

The Fund for Women & Girls: Ensuring women and girls have resources and opportunities to thrive. *113 E. Evans St., Ste. A, West Chester. 484-356-0940; TheFundCC.org.*

Girl Scouts of Eastern PA: Building courage, confidence and character for girls

in eastern Pennsylvania. *Shelly Ridge Service Ctr., 330 Manor Rd., Miquon. 215-564-2030; GSEP.org.*

Home of the Sparrow: Supporting single women and mothers experiencing or threatened by homelessness. *969 Swedesford Rd., Exton. 610-647-4940; HomeOfTheSparrow.org.*

Maternal & Child Health Consortium of Chester County: Providing high-quality healthcare for pregnant and parenting women. *30 W. Barnard St., Ste. 1, West Chester. 610-344-5370; CCMCHC.org.*

Phoenixville Women's Outreach: Providing a comprehensive transitional housing program, affordable housing, supportive services, advocacy and education to women in the greater Phoenixville area. *P.O. Box 244, Phoenixville. 484-302-8151; PhxvilleWomensOutreach.org.*

Planned Parenthood Southeastern PA: Providing sexual, reproductive and complementary services as well as comprehensive sexuality education and advocacy. *Locations in West Chester, Coatesville, Media and more. 215-351-5500; PlannedParenthood.org/PlannedParenthood-Southeastern-Pennsylvania.*

Regional Center for Women in the Arts: Encouraging and promoting the best emerging and established women artists while raising money for charities that benefit women in need. *P.O. Box 510, Westtown. 484-354-6275; RCWAWeb.org.*

Unite for HER: Enriching the health and wellbeing of those diagnosed with breast and ovarian cancers by funding and delivering integrative therapies. *127 E. Chestnut St., West Chester. 610-883-1177; UniteForHER.org.*

Wings for Success: Empowering women and girls in need to achieve career and economic stability through education, apparel and advocacy. *Offices in Exton and Kennett Square. 610-644-6323; WingsForSuccess.org.*

Women's Resource Center: Helping women and girls in southeastern Pennsylvania successfully navigate life transitions. *113 W. Wayne Ave., Wayne. 701-314-4357; WomensResourceCenter.net.*

YoungMoms: Helping young mothers build thriving futures for themselves and their families. *111 Marshall St., Kennett Square. 855-964-6667; YoungMomsChesterCounty.org. ♦*

Datebook Calendar

There are so many great local events in our area — from galas to steeplechase to incredible food festivals and golf outings — and all for worthy causes. Take a look at this list and mark your calendars to attend as many of these fundraisers as you can. Some dates have not yet been set (marked “TBD”). We encourage you to check websites often for updates. Have fun!

JANUARY

23rd Annual A Taste of Phoenixville

TBD
Benefits Good Samaritan Services, helping with homelessness in the area. *Franklin Commons, 400 Franklin Ave., Phoenixville. TasteOfPhoenixville.com.*

FEBRUARY

Kennett Winterfest

TBD
Benefits Kennett Square. *Kennett-Winterfest.com.*

MARCH

Transplant Alliance Foundation

MARCH-DECEMBER

Supports those waiting for or healing from a transplant and donor families. *For details on events, visit TransplantAlliance.org/Events.*

Cheers for CHOP

MARCH 2
Benefits Behavioral Health at Children’s Hospital of Philadelphia. *The Fillmore Philadelphia, 29 E. Allen St., Philadelphia. CheersFor.CHOP.edu.*

3rd Annual Snowball Shuffle 5K Run & 1 Mile Walk

MARCH 2
Communities That Care of Greater Downingtown’s annual fundraiser. *Eagleview Town Center, 565 Wellington Sq., Exton. DTownCTC.org.*

Lights of Life “Bond for Breast Cancer” Gala

MARCH 2
Delaware Breast Cancer Coalition’s gala evening. *Bally’s Dover Casino Resort, 1131 N. Dupont Hwy., Dover, DE. DEBreastCancer.org.*

The Philadelphia Flower Show — United by Flowers

MARCH 2-10
Benefits the Philadelphia Horticultural Society. *PA Convention Center, 1101 Arch St., Phila. TheFlowerShow.com.*

King of Prussia Restaurant Week

MARCH 4-15
KOP’s only restaurant week spot-

lights its world-class dining scene while raising money for Children’s Hospital of Philadelphia. *KOPRestaurantWeek.com.*

Chester County Community Foundation Food for Thought: Sweet Charity Edition

MARCH 5
Benefits the Community Foundation’s mission to grow legacy philanthropy in the region. *Whitford Country Club, 600 Whitford Hills Rd., Exton. ChesCoCF.org.*

75th Annual Chadds Ford Art Sale & Show

MARCH 16
Benefits educational enrichment programs at Chadds Ford Elementary. *3 Baltimore Pk., Chadds Ford. CFES.UCFSD.org.*

Wine & Dine with Coach Vermeil

MARCH 23
Benefits Chester County Hospital. *Radley Run Country Club, 1100 Country Club Rd., West Chester. ChesterCountyHospital.org/Giving.*

APRIL

Pints With A Purpose Happy Hour

THROUGH JUNE
Exton Region Chamber of Commerce and Locust Lane Craft Brewery join to raise funds for many organizations benefitting from the happy hours. *Locust Lane Craft Brewery, 50 Three Tun Rd., Malvern. Visit Business.ERCC.net/Events.*

81st Running of Brandywine Hills Point-to-Point

APRIL 7
Benefits Brandywine Red Clay Alliance. *Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. BrandywineRedClay.org.*

Philadelphia Red Ball

APRIL 13
Benefits the Red Cross of Southeastern Pennsylvania. *Vie, 600 N. Broad St., Philadelphia. RedCross.org.*

Ryerss Run for the Horses

APRIL 13
Benefits the farm’s retired and rescued horses. *1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.*

In Person & Online Wine Tasting with Coach Dick Vermeil

APRIL 14
Benefits Camp Geronimo and The Barn at Spring Brook Farm. *360 Locust Grove Rd., West Chester. SpringBrook-Farm.org/SpringFundraiser.*

Delaware Hospice Jazz Brunch

APRIL 14
Enjoy an afternoon of great food, beverages, silent and live auctions, and musical entertainment. *Harry’s Savoy Grill, 2020 Naamans Rd., Wilmington. DelawareHospice.org.*

People’s Light Spring Gala

APRIL 19
Benefits the theater. *The Farmhouse, 39 Conestoga Rd., Malvern. PeoplesLight.org.*

Kennett Education Foundation Spring Soiree

APRIL 19
Benefits Kennett Consolidated School District. *Hartefeld, 1 Hartefeld Dr., Avondale. KennettEducationFoundation.org.*

Art of the Cocktail at DE Art Museum

APRIL 20
Benefits the Museum’s children’s programs. *2301 Kentmere Pkwy., Wilmington. 7 to 10. DelArt.org.*

Valley Forge Revolutionary 5-Mile Run

APRIL 21
Benefits VF National Historical Park. *To register, ValleyForge.org/Revolutionary-Run.*

Annual Brandywine Backyard BBQ Festival

APRIL 21
Benefits Boys Scouts of America. *New Garden Township Park, 8938 Gap Newport Pk., Landenberg. CCCBSA.org.*

Annual Celebrity Chefs’ Brunch

APRIL 21
Benefits Meals on Wheels in Delaware. *DuPont Country Club, 1001 Rockland Rd., Wilmington. MealsOnWheelsDE.org.*

Delaware Marathon Running Festival

APRIL 21
Benefits Delaware College Scholars and the Cardiac Center, Nemours/Alfred I. du Pont Hospital for

Children. *Tubman Garrett Riverfront Park, 815 Justison St., Wilmington. DelawareMarathon.org.*

The Philadelphia Show

APRIL 25-28
Antique, art and design show benefits the Museum. *2600 Benjamin Franklin Pkwy., Phila. ThePhiladelphiaShow.com.*

Chamber Annual 10 Grand Club Event

APRIL 26
The Greater West Chester Chamber of Commerce Annual fundraiser. *Providence Church, 430 Hannum Ave., West Chester. Tickets and sponsorships, GWCC.org.*

51st Annual Yellow Springs Art Show Events

APRIL 26-MAY 12
Benefits the arts, education, preservation and environmental protection of Historic Yellow Springs. *1685 Art School Rd., Chester Springs. YellowSprings.org.*

Canine Partners for Life: The Strength of Partnerships Gala

APRIL 27
Benefits CPL’s mission to increase

the independence and quality of life of individuals with disabilities. *DuPont Country Club, 1001 Rockland Rd., Wilmington. K94Life.org.*

Thorncroft’s Annual Victory Gallop

APRIL 27
An unforgettable black-tie evening for the benefit of the Farm. *The Foundry at Pencoyd Iron Works, 615 Righters Ferry Rd., Bala Cynwyd. Thorncroft.org.*

Unite For HER—Bloom Spring Fashion Show

APRIL 28
Proceeds support local breast and ovarian cancer patients. *Drexelbrook, 4700 Drexelbrook Dr., Drexel Hill. UniteForHER.org*

Bucks County Designer House and Gardens

APRIL 28-MAY 26
Benefits Doylestown Health and Village Improvement Assoc. *BucksCountyDesignerHouse.org.*

MAY

Bournelyf Special Camp 2024 Hand to Hand 5K Run & 2K Walk



Chester County Hospital Gala, May



Chester County Day, October



Thorncroft Victory Gallop, April



PA Hunt Cup, November
PHOTOGRAPHY BY ROBERT KELLER



Family Promise Evening of Promise, May

MAY 2
Benefits the camp. *Register or sponsor, BSCWC.org.*

“All That’s Purple Affair” Embracing Hope and Healing!

MAY 2
The Domestic Violence Center of Chester County’s annual fund-raising gala. *Mendenhall Inn, 323 Kennett Pk., Mendenhall. DVCCCPA.org.*

23rd Annual Bringing Hope Home Great Guys Dinner

MAY 2
Benefits families dealing with the financial hardships a cancer diagnosis can cause. *Springfield Country Club, 400 W. Sproul Rd., Springfield. BringingHopeHome.org.*

Chester County Hospital Gala—From Longwood to Bollywood: A Passage through India

MAY 4
Celebrates the hospital’s mission and supports community outreach programs. *1001 Longwood Rd., Kennett Square. ChesterCountyHospital.org/Giving.*

Lancaster County Presents Bark For Life

MAY 4
Benefits the American Cancer Society. *New Life Fellowship Church, 420 E. Fulton St., Ephrata. Facebook.com/ACSBarkForLife.*

Kennett Run

MAY 4
Benefits area nonprofits. *405 N. Walnut Rd., Kennett Square. KennettRun.net.*

Humane Pennsylvania’s 47th Annual Walk for the Animals

MAY 4
Supports Humane PA’s mission and the animals they serve. *Reading*

Fairgrounds, 1216 Hilltop Rd., Leesport. HumanePA.org.

Blue Cross Broad St. Run

MAY 5
10-mile race benefits the American Cancer Society. *BroadStreetRun.com.*

46th Winterthur Point-to-Point

MAY 5
Benefits Winterthur’s programs. *5105 Kennett Pk., Wilmington. Winterthur.org.*

ACT in Faith’s Annual Chef’s Best

MAY 9
Proceeds support ACT in Faith of Greater West Chester. *Goodwill Fire Hall, 552 E. Union St., West Chester. ACTInFaithGWC.org.*

Family Promise of Southern Chester County – Evening of Promise

MAY 9
A family-friendly fundraiser at *The Creamery, 401 Birch St., Kennett Square. FamilyPromiseSCC.org*

Showcase of Homes at Hershey’s Mill

MAY 9
Paoli Hospital Auxiliary hosts this fundraiser. *PaoliAuxiliary.org.*

Bridge of Hope Spring Gala

MAY 10
Celebrate the mission to end family homelessness. *Doubletree, 2400 Willow Street Pk., Lancaster. BridgeOfHopeInc.org/Gala.*

31st Running of Willowdale Steeplechase

MAY 11
Benefits Stroud Water Research Center and Penn. Veterinary Medicine’s New Bolton Center. *101 E. Street Rd., Kennett Square. WillowdaleSteeplechase.org.*

FORE Health Golf Invitational for Chester County Hospital

MAY 13
A great day of golf to benefit the NICU and Women’s and Children’s Health Services. *White Manor Country Club, 831 Providence Rd., Malvern. ChesterCountyHospital.org/Giving.*

Phoenixville Dogwood Festival & Parade

MAY 15-18
Benefits local nonprofits. *Reeves Park, 148 3rd Ave., Phoenixville. PhoenixvilleDogwoodFestival.org*

The 93rd Radnor Hunt Races

MAY 18
Benefits the Brandywine Conservancy. *Radnor Hunt Grounds, 826 Providence Rd., Malvern. RadnorHuntRaces.org.*

Natural Lands Music Without Walls Field Jam

MAY 18
Benefits Natural Lands. *454 N. Creek Rd., West Chester. NatLands.org.*

The Arc of Chester County Bubble Walk & Fun Day

MAY 19
The Arc advocates for individuals with disabilities and their families. *West Goshen Community Park, 900 Lawrence Dr., West Chester. ArcOfChesterCounty.org.*

