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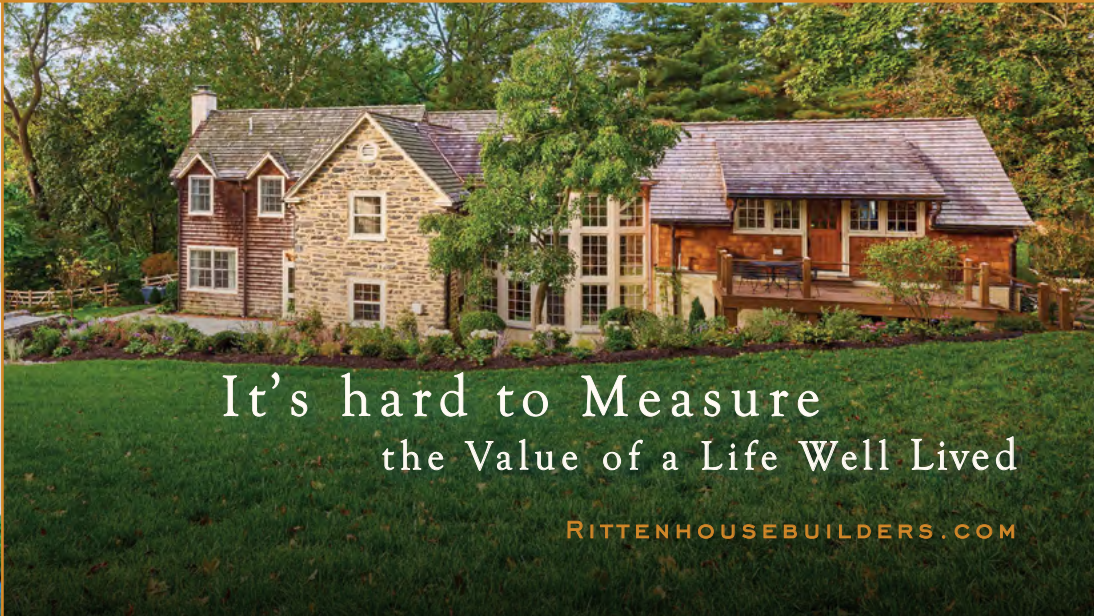
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NEW
LISTING

Newlin Township *About the ChesLen Preserve!*

This marvelous property is uniquely set on 16+ acres abutting the 1,282 acre ChesLen Preserve. This sought after location has it all – beautiful views, protected open space, quiet road, Unionville Schools, and easy access to amenities. Features of the property include a spacious 4 bedroom, 5.1 bath home, second home/cottage with 3 bedrooms and 2 baths, a nine-stall barn, pastures, pond, pool and much more! The current owner has totally redone the home with a Living Room, Dining Room and staircase that could have graced the pages of Architectural Digest! The Living Room has a cathedral ceiling with beautifully crafted wooden arched beams and a handsome stone fireplace that soars to the ceiling. The gracious curved staircase represents the epitome of fine craftsmanship. The chef in the family will love the large Kitchen offering an abundance of fine cabinetry, boundless granite counters, and high-end appliances including a Wolf gas range, two Wolf wall ovens, and a Bosch dishwasher. Conveniently, next to the Kitchen is a Family Room with a back staircase and a wall of glass windows to embrace the wonderful views. The large Primary Suite offers two walk-in closets and a bathroom with a ball-and-claw soaking tub, heated floor, and an oversize shower. Equestrians will love the nine-stall barn and the multiple pastures. The fully updated and spacious cottage is perfect as a guest house, family compound, or tenant house. This property represents a significant value and ideal living opportunity.

Please Call for Price



NEW
LISTING

East Fallowfield Township *Adjacent to Unionville Equestrian Area*

This unique offering is comprised of two parcels. One is a private 39.9 acre parcel with a fully restored and beautiful stone bank barn with ample stalls and an on-grade loft affording significant hay and equipment storage. There are several turn-out sheds as well as multiple well fenced paddocks. A handsome stone spring house and a meandering stream enhance this special property. A historic c.1790 home in need of restoration is included. Abutting this parcel is a separately deeded one acre property with a three bedroom, two bath home in good condition. The offering is adjacent to the sought-after Unionville equestrian mecca and offers a buyer a multitude of options. There are no restrictive easements against subdivision. This is an opportunity for a builder or perfect for the conservation minded individual looking to preserve a special parcel and enjoy the significant tax benefits!

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Can we restore the doctor-patient relationship?

Maryanne Nichols finds a new path forward for her healthcare with the help of Patina, a primary care practice just for adults 65+.

Maryanne Nichols remembers the pain before her long-awaited back surgery. “I had become very good friends with my bed,” she says.

Maryanne expected a long road of recovery that she’d have to manage on her own. Coordinating follow-ups. Waiting on hold. Worrying about whether she was taking the right steps.

That all changed when she found Patina right before surgery. Like all Patina patients, no matter their health status or goals, Maryanne gained a dedicated team, including a primary care practitioner (PCP), nurse and health champion. Her team includes Alexandra Ristow, MD, Willa Bowie, RN, and Luis Gonzalez, health champion.

Nurse Willa arrived for Maryanne’s first home visit just days after surgery. “Willa didn’t leave until she knew I was being taken care of,” Maryanne says.

Over the coming weeks, Patina stepped in on Maryanne’s behalf — communicating with the surgeon and pain management specialist, working through insurance claims, and ensuring in-home healthcare was provided.

“Everyone is so nice and responsive. They are there for me.”

Maryanne Nichols
Patina patient

Maryanne is getting better and feeling stronger. She appreciates the 24/7 access to care through Patina’s mobile app. “I trust that I’ll get a quick response,” she says. “I can ask for help scheduling or rescheduling appointments without ever wasting time being on hold. Prescriptions are easier to manage, too.”

Now with her care team, Maryanne is planning her healthcare future, including physical therapy and a new pain management regimen.

Patina is more than primary care in Maryanne’s eyes. It’s a relationship with a trusted partner. Best of all, Maryanne is returning to the life she loves – staying active with her hobbies, long walks in the park and visits with her friends and family.

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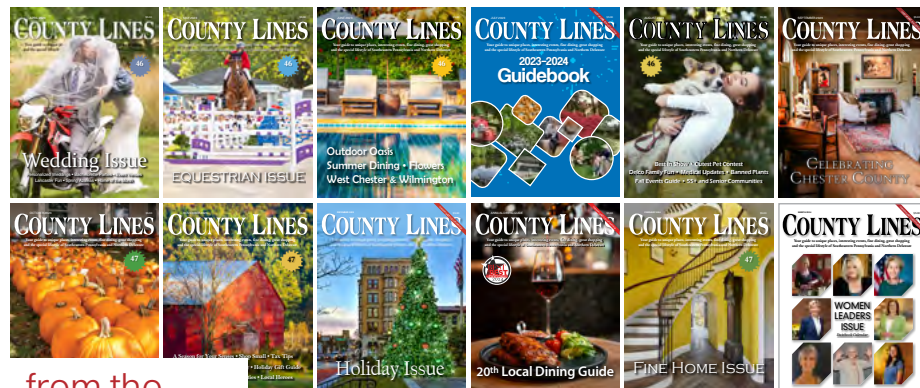
European-inspired stone manor home featuring pool with pool house, office and apartment in converted barn.

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from the
EDITOR

Ah, April! At *County Lines*, we're celebrating spring!

Shannon Montgomery thinks it's time for "Building Your Outdoor Oasis." Transform your outdoor space into a personal paradise to relax, spend time with family and friends, and entertain. Get inspiration from local experts, including from our Resources Guide.

In the great outdoors, Welkinweir's Victoria Laubach reports "Beavers are Making a Comeback." In the early 20th century, beavers were hunted to near extinction, but they're back and helping the environment.

You've been waiting for it! West Chester's — get ready — quasiquibicentennial! Read about the plans — a parade and more — in Cara Corridon's "West Chester Celebrates 225 Years at the Center of Chester County." Also this April, head to the West Chester Film Festival for short films from around the world — Oscar-winning documentaries, inventive animations, local dramas and gut-busting comedies.

Emily Hart heads to Lancaster and finds "Lancaster's Countryside Cosmopolitan," with Korean donuts, a French café and an international food fest, plus spas, breweries, vineyards and more. Malcolm Johnstone adds some history on Lancaster County-bred President Buchanan and his home, Wheatland.

We round things out with cricket, tattoos and lasers. "Cricket Is a Bit Like Baseball ... But Different," writes Ed Malet. Wickets, bowls, overs, only two innings but scores in the hundreds. Learn about the world's second-most popular sport and its special connection to Pennsylvania.

From celebs to politicians, and of course athletes, people are getting inked. Cultural norms are shifting, and the stigma surrounding tattoos is fading. Shannon Montgomery takes a look in "Beyond Skin Deep." For our Being Well feature, Dr. Sherly Alex of Main Line Dental Group writes about "Laser Dentistry," a safe, effective and relatively painless new-ish option for patients.

Finally, Brandywine Table's Courtney Diener-Stokes shares ideas for "Wholesome & Hearty Snacks for Spring," while our Best Local Events section is filled with Family Fun and things to do.

Thank you for reading.

Jo Anne
Jo Anne Durako
Editor

COUNTY LINES MAGAZINE

April 2024

Volume XLVII Number 8

PUBLISHER
Edwin Malet

EDITOR
Jo Anne Durako

ART DIRECTOR
Harvey Walls

ASSOCIATE EDITOR
Marci 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

INTERN
Eric Monaghan

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

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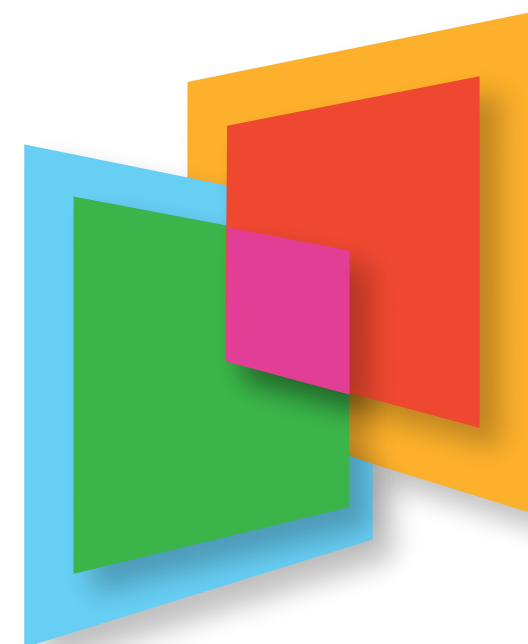
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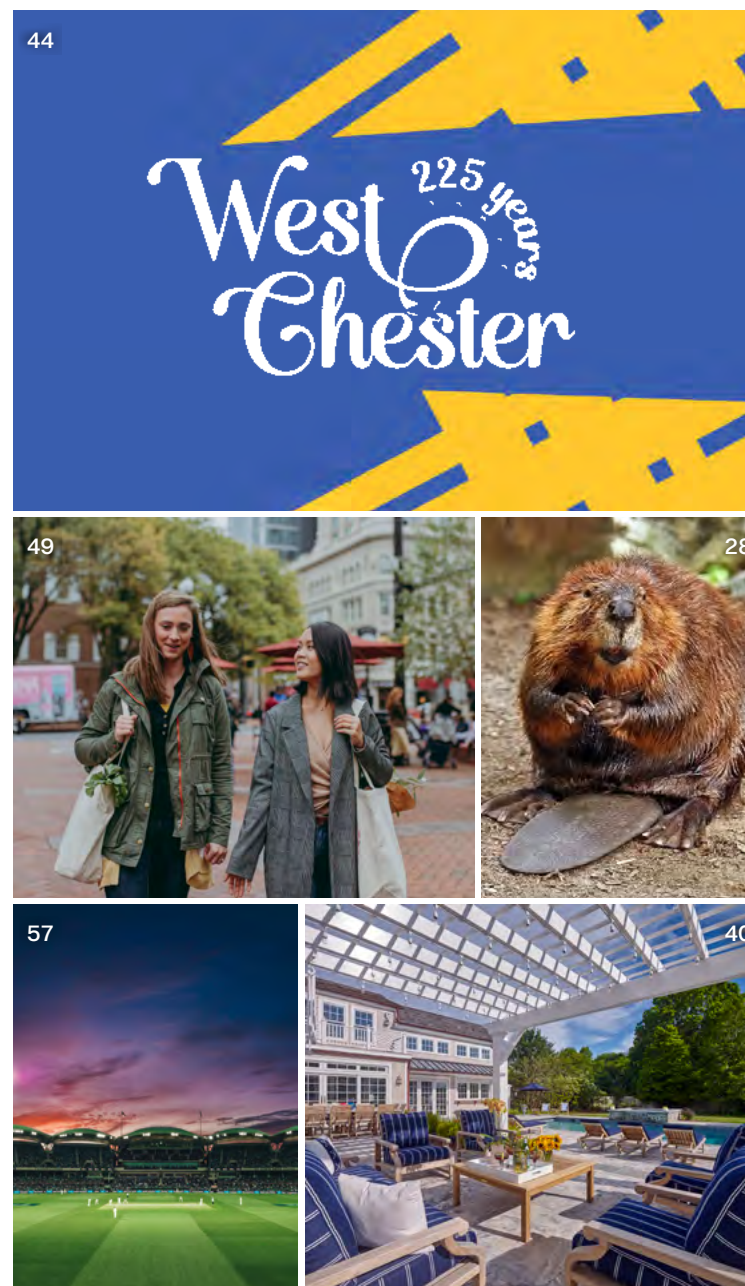
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CONTENTS

Volume 47, Number 8 • April 2024

COUNTY LINES
MAGAZINE



- 27 **18TH ANNUAL WEST CHESTER INTERNATIONAL SHORT FILM FESTIVAL**
April 26-28, 2024.
Victoria Rose
- 28 **BRANDYWINE STORIES**
Pennsylvania's own, James Buchanan.
Malcolm Johnstone
- 30 **BEAVERS ARE MAKING A COMEBACK**
And not just on the tributary of Beaver Run.
Victoria Laubach, Welkinweir
- 34 **BUILDING YOUR OUTDOOR OASIS**
Transform your backyard into your personal paradise.
Shannon Montgomery
- 40 **OUTDOOR OASIS RESOURCE GUIDE**
Ideas from local experts to transform your outdoor space.
Edited by Marci Tomassone
- 44 **WEST CHESTER CELEBRATES 225 YEARS AT THE CENTER OF CHESTER COUNTY**
Make plans to join the party.
Cara Coridonna
- 49 **LANCASTER COUNTY**
Countryside cosmopolitan.
Emily Hart
- 53 **BEYOND SKIN DEEP**
Tattoos are on the rise for all ages and genders.
Shannon Montgomery
- 57 **CRICKET IS A BIT LIKE BASEBALL ... BUT DIFFERENT**
Here's help with this sticky wicket.
Edwin Malet
- 62 **BRANDYWINE TABLE**
Wholesome & hearty snacks for spring.
Courtney H. Diener-Stokes

departments

12 **BEING WELL**
15 **GOOD TO KNOW**

17 **APRIL PICKS**
18 **BEST LOCAL EVENTS**

61 **FOOD NEWS**
66 **INDEX**

Laser Dentistry

NEW TECHNIQUES FOR PAIN-FREE AND AESTHETIC DENTISTRY

Dr. Sherly Alex, Main Line Dental Group

LASER DENTISTRY IS LEADING THE WAY IN A NEW era of dental care, providing patients with a high level of comfort and aesthetic improvement. This groundbreaking technique has changed the way dentistry is done, providing a safe and effective option for improving smiles without the pain associated with some traditional treatments. Laser dentistry provides a comforting option for those who are afraid of or anxious about dental procedures by using techniques that are gentle and don't require invasive measures.

Recently, laser dentistry has become increasingly popular because of its impressive results and wide range of advantages. These benefits include improving the appearance of teeth and treating a variety of dental issues. Laser dentistry uses lasers to reshape, drill and treat many dental problems.

The two main types of laser dentistry — using hard tissue lasers and soft tissue lasers — differ primarily in the type of light they use.

HARD TISSUE LASERS

Hard tissue lasers have a strong attraction to hydroxyapatite, a material found in both bones and teeth. This makes these lasers highly effective at cutting through tough tissues, like teeth, with great precision.

