

COUNTY LINES MAGAZINE

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from the EDITOR

We celebrate August by looking at history, Delco, pets, fishing, kids health, seniors, spicing up your late summer menu and more.

Our Brandywine Story this month focuses on abolitionist Frederick Douglass and his West Chester connections. Meanwhile Delco resident Shannon Montgomery surveys the county's recent influx of celebrities, evolving dining scene, opportunities for sports and art fans plus some local history. She concludes you can "Do It Better in Delco."

For animal lovers, we look beyond cats and dogs to donkeys, goats, chickens, horses and camels. In "Farm Animal Fun," Courtney Diener-Stokes considers the rewards of owning unique pets. And for traditionalists, see the entries in our "Cutest Pet Contest." Vote on Facebook!

And for those who loved *A River Runs Through It*, Ed Malet dives into local trout fishing, finding our area presents a challenge, especially in the heat of summer. Yet several creeks are worthwhile, so let "Trout Fishing in Chester County" guide you.

Happily, the worst of the pandemic is behind us, but kids health is still a concern. We turn to local experts and doctors, Priya Patel of the University of Pennsylvania to discuss "Childhood Asthma," Lori Handy of Children's Hospital of Philadelphia who says "Measles Is Back," and Jennifer Vozzak of Nemours Children's Health on "Protecting Kids from Whooping Cough."

For our seniors, Carol Metzker writes "New Neighbors: Independent Senior Living," to share how senior communities help making changes. Also check our "Guide to 55+ Retirement Communities and Services."

As summer winds down, Courtney Diener-Stokes suggests you "Add Some Spice to Your Summer Menu" with Moroccan spice rub, salsa verde or a roasted garlic dressing to add pizzazz with spices and sauces.

Finally, Marci Tomassone is looking forward to the fall and gives a preview of major events in "Mark Your Calendar." For those with a shorter planning horizon, see our monthly Best Local Events.

Thank you for reading.

Jo Anne
Jo Anne Durako
Editor

COMING IN September

CELEBRATING CHESTER COUNTY
Preview of the 83rd Chester County Day
Dressage at Devon • Fall Equestrian Season
Chester County Stories • Business Spotlight
Home Decor • Dessert Wine • Banned Books

COUNTY LINES
MAGAZINE

August 2024
Volume XLVII Number 12

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MARSHALL BRIDGE ROAD | 2.1 ACRES | KENNETT TOWNSHIP
Historic farmhouse nestled within its own nature preserve featuring tranquil views of Red Clay Creek and open space.



SPRINGDELL ROAD | 41+ ACRES | WEST MARLBOROUGH
Stone farmhouse with log cabin addition overlooking the countryside in the Unionville-Chadds Ford School District.



PRIZER ROAD | 36.6 ACRES | CHESTER COUNTY
European-inspired stone manor home featuring pool with pool house, office and apartment in converted barn.



DARCZUK DRIVE | 1.8 ACRES | GARNET VALLEY
Meticulously maintained home and landscaping with pond and in-ground pool in a private and picturesque setting.



CLEARVIEW DRIVE | 2.2 ACRES | CHESTER SPRINGS
Recently renovated in a contemporary style, this charming home offers privacy and breathtaking views of the countryside.

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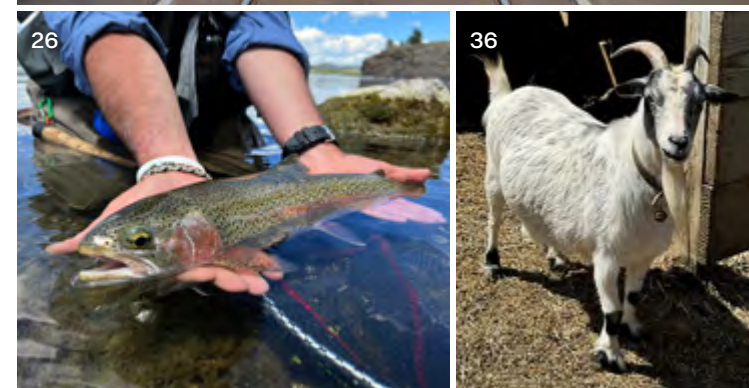


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Good to Know *Just a few things we'd thought you'd like to know this month*

Biblio Bliss. Looking for some book magic in your life? Kennett Square's Bookhouse Hotel hosts a limited, **members-only book club**, appropriately at a book-themed hotel. Led by hotel co-owner Stephanie Olenik, this club offers a quarterly gift box (handpicked book and gift; \$75+, \$270 annually) and meets four times a year on the second Wednesday in June, September, December and March. Although fully ... booked, sign up for the waitlist. *130 S. Union St., Kennett Square. TheBookhouseHotel.com.*



Pup Pass. Whether you and your pup walk for miles or minutes, the **Visit Delco Trails & Tails program** rewards your canine for every dog-friendly park and trail visited. The mobile pass (not an app) gives locals Delco swag — bandanas, “wooder” bottles, stickers — for every location visited with your best friend. Sign up on the site and get a text on your phone for the link to check in via GPS at your destination. *VisitDelcoPA.com.*



Plaque Pride. West Chester is proud of many things, including its commitment to preserving its historic buildings. One way that's accomplished is through Preservation Awards, presented for the past 12 years by the West Chester Downtown Foundation. *County Lines* is honored that our office at Franklin Corners was a recent recipient of that award, along with a **Preservation Award plaque**. Feel free to admire ours, or look for plaques on historic buildings throughout the Borough. *See our TikTok @CountyLinesMagazine.*



Historic Haven. North American Land Trust (NALT) is working to preserve the 16-acre historic **Joseph Davis Tract** in the heart of Chadds Ford. This site played a crucial defensive role in the Battle of Brandywine and was the home and studio of local artist N.C. Wyeth. NALT's plans will transform the property into a public space with hiking, pollination habitats and greenways. Want to explore? Take a virtual tour on YouTube. *1597 Baltimore Pk., Chadds Ford. NorthAmericanLandTrust.org.*

Easy E-Waste. Dispose of your dusty, old electronics for free with the **Goodwill Keystone Area's e-waste program**. Bring your outdated gadgets — computers, monitors, MP3 players, phones, TVs and more — to drop-off locations in Thorndale, Exton, Berwyn and Phoenixville. Goodwill will sell or responsibly recycle these items through a partnership with Reworld, a waste management company. They also accept gently used clothes and books. Check the list of acceptable donations at *YourGoodwill.org*.





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August Picks Our Picks for top events this month

Brandywine Museum of Art — “Frank Stewart’s Nexus: An American Photographer’s Journey”

Through September 22



This dynamic retrospective of Stewart’s compelling photography spans his six-decade career. Through more than 100 black-and-white and color photographs, the exhibition centers on Stewart’s spontaneous and sensitive approach to portraying world cultures and Black life in many forms — including music, art, travel, food and dance. *1 Hoffman’s Mill Rd., Chadds Ford. Wed.–Mon., 9:30 a.m. to 4:30 p.m. \$8–\$20. Brandywine.org.*

Tour-De-Trike in West Chester

August 9

The “Tour-de-Trike” is a reimagined version of the “Trike Challenge” that was a part of the Criterium bike race previously held in downtown West Chester. Sixteen teams compete in a round robin, bracket-style tournament for a chance to win the coveted trophy. Adult-sized tricycles will be provided! *Gay St., between Church & Darlington Sts. 3:30 p.m. to 6 p.m. Rain date August 16. GreaterWestChester.com/TrikeRace.*



Family Fun Night at Brandywine Zoo

August 29

Bring the family out to the zoo and enjoy a special evening with a reduced \$2 admission, \$1 hot dogs, \$1 soft drinks plus ice cream from Hy-Point. *Brandywine Park, 1001 N. Park Dr. Wilmington. 5 to 7. BrandywineZoo.org.*

46th Annual Long’s Park Art Festival

August 30–September 1



Long’s Park transforms into an outdoor gallery filled with 200+ juried artisans offering clothing, jewelry, pottery, hand-crafted furniture, functional art, unique mediums of canvas, sculpture, hardscapes and more. Enjoy diverse local culinary treats as well as wine and craft beer. Benefits the park’s Amphitheater Foundation. *1441 Harrisburg Pk., Lancaster. Fri.–Sat., 10 a.m. to 6 p.m.; Sun., 10 a.m. to 5 p.m. \$15. LongsPark.org.*

81st Annual Ludwig’s Corner Horse Show & Country Fair

August 31–September 2

A Chester County tradition featuring lots of activities, including pony rides, Mounted Parade of Hounds, pet parade, live music, car show, country carnival and, of course, the horse show, beginning at 8 a.m. daily. The Country Fair Midway features shopping, entertainment and games. Grab a bite to eat, sit in the beer garden and watch the competition. *Ludwig’s Corner Horse Show Grounds, 1326 Pottstown Pk., Glenmoore. Midway is open 11 to 4. \$10/ carload. LudwigsHorseShow.com.*



PHOTO CREDIT: ALYSSA MURPHREE MEDIA

best Local Events

FAMILY FUN

THROUGH AUGUST 3
75th Annual Goshen Country Fair. An old-fashioned fair with agricultural exhibits, entertainment, games of chance, amusement rides and delicious food. Check out the dog show on Monday, the goat show on Wednesday and the BBQ chicken dinner on Saturday. Benefits the Volunteer Goshen Fire Co. Gates open 6 pm, Mon to Fri; Sat at 5 with reduced tickets for rides until 7 pm. *Fair Grounds, 1320 Park Ave., West Chester. GoshenCountryFair.org.*

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., Phila. 9:30 to 5. \$39-\$43. FL.edu.*

THROUGH SEPTEMBER 22
Sundays
West Chester Railroad Summer Picnic Special. Enjoy a train ride from West Chester to Glen Mills and return on a warm summer afternoon. Pack a lunch to have during your stop at the Glen Mills train station picnic grove. *230 E. Market St., West Chester. Noon. \$25. WCRailroad.com.*

THROUGH OCTOBER
Kalmar Nyckel, Tall Ship of Delaware. Find adventure and outdoor fun, maritime history and cultural events with annual community festivals. *Oct. 19, Halloween Ghost Ship, noon to 4 pm. Copeland Maritime Center at*



the Kalmar Nyckel Shipyard, 1124 E. 7th St. KalmarNyckel.org.

THROUGH OCTOBER 31
Brandywine Treasure Trail Passport. Gather family and friends and let the Brandywine Treasure Trail Passport guide you to a memorable weekend escape, providing access to 12 of Wilmington's and the Brandywine Valley's top attractions. \$49-\$99. *VisitWilmingtonDE.com.*

THROUGH NOVEMBER 3
First Sundays
Steamin' Days at Auburn Heights. Climb into an antique automobile or board one of the trains and experience what it was like to travel at the turn of the 20th century. Tour the 1897 mansion that was home to three generations of the Marshall family. *3000 Creek Rd., Hockessin, DE. 12:30 to 4:30. \$8-\$15. AuburnHeights.org.*

AUGUST 2-11
Media Theatre Presents Tuck Everlasting: The Musical. Based on the best-selling children's classic by Natalie Babbitt, *Tuck Everlasting* features a soaring score from Chris Miller and Nathan Tysen. *104 E. State St., Media. Fri-Sat, 7 pm; Sun, 3 pm. \$19-\$25. MediaTheatre.org.*



AUGUST 6
Touch A Truck Day — Night Out Against Crime. Emergency responders are on hand (ambulances, fire trucks, police cars) as well as games, rides, food trucks, face painting and more. *WC Henderson High School, 400 Montgomery Ave. 6 to 8 pm. West-Chester.com.*

AUGUST 9 & 10
Annual Goschenhoppen Folk Festival. Experience authentic Pennsylvania German folklife from the 18th-19th centu-

ries. Visit with friendly farm animals, take wagon rides on a horse-drawn wagon and enjoy traditional tasty refreshments. *Henry Antes Plantation, 318 Colonial Rd., Perkiomenville. Fri, noon to 8 pm; Sat, 10 to 6. \$4-\$15. Goschenhoppen.org.*

AUGUST 9-11
Pirates and Wenches Weekend in Rock Hall, MD. Bring your boat and anchor out on the Chesapeake Bay. There's plenty of live entertainment and pirate performers, costume contests, treasure hunts, kids activities, pirate ghost tours, rum tastings, the Buccaneer's Ball and more merriment on Main Street. *Rock Hall, MD. Visit RockHallPirates.com.*



AUGUST 19
Eagleview Town Center Movie Night. Bring blankets and snacks and join the magic of movie night in Eagleview Town Center. On this night see *Shrek*. *Eagleview Town Center, 565 Wellington Sq., Exton. 7 to 9 pm. Free. EagleviewTownCenter.com.*

AUGUST 24
Unity In Our Community Block Party. Join the fun! The day is filled with food and refreshments, kids and teens activities, arts and crafts, entertainment, a dunk tank, inflatable hoop zone and more. Rain date Aug. 25. *Highland Ave., Wayne. Noon to 4. Free. RadnorRecreation.com.*



ART, CRAFTS & ANTIQUES.....

AUGUST 16
Craft & Mercantile in Chester Springs. A good time is guaranteed at a curated evening of local artisans, food and entertainment under the stars and twinkle lights. Weatherstone Town Center, 240 Windgate Dr., Chester Springs. 5 to 8:30 pm. *GrowingRootsPartners.com.*

SEPTEMBER 7 & 8
Brandywine Festival of the Arts. Over 200 artisans from all over the country display and sell their work in the park. 1001 N. Park Dr., Wilmington. Sat, 10 to 6; Sun, 10 to 4. \$5. *BrandywineArts.com.*

BOOKS.....
AUGUST 5
Reads & Company Presents. Book launch of Hannah Nicole Maehrer's "Apprentice to the Villain." Bistro on Bridge, 212 Bridge St., Phoenixville. 6:30 pm. Free. *ReadsAndCompany.com.*

AUGUST 6-29
Main Point Books. *Aug. 6*, author lunch with Juliet Grames at Teresa's Cafe, 124 N. Wayne Ave., Wayne, noon, \$60. **Fiction Book Group:** *Aug. 20*, "Happiness Falls" by Angie Kim, 1 pm. **NonFiction Book Group:** *Aug. 29*, "All About

Love" by bell hooks, 7 pm. 116 N. Wayne Ave., Wayne. *MainPointBooks.com.*

AUGUST 7-22
Wellington Square Bookshop. Classics Book Club: *Aug. 7*, "Brave New World" by Aldous Huxley, 2 pm. **Fiction Book Group:** *Aug. 21 & 22*, "Small Mercies" by Dennis Lehane, Wed-Thurs, 2 pm. 549 Wellington Sq., Exton. *WellingtonSquareBooks.com.*

CAR SHOWS.....
AUGUST 24
Chesapeake City Car Show. Streets closed and lined with antique cars and food vendors. Pell Gardens, 98 Bohemia Ave., Chesapeake City, MD. 8 to 3. *Events.ChesapeakeCity.com.*

SEPTEMBER 6
10th Annual Car Show in Oxford. One of downtown Oxford's biggest events, with the ca-



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

EQUESTRIAN.....

THROUGH SEPTEMBER 29
Fridays & Sundays
Brandywine Polo. Spectators picnic and tailgate at the grounds. 232 Polo Rd., Toughkenamon. Friday Twilight Polo—gates open at 5; match at 5:30. Sun, gates open at 1:30; match at 3, \$15-\$20. Canceled for rain or extreme heat. 610-268-8692; *BrandywinePolo.com.*

FESTIVALS & PARADES.....

AUGUST 18-25
The 210th August Quarterly Festival Celebration. The nation's oldest African American festival celebrating freedom of religion and speech and the right of assembly. Tubman-Garrett Riverfront Park at the Riverfront, Rosa Park Dr. & Market St., Wilmington. 1 to 7 pm. *AugustQuarterly.org.*

AUGUST 25-27
Chesapeake Bay Balloon Festival. The featured attraction at the festival is more than 20 art-inspired hot air balloons. Enjoy tethered balloon rides, an artists village, kids village, beer/wine, food vendors and live music. Triple Creek



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Winery, 11138 Three Bridge Branch Rd., Cordova, MD. Daily, 4 to 9:30 pm. \$25; 15 and under, free. ChesapeakeBayBalloonFestival.com.



FILM.....

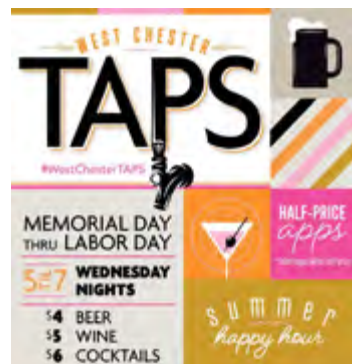
AUGUST 17
Splatterfest XII at The Colonial Theatre. The Italian Horror Film Festival returns to the Colonial Theatre for an all-nighter featuring five ferocious films from Italy. 1903 Theatre, 227 Bridge St., Phoenixville. Times and tickets, 610-917-1228; TheColonialTheatre.com.

FOOD & BREWS.....