FORE Fresh Water Golf Invitational

MAY 20
Supports Stroud Water Research Center’s freshwater research, environmental education and watershed restoration. *Bidemann Golf Course, Greenville, DE. StroudCenter.org/Events.*

14th Annual Springer Golf Outing for Main Line Animal Rescue

MAY 20
Golfers and animal lovers gather for raffles, prizes and an on-course lunch. *Stonewall Links, 375 Bulltown Rd., Elverson. PSPCA.org.*

The Devon Horse Show & Country Fair

MAY 22-JUNE 2
Benefits Bryn Mawr Hospital. *23 Dorset Rd., Devon. DevonHorseShow.net.*

45th Annual Therapeutic Riders Division of the Devon Horse Show

MAY 25
Benefits Thorncroft. *Devon Horse Show Grounds, 23 Dorset Rd., Devon. Thorncroft.org.*

JUNE

Willistown Conservation Trust Barns & BBQ

JUNE 1
Benefits the Trust’s conservation works. *925 Providence Rd., Newtown Square. WCTrust.org.*

Main Line Animal Rescue Tails & Trails 5K Run/2K Walk

JUNE 1
Supports the mission to save animal lives. *Ready. Set. Rescue! 1149 Pike Springs Rd., Chester Springs. PSPCA.org.*

CVIM’s Annual Golf Classic

JUNE 4
Supports the region’s largest free healthcare center for families without health insurance. *Applebrook Golf Club, 100 Line Rd., Malvern. Learn more at CVIM.org.*

Historical Society of the Phoenixville Area Strawberry Festival

JUNE 8
Benefits the Historical Society. *204 Church St., Phoenixville. HSPA-PA.org.*



The Philadelphia Flower Show, March



Ryerss Farm Family Fun Day, June



Habitat for Humanity Hops for Homes Beer Festival, June



Devon Horse Show & Country Fair, May
PHOTOGRAPHY BY BRENDA CARPENTER



Radnor Hunt Concours d'Elegance, September

Alex's Lemonade Stand Annual Great Chefs Event

JUNE 8
Annual fundraiser at the Navy Yard. Urban Outfitters Headquarters, Bldg. 543, 5000 S. Broad St., Phila. AlexsLemonade.org.

French Creek Iron Tour—Cycling for Open Space

JUNE 9
Benefits French & Pickering Creeks Conservation Trust. IronTour.org.

Surrey Services Parisian Garden Party

JUNE 12
Benefits Surrey Services' many services. Meadowbrook Estate, 1010 Spring Mill Rd., Villanova. SurreyServices.org.

16th Annual Chester County Balloon Festival

JUNE 14-16

Benefits Boy Scouts Troop 52, Chester County Hero's Fund, local police, fire and fire police plus EMS. Willowdale, 101 E. Street Rd., Kennett Square.

Habitat For Humanity Hops for Homes Beer Festival

JUNE 15
Benefits Habitat for Humanity. Exton Square Mall Parking Lot, Exton. Noon to 4. HFHCC.org.

Phoenixville Celebrates Juneteenth

JUNE 17
Organized by Diversity In Action, Black Light Projects, Orion Communities, Colonial Theatre, Trellis for Tomorrow and Phoenixville Community Health Foundation. 200 block of Bridge St., Phoenixville. PhoenixvilleChamber.org.

Ryerss Farm Family Fun Day

JUNE 22
Benefits Ryerss Farm for Aged Equines. Rain date, June 23. 1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.

Schuylkill River Sojourn

TBD
Annual guided paddling trip on the Schuylkill River. Paddlers choose what days and locations they want to join on the 7-day journey. Benefits Schuylkill River Greenways National Heritage Area. Location varies. SchuylkillRiver.org/Sojourn.

JULY

Natural Lands Friday Night Lights

JULY 12
Outdoor concert benefits Natural Lands. ChesLen Preserve, 1199 Canernery Rd., Coatesville. NatLands.org.

The Colonial Theatre Presents The 25th Blobfest

JULY 12-14

A weekend of events benefit the theater. 227 Bridge St., Phoenixville. TheColonialTheatre.com/Blobfest.

AUGUST

Annual Run for Thorncroft Equestrian Center

AUGUST 29
Benefits the Farm and the care of horses. 190 Line Rd., Malvern. Thorncroft.org/5K-Run.

Delaware Burger Battle

TBD
Benefits Ministry of Caring's Emmanuel Dining Room. Cauffiel House, 1016 Philadelphia Pk., Wilmington. DEBurgerBattle.com.

SEPTEMBER

Radnor Hunt Concours d'Elegance

SEPTEMBER 6-8
Benefits Thorncroft Equestrian Center, specializing in therapeutic horseback riding. Radnor Hunt, 826 Providence Rd., Malvern. RadnorConcours.org.

Family Promise of So. Chester County – Day of Promise

SEPTEMBER 9
A golf tournament fundraiser at Kennett Square Golf and Country Club, 100 E. Locust Ln., Kennett Square. FamilyPromiseSCC.org.

Whitford Classic

SEPTEMBER 20-22
Benefits the Whitford Charitable Fund. Whitford Country Club, 600 Whitford Hills Rd., Exton. ChescoCF.org/Fund/Whitford-Charitable-Fund.

8th Annual Coatesville Invitational Vintage Grand Prix

SEPTEMBER 20-22
Benefits the Coatesville community. Start and finish at 3rd Ave. & Lincoln Hwy., Coatesville. CoatesvilleGrandPrix.com.

Canine Partners for Life Fall Festival Featuring Cow Bingo

SEPTEMBER 21
Learn more about CPL's mission while enjoying a day full of family fun. 334 Faggs Manor Rd., Cochranville. K94life.org.

Natural Lands Beats & Brews

SEPTEMBER 21
Benefits Natural Lands. Binky Lee Preserve, 1445 Pikeland Rd., Chester Springs. NatLands.org.

Bike the Brandywine

SEPTEMBER 21
Benefits the Brandywine Conservancy. Chadds Ford Historical Society, 1736 N. Creek Rd., Chadds Ford. Brandywine.org/Conservancy

SHiNE in the VINES

TBD
Benefits The Abramson Cancer Center at Chester County Hospital. PatientSHiNE.org.

Up On The Roof

TBD
Cocktail party and dinner benefit the beautification of West Chester. 14 E. Chestnut St., West Chester. DowntownWestChester.com.

OCTOBER

Chester County Day House Tour

OCTOBER 5
Benefits the Women's Auxiliary's Breast Health for Life pledge to Chester County Hospital. ChesterCountyDay.com.

Annual People's Light Golf Classic

OCTOBER 7
Supports the Arts Discovery Educational programs at People's Light. Waynesborough Country Club, 440 Darby Paoli Rd., Paoli. PeoplesLight.org.

The Hoe Down at Spring Brook Farm

OCTOBER 12



Coatesville International Grand Prix, September



Chester County Community Foundation Food for Thought: Sweet Charity Edition, March



Canine Partners for Life Fall Fest, September



Chester County Balloon Festival, June



Winterthur Point-to-Point, May
PHOTO BY ROBERT LEITCH



Willistown Conservation Trust
Barns & BBQ, June

Benefits the Barn's mission to enrich the developmental skills and lives of children with disabilities. For tickets, 610-793-1037, Spring-Brook-Farm.org/HoeDown.

Miles for Mutts To Love a Canine Rescue Event

TBD

Raising funds for rescue dogs in need of veterinary care. *Wilson Farm Park, 500 Lee Rd., Wayne. TLCRescuePA.com*

Laurel Hill Cemetery Gravediggers' Ball

TBD

Annual fundraiser for Laurel Hill. *The Penn Museum, 3260 South St., Philadelphia. GravediggersBall.org.*

Notable Fall Fête

TBD

Proceeds support development and educational programs of The Philadelphia Orchestra. Contact *StacyVStone@gmail.com.*

46th Annual Radnor Run

TBD

Benefits the American Lung Association. *Radnor Twp. Bldg., 301 Iven Ave., Wayne. Lung.org/RadnorRun.*

Ryerss Farm Blessing of the Animals

TBD

Benefits Ryerss Farm for Aged Equines. *1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.*

Main Line Animal Rescue Annual Bark & Whine Gala

TBD IN OCTOBER / NOVEMBER

The group's most important fundraising event. Visit *PSPCA.org.*

Thorncroft Equestrian Center's 14th Annual "Lobstah" Bake

TBD

Benefits Thorncroft's therapeutic riding services to individuals of

all abilities. *Jimmy Moran North Arena, 190 Line Rd., Malvern. More information at Thorncroft.org.*

NOVEMBER

90th Running of the Pennsylvania Hunt Cup

NOVEMBER 2

Benefits the Chester County Food Bank, Work to Ride program and Upland Country Day School. *North of Rt. 926 & Newark Rd., Unionville. PAHuntCup.org.*

Harvest-Unite for HER Chef/Wine Tasting

NOVEMBER 9

Benefits local women affected by breast and ovarian cancer. *Phoenixville Foundry, 2 N. Main St., Phoenixville. UniteForHER.org.*

Historic Sugartown Happy Hour

NOVEMBER 16

Benefits Historic Sugartown. *Locust Lane Brewery, 50 Three Tun Rd., Ste. #4, Malvern. HistoricSugartown.org.*

Phoenixville Chamber of Commerce Charity Gala

NOVEMBER 16

Benefits the Phoenixville Senior Center and Barnstone Art for Kids. *RiverCrest Golf Club & Preserve, 100 RiverCrest Dr., Phoenixville. PhoenixvilleChamber.org.*

61st Delaware Antiques Show

TBD

Benefits educational programming at Winterthur Museum, Garden & Library. *Chase Center on the Riverfront, 800 S. Madison St., Wilmington. Winterthur.org.*

French & Pickering Creek Trust's Annual Auction Party

TBD

Benefits the Conservation Trust. *Stonewall Golf Club, Bulltown Rd., Elverson. FrenchAndPickering.org.*



Radnor Hunt Races, May
PHOTO BY BOB PLANT

Wine, Wit & Wisdom for Phoenixville Library

TBD

Benefits the library. *RiverCrest Golf Club & Preserve, 100 RiverCrest Dr., Phoenixville. PhoenixvilleLibrary.org/Wine-Wit-Wisdom.*

DECEMBER

West Chester Charity Ball

DECEMBER 7

Benefits The Friends Association for Care and Protection of Children, Outreach, Family Shelter and the Homeless Prevention. *West Chester Golf and Country Club, 111 W. Ashbridge St., West Chester. FriendsAssoc.org.*

Ryerss Farm Horses & Hot Chocolate

DECEMBER 8

Benefits Ryerss Farm for Aged Equines. *1710 Ridge Rd., Pottstown. Donation options on website, RyerssFarm.org.* ♦

For more events news, subscribe to our twice-monthly Newsletter on our website, CountyLinesMagazine.com.



Main Line Animal Rescue
Springer Golf Outing, May



Yellow Springs Art Show, April



The Hoe Down at Spring Brook Farm, October



Willowdale Steeplechase, May
PHOTOGRAPHY BY ELAINE COLE





EVERY FAMILY DESERVES A HOME

A STABLE HOME. A HEALTHY CHILD.
A RESILIENT FAMILY. A SAFE COMMUNITY.

Friends Association for Care & Protection of Children provides programs and services that prevent homelessness and promote the independence of families with children.

THE JOURNEY HOME
STARTS WITH...YOU



To Make A Donation SCAN HERE!

610.431.3598

113 West Chestnut Street
West Chester, PA 19380
FRIENDSASSOC.ORG



CHESTER COUNTY *in Bloom*

PHOTO CONTEST

Send us your best photo of beautiful blooms in Chester County!

*The winner receives a
Family Membership
to Longwood Gardens
for up to 5 people!*

1. Like and follow us on Facebook @CountyLinesMagazine.
2. Upload & hashtag your **one** best photo
#chestercountyinbloom
OR send it to **info@valleydel.com**.
3. Tell us when and where it was taken.

ENTRIES MUST BE RECEIVED
BY **MAY 5, 2024.**

 Check website for rules

COUNTY LINES

MAGAZINE



WOMEN LEADERS

Eight Extraordinary Women

For our inaugural Women Leaders feature, we've chosen eight extraordinary women to profile. These women leaders represent a range of backgrounds and careers — from education, finance, the arts, politics, healthcare, hospitality, small business and the nonprofit sector.

We asked them about their upbringing and education, their role models and mentors. They shared with us their formative experiences and key challenges. We learned how some saw a clear career path from childhood, while others changed course in college and still others in mid-career.

What all eight women have in common is a willingness to step up, meet challenges, do the hard thing and seize opportunities. Their vision and personal histories are an inspiration and an apt celebration of Women's History Month.

We invite you read their stories along with their advice to help encourage future women leaders.