These lasers are extremely useful for such purposes as preventing tooth decay, removing and repairing dental fillings, preparing cavities and whitening teeth. Lasers are also useful for diagnosis and for accomplishing tasks such as sealing tubules on the roots of teeth to reduce sensitivity to heat and cold.

Laser technology helps dentists find cavities early, even those you can't normally see. This means your dentist can treat the cavities quickly and early, before they get worse. Laser dentistry also makes getting fillings a much easier and a less anxiety-causing experience because the process is almost painless and doesn't cause as much sound, vibration, pressure or heat as traditional methods.

With lasers, dentists can easily and permanently get rid of cavities caused by bacteria without needing to drill or use numbing shots as in traditional dentistry — more benefits of laser technology for dental care.

SOFT TISSUE LASERS

In contrast, soft tissue lasers are different tools that emit wavelengths that are easily absorbed by water and hemoglobin. These lasers are effective at targeting soft tissue, such as gums, and can seal nerves and blood vessels while cutting, which helps minimize pain and bleeding. Some patients report feeling no discomfort after surgery.

Soft tissue lasers have various uses, including promoting wound healing, reshaping gums for certain surgeries, fixing issues with dentures, performing frenectomies (treating restricted tongues, often found in children or infants), uncovering teeth that haven't fully erupted, using photodynamic therapy (PDT) for oral cancer lesions, and photo-stimulation of oral herpes (HPV) lesions.

LASER TEETH WHITENING

Many dental patients may be aware of laser dentistry for teeth whitening. This highly effective technique removes stubborn stains from teeth by breaking up stained particles and flushing them out. Despite their seemingly solid appearance, teeth are actually porous, like a sponge, making them susceptible to staining over time, especially from dark-colored foods and drinks.

The laser teeth whitening process begins with a thorough cleaning to remove plaque buildup. Next, a potent hydrogen peroxide gel is

applied to the teeth, where it sits for a few minutes. This powerful gel works to combat stains while providing an intensive cleaning. During this time, a laser beam is directed at the teeth to activate and amplify the whitening properties of the gel, significantly expediting whitening compared to traditional methods.

Typically completed in about an hour, the procedure delivers excellent results, leaving patients with noticeably whiter teeth. Laser teeth whitening offers a quick and efficient way to achieve a brighter smile, making it a popular choice for those who want immediate and dramatic improvements.

Using lasers in dental care has greatly improved how treatments work, making them faster, more precise, easier and less expensive, while also making patients more comfortable. Whether laser dentistry is right for you, though, depends on your unique situation. It's important for your dentist to carefully assess your needs to decide if laser dentistry is the best choice for you. ♦

Dr. Sherly Alex, a graduate of New York University College of Dentistry, has focused on the field of general and family dentistry. With extensive experience in oral sedation, cosmetic dentistry, implant dentistry, endodontics and Invisalign orthodontics, she offers comprehensive care tailored to each patient's unique needs. Her approach of compassionate one-on-one care and her commitment to preventive dental practices results in positive patient outcomes. More at MainLineDental.com.



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The Lebanon Valley has arts and entertainment for everyone, including fine art, theatre, and music. In fact, the Valley is home to the nationally recognized Mount Gretna Outdoor Art Show, which is celebrating its 50th show in 2024.

But that's not all. The Valley also boasts several theatre options, such as the Lebanon Community Theatre, which has been providing live entertainment to the area for over sixty years. There are also many live music venues, including the Veteran's Memorial Amphitheater, a beautiful outdoor venue at Coleman Memorial Park.



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

Local Story. Searching for a new read? Check out *The Heaven & Earth Grocery Store* (Penguin Random House) by National Book Award winner James McBride, named Barnes & Noble's 2023 Book of the Year. Set in Pottstown in the 1920s and '30s, the story focuses on the Black and Jewish residents of the Chicken Hill neighborhood and features some familiar names and places — the *Pottstown Mercury*, Pennhurst Asylum, Bethlehem Steel. Find it at your local independent bookstore or library. JamesMcBride.com.



History Retold. Calling all history buffs! A new documentary, *Battle of Brandywine: Forging the American Spirit*, is coming just in time for West Chester's 225th birthday. Check out the trailer on YouTube featuring West Chester native, author and historian Bruce Mowday's commentary on the history of the largest and second longest single-day battle of the American Revolution.



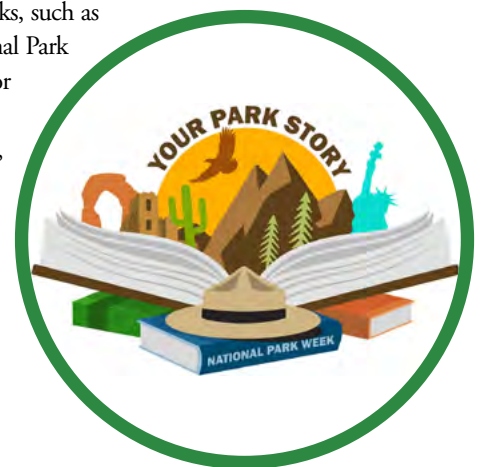
The project, spearheaded by Mowday and preservationist Randall Spackman, seeks to inspire a greater appreciation for preserving historic landmarks.

Swarmageddon. In late April, the 17-year Brood XIII and 13-year Brood XIX **periodic cicadas** will co-emerge for the first time since 1803. But our area gets only its usual annual cicadas in August, missing the swarm. Though noisy, cicadas are harmless, remaining underground, sucking sugar from tree roots during their hibernation. When they emerge, they sprout wings, make noise, mate and die several weeks later, providing nutrients to birds and plants when they die. RIP. Cicadamania.com.



Celluloid Celebration. Honor **National Movie Theater Day** on April 23 by visiting your local temple of cinema and show your appreciation for these timeless community gathering spots. Visit (and support) local independent theaters such as the Bryn Mawr Film Institute, Phoenixville's Colonial Theatre and West Chester's Uptown! Knauer Performing Arts Center. Grab some popcorn for this fun holiday and catch a re-released Oscar winner — or next year's nominees. BrynMawrFilm.org. TheColonialTheatre.com. UptownWestChester.org.

Green Days. This month, celebrate a nature trifecta: **National Parks Week** (April 20–28), **Earth Day** (April 22) and **Arbor Day** (April 26). Observe all three earthy holidays at once by visiting one of our nearest national parks, such as Valley Forge National Park in King of Prussia or First State National Park in New Castle, DE. And consider planting a tree in your yard. More at NPS.gov.



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April Picks

Our Picks for top events this month

An Evening of Songs & Stories With John Oates

April 6



You don't want to miss this one at Uptown! Knauer Performing Arts Center. John Oates is a member of the Rock and Roll Hall of Fame, The American Songwriters Hall of Fame, and recipient of the prestigious BMI Icon Award as well as multiple Grammy nominations. This will be an intimate, unforgettable evening of songs and stories. 226 N. High St., West Chester. 8 p.m. \$59.50–\$99.50. UptownWestChester.org.

Stoneleigh: A Natural Garden Home and Garden Tour

April 13

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



West Chester's 225th Birthday Parade

April 21

Mark your calendars to come together and celebrate the rich history and vibrant community of West Chester. The parade will feature colorful floats showcasing the heritage and spirit of West Chester, marching bands and festive decorations, balloons and plenty of birthday cheer. More events are planned for the 225th. Downtown West Chester. 1 to 3 p.m. DowntownWestChester.com.

A Spring Tradition Returns — Bucks County Designer House & Gardens

April 26–May 26

For the 48th Bucks County Designer House & Gardens, Sycamore Lane Farm will open its doors with an elegant onsite Preview Gala, April 26. Tours run through May 26. Benefits Doylestown Health and Village Improvement Assoc. 1421 Rt. 113, Perkasie. Mon.–Wed., Fri.–Sat., 10 a.m. to 4 p.m.; Thurs., 10 a.m. to 7 p.m.; Sun., noon to 4 p.m. \$40–\$45. BucksCountyDesignerHouse.org.



The Philadelphia Show

April 25–28



See over 40 outstanding exhibitors specializing in fine art, design, antiques, Americana, folk art, jewelry, textiles and decorative arts with a special installation of works now a part of the Philadelphia Museum of Art's collections. The Preview Party is Thurs., 5 p.m. to 9 p.m., \$200–\$650.

Philadelphia Museum of Art East Terrace, 2600 Benjamin Franklin Pkwy., Philadelphia. Fri., 11 a.m. to 7 p.m.; Sat., 11 a.m. to 6 p.m.; Sun., 11 a.m. to 5 p.m. \$25. ThePhiladelphiaShow.com.

best Local Events

FAMILY FUN

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.*



APRIL 6–28 Saturday and Sunday

Creature Features at the Brandywine Zoo. Meet a scaled, furry or prickly friend and ask questions and learn more about these education animal ambassadors who live at the zoo. *1001 N. Park Dr., Wilmington. 11 am. \$7–\$9. 302-571-7850; BrandywineZoo.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 performance that includes thundering taiko drumming and Japanese folkloric dance. *Em-*

ilie K. Asplundh Concert Hall, University Ave. & S. High St., West Chester. 7 pm. \$20–\$27. 610-436-2266; WCUPA.edu/Live.

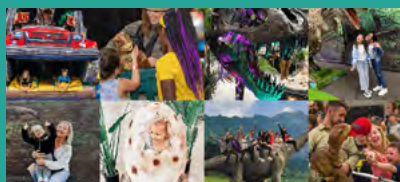
APRIL 10

The Secret Garden: Kids Read and Explore. Natural Lands partners with Longwood Gardens' 11th annual Community Read initiative with a look at how gardening is good for all. After the story, explore Binky Lee's secret garden and search for flowers, connect to nature and enjoy fresh air. *Binky Lee Preserve, 1445 Pikeland Rd., Chester Springs. 10 to 11:30 am. Children 12 and under, \$5. NatLands.org.*



APRIL 19–21

Jurassic Quest. Take a walk among the herd of photorealistic dinosaurs and enjoy live dinosaur shows, interactive science and art activities, a "Triceratots" soft play area for the littlest explorers, bounce houses and inflatable attractions, photo opportunities and more. *Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Fri, noon to 8 pm; Sat, 9 to 8; Sun, 9 to 7. Tickets available online, \$19–\$36. JurassicQuest.com.*



APRIL 20 & 21

Annual Youth Trout Derby. Boys and girls ages 5–13 are invited. Trophies to those catching the 10 largest fish in each session. *Darby Creek at Saw Mill Park, 666 Earles Ln., Newtown Square. Sat, 8 to 11 am and 4 to 7 pm; Sun, 9 am to noon. Free. Pre-register at RadnorRecreation.com.*

APRIL 21

Annual Brandywine Backyard BBQ Festival. Enjoy a spring afternoon in the park with live music bands, BBQ, burgers, wine & beer, beverages and dessert food trucks in a picnic setting. Benefits Boys Scouts of America. *New Garden Township Park, 8938 Gap Newport Pk., Landenberg. Noon to 5. \$5–\$10. CCCBSA.org.*

MAY 4

Spring on King in Malvern. Fun on King Street with food trucks, musicians, circus performers, a beer garden with live music, kids activities and more. Don't miss the headline musical performance in Burke Park at 4—a Latin Band with salsa dancers to get the crowd up and moving. *Noon to 6 pm. MalvernBusiness.com.*



MAY 4

The Lights Festival at Plantation Field. Ignite your personalized sky lantern and let it take flight. Enjoy food, live music, dancing and the breathtaking sight of lighting the sky with thousands of lanterns. *1537 W. Doe Run Rd., Kennett Square. Gates open at 4:30 pm. \$43–\$68, includes lantern kit. Ages 4–12 receive a Fun Kit (no lantern). \$10 parking. TheLightsFest.com.*



ART, CRAFTS & ANTQUES.....

THROUGH APRIL 27

Art Quilt Elements at Wayne Art Center. This is an international juried exhibition of contemporary fine art quilts, praised by reviewers and artists for the presentation of the work and promoting the art quilt as a fine art form. 413 Maplewood Ave., Wayne. Mon–Fri, 9 to 5; Sat, 9 to 4. Free. *WayneArt.org.*

APRIL 10–13

The Lancaster-Lebanon Quilt Show. Over 48 vendors, more than 150 quilt exhibits, 30 classes, a free gift basket raffle worth over \$1,200 and more at this show entering its 32nd year. The Lebanon Valley Expo Center, 80 Rocherty Rd., Lebanon. Daily 9 to 4. Free. *AQuiltersDestination.com.*

APRIL 26–27

Spring Fling Flea Market and Open House. Explore this recently expanded antiques co-op with over 25 booths. Live music, food trucks and kids activities included. The Antiques Loft, 756 Rothsville Rd., Lititz. Daily, 10 to 6. *Sylvan-Brandt.com/Antiques-Loft.*

APRIL 26–MAY 12

51st Annual Yellow Springs Art Show Events. Works from 220+ juried artists available for purchase. *Apr. 26,* Opening Gala with art, music, cocktails and hors d'oeuvres, \$85. *May 3,* Happy Hour, featuring art, wine and cheese, \$10. *May 12,* Art Around the Village event with music, kids activities. Benefits Historic Yellow Springs. 1685 Art School Rd., Chester Springs. Open daily, 10 to 4. *YellowSprings.org.*

MAY 3

West Chester Spring 2024 Gallery Walk. Explore the vibrant art scene in downtown West Chester, celebrating the community of artists and galleries. Many stops will have refreshments. Presented by Founders Brewing Co. and hosted by the Downtown West Chester. 4 to 8 pm. *DowntownWestChester.com.*

MAY 3–19

Pottstown Area Artists Guild Spring Fine Arts Show. Area artists exhibit with awards recognizing the best works in the show presented during the Opening Reception on May 5. Schwenkfelder Library & Heritage Center, 105 Seminary St., Pottstown. Tues–Fri, 9 to 4; Sat, 10 to 4; Sun, 1 to 4. *PAAG.Info/Art-Show.*

MAY 4 & 5

Haverford Guild of Craftsmen's Spring Art & Fine Craft Show. Pick up a unique handcrafted gift from juried artists whose work includes basketry, ceramics, fiber, glass, jewelry, mixed media, painting, photography and more.



Kendal-Crosslands Communities offers abundant opportunities to get outdoors and garden, gather with friends, hike on 11 miles of trails, or enjoy birding activities. Residents have many opportunities for indoor events such as lifelong learning, arts, entertainment, exercise, and more. Live the lifestyle you choose. Residents are surrounded by acres of rolling hills, wooded trails, meadows, ponds, and tranquil walking paths on our 500-acre campus. Whether you seek a Life Plan or a 50-plus Community, Kendal-Crosslands has options to inspire you to join us to live in the world as it should be. We offer a warm and friendly campus in the heart of the Brandywine Valley. We invite you to explore all the opportunities waiting for you here—give us a call.



[info.kendal-crosslands.org/
countylinismarch](https://info.kendal-crosslands.org/countylinismarch)
800.216.1920

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Don't miss this opportunity to shop for one-of-kind gifts for Mother's Day, Father's Day, weddings, birthdays, graduations, and every other upcoming special occasion!

The Haverford Guild of Craftsmen is proud to announce our 2024 Spring Art and Fine Craft Show which will feature the work of over 40 juried, local artists. You will have the opportunity to purchase handmade creations including basketry, ceramics, glass, jewelry, leather, mixed media, painting, photography, sculpture, wood and much more!

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Alecia Miller



Carolyn Hogan



Dori McClennen

Visit our website
for more information!
www.haverfordguild.org/Spring2024

HGCS2024-02

Local Farm Markets

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

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

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.
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.



Haverford Community Recreation and Environmental Center, 9000 Parkview Dr., Haverford. 10 to 5. \$5. HaverfordGuild.org.

BOOKS.....

APRIL 2 & 25

Main Point Book Club. *Apr. 2*, Lisa Scottoline, with her new novel *The Truth About the Devilins*, will be at Rotwitt Theater on the campus of Rosemont College, 1400 Montgomery Ave., Bryn Mawr. Ticketed event. Visit website for details. *Apr. 25*, **NonFiction Book Group:** *Bartleby & Me: Reflections of an Old Scrivener* by Gay Talese, 7 pm. 116 N. Wayne Ave., Wayne. MainPointBooks.com.