THROUGH SEPTEMBER 19
Thursdays
Sculpture Garden Happy Hour at Delaware Art Museum. Summer series features live music, local brews, lawn games, wine, cocktails and food vendors. 2301 Kentmere Pkwy. N. Terrace, Copeland, Sculpture Garden, Wilmington. 5 to 7:30 pm. Free. DelArt.org.



THROUGH AUGUST 28
Wednesdays
West Chester TAPS. Enjoy a borough-wide happy hour where you can unwind and relax



with friends every Wednesday from 4 to 7 pm. Participating locations have select \$5 beers, \$6 wines and \$7 cocktails, in addition to appetizer specials. Visit DowntownWestChester.com for locations.

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



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

AUGUST 2, 16
Summer Pop-Up Beer Garden Series at Uptown. Featuring live music, food trucks, art and lawn games, the beer garden events offer a warm and inviting environment for all. 226 N. High St., West Chester. Aug. 2, 4:30; Aug. 16, 5 pm. Free. UptownWestChester.org.

AUGUST 2, SEPTEMBER 13
Wilmington & Western Railroad — Brews on Board. Local craft brews are served aboard the train for your tasting pleasure on a leisurely 2-hour round-trip through the Red Clay Valley. Must be 21. Board at Greenbank Station, 2201 Newport Gap Pk., Wilmington. 7 pm. \$80-\$160. WWRR.com.



Local Farm Markets

- Artisan Exchange**, 208 Carter Dr. West Chester. Sat, 10 to 1. ArtisanExchange.net.
- Berwyn Farmers Market**, 511 Old Lancaster Rd. Sun, 10 to 1. BerwynFarmersMarket.com.
- Bryn Mawr Farmers Market**, Lancaster Ave. Bryn Mawr train station lot. Sat, 9 to 1. FarmToCityMarkets.com.
- Market at Coverdale Farm Preserve**, 543 Way Rd., Greenville, DE. Fri, 2 to 7; Sat, 10 to 5; Sun, 11 to 3. DelNature.org.
- Downingtown Farmers Market**, Kerr Park, Log House Field, 28 E. Pennsylvania Ave. Sat, 9 to 1. GrowingRootsPartners.com.
- Eagleview Farmers Mkt.**, Eagleview Town Ctr., 570 Wellington Sq., Exton. Thurs, 3 to 6:30. GrowingRootsPartners.com.
- FarmerJawn Farmers Mkt.**, 1225 E. Street Rd., West Chester. Wed-Fri, 10 to 6; Sat-Sun, 9 to 3. FarmerJawn.co.
- Kennett Square Farmers Mkt.**, 600 S. Broad St. Fri, 3 to 6. KSQFarmersMarket.com.
- Lancaster County Farmers Mkt.**, 389 W. Lancaster Ave., Wayne. Wed, Fri & Sat, 6 to 4. LancasterCountyFarmersMarket.com.
- Malvern Farmers Market**, Burke Park, 26 S. Warren Ave. Sat, 9 to 1. 484-753-6363; GrowingRootsPartners.com.
- Media Farmers Market**, Edgemont St. between Front & State Sts. Sun, 10 to 1. FarmToCityMarkets.com.
- New Garden Growers Market**, 8934 Gap Newport Pk., Landenberg. Sat, 9 to noon. Facebook.com/NewGardenGrowersMarket.
- Newtown Square Farmers Mkt.**, 3625 Chapel Rd. Fri, 3 to 6. Facebook.com/NewtownSquareFoodandMakersMarket.
- Oxford Village Mkt.**, 193 Limestone Rd. Thurs, 8 to 6; Fri, 8 to 7; Sat, 8 to 5. DowntownOxfordPA.org.
- Phoenixville Farmers Market**, 200 Mill St. Sat, 9 to noon. PhoenixvilleFarmersMarket.org.
- Pottstown Farmers Mkt.**, 100 E. High St. Every other Sat starting May 11, 9-1. PottstownFarm.org.
- Royersford Farmers Market**, 2nd Ave. across from Victory Park. Sat, 9 to noon. RoyersfordFarmersMarket.com.
- Swarthmore Farmers Market**, 121 Park Ave., next to Swarthmore Borough Hall Sat, 9 to noon. SwarthmoreFarmersMarket.org.
- Thornbury Farmers Mkt. & CSA**, 1256 Thornbury Rd., West Chester. Thurs-Fri, noon to 6; Sat, 9 to 6; Sun, 11 to 5. ThornburyFarmCSA.com.
- Thornton Farmers Mkt.**, 330 Glen Mills Rd. Sat, 10 to 1. Facebook.com/ThorntonFarmersMarket.
- West Chester Growers Mkt.**, Chestnut & Church Sts. Sat, 9 to 1. WestChesterGrowersMarket.com.
- Westtown Amish Market**, 1165 Wilmington Pk., West Chester. Thur, 9 to 6; Fri, 9 to 7; Sat, 8 to 4. WestChesterAmishMarket.com.

For more visit the Chester County Farm Guide online at ChesCoFarming.org

AUGUST 8, SEPTEMBER 12
Sip & Stroll at Brandywine Zoo. Go a little wild at the family-friendly event. You'll sip, stroll and learn while enjoying beer and touring the zoo after hours. Fun animal encounters and activities for all ages. Limited number of tickets. Beer sold separately. Brandywine Park, 1001 N. Park Dr., Wilmington. 5 to 7. BrandywineZoo.org.



AUGUST 15
Summer Pop-up Biergarten at Historic Sugartown. BYO chairs and picnic blankets to enjoy live music, beverages from Locust Lane Craft Brewery, Manatawny Still Works and Chaddsford Winery and delicious foods from food trucks onsite. 260 Spring Valley Rd., Malvern. 5 to 8. \$10. HistoricSugartown.org.

AUGUST 24
Annual Delaware Burger Battle. Delaware's top chefs offer their best burgers. Benefits Food Bank of Delaware and Delaware ProStart. Rockford Tower, Rockford Park, 2000 Lookout Dr., Wilmington. Noon to 3:30. Pay one price to sample burgers all day, \$12-\$50. DEBurgerBattle.com.



FUNDRAISERS.....
AUGUST 29
Drive-Thru Barbecue Fundraiser. Support the Phoenixville Area Senior Center by driving through Uncle B's (re-opened for this event) and pick up your summer holiday picnic favorites for Labor Day. 425 Bridge St., Phoenixville. Visit Bit.ly/PASCBBQ.

GARDENS.....
THROUGH OCTOBER 27
Festival of Fountains at Longwood. Stroll through the gardens with brilliantly blooming annuals and perennials and discover the Illuminated Fountain Performances and live music in the beer garden. 1001 Longwood Rd., Kennett Square. Thurs-Sat, 9:15 pm. \$18-\$25. 610-388-1000; LongwoodGardens.org.

MUSEUMS.....
AUGUST 3-31
Saturdays
Open House Days at Pottsgrove Manor. Living history and unique items from the collection are highlighted throughout the month with each weekend offering something different. 100



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W. King St., Pottstown. 11 to 3. \$2 donation. MontgomeryCountyPA.gov.

THROUGH OCTOBER 13

Brandywine Museum of Art. *Through Sept. 15*, “Every Leaf & Twig: Andrew Wyeth’s Botanical Imagination.” *Through Sept. 22*, “Frank Stewart’s Nexus: An American Photographer’s Journey, 1960s to the Present,” see *August Picks*. *Through Oct. 13*, “In Shadows’ Embrace: Prints by Peter Paone.” 1 Hoffman’s Mill Rd., Chadds Ford. Wed–Mon, 9:30 to 4:30. \$8–\$20. Brandywine.org.

MUSIC & ENTERTAINMENT

THROUGH AUGUST 11

Delaware County Summer Festival. This popular Delco tradition offers everything from Classical to Cajun, Motown to Broadway, Doo Wop to Rock & Pop. Visit website for a list of concerts. Rose Tree Park, Rt. 252 & Providence Rd., Upper Providence. Free. DelcoPA.gov/Departments/Parks/SummerFestival.html.



THROUGH AUGUST Wednesdays

Carillon Concerts at Washington Memorial Chapel. Bring a blanket and picnic dinner and listen to the beautiful sounds of the Washington Memorial Chapel carillon, played by internationally acclaimed musicians. Valley Forge National Historic Park, 2000 Valley Forge Park Rd., King of Prussia. 7:30 pm. Free. WMChapel.org.



THROUGH OCTOBER Thursdays

Concerts at King of Prussia Town Center. Enjoy live music on the green at King

of Prussia Town Center. 155 Village Dr. (in front of Davio’s), King of Prussia. 6 to 8 pm. Free. For a complete lineup visit KingOfPrussia-TownCenter.com.

AUGUST 1–SEPTEMBER 15

Upper Merion Concerts Under the Stars. *Aug. 1*, The Dave Matthews Tribute Band *Aug. 7*, The New Pornographers; *Aug. 16*, Donavon Frankenreiter; *Aug. 17*, Rayland Baxter; *Aug. 23*, Keller & The Keels; *Aug. 24*, Ripe; *Aug. 29*, Sarah Jarosz; *Aug. 31*, Splintered Sunlight–Grateful Dead Tribute; *Sept. 7*, John Eddie; *Sept. 15*, Old 97’s. Township Bldg. Park, 175 W. Valley Forge Rd., King of Prussia. 6 pm. Visit website for tickets, UMTownship.org.

AUGUST 2–31

Bryn Mawr Twilight Concerts. *Aug. 2*, Steve Forbert & The New Renditions; *Aug. 10*, Lucy Kaplansky; *Aug. 16*, Stephen Kellogg and Liz Longley; *Aug. 17*, David Wilcox; *Aug. 24*, Susan Werner; *Aug. 31*, Tophouse Cabin Dogs. The Gazebo, 9 S. Bryn Mawr Ave., Bryn Mawr. 7 pm. For tickets, 610-864-4303; BrynMawrTwilightConcerts.com.



AUGUST 2–30

American Music Theatre. *Aug. 2*, The Greatest Love of All: Whitney Houston Tribute Starring Belinda Davids; *Aug. 3*, Il Divo – XX: 20th Anniversary Tour; *Aug. 8*, Trace Adkins; *Aug. 11*, Straight No Chaser Summer: The 90s; *Aug. 16*, Righteous Brothers; *Aug. 17*, Doo Wop Project; *Aug. 18*, Kenny Rogers Band featuring Don Gatlin; *Aug. 23*, Journey from the Heart; *Aug. 24*, Johnny Mathis; *Aug. 25*, The Malpass Brothers; *Aug. 30*, Marshall Charloff & Purple Xperience: The Premier Prince Tribute. 2425 Lincoln Hwy. E., Lancaster. Times and tickets, AMTShows.com.



AUGUST 2–SEPTEMBER 1

The Keswick Theatre. *Aug. 2*, The Oak Ridge Boys; *Aug. 3*, Doug Church, The True Voice of Elvis; *Aug. 7*, Eric Johnson; *Aug. 8*, Beres Hammond featuring Harmony House Singers; *Aug. 9*, Beginnings: A Celebration of the Music of Chicago; *Aug. 10*, Little River Band; *Aug. 16*, Ryan Adams; *Aug. 17*, Our House: The Music of Crosby, Stills, Nash & Young; *Aug. 18*, The Brian McKnight 4; *Aug. 20*, The Righteous Brothers; *Aug. 24*, Magical Mystery Doors: Tribute to Beatles, Zeppelin, Doors; *Sept. 1*, Dweezil Zappa. Times and tickets, KeswickTheatre.com.



AUGUST 2, SEPTEMBER 6

Downtown West Chester Summer Concert Series. *Aug. 2*, The Jimmy Mac Band at CC Courthouse; The Attic Dwellers at the Jack Loew Plaza at 44 West. *Sept. 6*, The Jonathan Ragonese Quartet at CC Courthouse; Grecia, Nieland and Windish at Jack Loew Plaza at 44 West. 5:30 pm. Free. DowntownWestChester.com.

AUGUST 4, 18

West Goshen Summer Concert Series. *Aug. 4*, Motown favorites with Blue Philly Magic; *Aug. 18*, The Sam Stinson Band. Bring a dry good donation to West Chester Food Cupboard. West Goshen Community Park, N. Five Points & Fern Hill Rds., West Chester. 6:30. Free. WestGoshen.org.

AUGUST 4–18

Long’s Park Summer Music Series. *Aug. 4*, The Sensational Barnes Brothers; *Aug. 11*, The United States Air Force Band: Max Impact; *Aug. 18*, Della Mae. Long’s Park Amphitheater, Rt. 30 & Harrisburg Pk., Lancaster. 7:30 pm. LongsPark.org.



AUGUST 7, 14

Summer Concert Series at Anson B. Nixon Park. *Aug. 7*, The Late Ambitions; *Aug. 14*, The Holy Smokers. 405 N. Walnut St., Kennett Square. 6:30 pm. Free. AnsonBNixonPark.org.

AUGUST 8, 22

Summer Concerts in Charlestown Park. *Aug. 8*, Christine Havrilla and Gypsy Fuzz perform; *Aug. 22*, special surprise event. Charlestown Township Park, 100 Academic Way, Phoenixville. 6:30 to 8:30. Free. Charlestown.PA.US.

AUGUST 8–30

Uptown! Knauer Performing Arts Center. *Aug. 8*, Double Vision: Foreigner Tribute Band; *Aug. 9*, Kiss the Sky: Jimi Hendrix Tribute. *Aug. 10*, Crazy Train: Ozzy Experience; *Aug. 15*, Back Home Again: John Denver Tribute; *Aug. 16*, Classic Stones Live; *Aug. 17*, The Frank White Experience: Notorious B.I.G. Tribute; *Aug. 22*, Beach Boys Tribute; *Aug. 23*, The Gambler Returns: Kenny Rogers Tribute; *Aug. 24*, Tell Me Lies: Fleetwood Mac Tribute; *Aug. 30*, Night Train: The Guns ‘N Roses Tribute Experience. 226 N. High St., West Chester. Times and tickets, UptownWestChester.org.



AUGUST 10

95th Annual Old Fiddler’s Picnic. Explore the entertainment, food trucks, kids activities and crafts by dancing the day away at this event held at Hibernia Park, 1 Park Rd., Coatesville. 10 to 4. Free. BrandywineValley.com.

AUGUST 11 & 25

Miller Park Summer Concert Series. *Aug. 11*, Jess Zimmerman Band; *Aug. 25*, Chico’s Vibe. Food trucks and 50/50 raffle at concerts. Albert C. Miller Memorial Park, 220 Miller Way, Exton. 6 pm. Free. WestWhiteland.org.

AUGUST 13, 27

Eagleview Town Center Summer Concerts. Bring a blanket, snack and chairs and enjoy the show. *Aug. 13*, Fantastic Cat with Sahara Moon; *Aug. 27*, Zach

Russell with Gooch and the Motion. 7 pm. Free. 565 Wellington Square, Exton. EagleviewTownCenter.com.



AUGUST 16–18

Philadelphia Folk Festival. The festival promises a weekend of exceptional music, community and culture. 1323 Salford Station Rd., Harleyville. Daily, 11 am to 11 pm. For times, tickets and performances, 859-972-5965; FolkFest.org.

AUGUST 17 & 18

John D. Smitherman Concert at Media Theatre. This concert is brought by popular demand, and features classic songs such as “Impossible Dream,” “Some Enchanted Evening,” “Bring Him Home,” “Be My Love” and more. 104 E. State St., Media. Times and tickets, 610-891-0100 MediaTheatre.org.

AUGUST 23

Brandywine River Museum of Art Concerts in the Courtyard. Enjoy a concert under the stars in the Museum’s outdoor courtyard featuring the all-female trio Wicked Sycamore. 1 Hoffman’s Mill Rd., Chadds Ford. Doors open at 6; performance begins at 7. \$25. Brandywine.org.



AUGUST 24

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

SEPTEMBER 7

Phoenixville Blues Fest. Listen to the best music, enjoy great food and visit unique vendors. Reeves Park, 148 3rd Ave., Phoenixville. 1 pm. Free. PhoenixvilleChamber.org.

THEATER.....

THROUGH AUGUST 4

Delaware Shakespeare Summer Festival: Julius Caesar. Presented by Delaware Shakespeare Theater. Rockwood Park, 4651 Washington St. Extension, Wilmington. Times and tickets, 302-468-4890; DelShakes.org.

THROUGH AUGUST 10

Dutch Apple Theatre Presents The Sound of Music. Enjoy the timeless score in this classic. 510 Centerville Rd., Lancaster. Times and tickets, 717-898-1900; DutchApple.com.



THROUGH AUGUST 11

Somewhere Over the Border at People’s Light. A regional premiere by Emmy Award-nominated playwright, actor and composer Brian Quijada. 39 Conestoga Rd., Malvern. Times and tickets, 610-644-3500; PeoplesLight.org.

THROUGH AUGUST 25

The Fantasticks at The Candlelight Theatre. This is a magical journey, part fairy tale, part fable and entirely enchanting. 2208 Millers Rd., Wilmington. Times and tickets, 302-475-2313; CandlelightTheatreDelaware.org.



THROUGH OCTOBER 28
Bird-in-Hand Stage. *Through Aug. 3, The Confession... An Amish Love Story. Through Oct. 19, Ryan & Friends: All Your Favorite Funny Stuff*, a variety show. 2760 #A Old Philadelphia Pk., Bird-in-Hand. Times and tickets, 717-768-1568; Bird-In-Hand.com/Stage.