Dr. Lorraine Bernotsky

Incoming President, West Chester University

After an extensive search process for its new president, focused on a sole candidate, West Chester University chose a familiar face: Dr. Laurie Bernotsky, who's worked at WCU for 27 years, most recently as Executive Vice President and Provost. She will be the university's 16th president and second woman president, effective July 1. A first-generation college graduate, Bernotsky knows firsthand the importance of public higher education and has dedicated her career to improving it.

Raised in a working-class family in rural eastern Pennsylvania, Bernotsky and her sisters spent summers picking vegetables in the garden with their mother. In winter, they cut wood with their father. "Looking back, having that work ethic from a young age served me well in my career," Bernotsky reflects.

Though Bernotsky's parents couldn't go to college, they wanted their daughters to attend. "My parents believed in the transformative power of education," Bernotsky says. She attended Messiah College (now Messiah University) on scholarship, starting in pre-med. "I didn't know anyone who went to college," Bernotsky says. "I thought, you went to college to become a doctor or a lawyer." After struggling with organic chemistry, she decided to become a lawyer, changing her major to political science.

It was then that Bernotsky met her undergraduate mentor, a political science professor earning his doctorate from Oxford University. He hired Bernotsky to type his dissertation and encouraged her to debate him. As Bernotsky prepared for her LSATs, he asked why she wanted to be a lawyer. "I didn't know what to say," Bernotsky recalls. He suggested becoming a professor, something Bernotsky had never considered. She went on to Oxford herself and became a political science professor at WCU.

Bernotsky considers her most significant achievements to be the bookends of her career. The first is her doctoral dissertation, which she defended in England during her first semester at WCU. The second is her appointment as President of WCU. The process involved feedback from executives, faculty, students and alumni. "In that moment, hundreds of peers had to pass judgment on whether I should fill the position," Bernotsky says.

For nearly two years, Bernotsky has served at Pennsylvania Western University, first as Executive Vice President and Chief Operating Officer, then as interim President since March 2023. When she returns to WCU, she plans to spend time listening to students, faculty and staff. Looking forward, she aims to improve student success by closing equity gaps, which includes improving student support structures and increasing financial accessibility. She also hopes to move WCU toward becoming a national leader in higher education.



As a leader, Bernotsky has had to make tough and sometimes unpopular decisions. But underlying it all is something her father taught her: treating others with dignity, value and respect. It reminds her of a quote attributed to Maya Angelou: "People will forget what you said, people will forget what you did, but people will never forget how you made them feel."

To Future Women Leaders

"Especially for first-generation college women, it's important to know that you're more talented than you think you are. When you grow up working class, you're socialized to do what you're told and follow instructions, not think outside the box. Be open to new opportunities — they come in all shapes and sizes. Think about your career as a journey, rather than each job or role being a destination."



Patti Brennan

Founder & CEO, Key Financial, Inc.



Ernst & Young Entrepreneur of the Year, Baron's Hall of Fame Advisor, Forbes Top Woman Wealth Advisor in PA, Chester County Economic Development Council Hall of Fame's 25th inductee, plus commentator for CNBC, *Wall Street Journal*, *Bloomberg*, *Business Week* and more. Patti Brennan is clearly a leader in a field that's only 24% female.

Perhaps this position comes from her 98% client retention rate or \$2 billion in assets under management. Or the skills honed in 30 years of wealth management combined with holistic financial service to her clients and community. For her part, Brennan says, "It's just evolved. No one nominated me to take charge. I just did for people what I'd want others to do for my own family."

Of her major career change from nursing to wealth management, Brennan says, "I was naïve and didn't realize what I was getting into. I wanted to learn for myself what was needed for my family. And I had great curiosity to learn." Seeing a job ad spurred her to launch in a new direction — working in finance in Philadelphia, then coming home to 12-hour nursing shifts.

When the financial firm in the city went in a different direction, a mentor advised Brennan not to work for anyone else but to start her own firm. And so in 1990, she started Key Financial in a converted laundry room in her home, all while raising four children.

Now Brennan leads a diverse team of 30 — she prefers to think of them "more as brothers and sisters in a family that has different opinions and fights but gets things done." Although she admits to reading "tons of management books," her leadership comes more from her wide range of experience, whether the take-charge role that nurses have or as captain for her college lacrosse team at Georgetown.

Brennan says her leadership style offers guidance, a path to continuing learning, and believing in people before they believe in themselves. It starts with the belief that "we'll figure it out." This approach includes an open-door policy along with a deli-style ticket system for who's up next to raise questions and propose solutions — not just bring problems — as they have a conversation to help clients achieve their goals.

With a holistic approach and ability to communicate complex financial concepts in understandable terms, Brennan has written a book to help her clients. *Am I Going to be Okay? And is Okay Enough?* is coming out later this year.

Finally, with a twist on famous rock lyrics, Brennan sums up her work, "If you help enough people get what they want, then you'll get what you need."

To Future Women Leaders

"Open your mouth and don't be timid. Your voice is important. You should know you can do it! Men are much less hesitant about stepping up and believing in themselves. I learned as a nurse, standing around a patient with doctors, that I had important information to share and needed to speak up and be an advocate for my patient. That's the same advocacy I bring to my financial clients. Women need to learn these skills and to believe in themselves, too, because they CAN do it."



Molly Giordano knew the importance of art and its value to the community from a young age. Growing up, her mother ran a community art center and taught art history and other art courses to college students. “I always viewed access to art as a public service, something that everyone should have an opportunity to experience,” Giordano says.

But when it came time to go to college, it never occurred to Giordano to work in the arts. Though she believed art should be accessible to all, the industry felt closed off to her. So instead, she studied political science and journalism at the University of Delaware.

After graduating, Giordano worked for former Delaware Governor Jack Markell’s campaign. She watched as Governor Markell traveled around the state, trying to stitch together a diverse constituency of people with different values. This inspired Giordano: “It was transformative to see someone who can talk to any type of person and see what they want and what they need.” This experience shaped how she would later lead the Delaware Art Museum, as she strives to make the museum accessible to as many people as possible.

Giordano joined the Delaware Art Museum in 2010, working in marketing and public relations during the museum’s centennial celebration. In the subsequent decade, she rose through the ranks, contributing to the museum’s rebranding, diversifying its audience and raising funds. In February of 2021, she was named Executive Director after serving in an interim capacity.

Like any leader, Giordano has faced many challenges. As a young woman leader, she often experienced a moment while introducing herself when others would be caught off guard as they realized she was in charge. She says it’s important to “remember and recognize that as soon as people get to know you, that attitude disappears.”

Looking forward, Giordano aims to continue her work at the museum and strives to make it a community-centered art experience. She believes that success at a historic institution like DelArt is measured in both big and small ways — not just the exhibitions you mount and the programs you organize, but the policies you institute that will affect generations to come. She sees herself as a temporary steward of the museum, paving the way for future leaders.

“It’s exciting to carry that legacy,” Giordano says. “In 10 or 20 years’ time, I want people to look back and see we’ve done great things for the organization.”



== To Future Women Leaders ==

“I think women, young women especially, tend to censor themselves before anyone else does. Though not as true with the generation coming up, they tend to be more people-pleasers, taking a back seat and being a support person. Young women need to ask themselves, ‘Is this a role I want to be in? Do I want to be support, or do I want to be a leader?’ That’s a hard leap for many young woman. You have to be very confident in yourself and your ideas.”



“Service.” That’s what Chrissy Houlahan says inspires her, and it’s a strong theme throughout her life. Currently serving in the House of Representatives for Pennsylvania’s 6th District, the first woman for that district, Houlahan cites her family’s commitment to service. “Both my father and a grandfather were Navy pilots, and I began my career serving in the Air Force,” she says. That was after earning an engineering degree at Stanford with an ROTC scholarship.

Education and entrepreneurship are other themes in Houlahan’s life. After leaving active duty in the Air Force, she headed to MIT for an MS in Technology and Policy. Then on to leadership roles in the private sector, where she was Chief Operating Officer at AND1, the highly successful basketball apparel and footwear company based in Paoli. Later as COO of B Lab, Houlahan helped build the organization that launched the now-global B Corporation movement (B for benefit or beneficial — meaning meeting standards of performance that create value for society in addition to shareholders).

At each stop, Houlahan had a vision to build the kind of workplace she’d want to be part of. At AND1, she lobbied aggressively for generous healthcare and paid family leave policies. And using a company benefit of paid volunteer time off, Houlahan worked with women and girls in STEM (science, technology, engineering and math). She later joined Teach for America, where she taught chemistry at Simon Gratz High School in Philadelphia. Wanting to scale her impact beyond a single classroom, she became President of the nonprofit Springboard Collaborative, focusing on literacy for underserved children.

Houlahan said that as an entrepreneur she had great leadership opportunities and was able to build great ideas from the ground up. “It was a combination of hard work and good timing,” adds Houlahan, with a chuckle.

These experiences along with the influence of her role models — Sally Ride (first American woman in space) and Madeleine Albright (first female Secretary of State) — shaped Houlahan’s vision for our country and prepared her for her next challenge — national politics. When asked why she chose Congress for her first foray into politics, rather than a local office, she doesn’t mince words. “There wasn’t time for that. The stakes were too high, and I thought I was qualified.”

“I never thought I’d run for elected office, but service doesn’t stop when you leave the Armed Forces,” she says. Winning her first race in 2018 with almost 60% of the vote, she’s taken on leadership roles in various bipartisan initiatives in Congress, including the Paid Family Leave Working Group, Climate Solutions Caucus, Servicewomen and Women Veterans Caucus, and Women in STEM Caucus.

“As an Air Force veteran, entrepreneur, teacher and mother, I’ve dedicated my life to service,” she says. “Serving the people of Chester and Berks counties is the honor of my lifetime.”

== To Future Women Leaders ==

“Take your work seriously, but don’t take yourself too seriously. Don’t expect perfection in everything you do. You’ll learn no choice will be the wrong choice.



Also, find a mentor, be a mentor and help someone else — male or female. Make use of networking and mentoring to build your skills as a leader.”

Dr. Janice Nevin | President & CEO, ChristianaCare

Long before Janice Nevin became the first female head of ChristianaCare in 2014, she knew she wanted to become a doctor. Growing up in England in a family that prioritized social justice, Nevin was inspired by her best friend's father, a general practitioner. She carried that goal through her high school years in the first coed class at St. Andrew's School in Middletown, DE (one of 26 girls in a class of over 200), then on to Radcliffe College (later merged with Harvard), where her pre-med interest broadened to include psychological and social interventions as essential parts of well-being. "It's the biopsychosocial model," says Nevin.

Nevin went on to earn her medical degree at Thomas Jefferson University and a master's in public health at the University of Pittsburgh before joining ChristianaCare in 2002 as Chair of the Department of Family and Community Medicine. "A former ChristianaCare CEO was a mentor who gave me opportunities that helped me grow. Even before I knew I was ready," she says.

Known as a collaborative leader, Nevin has been honored as a pioneer and thought leader in value-based care and for her commitment to the values she describes as "love and excellence." Her many accolades include being named among *Modern Healthcare's* 100 Most Influential People in Healthcare and Top 50 Women Leaders, along with *Philadelphia Business Journal's* Power 100 and Most Admired CEOs. ChristianaCare has garnered its own set of honors under her leadership.

Nevin points to a range of influences on her development as a leader. "Being one of the few girls at St. Andrew's prepared me for just about all the challenges I faced for the rest of my life." Her role as captain of Radcliffe's rowing team taught her about individual excellence combined with teamwork. And from Sheryl Sandberg and her book, *Lean In* — "I learned that if I was at the table, I needed to step up and prove I belonged there. To make sure my voice was heard and the views of women were heard."

Often one of just a few women in the room, Nevin draws on these lessons as she leads the 14 thousand members of ChristianaCare. She's used the lessons to meet challenges such as delivering care during the Covid-19 pandemic and its aftermath. "You need to take on the hard problems, face them head on and do it as a team. I can't be an expert on everything, so I need others. And I always connect with the front-line caregivers across the organization," she says.

Finally, from her earliest influences growing up in England, Nevin remembers being described with the British term "bossy-boots." Nevin's take: "I took that to mean I showed an early aptitude for leadership." We agree.



== To Future Women Leaders ==

"If you're given an opportunity, take it. If you see an opportunity, take it. Seize as many opportunities as you can, even if it's something not in your lane, even if it makes you uncomfortable. Those are the experiences that will open your eyes. And remember to be authentic and genuine. Know yourself and be self-reflective, humble and present."



Aimee Olexy

Owner, Talula's Table; Co-owner, Talula's Garden, Talula's Daily, The Love.



For decades, Aimee Olexy has been a key player in our region's dining scene. In the '90s, she managed Victory Brewing Company, The Swann at the Four Seasons and directed STARR Restaurants' Blue Angel, Tangerine and Alma de Cuba. In the early 2000s, she opened STARR's Pod as well as her first restaurant, Django, with then-husband Bryan Sikora.

Olexy became a force in Chester County in 2007, when she opened Talula's Table in Kennett Square. A charming gourmet market by day, at night Talula's Table serves a tasting menu to just two tables. Using the freshest local and seasonal ingredients, Talula's Table is considered a pioneer of the farm-to-table movement, with reservations booked many months in advance.