APRIL 3-18

Wellington Square Bookshop. Classics Book Club: *Apr. 3*, *Pride and Prejudice* by Jane Austen, 2 pm. **NonFiction Book Group:** *Apr. 4*, *Lincoln and the Irish: The Untold Story ...* by Niall O'Dowd, 7 pm. **Fiction Book Group:** *Apr. 17 & 18*, *Matrix* by Lauren Groff, Wed, 2 pm, Thurs, 2 & 7 pm. 549 Wellington Sq., Exton. WellingtonSquareBooks.com.

CAR SHOWS.....

APRIL 28

Wheels of Wayne Car Show. The annual car show is in downtown Wayne with antique, classic and custom vehicles, entertainment, food

and prizes. Fun for the whole family. N. Wayne & West Aves. 12:30 to 3 pm. Free. Rain date, May 5. Radnor.com/WOW.

DANCE.....

APRIL 13 & 14

First State Ballet Theatre Presents *The Sleeping Beauty*. The enchanting fairy tale set to Tchaikovsky's glorious score. The Grand Wilmington, 818 N. Market St., Wilmington. Sat, 7 pm; Sun, 2 pm. Tickets, 302-652-5577; TheGrandWilmington.org.

EQUESTRIAN.....

APRIL 7

81st Running of Brandywine Hills Point-to-Point. Celebrate the first race of the season



with kids activities, lead line, stick pony races, the Radnor Hunt foxhound parade and great raffle prizes. Benefits Brandywine Red Clay Alliance. Myrick Conservation Center, 1760 Unionville-Wawaset Rd., West Chester. 11 to 3. \$25/carload. BrandywineRedClay.org.

FESTIVALS

MAY 4

Annapolis, MD Irish Festival. Join the crowd for great bands, food and drink at this family-friendly event, with lots of activities for all ages. Anne Arundel County Farigrounds, 1450 Generals Hwy., Crownsville, MD. 11 am to 10 pm. \$15. ABCEventsInc.com.

FILM.....

APRIL 26-28

West Chester Film Festival. See article in this issue.

FOOD & BREWS.....

THROUGH JUNE

Pints With A Purpose Happy Hour. Exton Region Chamber of Commerce and Locust Lane Craft Brewery join to raise funds for many organizations benefiting from the happy hours. Locust Lane Craft Brewery, 50 Three Tun Rd., Malvern. Visit Business.ERCC.net/Events.

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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](#).

APRIL 14
In Person & Online Wine Tasting with Coach Dick Vermeil. Join Hall of Fame football coach Dick Vermeil for a wine tasting event to support Camp Geronimo and The Barn at Spring Brook Farm. 360 Locust Grove Rd., West Chester. 4:30 pm. [SpringBrook-Farm.org](#).

APRIL 14
Delaware Hospice Jazz Brunch. Enjoy an afternoon of great food, beverages, silent and live auctions, and musical entertainment. Harry's Savoy Grill, 2020 Naamans Rd., Wilmington. 11 to 2. \$75. [DelawareHospice.org](#).

APRIL 20
Art of the Cocktail at DE Art Museum. Get out your sequins and enjoy the evening with surprise guest bartenders, delectable bites from local chefs, live music, games, raffles and a silent auction. Benefits the Museum's children's programs. 2301 Kentmere Pkwy., Wilmington. 7 to 10. [DelArt.org](#).

APRIL 21
Annual Celebrity Chefs' Brunch. Indulge in exquisite tastings prepared by world-renowned chefs as well as brunch cocktails, live entertainment and a silent auction. Benefits Meals on Wheels in Delaware. DuPont Country Club, 1001 Rockland Rd., Wilmington. 11 to 2. \$75–\$175. [MealsOnWheelsDE.org](#).

FUNDRAISERS
See also: Art, Food & Brews, Outdoor Activities.

APRIL 13
Philadelphia Red Ball. Guests enjoy passed hors d'oeuvres and fabulous food stations. Benefits the Red Cross of Southeastern Pennsylvania. Vie, 600 N. Broad St., Philadelphia. [RedCross.org](#).

APRIL 13
Ryerss Run for the Horses. Everyone is welcome to take a 10K or 5K run or 1-mile walk on



a cross country course at Ryerss Farm. Benefits the farm's retired and rescued horses. 1710 Ridge Rd., Pottstown. Donation options on website, [RyerssFarm.org](#).

APRIL 16
2nd Annual Dine and Donate For WC Co-op at Bar Avalon. Chef owner John Brandt-Lee is once again hosting a West Chester Cooperative Dine & Donate event at his signature Italian restaurant, donating 20% on the food sales and food takeout. 116 E. Gay St., West Chester. 3 to 9. [WestChester.coop](#).

APRIL 19
People's Light Spring Gala. Shine a spotlight on artistic excellence. Guest star performance, cocktails and a dinner at The Farmhouse, as well as a raffle and silent auction, followed by dessert and champagne. Benefits the theater. The Farmhouse, 39 Conestoga Rd., Malvern. Visit [PeoplesLight.org](#).

APRIL 19
Kennett Education Foundation Spring Soiree. An evening of fun with live music, beer and wine bar, food stations and a silent auction. Benefits Kennett Consolidated School District. Hartefeld, 1 Hartefeld Dr., Avondale. 7 to 10 pm. [KennettEducationFoundation.org](#).

APRIL 20
A Night of Shining Stars at Peter's Place. Enjoy an elegant evening of cocktails, dinner and live auction. Aronimink Golf Club, 3600 St. Davids Rd., Newtown Square. \$225. Visit [PetersPlace.org](#).

APRIL 26
Chamber Annual 10 Grand Club Event. The Greater West Chester Chamber of Commerce annual fundraiser. Enjoy dinner and open bar (beer, wine and signature cocktails). Providence Church, 430 Hannum Ave., West Chester. Tickets and sponsorships, [GWCC.org](#).

APRIL 27
Canine Partners for Life: The Strength of Partnerships Gala. This elegant gala is filled with food, music, a silent auction and CPL dogs and puppies. Benefits CPL's mission to increase the quality of life of individuals with disabilities.



DuPont Country Club, 1001 Rockland Rd., Wilmington. Visit [K94Life.org](#).

APRIL 27
Thorncroft's Annual Victory Gallop. An unforgettable black-tie evening for the benefit of the Farm. The Pumphouse at the Ironworks at Pencoyd Landing, 615 Righters Ferry Rd., Bala Cynwyd. 6 pm. \$500. [Thorncroft.org](#).

APRIL 28
Unite For HER—Bloom Spring Fashion Show. View the latest spring fashions and celebrate the members of Unite for HER Wellness Program. Proceeds support local breast and ovarian cancer patients. Drexelbrook, 4700 Drexelbrook Dr., Drexel Hill. 11 to 2. \$115. [UniteForHER.org](#)

MAY 2
Bournelyf Special Camp 2024 Hand to Hand 5K Run & 2K Walk. The race will begin and end at the corners of Church & Gay Sts., West Chester. After-party hosted by Wrong Crowd Brewing Company. Reg. 5:30 pm. \$15–\$25. Benefits the camp. [BSCWC.org](#).

MAY 2
"All That's Purple Affair" Embracing Hope and Healing! The Domestic Violence Center of Chester County's annual gala with silent and live auction hosted by NBC10's Tracy Davidson.

Penn Oaks Golf Club, 150 Penn Oaks Dr., West Chester. 6 to 9 pm. \$175. Visit [DVCCCPA.org](#).

MAY 2
23rd Annual Bringing Hope Home Great Guys Dinner. The event brings relief to families dealing with the financial hardships a cancer diagnosis can cause by offering financial assistance. Springfield Country Club, 400 W. Sproul Rd., Springfield. Visit [BringingHopeHome.org](#).

MAY 4
Chester County Hospital Gala—From Longwood to Bollywood: A Passage Through India. This is a 30+ year tradition where friends of Chester County Hospital celebrate their mission and support community outreach programs. 1001 Longwood Rd., Kennett Square. [ChesterCountyHospital.org/Giving](#).

MAY 4
Lancaster County Presents Bark For Life. Featuring games, contests, giveaways, demos. Please bring blankets, treats, toys, food, cleaning supplies for the rescues. Benefits the American Cancer Society. New Life Fellowship Church, 420 E. Fulton St., Ephrata. [Facebook.com/ACS-BarkForLife](#).

GARDENS.....
THROUGH MAY 5
Spring Blooms at Longwood Gardens. It's


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the season of fresh beginnings, and Longwood beckons. Check the calendar on their website for special events. 1001 Longwood Rd., Kennett Square. Wed–Mon, 10 to 6, closed Tues. Timed tickets, \$13–\$25. LongwoodGardens.org.

MAY 3 & 4

May Market in Historic New Castle. Flow-ering and herb plants, indoor yard sale, arts/crafts vendors and Mother’s Day gifts. Benefits Arasapha’s programs. Behind New Castle Town Hall, 201 Delaware St., Historic New Castle, DE. Fri, 10 to 5; Sat, 9 to 3. Free. Arasapha.org/May-Market.

MAY 3 & 4

DE Nature Society’s Native Plant Sale. The sale promotes backyard habitats and gardening for wildlife and water. Coverdale Farm Preserve, 543 Way Rd., Greenville, DE. Member Day, Fri, 2 to 7; open to public, Sat, 9 to 3. Free. DelawareNatureSociety.org.

MAY 4–5

Jenkins Arboretum & Gardens Plant Sale Weekend. A large sale featuring rare and unusual rhododendrons and azaleas, plus a large selection of native trees, perennials and shrubs. Jenkins Arboretum, 631 Berwyn Baptist Rd., Devon. 9 to 4. JenkinsArboretum.org.

MUSEUMS

THROUGH JUNE 30

Delaware Art Museum. “The Artistic Legacy of James E. Newton: Poetic Roots,” an exhibi-tion 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. *Through June 9*, “Jamie Wyeth: Unsettled.” *Through Sept. 15*, “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.

MUSIC & ENTERTAINMENT

APRIL 3–MAY 2

At The Grand in Wilmington. *Apr. 3*, One Night of Queen; *Apr. 5*, An Evening with David Sedaris; *Apr. 6*, The Black Violin Experience Tour; *Apr. 11*, Gary Gulman: Misfit Book Tour; *Apr. 13*, DuPont Brass; *Apr. 17*, The Price is Right Live; *Apr. 18*, Trey Kennedy; *Apr. 20*, Kathleen Madigan; *Apr. 26*, An Evening with Tom Rush with Seth Glier; *Apr. 27*, An Evening with Jon Stewart; *Apr. 28*, Randy Rainbow for President; *May 2*, Lewis Black: Goodbuy Yeller

Brick Road, The Final Tour. Times and tickets, TheGrandWilmington.org.

APRIL 4–28

The Keswick Theatre. *Apr. 4*, An Evening with David Sedaris; *Apr. 5*, Colin Hay; *Apr. 6*, Let’s Sing Taylor; *Apr. 7*, Darcy & Jer; *Apr. 9*, Adam Ant; *Apr. 10*, Old Crow Medicine Show; *Apr. 11*, TommyInnit; *Apr. 13*, Yachtley Crew; *Apr. 20*, The Concert: A Tribute to ABBA; *Apr. 23*, EMO Orchestra featuring Escape the Fate; *Apr. 27*, The Rascals; *Apr. 28*, One Night of Queen. 291 N. Keswick Ave., Glenside. Times and tickets, KeswickTheatre.com.

APRIL 4–28

American Music Theatre. *Apr. 4*, Aaron Lewis Acoustic Tour; *Apr. 5*, Jeremy Camp; *Apr. 7*, One Night of Queen featuring Gary Mullen & The Works; *Apr. 11*, Scotty McCreery; *Apr. 12 & 13*, The Concert: A Trib-ute to ABBA; *Apr. 14*, Marty Stuart & His Fabulous Superlatives; *Apr. 18*, An Evening with Shawn Colvin & KT Tunstall Together on Stage; *Apr. 19*, The Piano Guys; *Apr. 26*, Bonnie Raitt with special guest Maia Sharp; *Apr. 27*, Kansas: The 50th Anniversary Tour; *Apr. 28*, Twitty & Lynn: A Salute to Conway & Loretta. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, AMTShows.com.

APRIL 6–27

The Colonial Theatre Presents. *Apr. 6*, The British Legends rock bands; *Apr. 14*, Gregorian: Pure Chants Tour; *Apr. 27*, 5th Annual Earth Song Fest. 227 Bridge St., Phoenixville. Times and tickets, 610-917-1228; TheColonialTheatre.com.



APRIL 12–MAY 4

Uptown! Knauer Performing Arts Center. *Apr. 12*, Philly Special Band; *Apr. 13*, Ultimate Doors; *Apr. 14*, Susan Werner; *Apr. 19*, Sweet Baby James Tribute; *Apr. 20*, classic rock ‘n’ roll with Not Fade Away; *May 3*, Better Than Bacon: Bacon Gives Back; *May 4*, 90s Rockfest. 226 N. High St., West Chester. Times and tickets, UptownWestChester.org.

APRIL 14

Wine & Jazz at the Willows Mansion. Enjoy an afternoon with Chris Oatts Jazz Quartet and wine tasting from Grace Winery. 490 Darby Paoli Rd., Villanova. 3 to 5. \$40. WillowsPark-Preserve.org.

OUTDOOR ACTIVITIES

APRIL 21

Valley Forge Revolutionary 5-Mile Run. A challenge for runners of all skill levels happening over National Park Week. Benefits VF National Historical Park. To register, ValleyForge.org/Rev-olutionary-Run.

APRIL 21

Delaware Marathon Running Festival. Runners enjoy the best of Wilmington, from the majestic views along the Riverfront and through downtown. Benefits Delaware College Scholars and the Cardiac Center, Nemours/Alfred I. du Pont Hospital for Children. Tubman Garrett Riverfront Park, 815 Justison St., Wilmington. Visit DelawareMarathon.org.

MAY 4

Kennett Run. Small Town—Big Race—Strong Community. Events for everyone with your choice of the 5K, 10K, one-mile or Power Run 5K and 10K races through Kennett Square. Ben-

efits area nonprofits. 405 N. Walnut Rd., Kennett Square. \$35–\$50. Register at KennettRun.net.

MAY 5

Blue Cross Broad St. Run. Line up for a 10-mile, point-to-point course starting at Broad & Fisher Sts. in Philadelphia and finishing inside the Navy Yard. The 10-mile race benefits the American Cancer Society. 7:30 am. Register at BroadStreetRun.com.

THEATER

THROUGH APRIL 21

The Mystery of Edwin Drood at The Can-dlelight 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.

APRIL 4–OCTOBER 28

Bird-in-Hand Stage. *Apr. 4–Aug. 3*, *The Con-fession...* *An Amish Love Story.* *Apr. 6–Oct. 19*, *Ryan & Friends: All Your Favorite Funny Stuff*, a multimedia variety show. 2760 #A Old Phil-adelphia Pk., Bird-in-Hand. Times and tickets, 717-768-1568; Bird-In-Hand.com/Stage.

APRIL 5–MAY 12

Dutch Apple Theatre Presents Ragtime: The Musical. Three diverse American family tales are woven together. 510 Centerville Rd., Lancaster. Times and tickets, 717-898-1900; DutchApple.com.

APRIL 17–MAY 5

The Flatlanders at Delaware Theatre Company. A couple, stranded in a snow storm, uncover truths and secrets about each other. 200 Water St., Wilmington. Times and tickets, 302-594-1100; DelawareTheatre.org.

APRIL 19–MAY 19

Rodgers & Hammerstein’s South Pacific at Fulton Theatre. The timeless classic on the stage. 12 N. Prince St., Lancaster. Times and tickets, 717-397-7425; TheFulton.org.



APRIL 23–MAY 26

Legally Blonde at Media Theatre. Enjoy the high octane, feel-good story on the stage in this explosive, hilarious and high energy production. 104 E. State St., Media. Times and tickets, 610-891-0100; MediaTheatre.org.

MAY 1–19

Hurricane Diane at People’s Light. A come-dic romp with a mythological twist. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.

TOWNS, TALKS & TOURS

APRIL 4 & 23

2024 History Matters Speaker Series. Explore Chester County’s unique history with a curated selection of virtual lecture programs. *Apr. 4*, “Revolutionary Women” by Shannon E. Duffy. *Apr. 23*, “Smallpox, Vaccination & Valley Forge” by John Pisciotta. Visit website for info and registration. MyCCHC.org.