TOWNS, TALKS & TOURS
AUGUST 2
1st Fridays
Coatesville, 484-786-8896; 2ndCenturyAlliance.org. *Lancaster City*, 717-509-ARTS; VisitLancasterCity.com. *Oxford*, 610-998-9494; OxfordMainStreet.com; *Phoenixville*, 610-933-3253; PhoenixvilleFirst.org. *West Chester*, 610-738-3350; DowntownWestChester.com. *Wilmington Art Loop*, 302-576-2135; CityFestWilm.com.

AUGUST 10
Penn State Extension Master Gardener Good Gardening Saturdays. This class cov-

ers using groundcovers to solve common garden challenges and reduce gardening efforts. Smedley Park Environmental Center, 20 Paper Mill Rd., Springfield. 10 am to noon. Free. Extension.PSU.edu/Programs.

THROUGH SEPTEMBER 29
Open-Air Market in West Chester. Gay Street is closed to vehicles Friday morning through Monday morning. Restaurants and retail line the street for strolling, eating, exploring the town. DowntownWestChester.com.



THROUGH OCTOBER 31
Third Thursdays on State Street in Kennett Square. Enjoy outdoor dining, extended shopping hours, live music, children's activities, pop-up vendors and more. State Street is closed from Broad to Center Sts. from 5 to 10 pm. KennettCollaborative.org.

THROUGH OCTOBER 7
Phoenixville Inside Out. Dine outside or enjoy a drink with friends, explore the boutiques and retail stores or take in a show. Road closed on 100 and 200 blocks of Bridge St. from 4 pm Fri through 7 am Mon. Fri, 4 to 10; Sat-Sun, 7 am to 10 pm. PhoenixvilleFirst.org. ♦



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

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

For more events visit:

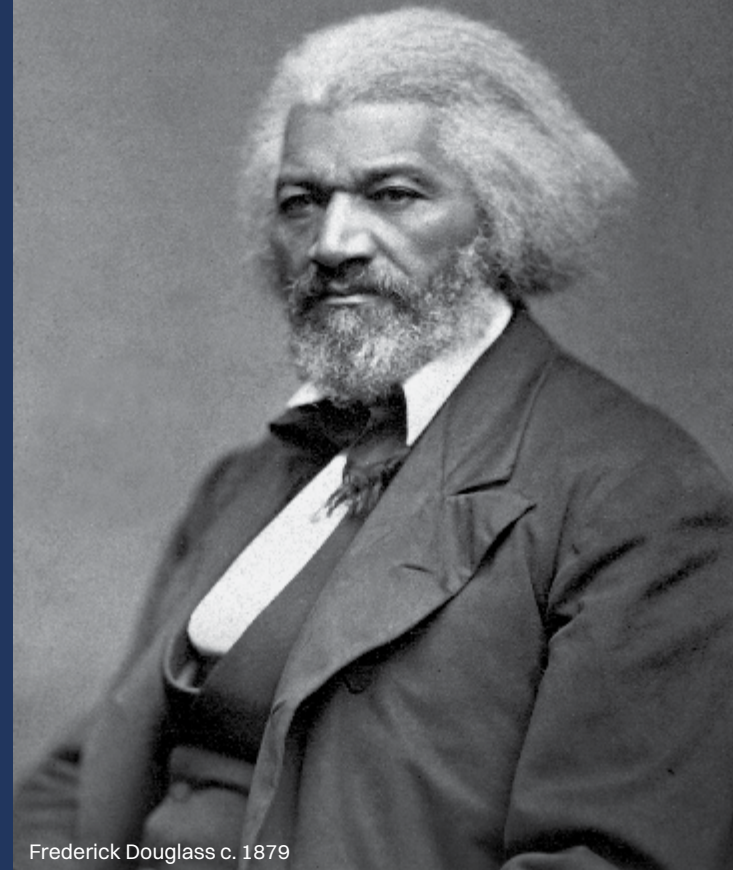
CountyLinesMagazine.com



The Final Words of Frederick Douglass

AND A LASTING TRIBUTE IN WEST CHESTER

Malcolm Johnstone



Frederick Douglass c. 1879

AT THE END OF JANUARY 1895, THE 78-YEAR-old Frederick Douglass made his way to West Chester. It had been more than 40 years since his last visit, and he viewed this as an opportunity to become reacquainted with old friends and supporters. The group reminisced about the days when Douglass would address crowds in downtown locations and recruit local Black men to join the Union Army in the name of freedom.

Douglass's current visit resulted from an invitation from West Chester State School (now West Chester University). The school wanted the venerable freedom fighter to give a speech for students and residents alike on February 1. Douglass agreed to a small fee, updated his notes for the occasion, and met with the supportive audience at a comfortable hall on campus.

After his introduction, Douglass approached the lectern to enthusiastic applause. He began by sharing the many pleasant memories of his previous visits. He remembered those he'd met as refined and intelligent, but it was the hospitality of the Darlington family he was most fond of, because they'd given him their home during this visit.

Douglass then shifted to the core of his lecture by reading from his notes "in a low and subdued tone," reported the *Daily Local*. Clearly, old age was taking its toll, as Douglass appeared bent and frail, although it was noted there were "occasional suggestions of the fire which warmed his heart and made him a powerful foe of anti-slavery."

Indeed, he would often step away from the lectern and then speak with eloquence about his most adamant positions. This reminded many of the older listeners of Douglass's younger days

when he could move an audience to actively support the cause of freedom for all.

LYNCH MOBS

For this speech, Douglass was embracing a new challenge of terror that was sweeping the United States: lynch mobs. In April 1894, a periodical called *The Christian Educator* published an article he'd written titled "Lynching Black People Because They Are Black." It focused on the violent abuse toward African Americans in Southern states despite full emancipation from slavery. In fact, since 1877, it's been estimated that some 4,400 African Americans have been lynched with impunity by white mobs.

Now, for what would be his final speech, Douglass was in rare form as he stood up for a law that would make lynching a federal crime. He called lynching "a menace to the peace and security of the people of the whole country" that "threatens to destroy all respect for law and order, not only in the South, but in all parts of our country."

But it would not be until 1900 that Congress began to take action to outlaw lynching, as every prior attempt failed. Finally, just two years ago, the Emmett Till Antilynching Act was passed, finally making lynching and related acts a federal hate crime. Yes, it appears that it took the U.S. Congress 120 years to catch up to Frederick Douglass.

Nineteen days after his speech, Douglas suffered a fatal heart attack.

EQUAL RIGHTS FOR WOMEN

While Douglass is regarded primarily as an abolitionist, he also strongly supported women's rights. In 1848, he attended the first

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PHOTO CREDIT: SHAUN MARRON

1. Frederick Douglass statue at West Chester University
2. Frederick Douglass with his second wife, Helen Pitts Douglass, and her sister, Eva Pitts, c. 1880
3. Historical marker at West Chester University



women's rights convention held in the United States. Known as the Seneca Falls Convention, it took place in New York in July 1848 and launched the women's suffrage movement.

Under the leadership of Elizabeth Cady Stanton, the convention discussed 11 resolutions that would give women the same rights as men. All but one passed unanimously — the exception was the ninth resolution, which demanded women should have the right to vote. Many thought that was a step too far.

Fearing that the resolution might fail, Frederick Douglass joined Stanton to give impassioned speeches for passage of the voting resolution. It eventually — and barely — passed. Unfortunately, it would take more than seven decades to pass a national referendum ensuring voting rights for women.

LEGACY

Today, the Frederick Douglass Institute at West Chester University maintains the

legacy of the great abolitionist and statesman, in part by being an educational and cultural resource that advances multicultural studies. These activities deepen the intellectual heritage of Frederick Douglass while providing a historic anchor for equal rights and social justice.

Through the leadership of WCU, there's now a Frederick Douglass Institute at each of the 14 campuses of the Pennsylvania State System of Higher Education. Each is a part of the Frederick Douglass Collaborative, and together they work to advance the intellectual heritage and legacy of Frederick Douglass. ♦

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.



Frederick Douglass Statue at West Chester University

In 2011, the Frederick Douglass Institute began raising funds to create a statue of Douglass. The statue is now situated in a small plaza on the campus, just behind Asplundh Hall at 700 South High Street in West Chester.

Among the first donors was former West Chester mayor, Clifford DeBaptiste, whose family proudly supports the Frederick Douglass Institute. Part of the plan was to have the statue located within a plaza, which was named the Clifford E. and Inez E. DeBaptiste Plaza.

The 10-foot-tall bronze statue of a young Frederick Douglass was created by Richard Blake and dedicated on October 1, 2013 by the Frederick Douglass Institute. It's now part of a National Historical Landmark recognized by the National Park Service for making "significant contributions to the understanding of the Underground Railroad."

THERE ARE MORE THAN 18,000 WILD TROUT waters in our state, according to Pennsylvania's Fish and Boat Commission. But fewer than 40 are in Chester County, and only three of those are "Class A" streams — streams with a population of "naturally produced trout of sufficient size and abundance to support a long-term and rewarding sport fishery." Most of the remaining 40 are "stocked."

There are also several fishing streams in surrounding counties. But getting to any of them in the right season and at the right time of day, then tempting a trout with an appropriate lure, and finally landing one ... well, that's where things get complicated. We're here to help make things simpler if you'd like a fresh-caught trout dinner.

ABOUT TROUT

First, some background on the fish themselves. In southeast Pennsylvania, there are generally four kinds of trout: brown, rainbow, golden rainbow and brook. They grow to be 20 years old and 40 pounds or more. But it's at 3 to 4 years and at about 10 to 12 inches that they're best for eating.

Nearly all the trout placed in the stocked streams in our area are raised in state-run hatcheries. The main hatchery for our local trout is Huntsdale Fish Hatchery near Carlisle. The hatchery process begins when collected eggs are mixed with sperm, and then the hatched fish are transferred to successively larger tanks. Later

they're trucked to, and eventually released into, the streams in two to three years. Typically, in February through May, and once in October, the 3- to 9-inch fingerlings will be released to the creeks of Chester County.

After release, the trout are most often found in cool water — 68 to 70 degrees or less. Water temperature limits their population. Most of our local streams reach this temperature by mid-June and don't cool down until October, causing summer anglers to look for shade or deep pools with cooler spots or certain streams with cool water. For instance, the limestone spring that supplies Valley Creek or the tailwaters from the Blue Marsh Dam on the Tulpehocken Creek near Reading have cool temperatures.

ABOUT TROUT FISHING

As for trout fishing, you can catch trout with a spinning rod and live bait. A worm or night crawlers may do. In fact, you can even catch trout in a net, though that's illegal.

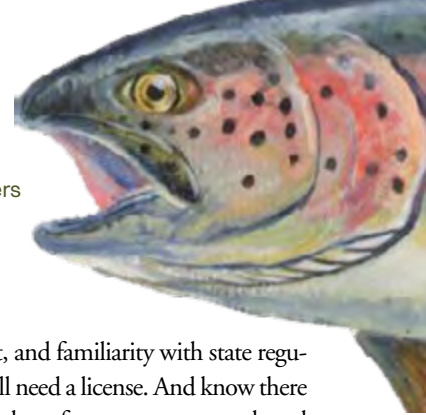
For many of us, though, trout fishing is synonymous with fly fishing. Thirty-some years ago, in the film *A River Runs Through It*, based on the Norman Maclean book, Brad Pitt lived a life fly fishing in the brilliant mountain streams of Montana. We all want to do some of that!

That dream, however requires some education, some equipment, some supplies. You'll need a good map, time to fish early or late in



1

1. Brown trout
2. Rainbow trout
3. Fly fishing vest and waders
4. Fly fishing equipment



2

the day to avoid midday heat, and familiarity with state regulations. If you're over 16, you'll need a license. And know there are limits on the size and number of trout you may catch and keep. (In designated "catch-and-release" areas, that number is zero.) And there are also sections of streams that have other restrictions, like size, lures, season, number of fish per day.

One way to get started is with a visit to an Orvis store. There's one in Downingtown, where Dan Kowalchuk, the Fishing Manager, and Tony Cadwalader, a retail associate, will provide expert advice. At the TCO Fly Shop in Bryn Mawr, Steve Turrisi is another good information source. There, if you don't already have a fly rod, fly reel, fly line, waders, vest and several flies, you can get outfitted. You'll also need a net, assuming you get lucky. Lest you're wondering, outfitting yourself for fly fishing is not cheap, but at Orvis lessons are free. TCO's lessons start at \$100 per hour.

ACTUALLY FISHING

Now that you know a little about trout and have the necessary gear, it's time to think about the magic of fly fishing. Casting your fly to the right spot, placing the fly delicately in the vicinity of a hungry trout, and allowing the fly to drift downstream with the current are the most picturesque parts of trout fishing — you're living the movie scene.

Choosing your fly, however, may be one of your biggest challenges — the right colors and pattern, the right hook size, the right action. Your aim is to imitate the aquatic insects that trout are feeding on. These insects change with the season — first as eggs, then moving from their larval or nymph stage, up the water column and into their adult and flying stage, ultimately dropping their eggs annually into the stream again.

You need to follow the life cycle of the stream closely. In August, for example, the blue wing olive and tan caddis predominate on Valley Creek. Then the light olive caddis prevails in September. Midges are good all year round. Because of the changing environments, experienced anglers may carry a couple dozen flies with them.

Anglers, you should note, may tie their own flies, but that specialized hobby is for another day.

TROUT STREAMS AROUND CHESTER COUNTY

The three Class A streams in Chester County are all tributaries of Valley Creek, an unstocked stream flowing through Great Valley and Valley Forge National Park. The water



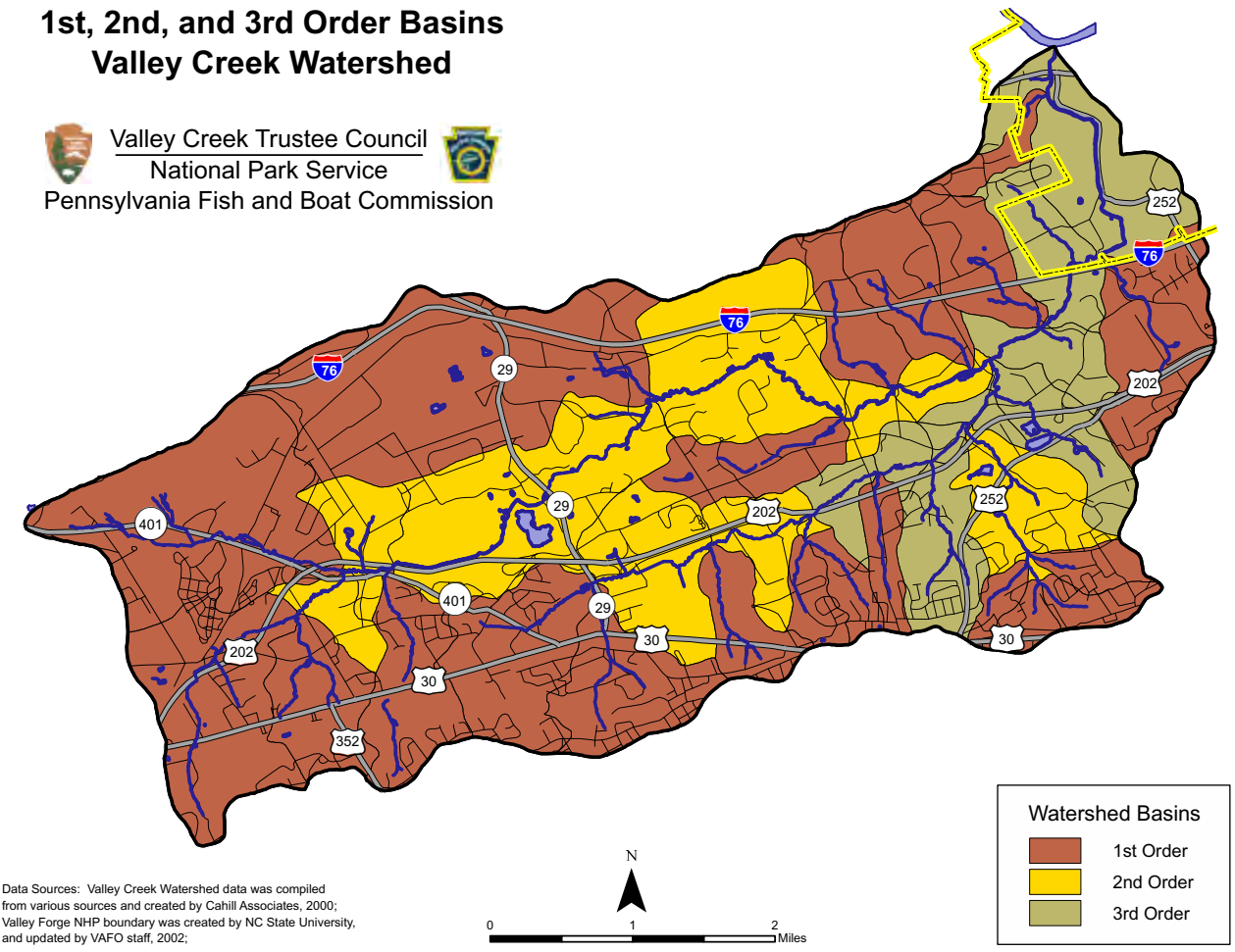
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1st, 2nd, and 3rd Order Basins Valley Creek Watershed

Valley Creek Trustee Council
National Park Service
Pennsylvania Fish and Boat Commission



The order for streams starts with 1st being the smallest stream (and basins).

remains below 70 degrees even in the hottest months, is well oxygenated and has a high pH, which supports a rich insect population. Valley Creek is about seven miles long, 15 to 20 feet wide, and is home to a significant population of brown trout.