Opening Talula's Table was a return to Olexy's roots. Growing up in Chester County, she has fond memories of gardening, canning and eating seasonally. She recalls "getting excited for blackberries in summer, seeing pumpkins in the field in fall, and picking rhubarb at Highland Orchards in spring," which led naturally to Talula's Table's locally focused mission. Though the concept was novel at the time, it felt very organic to Olexy.

When Olexy was 13, she began working at the Spring Mill Café, owned by Frenchwoman Michèle Haines. Olexy helped out wherever needed, including waiting tables and a bit of cooking. "It was the most pivotal experience," Olexy reflects. "I was exposed to cooking, language and assisting customers at a young age."

In 10th grade and bored with school, Olexy dropped out to work full time. She later got her GED and attended St. Joseph's University while continuing to work in hospitality, going on to manage Denver-area restaurants and study at l'Université du Vin in France before returning to Philadelphia.

While planning Talula's Table and pregnant with her daughter, restaurant namesake Annalee Talula Rae, Olexy was drawn to Kennett's small-town charm and agricultural heritage. "My mission was to build community through food, to take every experience I had in this long stream of restaurants and do it in one space," Olexy says. Over the years, Talula's Table has become a community staple, participating in local events like the Kennett Brewfest and Mushroom Festival.

Since then, Olexy has opened three Philadelphia restaurants alongside STARR Restaurants' Stephen Starr: Talula's Garden, Talula's Daily and The Love. In each, community and mentorship take center stage. "I love to build little families, where people feel the inspiration and feel like they have a voice in the show," Olexy says.

With her daughter now in college, Olexy has big plans for the future. "I really, really want to do a cookbook," she says. It would feature recipes from her restaurants, with an emphasis on seasonal, simple cooking. There's also a potential new restaurant on the horizon for 2025. Though still just an idea, the restaurant will surely reflect Olexy's passion for delicious food and fostering community.

== To Future Women Leaders ==

"Play offense! Get the ball rolling. My advice is to jump on the day and take action. In business, and especially in the restaurant business, being prepared is essential."

"Make sure you are early for every appointment and work well in front of every deadline. We all know procrastination perpetuates anxiety, so determine your goals and accomplish them without stress looming."



Sandra Riper | Owner, Sunset Hill Jewelers & Fine Arts Gallery

For over four decades, Sunset Hill Jewelers & Fine Arts Gallery has been a cornerstone of downtown West Chester. Located in a historic building on North High Street, the business is known for gorgeous jewelry, excellent customer service, fine art and, at Christmastime, a giant red ribbon on the front of the building. Sandra Riper opened Sunset Hill Jewelers in May of 1983 with her husband, Joseph. In the nearly 41 years since, she's not only led a highly successful business and art gallery, but also paved the way for other small business owners.

Born and raised in West Chester, Riper grew up in the jewelry business. Her parents instilled a love of the industry in her, and she honed her craft at the Gemological Institute of America in California. But it was her first boss who helped develop her management skills. A Merle Norman Cosmetics franchisee, she taught Riper how to create a team, work together effectively and take good care of employees — though Riper prefers the term team members. In fact, most of Sunset Hill's team started out as clients. "Their interest in jewelry as clients spills over into their enthusiasm working in the industry. They get to help clients as they've been helped," Riper says.

Above the jewelry store is the Fine Arts Gallery. As Riper puts it, "Downstairs is my profession; upstairs is my passion." On the store's opening day, acclaimed local artist Harry Dunn was among its first visitors. Riper had no plans for the building's second floor, but upon seeing it, Dunn said it would make the perfect art gallery. The first exhibition opened that November. Since then, the gallery has hosted many artists and today houses the largest collection of the late Dunn's works.

In addition to growing her own business, Riper helped develop downtown West Chester's small business community. She joined the Greater West Chester Chamber of Commerce in 1983 on the retail committee, later serving as a board member and president. In 1990, she worked with Dunn to establish West Chester's semi-annual Gallery Walks, when downtown businesses showcase local artists. Ten years later, she helped create West Chester's Business Improvement District, an organization dedicated to supporting downtown businesses.

Riper strongly believes in the value of strengthening your community. "The more I gave to the community, the better my business would be," she says. "Especially in a small downtown, one business can't succeed by itself. It takes everyone having a successful business to make people want to visit."

As Sunset Hill approaches 41 years in business, Riper has weathered many storms — economic recessions, an evolving downtown, a global pandemic. She's most proud of the longevity of her business. "I hope I can continue to make a positive difference in my customers' lives and the community we're part of."



To Future Women Leaders

"You gotta take it seriously! It's a business, not a hobby. Prepare for long hours, and times when it isn't easy. I ran my business through motherhood — my son is 35 now. You need to have good people around to help you, and you need to have determination. It's hard to juggle all those balls, but it's worth it."



Karen Simmons

President & CEO, Chester County Community Foundation



Karen Simmons was already a recognized leader when she arrived at the Chester County Community Foundation on September 11, 2001. A few years earlier, the *Nonprofit Times* had named her among the 50 most influential leaders in the nonprofit sector while Simmons was well into her 15-year tenure building up La Salle University's Nonprofit Center in Philadelphia from an annual budget of \$75,000 to \$1.3 million. As the second leader of the Community Foundation, founded in 1994, she used those skills to grow funds under management from \$8 million to over \$100 million, from some 400 different legacy funds, despite the 2008 recession, 2020 pandemic and her horrific start date.

Coming to philanthropy through the arts — her childhood dream was to be a dancer — Simmons also worked with the Greater Philadelphia Cultural Alliance, Dance Conduit and several New York dance companies. "I loved the arts, and dance in particular, but realized the need for business skills to keep them viable," says Simmons. "Early on, I saw my high school dance teacher struggle with the business side of her studio. So in college, I decided to combine training in dance with education and business."

Raising \$1 million as an intern for the Joffrey School of Ballet, Simmons saw the impact business skills could have on the arts. "I also realized I'd never be a star like the people I worked with — Mikhail Baryshnikov, Gelsey Kirkland. I'd make my impact in arts management." To do that, she used skills sometimes missing among artists. "My superpower is organizing. I can build systems and structures and make them work in an organization."

A series of mentors opened doors for Simmons and helped her grow. A high school dance teacher directed her to her alma mater, Skidmore College. A supervisor at La Salle saw promise in her and trained Simmons for a top leadership role. A key colleague reached out to urge her to redirect her talents from Philadelphia to the Chester County Community Foundation when a job opened there. "Kennett Square was my home then, so it made sense to focus on my community," says Simmons.

Simmons brought her super power to the Community Foundation. "Our mission is 'Connecting people who care with causes that matter, so their legacies make a difference now and forever,'" she says. The Community Foundation provides a wide range of legacy philanthropy services that strengthen charities and donors, by convening forums about charity issues, reaching out to estate advisors and their clients, and acting as a fiduciary agent to handle investments and other issues related to legacy philanthropy. Over the past 25 years, they've awarded \$43 million in grants and scholarships.

And that's another super power.

To Future Women Leaders

"When you have people around you who believe in you and see your gifts, and the right opportunity arises, get ready to move on it. Yes, you may feel afraid at first, that's normal. But don't let that fear stop you. Have the courage to meet the challenges, seize the opportunities and walk through those doors."





DELAWARE HOSPICE™

Since 1982

Your Guide Through Serious Illness Care

Offering the area's most comprehensive serious illness support, Delaware Hospice walks with you and your loved ones through each step of the journey.

Get the help you need - contact us today.
302.478.5707 • DelawareHospice.org

EXPERTS WHO KNOW YOU BY HEART

Our cardiology experts never miss a beat when it comes to your heart health. They'll be there for you, whatever you're facing— and put everything they've got into healing you.

Discover Prime Healthcare Pennsylvania Region's award-winning cardiology services.

Connect with one of our cardiologists today!



Lower Bucks Hospital
Roxborough Memorial Hospital
Suburban Community Hospital

Members of Prime Healthcare | Pennsylvania Region
roxboroughmemorial.com | suburbanhosp.org | lowerbuckshosp.com





RAV4





TEAM



TOYOTA
GLEN MILLS

ARE YOU PART OF THE TEAM? 484.845.7921
1050 BALTIMORE PIKE GLEN MILLS, PA
TEAMGLENMILLS.COM



Differences in Women's Health

The medical profession has become increasingly aware that differences between men and women have implications for diagnosing diseases. For example, society's expectations for female behavior results in underdiagnosis of autism, hormones may cause migraines, and heart attacks in women often have very different symptoms than in men.

In the following articles, we learn from local experts that girls are four times less likely to be diagnosed as on the autism spectrum, migraine headaches occur three times more often in women, and heart attacks are the cause of death in women five times more often than breast cancer.

Girls Have Autism, Too

THEY JUST LOOK DIFFERENT

Jane Beriont, MD, FAAP, *Children's Hospital of Philadelphia*
Julia Parish-Morris, PhD, *University of Pennsylvania*



WHEN YOU IMAGINE A CHILD WITH AUTISM, who comes to mind? A nonverbal boy who lines up toys? Or an awkward young man with a passion for computers? This is because most of what we know about autism comes from studying boys, and because there are currently four boys for every girl diagnosed with autism worldwide. It's only natural we associate autism with males.

For years, researchers and families have wondered about the skewed gender ratio in autism. Are females less likely to be autistic? Or is there something about autistic girls that makes them hard to recognize?

Fortunately, there's been increased interest in understanding the experiences of females with autism. As the scientific community engages with and learns from autistic girls and women, it's

become clear that *autism is much more common in females than previously thought.*

Experts increasingly agree that autistic girls, especially highly verbal girls, often look different from their male counterparts. They're hiding in plain sight because they don't look the way we expect an autistic person to look. In fact, females with autism are more likely than males to be identified late, misdiagnosed or not recognized at all!

With this in mind, here are some characteristics to look for in girls who might be autistic.

TODDLER AND PRESCHOOL-AGE: MOTIVATED, SENSITIVE AND RIGID

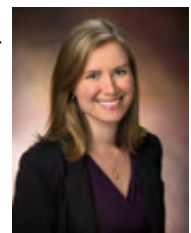
In early childhood, many parents of autistic girls sense something is different but don't know what it is. Young girls later diagnosed

Continued on page 46



Jane Beriont is a fellow in the Developmental-Behavioral Pediatrics program at CHOP. She earned her medical degree from Thomas Jefferson University, completed residency at NYU Grossman School of Medicine, and worked as a hospitalist at CHOP before her fellowship.

- Julia Parish-Morris is an Assistant Professor of Psychology at the University of Pennsylvania. She studies clinical language and communication phenotypes in individuals with neurodevelopmental or psychiatric differences, focusing on understudied groups like autistic girls.



Migraine and Women

MORE THAN JUST A HEADACHE

Seniha Ozudogru, MD, *Assistant Professor of Neurology, University of Pennsylvania, Director of Headache and Facial Pain Fellowship*
Rachel Seligman, MSN, CRNP, *Department of Neurology, Headache Program, University of Pennsylvania*

IT'S 10:30 ON A MONDAY MORNING. YOU'RE SITTING at your desk, staring at the computer, when you start to feel the familiar twinge of pain in your temple. You try to push on through work, but the overhead light starts to bother your eyes. It becomes increasingly difficult to focus on the computer screen. You're hit by a wave of nausea and realize this is more than just a headache.

It's a migraine.

WHAT IS MIGRAINE?

Migraine is a common but complex neurological disorder characterized by recurrent attacks of head pain. Attacks are accompanied

by nausea, difficulty concentrating and sensitivity to light, sound or smell. Worsening head pain during physical activity is another symptom. Pain is typically located on one side of the head, but may involve both sides, and it's often described as pounding or throbbing. Episodes of migraine may last from hours to days depending on response to treatment.

There are four distinct phases of migraine: **prodrome**, **aura**, **headache** and **postdrome**. While some may experience all four phases during an attack, others may experience fewer.

First is the **prodrome** or "preheadache" phase, which usually lasts from a few hours to 48 hours. Symptoms vary, but may include

Continued on page 47



Seniha Ozudogru is an Assistant Professor of Neurology at the University of Pennsylvania, and Director of Headache and Facial Pain Fellowship.

- Rachel Seligman is a nurse practitioner in the Department of Neurology, Headache Program at the University of Pennsylvania, where she earned her nursing degrees and has spent more than 20 years working at specialty headache practices. She's a member of the American Headache Society and American Academy of Neurology.



How Women Can Stay Heart-Healthy

STRATEGIES FOR A STRONGER TOMORROW

Michelle Lu, NP, *Primary Care Practitioner at Patina*

HEART DISEASE HAS LONG BEEN CONSIDERED A man's disease, but the disease doesn't discriminate.

Heart disease is the leading cause of death for all adults in the United States, claiming the lives of men and women in nearly equal numbers. Approximately 695,000 Americans — one in every five adults — died from heart disease in 2021.

Heart disease can be deadly for anyone, but heart-related illness and death affect U.S. women at unacceptable and avoidable rates. Nearly five times more women die from heart attacks annually than die from breast cancer, despite what many believe. In a survey conducted by the American Heart Association, less than half of women (44%) knew that heart disease is their leading cause of death — a concerning decline of nearly 20% from 2009. Only 13% of women believed it to be their greatest personal health risk.