APRIL 5

1st Fridays

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

APRIL 20

Revolutionary War Medicine Presentation at Historic Rock Ford. Welcome Thomas Plott as he interprets Dr. James Craik, the first Phy-sician General of the United States and George Washington’s personal physician and friend. Rock Ford Barn, 881 Rockford Rd., Lancaster. 2 pm. \$15. HistoricRockFord.org.

MAY 2

Philadelphia Main Line Estates: From Grand Mansions to Gardens. Join this tour to learn how three nearby historic sites are han-dling contemporary development in distinctly different ways. Begin the day with a tour of Chanticleer, followed by lunch and a tour of the Willows Mansion and end your day with a tour of Ardrossan. 9:30 to 3:30. \$239. WillowsPark-Preserve.org. ♦

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18th Annual West Chester International Short Film Festival

APRIL 26-28, 2024



ONCE AGAIN THIS APRIL, THE WEST CHESTER Film Festival is presenting short films from around the world — Oscar-winning documentaries, inventive animations, local dramas and gut-busting comedies. Over three days, April 24 to 26, the Fest will show dozens of short films, as well as host parties, workshops, pop-up blocks and more in downtown West Chester.

“I am so excited for this year’s Festival,” said Sarah Beck, the new Fest President, who’s been part of the event since its beginning. “We have an amazing lineup of films, and the whole weekend is packed full of events for film lovers of all ages.”

All selected films are 30 minutes or shorter, with each block of films including a range of genres, subjects, languages and themes. The Fest creates a unique opportunity to explore the world and engage with fellow filmgoers throughout the weekend.

Since its start 20 years ago, the Fest has been dedicated to bringing a world-class event to our community. It’s been an extraordinary run for this entirely-volunteer, nonprofit organization, with dedicated board members who work through the year to make it happen.

Amy Theorin, an award-winning local filmmaker and new board member, said, “There’s so much that goes into creating a full week-



The Mushroom Man director Doug Gahm, producer Deborah Divine and narrator Eugene Levy

end of events, but it’s worth it to see the reaction of the many filmmakers and film lovers who attend.”

Uptown! Knauer Performing Arts Center is the main film venue and site of the popular Opening and Closing Night Parties. All the Fest films will be shown here on the big screen in two-hour film blocks. See other themed Pop-Up Blocks at venues around downtown West Chester, and enjoy opportunities to meet filmmakers, learn about filmmaking, and see shorts from local young filmmakers. Check the full schedule on the website.

Attending the West Chester Film Festival is more than just watching films — it’s a chance to be part of the celebration. Whether you’re looking for a fun date idea, girls’ night out or weekend experience, there’s something for everyone.

See you at the Fest! ♦

—Victoria Rose



Pop-Up Block in downtown West Chester

If You Go

When: April 24–26, 2024

Where: Uptown! Knauer Performing Arts Center plus other venues in downtown West Chester

Tickets & Info: WestChesterFilmFestival.com

PENNSYLVANIA'S OWN, JAMES BUCHANAN



Portrait of James Buchanan by George Peter Alexander Healy (1859)

AN ILL-FATED PRESIDENT

Malcolm Johnstone

CONSIDERING THAT THE Keystone State once hosted our young nation's capital and gave us the Declaration of Independence, not to mention a government establishing "Virtue, Liberty and Independence" for all, it's odd that only one Pennsylvanian was ever elected to the presidency. Or at least until 2021, when Scranton-born Joe Biden assumed the office. (And compared with Virginia's eight presidents.)

But if there was ever a person who was more qualified — yet so unsuccessful — at being President, it was James Buchanan (1791–1868) of Lancaster. As 15th president, he vowed to serve only one presidential term, from 1857 to 1861, preceding Abraham Lincoln. Buchanan also shared the quaint history that he, like Lincoln, was born in a log cabin, now located at Mercersburg Academy west of Lancaster.

But the similarities end there.

QUEST FOR THE PRESIDENCY

Considering that Buchanan is ranked near the bottom on the scale of successful presidents, it's ironic that he was among the most politically qualified people to ever seek the office. He'd been a member of the House of Representatives and the Senate, as well as serving as Secretary of State and ambassador to both Great Britain and Russia.

Buchanan longed for the highest office, seeking the presidential nomination in 1844, 1848 and 1852 and finally succeeding in 1856, on the 17th ballot.

But as that election approached, the Pennsylvania electorate was divided about Buchanan. Yes, being a Pennsylvanian made him an instant favorite son. And, yes, he was certainly qualified. But rumors about his support of slavery made Pennsylvanians hesitant, particularly those in the emerging Republican Party, which was adamantly anti-slavery.



Buchanan's presidential desk at Wheatland

Townsend Walter, a successful politician of the day, wrote that concerned Republicans took it upon themselves to visit Buchanan at his home in Lancaster just before the 1856 election. The Kansas-Nebraska Act, which favored extending slavery into western territories, was making its way through Congress and eventually would be decided by the Supreme Court.

The group, made up of staunch abolitionists from Philadelphia and West Chester, called on Buchanan at his home at Wheatland. According to Walter, the question of slavery was put point blank to Buchanan, who insisted he opposed the extension of slavery into the territories. This satisfied the visitors, who returned to their homes and encouraged the vote for Buchanan.

PRESIDENCY

Buchanan won the election and was scarcely sworn in as president before he showed his true sympathies for the South. He embraced the Supreme Court's controversial ruling in the *Dred Scott* case that Americans of African descent, whether free or slave, had "no right to citizenship" anywhere in the United States. He believed his support of slavery would be construed as support for the South and was mistakenly convinced such a position would prevent the looming Civil War.

Another major embarrassment for Buchanan was the so-called Utah War, which was heating up just as he was taking office. It seems that certain Mormon enclaves began shooting at anyone entering their area. Federal troops were sent to Utah to keep the peace with little success.

Buchanan, who'd once been a private in a Pennsylvania brigade, thought he could manage the uprising better than his generals. Sadly, he made so many mistakes and errors it came to be called "Buchanan's Blunder" by many national newspapers.

LEGACY

By the time Buchanan left office, seven states had seceded from the Union. Historians believe his appeasement of the South and passivity as forces tore apart the country are his sad legacy.

A minor, positive part of his legacy is that like many other presidents, he saw the United States expand with the admission of new

Wheatland

Perhaps Buchanan's most visible legacy is Wheatland, his home in Lancaster. Wheatland, also called the James Buchanan House, is a Federal-style brick mansion built in 1828 and purchased by Buchanan in 1848. A lifelong bachelor, Buchanan moved into the mansion with his niece, Harriet Lane, plus a nephew and housekeeper.

When the unmarried Buchanan assumed the presidency, his niece at first became the White House hostess and soon became regarded as the First Lady. Indeed, she was the first person to be given that title by the American press.

Once Buchanan's single term ended, he retired from all politics and spent the rest of his time at home. He died upstairs in his bedchamber at Wheatland on June 1, 1868. He was 77 years old.

In 1934, Wheatland was acquired by a nonprofit foundation to preserve the house and interpret the life of James Buchanan. It was designated a National Historic Landmark in 1961. Today, it's managed by LancasterHistory. Visitors can view the home, inside and out, as it was in the 1860s.

Wheatland is open to the public Monday-Saturday, mid-January through mid-November, with tours available hourly. [More at LancasterHistory.org](https://www.lancasterhistory.org).



PHOTO CREDIT: ALLIE CAULFIELD

states. For Buchanan, it was Minnesota, Oregon and Kansas — although the controversy about whether Kansas could be a slave state would also haunt his administration.

Buchanan's birthday is April 23. ♦

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.





BEAVERS

Are Making a Comeback

AND NOT JUST ON THE TRIBUTARY OF BEAVER RUN

Victoria Laubach, Welkinweir

IN THE FALL OF 2012, I GOT A SURPRISING EMAIL FROM a visitor to Welkinweir asking: “Do you have beavers in your ponds?” My initial response was “no way!” Although Welkinweir is surrounded by protected lands that make it feel remote, I thought beavers aren’t likely to be found in the suburbs where we are.

After all, beavers, with their highly desirable pelts, were extirpated from Pennsylvania (had become locally extinct here) by the beginning of the 20th century. In its heyday, felted beaver fur was prized because it made the best hats, with its tiny barbs on the soft under-fur ensuring the fur remained matted when felted, so hats held their shape, lasted longer and were water resistant.

But with a bit of research I found that in the first couple of decades of the 1900s, the Pennsylvania Game Commission released beavers in remote areas of the Commonwealth. Now beavers are abundant throughout Pennsylvania. Including some at Welkinweir.

BEAVER FACTS

Beavers are the world’s second-largest rodent, with the North American and Eurasian beavers being quite similar. (FYI: the South American capybara is the largest living rodent.) Members of the rodent family (from the Latin *rodere*, meaning to gnaw) also include squirrels, mice, prairie dogs, guinea pigs and hamsters.

Rodents are characterized by a single pair of continuously growing incisors in the upper and lower jaws. Their constant chewing keeps the incisors sharp and trim. Beavers can weigh up to 60 pounds, grow to 40 inches long and have a 10-inch broad, flat tail used for fat storage and that’s slapped on water to warn of danger.

Active primarily at night, these nocturnal herbivores eat only woody plants like alder, birch, willow and cherry and herbaceous plants like water lilies and cattails, rather than fish, as sometimes thought. Adaptations — including webbed hind feet, thick fur, waterproof coat and a second eyelid that acts like goggles — enable beavers to spend most of their time in water. Their water habitat also provides protection from predators, given beavers are clumsy on dry land.

BEAVERS AT WELKINWEIR

What our visitor had noticed around the ponds was the telltale signs of a feeding beaver: downed trees, gnawed stumps that were pointy on the ends. It was a thrilling discovery! Interestingly these ponds were constructed in the 1930s with a series of dams on a tributary to Beaver Run (yes, really).

The first beaver discovered here was a young “subadult” who left the family colony to establish new territory at Welkinweir. The fol-

lowing spring, he found a mate (beavers mate for life), constructed a large lodge of sticks and mud on the pond bank, and soon young beaver babies, called “kits,” were swimming in the pond. With many of their favorite food plants in and around the pond providing a year-round source of food to a growing beaver family, the beavers were well on their way to changing the look of our riparian landscape.

Beaver families, known as colonies, generally consist of two adults, the current year’s young, as well as the young from the previous one to two years. The oldest siblings leave the family to establish their own colony before the newest kits are born. As the beaver population grows, so do the number of beavers looking for their own territory. New colonies are limited by food and habitat availability.

These young adult beavers follow the region’s waterways and green corridors from Welkinweir, traveling down Beaver Run, on to French Creek, where there are signs of beaver activity along the creek into Phoenixville. Eventually they arrive at the Schuylkill River, as evidenced by beaver activity noted in Fairmount Park.

Return of the beavers is not all good news, though. Their spread into human-populated areas causes concerns and conflicts. For example, beavers take down trees for food, building lodges and damming waterways, which can cause flooding on property or in transportation corridors.

For Welkinweir, the many benefits of beavers outweigh the downsides. Our beavers offer great educational opportunities as visitors view the evidence of their work, and everyone gets a kick out of hearing the tail slap! Plus, we’ve learned how to protect trees we don’t want beavers to bother and have tools that enable easier cleanup of their dam building.

ECOLOGICAL BENEFITS OF BEAVERS

Beavers are considered a *keystone species*: one that has a disproportionately large effect on its natural environment relative to its abundance. Predators, like wolves, can also be keystone species by preventing any one species from becoming dominant.

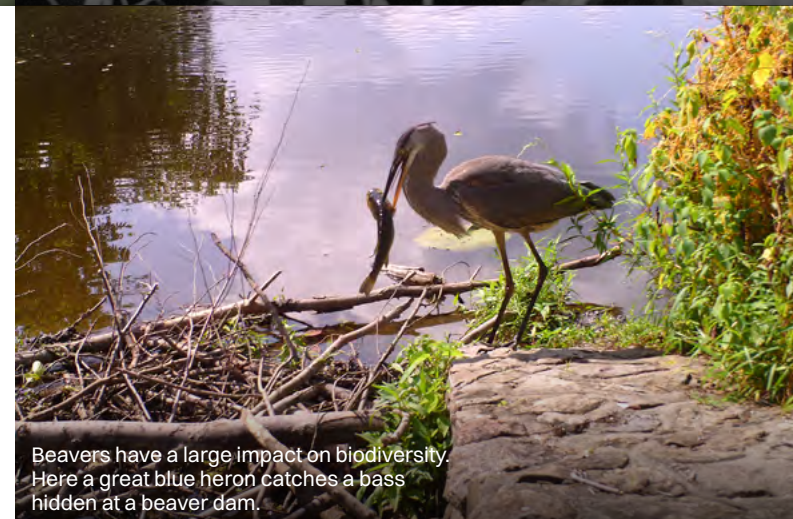
Through their engineering activity, beavers create, modify and maintain habitat and ecosystems through their dam building. This valuable activity has a large impact on biodiversity by providing habitat for many insect, bird, amphibian, mammal and fish species. Beaver dams can naturally restore healthy streams and watersheds,



North American beaver (*Castor canadensis*)
Algonquin Provincial Park, Ontario



Our nocturnal friend,
Castor on camera



Beavers have a large impact on biodiversity.
Here a great blue heron catches a bass
hidden at a beaver dam.



Downed trees can dam
waterways, causing flooding





Visiting STEM class checks out beaver dams, which can be 6 feet high and 12 feet wide.



A tell-tale trail made by a beaver entering a pond.



American beaver

improve water quality, store sediments, filter out nutrients and other pollutants, and slow water, leading to less erosion during storms. The water exiting a beaver dam is often cooler, which is beneficial for cool water fish like trout and salmon, and the openness of the design of the dam allows for fish passage.

In the western U.S., where drought has adversely affected rivers and created conflicts between users of the rivers, many conservation organizations consider beavers “restoration contractors,” improving aquatic and river systems for far less money than traditional engineered solutions. Where beavers have been successfully reestablished, the improved habitat has enhanced salmon spawning and rearing and has multiple benefits in countering climate change effects.

Here in the East, the benefits of beaver activity to reduce run-off sediments, flooding and erosion are being noticed, and many more groups are finding ways to incorporate beavers into their restoration work. At the 2020 inaugural BeaverCON — a conference sharing the latest research and best management of “nature’s engineer,” the North American beaver — held near Baltimore, Maryland, the theme that emerged was: “We humans need a major re-education on the place of beavers in our landscape ... western society needs more beaver believers ... to rethink the path towards healthy watersheds.”

We at Welkinweir are beaver believers. ♦

Welkinweir is a 224-acre arboretum and nature preserve, where history, horticulture and habitat meet. Located in East Nantmeal Township, 1368 Prizer Rd., Pottstown, Welkinweir is free and open Monday to Friday, 9 a.m. to 4:30 p.m. 610-469-7543; Welkinweir.org.



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BUILDING YOUR Outdoor Oasis



Dewson Construction
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TRANSFORM YOUR BACKYARD INTO YOUR PERSONAL PARADISE

Shannon Montgomery

THOUGH SPRING JUST ARRIVED, MANY OF US are dreaming of summer. Warmer temps, sunny days, time spent outside ... we're getting excited just thinking about it.

The best time to get your backyard ready is *now!* With careful planning and help from the pros, you can transform your outdoor space into your own personal paradise — an ideal space to relax, spend quality time with family and friends, even entertain or host parties. And get it done before those long summer days arrive.

Read on for ideas and inspiration to build your outdoor oasis, with advice from local experts.

OUTDOOR LIVING

Combine the comfort of a living room with fresh air and scenic views by creating an outdoor living space. An inviting space provides a place for family and friends to gather around for drinks, snacks and conversation.

“When designing an outdoor living space, we advise our clients to think of these spaces an extension of the house and to plan out-

door spaces in much the same way interior spaces are planned,” said John McMahon of Dewson Construction Company. “As with interior rooms, outdoor spaces should be functional and cohesive, with different areas designed for different activities — cooking, eating, relaxing, playing, et cetera.”

Outdoor living spaces come in many forms and can be tailored to your needs. Upgrade your deck or patio with a pergola or awning for shade on hot days, or add a fireplace or firepit to cozy up on cooler nights. To enjoy this outdoor space year-round, incorporate cover — a roof, screens, doors — and climate control using fans and heaters.