The fall is the best season to fish Valley Creek to catch large fish, but spring and summer are also enjoyable. There are many access points for fly fishermen. Several are off interstate highway I-76 on the upper part of the stream.

Another good spot, Tulpehocken Creek — the Tully, as it's known — is a 40-mile-long tributary of the Schuylkill River, located near Reading in Berks County, about an hour northwest of West Chester. The state stocks that creek with rainbow and brown trout. The cool and fertile tailwaters of the nearby Blue Marsh Dam are also good for fishing. Below the dam, there are four miles of good water with many trout averaging between 12 to 14 inches.

Usually below 70 degrees, the Tully will often get a strong dose of cool water from the dam release, reinforced by two downstream creeks. These tributaries — the Plum and Cacoosing Creeks — are good alternatives if the waters of the Tully are running high.

For northern Chester County fishing, French Creek is a good option. It begins in Lake Hopewell, stretching downstream for 14

miles, and is heavily stocked. Best fished in the spring, French Creek does still have some cool spots for summer. Trout fishing picks up again in the fall. The uppermost section, where a few trees help keep the water cool, is ideal for trout. Most of the aquatic insects here are caddisflies, although there are a few mayflies as well, so choose your flies accordingly.

Another option is the 24-mile-long Little Lehigh Creek, in Lehigh and Berks Counties, about 90 minutes from West Chester. You'll find convenient fishing access throughout the Allentown park system and great fishing in limestone-fed water that's cool all year round.

There are many other rivers, streams and creeks in Chester County and beyond that are also great for fly fishing. And it's worth noting that a variety of fish other than trout — bass, muskies, wall-eye, pike — are fun to catch on fly fishing gear.

So, grab a rod, pick a fly and try your luck. Worst case, you'll spend the day by the fresh water and in fresh air, thinking about the river of life. Best case, you'll get a delicious dinner. ♦

For more about local trout fishing, check out the Pennsylvania Fish and Boat Commission, FishAndBoat.com, or DIYFlyFishing.com.

Mark Your Calendar

Edited by Marci Tomassone

WE'VE GATHERED A FEW TOP EVENTS FOR you to start marking your calendar for this very busy season. Be sure to check our monthly events listings in the magazine, on our website and twice-monthly Events Newsletter for so many more fabulous things to do in the coming months.



September

Aug. 31–Sept. 2, **Ludwig's Corner Horse Show & Country Fair.** A Chester County tradition. Horse Show Grounds, 1326 Pottstown Pk., Glenmoore. LudwigsHorseShow.com.

6–8, **Radnor Hunt Concours d'Elegance.** Nationally recognized motor car exhibition and other car events. Radnor Hunt, 826 Providence Rd., Malvern. RadnorConcours.org.



14, **22nd Up On The Roof in West Chester.** Great food, beer and wine on the rooftop of the Chestnut Street Garage. Supports cleaning, flower beautification and marketing of Downtown West Chester. 14 E. Chestnut St. WCDF.org/UpOnTheRoof.

15, **43rd Annual Chester County Restaurant Festival.** This major foodie event is full of entertainment, information booths, local artisans and tons of delicious food from around Chester County. Gay St., West Chester. West-Chester.com.

19–21, **8th Annual Coatesville Invitational Vintage Grand Prix.** Three days of festivities culminating in a vintage auto and motorcycle Grand Prix. Enjoy music, vendors, food and beer garden. Benefits the City of Coatesville. CoatesvilleGrandPrix.com.

19–22, **Plantation Field Horse Trials & Fair.** Top interna-

tional riders compete in dressage, cross country and show jumping. 387 Green Valley Rd., Unionville. PlantationFieldHorseTrials.com.



21, **Radnor Fall Festival.** Fun for the whole family with local vendors, live entertainment, kids fun, Top Dog contest and more. N. Wayne & West Aves., Wayne. RadnorFallFestival.com.

21, **Canine Partners for Life's Fall Festival.** Family fun at CPL's festival with a kennel tour, demos, vendors, food trucks and Cow Bingo. 334 Faggs Manor Rd., Cochranville. K94Life.org.

21, **Beats & Brews.** Jam out, drink up and give back some love to Binky Lee Preserve. Benefits the Preserve. 1445 Pikeland Rd., Chester Springs. NatLands.org.

21–29, **Delco Arts Week.** Over 30 arts and cultural attractions, including an art studio tour, theater, ballet, music and classes for all ages. DelcoArts.org.

24–30, **Dressage at Devon.** Top competitors from around the world compete. Devon Horse Show Grounds, 23 Dorset Rd., Devon. DressageAtDevon.org.

28, **Main Line Music Festival.** Formerly Paoli Blues Fest, featuring live music, food vendors, kids activities. Wilson Farm Park, 500 Lee Rd., Wayne. MainLineMusicFest.com.

28, **The Lights Festival at Plantation Field.** Enjoy food, live music, dancing and the sight of the sky lit with thousands of lanterns. 1547 W. Doe Run Rd., Kennett Square. TheLightsFest.com.



October

4, **Fall Gallery Walk in West Chester.** Explore the vibrant art scene in downtown West Chester. Free, on-street metered parking starting at 4 p.m. DowntownWestChester.com.

5, **83rd Chester County Day Tour.** Begin the day at the Foxhunt, then tour the beautiful homes of Chester County. Benefits Chester County Hospital. ChesterCountyHospital.org.



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

5, **Willistown Conservation Trust Run-a-Muck Country-side Bash.** Celebrate Willistown's conserved lands. Enjoy food, beer, wine, a bonfire and live music. WCTrust.org/Run-A-Muck.

6, **State Street Fall Festival in Media.** State Street in downtown Media will be alive with a mix of food, music, artists, crafters, nonprofits and family fun. VisitMediaPA.com.

12, **Radnor Hunt Horse Trials.** Celebrate over 50 years of eventing including dressage, show jumping and cross country. Radnor Hunt Club, 826 Providence Rd., Malvern. RadnorHuntHorseTrials.org.

17, **West Chester Preservation Awards.** West Chester Downtown Foundation recognizes projects that highlight the borough's historic character. Chester County History Center, 225 N. High St., West Chester. WCDF.org.

17–19, **The Great Pumpkin Event.** Over 70 giant pumpkins are carved and lit by local artists. Chadds Ford Historical Society, Rt. 100 N., Chadds Ford. ChaddsFordHistory.org.



November

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

2, **French & Pickering's Annual Auction.** Benefits the Conservation Trust. Stonewall Golf Club, Bulltown Rd., Elverson. FrenchAndPickering.org.

3, **Good Food Fest.** Enjoy music, food trucks, a pouring room, kids activities and farm animals. Kimberton Fair Grounds, 762 Pike Springs Rd., Phoenixville. GoodFarmsGoodFood.com.



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

15–17, **Delaware Antiques Show.** Featuring more than 60 fine dealers in American antiques and decorative arts. Benefits the Delaware Art Museum. Chase Center on the Riverfront, 815 Justison St., Wilmington. Winterthur.org.

20–January 5, **Peoples Light Presents “Peter Panto: A Musical Panto.”** Explore the whimsical world of Peter Pan, Tinkerbell and Captain Hook with People’s Light’s holiday tradition. 39 Conestoga Rd., Malvern. PeoplesLight.org.



16–17, **Kennel Club of Philadelphia National Dog Show.** Top breed dogs contend for Best in Show. Broadcast from the Greater Philadelphia Expo Center, 100 Station Ave., Oaks. Aired on Thanksgiving Day. NDS.NationalDogShow.com.

29–January 3, **Chester County Hospital Lights Up Holiday Weekends in West Chester.** Christmas parade, tree lighting, music and many special events throughout the borough. GreaterWestChester.com. ♦



Do It Better in Delco

DELAWARE COUNTY IS COOLER THAN YOU THINK

Shannon Montgomery

PHOTO CREDIT: M. FISCHETTI FOR VISIT PHILADELPHIA

Dining Under the Stars in Media

DELCO. LONG CONSIDERED A GRITTY, BLUE-collar county by outsiders, the county has seen its reputation changing lately. These days, you might run into Jason Kelce at the Havertown Grille or spot Mark Ruffalo filming his new show *Task* at the Media courthouse. There’s also talk of a second season of *Mare of Easttown*. Even Taylor Swift stopped by Delco this spring to spend Easter with the Kelces.

While Delaware County is certainly having its moment in the spotlight, locals will tell you Delco has always been cool — myself included. As someone born and raised there, I can attest that Delco was hip long before celebs and TV crews started arriving.

Here are some local favorite spots that capture the soul of Delco, both old and evolving. These are just a few places we recommend for a visit this summer and beyond.



Rosemary



Cafesphere



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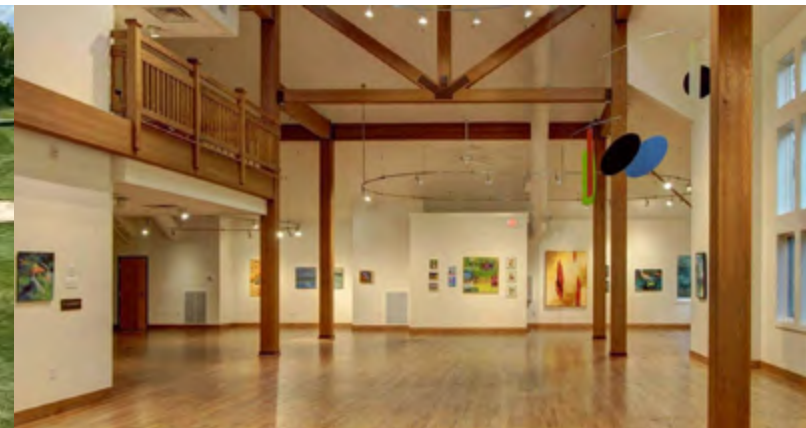
Kung Fu Tea



Philadelphia Union



Springfield Country Club



Community Arts Center

GOOD EATS

Look past hoagies and “wooder” ice and you’ll find Delco is a true foodie destination. Locals know Media is the place to be for fine food and drink, especially during Dining Under the Stars.

On Wednesday evenings through September, over two dozen of Media’s restaurants spill out onto State Street for alfresco dining. Taste food from around the globe — Asian fusion at Azie, Mexican at Dos Gringos, Indian at Shere-E-Punjab. Indulge in Fellini Cafe’s decadent pasta dishes, or sample crispy, thin-crust pizzas

from sister restaurant Ariano. Choose Brick & Brew’s gastropub fare, rye byob’s seasonal small plates or Two Fourteen’s new American cuisine. With so many options, you’ll want to keep Wednesday dinners open on your calendar all summer long.

That said, Delco’s dining scene is thriving beyond Everybody’s Hometown. In Ridley Park, for example, Rosemary opened last summer to a lot of buzz, including from the *Inquirer’s* food critic, Craig LaBan. Sample their seasonal, locally sourced menu in the main dining room, 12-seat bar, all-weather greenhouse or in the charming garden, and complement your meal with a mocktail or cocktail, like the Rosemary — blanco tequila, blood orange liqueur and grapefruit over crushed ice.

Or make your way to Clifton Heights for one of Delco’s hidden gems: The Original Clam Tavern. For over 50 years, locals have flocked to this old-school seafood haven — complete with wood paneling and nautical decor — for creamy New England clam chowder, jumbo lump crab cakes, buttery lobster tail and, of course, their signature baked clams. For landlubbers, there’s also chicken and veal, juicy steaks and heaping plates of pasta.

Thirsty? There’s a coffee shop for every vibe in Delco. Pair your latte with a European-style pastry at Ridley Park’s Ardour Bakery + Coffee, join sleepy college kids at Swarthmore’s Hobbs, or sip fresh-roasted beans from Philly’s Ox Coffee at Cafesphere, the newest of Media’s many cafes.

If you’re looking for something other than your usual cup of joe, then see what all

the hype is about with some boba tea. You can find this trendy Taiwanese drink — known for chewy tapioca pearls at the bottom — at Kung Fu Tea and TSAoCAA in Media or S&P Boba Tea in Upper Darby.

GAME ON!

Anyone who’s ever been to Delaware County — or seen *Silver Linings Playbook* — knows that sports are a big deal there. But Delco sports are more than just the Phillies and Eagles, though their devotees certainly put the “fan” in “fanatic” (or should I say Phanatic?).

Chester is home to the Philadelphia Union, our Major League Soccer team. Diehard soccer fans have supported the Union since their founding season in 2010, but now the MLS is a hot ticket, especially since superstar Lionel Messi joined Inter Miami last year. Plus, the Union recently made headlines after signing 14-year-old Cavan Sullivan, a Norristown native who’ll be the youngest player in the history of North American pro sports if he debuts before July 29 — we’re waiting with bated breath!

This month, the Union plays the Columbus Crew at home on August 24, plus a special Leagues Cup game against Mexico City’s Cruz Azul on August 4. For away games (or if you can’t score tickets), join fellow fans at The Crossbar in Havertown. Owned by soccer-loving brothers, this pub’s got major *Ted Lasso* vibes, and their shiny mahogany bar is a great place to watch a match with an ice-cold beer and satisfying sandwich — or fish and chips.



The Crossbar



PHOTO CREDIT: J. FUSCO FOR VISIT PHILADELPHIA

Brandywine Museum of Art



PHOTO CREDIT: R. KENNEDY FOR VISIT PHILADELPHIA

The Media Theatre

Delco is also a great place for golfers and pro golf fans. It’s home to two of the nation’s top golf courses, host to several PGA and USGA championships over their storied histories. Look forward to the 2026 PGA Championship at Aronimink Golf Club in Newtown Square, coinciding with the nation’s semiquincentennial (that’s the 250th anniversary). Plus, Haverford’s Merion Golf Club will host the 2026 U.S. Amateur, as well as the 2030 U.S. Open, for you (very) long-term planners.

While both Aronimink and Merion are private clubs, Delco also has excellent public golf courses to enjoy. In Broomall, Paxon Hollow Country Club has a classically designed 18-hole course, plus a practice range, banquet facility and Anthony’s at Paxon restaurant. Originally a private club, this 90+-year-old course was designed and built during golf’s golden age of architecture and includes many of the design elements found at the area’s exclusive clubs.

Or you can play a round at the Springfield Country Club’s beautifully landscaped course. Then enjoy a meal inside or outside at the lively Tavola Restaurant + Bar. Need more? Unwind with a postgame massage at Joseph Anthony Retreat Spa & Salon.

As it turns out, Delco has produced lots of top athletes, including 50 Olympians. Discover their stories at the Sports Legends of Delaware County Museum in the Radnor Township Municipal Build-

ing. Don’t miss the statue outside the building of Radnor native Emlen Tunnell, World War II hero and the first African American to be inducted into the Pro Football Hall of Fame.

ARTSY VIBES

It’s no secret that Delco is the birthplace of some seriously talented people, from Tina Fey to Joan Jett to Andrew Wyeth. So it should come as no surprise that the arts are thriving in Delaware County.

Of course, Delco is home to the Brandywine Museum of Art, housing works by the Wyeth family (N.C., Andrew, Jamie and more) as well as other American artists, set along the picturesque Brandywine Creek.

And Delco has a collection of top-notch art centers as well. Perhaps best known for its Plein Air Festival in the spring, the Wayne Art Center is a cultural hub all year round, offering classes in the visual, performing and culinary arts, and hosting over 20 exhibitions annually. Through August 16, see the “Student Works 2024” exhibition, featuring works in a variety of mediums by the Art Center’s adult students.

Located in a gorgeous 122-year-old estate, Wallingford’s Community Arts Center hosts classes, workshops and studios for artists of all ages, plus exhibits in their spacious gallery and an artisan gift



Hedgerow Theatre Company



Rose Tree Summer Festival



118 North

shop. On August 10, join them for an Alcohol Inks Landscape Paint-Along with visiting artist Theresa O'Neill. And mark your calendar for their Fine Arts and Crafts Festival, September 28 on Swarthmore's Park Avenue.

Plus, the Media Arts Council hosts exhibits and performances, provides public art installations, offers classes and hosts community events.

For the theater-lovers among us, catch a show at one of Delco's performing arts venues. At the Media Theatre, see a children's production of *Tuck Everlasting*, August 2 to 11, and a concert by John D. Smitherman with full orchestra and special guests on August 17 and 18. Celebrating over 100 years, the Hedgerow Theatre Company in Rose Valley presents a modern reimagining of *A Midsummer Night's Dream* through August 11. You can also see Shakespeare's original version at the Players Club of Swarthmore, August 16 to 24, to compare and contrast the approaches.