While heart disease can affect women at any age, women aged 65 and older are particularly susceptible. As women age, their risk of developing heart disease increases, making it crucial to address and understand the unique factors that contribute to their cardiovascular health.

The more women know about heart disease, the better chance they have of preventing it and surviving and thriving into their golden years. Learn how to help the women in your life protect their hearts by understanding the signs, symptoms and risk factors associated with heart disease in women.

UNDERSTANDING THE AGING HEART

Heart disease is a catch-all phrase for a variety of conditions that affect the heart's structure and function. Health conditions, lifestyle and family history all play a role in determining your risk for heart disease. Nearly half of all Americans have at least one of the key

Continued on page 48



Michelle Lu, NP, is a Primary Care Practitioner for Patina, which delivers primary care exclusively for adults 65+ enrolled in traditional Medicare or participating Medicare Advantage plans in the Philadelphia five-county area. She's a graduate of the University of Pennsylvania School of Nursing & The Wharton School and has been a clinician for more than 10 years.

Girls Have Autism, Too: *Continued from page 43*

with autism often have no developmental delays and may even learn to read early (a trait called “hyperlexia”). They may have subtle differences in eye contact or use gestures less frequently, but this often doesn’t register as out of the ordinary.

Autistic girls are often socially interested in their peers, which can manifest in different ways. They might observe other children on the playground or engage in parallel play (playing close to but independently from another child). They’re more likely to engage in imaginative play, but the plot may be the same every time, copied from movies or TV, or overly rigid. When these girls play with others, they can seem “bossy” or “controlling,” since it can be hard to be flexible and incorporate their playmate’s ideas. They may prefer playmates who are much older or younger than themselves.

In terms of behavior, autistic girls are less likely to use obvious repetitive movements like rocking back and forth or hand-flapping. Instead, they may enjoy more subtle self-stimulatory behaviors like toe-walking or spinning in circles. Similarly, girls are less likely to have obvious special interests, and even when they do, they may stand out less than typical male interests. Rather than fixating on cars, dinosaurs or ceiling fans, young girls with autism may be fascinated with dolls, animals or doctor’s kits. The interest is distinguished by its *intensity*, not the subject itself.

One difference seen in both boys and girls is sensory processing. Autistic girls may be either hypersensitive or under-sensitive to aspects of their environment, including lights, sounds, or textures of food or clothing. Similarly, they may differ in how they experience sensations inside their body (called “interoception”). They may be less sensitive to sleep or hunger cues or have very intense experiences of pain or emotion. Sensory differences can cause challenges in everyday life including problems with sleep, feeding and constipation and can affect how a child tolerates hygiene tasks including brushing teeth, clipping nails and hair care.

EARLY SCHOOL AGE: A HONEYMOON PERIOD?

When these girls enter kindergarten, their autistic traits may seem to decrease. They’re often highly motivated to fit in at school and make great effort to do so. Through a phenomenon called “camouflaging” or “masking,” they develop coping strategies for social situations by studying peers or even fictional characters.

Socially, girls with autism tend to be overlooked rather than overtly rejected by their peers. For example, a girl may look engaged on the playground from afar but may actually just be hovering on the edge of the group. Friendships that autistic girls make are often weaker than others’ and may not translate to playdates outside school.

Also, girls on the autism spectrum are less likely to have disruptive behaviors like hyperactivity or aggression that call attention to

their difficulties. Social withdrawal or passivity may be interpreted as shyness, and rigid adherence to rules and fairness may make them appear to be model students.

Early school age can be a sort of honeymoon period for autistic girls, as their social difficulties are effectively hidden and overlooked.

LATE SCHOOL AGE AND ADOLESCENCE: A CHALLENGING SOCIAL MILIEU

Often, autistic girls’ challenges come to light in early adolescence. Difficulty with executive function is common, so they may struggle with the added complexity of switching classes. Social dynamics also become more complicated, and girls who were able to get by with faking it in elementary school are suddenly struggling.

Because these girls still very much desire friendship, they tend to work hard to make friends and initially succeed. But it can be hard to understand the nuances of what makes a good friend or how to keep one over time. They often have one or a few intense friendships, but due to trouble handling conflict, these may break down when issues arise.

These girls may relate more easily to male than female peers, possibly because male social dynamics tend to be more straightforward. In fact, in studies of autistic and neurotypical (non-autistic) adolescents, interactions of autistic girls look most similar to those of typically developing males.

Older girls’ special interests usually still differ from classic male autistic interests. Instead of trains, history or outer space, female interests tend to be more relationally focused, such as celebrities, novels, fashion or manga. Again, because these interests are often similar to neurotypical peers’, they may not stand out, except for their intensity.

Perhaps because of this increase in social difficulty during high school, autistic adolescent girls are at increased risk for mental health conditions like anxiety, depression and eating disorders. When these girls are ultimately identified and diagnosed, it’s usually in the context of seeking mental health care.

Autistic girls and women are also more likely to suffer from central sensitivity syndromes like fibromyalgia, irritable bowel syndrome (IBS), chronic headache and temporomandibular joint (TMJ) disorder, which may also prompt them to seek care.

LOOK, AND YE SHALL FIND

Even when autistic girls and women seek help for their challenges, their autism often goes unrecognized because clinicians — like many others — don’t think of autism as a “girl thing.” By increasing awareness of how autism presents in females, we can move toward a future where all autistic girls receive the acceptance and support they deserve. ♦

Migraine & Women: *Continued from page 44*

fatigue, changes in mood, difficulty focusing, nausea, vomiting, neck and shoulder pain, and constipation or diarrhea. Unique symptoms include increased yawning, specific food cravings and increased urination.

The second phase is **aura**, which about 25% to 30% of sufferers experience. Aura refers to a series of sensory changes that typically occur right before the onset of head pain. During this phase, some people experience visual disturbances such as twinkling lights, flashes, bright spots or zigzag patterns. Others experience difficulty speaking or tingling on one side of the body. Symptoms lasting from 5 to 60 minutes are typically followed by head pain, but not always. Aura symptoms may not occur with every migraine attack.

Headache is the third phase. Sometimes the second aura phase can start or continue during headache phase. Pain typically occurs on one side of the head but may affect both sides. Or pain may start on one side of the head and move over to the other side. This head pain may last for several hours or several days, and the intensity may vary from one attack to another. Some episodes may be mild, while others may be debilitating. Other symptoms — nausea, change in mood, difficulty sleeping, and sensitivity to light, sound and smell — can begin in any of the first three phases. Physical activity may intensify pain during this phase.

The final phase, **postdrome** or the “migraine hangover,” occurs in about 80% of patients yet doesn’t occur with every attack. Duration and severity of symptoms can vary and include fatigue, difficulty concentrating, body aches, dizziness and continued sensitivity to light.

IMPACT OF MIGRAINE

Worldwide, migraine is rated as the second leading source for years lived with disability and rated first among young women based on the Global Burden of Disease Study 2019 data. This neurological condition may start at any age, but most often begins around puberty and peaks in the late 30s. Approximately 40 million people living in America experience migraine. Yet, only a third ever speak with their healthcare provider about treatment. Migraine is underdiagnosed and undertreated.

Recurrent episodes of migraine and severe headache can have a significant impact on people’s lives, affecting school attendance, job productivity, as well as time spent with friends and family. The economic burden of migraine in the United States is estimated to be between \$13 and \$17 billion annually.

WHY DO MORE WOMEN GET MIGRAINES?

Migraine disproportionately affects women. Prior to puberty, girls and boys are affected at about the same rate. After puberty, women are three times more likely than men to have migraine. Around 43% of women will experience at least one attack of migraine in their lives, compared to 18% of men.



So why do women experience migraine at such a higher rate than men? The answer lies in the difference in hormones between women and men. Estrogen is most likely the main reason, although researchers believe other hormones may play a role as well. When estrogen levels fluctuate through a woman’s lifespan, the frequency of migraine can fluctuate too.

Onset of migraine increases with the first menstrual period. Drops in estrogen levels during menses are thought to trigger migraines. Frequent changes of estrogen levels during perimenopause may also lead to an increase in the frequency and severity of migraines. And there’s often a rapid decline after menopause.

HOW TO MANAGE MIGRAINES?

People with migraine have a genetic predisposition that makes them more sensitive to biological and environmental factors. Factors such as stress, diet, dehydration and unhealthy sleeping habits can trigger migraine. As a result, it’s important to follow a healthy life style to reduce the frequency and severity of migraine attacks. Maintaining a consistent sleep schedule, staying hydrated, engaging in physical activity and managing stress may help prevent migraines.

It’s also helpful to keep a headache diary to track the frequency and severity of migraines and to document any triggers (stress, lack of sleep, menses) that contribute to each attack. Identifying symptoms and triggers can help you recognize when an attack will occur. Early treatment with acute medication is an important part of treatment.

If you’re experiencing multiple headache episodes per month or a disruption to your normal routine because of headache, speak with your healthcare provider. There are preventive and acute treatments available to treat migraine and other headache disorders. If your headaches have not been responding to treatment, it may be time for an evaluation by a neurologist or headache specialist. ♦

Stay Heart-Healthy: *Continued from page 45*

risk factors for heart disease: high blood pressure, high cholesterol, diabetes or smoking.

Like much of your body, your cardiovascular system and its blood vessels — arteries, veins, capillaries — can stiffen over time. As a part of the normal aging process, your heart and blood vessels become more susceptible to changes, such as “leaks” in the heart valves that direct blood flow.

The aging heart might also experience changes in heart rate or rhythm. If not managed well, chronic conditions like high blood pressure can cause “remodeling,” where the heart muscle itself can change in shape, making it harder to pump blood and nutrients throughout the body.

KNOWLEDGE IS POWER

Until recently, experts’ knowledge of heart attacks was based primarily on research and data gathered from men. But with better and more extensive research on the differences between men and women, we’re beginning to understand that differences also exist between women and men when it comes to heart disease.

For example, menopause is a unique risk factor for women due to declines in the hormone estrogen. And some risk factors such as obesity, diabetes, metabolic syndrome and depression occur more often in women. Research has also found that women are more likely to have heart disease in the smaller arteries of the heart — called coronary microvascular disease — which can make the disease hard-

er to identify, diagnose and treat. In addition, women typically have symptoms of heart disease about 10 years later than men.

RECOGNIZE THE WARNING SIGNS

Understanding the symptoms of a heart attack is crucial for timely intervention. Don’t wait to get help if you experience any of the common warning signs below. Some heart attacks are sudden and intense, but others start slowly, with only mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- Squeezing chest pressure or pain
- Jaw, neck or back pain
- Nausea or vomiting
- Shortness of breath.

In women, symptoms of a heart attack can be more subtle and different, including:

- Chest pain (but not always)
- Pain or pressure not always in the chest, but in the upper abdomen or upper back
- Fainting
- Indigestion
- Extreme fatigue.

MANAGING YOUR HEART HEALTH AFTER 65

Keeping your heart healthy is one of the most important things women can do as they age. If you’re 65 or older, there are lifestyle changes you can make to improve your heart’s longevity, lower your risk of heart attack and live a longer, healthier life, including:

- Eat a heart-healthy diet
- Stay active
- Manage your weight and build muscle
- Get healthy and consistent sleep
- Manage your blood pressure
- Screen for and treat diabetes
- Lower your cholesterol
- Avoid smoking
- Manage or reduce stress and anxiety
- Build social connections — loneliness is a risk factor for heart disease!

SMALL STEPS, BIG IMPACT

Heart disease is the number one killer of women in the United States. The more a woman knows about heart disease, the better chance she has of preventing, treating and reversing it. Knowing the signs, symptoms and risk factors can make all the difference. Making healthy lifestyle changes, following up regularly with a trusted primary care provider and understanding your unique risk factors can help you prioritize your health — and keep your heart strong at any age. ♦



BEYOND THE BOX



Chester County FoodBank

We are more than food drives that put cans on shelves. We provide critically needed food distribution throughout Chester County while strengthening our community through focused educational programming and partnerships in agriculture and gardening.

Learn More & Get Involved
ChesterCountyFoodBank.org



ARTISAN EXCHANGE

LOCAL FOODS FOR A SUSTAINABLE COMMUNITY
A SMALL BUSINESS COLLABORATION



Join us for the areas premier shopping experience!

Artisan products and foods from around the globe
 Different themes and lunches served every week
 Every Saturday from 10AM - 1PM, rain or shine!

Find us at
208 Carter Drive STE 13B
West Chester, PA 19382

610.719.0232  



Welcome Neighbor!

Learn how Welcome Neighbor’s unique personal promotion service connects local businesses & new residents.

The thoughtfulness and caring of many fine local businesses and professionals make our visits to newcomers possible. We have room in our Welcome Basket for a few more sponsors. Find out more at:
WelcomeNeighborPA.com
 Or call Anne at: **610.742.9341**

Install the Welcome Neighbor app at your app store or with the QR code to see how users can easily contact you.