“Consider blurring the line between indoor and outdoor living,” said Period Architecture’s Joseph Mackin. At a home in Westover Hills, outside Wilmington, Period Architecture designed a covered patio that offers an uninterrupted experience with the backyard. Motorized screens drop down to enclose the patio, and expansive glass doorways open to the family room and kitchen, allowing fresh air to flow between indoor and outdoor spaces.

CUSTOMIZED COOKING SPACES

Why not elevate your backyard barbecue with an outdoor kitchen? Beyond just grilling, an outdoor kitchen can be a place to cook from start to finish, share a meal and entertain guests — even bake a pizza.

“I truly believe an outdoor kitchen should be exactly that, a kitchen in and of its own. An outdoor kitchen should complement what you have indoors and be able to function independently,” said Jack Stewart of DreamMaker Bath & Kitchen of Chester County. “An outdoor kitchen should have its own prep and cooking space along with a cleanup space. It saves from having to carry dirty dishes or food back and forth. The last thing you want is to be tracking back and forth from inside to outside when you’re trying to entertain and enjoy the outdoors.”

Though no outdoor kitchen is complete without a grill, there are many other amenities to consider. Homestead Structures installed a stainless steel and stone outdoor kitchen in Phoenixville complete with a grill and side burner, dishwasher, wet bar, refrigerated and storage compartments, plus a custom-designed wood-burning pizza oven. “By adding all the conveniences of their indoor kitchen plus fun outdoor cooking accessories, the clients’ new outdoor living space allows them to spend their whole evening outside together without running back and forth into the house,” said Homestead’s Ashley Dennis.

POOLSIDE PARTY

For a versatile addition to your outdoor oasis, consider building a pool house — assuming, of course, you have a pool. Pool houses can be customized to fit your needs, whether that’s a place to store pool supplies, somewhere to change in and out of swimsuits without tracking water into your house or, when equipped with a kitchen and bathroom, another space for entertaining.

To ensure your pool house meets your needs, consult with an architect. “An architect can ensure that the design of all the ele-



PHOTO CREDIT: ANGLE EYE PHOTOGRAPHY



PHOTO CREDIT: ANGLE EYE PHOTOGRAPHY



1. Covered patio in Westover Hills by Period Architecture
2. Outdoor living space in Villanova by Period Architecture
3. Outdoor kitchen in Phoenixville by Homestead Structures



4. Haverford pool house by John Toates Architecture and Design



ments relate to your lifestyle, aesthetic preferences, functional needs and the design of the house and property,” said John Toates of John Toates Architecture and Design. “The design needs to accommodate a holistic approach to the interaction between landscape, hardscape, built features and the coordination of all the elements to create an efficient and beautiful solution.”

Pool houses can be a separate structure or an extension of your home. On a property in Haver-

ford, Toates Architecture designed a pool house that connects to the house via a covered lounge and dining space, mirroring design elements from the adjacent family room, including a matching fireplace and chimney.

Want to host guests without making a mess of your home? A pool house can become the center entertaining space. For a client in Bryn Mawr, Rittenhouse Builders created the ultimate party space. “Once our work was completed on the main

SMALL BUT MIGHTY

For a small building that packs a big punch, consider building a tiny house on your property.

Popularized by social media and TV shows like *Tiny House Nation*, tiny houses are small (typically under 500 square feet), self-contained, fully functional homes. They can be built on wheels or on a permanent foundation. When added to an existing home, tiny houses can be used to host guests, as a home office or even as a granny flat.

Before building a tiny home, check your local zoning code. Typically, wheeled tiny houses are considered recreational vehicles, while a tiny house built on foundation is an accessory dwelling unit (ADU). Last summer, the Borough of West Chester passed an ordinance permitting homeowners to build an ADU up to 800 square feet, under certain conditions, so look for more tiny houses there.

house, we returned to build their vision out back. A new cottage for entertaining is stocked and set for parties, any time of year,” said Rittenhouse’s George Metzler. The pool house features an indoor living space, kitchen, bathroom and pass-through window for serving drinks and snacks, as well as storage and an outdoor shower.

ENDLESS POSSIBILITIES

There are plenty of other structures you can add to your outdoor oasis, both big and small. For a shady spot to relax, add a gazebo to your yard. Have a green thumb? Consider building raised garden planters or a potting shed. For sports lovers, a basketball, tennis or even pickleball court combines fitness and fun.

As an alternative to a pool house, consider building a pool pavilion. A pavilion provides many of the same benefits as a pool house while requiring less space and



5



5. Bryn Mawr pool house by Rittenhouse Builders



The space is not limited to warm-weather activities and can be used for three seasons by incorporating a wood-burning fireplace and overhead fans.



6



maintenance. Precise Buildings built a rustic pool pavilion complete with a kitchen and outdoor shower. “This particular customer wanted to create a space for entertaining and relaxing poolside while also enjoying the views beyond the infinity pool,” said Precise’s Mike Black. “As an added benefit, the space is not limited to warm-weather activities and can be used for three seasons by incorporating a wood-burning fireplace and overhead fans. The natural timber frame and stone provide an open-air feel to enjoy the outdoors and help tie in the surroundings and landscape.”

These are just a few of the many ways to create your dream outdoor paradise. The only limit is your imagination (and maybe your budget), so get dreaming — and planning! ♦



6. Pool pavilion by Precise Buildings

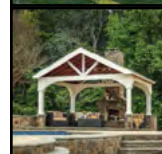
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Outdoor Oasis

Local Experts Share Ideas on How to Transform Your Outdoor Space.



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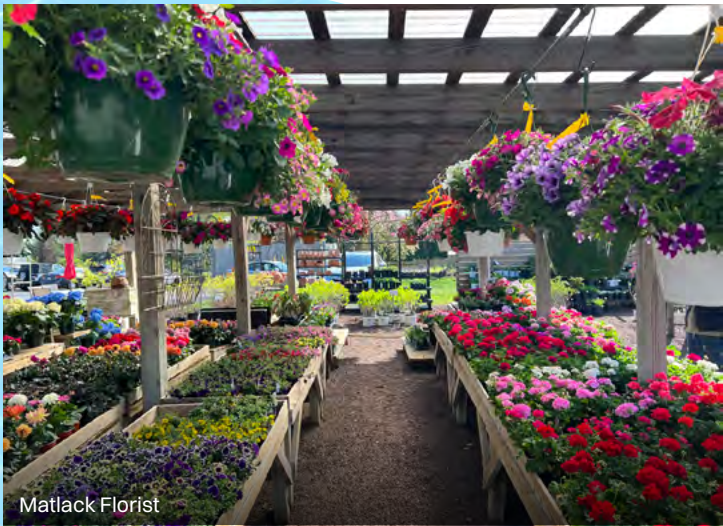
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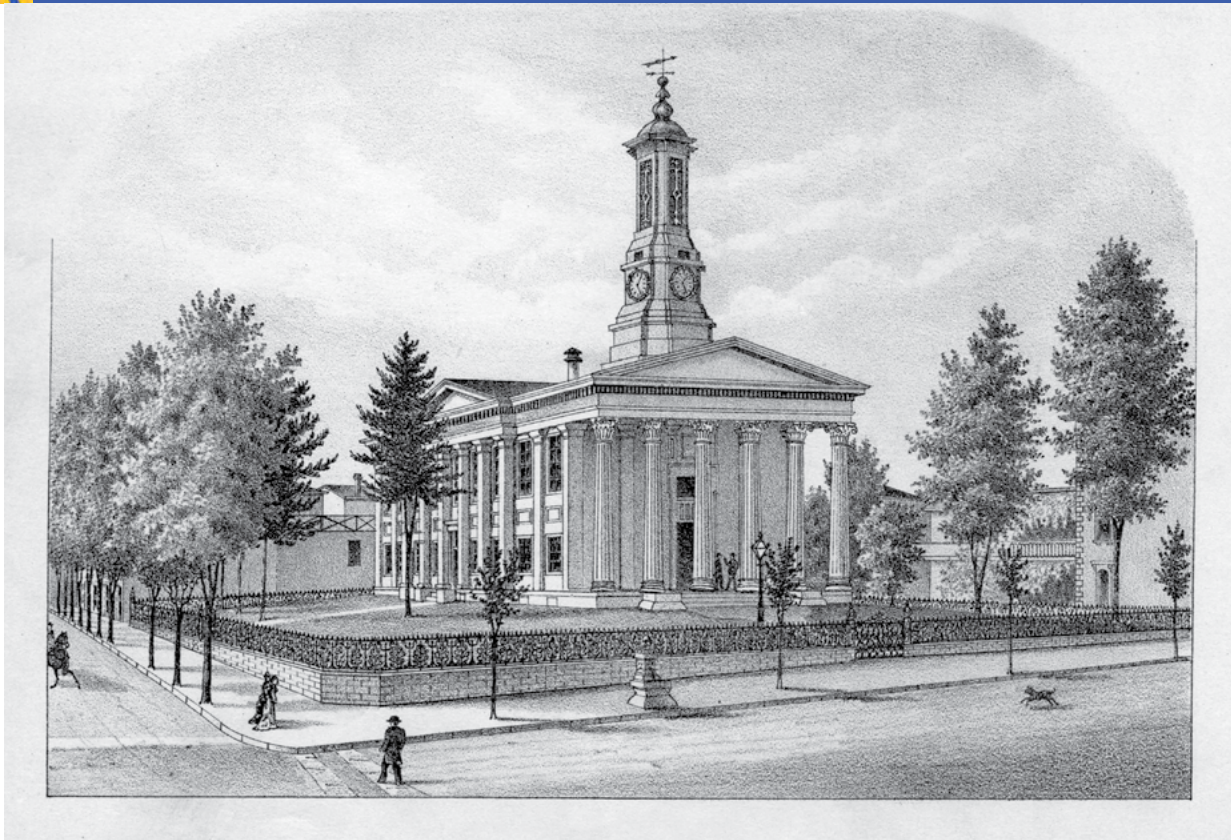
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Print of Chester County Courthouse, 1860, scanned from Futhey & Cope

West Chester Celebrates 225 Years at the Center of Chester County

MAKE PLANS TO JOIN THE PARTY.

Cara Coridonna

DID YOU KNOW THE CHARMING BOROUGH OF West Chester is reaching a historic milestone? There's still time to brush up on your history so you'll understand just what's being celebrated this April.

EARLY DAYS

In the early days of the Pennsylvania colony — centuries after the Native American tribes, including the Lenape people, were here — there were just three counties: Philadelphia, Bucks and Chester. With Philadelphia in the middle, Bucks sat to the east, with Chester to the west. Early on, settlements hovered near the city, but as people began to seek new opportunities, more roads started popping up to carry them in all directions.

Gay Street, built in 1735, was one such street, this one connecting Philadelphia to the western areas of Chester County. Ten years later, High Street would do the same for travelers heading to and from the Delaware city of Wilmington. At that busy intersection, a

watering hole, the Turk's Head Inn, was established to offer respite — and food and drink — to weary travelers.

As populations shifted, Chester County saw a need to move county functions closer to people at the edges of the territory.



Pennsylvania Railroad Station on Market Street c. 1930



1. *"Turks Head" West Side, High and Market* (pastel) by Barclay Rubincam (1974)
2. Turk's Head Inn sign, photo by George Fistrovitch
3. Graphite sketch of 13 North High Street, Darlington Building, by Barclay Rubincam (1975)
4. *Mansion House Hotel* (pastel), depicted as if it's about 1856, by Barclay Rubincam (1969)

RUBINCAM PHOTOS BY LASZLO BODO

Centrally located Turk's Head, the town named after its popular waystation, became the new county seat in 1788, in place of the city of Chester. (Chester regained its status as a county seat but for newly created Delaware County.) Turk's Head, renamed West Chester in 1791, would hold the honors as county seat for the newly downsized Chester County.

THE BOROUGH AND THE QUASIQUI WHAT?

It was a wild start for the little town, which would finally earn borough status on March 28, 1799, about a decade after it was named the new county seat and 225 years ago this year.

"This celebration has a name, which you have to include," said West Chester Mayor Lillian DeBaptiste. "It's the most awkward name."

She's right. It's quasiquibicentennial. Meaning the marking of 225 years.

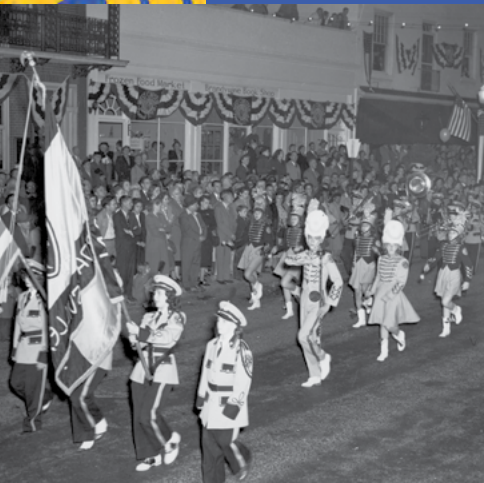
"That's what we're celebrating. This little borough needs to recognize its origins," she said. The mayor is helping lead a group of volun-

teers representing the business, historic and municipal communities trying to figure out how best to commemorate the milestone.

PARTY LIKE IT'S 1799

The Greater West Chester Chamber of Commerce has plans to kick things off on March 26, with a co-hosted event with the Chester County History Center. Chamber President Katie Walker describes it as a "kick-off birthday party" for the Borough. The still-evolving plans include a champagne toast, maybe some birthday cake and plenty of history to reflect on. The event will be open to members of the business community as well as West Chester dignitaries.

A birthday party, however, is just the start. On April 21, West Chester will be shutting down the streets for a the-more-the-merrier Birthday Parade. Plans are for the parade to feature a variety of floats showcasing West Chester's heritage. There will be balloons, festive decorations, marching bands and plenty of displays of West Chester pride.



Left to right: West Chester Sesquicentennial Celebration, 1949



West Chester Pioneer Corps at Washington and Matlack Streets, 1899



Historic photos like these will be featured on a new mural from the Public Arts Commission later this year.

“Whether you’re a longtime resident, a newcomer to our community or just passing through, everyone is welcome to participate in this historic event,” said West Chester Parks and Recreation Director Keith Kurowski.

The parade is currently slated to start at 1 p.m. at the corner of New and Market Streets, then head down Market to Matlack Street before heading back up Gay Street. Unlike other Borough parades, this one is planned for a Sunday afternoon.

The 225 organizing committee hopes that celebrations won’t be left just to what members can think up and organize, but will be embraced by others in the community.

“We’re asking other organizations to wrap the theme of West Chester’s 225 into their events,” said Mayor DeBaptiste. West Chester’s Historical Commission, for example, will be recognizing the milestone during its annual Original Memorial Day “Veterans Appreciation” ceremony held on May 30 at the Chestnut Grove Cemetery.

And a joint celebration will be part of this year’s Town Tours and Village Walk program, celebrating 30 years of tours. The series’ inaugural event is scheduled for June 6 at the Chester County History Center and will involve speeches from county and local dignitaries before heading out for a half-dozen different tours through the Borough.

MORE MURALS

West Chester’s Public Arts Commission (PAC) also hopes to offer its own unique contribution, one that can be taken in at leisure by all who visit West Chester’s Beer Mill on Hannum Avenue.

The PAC has already helped bring two large mural projects to the Borough, each associated with historic events. The Women’s Suffrage mural on the side of East Market Street’s Salvation Army building was completed in 2020 to mark the 100th anniversary of the 19th Amendment. Then two years ago, the Friends Association added an equity mural to the side of its West Chestnut Street headquarters to celebrate 200 years of supporting the West Chester community.

Now the PAC is hoping to work its magic for the Borough itself, only this time there will be no artists on scaffolding with brushes.

“We started to head in the direction of using a historic photo,” said West Chester PAC Chair Jimmer Breen. Photos can be enlarged and printed on a variety of materials to accommodate nearly any situation, including the side of a building. “I did some research, and, with the help of the wonderful folks at the History Center, I came across an awesome collection of photos depicting people on the street in 1888,” said Breen. “The photos are fascinating

because portable cameras were new in 1888, so these are some of the first images of regular West Chester people going about their regular lives,” he said.

The project is still in the development phase, but if all goes as planned, the Commission is hopeful to have a big reveal later this year.