Since the days when David Bowie and Bruce Springsteen graced Upper Darby's Tower Theater, Delco has been a great place for live music. You'll find musicians performing at bars and restaurants across the county and, in summer months, at Rose Tree Park in Upper Providence. A beloved tradition of over four decades, the Rose Tree Summer Festival's free concerts in the outdoor amphitheater continue through August 11. Upcoming performances include the Merion Concert Band, Reggae Thunder and Jamison Celtic Rock.

For more, visit Wayne's 118 North for innovative cuisine, cocktails and brews paired with excellent musical talent. This month, see tributes to Santana, Tom Petty and the Grateful Dead, special Happy Hour and Dinner Sessions, and much more.

Or catch a show at Jamey's House of Music in Lansdowne, a self-described "American livehouse" — a small live music club concept that originated in Japan. This intimate, 60-seat venue inside a historic bank building hosts rock, jazz, blues, folk concerts and more, plus a Conshohocken Brewing Co. taproom and restaurant that fittingly serves Asian-inspired American fare.

From new arrivals to longtime faves, there's lots to do and see in Delaware County. Spend some time in Delco before summer draws to a close — you just might find our eastern neighbor is cooler than you think. ♦

To keep up to date with what's happening in Delco, check County Lines' event coverage — in print, online and in our twice-a-month newsletter. For more, VisitDelcoPA.com.

You may already know that Delaware County used to be part of Chester County, **but did you know ...**

- The Delaware River (and its namesake county) was named after Sir Thomas West, aka Lord De La Warr, the first governor of the English Virginia colony. He's also believed to be a descendant of the real-life Robin Hood.
- Delaware County is Pennsylvania's oldest settled area. Under Swedish rule, Tinicum Island was settled by Governor Johan Printz in 1643.
- Before there was William Penn, there was Henry Hudson. He was Delco's first explorer in 1609, followed by Swedish, Dutch and English pioneers.
- One of Pennsylvania's oldest buildings is in Prospect Park. A testament to the craftsmanship of Swedish settlers, the Morton Homestead invites visitors to step back in time and relive the past.
- When Swedish and Finnish settlers refused to sell their property in Chester and Delaware Counties, Penn was forced to look northwest to Philadelphia to expand his land holdings.
- While Philly surged skyward with its iconic buildings, neighboring Delaware County retained its picturesque rural charm well into the 20th century.
- By the mid-19th century, however, the advent of railways sparked the development of vibrant town centers around commuter stations. This unique blend of agricultural roots and booming business hubs shaped Delco into the diverse community we know and love today.
- As of the 2020 census, Delco's population was 576,830, making it the fifth-most populous county in the state at that time, despite being the third-smallest in area. Small but mighty!

Now that you know a little Delco history, here are some geographical facts to **impress your friends:**

- Spread over 184 square miles, Delaware County is made up of 49 municipalities, with only one city: Chester.
- It also contains the lowest point in the whole state, located in Marcus Hook on the Delaware River.
- Delco is the only county to border both Delaware and New Jersey. It's also just one of four counties in the U.S. to border a state of the same name.
- Delaware County is home to two protected areas: the John Heinz National Wildlife Refuge in Tinicum and Ridley Creek State Park. These conservation areas enrich the community, providing serene retreats and preserving local wildlife and ecosystems.



Sir Thomas West, 3rd Baron De La Warr



Morton Homestead



Illustration of Media's public buildings from *History of Delaware County, Pennsylvania* (1862)

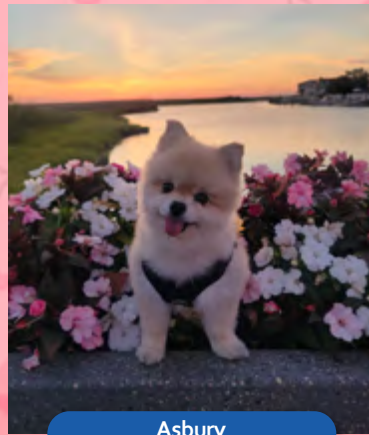


John Heinz National Wildlife Refuge

CUTEST PET CONTEST

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

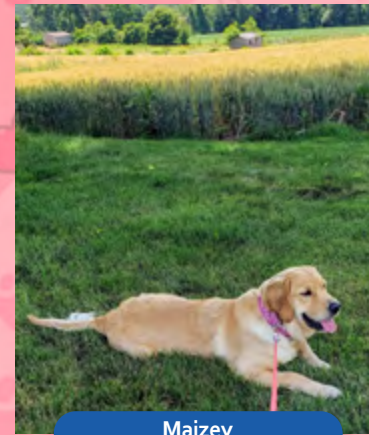
*Check the rules on our website: CountyLinesMagazine.com



Asbury



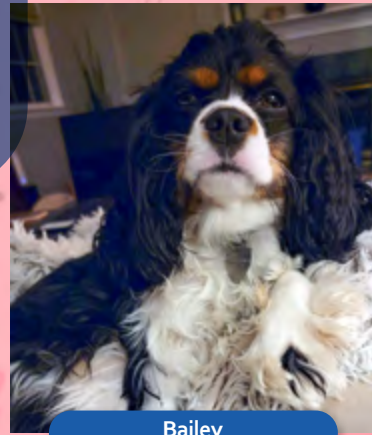
Maggie



Maizey



Maxx



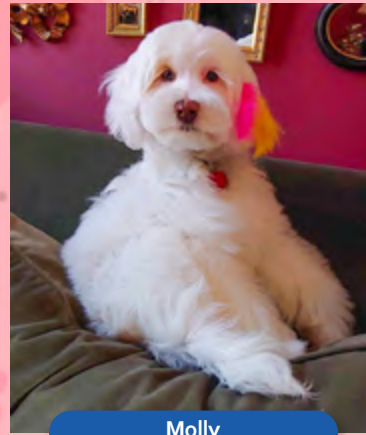
Bailey



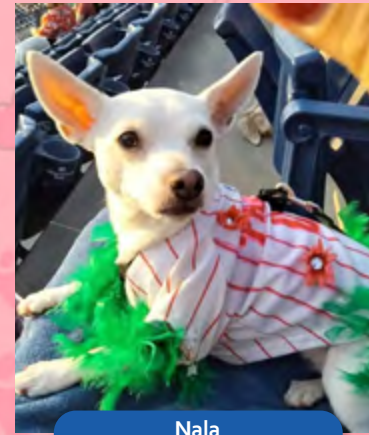
Biscotti



Blu



Molly



Nala



Pruitt



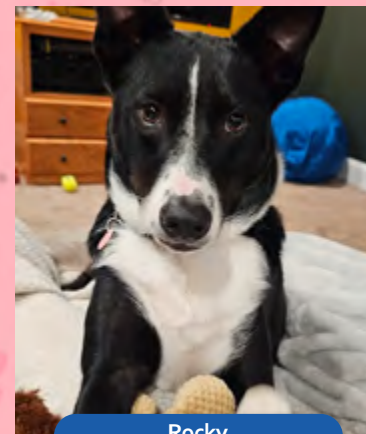
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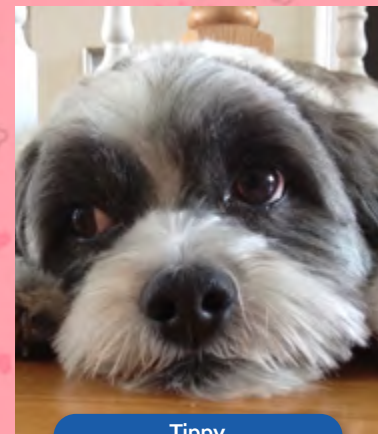
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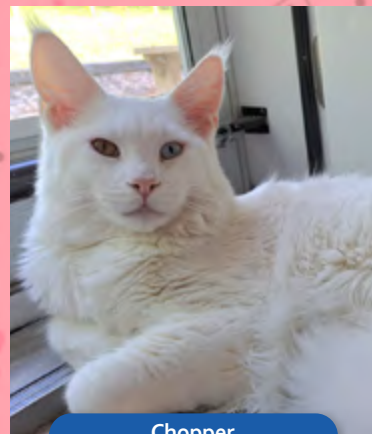
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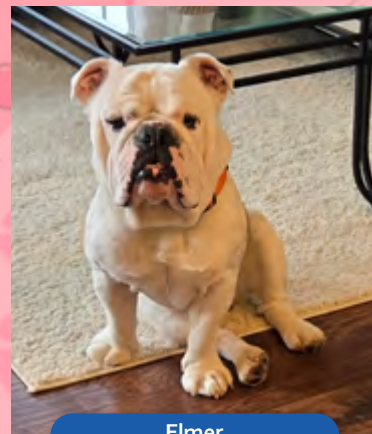
Roxy



Tippy



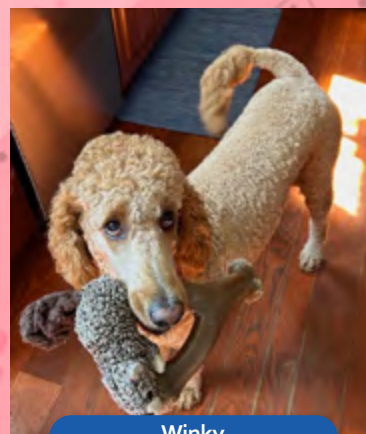
Chopper



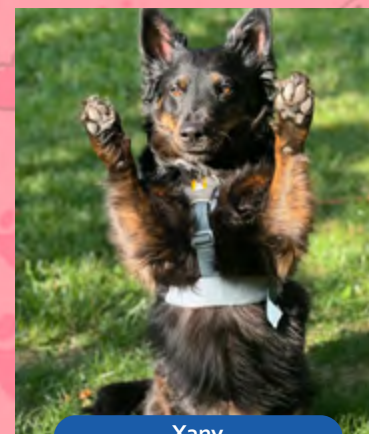
Elmer



Harper



Winky



Xany

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

Farm Animal FUN



Missy Schwartz giving treats to her goats



Missy Schwartz likes knowing where her eggs come from



One of Missy Schwartz's many American Pygmy goats

PET OWNERS CHOOSE ANIMALS BEYOND CATS AND DOGS

Courtney H. Diener-Stokes

EVERY DAY, EITHER FIRST THING IN THE MORNING before the phone starts ringing or in the evening after work, you'll find Missy Schwartz tending to her pet donkeys, goats and chickens at her backyard farm, Lit'l Laurel Ridge, in Willistown. Whether watering, feeding or grooming her animals, Schwartz is fully in her element. "This is my zen place," she said. "Some pump iron at the gym, but I muck stalls."

Schwartz is one of many pet owners in Chester County who find pleasure through relationships with animals beyond the more common choices of cats and dogs. "These are my kids. They rely on me, and I love them."

Her path to donkey ownership came about unexpectedly. Schwartz, a realtor by profession, was selling a property for a couple moving to California who had a donkey with a three-week-old baby foal. Thinking the animals wouldn't fare well during the long-distance transport, her client asked Schwartz to take them in. Today, Mona Lisa and her son, Honkey Donkey, happily share their pasture with some of Schwartz's American pygmy dwarf goats.

In the next corral over at Lit'l Laurel Ridge, you'll find the mama goats and babies, which Schwartz breeds. It was a previous housemate who brought a pregnant goat home one day that served as the

unplanned start as a goat breeder. "I trade them to people so they can start their own herd," Swartz said. "I love sharing the goat love."

As a breeder, Schwartz has had to hand-raise baby goats, often by bottle feeding them. A few years ago, she had a sick baby goat that couldn't be left alone. And so this concerned pet owner placed it in a basket to take along to a home inspection to feed and check on it during her busy day.

Rounding out the menagerie is Schwartz's flock of chickens — including breeds known to be good layers, like Ameraucana and Australorp. The chickens give her a feeling of self-sufficiency, said Schwartz. With names like Henny and Mr. Roo, the chickens do their part by contributing their freshly laid blue, light brown and dark brown eggs to quiches and egg salads.

When Schwartz goes on vacation, there's no dog or cat kennel for boarding her animals. Instead she arranges for a friend to stay at her house to watch over them — to prevent mishaps like a goat getting its head stuck in a bucket.

Regardless of the chores or challenges at hand, Schwartz finds the effort needed to sustain her backyard farm well worth it. "Working on my farm is so rewarding," Schwartz said. "At the end of the day, I can see the fruits of my labor."

OTHER BIG CHOICES

Judy Irwin of Downingtown experiences similar rewards as the owner of four horses. She considers them close companions — and really big pets — given that she spends more time with them than anyone else, aside from her husband and son.

"Each horse has its own very distinct personality that reveals itself the more time I spend with it," Irwin said. "I've had Teddy Boy since birth, and he's the one I currently ride and show most frequently. But, I spend a lot more time grooming and fussing over him than actually riding him."

Her dream of riding a horse began at a very young age, when she started playing with toy horses. "While I had no way of predicting that one day I'd own several horses, I always knew I wanted them in my life," she said.

Today, much of Irwin's world revolves around horses, since they take an immense amount of time and energy to care for. "Even when I'm not physically at the barn, I'm thinking about my horses' needs and making sure the day-to-day running of the barn is going smoothly."

CARE OF FARM ANIMAL PETS

Care for these large animals can feel overwhelming, especially when they're sick — an expected part of being a horse owner. When she needs professional help with her horses, Irwin calls on Dr. Jill Acland, VMD, a partner at Unionville Equine Associates. Finding the right vet is key, since large animals and farm animals require specialized veterinary care by professionals with different skills than the vets caring for household pets.

Acland believes it's important to establish a good relationship with a large animal vet, ideally before you need one. "Our best clients realize we're in partnership with them, and we're well-trained to help their horse through all stages of life," Acland said.

The most common issues Acland treats are gastrointestinal-related. "A lot of people don't realize that horses have very sensitive GI tracts." The second most common issue is lameness, which can happen even to horses not in a show ring or on a race course. These and other conditions require specialized training for proper care.



Missy Schwartz's pet donkeys, Mona Lisa and Honkey Donkey



Judy Irwin with one of her four horses



Kenny Casey spending time with a camel at a farm he delivers to in Chester County

PHOTO CREDIT: CAROLYN STANISH

Most of Acland's clients are long-term horse owners who are dedicated to keeping their horses happy and healthy. This care also requires a substantial financial investment, given the higher expenses involved with both routine and emergency medical care of large animals.

Acland sees her clients develop very strong relationships with their horses — well beyond a farm or work animal. She sees many keep their horses for their entire lifetime, through all the ups and downs.

Caring for her horses through all kinds of situations is what helps Irwin better understand them and creates a deeper connection. "There's no greater feeling in the world than having all the hard work pay off with a moment of connection in the ring when it all comes together," Irwin said.

SPECIAL DELIVERIES

Beyond specialized veterinary care, the upkeep for horses, donkeys, goats and other farm animal pets is no small feat, particularly when it comes to the quantities of bedding, grain and other supplies needed. Once again, owners need the right professionals.

For example, Hougat Farms Retail Center (formerly Pugh-town Agway) supplies a large customer base of horse and backyard chicken owners — in fact, you can even buy baby chicks there! And it's worth noting all the hay and straw Hougat sells is locally grown at their farms in Chester and Montgomery Counties, making this a top source for particular owners.

In addition to deliveries for the usual farm animals, sales manager Kenny Casey also provides regular food and bedding supplies

“These owners care deeply for their animals' wellbeing and make sure they're well taken care of at whatever cost.”

for those with unique animals, including pot-bellied pigs and even camels. Through his delivery visits, Casey has formed relationships with some of the animals, like a pet camel named Omar, and looks forward to seeing them. "The camel is one of the most unique pets, but I also have a customer who has a rescue farm with some pet bison," he said.

"These owners care deeply for their animals' wellbeing and make sure they're well taken care of at whatever cost," Casey said. "Most of our customers would take care of their pets sometimes before they take care of themselves."

And that's because our pets, whatever their species, are part of our families. ♦



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Childhood Asthma Know what to do

Priya Patel, MD
University of Pennsylvania

ASTHMA CAN INTERFERE WITH SO MANY parts of a child's day — from playing to school to sleeping. And those irritating symptoms can sometimes turn into dangerous asthma attacks, leading to visits to the emergency room.

Although childhood asthma can't be cured — symptoms may linger into adulthood — proper treatment can make asthma manageable and protect growing lungs. So, what do you need to know about childhood asthma?

WHAT IS ASTHMA?

Asthma is the same condition in both children and adults — a chronic lung condition characterized by inflammation and tightening of the airways. The airways of those with asthma are more sensitive than the norm and can be triggered by a wide range of things. Triggers include such things as change in weather, cold air, hot weather, illnesses, strong smells, chemicals, pollen, animal dander, dust, mold, tobacco smoke and even activity.

When a person with asthma is triggered, their airways become inflamed and the muscles around the airways begin to squeeze.

This leads to common symptoms such as difficulty breathing, chest tightness, wheezing and cough.