Brumbaugh Wealth Management

415 Eagleview Boulevard, Suite 110, Exton, PA 19341

610.458.2495 | www.brumbaughwealth.com

Advice. Plan. Advocate. These are the tenets by which Kim Brumbaugh founded Brumbaugh Wealth Management 20 years ago with just three team members. Over the years the firm experienced strong growth—organically acquiring new clients and successfully purchasing a practice in 2017 and another in 2023—and now has a staff of 10 team members with offices in Exton, PA and Greensboro, NC.

Kim strongly believes clients deserve strategies tailored to their unique situations. Whether the owner of a small business, C-suite executive in a public or private company, or retiree—through understanding the full picture of clients’ financial lives—Kim and her team of advisors develop a comprehensive plan that encompasses short- and long-term objectives, as well as flexibility to adjust with life’s changes. In addition, Kim col-

laborates with CPAs, attorneys, and estate professionals to ensure a client’s entire plan is coordinated.

Kim received Chester County Boy Scouts’ 2023 Leadership Megastar award¹ and was recognized in Fortune Magazine and Philadelphia Magazine as a 2023 Five Star Wealth Manager². Kim credits her team for the firm’s “serve first” culture and dedicated support to clients.



Registered Representatives and members of ensemble practice offering securities and advisory services through Cetera Advisor Networks LLC, Member FINRA/SIPC, a Broker-Dealer and a Registered Investment Advisor. Advisory services also offered through AdvisorNet Wealth Partners. Cetera is under separate ownership from any other entity. All investing involves risk, including the possible loss of principal. There is no assurance that any investment strategy will be successful. For a comprehensive review of your personal situation, always consult with a tax or legal advisor. Neither Cetera Advisor Networks LLC nor any of its representatives may give legal or tax advice.

¹ The Boy Scouts of America Vista Leadership Megastar is a recognition won by presenting leadership and service to the community and is given to those who have been nominated by community members. Recognition from rating services or publications is no guarantee of future investment success. Working with a highly rated advisor does not ensure that a client or prospective client will experience a higher level of performance or results. These ratings should not be construed as an endorsement of the advisor by any client nor are they representative of any one client’s evaluations. No compensation was provided directly or indirectly by the recipient for participation or in connection with obtaining or using the third-party rating or award.
² The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth managers. Award does not evaluate quality of services provided to clients. Working with a Five Star Wealth Manager does not ensure that a client or prospective client will experience a higher level of performance or results. The inclusion of a wealth manager on the Five Star Wealth Manager Award list should not be construed as an endorsement of the wealth manager by any client nor are they representative of any one client’s evaluation. The Five Star award is not indicative of the wealth manager’s future performance. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future.

Patina

Say goodbye to rushed and impersonal primary care.
Say hello to Patina.

Patina takes a totally different approach to primary care – and that’s a good thing. Our mission is to profoundly improve the healthcare and aging experience for people 65 and older, no matter your current health or individual goals.

We start with relationships. When you choose Patina, you have a dedicated team who knows you and supports your total health and well-being. That includes your primary care provider (PCP) and your very own health champion, who helps with care navigation and coordination so you can focus on living your best life.

We take convenience to a new and modern level. Your team comes to you through virtual and in-home visits. We bring all care to you – no

driving, parking and waiting in a crowded office. Appointments are readily available and you can access care 24/7.

Patina is in-network with most major Medicare and Medicare Advantages plans. There are no membership fees or extra costs. You’re eligible for Patina if you’re 65+ and living in Chester, Bucks, Delaware, Montgomery or Philadelphia Counties.

Our patients overwhelmingly tell us they’d recommend Patina to family and friends. We invite you to read what they have to say about their experience by checking out Patina’s reviews on Google and Healthgrades.

Visit our website or call us to schedule an appointment. We look forward to meeting you!



SEEN AND HEARD: Patina patients Arun Patel, Louise Brooks, Dave Hansel, Phyllis Stickney and Mark Pinsky.

 **patina**
patinahealth.com
800-476-7992

Summer
at
AIS



Ready. Set. Summer.

June – August 2024



Registration Open Now! www.summeratais.org

SUMMER
at
BALDWIN

Your child deserves a fun and engaging summer vacation

Campers will enjoy swimming, nature study, arts and crafts, outdoor sports and games, free and directed play, and a special themed event each week!

Register your girls and boys in rising grades Pre-K to Grade 8 today.

2024 Summer Camp Dates: June 17 - August 2

Email Summer@Baldwinschool.org for more information and to register!

Baldwin


SUMMER
CAMPs

Our Guide To Help You Keep Your Kids Energized, Engaged And Happy All Summer Long

AIM Academy Summer Enrichment Program
1200 River Rd., Conshohocken
215-483-2461, AIMPA.org/SummerAIM
July 1–July 26

AIM's Summer Enrichment Program is a four-week experience for students entering 1st–12th grade, offering thematic, hands-on academics to reinforce and strengthen essential skills in reading, writing, comprehension and math. Alongside academics, students engage in fun camp activities such as visual and performing arts, science and technology, and outdoor adventures!



The Baldwin School
701 Montgomery Ave., Bryn Mawr
610-525-2700; BaldwinSchool.org
June 17–August 2

Summer at Baldwin is a fun and engaging series of week-long themed day camps for girls and boys entering grades Pre-K to grade 8. Campers will enjoy swimming, nature study, field trips, arts and crafts, outdoor sports and games, free and directed play and a weekly special event! Your child deserves a Summer at Baldwin. Visit their website to learn more.



The Agnes Irwin School/Summer at AIS 2024
275 S. Ithan Avenue, Bryn Mawr
610-801-1284; AgnesIrwin.org/SummerAtAIS
June 17–August 2

Little Explorers Day Camp, Age 3–Kindergarten
Explorers Summer Day Camp, 1st–7th Grade
Academic Enrichment Programs, 1st–10th Grade
Athletic Camps, K–8th Grade (age varies by sport)

Ready. Set. Summer. The Agnes Irwin School is excited to kick off another fantastic summer season! They offer athletic camps, academic enrichment and traditional day camp opportunities for both boys and girls, ages 3 years and up. Get excited to Ready. Set. Summer. through performing arts, sports, nature exploration, creative arts, STEM activities, games, water-play, field trips and so much more!



CountyLinesMagazine.com | March 2024 | County Lines 53

Delaware Museum of Nature & Science
SUMMER CAMP
 2024



Get ready for a fun summer of nature and science exploration!

- Summer Camp for Wee Ones for ages 3 and under with caregiver
- Half Day for ages 4-6
- Full Day for ages 5-11
- Full STEAM Ahead workshop for ages 12-15

delmns.org/camps

4840 Kennett Pike | Wilmington, DE 19807 | 302-658-9111



The Pilot School



A pool, acres of hiking trails & a different camp theme each week!

The Pilot School Summer Camp

Summer Enrichment Camp
 Our campers benefit from our multi-sensory approach, which offers them the opportunity to stay on top of key academic skills in language arts & math without sacrificing all of the fun of traditional summer camp! This is a full day camp.

Reading Immersion Camp
 This half day camp addresses various components of literacy (phonemic awareness, phonics, decoding, fluency, comprehension, and spelling rules) via the Wilson Reading Program and other evidenced-based programming aligned with the science of reading.

208 Woodlawn Rd. Wilmington, DE
 302-478-1740 | pilotschool.org

Ages 3-7

The Walden School
Summer PROGRAM



WEEKLY CAMPS
 JUNE 17- AUG. 9

901 N. Providence Rd. Media, PA 19063

Summer at Walden in a beautifully prepared indoor and outdoor space! Weekly themes are filled with engaging activities, fostering friendship, exploration, and growth!

Plus, a new Academic Enrichment Program for grades 1-5

REGISTER: [THEWALDENSCHOOL.ORG](https://thewaldenschool.org)

Register Today! www.wcupa.edu/SummerMusicCamps

63rd ANNUAL HIGH SCHOOL SUMMER MUSIC INSTITUTE
 JULY 8-13
 Ralph Sorrentino, Director

SUMMER JAZZ CAMP
 JULY 14-19
 Jonathan Ragonese, Director

WCU 2024 SUMMER MUSIC CAMPS

Scan For Details



ELEMENTARY SCHOOL and MIDDLE SCHOOL SUMMER MUSIC CAMPS
 JUNE 24 - June 28 9:00 am - 12:00 pm
 Ralph Sorrentino, Director

Camp Geronimo

The Barn at Spring Brook Farm
 360 Locust Grove Rd., West Chester

610-793-1037; SpringBrook-Farm.org

June 17-21; June 24-June 28; July 8-12; July 15-19; July 29-August 2; August 5-9

Camp Geronimo offers children ages 6-12 years with disabilities a unique day camp experience on a 17-acre West Chester farm. A 1:1 camper/counselor ratio ensures all children can participate safely and successfully. A registered nurse is on site each day to ensure each child's medical needs are met. Whether it's feeding a baby calf from a bottle, picking vegetables from the garden, or grooming one of the miniature horses, the camp guarantees a fun and memorable experience for all campers.



Centreville Layton School

6201 Kennett Pk., Centreville, DE
 302-571-0230; CentrevilleLayton.org

June 24-July 26

This Pre-K-8th grade program is designed to reinforce academics, with an optional afternoon program focused on recreational activities and nature exploration. The program offers students instruction and academic support for reading, written language and mathematics to prepare students for the upcoming school year.



SUMMER CAMPS

Center School

2450 Hamilton Ave, Abington

215-657-2200; CenterSchoolPA.org

July 8-August 2

Join Center School for an "Under the Sea"-themed learning and enrichment program. This four-week program offers full-day and morning-only options for students entering grades 1-8. During the morning sessions, the focus is on targeted instruction in literacy, using the Wilson Reading System, and mathematics. Afternoon sessions will include enrichment activities such as physical fitness, STEM and creative arts. Camp ends with a fantastic foam party!



Delaware Museum of Nature & Science Camps

4840 Kennett Pk., Wilmington; 302-658-9111; DelMNS.org

Ages 3 and Under: Camp for Wee Ones (with caregiver):

Wednesday Sessions: June 12-July 31,

Thursday Sessions: June 13-Aug. 1 (9-11 a.m., not July 3-4)

4-6 years: June 10-14, July 8-12, Aug. 5-9 (½ day a.m.)

5-6 years: June 17-28, July 15-Aug. 2, Aug. 12-23 (full day)

7-8 years: June 17-28, July 8-Aug. 23 (full day)

9-11 years: June 24-28, July 8-12, July 22-16, Aug. 19-23 (full day)

12-15 years: June 17-21 Full STEAM Ahead Workshop (full day)

Get ready for a fun summer of nature and exploration at the Delaware Museum of Nature and Science! Explore and learn through play, with time for experiments, games, stories and crafts.



CENTREVILLE LAYTON Summer






Morning Academics
Reading, Writing, & Math
Academic Learning Skills

Afternoon Recreation
Cooperative Activities, Nature
Exploration, and More!

Full Day & Half Day Options

Learn More

PRESCHOOL THROUGH EIGHTH GRADE

Benefits
Small Class Size
Team Approach
Reading Specialist
Occupational Therapy
Language Therapy

centrevillelayton.org/s

{ June 24-July 26 }
Academics & Recreation Camps

6201 Kennett Pike - Centreville, DE 19807 - 302-571-0230





610.793.1037
thebarn@springbrook-farm.org
www.springbrook-farm.org
260 LOCUST GROVE ROAD
WEST CHESTER, PA 19382

The Barn at Spring Brook Farm

We enrich the developmental skills and lives of children with disabilities ages 2-12 through animal-assisted and nature-based experiences.

We are a non-profit 501(c)3 organization located on a 17-acre farm in West Chester, PA

Know a child that would love to participate in our programs?


- After school Individual Programs
- Summer Camp Geronimo (a few spots are still available!)
- Socialization Events including Spring Fling, happening Saturday, April 29th from noon-3 PM right here at The Barn!

Email or call us for more info!










Summer Learning & Summer Fun at AIM

Dynamic Learning for Children Entering Grades 1-12

July 1 - July 26, 2024
Morning: 9:00 am - 12:30 pm | Full Day: 9:00 am - 4:00 pm

The AIM Summer Enrichment Program is a four-week program which offers students the opportunity to reinforce and strengthen essential skills in reading, writing, comprehension, and math in grades 1-12.

WWW.AIMPA.ORG/SUMMERATAIM



AIM Academy
1200 River Road
Conshohocken, PA 19428

Center School

SUMMER LEARNING AND ENRICHMENT PROGRAM

Registration is now open!

July 8th - August 2nd, 2024
Grades 1 - 8

bit.ly/CSSummerProgram

215.657.2200








The Pilot School

208 Woodlawn Rd., Wilmington

302-478-1740; PilotSchool.org

June 17-July 26

The Pilot School offers two summer camps. **Summer Enrichment Camp** offers children ages 5-14 the opportunity to stay on top of key academic skills in language arts and math without sacrificing all of the fun of traditional summer camp. Weekly camp themes are Superheroes, STEM, Color Wars, H2O & Camps Got Talent. **The Reading Immersion Camp** for 2nd-4th graders addresses components of literacy via the Wilson Reading Program and other evidenced-based programming aligned with the science of reading. The option to stay for a fun-filled afternoon of traditional camp activities is offered.