COMMUNITY BALL AND HISTORY

Mayor DeBaptiste is also considering the idea of hosting a Mayor’s Ball, but she doesn’t want it to be exclusive. She wants everyone to be able to come. So where to hold it?

“Maybe in the street?” she spitballed. What to wear? “Sequins and sneakers,” she suggested. She’s on a roll now. All the events, the splash, the sparkle — it’s fun, but it’s important, too.

“I think history is important,” she said. “How we navigate history. Are we repeating? Are we moving forward? Are we going in circles?”

When West Chester celebrated its 200th birthday, DeBaptiste’s father, Clifford, was mayor. The future of the little Borough wasn’t so clear then. Crime was high. Too many businesses had deserted the downtown center. West Chester was just starting to come back.

“Now, here we are, very sought after,” the current mayor said, noting West Chester’s recent distinction as the country’s most popular real estate market on Zillow small town searches. “We have a sense of pride, but also, we need to pause and say thank you.”

West Chester officially marks 225 years as a borough on March 28, 2024. Come join the celebrations.

To keep up to date, check the West Chester Parks and Recreation Facebook page. ♦



Official flag of West Chester. The six stripes represent West Chester’s first streets: Market, High, Gay, Chestnut, Church and Walnut

West Chester 225 years

Special thanks to Chester County History Center for many of the photos in this article

West Chester 225 years

On the eve of West Chester's 225th birthday, what better way to celebrate than by learning some fascinating facts about its rich history? Brush up on local history trivia — from before the town's incorporation to today — with these dozen interesting details. How many did you know?



PHOTO COURTESY WIKIMEDIA, DOUGH4872



The Lincoln Building



Horticultural Hall, 1958



- It all began with a tavern. Before its incorporation in 1799, West Chester was home to a crossroads tavern called the Turk's Head Inn, which provided the original name of the town.
- The area's history stretches back even further. Before its 18th-century incorporation, West Chester was the confirmed location of eight Native American campsites.
- All aboard! West Chester was home to one of America's first railroads, starting operation in 1832 and used primarily for transporting goods to Philadelphia.
- The first known biography of Abraham Lincoln was written by John Locke Scripps and published in 1860 in what's now known as the Lincoln Building.
- Before the Civil War, West Chester was the proud home to one of the nation's highest populations of free and educated African Americans.
- Frederick Douglass's first speech in West Chester in 1863 was at Horticultural Hall, 32 years before his final public speech on West Chester University's campus. His 1863 speech inspired over 100 young and free Black men to join the Union.
- Bayard Rustin, civil rights activist, architect of the March on Washington and subject of an Oscar-nominated film, was born and raised in West Chester over 100 years ago. He was arrested for trying to sit in the whites-only section of the Warner Movie Theater.
- In 1985, West Chester's Downtown Historic District was listed on the National Register of Historic Places.
- From 1898–1950, commuters used a 30-mile-long trolley service to travel from West Chester to Philadelphia.
- During its Golden Age of the 1950s, West Chester had three full-service department stores to choose from, including beloved Mosteller's. The KOP Mall put the kibosh on them.
- West Chester's population in the 1800s of 374 has grown to a whopping 18,630 today (excluding WCU students)!
- West Chester Business Improvement District (now Downtown West Chester) rebranded, and the courthouse silhouette logo evolved to include five iconic buildings: Sunset Hill Jewelers, West Chester Fire Co. (Slow Hand), Chester County Courthouse, F&M Buidling (align. space) and 135 W. Gay St. (Crusin' Style Barber Shop).



Lancaster's Countryside Cosmopolitan

Emily Hart



SeoulMates Korean Kitchen

IF IT'S BEEN A WHILE SINCE YOU'VE VISITED LANCASTER, there's something you should know about: its Korean donuts. (Really!) One bite from SeoulMates Korean Kitchen — the new restaurant on Mulberry Street in Lancaster City — and you're hooked.

This delightful discovery is just one more reason the area is becoming a destination for a wide range of foods and cultures, including and beyond Pennsylvania Dutch.

K-FOOD

For newbies, K-food is Korean cuisine, a growing worldwide trend fueled by the love of K-pop stars, music and movies. Meals feature marinated barbecued meat, short-grain rice and vegetables. Planting the cuisine on Lancaster's map is Chef-owner Rebekah Walls. Born in Korea and adopted by Americans, she came home to Lancaster after living on East and West Coasts and brought fresh food and Korean culture with her.



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SeoulMates offers flavors as vibrant as its décor — wooden tables with royal purple packages of chopsticks and red napkins, and green stools at a gleaming counter beneath large globe lights. Korean fried chicken with a little kick, bulgogi (delightful strips of marinated beef) and dumplings topped with sesame seeds to be dipped in kimchi vinaigrette come served with a smile. Walls says she's most proud of the seven-course Korean dinners offered by reservation on Monday nights — full tasting meals in vegan and meat options.

Can't eat another mouthful or running out of time? Order Korean donuts to go. My travel buddy and I did. Straight from the oven, they were warm and lightly fragrant. Oh-so-soft with perfect consistency. Light as a feather, yet without pockets of air. Rolled in cinnamon sugar, the donuts were irresistible. I took my first bite before starting the car's ignition. They didn't make it as far as the county line.

MILES OF TASTES, STEPS AWAY

Find a buoyant vibe and friendly people at [Passenger Coffee](#) on King Street in Lancaster City. On Saturdays, the café hops from doors open to closed. Watch your tea as it travels from tongs to pretty cup, where loose leaves steep. Prepared in the ancient Chinese Gongfu tradition, the leaves for the golden liquid in my cup — Hima-

layan Shiiba Green — came from Nepal's Jun Chiyabari (translated "Moonlit Tea Garden"). It tastes as deep and rich as fresh tea in Nepal and northeastern India, rarely found here. A sip of the coffee is equally good. It's obvious why *Food & Wine* magazine has called it the Best Coffee Shop and Best Coffee Roaster in Pennsylvania.

Step out Passenger's back door into the alley where a boy in the crowd of onlookers spontaneously dances to live music. Along Lancaster Central Market, stroll past a Bike It fleet waiting for riders and up to the Visitors Center. People-watch from the brick wall: hungry patrons popping into [Shot & Bottle](#) for a curated menu of food and drink, shoppers making their way to nearby boutiques and bakeries, and a couple carry-

ing fresh blooms as pink as their hair from [Market Flowers](#).

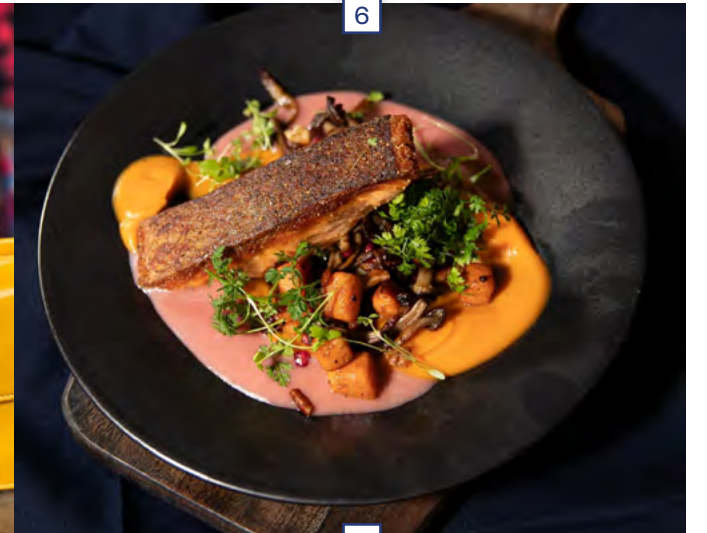
Another stop for shoppers is [Zanzibar](#) — not in the Indian Ocean, but also on King Street. Select boutique clothing, unique gifts and artsy greeting cards that will leave you doubled over with laughter.

For luscious French flair, head to [Barbarett Bistro and Café](#). Colorful hibiscus and green tea truffles, rainbow macarons

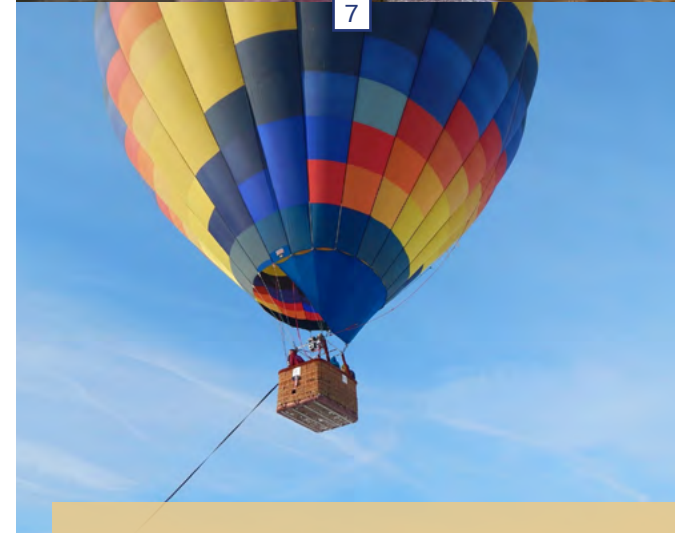
1. [Passenger Coffee](#)
2. [Bike It Lancaster](#)
3. [Shot & Bottle](#)
4. [Lancaster Central Market](#)



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5. [Zanzibar](#)
6. [Barbarett Bistro and Café](#)
7. [Lancaster Balloon Rides](#)
8. [Kitchen Kettle Village](#)

and desserts — the Azure flourless chocolate cake, vanilla crème brûlée with a deep blue mirror glaze or the Costa Rica with praline crunch — are all splendid. If you fancy something other than desserts for a whole meal — no judgment if you don't — take a seat. Chef Barbaret's vast experience and studies in France are evident at a table laden with warm crispy chicken sandwiches or Provençal tartine of melted cheeses and herbs on bread with light crunchy edges.

An international food fiesta awaits back at [Lancaster Central Market](#). Explore the day's fare. Will it be empanadas, Thai fried rice, Middle Eastern hummus or Philly cheesesteaks? Or local chow chow, sausages, shoo-fly pies or stroopies dipped in chocolate? Maybe snickerdoodle-flavored Italian biscotti is it! Market stands also offer flowers and home goods.

UP AND AWAY ... TO THE OUTSKIRTS

Looking for "microadventures" in your backyard? That's fun the *New York Times* dubbed trips minutes away from home but often overlooked and designed so you discover and appreciate what's in

front of your nose. Play tourist. View Amish farms, rolling hills and tiny towns from the back seat of [Aaron and Jessica's Horse-drawn Buggies](#) in Intercourse or the basket of a hot air balloon.

[Lancaster Balloon Rides](#) in Bird-in-Hand offers exhilarating county overviews with private or shared tours. Landlubbers can also watch a launch and capture a "glow" in photos at the annual Lancaster Hot Air Balloon Festival, scheduled for September 12–15 later this year.

At Intercourse gather local wares. Next to busy [Kitchen Kettle Village](#) — where Amish crafts include wooden rocking horses, kitchenware, quilts and quilting supplies — the lines at [Immergut Pretzels](#) are a testament to the popularity of their soft, salted, twisted dough.

REJUVENATE

For another microadventure, find calm at one of the area's spas. In an 1800s home, [The Spa at the Inn at Intercourse Village](#) offers simplicity, soothing music, fountains in every room and ser-



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PHOTO CREDIT: DISCOVERLANCASTER/IGABE/MCMULLIN



11

- 9. Our Town Brewery
- 10. Waltz Vineyards
- 11. The Spa at Leola Village

vices to leave you renewed. Book an individual or couple's massage or a Japanese-inspired facial including manuka honey cleansing and scalp massage.

Stay for the night on the property. The Inn offers romantic four-poster or sleigh beds, whirlpool tubs and toasty fires.

Another option is the [Serenity Day Spa](#) at the Best Western at Intercourse Village Inn and Suites. Massages and facials wash away stress or weariness from the day's travels. Healthy spa lunches invigorate.

From Lancaster City, pass Pleasure Road to visit [The Inn at Leola](#). A sizeable spa, named Destinations, sits alongside rooms, suites and casual restaurant Osteria Avanti offering Italian food with local ingredients, including from their garden. Destinations expanded a few years ago with a lovely nail salon steps away from the hair salon and three additional treatment rooms for massages. Between services for hair, nails or massage, bask in the lounge for men or quiet tea room.

TIPPLING ROOMS FIT FOR ROYALTY

For some noble brews and cocktails, head to Prince and Queen Streets back in Lancaster City.

If you like, hang out with the beer aging in the barrels of [Our Town Brewery](#) on North Prince Street. The eatery's menu is designed to pair with beer and partners with local talent — [Commissary Kitchen](#), [Star Rock Farms](#), [Grandview Vineyard](#) and [Pine View Dairy](#) for smash burgers, sundaes and Bavarian pretzels with obatzda beer cheese. Tune in for live music, murder mysteries and other events.

On North Queen, at [Isaac's Craft Kitchen and Brewery](#), enjoy flatbread pizzas or classic Reubens and club sandwiches with kettle-cooked chips and handcrafted beer. Go for the Hoptimist, a hazy IPA, or a cranberry and orange Red Rose City Sour named for the 14th-century royal rose emblem of the English location that gave the Pennsylvania town its name.

After a balloon ride, toast the day with a wine flight and local artisan cheeses at [Waltz Vineyards](#) in Manheim. Italian winemaking technology and a European-style tasting room round out a cosmopolitan microadventure without leaving Pennsylvania.

Return to Chester County after a day or weekend filled with delights. You might just feel as glowing as a balloon at dusk, effervescent as whirlpool bubbles and light as that Korean donut. ♦

For help planning your trip to our neighbor county, check out [DiscoverLancaster.com](#) and [VisitLancasterCity.com](#).



BEYOND SKIN DEEP

TATTOOS ARE
ON THE RISE
FOR ALL AGES ...
AND GENDERS

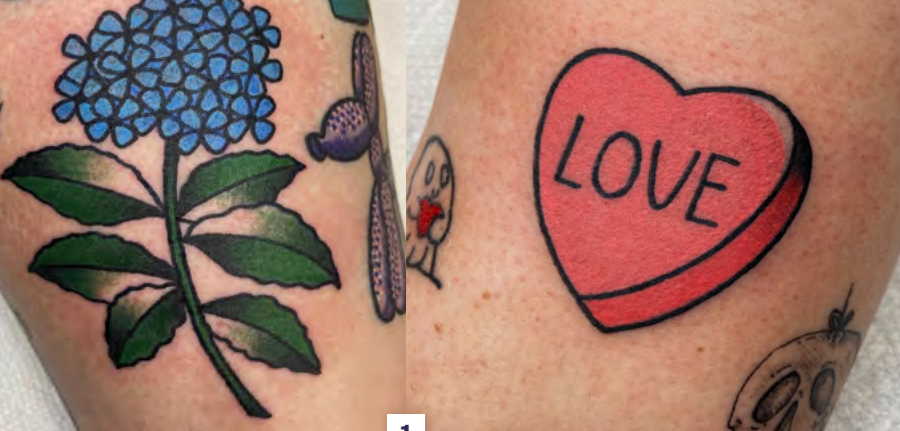
Shannon Montgomery

THE BRANDYWINE VALLEY IS FULL OF ART. Stroll through downtown West Chester, for instance, and you'll find vibrant murals, painted planters and charming galleries. You'll also see a different kind of art, adorning the bodies of some passersby: tattoos.

One Gen-Z Chester County resident we spoke to has 10 tattoos. "Having tattoos makes me feel more comfortable and confident in my own skin," he said. And it's not just young people getting tattoos. "I have several coworkers who are women or a little older who have visible tattoos. It's nice to see other people just be themselves instead of needing to cover up."

Tattoos have officially entered the mainstream. From celebs like Miley Cyrus and Ryan Gosling to politicians like Senator John Fetterman and, of course, plenty of athletes, people are getting inked. Plus, the cultural norms are shifting, and the stigma surrounding tattoos is fading. A recent survey by the Pew Research Center found eight in 10 Americans believe society has become more accepting of people with tattoos.

Wondering what the hype is about? Here's a mini course — some history, tattoo culture and advice on getting your first tattoo, courtesy of local artists.