TESTING AND DIAGNOSIS

It can be challenging to diagnose asthma in children younger than 6 because episodic wheezing and cough may be common and breathing tests can't be performed at that age. But, some characteristic symptoms — recurrent cough that's worse at night, reduced activity due to breathing symptoms, and personal or family history of other allergic conditions (eczema, hay fever, food

Continued on page 43

Priya Patel, MD, is an assistant professor in pulmonary, allergy and critical care in the Perelman School of Medicine at the University of Pennsylvania. She serves as Associate Program Director for Penn Allergy/Immunology Fellowship and Codirector of the Asthma Program. Learn more at PennMedicine.org.



Measles Is Back How to keep your family safe

Lori Handy, MD, MSCE
Children's Hospital of Philadelphia

YOU'RE DRINKING YOUR MORNING COFFEE and scanning the news. Your eyes catch a headline describing a case of measles confirmed in Pennsylvania.

As you click into the article, you realize the article has listed the local urgent care clinic where you took your daughter over the weekend as a possible exposure location. You read more to learn about exposure risks and what to look out for in your child.

Families across the country have been having similar experiences all year, with over 150 cases of measles in the United States so far in 2024.

WHAT IS MEASLES?

When many people hear about measles, they pause and think, "Which infection is that? I thought that wasn't something to worry about anymore." Even healthcare providers need a refresher as measles is relatively, and fortunately, uncommon now.

Measles is a highly contagious viral respiratory illness that can cause symptoms similar to a cold, such as runny nose, cough and fever. Additionally, people can develop red, watery eyes and small

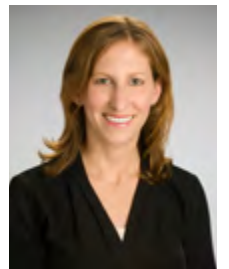
white spots in the mouth, known as Koplik spots. The hallmarks of the infection are fever and a distinct, blotchy red rash that appears three to five days after the other symptoms, starting at the hairline and moving down the body. Generally, this infection occurs in children, and they feel miserable.

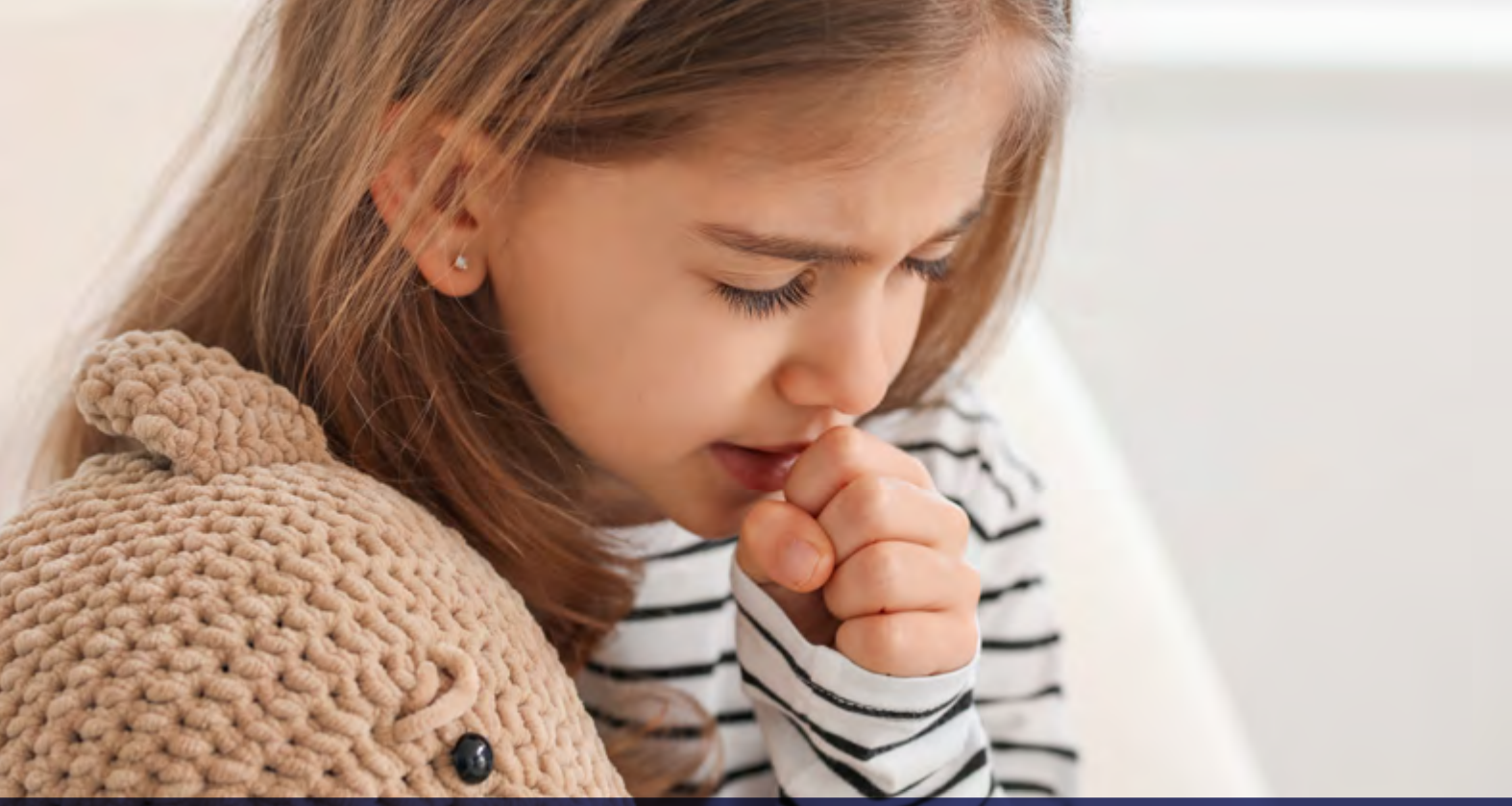
SO WHY WORRY?

Unfortunately, the complications from measles are quite serious, and the rate of hospitalization and death is much higher than a typical febrile illness. Of every 10 people who get infected, three

Continued on page 44

Lori Handy is the associate director of the Vaccine Education Center and an attending physician in the Division of Infectious Diseases at Children's Hospital of Philadelphia. She actively treats children with infectious diseases and works to educate healthcare providers and the public about vaccines and vaccine-preventable diseases. More at CHOP.edu.





Protecting Kids from Whooping Cough

Cases have tripled recently

Jennifer Vodzak, MD
Nemours Children's Health

AS WE BREAK FROM THE HEAT OF SUMMER, the rise in the spread of germs continues to increase the likelihood of colds and other illnesses. It's likely that parents will hear the familiar percussion of coughs as they prepare to drop their children off at school or go about their daily routine.

Fortunately, many of these cough illnesses are mild and resolve quickly. But families should recognize that when an ordinary cough worsens, it could be a sign of whooping cough (pertussis), an infection of the respiratory system caused by *Bordetella pertussis* bacteria.

The Centers for Disease Control and Prevention (CDC) published data earlier this year reporting nearly three times as many cases of whooping cough in 2024 than in 2023. As we see more of this illness in our communities, parents can take steps to prevent whooping cough, recognize its symptoms and have a plan to find treatment if needed.

WHAT IS WHOOPING COUGH, AND WHY IS IT CALLED THAT?

Whooping cough is a respiratory system infection that primarily affects infants under 6 months old who haven't yet received

full immunization and older children (11 to 18 years old) whose immunity to pertussis decreased naturally over time, as expected. Young infants are particularly at risk to get a more severe illness because they typically don't receive their first dose of tetanus-diphtheria-acellular pertussis (DTaP) vaccine until they're 2 months old. Fortunately they do gain additional protection with two more shots before their first birthday.

This illness is known as "whooping cough" because of the unsettling "whooping" sound that infected older children, teens and adults often make when they gasp for air at the end of a

Jennifer Vodzak, MD, is a pediatric infectious diseases physician in the Division of Infectious Diseases at Nemours Children's Hospital, Delaware for clinical care. She also serves as Medical Director for the Antimicrobial Stewardship Program at the hospital's campus. Dr. Vodzak has contributed to numerous publications, presentations, committees and projects in pediatric infectious diseases, informatics, patient safety and quality improvement. Nemours.org.

Continued on page 45



Asthma *Continued from page 40*

allergies) — may suggest that asthma is an issue and should be investigated.

For children 6 and older, an asthma diagnosis is based on their clinical history and objective breathing tests, such as pulmonary function test, spirometry or peak expiratory flow (ask your healthcare provider about these). If the child responds favorably to chronic asthma therapies, that's further support for the asthma diagnosis.

TREATMENTS AND THERAPIES

Asthma therapy at all ages typically consists of prescribing long-term medications to control the condition and using an inhaler to relieve symptoms.

Controller or maintenance medications are used to help control day-to-day chronic asthma symptoms and help reduce worsening symptoms. A reliever inhaler is used to help with acute symptoms, such as wheezing, chest tightness or cough.

Chronic controller medications include different types of inhalers. Your doctor may start with an inhaled corticosteroid, which helps reduce inflammation of the airways. If there's no relief with this, typically a combination inhaler is used, which consists of an inhaled corticosteroid with a long-acting bronchodilator — the latter helps relax the muscle around the airways so the airways open up.

Other add-on maintenance medications to improve lung functions — such as long-acting muscarinic antagonists and leukotriene receptor antagonists — can be prescribed if first-line therapies alone are not effective.

NEW GUIDELINES AND THERAPIES

Our latest national asthma guidelines now recommend a management approach for children 5 and older called SMART therapy — **S**ingle **M**aintenance **A**nd **R**eliever Therapy. This approach, which uses the same inhaler for both maintenance and reliever therapy, has been shown in studies to reduce

asthma-related flareups and hospitalizations. Since only certain types of inhalers can be used for this approach, your child's doctor can help decide which management plan is best.

There are also various injectable therapies that are now approved for moderate to severe or difficult-to-treat asthma in children 6 and older. An asthma care specialist can help prescribe these medications that target inflammatory proteins, which can then help reduce inflammation, asthma exacerbations and asthma-related emergency room visits and hospitalizations. Depending on the type of therapy, the injections are typically given every two to eight weeks. And many injectable therapies can be given at home by a caregiver after appropriate education.

In all cases it's important to address other risk factors that can be modified when working to control asthma. For example, it's essential to ensure inhalers are used appropriately. For younger children, using a spacer with mask can better ensure effective delivery of the inhaled medication to the child's lungs.

If there are environmental triggers, it's important to address those as well. It may be helpful to see an allergist to help pinpoint environmental triggers through allergy testing and discuss how to control the environment to help reduce triggers. Other chronic medical conditions such as sleep apnea, reflux, allergic rhinitis and eczema can also play a role in asthma management and should be addressed.

VISITS TO THE EMERGENCY ROOM

All patients with asthma and their caregivers should have a clear asthma action plan, which can help them recognize and respond to worsening asthma symptoms. The action plan may specify when and how often to use reliever therapy, when to reach out to the healthcare provider, and when to go to the emergency room.

Some worsening asthma symptoms may safely be managed at the primary



care provider's office and may require only a prescription of an oral steroid. Other problems are best managed at an acute care facility.

At an acute care facility, such as the emergency room, the patient will be triaged and likely receive further reliever therapies using an inhaler or nebulizer, along with steroids. Other therapies or escalation of care may be needed depending on the severity of the symptoms. The decision to admit or discharge a patient is often based on their response to therapies, degree of respiratory distress and overall asthma risk factors.

It's important to follow through with timely follow-up with the primary care physician or asthma care specialist after an emergency room visit to monitor symptoms, review the asthma plan and see if modifications are needed.

CONTINUATION INTO ADULTHOOD

Caregivers and clinicians should encourage adolescents and young adults with asthma to learn to manage their asthma, to help them transition from a pediatric to adult model of care. Pre-teens and teens should learn about their asthma, including their asthma medications, management and when to seek acute care. These steps will help them take ownership of their own health as they transition into adulthood. ♦



are likely to have complications. People can get ear infections, pneumonia (where the virus infects cells of the lung and causes breathing problems), brain infections leading to seizures, blood clotting problems and, in extreme cases, death.

Before the introduction of the measles vaccine in 1963, almost 50,000 people were hospitalized annually, and 400 to 500 people would die. Most of these complications affected children.

WHY IS THIS HAPPENING?

Scientists have been motivated to develop vaccines to reduce or eliminate infections from more worrisome diseases. Because of the severity of disease and the complications seen, measles was a top priority in the mid-1900s, when vaccine science was advancing rapidly.

The introduction of the measles vaccine in 1963 transformed measles from a common childhood illness to a relatively nonexistent problem in the U.S. in recent years. This is the result of widespread vaccination. Vaccination was so effective that by 2000, the U.S. was considered to have eliminated measles — meaning that we had a 12-month period without continuous spread of the virus.

Unfortunately, recent reduced vaccination rates have put that elimination status at risk. We need at least 95% of the population to be vaccinated to prevent spread in our communities.

While a rare, imported case brought into the country by an international traveler is to be expected, spread within the

U.S. population should be preventable when we maintain the required level of protection.

In 2024, many of the measles cases that appear in the news were secondary cases in individuals not vaccinated for measles, although many of those affected were eligible for the vaccine.

WHY ARE SOME CHILDREN NOT VACCINATED?

There are a few reasons. Some members of the population can't be vaccinated — infants under 1 year old or people with certain medical conditions like immune system problems. And rarely, the vaccine might not work.

But more often, people are not vaccinated by choice due to rising misinformation and vaccine hesitancy. Families should always keep in mind that children who do not receive vaccines are at increased risk of suffering from a vaccine-preventable disease. If your friends and family are not vaccinated, talk to them about measles and encourage them to reach out and talk with their doctor.

KEEPING YOUR FAMILY SAFE: VACCINATION

There is some reassuring news. The most important thing you can do to prevent your family from contracting measles is make sure all children and adults in your household are up to date on their recommended vaccinations — all of them.

One dose of the measles vaccine protects up to 93% of people; with a second dose,

protection is around 97%. Parents can be reassured that studies have long confirmed the safety of the MMR vaccine (measles, mumps and rubella). Concerns about vaccines causing autism have been addressed by dozens of scientific studies, showing that children who receive vaccines are at no greater risk for developing autism than those who do not receive vaccines.

Because measles is highly contagious, it's also important for parents to take precautions with children who are either too young to be vaccinated or who can't get the vaccine for medical reasons, particularly when there is an outbreak in your region. During periods when outbreaks are not occurring, it's safe to run normal errands with your baby. Just be sure to practice the usual precautions to keep your child from getting sick: Don't allow strangers to hold or play with your baby; keep your child away from anyone with a fever, cough or other respiratory symptoms; and make sure you and your family wash your hands regularly.

If you think you've been exposed to or infected with measles, contact your healthcare provider. They can advise you on precautions to take to avoid potentially exposing others as you seek medical care.

TRAVELING INTERNATIONALLY

While we are seeing outbreaks in the U.S., measles is even more prevalent internationally. This means before your summer trip abroad, make sure everyone in the family is up to date on vaccines.

While it's generally recommended for children to receive the MMR vaccine at 1 year of age, if you're traveling internationally, the MMR vaccine is recommended for children 6 months and older at least two weeks before international travel to countries or regions with ongoing measles transmission.

Before your next trip, check your destination and the CDC's global travel notices. ♦

coughing fit. Infants and young kids also develop coughing fits, but may not have that distinctive “whoop” sound with their cough illness.

SIGNS AND SYMPTOMS

At first, the symptoms of whooping cough are like those of a common cold — a runny nose, mild cough, low-grade fever and sneezing. But after one to two weeks, the dry, irritating cough changes into coughing spells that can last for more than a minute.

In addition to making the characteristic whooping sound while breathing, a child may turn red or purple for a few seconds and feel the need to vomit due to the forceful feeling from coughing. Unlike many cough illnesses, the coughing spells with pertussis can last for one to three months. The coughing will become less intense and occur less frequently over time, and symptoms will slowly resolve.

If these symptoms are present or you suspect your child has whooping cough, call a doctor for advice and an evaluation. Consider emergency care if your child is seriously ill, such as having difficulty breathing or is less responsive. The doctor will ask about medical history and perform an exam, and may take nose and throat mucus samples to be checked in a lab. Blood tests and a chest x-ray may also be done.

TREATING WHOOPING COUGH

Doctors treat whooping cough with antibiotics. It's thought antibiotics work best to shorten the length of the infection when taken early in the illness, before coughing spells begin. But even when they're started later, antibiotics are important to stop the infection from spreading to others.

Whooping cough can be life threatening for infants younger than 6 months, who often need hospital treatment. Babies and younger children are more



likely to be hospitalized because they're at greater risk for problems like pneumonia. Other possible complications include trouble breathing, periods of breathlessness, needing oxygen (particularly during coughing spells) and dehydration. In the hospital, children may need suctioning to clear their airways. Medical professionals will monitor their breathing closely and provide oxygen if needed. A child who shows signs of dehydration or has trouble eating might get intravenous (IV) fluids.

Parents can play an active role in their child's whooping cough treatment by following the schedule for giving antibiotics exactly as prescribed. Standard cold medicines, however, will not be effective. Many cough medicines can inhibit recovery as even the strongest products will not ease the coughing spells of whooping cough — in fact, the cough is the body's way of trying to clear the airways. Also, cough medicines are not recommended for children under 6 due to potential side effects.