The Walden School

901 N. Providence Rd., Media

610-892-8000; TheWaldenSchool.org

Ages 3-11

Weekly camps: June 17-Aug. 5

The Walden School is offering its fourth year of Montessori-based, hands-on fun in the sun! From dinosaurs and volcanoes to deep sea creatures and creepy crawly bugs, their activities are designed to encourage children, ages 3-7, to make friends, explore and grow. Looking for more academic support this summer? Check out their new Academic Enrichment Program exclusively for elementary students in 1st-5th grade. Visit their website for detailed weekly descriptions and registration.



West Chester University Summer Music Camps

Swope Music Building, 817 S. High St., West Chester

610-436-2921; WCUPA.edu/SummerMusicCamps

Elementary School and Middle School: June 24-28

High School Summer Music Institute: July 8-13

Summer Jazz Camp: July 14-19

Elementary School and Middle School Summer Music Camps offer a variety of ensemble experiences, culminating with a finale concert. High School Summer Music Institute students benefit from private lessons, ensembles, music theory classes and a variety of concerts. Summer Jazz Camp students participate in combos, rhythm section clinics and classes in music technology, recording and arranging. All summer camp students benefit from working with their outstanding faculty in state-of-the-art Wells School of Music facilities.





Elevating Every Glass: Celebrating Women Leaders in Wine and Spirits

ANOTHER WAY OF CELEBRATING WOMEN'S HISTORY MONTH

Liz Tarditi

THE WINE AND SPIRITS INDUSTRY HAS WITNESSED the remarkable rise of exceptional women who shatter norms and make important contributions to viticulture, vinification and distillation. Whether as winemakers, distillers, brand owners or entrepreneurs, these women redefine how we perceive and savor wine and spirits while infusing the industry with fresh, distinctive viewpoints and expertise.

Here are the stories of just a few.

MAKING A GLOBAL DIFFERENCE

Cristina Mariani-May's leadership of Castello Banfi is driven by a passion to introduce American consumers to Italian viticulture. Her innovations led to groundbreaking research in sustainability, which she shared openly with the greater winemaking community. And just wait until you taste her fabulous wines!

Try Castello Banfi Brunello di Montalcino (\$77.99), a round, fleshy and succulent red wine, exuding black cherry, blackberry, violet and rosemary flavors. Or sample Castello Banfi Chianti Classico (\$18.69), with intense notes of cherries, plums, violets and leather, along with supple tannins balanced by pleasant acidity. It's a perfect accompaniment to roasted spring lamb dishes.

White wine lovers will delight in the crisp citrus notes and mineral salinity of Banfi Principessa Gavia Gavi (\$19.79) and the full-bodied Banfi Col di Sasso Cabernet Sauvignon Sangiovese Toscana (\$13.49) with its complex aroma of ripe red fruits, spices and oak, plus firm tannins and a long, smooth finish. It's the perfect pairing for casual pizza and pasta nights.

After emigrating from Bosnia in 1996, **Indira Bayer** partnered with winemakers in her New Jersey neighborhood to launch Wines of Illyria. Featuring family legacies, ancient winemaking techniques

and indigenous grape varieties, her business has expanded to include sustainably and naturally produced wines.

Sample Wines of Illyria Stone Cuvee Herzegovina 2020, a blend of 90% Zilavka and 10% Bena, indigenous grapes reminiscent of Chilean sauvignon blanc. And try Wines of Illyria Vranac Herzegovina 2019, an elegant, full-bodied dry vegan red made from 100% vranac with hints of violet, wisteria, notes of blackberry, plum currants and elderberry. Both are available for \$18.99 and pair well with charcuterie and cheeses.

COMMUNITY BUILDING AND EMPOWERMENT

Founders of the McBride Sisters Collection, **Robin and Andréa McBride** make wines that celebrate excellence "one delicious glass at a time." Founded on inclusivity, accessibility, social awareness and sustainability, their business has grown to be the largest Black-owned wine company in the U.S.

Their McBride Sisters Black Girl Magic Riesling (\$22.99) is complex and rich with apricot, jasmine and sweet honey notes, a broad floral bouquet, and tropical guava and pineapple for a bright sunny finish. McBride Sisters Black Girl Magic Red Blend (\$27.99) is a luscious, velvety, fruit-forward blend of merlot and cabernet sauvignon with big plum and cherry notes and a hint of cedar on the finish. It pairs well with spicy, bold flavors like jambalaya, barbecue, smoked brisket and eggplant Parmesan.

THE ART AND SCIENCE OF INNOVATION

The master blender at Jamaica's Appleton Estate, **Dr. Joy Spence** holds the distinction of being the first woman master blender in the spirits industry. Her prowess in creating exceptional rums has earned her international recognition and paved the way for more women to pursue careers in the traditionally male-dominated world of spirits production.

Sip some Appleton Estate Rare Casks Blend Jamaica Rum 12 Year Old (\$41.59), considered a true expression of Dr. Spence's passion, with notes of toasted oak, dried fruit, hazelnut, dark cocoa, molasses, orange peel and vanilla.

Trudiann Branker, Mount Gay's master blender and the first female master blender in Barbados, credits Dr. Spence's influence. To see for yourself, try Mount Gay Black Barrel Rum (\$44.99), aged in charred American bourbon barrels, with aromas of toasted oak, butter, dried

More Women in Wine

The U.S. wine industry has many women leaders. Here are a few more vineyards to sample as you raise a glass to them.

Cakebread — Nicki Williams, Winemaker. Williams brings more than a decade of experience to Cakebread from some of Napa Valley's most well-known wine estates, including Mount Veeder Winery, The Prisoner Wine Co., Franciscan Estate, Merryvale Family of Wines and Chateau St. Jean.

Dark Horse — Beth Liston, Winemaker. With a minor in wine & viticulture from Cal Poly and more than a decade of harvests behind her, Liston has winemaking experience from South Australia to Napa, and now California's Central Valley. She pours passion, creativity and experimentation into the bold wines of Dark Horse.

Duckhorn — Renée Ary, Winemaker. Promoted to winemaker at Duckhorn Vineyards in 2014 after 11 years honing her craft, Ary refined her gifted palate and mastered the Duckhorn style. Her approach balances artistry, science and a deep respect for the viticultural side of winemaking.

Franklin Hill Vineyards — Elaine Pinvinski, Owner. With a mission to live off the land while raising her children, Pinvinski started her vineyard and winery over four decades ago as a single mother. Owner of the first winery in Lehigh Valley, she's dedicated to supporting working mothers, both in life and in business.

Imagery — Jamie Benzinger, Winemaker. As a second-generation winemaker at Imagery, Benzinger has been on a roll. Named Best Woman Winemaker in the 2019 International Women's Wine Competition, she was also included on *Wine Enthusiast's* list of 40 Under 40 Tastemakers.

Iron Horse Vineyards — Joy Anne Sterling, Partner & CEO. Representing the second generation at Iron Horse, Sterling is CEO of the winery and is a member of the California State Food & Agriculture Board, appointed by the governor, and the California Coastal Conservancy, appointed by the state senate.

J Vineyards — Nicole Hitchcock, Head Winemaker. After getting her start at several wineries, Hitchcock became head winemaker at J in 2015, drawn to the winery's focus on food, wine and the importance it places on the terroir of Sonoma County, an ideal location to craft the sparkling wines J is known for.

The Prisoner Wine Co. — Chrissy Wittmann, Senior Director of Winemaking. Wittmann came to winemaking in an unconventional way. After earning a B.S. in ecology and biology at Cal Poly, the future winemaker found her love for wine while analyzing soil and wastewater samples in a lab.



fruit and spices. It has a bold taste profile featuring notes of orange zest, black pepper, toasted vanilla and toffee with a long finish.

Hendrick's Gin's master distiller, **Lesley Gracie**, has redefined gin-making with her imaginative and avant-garde creations. Tasked with developing a new, more complex and original gin, she successfully incorporated the essences of fresh cucumber and rose petal to set Hendrick's Gin apart, blazing the path for a gin renaissance.

The success of this distinctive spirit has allowed Gracie to lead the company in creating The Hendrick's Gin Palace, featuring greenhouses filled with botanicals from all over the world, including rare

specimens personally selected during her exploration of the Amazon. Try her original creation, Hendrick's Gin (\$42.99). For a truly artistic experience, pick up Hendrick's Flora Adora Gin (\$43.99), inspired by the aromas of a flowering garden, rich in notes of lavender, rose, honeysuckle and hibiscus, with green juniper, coriander, wet green leaves and grassy chamomile on the long finish.

These remarkable women offer a glimpse of the range of talented and influential individuals in the wine and spirits industry. Their outstanding achievements and steadfast commitment to excellence are a living testament to the impact of embracing diversity and inclusivity.

Raise your glass to these trailblazers and let their achievements inspire a future filled with innovation in fine wine and good spirits! ♦

Liz Tarditi is an entrepreneur and classically trained chef with 35 years' experience in the culinary world. She holds a degree from Villanova University and graduated with honors from the Culinary Arts program at the Art Institute of Seattle. Liz has worked for Fine Wine & Good Spirits for five years, becoming a Wine Specialist in 2020. She enjoys pairing wine and food for special events and celebrations. See Liz at the Phoenixville Fine Wine & Good Spirits.



RON'S
Original
BAR & GRILLE

EAT CLEAN
FEEL GOOD. LIVE WELL.

610.594.9900
www.ronsoriginal.com
74 E Uwchlan Ave | Exton, PA

ARTFUL HOME & EPICURE

ADORN
GOODS

for all your perfect gifts and fine food

5712 KENNETT PIKE CENTREVILLE, DE (302) 575 9657

Food News

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

Tall Drink. Former UD hoopster Elena Delle Donne is the first WNBA star to launch a wine brand, **Deldon**, and deliver wine with a purpose, in this case supporting female entrepreneurs and special education in Delaware. Created in partnership with The DD Project, Deldon's signature pinot noir (\$49) is vibrant but balanced, with notes of fresh blueberry, cola and baking spice. Proceeds benefit the Elena Delle Donne Foundation and DD Entrepreneurial Foundation. More at DDProjectWines.com.



PHOTO CREDIT: JASON COLSTON

Bake Off. Breads, cakes and cookies, oh my! The **West Chester Cooperative** is planning a bake-off fundraiser on March 3, with three categories of goodies but all kinds of fun. Sample baked goods, vote for Overall People's Choice, and decorate cookies at the Kids Corner. Help the co-op open a member-owned, full-service grocery store. They need 600 member-owners to reach the next stage of development — as of press time, they're at 530. Tickets, \$15. *Masonic Lodge, 10 S. Church St., West Chester. WestChester.coop.*

Cheers! Delco's popular beer garden is expanding to Chester County. After almost two successful years in Thornton, BierHaul Farmhouse is bringing its authentic European beer hall feel to West Chester with a second location, **BierHaul Townhouse**. With live music on weekends, trivia nights, a family-friendly indoor beer garden on the second floor and German comfort foods — shepherd's pie, pork schnitzel — look for its planned opening in March. *15 N. Walnut St., West Chester. @BierHaul.*



Tasty Taverns. Phillip and Kate Ferro, owners of Chadds Ford Tavern and Coatesville's King Tavern, are expanding casual American dining options. A spring opening is planned for **Main Line Tavern**, taking over and renovating the former Great American Pub spot. Expect a relaxed, homey environment at this family-friendly tavern, offering a classic bar menu featuring steaks, sandwiches, seafood and beer. Fingers crossed that they secure the adjacent outdoor space in time for the planned April opening. *516 E. King Rd., Paoli.*



Dive In. Like vintage dive bars? Then visit **Jake's Bar**, a beloved watering hole near West Chester University's campus and which just happens to be the closest bar to the *County Lines* office. Perks of this 90-year-old bar include \$1 beers, \$5 pitchers, shuffleboard and neon signs for that classic dive bar vibe. This timeless spot is a must-visit for students and locals alike. Stop by and buy a Jake's T-shirt. *549 S. Matlack St., West Chester. @JakesBarWestChester.*



Journey into the Heart of Maria's Garden

OBSESSIVE GROWER, COOK, EATER AND PRESERVER CARRIES ON THE FAMILY LEGACY

Courtney H. Diener-Stokes

WHEN I THINK OF WOMEN LEADERS IN OUR region worthy of recognition for their role in food, Maria Rodale is among the first to come to mind. Maria is known for her personal and professional work, which has centered on continuing the mission set out by her grandfather and father over 75 years ago as pioneers of organic farming.

The Rodale legacy — ranging from organic farming institutes across the nation to publishing in the health and wellness sector — is one that inspired Maria to author six books, helm Rodale Press as its CEO for 10 years and currently serve on the Board of the Rodale Institute in Kutztown.

A prolific gardener and cook, Maria continues to inspire in her unique way, most recently through her latest book, *Love, Nature, Magic: Shamanic journeys into the heart of my garden*. In this book, she shares her new, more spiritual relationship with gardening that has greatly impacted her approach and liberated her in the process.