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PHOTO CREDITS: KEVIN RUSSO



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1. Small tattoos by Casey Basher
2. Janelle, Victoria and Analyse, Tattooed Moms Project
3. Jamie and Samantha, Tattooed Moms Project

The Tattooed Moms Project

While society is becoming more accepting of tattoos, some people — especially women — still face judgment. To combat this, local photographer Kevin Russo and artist Stacie Dale created the Tattooed Moms Project, interviewing mothers with tattoos and photographing them with their children.

“When my girls were young and played sports, there were several moms with tattoos whose children played on the same team as my girls,” said Russo. “As I watched over the weekly games and saw how these women were so supportive of their children, I started to question my own prejudice. I began speaking with them and realized that many of them were accomplished professionals and, more importantly, good mothers who cared for their children.”

Russo hopes “to help break the stigma that so many of these women feel.” The project has been on view at several local galleries, including a recent exhibition at Neumann University. Russo and Dale are currently creating a book with all 85 photos taken for the project. More at TattooedMomsProject.com.

ANCIENT ORIGINS

Humans have been decorating their bodies with ink for thousands of years. The earliest evidence of ancient tattoos is Ötzi the Iceman, whose 5,300-year-old frozen body was found in the Alps. Archaeologists theorize that some of Ötzi’s 60-plus tattoos had ceremonial or religious purposes, while others were, ironically enough, intended to relieve pain.

In the millennia that followed, cultures across the globe used tattoos in vastly different ways. Ancient Egyptian women got tattoos for protection during pregnancy and childbirth. Greeks and Romans used tattoos called “stigmata” to mark prisoners and enslaved people. In Polynesia, elaborate tattoos indicated social rank, tracked genealogy and commemorated milestones. They still play an important role in Polynesian culture today. In fact, the word “tattoo” was borrowed from the Tahitian *tatau* following James Cook’s 1769 expedition, which popularized the art form in the west.

TATTOOS TODAY

Tattooing is now a major industry (\$2 billion globally) with no signs of slowing down. Pew reports that 32% of Americans have a tattoo, and 22% have more than one. Surprisingly, more women now have tattoos than men, including over half of women under 50. And while young adults are more likely to have tattoos, the number of older adults getting tattoos is rising.

Local tattoo artists have noticed these shifting demographics. Jordan Cunningham, co-owner of Ravensgate in Phoenixville, has been tattooing since 2018, specializing in illustrative tattoos, especially fantasy and mythology. “More women are getting tattoos now

than men, which is a fascinating cultural shift. Women have been kept out of the tattoo industry for a long time, both as artists and collectors,” Cunningham said.

Casey Basher has been tattooing for about three years, primarily American traditional style, and recently started at Black Orchid Tattoo in Strasburg. “The majority of my clients are women in their twenties and thirties,” she said. “Lately, a lot of people have come to me for their very first tattoo!”

Mark Vincent, owner of Iconic Tattoo Co. in Downingtown, has been seeing newcomers as well. “Many people are getting their first tattoo,” he said. He’s been doing tattoos for 17 years, specializing in portraits and black and grey realism. Vincent also noticed an increasing number of older adults getting tattoos.

At Double Diamond Tattoos in West Chester, older adults are the main clientele. “The age group we get is 30 to 60,” said owner Drew Harris. “I’m seeing a few younger here and there, but definitely mostly a middle-aged demographic.” Harris has been in the industry for 20 years, opening Double Diamond (formerly Double Deez Tattoos) in 2008. These days, he does mostly black and grey realism.

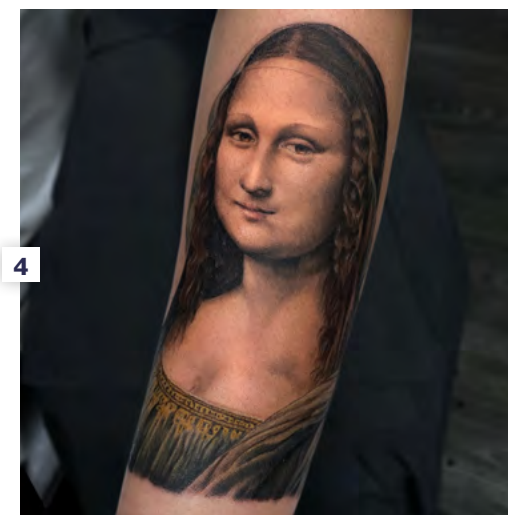
Why are all these people getting tattoos? The most common reason is to remember or honor someone or something. As a portrait artist, Vincent sees this frequently. “People come to me from many states away, looking for someone to do the portrait they’ve wanted for a long time,” he said. “Lost family members and lots of kids and animals, dogs mostly.”

But as tattoos become more accepted, many people are getting tattoos simply for aesthetic reasons. Almost a third of people get tattoos to improve their personal appearance. Basher agreed and added, “I think the biggest reason people come to me to get tattoos is to enhance their appearance with wearable pieces of art. A big part of tattoos is self-expression.”

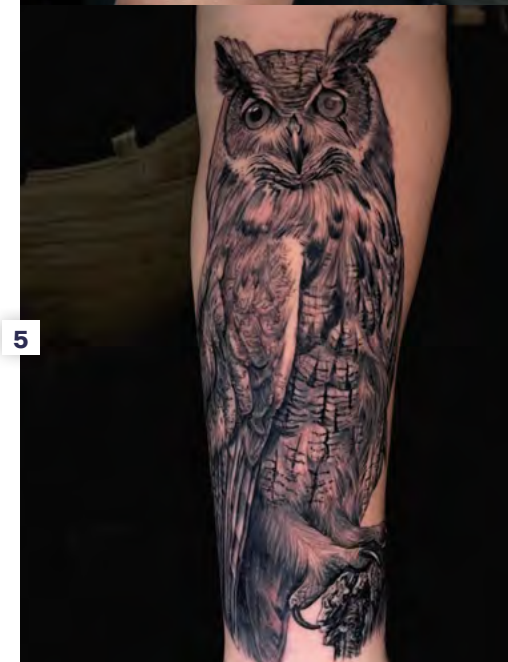
GETTING A TATTOO

Thinking of getting your first tattoo? First and foremost, take it seriously — it’s a permanent decision. Good advice is to wait six months to a year before actually getting a tattoo. Display the design somewhere you’ll see frequently, like taped to your bathroom mirror. If you still

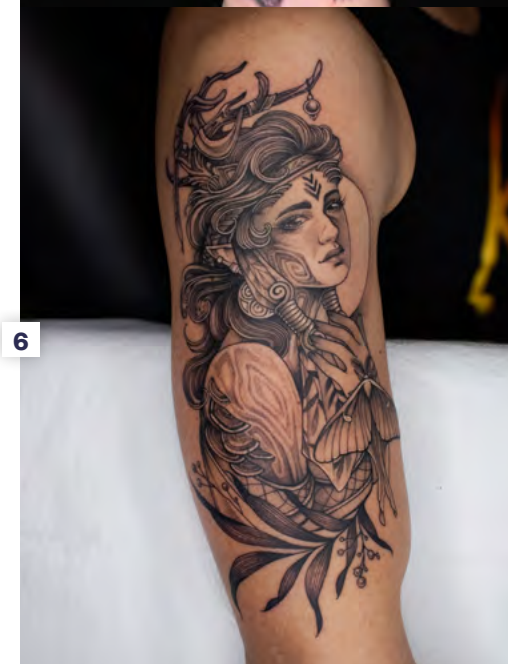
4. Tattoos can be inspired by classic works of art. By Mark Vincent
5. Black and grey realism by Drew Harris
6. Fantasy tattoo by Jordan Cunningham



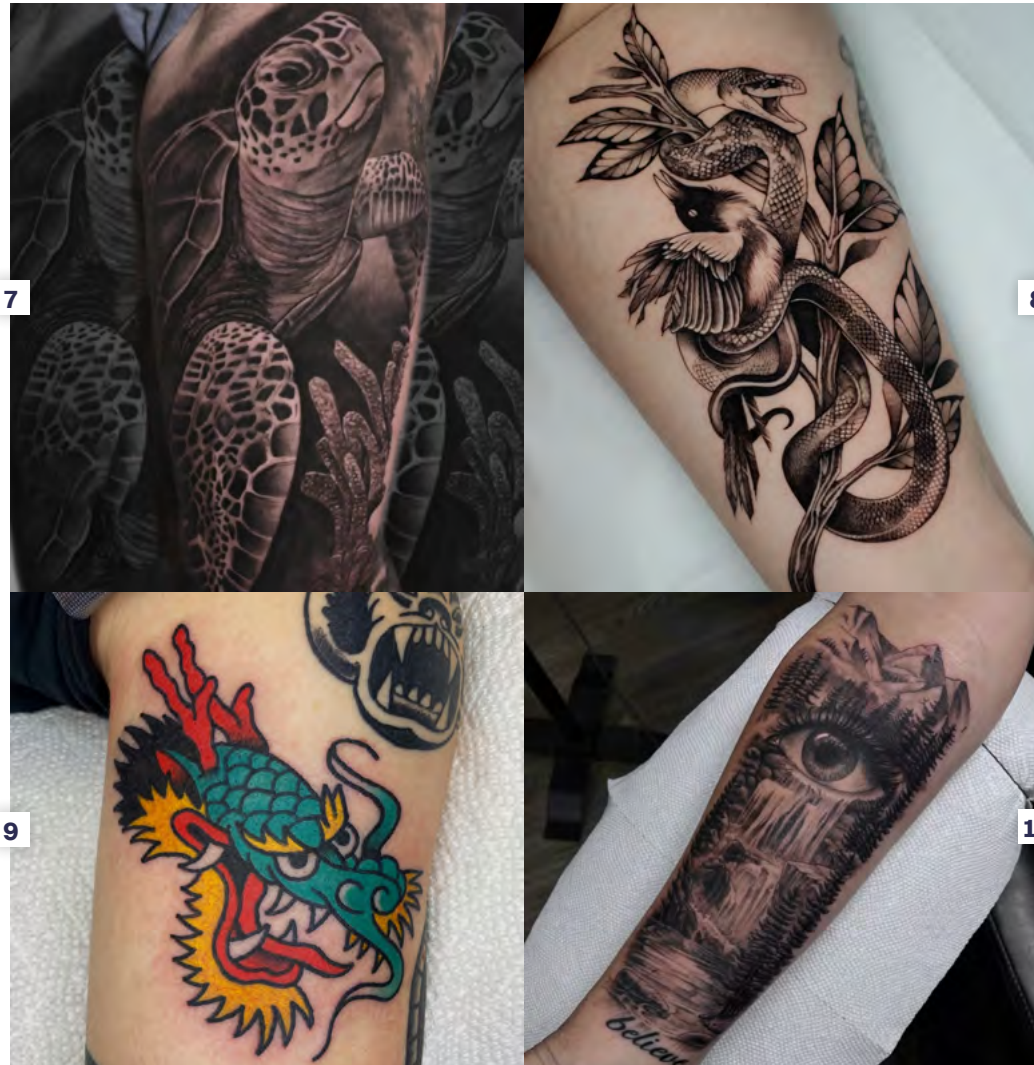
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7. Black and grey realism by Drew Harris 8. Intricate tattoo by Jordan Cunningham
9. American traditional style by Casey Basher 10. Black and grey realism by Mark Vincent

love it after looking at it every day, you're less likely to regret getting it inked later.

In the meantime, do your homework. Carefully consider the style and size of the tattoo, as well as placement. Decide how visible you want it to be. "The one thing I always warn people about is the 'job stopper' tattoos, like the face, hands and places that aren't easily coverable," said Basher.

Once you know exactly what you're looking for, decide who and where to get inked. "Researching your artist makes a big difference for your happiness with your piece," said Cunningham. "Make sure you find someone whose style you like and in whose space you feel safe and comfortable."

Harris agreed. "Before getting a tattoo, we encourage everyone to research the artist and studio. Every artist has their specialty, and with so many artists, especially in our area, there are plenty of options." Most tattoo artists have online portfolios on their website or Instagram to help you get a sense of their style.

Vincent emphasized the importance of finding the right studio. "Look at studios' reputations," he said. "Every tattoo studio has its own vibe." Online reviews can help narrow down your options, but talking to others about their experiences gives a fuller picture. Of course, the best way to decide is to visit the studio yourself.

When the big day comes, come prepared. "Make sure you're well hydrated, have eaten recently and have moisturized the area you want tattooed," said Cunningham. And take pain medicine beforehand, especially for your first tattoo. Before leaving the studio, talk about aftercare, which typically involves cleaning, moisturizing and avoiding sun exposure.

People get tattoos for many reasons, and you probably know someone who's done it — friends, family or even yourself. Here's hoping you have a newfound appreciation for tattoos and the dedicated artists who create them. ♦



Cricket is a Bit Like Baseball ... *BUT DIFFERENT*

HERE'S HELP WITH THIS STICKY WICKET

Edwin Malet

CRICKET IS A BIT LIKE BASE-
ball, I'm told. There's a ball and
a bat. The ball's slightly larger
than a baseball, and the bat's curved, sort
of like a scoop or jai alai cesta. The batter
can be called "out," but a team gets more
than three outs in an "inning." There are
innings, but only two played on a grassy
field. There the similarities end.

In other words, cricket is actually very,
very different. In fact, you'll probably be
better off forgetting about baseball.

CRICKET BASICS

If all this seems confusing, well, it is.
One challenge is the British nomencla-
ture for the game's terminology: wickets,
overs, bowlers, et cetera. Another is the
numbers of runs earned. England scored
849 runs in one game in 1930. The South
African team scored 428 in the last World
Cup. Sachin Tedulkar, a former Indian
player, scored 34,357 runs in his career.
Mind-blowing, even for Barry Bonds!

And yet another challenge is the differ-
ent versions of cricket. A "test" match is
played over five days, but the T20 — for
20 "overs" per side and lasting a few hours
— has become the most popular. Other
versions are also played.

MAYBE SOME HISTORY
WILL HELP

Cricket started in England, possibly as
early as the 13th century, and has since
spread throughout the former British
empire — India, South Africa, Australia
and elsewhere (though only a minor sport
in Canada). With 2.5 billion fans, cricket is
considered the second-most popular sport
in the world. Soccer is first.

The Philadelphia region has a special
connection to cricket. In the U.S., cricket
began, formally at least, in 1833 right down
the road at Haverford College. Haverford
played its first match against the University
of Pennsylvania in 1864 and won the Inter-
collegiate Cricket Association's champion-
ship 19 times through 1924, after which
the association was disbanded. This didn't
end cricket at Haverford, though. The team

continued to play internationally. Today,
Haverford is the only college in the country
with a varsity cricket team.

So, what happened?
Basically, cricket, which in the 19th cen-
tury had been our country's most popular
sport, was replaced by baseball in American
hearts and minds. In the early 20th century,
baseball took off, while cricket, largely sur-
viving around Philadelphia, was left in the
dust. Only the local cricket clubs — Phila-
delphia, Germantown, Merion — and, of
course, the Haverford team survived.

Meanwhile, cricket was flourishing in the
rest of the world. In 1975, the first World
Cup was held in London. The West Indies
beat Australia in front of 26,675 fans.

Recently, in 2023 the 13th edition of
the World Cup was held in India, with 48
matches among 10 national teams and over
1.25 million live spectators. The final, with
Australia outscoring India, 241–240, had
over a half billion viewers worldwide. Take
that, baseball!

CRICKET'S SECOND COMING

With the turn of the 21st century, the
U.S. began to catch the cricket bug again.
A wave of immigrants — primarily from

India and Pakistan — began to revive
cricket in the American mind. Locally,
many cricket clubs emerged. All told, there
were 13 cricket clubs playing T20 matches
in the Greater Philadelphia Cricket League
in 2023.

One club, the Titans, has home grounds
in Malvern, while another is based in Villa-
nova and yet another, the Stallions, is based
in Exton. The Stallions came close to win-
ning the league in 2023, losing to the NJ
Challengers, 122–118.



Wicket (three stumps and two balls)
and cricket ball



Cricket stadium

Youth camps also began to pop up. Chester County Cricket
Academy practices in Malvern in summer and at the All-Star
Academy in Downingtown in winter. And the 22 Yards Cricket
Academy was started in Chester Springs — more evidence of
cricket's reemergence.

PLAY AND TERMS — THE SHORT VERSION

Although cricket is often compared with baseball, frankly, the
comparison doesn't help American spectators much.