During recovery, children should rest in bed and use a cool-mist humidifier to help soothe irritated lungs and breathing passages. Homes should be kept free of irritants that can trigger coughing spells (aerosol sprays, smoke). Kids with whooping cough may vomit or not eat or drink much because of the coughing, but parents should offer smaller, more frequent meals and encourage drinking lots of fluids. Watch for signs of dehydration, such as thirst, irritability, restlessness, lack of energy,

sunken eyes, a dry or sticky mouth and tongue, dry skin, crying without tears and fewer trips to the bathroom to pee (or fewer wet diapers for infants).

PREVENTING WHOOPING COUGH

As cases of whooping cough increase, the pertussis vaccine — part of the DTap immunization — can help prevent it. DTap immunizations are routinely given in five doses before a child's sixth birthday. Some immunity naturally fades as children get older, so for added protection, it's recommended that kids ages 11 to 18 get a shot of the combination booster (called Tdap), ideally when they're 11 or 12.

Getting the vaccine is especially important for people who have close contact with infants. An adult's immunity to whooping cough lessens over time, so when adults get vaccinated, they're also protecting infants and children from the infection. Families should consult their doctor to discuss recommended timelines and any special considerations for receiving the pertussis vaccine.

Whooping cough is contagious and is spread by droplets from coughing, sneezing and having a runny nose. People with pertussis are most likely to spread infection in the first one to three weeks of illness and are less contagious after completing a course of antibiotics. People who live with or have close contact with someone infected should also get antibiotics to prevent whooping cough's spread, even if they've already been vaccinated against it.

Families can take action today to prevent whooping cough from affecting their family and their wider community. To learn more about whooping cough and other topics related to children's health, behavior and development from before birth through the teen years, visit [KidsHealth.org](https://www.kidshealth.org), which has doctor-reviewed advice on hundreds of topics, easy-to-follow articles, slideshows, videos and health tools designed to help families learn, grow and be their best. ♦



New Neighbors:

Independent Senior Living

Cornwall Manor

ADJUSTING TO YOUR NEW HOME AT A LIFE PLAN COMMUNITY

Carol Metzker

WESLEY ADJUSTED TO FREEDOM VILLAGE at Brandywine in 48 hours. The first night he experienced uncertainty. But he settled into the condo quickly, adjusted to elevator rides and became a well-known community member in a short time. Walks along the green and near the nature trail became favorite pastimes.

Wesley's humans, Bron and Gordon, also made a smooth transition. In the 10 months they've been at The Village, Bron has joined a board that awards college scholarships and acts in the theater group. Gordon can often be found at the bocce court or television studio. Wesley, the toy poodle, Bron and Gordon are part of the neighborhood.

Staff and residents of senior living communities say the biggest help in acclimating to independent living in a senior community is the neighbors. Friendly invitations to sit together at a meal — whether in a nearby cottage or at a common dining room — and to join activities or share information from already established, like-minded residents in a community are key to smooth transitions.

TIME FOR A CHANGE

Although each person's timeline for taking the leap from long-time house to independent living in a community home can differ, many folks jump for similar reasons.

Michele Berardi, senior director of communications and public relations at Kendal-Crosslands Communities, says individuals and couples often decide to move to a community so they don't burden family. Many at Kendal had parents and grandparents who showed them the value of proactive decisions about their future. Others want more social connections.

Sarah Jolles, a spokesperson for The Mansion at Rosemont, added that many people realize they can gain more independence because daily life in a senior community is a bit easier.

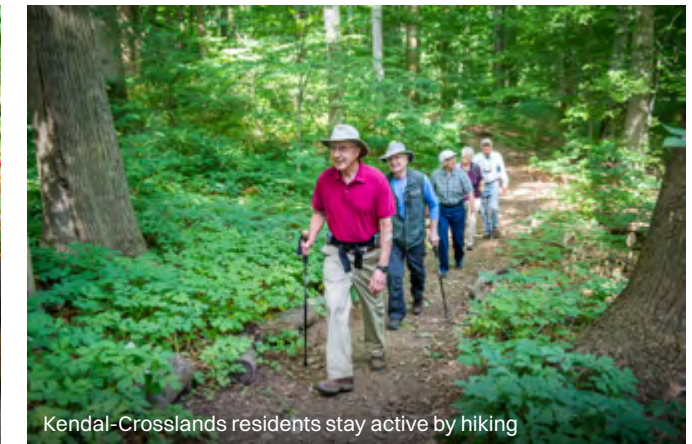
A recent trend is to move to a Life Plan Community (LPC) — formerly known as a Continuing Care Retirement Community — sooner, rather than later.

This year Cornwall Manor becomes the age that was once the average of the people looking at senior communities. Happy 75th birthday! Like other LPCs, however, Cornwall Manor is seeing more people in their mid-to-late 60s making the switch. Word is out: many seniors wish they'd come sooner. So younger folks come to take full advantage of communities' vast menu of amenities.

While not everyone does as one newcomer to a community did — oversaw the move of her belongings into the new space on a Tuesday and left for a cruise on Wednesday — independent living offers options. Some residents continue to work at jobs they love. Some enjoy "lock and leave" vacations without making arrange-



At Freedom Village, mealtime is a great opportunity to make friends



Kendal-Crosslands residents stay active by hiking



The arts play a special role at The Mansion at Rosemont



Cornwall Manor's Trailside Organic Farm is a partnership with the Rodale Institute

ments to water plants. Others add a new hobby while someone else fixes faucets and mows lawns.

HOUSE CALLS

While I chatted with Jim and Marilyn, two-month-new neighbors at Kendal at Longwood, Jim got a call from their "roofmates" — the couple that shares the roof of their duplex cottage. "People are friendly, and it's easy to call someone and ask if they want to meet for dinner or an activity," he said. Jim's artwork is already on display in the dining room.

One unexpected surprise the couple received was when they returned home sick after a trip. Their call to the health center resulted in an honest-to-goodness house call from a doctor an hour later.

"WHERE EVERYBODY KNOWS YOUR NAME"

Some newcomers delve into their new places as they did during college — attending morning yoga, meet-ups at the café, afternoon classes and evening concerts after friendly suppers. Others look for recreations of their favorite hangouts with a Friday evening glass of cheer "where everybody knows [their] name."

With a range of styles, amenities and activities, nearby senior living communities with independent living options have great ways of facilitating transitions for newcomers. Some include:

- **Taking time up front.** Getting comfortable at Kendal-Crosslands begins on the first trip. Prospective residents get to know

the people and campus with many visits over multiple months. Tours, meals, concerts, meetings with staff, cottage visits or appointments for paperwork are opportunities to find and become familiar faces.

- **Moving coordinator.** At Freedom Village, a moving coordinator serves as a hand-holder for making connections with movers and realtors, providing floor plans to determine in advance which beloved belongings fit, and determining what new flooring or appliances are wanted.
- **Best friends.** Longtime four-footed companions bring familiar rituals and heaps of love to any transition. Dogs are welcome at Crosslands and can visit the health center. Furry family members also make new friends at the dog park.
- **Name tags.** At Freedom Village and other communities, staff and residents wear nametags every day so "everybody knows your name."
- **Compliments to the chef.** Food is a vital part of any life change — for health and comfort. It's also a fundamental start for much camaraderie, such as grilling events on the blue slate patio at The Mansion at Rosemont. New residents can meet with its chef before moving in. With ample notice they can request a special recipe for a birthday meal after The Mansion becomes home.
- **Getting around.** Go solo or with new friends to discover what's nearby. Choose your favorite mode: Walk from The



The Mansion at Rosemont residents cherish time with loved ones



Kendal-Crosslands residents express themselves with pottery

Hickman to the West Chester Public Library, borough shops and holiday events at the Historic Courthouse. Grab a cab or take your own wheels for a Sunday drive that ends back at Harrison Hill Apartments, where parking is abundant. Take White Horse Village's shuttle to town shops or stay at home with their in-house salon/barber. In Lancaster County, whatever your travel preference, venture from Homestead Village's carriage homes or upcoming luxury Townstead Apartments to Litz's Pretzel Fest.

- **Get going.** Keeping moving supports physical and psychological wellbeing, which facilitates community adjustment. Oh, the choices! White Horse Village's fitness center, Crosslands' pickleball court and Honeycroft Village's heated pool, to name a few.
- **Garden for new roots.** Research shows that playing in dirt releases "feel good" hormones. Wanting cutting-edge practices for residents to remain healthy and independent as long as possible, Cornwall Manor connected with the Rodale Institute. The result: three years ago they established the Trailside Organic Farm to bring nutritional and emotional benefits of farming and gardening. Residents reap all sorts of harvests: exercise planting or weeding, eating organic vegetables in dishes like the "to live for" salad bar. Involvement helps roots form in a new home. Plus Cornwall's flower gardens are a welcoming sight, as well as patches for "dirt therapy" and bouquets for people moving from houses with gardens.
- **Art works.** Art plays a special role at The Mansion at Rosemont, with its history as the historic home of painter Mary Cassatt. Independent residents continue their Philadelphia Orchestra concert subscriptions or trips to the Art Museum more easily by community-sponsored bus. They also create at the in-house studio, or take in concerts, plays or programs by names such as Victoria Wyeth, without leaving the property.
- **Close to home.** By selecting Kendal, not three miles from their former home, Jim and Marilyn preserved what matters most to them: visits with their children and grandchildren.

They also retained their church, bank and pharmacy, keeping logistical changes to a minimum.

HOME AT LAST

Joyce and Arnie have relished independent living in a bright, spacious condo with a garden patio at Freedom Village for five years. They remember their move and their first week, and shared perspectives about their transition. The first week brought some temporary confusion — where is everything located? And there were some parts of their previous home Arnie missed. But even during those first days, the relief was stronger — they didn't have to move anymore, their belongings and home were taken care of, and they could rest a bit in their new home. Their transition also included determining which fun activities they'd keep from their past and what wonderful new things they'd try.

Some of those wonderful things turned out to be dishes Joyce didn't have to cook. Arnie joked that one of the most enjoyable groups they first joined was the "Pound-a-Month Club." (Laughter is definitely something else they kept.) They can still cook in their lovely kitchen when they want, pick up meals at the dining room to take home or enjoy a delicious, leisurely dinner served by a team of delightful students.

"This is home now," they said. "Walking down the hall after a busy day, we say, 'Oh, it's good to be home.'" ♦



Freedom Village residents celebrate a bocce victory


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Osher Lifelong Learning Institute at the University of Delaware

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Photos: Carol Lynn Thomas



Guide to 55+ and Retirement Communities & Services

55+ COMMUNITIES FOR THE FIT, ACTIVE AND INDEPENDENT

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

PENNSYLVANIA

Cochranville

Honeycroft Village

484-643-3078; CedarKnollBuilders.com

Exton

Meridian at Eagleview

484-873-8110; MeridianEagleview.com

Glen Mills

Ivy Creek

610-981-2740; SeniorLivingInStyle.com

King of Prussia

Canvas Valley Forge

844-400-6435; CanvasValleyForge.com

Media

Springton Lake Village

610-356-7297; SpringtonLakeVillage.com

West Chester

Harrison Hill Apartments

610-430-6900; HarrisonHillApts.com

see our ad on page 59

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

Hershey's Mill

484-502-1175; HersheysMill55Plus.com

see our ad on page 58

Hershey's Mill, a gated 55+ community, is situated around an 18-hole championship private golf club featuring casual and formal dining. The community also offers Tiger Turf-coated tennis courts, pickleball, bocce courts, winter paddle ball, shuffleboard and horseshoes, as well as miles of walking trails and protected interior paved roads for biking. Visit during their Community Open House on Oct. 6th from 1 to 4 p.m.

INDEPENDENT LIVING COMMUNITIES, WITH CONTINUING CARE & LIFE CARE COMMUNITIES

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

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Riddle Village



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



continuing care community or life care community. Those listed have strong "independent living" programs.

PENNSYLVANIA

Ambler

The 501 at Mattison Estate

267-405-9330; [The501.com](#); [SageLife.com](#)
see our ad on page 2

Nestled in the heart of Ambler, The 501 at Mattison Estate is an upscale, rental senior care community with no hefty entrance fees or complicated contracts. Whether you're looking for independent living, seeking supportive care in assisted living, or navigating the journey with memory care, even the most medically complex needs can be supported at The 501.

Cornwall

Cornwall Manor

717-273-2647; [CornwallManor.org](#)
see our ad on page 53

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

Downingtown

St. Martha Villa for Independent & Retirement Living

610-873-5300; [Villa.StMRehab.org](#)

Exton & Glen Mills

IntegraCare

see our ad on page 67

Exton Senior Living

610-594-0200

[IntegraCare.com/Exton-Senior-Living](#)

Glen Mills Senior Living

610-358-4900

[IntegraCare.com/Glen-Mills-Senior-Living](#)

Glen Mills Senior Living and Exton Senior Living offer Life Bridges personal care and memory care programs. Their mission is to enhance the quality of life for their team, residents and their families through a culture of care and wellbeing. They focus on respect, dignity and personal development to ensure everyone is informed and fulfilled. Learn more on their website.

Kennett Square

Friends Home in Kennett

610-444-2577; [FHKennett.org](#)

Kendal-Crosslands Communities

844-907-1800; [Kendal-Crosslands.org](#)

see our ad on page 56

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

King of Prussia

Anthology of King of Prussia

484-390-5307; [AnthologyKingOfPrussia.com](#)

Lancaster

Homestead Village

717-397-4831; [DiscoverFarmstead.org](#)

Willow Valley Communities

717-464-6800; [WillowValleyCommunities.org](#)

Malvern

Echo Lake

484-324-9100

[LivingAtEchoLake.com](#); [SageLife.com](#)

see our ad on page 2

Details make the difference at Echo Lake—a SageLife senior living community in the Atwater neighborhood in Malvern, providing a continuum of care including independent living, assisted living and memory care. They embrace the Positive Approach to Care dementia care philosophy and offer a specialized Parkinson's care program. Physical, occupational and speech therapies onsite.

Media

Riddle Village

610-891-3700; [RiddleVillage.org](#)

see our ad on page 50

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



The 501 at Mattison Estate



Riddle Village

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AboutActs.com/CountyLinesMag

see our ad on page 10

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Lititz; St. John's Herr Estate, Columbia

Spang Crest, Lebanon

717-626-8376; LutherCare.org

Newtown Square

Dunwoody Village

610-359-4400; Dunwoody.org

see our ad on page 60

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White Horse Village

610-558-5000; WhiteHorseVillage.org

see our ad on page 59

White Horse Village is a friendly and

vibrant nonprofit senior living community on 109 picturesque acres neighboring a state park. Amenities include a tavern, dining venues, wellness center, indoor pool/spa, bocce, art studio, woodshop, hiking trails, library, community garden, shuffleboard and more. Their programs, cultural and performing events, delicious food and spacious residences cater to various senior lifestyles.

Paoli

Daylesford Crossing

484-323-0111; DaylesfordCrossing.com

SageLife.com

see our ad on page 2

Located on the Main Line in Paoli, Daylesford Crossing is a boutique senior living



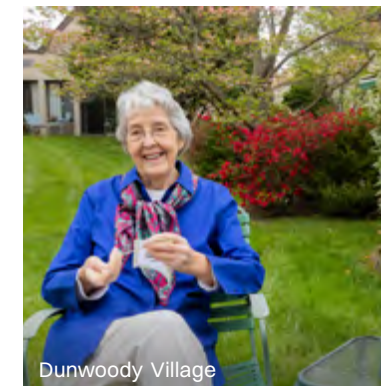
Kendal-Crosslands Communities



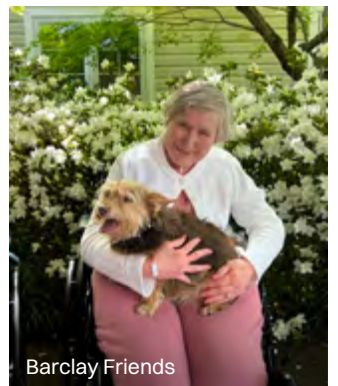
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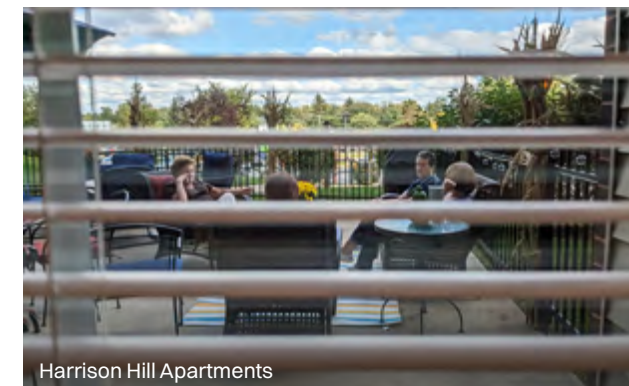
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Dunwoody Village



Barclay Friends



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Cornwall Manor



Kendal-Crosslands Communities offers abundant opportunities to get outdoors and garden, gather with friends, hike on 11 miles of trails, or enjoy birding activities. Surrounded by acres of rolling hills, wooded trails, meadows, ponds, and tranquil walking paths on our 500-acre campus is blooming with possibilities. Or residents have many opportunities for indoor events such as lifelong learning, arts, entertainment, exercise, and more. Live the lifestyle you choose. Whether you seek a Life Plan or a 50-plus Community, Kendal Crosslands has options to inspire you to join us and 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/countyline2
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Wallingford

Plush Mills

610-859-4445; PlushMills.com

see our ad on page 2

Part of a close-knit community located in Wallingford, Plush Mills is a thoughtfully designed, SageLife senior living community. Offering exceptional independent living and personal care, a specialized Parkinson's care program, first-rate hospitality, and a culturally enriching lifestyle, Plush Mills offers carefree living. Physical, occupational and speech therapies are also offered onsite.