Ten years ago, Maria's interest in shamanic journeying, a way of communicating with your inner or spirit self to the rhythmic sound of a drum to discover insights, was tied into her CEO role that required her to explore the edges of health, wellness and the environment. Along the way, she began applying what she learned to her personal life, transforming the way she gardens and interacts with nature. "I found through the process that what we have been taught about nature and how we landscape and garden have nothing to do with what nature really wants," she says.

This newfound awareness, which involves the engagement of her inner wisdom and a collaborative approach, led her from striving to achieve a perfectly designed garden to actually listening to it. "If we ask, nature responds by creating this amazing abundance," she says.

Last year Maria decided to stop weeding her garden and found it to be just as beautiful with weeds as without. She finds this relaxed

approach towards growing food to be much more joyful and fun than one centered on control, order and fear. "Nature wants to be wild and wants freedom," she says. "It took me decades to learn that I'm not the one in control."

Maria's time in the kitchen these days is centered on a diet that's free of refined sugars and gluten, and low in salt. A self-professed obsessive grower, cook, eater and preserver, Maria enjoys cooking for her three daughters and two grandchildren just as much as she enjoys cooking for herself. Right now she's craving a salad made using freshly picked greens.

Read on for some no-fuss recipes that make use of early goodies from the garden.



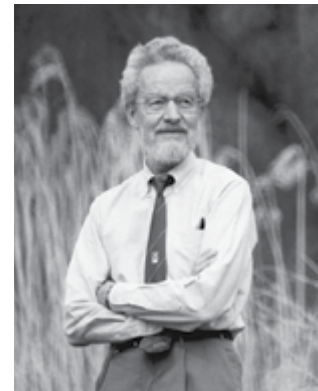
Maria Rodale



RODALE IMAGES COURTESY RODALE FAMILY



J.I. Rodale, grandfather



Robert Rodale, father

Savory Slice

Denser than a quiche or frittata, this popular Australian crustless snack is a blank, savory canvas, says Maria. You can plan your delicious meal around this dish by switching up ingredients based on when things are at their prime in your garden. The idea of a slice is that it's an easy piece of something to eat now or later, hot or cold. Once cooked, the slice can be cut into pieces and frozen to have handy when you need a quick breakfast, lunch or dinner.

Makes 8 to 10 pieces (depending on size)



- 6 slices of bacon or other meat (sausage or ham), fully cooked
- 1 onion, chopped
- 1 C. flour (Maria uses gluten-free, cup for cup)
- 1 tsp. baking powder
- 6 eggs
- 1 C. grated cheddar cheese
- ¼ C. grated Romano cheese
- 2 C. chopped spring greens (kale or vegetables of your choice, such as mushrooms, broccoli or shredded zucchini — with water squeezed out)
- 1 large or 2 small potatoes, cubed
- Olive oil for the pan, plus more for optional drizzle

Preheat oven to 375°.

Chop cooked meat into small pieces and set aside.

Use some fat from the cooked meat to sauté onion over medium heat in a frying pan until translucent.

Road Trip to the Rodale Institute

Instead of joining the 350,000 Rodale Institute website visitors (where you can take a virtual tour), consider a road trip to Kutztown, where the farm is a "destination for inspiration."

Less than a 90-minute drive from West Chester, Rodale Institute has been conducting groundbreaking research on regenerative organic agriculture since 1947. It's widely recognized as the birthplace of the organic movement in the U.S. In 1971, the original headquarters in Emmaus was moved and is now on a 386-acre certified organic farm in Kutztown, with seven satellite campuses in North America and Europe.

Self-guided walking tours of Rodale Institute are available for free year-round with no reservation necessary and provide an opportunity to explore the farm at your own pace. When you arrive, pick up a map of the farm at the Garden Store or Main Office or download a map online along with audio tracks keyed to stops on the walking tour map — apple orchard, greenhouses, demonstration gardens, industrial hemp, honeybee conservancy and more.

Guided golf-cart tours of the farm are offered on Thursdays, rain or shine, from May through October, pre-registration required (\$12.50). Educational workshops and online courses are also ongoing at the site along with Rodale's Field Days, which offer hands-on experiential learning.

Be on the lookout for Rodale's Spring Organic Market and Plant Sale happening in May. The sale features Rodale's certified organic vegetable, herb and flower starts — including heirloom and other unique varieties — plus expert gardening advice.

611 Siegfriedale Rd., Kutztown. For more, RodaleInstitute.org.



In a medium bowl, mix flour, baking powder, eggs and cheeses. (This will have a thick and sticky consistency.)

Add the chopped greens/vegetables, onion, potato and meat. Stir together until evenly mixed.

Grease a 9” x 13” pan with olive oil. Place mixture in pan and press the top to make it even.

Bake for 40 minutes until cooked through and firm to the touch.

Once cooked, drizzle olive oil on top, if you like.

To freeze leftovers, Maria places each slice in a parchment snack bag and then in a large freezer bag.

Date Energy Balls

Dates, nuts and vanilla come together in Maria’s favorite go-to snack that’s free of refined sugars. When the dates are ground up in a food processor, they become the glue that binds these no-bake balls together. Pairs beautifully with a trail walk or picnic.

Makes 10 to 12 balls, depending on size



- 1/3 C. pitted dates
- 1/3 C. nut of choice (pecans, cashews, almonds)
- 1/3 C. dried fruit of choice (cranberries, cherries, apricots — without any added sweetener)
- 1 dash of vanilla
- Coconut, cocoa powder or matcha for coating, optional

Add all ingredients, except for coconut, cocoa powder or matcha, to a food processor and pulse until mixture is blended and broken down into small bits.

Pour the mixture into a bowl. Press and roll small scoops together with your hands forming small balls.

Roll balls in the coconut, cocoa powder or matcha coating, if you’d like. Be creative!

Refrigerate leftovers in a sealed container for up to one week.

Chocolate Banana Soft Serve

Maria had a stroke in 2022 that led her to give up refined sugars and get creative about making healthier sweets to replace some of her prior cravings, such as ice cream. This alternative to ice cream uses over-ripened bananas that have been frozen. The end product is so sweet you don’t need to add any sugar! And the texture will remind you of soft serve ice cream. Works well as a standalone snack when you’re craving something sweet, and it rounds out any meal in need of a dessert.

Serves 1 to 2



- 2 frozen bananas
 - 1 T. dried, unsweetened cocoa powder
 - 1/2 C. milk
- Freeze unpeeled bananas on the verge of over-ripening.
- After freezing, peel and break bananas into smaller pieces. Place in a food processor.
- Add cocoa powder and blend until smooth. Add milk, a small amount at a time, to assist blending.
- Eat immediately! Not recommended to store any leftovers.

Spring Mix Salad with Easy Vinaigrette

Maria’s go-to salad puts to good use any greens you have coming up in your garden. Sometimes she adds nuts and creamy goat cheese for texture and protein. She might even add wild violets growing in her backyard for a pop of color. The no-fuss, light vinaigrette is made with just three ingredients — directly in the salad bowl. Pairs well with a simple dinner that could use some greens to round it out.

Serves 2 to 3



- For the dressing:**
- 1 T. red wine or sherry vinegar
 - 3 T. olive oil
 - 1 pinch of salt
- For the salad:**
- 3 C. loosely packed fresh greens, washed and patted dry
 - 6 baby radishes, sliced
 - Goat cheese, avocado, nuts, wild violets, fresh herbs, optional
- In a medium salad bowl, add the dressing ingredients.
- Next, add greens. Hand toss to evenly coat with dressing.
- Garnish with radishes and any additional optional ingredients.

Asparagus and Lemon Cream Pasta

- This pasta dish is from Maria’s cookbook, Scratch: Home Cooking for Everyone Made Simple, Fun and Delicious. It’s a great way to use the bounty of local asparagus that’s just around the corner. Maria loves making this fresh, creamy and delicious dish when entertaining or if she wants to make a quick and easy vegetarian dinner. Pairs well with a glass of rosé or pinot grigio wine.
- Serves 4
- 1 lb. linguine
 - 2 T. extra virgin olive oil
 - 2 T. butter
 - 1 red onion, chopped
 - 1 clove garlic, chopped
 - 1 bunch asparagus, trimmed and cut into thirds
 - 1 C. heavy (whipping) cream



- 1 lemon, for zest and juice
 - Salt, to taste
 - Chopped fresh mint and Italian parsley leaves, for serving
 - Grated romano cheese, for serving
- Cook the linguine according to package instructions.
- Meanwhile, in a large skillet, heat the oil and butter over medium-low heat. Add the onion and garlic, and cook for 4 to 5 minutes, until soft.
- Add the asparagus and stir to combine. Add the cream. Increase the heat to medium and bring to a simmer, stirring occasionally.
- Finely grate the lemon zest into the sauce, reserving the lemon.
- Drain the pasta and add to the skillet. Toss to combine and cook until just heated through. Remove from heat.
- Halve the lemon and squeeze the juice of the whole lemon over the pasta.
- Salt to taste and garnish with mint and parsley. Pass grated Romano cheese at the table.
- Refrigerate leftovers in an air-tight container for up to three days. ♦

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.



Index to Advertisers

Look for *County Lines* at Main Point Books, at Events and Affiliates.
Check our website's Get A Copy page.

County Lines is available at the following
advertisers. See our Advertiser Directory on
CountyLinesMagazine.com.

Adorn Goods.....	60	Chester County In Bloom.....	32	Mostardi Nursery	16
The Agnes Irwin School.....	52	Chester County Library System....	8	National Iron & Steel	
AIM Academy	56	Chester Valley Golf Club	17	Heritage Museum.....	17
Artisan Exchange.....	49	Delaware Hospice	42	Patina Health.....	51, 67
The Baldwin School	52	Delaware Museum of		The Pilot School	54
The Barn at Springbrook Farm...	56	Nature & Science.....	54	Ron's Original Bar & Grille.....	60
Berkshire Hathaway Fox Roach /		E. C. Trethewey		Roxborough Memorial Hospital.	42
Holly Gross Group	5	Building Contractors.....	10	Suburban Community Hospital..	42
Bierhaul Lagerhaus &		Fine Wine & Good Spirits.....	16	Team Toyota of Glen Mills	42
American Kitchen	10	Friends Association for Care and		The Walden School.....	54
Brandywine Oral Surgery.....	2	Protection of Children.....	32	Walter J. Cook Jeweler.....	6
Brumbaugh Wealth		Hospitals United.....	66	Welcome Neighbor	49
Management	50	Key Financial.....	3	West Chester University	
Bucks County Designer House		Keystone Gun-Krete		Summer Music Camp.....	54
and Gardens.....	13	Concrete Lifting	17	White Horse Construction.....	15
Center School.....	56	King Construction.....	8		
Centreville Layton School	56	Lower Bucks Hospital.....	42		
Chester County Food Bank	49	Main Street Cabinet.....	back cover		

*This Index is provided as an additional
service to our advertisers. County Lines
takes no responsibility for errors.*

Primary care that's truly built around you.

Primary care becomes more important as you age and your physical, emotional and social needs change. Even so, receiving quality care is rarely as easy as it should be. Patina exists to address these issues and give you the care you deserve.

Patina is a primary care practice just for adults 65+. The time, values and preferences of our patients come first – patients including Mark Pinsky, 66, who continues to lead an active lifestyle in Philadelphia. Here, Mark shares his experience with Patina.

What was your previous experience with primary care providers?

Mark: I was increasingly frustrated with the impersonal nature of most healthcare models — always waiting for appointments and then getting rushed out after minimal time. Even going to a renowned local health system, it began to feel like a factory to me.

Why was it important to switch your PCP now?

Mark: My healthcare needs were getting steadily more frequent and complicated as I turned 65 and entered Medicare age. I wanted someone who took the time to listen.

What's different about the way Patina personalizes your care?

Mark: They customize care to me in a way others didn't. For example, in the intake process, they didn't just ask me what medicines I took, they made sure I was taking them correctly. I got an immediate follow-up from JaCarla [my Patina health champion] to make sure I was on the right path. They are quick and responsive and pay attention to details. I'm finally being heard!

"I had one doctor after another, and I always felt like they were seeing me again for the first time. With Patina, I feel seen and heard. In the past, I could never afford concierge care, but I feel like I have it now."

Mark Pinsky
Patina patient

The #1 Killer of Kids Has Met Its Foe: A Question

ASK IF THERE'S AN UNLOCKED GUN IN THE HOUSE

Guns are now the leading cause of death for kids – doesn't kill to ask.
HospitalsTogether.com

MESSAGE FROM REGION'S LEADING HOSPITALS



Say goodbye to primary care that's limited to rushed and impersonal office visits.
Say hello to Patina.

Primary care for adults 65+

At Patina, relationships come first. You get a dedicated team who stays with you over time. Visits are virtual and in person at home, when needed. Our easy-to-use app keeps you conveniently connected with your care team. All at no extra cost through most Medicare plans. Available to people 65+ in Chester, Bucks, Delaware, Montgomery and Philadelphia counties.

 **patina**
800.476.7992
patinahealth.com