For example, there's no home plate or bases. Instead, there's a
wicket — two of them — each consisting of three vertical "stumps,"
with two "bails" resting horizontally on top. They're at each end of
the 66-foot flat area called the pitch.

The batter — traditionally called a "batsman" — is dressed, more
or less, like a baseball catcher: helmet, face guard, gloves, pads. He's
supposed to "protect the wicket." The "wicket keeper" belongs to
the opposing team and stands well behind the batter.

The ball is hurled toward the wicket by the "bowler" — like a
pitcher — but the bowler throws the ball with a single bounce and
tries to hit the wicket, behind the batter. If the bowler succeeds, it's
called an out. The batter gets one — and only one — out, then
must leave the field.

In most cases, though, the batter doesn't leave, usually because
the ball has been bowled wide of the wicket or the batter has hit the
ball. It really doesn't matter which way the batter hits it. There are
no fouls. There's a 360-degree field, shaped like an oval, about 475
feet in diameter (390 feet for women).

The field is marked by a "boundary," basically a low line or
fence. If the ball is hit on a fly over the boundary, the batter scores
six runs. If the ball reaches the boundary, but on less than a fly,
that's worth four runs. If the ball doesn't reach the boundary ... it
gets complicated.

For instance, if the ball is caught in the air — a fly — that's an
out. The ball may be caught by a fielder — there are 11 total on a
team— but no one, except the wicket keeper, has a glove. Every-
one else must catch the ball bare-handed. Injuries to the fingers and
hands are common.

Another possibility is what would be a ground ball in baseball.
The job of the fielder is to fetch the ball and return it to the wicket.
If he hits the wicket before the runner reaches it, that's also an out.

There are several other ways to get out. And several other ways to
score runs. But those are the for another article.

It's worth noting that two runners are involved in all this, the
batter and a runner. The non-batting runner starts at the opposite

Local cricket clubs participate in the Greater Philadelphia Cricket League. The Stallions, the Titans and Villanova will play mostly on Saturdays, May through October, in Exton. See Cric-Clubs.com/GPCL for a schedule.

Or you can spot some cricket on weekends at Haverford College. See the college athletics website for a schedule.

If you'd like to step up to the majors, then check out the Philadelphia International Cricket Festival, planned for May 2 through 5, played at five venues, including the Merion Cricket Club and Haverford College. See CrickFestival.com. Major League Cricket began last year, with six teams, from New York, Dallas, Los Angeles and elsewhere.

But, if you really want to see big-time cricket — the World Cup — you'll have to travel and pay. From June 1–29, the World Cup will feature the first matches played in the U.S., played at three U.S. venues (in New York, Florida, Texas). See 55 matches in all — 16 in the U.S. and the remainder at several locations in the West Indies.



Malvern Titans

end of the pitch from the batter. When a ball is hit, each runner tries to make it to the other end of the pitch before the wicket is knocked down. The batter carries his bat, and if the batter or his bat crosses the “crease” — a white line drawn on the pitch — he's safe and scores a run. In fact, if he beats the ball, he can run back and score another run. And another. And another ...

That is, assuming the batter has chosen to run at all. Think about that for a moment. He's not required to run. He can hit the ball and not run if he thinks the ball will be returned to the wicket before he crosses the crease.

By the way, unlike baseball, there are no bases, no base-stealing, no pitcher's mound, no balls or strikes, no walks or strikeouts. An inning continues, in general, until all the batters have had a turn.

Also note that the bowler is rotated after six bowls, called an “over.” He can return after another has bowled, but, after six, he's replaced by a different bowler.

And a final note: there will be 10 batters in an inning, no matter how many outs are made. A single batter can bat ... forever. It's not unheard of for a single batter to score a hundred — called a “century” — or more points.

GO TO A MATCH

You may be ready to go to a match. Maybe. You'll still be a bit baffled, I suspect. Maybe bring someone who knows what's going on. Maybe read up.

Still think it's a sticky wicket? There's a *Cricket for Dummies* available. In any case, you should bring a spot of tea. And maybe some gin. ♦

Special thanks to Kamran Khan, Cricket Coach at Haverford College, Tahir Maqsood, Chair of the Cricket Committee of the Merion Cricket Club, Rajesh Kambhakar, Founder and Captain of the Exton Stallions, and Sourav Das, a Founder and President of the Malvern Titans.



Cricket bat and ball

Food News

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

Dine & Donate. Mark your calendars for West Chester's **Dine & Donate Events**. **Iron Hill Brewery & Restaurant** will donate 20% of your food bill to Safe Harbor for meals on



April 10, 5:30–7:30 p.m. Plus, **Bar Avalon** plans a 20% donation on food and takeout sales to the West Chester Cooperative on April 16, 3 p.m. to closing. Save your appetite! 3 W. Gay St., West Chester. SafeHarborOfCC.org. 116 E. Gay St., West Chester. WestChester.coop.

Downingtown Dining. Restaurateurs Bryan and Andrea Sikora — of La Fia, Merchant Bar, Hearth Kitchen — are adding to their Brandywine Valley eateries. The newcomer, **The Noble Goat**, is planned for a summer opening in Downingtown's new-ish River Station development, joining Twin Valley Coffee. Look for an eclectic menu along with serious cocktails. Keep an eye out for the latest location from this accomplished duo. 406 Brandywine Ave., Downingtown. On Instagram @Noble_Goat_Downtown.

Meals for Many. Make a difference for those in need. The **Chester County Knights of Columbus Food Packing Event** once again welcomes the entire community to assemble meals for the hungry in developing countries. Be part of this widespread effort and help pack 45,000 meals locally on April 13, 8 a.m. to noon, at St. Joseph's Catholic Church gym. Reserve your spot to help those in need. 332 Manor Ave., Downingtown. CrossCatholic.org.



Scenes & Sips. Quirky theater night, anyone? Check out People's Light's **Flight Night** for a fun wine-and-dine experience on April 10. Held at The Farmhouse, this event features a flight of wine coupled with a flight of five-to-ten-minute plays linked to Pulitzer Prize finalist Madeleine George's comedic play, *Hurricane Diane*, with a mythological twist. Celebrate Dionysus, Greek god of wine and theater, while indulging in both. Tickets \$40. 39 Conestoga Rd., Malvern. PeoplesLight.org.



Fieri Chicken. A new location of **Chicken Guy!** opened in the KOP Food Court in February. Part of Guy Fieri's (of *Diners, Drive-Ins and Dives*) franchise, this spot is run by Kevin Cooper, Delco native and winner of *Guy's Chance of a Lifetime* cooking show. Enjoy freshly brined and specially spiced buttermilk chicken tenders, crispy sandwiches and Fieri's Flavortown shakes. Check out their signature sauces while you're there. 160 N. Gulph Rd., King of Prussia. ChickenGuy.com.



Wholesome & Hearty Snacks for Spring

KID-FRIENDLY SNACKS FOR THE SEASON

Courtney H. Diener-Stokes

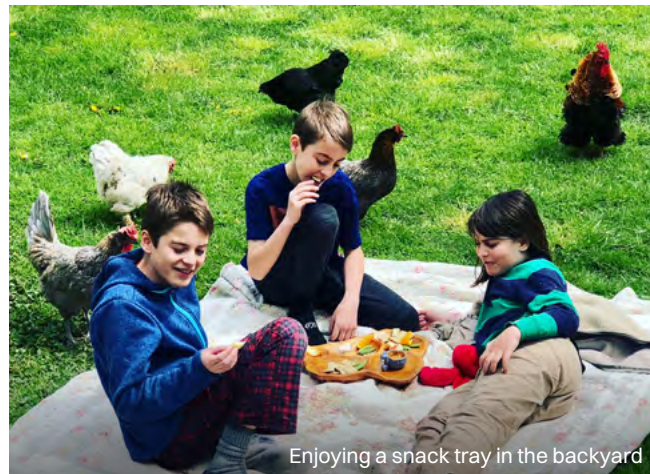
FORTUNATELY, I LEARNED THE VALUE OF A wholesome snack tray when my three kids were very young. One day it dawned on me that instead of giving them filler foods to tide them over until their next meal, I could chose things to complement the meal. In the process, this approach took pressure



Baking whole wheat milk and honey rolls



There are unlimited healthy snack pairing options for kids.



Enjoying a snack tray in the backyard

off me and the planning for the upcoming meal because the kiddos already had lots of their vegetables covered.

Even now that my kids are tweens and teens, when they arrive home from school ravenous, I still resort to my trusty snack tray filled with raw veggies served with ranch dip or hummus. While a variety of raw vegetables serves as the main anchor of the communal tray, some days I add cheddar cheese with whole grain crackers and apple slices. Another day we might have oat and raisin energy bites or maybe some peanut butter with celery sticks.

Parenting expert Chinyelu Kunz, founder of We Nurture Collective and a former preschool teacher for 25 years, knows a thing or two about the value of a wholesome snack tray as well as the best time to serve it. Kunz said an ideal time for morning snacks is between 9:45 and 10 a.m., when kids' energy begins to run low, while around 4 p.m. is best for an afternoon snack.

The snack food goals should be to serve kids just enough to tide them over until the next regular meal while serving foods that are simple and in their natural state. Kunz said if you aim for a nice balance of sweet foods (like fresh fruit) with savory foods (like hummus), you'll guarantee a happy snack time.

But beyond enjoying the food served, kids can also have fun preparing the snacks, plus they'll learn basic skills in the kitchen. Kunz said that tasks like chopping and scrubbing fruits and vegetables help develop hand-eye coordination and other skills.

"When children participate in food preparation, they gain confidence in doing real work. They see that the food they have just helped prepare will soon be on the table for everyone to enjoy, and that caring and helping in our daily work creates a sense of togetherness," she said. Other tasks, such as putting food out on a tray, setting the table and clearing the table can all be enjoyable for a child.

Read on for some wholesome and hearty snack ideas that your children are sure to enjoy!

Lemon Sea Salt Guacamole

This kid-friendly guacamole is a wonderful dip alternative for raw vegetables. Made with just three ingredients, its simplicity makes the taste and texture appealing to children.

Serves 2 to 3 children



2 ripe avocados
1 lemon, juiced
1 tsp. sea salt

Cut the avocados in half lengthwise, separate the halves and remove the avocado seeds. Using a knife, cut down to the inside of the skin and crisscross several cuts to make little squares. With a spoon, scrape the avocado chunks out and place them in a small bowl.

Mash avocado with a fork. Add lemon juice and salt. Stir to combine. Serve immediately.

Store leftovers in an airtight container for up to one day.

Maple Nut Granola

This granola, sweetened with maple syrup, is a family favorite that pairs perfectly with yogurt — preferably plain, without any added sugar.

Makes about 8 cups

3 C. steel cut oats
1²/₃ C. oat flour
1 C. coconut oil
1 C. currants
1 C. shredded coconut (unsweetened)
1 C. chopped walnuts
1 C. chopped pecans
¹/₃ C. flax seeds
1 C. sunflower seeds, roasted and salted
1 C. maple syrup
4 tsp. pure vanilla
3 tsp. cinnamon
1 tsp. salt

Preheat oven to 350°.

In a large bowl, add all ingredients and mix together.

Child-Friendly Tools

Chester County parenting expert Chinyelu Kunz recommends having child-friendly kitchen tools on hand if you want to involve you kids in food prep. If kids have their own safe tools that are easily accessible to them, they're more likely to participate in preparing snacks and meals.

Snack trays can serve as a wonderful introduction for kids to learn the fun of helping in the kitchen by washing, chopping, cutting, stirring and putting items on a tray. Kunz suggests starting with these three essentials:

- Child-safe vegetable and fruit chopper
- Child-sized cutting board
- Child-sized apron.



Press the mixture down on a parchment-lined cookie sheet. Bake for 20 to 25 minutes. Remove from the oven. Turn granola over and press it down with a spatula. Return it to the oven to bake for another 20 to 25 minutes, until golden brown.

Let the granola cool completely before storing in a glass Mason jar or other airtight container for up to two weeks.

Whole Wheat Milk & Honey Rolls

When Kunz was a preschool teacher, these rolls were a favorite among her students for many years. Children love kneading the dough and making fun shapes. Serve warm and pair with butter, fruit-sweetened jam or avocado slices. Warning: the aroma when cooking is divine!

Makes about 20 rolls (depending on size)

1 tsp. fresh yeast (or 1 pkg. dry yeast)
¹/₄ C. warm water

1 tsp. honey + ¼ C. reserved
1 C. whole milk
½ C. butter
2½ C. whole wheat bread flour
1½ C. whole wheat pastry flour
1 tsp. salt
2 tsp. cinnamon

In a small bowl, add yeast, warm water and one teaspoon of honey. Stir, cover with a tea towel and let sit for 25 to 30 minutes.

In a saucepan, warm the milk, taking care it doesn't bubble or boil. Add butter and stir until melted. Leave the pan uncovered to allow the mixture to cool.

In a large bowl, add the flours, salt and cinnamon. Stir to combine.

Make a well in the flour mixture and add the yeast mixture. Stir to combine. Add the milk and butter mixture, along with the reserved honey. Mix to thoroughly combine into a dough.

Prepare your work surface with flour. Knead the dough for about 10 minutes. Place in a bowl, cover with plastic wrap and let rise for 40 minutes to one hour, until about double in size.

Preheat oven to 350°.

Form the dough into small bun shapes. Place on a baking sheet lined with parchment paper.

Bake for 20 to 30 minutes.

Store leftovers in an airtight container for up to two days.

Sweet Potato Chips

This is a kid-favorite baked vegetable snack for after school, a moment for reconnection with your kids at the end of the day and a time to regroup before shifting into dinner prep and homework mode. With good snacks and happy kids, even parents can enjoy snack time!

Serves about 4 kids



2 medium sweet potatoes
Olive oil cooking spray
Herbamare seasoning salt

Preheat oven to 250°. Line a baking sheet with parchment paper.

Cut sweet potatoes into thin rounds and place on a baking sheet, being sure not to overlap.

Spray the rounds with olive oil cooking spray and sprinkle with seasoning salt.

Place in the oven and bake for about 15 minutes. Remove from the oven and flip potatoes over. Bake for another 10 minutes, until both sides are slightly brown.

Store leftovers in an airtight container for up to two days.

No Bake Peanut Butter and Raisin Oat Bites

Gather the kids around to help form this honey-kissed mixture into tasty snack balls. Once finished, pop them in the freezer and let them harden for at least half an hour. Cooling them enhances the chewiness and flavor of the bites.

Makes 12 to 15 bites, depending on size



1 C. instant or steel cut oats
¾ C. smooth, natural peanut butter (no sugar added)
1 T. honey
¼ C. raisins, packed
¼ tsp. cinnamon
¼ tsp. pure vanilla

In a medium bowl, add all ingredients and stir to combine. Form mixture into balls, and place them on a parchment-lined cookie sheet or tray.

Place in the freezer for half an hour, then serve immediately. More than one hour in the freezer makes them very hard. While I prefer to eat them this way, I thaw them for five to 10 minutes for young children.

Store leftovers in an airtight container in the refrigerator for up to one week.

We Nurture Collective's Five Nutritious Snack Pairings for Children

Find your favorite kid-proof tray and put together a tasty combination of after-school snacks — a new combo every day. Try these.

Snack Combination 1: • Sliced apples • Nut butter • Raisin

Snack Combination 2: • Fresh berries • Pretzels • Cheese slices

Snack Combination 3: • Seeds • Sliced banana • Avocado toast

Snack Combination 4: • Yogurt (no or low sugar) • Maple granola

Snack Combination 5: • Hummus • Sliced vegetables • Cheese cubes

We Nurture Collective is a supportive community for parents that includes Stories for Children and a parenting podcast, an Instagram community, one-on-one parenting coaching, teacher mentoring



and parenting workshops. More at [WeNurtureCollective.com](https://www.wenurturecollective.com). ♦

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 Baby-doll Southdown sheep, a flock of bantam chickens and a Bernedoodle named Daisy.



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The Colonial Theatre 21	Key Financial..... 3	West Chester Film Festival 24
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Downtown West Chester..... 9	Concrete Lifting 14	Wolf Sanctuary of PA 33
DreamMaker	King Construction 12	
Bath & Kitchen..... 39	Visit Lebanon Valley 13	
Ephrata Cloister	Main Street Cabinet....back cover	
Historic Site..... 33	Matlack Florist..... 41	

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