West Brandywine

Freedom Village at Brandywine

484-288-2601; FVBrandywine.com

see our ad on page 60

Life is good here ... The best retirement is when you have more time to do what you want, with an abundance of choices for dining, socializing, fitness and fun. At Freedom Village at Brandywine, you can enjoy a carefree, maintenance-free lifestyle where you're welcomed like family. Their life care plan gives you access to a full continuum of care if you ever need it. Independent living, personal care, memory care, skilled nursing and rehab. Visit them today.

West Chester

Barclay Friends

610-696-5211; BFKendal.org

see our ad on page 60

Located in a quiet neighborhood, the beautiful campus and extensive common areas create a social, friendly environment where residents enjoy the freedom to pursue interests, learn new things and thrive. Whether it's gardening, creative arts, socializing or practicing mindfulness, Barclay offers a continuum of care to meet personal needs. With a spirit of community, this is a home-like setting where residents, staff and family can share meaningful connections.



Freedom Village at Brandywine



The Highlands at Wyomissing



Acts Retirement-Life Communities



The Hickman



The Woodlands at Greystone



Hershey's Mill



White Horse Village



Osher Lifelong Learning Institute

The Hickman

484-760-6300; TheHickman.org
see our ad on page 54

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The Watermark at Bellingham

610-235-2415
Bellingham.WatermarkCommunities.com
see our ad on page 49

The Watermark at Bellingham is an independent living, personal care and memory care community offering the perfect mix of urban and suburban living. Discover personalized support, elegant residences, a friendly atmosphere, wealth of amenities, catalog of signature programs, fine dining and more.

Wellington at Hershey's Mill

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

The Woodlands at Greystone

484-209-9895
NVHomes.com/Woodlands-Greystone
see our ad on page 53

The Woodlands at Greystone, a community by NVHomes, offers West Chester's only luxury 55+ single-family homes in a gated neighborhood with amenities, 7 miles of walking trails and a lock-and-leave lifestyle. It's time to live your best life in a community 100 years in the making — you've earned it! Visit NVHomes.com to learn more and schedule your appointment.

Wyomissing

The Highlands at Wyomissing

610-775-2300; TheHighlands.org
see our ad on page 54

With over 113 acres of gently rolling hills, lush walkways and towering hardwoods, The Highlands at Wyomissing has offered stunning amenities, engaging activities and endless opportunities for 35 years. They're proud to be the only nonprofit life care community in Berks County, where residents are free to live their active, independent lifestyles with a continuum of care available right at home if they were to ever need it.

SENIOR SERVICES & CONTINUING EDUCATION

Wilmington

Osher Lifelong Learning Institute at the University of Delaware

302-573-4417; OLLI.UDe.edu
see our ad on page 50

Osher Lifelong Learning Institute (OLLI) at the U of DE is a statewide, volunteer-based learning cooperative for adults 50+. Its largest campus is at Arsh Hall in North Wilmington. Members can choose from over 300 courses, in-person or online, fall and spring semester, taught by experienced and professional volunteers. One low fee provides multiple benefits offered by the U of DE and your choice of an unlimited number of courses each semester. Curiosity Never Retires! ♦



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Food News

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

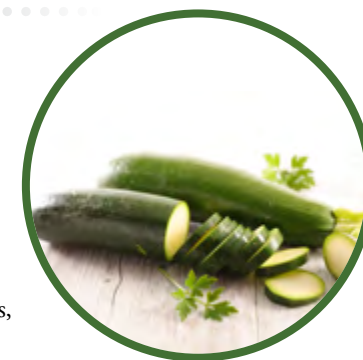
Cocktails 101. Need to brush up on your mixology skills? Register for Winterthur's **Ground to Glass: Handcrafted Cocktail Workshop** on August 22, 6 to 7 p.m. Led by 13th Street Cocktails' Aaron Gordon, this class teaches you to craft



two classic drinks from H.F. du Pont's era using herbs from Winterthur Garden in beautiful Riedel glassware. \$100, includes admission, two Riedel double rocks glasses, wooden herb garden box and two cocktails. 5101 Kennett Pk., Winterthur, DE. Winterthur.org.

Porch Presents.

Gardeners blessed (or burdened) with a zucchini glut should do your civic duty on August 8 and join **Sneak Some Zucchini onto Your Neighbor's Porch Day**. Under the stars, slip your green excess onto your neighbor's doorstep — recipes included — and join this zuc-centric holiday to share the harvest and lighten your load. (Or send your surplus squash to a local food bank.) Just don't get caught on one of our favorite fun holidays! NationalToday.com.



Gay Street Eats. Good news for West Chester foodies! The old Classic Diner (16 East Gay St.) is now **Central Bistro**, offering smoky barbecue, fresh seafood, cocktails and mocktails, plus beer and wine. And the former home of Laurento's Formal Wear (127 West Gay St.) will morph into **Dim Sum Taste**. Expect Chinese small plates — soup dumplings, turnip cakes, bao buns and more. Stay tuned for updates. *On Instagram @CentralWC.*

Eatery Expansions. The long-awaited fifth **White Dog Cafe** is finally open in Chester Springs! Located at the historic Vickers Restaurant property, the new restaurant has seven rooms and seating for 400. Plus, farmers market fave **Madi's on a Roll** plans a second location, now in Phoenixville, after opening an Exton storefront last year. Go for specialty egg rolls — cheesesteak, bangin' shrimp, apple pie and more. 181 Gordon Dr., Exton. WhiteDog.com. 313 Bridge St., Phoenixville. MadisOnARoll.com.



Fond Farewell. Last month, Downingtown said goodbye to **De La Terre BYOB**. One of *County Lines*' Best of the Best picks in 2023 and 2024, this upscale, modern French eatery opened in late 2022 and was beloved by locals and food critics alike. This sad news follows the closing of another Downingtown fave: Amani's BYOB, which shut its doors in December. We wish them well. 47 W. Lancaster Ave., Downingtown. DeLaTerreBYOB.com.



Add Some Spice to Your Summer Menu!

SAUCES, RUBS AND DRESSINGS ARE KEYS TO VIBRANT FLAVORS.

Courtney H. Diener-Stokes



John Alff, owner of Vesta Kitchen



NOW THAT WE'RE IN THE thick of summer, you've likely been putting your grill to good use. And we hope you've found time to gather with friends and family as you indulge in the bounty from your garden and local farmers markets.

While grilling offers a great way to switch up the monotony of cooking inside in your kitchen, standard fare like steak and grilled chicken — even with mixed green salads and baked potatoes — can get old pretty fast. The key to enlivening your menu is spicing it up with robust flavors that will make your dishes unforgettable.

To up your summer menu game, begin with a pantry stocked with seasonings and sauces, like a Moroccan spice rub for meats and vegetables, a salsa verde to toss with potatoes, or a roasted garlic dressing to add pizzazz to salads. We're talking easy dishes that can be enhanced simply by adding spices and sauces. "You can transform simple ingredients, like vegetables, into something more exciting if you have the right pantry items," said John Alff, owner of **Vesta Kitchen**, which has a new brick-and-mortar location in Pottstown.

This is what inspired Alff, a father of three young kids, to make ready-to-go, field-to-fork meals. It's like having a helper in your kitchen who's sourcing from Chester County farms

you likely know and love, such as Kneehigh Farm, Pasture Song Farm, Horse Shoe Ranch and Birchrun Hills Farm. "You know all our ingredients are locally and responsibly sourced, and I put my spin on them and do all the work," added Alff. Sounds pretty tempting this time of year!

Between summer vacations, camp car-pool for kids and work demands, it can be challenging to find the time to keep up with the day-to-day cooking that's involved with feeding a family. And who has the time for making your own fermented hot sauce, pickling onions or dehydrating oregano to add to your pantry?

That was a motivating factor behind Vesta's products — to help you stock up on things you don't have time to make from scratch. Plus these deliver the quality and freshness of homemade go-to items like hot sauces, barbecue sauces, dressings and chutneys.

If you do make the time to shop at local farmers markets, your visits will also serve as a great chance to get to know who's growing your food. By talking with the growers, you'll find more ways to showcase what small Pennsylvania farmers and producers have to offer each season.

Read on for some simple and versatile recipes Alff recommends you try at home that can breathe new life into your summer menu!

Salsa Verde

Packing just the right amount of heat, this salsa can be served with tortilla chips, added as a topping for your favorite tacos or burritos, used as marinade for chicken, or tossed in with roasted potatoes. Red Dog Market in South Coventry is an ideal destination to stock up on locally grown produce from Kneehigh Farm for this recipe.

Serves 2 to 4 as a dip or used as a topping or marinade



- 4 poblano peppers
- 12 tomatillos, cut in half (about 1.5 lbs.)
- 1 large yellow onion, chopped (about 1.5-2 C.)
- 1 small jalapeño, stem and seeds removed (or half for mild)
- 6 cloves garlic, chopped
- 2 T. salt
- 1 large bunch cilantro, leaves picked and washed

Preheat oven to 475°. Roast poblanos until they start to char, about 15 to 20 minutes. Remove and immediately place in a container with a tight-fitting lid. Once cool enough to handle, scrape off the skin and remove stems and seeds. Set aside.

Add tomatillos, onion, jalapeño, garlic, salt and poblanos to food processor. Buzz until smooth.

Add cilantro to food processor and buzz until incorporated into salsa. Add more salt to taste.

Refrigerate leftovers in an airtight container for up to five days.

Buffalo Carrot Dip

Here's a dip where you control the heat factor. It's the perfect lead-up to any meal when you're entertaining outdoors. Pairs perfectly with celery or crackers.

Serves 2 to 4

- 1 lb. carrots, peeled and chopped
- ½ C. plain yogurt (Seven Stars Farm recommended)



¼-½ C. Vesta's 'Tangled Up in Blue' Hot Sauce, or chef's choice (use ½ C. for extra spicy)

- 1 T. salt
- ¼ C. blue cheese, for crumbing on top (Birchrun Hills recommended)

Place carrots in a medium pot, cover with water and boil until fully cooked and soft, about 8 to 10 minutes. Strain carrots, but reserve cooking liquid.

Place carrots, yogurt, hot sauce and salt in food processor and buzz until smooth. Add reserved carrot cooking liquid if needed for a smooth dip consistency. Taste to adjust salt and hot sauce levels.

Place in serving bowl and top with blue cheese crumbles.

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

Moroccan Spice Rub

Both savory and sweet, this rub is ideal on beef, lamb or chicken (Lindenhoff Farm's meats are recommended), as well as on roasted or grilled vegetables. You'll be happy to have leftovers to use in the Roasted Beet and Grain Salad (next recipe).

Serves 3 to 4 as a rub when grilling meat

- 2 T. whole coriander seeds
- 2 T. whole cumin seeds
- 1 tsp. smoked paprika
- 2 tsp. ground cinnamon
- 1 T. chili powder
- 2 T. fresh thyme leaves, picked off stem

Place coriander and cumin seeds in a saute pan on stove over medium heat. Toast spices, stirring occasionally, until you smell them becoming aromatic.

Place toasted coriander and cumin seeds in the bowl of a mortar and grind them with a pestle until all seeds are cracked, but don't let them become a powder.



Add all other ingredients, including coriander and cumin, into a container with a tight-fitting lid. Shake container to mix ingredients.

Store with your spice collection and use within six months.

Roasted Beet & Grain Salad with Roasted Garlic Dressing

This seasonal salad, featuring farro by Castle Valley Farm and greens by Full Circle CSA, lets you put many garden goodies to use. Pairs well with any protein on the grill. If the summer heat is dampening your appetite, this salad can serve as a refreshing and hearty meal by itself.



Serves 3 to 4

For the Salad:

- 3 large beets, red, golden or a combo, washed, trimmed of leaves and stem
- Salt and pepper to taste
- Olive oil
- 3 sprigs thyme
- 6 cloves garlic
- ¼ C. water
- 1 C. Hakurei turnips, cut into bite-size pieces (or chef's choice of turnip)
- 1 C. carrots, cut into bite-size pieces
- 1-2 T. Moroccan Spice Rub (recipe in this article)
- 4-5 C. salad greens, packed, washed and dried
- ½ C. farro, cooked per instructions on package (Castle Valley Mill recommended)
- 3-4 radishes, sliced thin
- 2 T. toasted pumpkin seeds
- ¼ C. feta

For the Roasted Garlic Dressing:

- 12 garlic cloves
- ¾ C. olive oil
- ¼ C. vinegar, champagne vinegar or merlot vinegar (Keepwell Vinegar recommended)
- 1 tsp. salt
- Pinch black pepper

To make the salad:

Preheat oven to 350°. Place beets in a mixing bowl and toss with salt, pepper and olive oil until fully coated. Tear off enough aluminum foil to make a pouch to hold all the beets and that can be folded to close securely.

Place garlic cloves, thyme sprigs and water in foil. Lay the seasoned beets on top and securely fold the pouch closed. Place the pouch on a sheet tray in the oven for at least two hours.

In a mixing bowl, toss turnips and carrots with olive oil, salt and Moroccan Spice Rub. Put on a sheet tray and roast in oven about 25 to 30 minutes.

Check the beets by giving them a squeeze (they're done when they feel slightly soft). Remove from the oven when fully cooked.

While the beets are still warm, use a paper towel to remove skins, which should slide right off. Dice beets into bite-size pieces and set aside.

To assemble salad, put salad greens in a serving bowl. Top with cooked farro. Arrange sliced radishes and roasted beets, carrots and turnips on top of the salad. Sprinkle toasted pumpkin seeds and crumbled feta over top.

Just before serving, drizzle the dressing over the salad.

To make the dressing:

Place 12 garlic cloves in a small pot and cover with olive oil. Simmer over low heat until garlic is soft. Strain the garlic and oil and reserve the roasted garlic oil.

Place roasted garlic, vinegar, salt and pepper in a blender and

Local Farms & Markets to Visit

Here are some local farms that are open to customer visits, as well as brick-and-mortar markets that offer a diverse selection from local growers and producers.

Seven Stars Farm

A biodynamic farm where you can find yogurt, cheese and beef for sale in their farm store.

419 W. Seven Stars Rd., Phoenixville
610-935-1949; SevenStarsFarm.com
Mon-Fri, 9 to 5; Sat, 9 to 4.

Birchrun Hills Farm

Offers a large variety of artisan farmstead cheeses.

1020 Davis Ln., Chester Springs
484-798-4023; BirchrunHillsFarm.com
Wed & Thurs, noon to 5; Fri, noon to 8.

Vesta Kitchen

Field-to-fork dinners to take home and heat up, plus a full line of pantry items made using locally sourced ingredients.

50 Glocker Way, Pottstown
215-620-0453; VestaKitchenPA.com
Wed-Fri, 11 to 6; Sat, 9 to 2.

Red Dog Market

Find vegetables, fruits, raw and organic dairy, grass-fed and pasture-raised meat, fresh bread and more from local farms and producers, including Pasture Song Farm, Kneehigh Farm, Dove Song Dairy, Horse Shoe Ranch and Castle Valley Mill.

1503 Ridge Rd., Pottstown
484-587-3726; RedDogMarketPA.com
Wed-Sat, 11 to 6.

turn on low, blending until all ingredients are pureed.

Slowly add the reserved garlic oil to the blender to emulsify into a dressing.

Store in a jar with a tight-fitting lid for up to three days.

Pulled Pork Chili

Since the start of football season is on the horizon, this chili featuring pork by Pasture Song Farm can serve as your go-to recipe when friends or family come to watch a game. Top with shredded cheddar, sour cream and scallions. Serve with your favorite cornbread or on top of a baked potato.

Serves 4 to 6

- 2 C. onion, diced
- 2 C. bell pepper, diced



- 6 cloves garlic, chopped
- ¼ C. olive oil
- 1 T. salt
- 1 T. chili powder
- 1 T. cumin
- 1 T. oregano
- ½ T. paprika
- 2 C. crushed tomatoes
- 2 C. pulled pork
- 1 C. chicken or pork stock
- 1 C. cooked beans, red or black
- ½ C. cilantro, chopped

In a large pot, saute onion, bell pepper and garlic with olive oil and salt.

When peppers and onions are soft, stir in the chili powder, cumin, oregano and paprika.

Stir in the crushed tomatoes and pulled pork. Add stock as needed to create desired consistency.

Let simmer on low, stirring occasionally, about 20 to 30 minutes. Stir in beans and chopped cilantro.

Taste for seasoning, and add salt if necessary.

Refrigerate in an airtight container for up to five days. ♦

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



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